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AYURVEDA MANAGEMENT OF NETRA ROGAS WITH THE HELP OF THERAPEUTIC PROCEDURES AND DRUGS

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ABSTRACT

Ayurveda as scientific systems focusing on treating diseases and maintaining well-being in terms of psychological, social, spiritual and physical aspects. Various branches specialize in different areas, amongst them *Shalaky Tantra* dedicated to diseases affecting the sense organs. This branch helps to alleviate many diseases including ailments associated with eye. The eye is one of the vital components of the *Urdhwajatrugata sthana* thus *Shalaky Tantra* provides several therapeutic options for managing diseases of eye. *Udirna vedana*, *Shotha*, *Garsha*, *Nisthoda* and *Shoola*, etc. are major symptoms of *Netra Rogas*. Ayurveda approaches alleviate these symptoms and also promote overall ocular health. Therapeutic measures including internal medications, external applications and ocular therapies (*Netra Kriyakalpa*) offers appreciable responses in eye problems. Considering these all things, present article explores Ayurveda management of *Netra Rogas* with the help of specific therapeutic procedures and drugs.

Key-Words: *Shalakyatantra*, *Ayurveda*, *Netra Rogas*, *Kriyakalpa*

Introduction

Shalakyatantra is branch of Ayurveda, that focusing on diagnosis and treatment of diseases those related to the ears, eyes and nose, etc. The management of *Netra Rogas* holds particular importance due to the vital role of eyesight in human functioning. Ayurveda provides descriptions on various eye diseases and their therapeutic management. When treating *Netra Rogas* several factors are to be taken in consideration such as; routes of drug administration, penetration of drugs, duration of therapy and onset of drug action, etc [1-4].

In Ayurveda, systemic as well as local treatments are emphasized for managing eye problems. Local treatments mainly come under the heading of *Netra Kriyakalpa* which imparts numerous health benefits in *Netra Rogas*. *Netra Kriyakalpa* encompasses a range of procedures such as *Seka*, *Putapaka*, *Aschotana*, *Pindi*, *Bidalaka* and *Anjana*, etc. *Putapaka* denotes application of medicated pastes on the eyes. *Seka* means pouring medicated liquids over the eyes. *Aschotana* involves instillation of medicated drops into the eye. *Anjana* is application of medicated ointment; *Pindi* means application of poultices around the eyes and *Bidalaka* is application of medicated paste on the eyelids.

Netra Kriyakalpa as therapeutic procedure relieves symptoms and also

addresses root cause of ailment, thus combat against the pathological progression of disease. These therapies play unique role in the comprehensive management of eye diseases. These procedures act locally, reduces aggravated *Doshas*, improving health of eye muscle, imparting soothing effect and helps to treat various eye conditions [4-6].

Tarpana:

This involves uses of medicated *Ghee* over eyeball for a specific period of time. It is considered beneficial for *Vata* and *Pitta* related disorders, nourishes eyes and beneficial for *Akshitarpana*. Medicated oil acts as internal *Sneha* that retained in eye and helps to rejuvenating eye and strengthen eye muscles. *Tarpana* also termed as *Akshitarpana* mainly indicated for fatigued eyes, also recommend in visual disturbances, cure roughness, refractive errors, macular disorders, eye strain, helpful in *Shuskakshipaka* and also advises for blurred vision, etc.

Putpaka:

This involves uses of juice of medicinal substances to rejuvenate the eyes and to achieve greater absorption of medicines. *Putapaka* enhance visual acuity, sharpen vision and reduce dullness, etc. There are three types of *Putapaka* as depicted in **Figure 1**, based on their effect and properties of ingredients used in therapy.

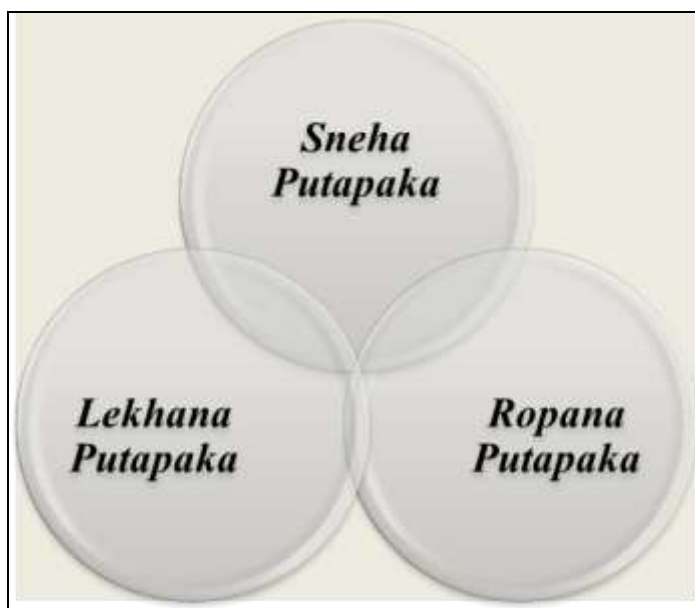


Figure 1: Types of Putapaka

- ✓ **Sneha Putapaka:**
It involves uses of ghee, muscle fat and drugs of sweet taste.
- ✓ **Lekhana Putapaka:**
It offers scraping effect due to the presence of ingredients such as meat, drugs with scraping properties, iron dust, *Saindhava*, *Samudraphena* and *Kasisa*, etc.
- ✓ **Ropana Putapaka:**
It impart healing effect due to the presence of ingredients like fat, muscles of intestine, arid region animal meat, drugs with bitter tastes, honey and milk, etc.

Aschyotana:

Instillation of medicated solution on the eye, this procedure mainly used for relieving infections and allergic conditions. The medicated solution penetrates to the *Netragata siras* and *Srotas*, subsequently reaches to the deeper tissues. It eliminates accumulated *Malas* and vitiated *Doshas*. The medicated solution is absorbed through the cornea and conjunctiva; here

it exerts anti-inflammatory effects thus relieves symptoms such as *Netra raga*, *Netra shola* and *Ashrusraava*. Moreover the ingredients of *Aschyotana* help in controlling photophobia by imparting soothing effect [6-8].

Seka:

Pouring medicines over the closed eye, maintaining certain height, this procedure is considered beneficial for inflammatory conditions since it improves absorption of medicines through the skin of eyelids. *Seka* helps in pacifying *Doshas*, facilitate external cleansing of eye. As *Bahir Parimarjana Chikitsa* it is considered beneficial during the initial stages of disease where accumulation of toxins starts in eye. *Seka* is indicated in symptoms of redness, tearing, pain, burning sensation, irritation, pricking, swelling, itching and ulcerations in the eye.

Anjana:

Application of medicated paste on the lower lid, this enhances drug bioavailability due to the prolonged tissue

contact time. Fingertip or *Anjana shalaka* may be implemented for applying medicinal substances into the eyelid. *Anjana* substances spread in the eye and pacifies vitiation of *Doshas* at local level. It is advices to perform *Shodana* procedures before *Anjana* application. The *Dosha* imbalance should be limited to the eye; it is particularly vulnerable to *Kapha* vitiation. *Anjana* is beneficial for eye health and alleviates symptoms of *Kapha*-related imbalances. Formulations like *Rasanjana* can be used for addressing *Kapha*-related issues. *Anjana* helps in making the eyes clear and luminous, impart rejuvenating effect and improves visual clarity. *Anjana* facilitate penetration of active principles into the posterior eye, this occurs through the conjunctiva and cornea. Here paracellular and transcellular pathways are involved for drug penetration. *Anjana* formulations enhancing ocular absorption thus boost bioavailability.

Pindi:

This involves uses of medicinal bandage over the eye with the help of cloth and paste. This procedure considered good for *Abhisyanda* and *Adhimanta*, etc. This procedure helps in absorption through the skin of eye lid. The *Pindi* can be indicated for conditions like *Netragata Vrana*, *Netra Shotha*, *Netra Kandu* and *Netra Shola*, etc [8-10].

Bidalaka:

This involves application of paste (medicated) to the eyelids for alleviating conditions like eyelid inflammation; this procedure promotes absorption via the skin. *Bidalaka* is done by avoiding the area of the eyelashes. *Mukhalepa Vidhana*

technique is typically used for performing *Bidalaka* which primarily acts through the skin of eyelids.

General Mechanism of Kriyakalpa:

The actions of drug start when they come in contact with *Netra vartma* and *Netra Siras*. These procedures facilitate the penetration and absorption of drug into ocular tissues, thus improving bioavailability of drugs at the active site. When medicines applied over the eyelids, then they absorbed into the palpebral conjunctiva as well as bulbar conjunctiva, thereby reducing localized inflammation in the particular segment of eye. Procedure like *Pindi* facilitates the absorption of drug via the skin and provides relief from ocular condition [9-11].

Role of Drugs in Eye Problems:

Ayurveda recommends uses of natural herbs for eye health, such as *Gingko Biloba*, *Saffron*, *Fennel*, *Bilberries*, *Grapeseed* and *Turmeric*, etc. These drugs offers following benefits in eye problems:

- ✦ *Gingko biloba* reduces risk of glaucoma.
- ✦ *Saffron* helps to treats cataracts and slows down degeneration of eyesight.
- ✦ *Fennel* imparts soothing effects and treats watery and inflamed eyes.
- ✦ *Bilberries* enhance night vision.
- ✦ *Turmeric* reduces oxidation thus improves strength of eye lens.
- ✦ *Goldenseal* acts as an eyewash therefore helps to alleviate eye irritation and reduces effects of allergic conditions.
- ✦ *Grapeseed* improves eye health by strengthening eye muscles.

Conclusion

Shalakyta Tantra focusing on the management of *Urdhwajatrugata vyadhis* and provides range of therapies for curing eye ailments. This branch meticulously describes local treatments, known as *Kriyikalpa* for managing *Netraroga* along with medicinal substances. These therapies and drugs helps in curing eye diseases and maintaining normal vision. *Netra Kriyikalpa* encompasses a range of procedures such as *Seka, Putapaka, Aschotana, Pindi, Bidalaka* and *Anjana*, etc. to address specific eye conditions. These interventions not only alleviate *Netra Rogas* symptoms but also contribute to overall ocular health by addressing issues like *Udirna vedana, Garsha, Raga, Shotha, Nisthoda, Ashru yuktham* and *Shoola*, etc.

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