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TO STUDY ANCIENT AYURVEDIC PROCEDURES KRIYA KALPAS IN TREATMENT OF EYE DISEASES . A REVIEW

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ABSTRACT

The eyes are one of the most important organs present in the human body since it is through the vision that humans are able to gain knowledge, interact socially and develop intellectually. The most important thing to be able to see this beautiful world is through the eyesight. Because for those without sight, day and night become the same. Even Acharya Vagbhata, stated that the other sense organs depend on eyesight for their accuracy. In the Present article we are studying regarding the role of ancient procedures such as Kriya ,Kalpas in treatment of eye diseases.

INTRODUCTION

Even Acharya Vagbhata, [1] stated that the other sense organs depend on eyesight for their accuracy. Hence it is of utmost importance to maintain the proper functioning of the eyes through Kriyakalpa. The word Kriyakalpa" itself consists of two distinct and separate words which are „Kriya" and „Kalpa". Kriya refers to the therapeutic procedures that are undertaken or carried out to cure the disease and the word Kalpa refers to the specific medicine or formulation that is selected for use in that specific disease indication. In Ayurveda, "Chikitsa" means the treatment that is used and it is classified into 3 types, known as Trividha Chikitsa. It consists of (i) Antahparimarjana-treatment done to cleanse or purify from within (ii) Bahyaparimarjana- treatment done to cleanse from external means and (iii) Shastrapranidhana - treatment that involves surgical intervention. Kriyakalpa is a Bahyaparimarjana Chikitsa (External Therapy) and it has many advantages. Panchakarma procedures are known as Antahparimarjana Chikitsa i.e. purification of the internal body organs. While there is no specific treatment for any organ mentioned, Kriyakalpa are a unique treatment modality known as Bahyaparimarjana Chikitsa, [2] which directly treats the organ known as the eyes. As the Netra (eye) is a very vital and sensitive organ of the body, Kriyakalpa was described and elaborated to deal specifically with problems and diseases of the eyes. Kriyakalpa procedures when adopted follow the protocol of

Purvakarma (Pre-treatment), Pradhaankarma (Main treatment) and Paschaatkarma (Post-treatment). Purvakarma includes Panchakarma procedures to remove vitiated Dosha from the body, following which, the selected Kriyakalpa is then administered to remove any remaining Dosha as Bahyaparimarjana Chikitsa. Pradhaankarma is the actual type of Kriyakalpa administered and Paschatkarma includes the rules and regulations to be followed after the procedure e.g. Samsarjana Krama (Dietary regime).

Various Acharya have mentioned about Kriyakalpa (Ocular therapeutic procedures) and some of them correspond with one another, which essentially benchmarks and concretizes its efficiency and utility in maintaining and curing diseases of the eyes. Kriyakalpa are basically the procedures that are described where medicated Ghee and Churna (powdered formulations) are administered either directly or indirectly (above or around) the eyes as an effective treatment modality. [3] According to Acharya Susruta, he has clearly mentioned 5 types of Kriyakalpa which are. [4] 1. Tarpana (Therapeutic retention of medicated liquids over the eyes). 2. Putapaka (Installation of medicated juices in the eyes, which is extracted after heating a bolus of herbs, along with goat meat, to get the concentrate juice of the herbs). 3. Seka (Ocular therapy by streaming). 4. Anjana (Collyrium). 5. Aschyotana (Eye drops). 6. In addition to

these five Kriyakalpa, Acharya Sharangdhara, added the following two to the list. [5] 7. Pindi (Fastening medicinal bolus to the eyes). 8. Bidalaka (Application of medicated paste on the outer part of eyes). Sharangdhara, named them as "Netra Prasadana Karma, [6] (The treatment that is helpful to the eyes, without producing any harmful or untoward side effects) Materials and Methods Various literature about Kriyakalpa, from various Samhita and published literary material, were collected, studied, discussed at length and conclusions drawn are presented here. [1] Aschyotana:- is the first line of treatment in all eyerelated disorders, [7] Usually, the medicine, (medicated ghee or drops) are instilled into the eyes that are kept open. The prescribed height from which this should be done is mentioned as 2 Angula, [8] and it should be retained in the eyes for 100 Vakmatras (Time duration for pronunciation of one alphabetic letter). The widely used Ayurvedic medicinal formulations for Aschyotana are Triphala Kwath (a decoction of Amalaki (*Emblica officinalis*), Bibhitaki (*Terminalia bellerica*) and Haritaki (*Terminalia chebula*), cures all types of diseases. Aschyotana with Stri Stanya (Breast milk) relieves Raktapitta and pain due to Vata Dosha. In the same way, Ghee prepared by churning of Ksheera Sarpi also aids in relieving eye pain due to Vatarakta.

The specific time of day is mentioned due to the fact that during the night time (causes blockage of vessels) and during the day time (due to the intensity of the

suns" rays) the eye becomes weakened, so they suggest that Anjana be done both in the morning and evening. The period in the morning time should ideally be done during Kapha Shamana Kaal and in the evening, ideally during the Pitta Shamana Kaal. But according to Acharya Susruta, it is mentioned to perform Anjana in the morning for Kapha Dosha, in the evening for Vata Dosha and night time for Pitta/Rakta Dosha. Procedure for Anjana, [12] Firstly, the medication and dose should be selected according to the purpose. Then, when the Anjana is prepared, it should be carefully applied to the eyes on the lid margins. After which, the patient should be advised to gently close the eyes and slowly and gently rotate the eyeball so that the Anjana may be spread all over the eyeball to get maximum treatment efficacy. Opening and closing of the eyes and rubbing of the eyes are contraindicated during this time. After some time, when the gritty feeling has subsided, Netra Prakshalana should be done with a decoction of Chakshushya Dravyas. Some important Anjana formulations used are: Candrodaya Varti, Karanja Varti, Samudraphenadi Varti, Danta Varti, Nilotpala Varti, Puspa Varti, Rasanjana Varti, Dhatryadi Varti, Rasakriya, Lekhani Rasakriya, Atinindrahara Anjana, Prabodhana Anjana, Darvyadi Rasakriya, Rasanjanaadi Rasakriya, Guduchi Rasakriya, Punarnava Rasakriya, Babbula Rasakriya, Hijjala Rasakriya, Kataka Rasakriya, Sirotpatari Rasakriya, Krisna Sarpavasa Rasakriya, Lekhananjana, Kana Rasakriya, Churnanjana, Ropana Churnanjana, Prasadanjana (Sauviranjana), Naga

Salaka, Pratyanjana, Nayanamritanjana, Sanjivananjana, Dristi Prasadana Yoga, Sitambu Prayoga. [3] Bidalaka In Bidalaka, the selected medicated paste is applied directly to the outer surface of the closed eyes, on the eyelids, except the eyelashes, [13] for a specified time period. It is classified into 3 types according to the thickness of the paste being applied. Viz: Uttama (Best), Madhyama (Moderate) and Hina (Minimum). Bidalaka is also indicated in acute stages of eye diseases and it relieves burning sensation, swelling, watery discharges, redness, pain etc. Bidalaka Yoga 1. Bidalaka prepared from paste of equal quantity of Yasthimadhu (Glycyrrhiza glabra), Gairika (Red Ochre), Saindhava Lavana, Daruharidra (Berberis aristata) and Svarna Makshika (Copper pyrite) and triturated with water, cures all types of eye diseases. 2. If prepared from the paste of Lodhra (Symplocos racemosa Roxb.) and Saindhava Lavana, burnt to ashes and mixed with Madhucchista (Bee's wax) and Madhu (honey) quickly relieves Netra Ruja (pain in eyes). 3. With the paste obtained from the pulp of Nimba Phala by rubbing in an iron vessel relieves Netra Ruja (pain in eyes).

Mode of Action There are many studies available regarding the mode of action of Kriyakalpa, but the following train of thoughts are noteworthy. It is the Virya and Vipaka of the drug that brings relief when applied locally to the eyeball, by coming into direct contact with the layers of the eyeball and The locally applied drug reaches the conjunctival sac, fornices, inner and outer canthi, nasal cavity and

blood vessels and hence brings about therapeutic effects both locally and systematically. The ocular pharmacology of the various Kriyakalpa mentioned can be delivered by the following methods.[22]

1. Topical instillation
2. Peri-ocular injection
3. Intra-ocular injection

Medications in the form of drops and ointments and gels can be applied directly to the conjunctival sac. The medications applied through this route are readily absorbed, since the mucous membranes are good absorbing surfaces. This route proves very effective since in the systemic route there is the limitation presented by the blood-aqueous barrier. Hence it can be deduced that the Ayurvedic Acharya had knowledge about the blood-aqueous barrier even in their time, without the sophisticated technology available today. **DISCUSSION** In Ayurvedic therapies, we are applying Kriyakalpa ophthalmic therapeutics in the form of local administration of medications. The main objective of the Kriyakalpa is the attainment of an effective concentration of the medicament at the local site, for a specified time, to elicit a response that alleviates or eliminates the disease. The drug is usually chosen after careful assessment of the Dosha by the Vaidya and its role in the diseases being managed. The Kriyakalpa thus selected seeks to ensure maximum absorption of the drug and to bring about relief/cure of the disease in the most effective manner. Kriyakalpa explained by Acharya are comprehensive and most effective. Even in ancient times, without sophisticated equipment, the Acharya were able to develop these treatment modalities which

are still applicable in today's era. They have carefully outlined the procedures and formulations to be used in each diseased condition as well as which procedure can be used to maintain the health of those with healthy eyes. They have been so meticulous in their treatment protocols that they have even outlined the time of day of administration, the duration of the procedure and specific formulations for each type of disease/disorder. The treatment procedures are so comprehensive that it is even mentioned the signs and symptoms observed when the procedures are properly done, when it is done in lesser manner or done in excess. This makes Kriyakalpa a total and complete treatment modality in the management of eye diseases and eye care. CONCLUSION In this current review article, Ayurvedic Kriyakalpa (ocular therapies) explained by ancient Acharya are expounded. As the eyes are one of the most important organ in the body. The Kriyakalpa mentioned seeks to target the treatment of eye diseases using many of the methods illustrated above. The distinctive feature of Kriyakalpa is that various medications/ formulations can be selected according to the stage of the disease and then it can be applied through any one of the Kriyakalpa mentioned, according to the need and the suitability. With the help of new technology Ayurvedic scholars can study Kriyakalpa and certainly Ayurveda will get the global platform to aid in the suffering humanity. As with any procedures or Karma in Ayurveda, there should be some justification to at least understand the

probable effect of the Kriyakalpa mentioned thus, future clinical studies can possibly aim to correlate these procedures with modern parameters so as to get a firm scientific outlook.

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