

# Coceptual Study of Kaseesa Bhasma and Abhijita Taila Nasya in the Management of Timira W.S.R Simple Myopia

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## ABSTRACT

Eye is the organ for visual sensation, if vision is lost merely everything is lost. A blind man, though rich cannot enjoy the world, so it is explained that "Sarvendiiyaanaam nayanapradaaam." Timira is the root cause for blindness, hence it should be treated with great care. In this digital era, people spend too much time in using laptop, smartphones, tablets etc. visualizing the smaller objects for longer duration, intake of poor nutritious food causes vitiation of doshas which in turn causes indistinct vision of objects. Hence Timira can be correlated to myopia. The prevalence of myopia in Asia is as high as 80-90% in young adults. As famous quotation say "Naasa hi shirasodwaaram" nose is a gateway of drug administration in case of Urdhwajatrugata rogas.

Kaseesa bhasma<sup>2</sup>, is mentioned as Ateevanetrya, in classics. Triphala churna and madhu is mentioned as Anupana. Triphala churna possesses Rasayana, Balya, Chakshushya, Tridosahara properties. Madhu possesses Chakshushya, Lekhana, Vata-kaphahara properties.

Abhijitaitaila<sup>3</sup> is a netrarasayana having drugs amalaki, yastimadhu and goksheera. All are having rasayana and chakshushya properties. As Amalaki contains ascorbic acid an excellent antioxidant for eyes, it prevents the degeneration, clears the eye sight and even blind can regain his lost vision.

**KEYWORDS:** Timira; Myopia, Kasisa bhasma, Abhijita taila, Nasya

## INTRODUCTION

Nowadays, due to globalisation and rapid development of technologies, people are developing more affinity towards nanotechnology. Nanorobots are tiny devices programmed by man for a particular function. Similarly, bhasmas are programmed by man to work with particular precision. Through the processes of mardana and bhavana, herbs with affinities to specific parts of the body with specific known actions are added to a metal as its therapeutic properties are released. Since ancient times, bhasmas of minerals and metals have played an important role in alleviating severe diseases as per specific needs of the body. As raw materials, metals have no particular therapeutic property. In fact, they are toxic. But after shodhana, jarana and marana, the large mass of rock can be converted to macroparticles, microparticles and nanoparticles. Kaseesa one among the uparasa mentioned in rasa classics is considered as 'Ateevanetrya'. As it is given in the form of bhasma, there will be increased bioavailability by reducing the particle size and become easier to get absorbed into the systemic circulation. Reference of Abhijita Taila is found only in three classics ie Chakradatta, Bhaishajyaratnavali and Vangasena. The ingredients, ratio of the ingredients and indications are same in three of the classics. In the present study Chakradatta reference has been taken. The author says, it destroys the Timira, clears the eye sight and even blind can regain his lost vision.

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## AIMS AND OBJECTIVES

To evaluate the role of Kaseesabhasma and Abhijita taila nasya in the management of Timira with special reference to Simple myopia.

## MATERIALS AND METHODS

**Table 1: List of ingredients of Kaseesa bhasma**

Dravya	Bhavana dravya	Duration
Raw Kaseesa	Bhringaraja swarasa(Q.S)	3 days
Shodhita Kaseesa	Nimbu swarasa(Q.S)	1day

## Method of preparation;

- Kaseesa shodhana<sup>4</sup>
  - Raw Kaseesa will be taken in a clean khalwa yantra and powdered well.
  - Powdered kaseesa will be subjected to bhavana with bhringaraja swarasa for 3 times.
- Kaseesa marana<sup>5</sup>
  - Shodhita kaseesa will be triturated with the nimbu swarasa.
  - The procedure will be repeated till it becomes a homogenous mixture.
  - Chakrikas will be prepared & dried.
  - After drying chakrikas will be kept in a sharava.
  - Samputa will be made with gopichandan smeared cloth.

- Then it will be subjected for puta with dashaprastha vanopala.
- This procedure is continued till bhasma appears niramlatwa and develops gairika varna (red color).

### Preparation of Abhijita taila

- Tila Taila murchana<sup>[6]</sup>
- Tilataila is boiled in a vessel till it becomes free from froath.
- Water and the kalka of the following drugs are added and boiled on mild fire.

**Table 2: List of ingredients of Tila taila murchana**

Drug	Quantity
Tilataila	1part
Manjishta	1/16 <sup>th</sup> part
Haritaki	1/64 <sup>th</sup> part
Vibhitaki	1/64 <sup>th</sup> part
Amalaki	1/64 <sup>th</sup> part
Bala	1/64 <sup>th</sup> part
Haridra	1/64 <sup>th</sup> part
Musta	1/64 <sup>th</sup> part
Lodhra	1/64 <sup>th</sup> part
Ketaki	1/64 <sup>th</sup> part
Nyagrodha	1/64 <sup>th</sup> part
Nalika	1/64 <sup>th</sup> part
Water	4parts

### Procedure:

General method of taila preparation is adopted, Taila will be prepared with the above drugs by adding Kalka and Drava Dravya mixed together to the sneha taken in the specified quantity. Boil the total contents in mriduagni and stir continuously so that the kalka is not allowed to adhere to the vessel. Boiling is continued till the sneha siddhi lakshanas<sup>[7]</sup> are obtained.

- Preparation of Abhijita taila:<sup>[8]</sup>

**Table 3: List of ingredients of Abhijita Taila**

Kalkadravya	1) Yastimadhu	1 part
Snehadravaya	1) Murchita Tilataila	4 parts
Dravadravaya	1) Amalakiswarasa	16 parts
	2) Ksheera	16 parts

- Amalakiswarasa –Swarasa is to be extracted from the pulp of amalaki fruit.

### Procedure:

General method of taila preparation is adopted, Taila will be prepared with the above drugs by adding Kalka and Drava Dravya mixed together to the snehna taken in the specified quantity. Boil the total contents in mriduagni and stir continuously so that the kalka is not allowed to adhere to the vessel. Boiling is continued till the sneha siddhi lakshanas<sup>[7]</sup> are obtained.

**Dose: 125mg TID**

**Anupana: Triphala churna and Madhu**

### DISCUSSION

Timira is one of the grave diseases posing challenge to the eyesight, which starts from Avyakta darshana and ends in complete loss of vision i.e. Linganasha. Its literally meaning is darkness. No Separate etiological factors have been mentioned for Timira in Ayurvedic classics. So general etiological factors of the eye are to be considered Timira. Its

clinical features based on involvement of Patalas & vitiation of Doshas. So the treatment of the Timira depends upon the stage and dominance of particular Doshas. For which Local & systemic management has described by Acharyas. It disturbs the physiology of visual perception and even terminates in blindness. Many of the clinical features described for timira are having similarities with the refractive errors. In brief, the management essentially consists of the avoidance of aetiological factors; and specifically, in detail, it implies counteracting the increased vata and other Doshas.<sup>[9]</sup>

### Propable Mode of Action of Kaseesa Bhasma:

- Kaseesa is one among the rasa dravya grouped under Uparasa varga in Rasa classics. Kaseesa is also one of the Nirendriya drug, hence Bhringaraja swarasa is used as shodhana dravya to increase its therapeutic efficacy and converted to Sendriya dravya.
- Kaseesa having Kashaya, Amla rasa, singdha, guru guna ushna veerya, Vata-kaphahara, Ateevanetrya, Rasavadgunakara.
- Rasavadgunakara can be taken as Balya, Rasayana properties of Parada and Yogavahi- it takes the gunas of Bhringaraja and Nimbu during Bhavana and Triphala as anupana.
- Bhringaraja: It has Katu, Tikta rasa, Ushna veerya and Katu vipaka. It has Laghu, Rooksha Guna and is Kaphavatashamaka.
- It is considered as Chakshushya, Rasyana. It has antioxidant, muscle relaxant, anti-hemorrhagic property, analgesic property.
- It also contains polypeptides, Fe, Vitamin E, Ca, Mg in minor elements which helps in improving the vision.
- Nimbu: It has Amla rasa, Ushna veerya and Amla vipaka.
- It has Guru, Teekshna Guna and is Kapha vata shamaka.
- It is a rich source of Vitamin C and minor elements like Ca, K, Se Zn, Mg, etc. It helps in absorption of Iron into the systemic circulation.
- Triphala churna also contains Rasayana, Balya, Chakshushya, Tridoshahara properties.
- Madhu is having Chakshushya, Lekhana, Vata-kaphahara properties.
- Kaseesa Bhasma given in the Ferrous form, iron is better absorbed into the system.
- It acts as Shamanaushadhi, hence it should be given for longer period to prevent the recurrence of the disease Timira.

### Importance of Nasya in Timira <sup>[10]</sup>:

Acharya Sushrutha suggests the administration of Nasya in Timira. It should be administered in in such a condition where doshas are not in viplutagati. It can be narrated as “Doshodaye naiva cha viplutagate dravyani nasyadishu yojayedbudhaha” In early stage of Timira, when the symptoms of the vitiated Doshas have just manifested but have not involved the whole eye, these should be treated by Nasya, collyriums and other purification measures.

### Propable Mode of Action of Abhijita Taila:

- Amalaki: It has Lavana Varjita Pancharasa, Sheeta Veerya and Madhura Vipaka.
- It has Laghu Rooksha Guna and is Tridosha Shamaka. It is considered as best Chakshushya, Rasayana and Medhya. Its rejuvenating (vyasthapaka) property at cellular level imparts vision sustainability, hence it said

Chakshushya. It contains Vitamin C and Iron which are beneficial for improving vision. It has antioxidant property and has the free-radical scavenging action.

- Yastimadhu: It has Madhura Rasa, Madhura Vipaka, Guru Singdha Guna and Sheeta Veerya and hence, is a Pitha Shamaka. It is also a Vata Shamaka. It is a Chakshushya, Balya and Rasayana. It has Glycyrrhizin and Wedelolactone which has anti-inflammatory property. It's also a potent antioxidant.
- Goksheera: It has been mentioned under Ajasrika Rasayana. It has Madhura Rasa, Guru, Sheeta, Snigdha Guna, Sheeta Veerya and Madhura Vipaka.
- It contains the fat soluble Vitamins A, D, E, K and water soluble Vitamins B1, B2, B3, B5, B6, B12 and C.
- Vitamin E or Tocopherol is potent Antioxidant and Neutralizes free radicals which causes tissue cellular damage.
- All the dravyas are having Madhura rasa, Madhura vipaka, Sheeta veerya, Guru-Snigdha guna, Pittashamaka, Rasayana, Balya and Chakshushya hence acts as drusti prasadana, relieves in symptoms as well as recurrence of the disease Timira.

### CONCLUSION

Kaseesa Bhasma can be advised for symptomatic relief. Kaseesa bhasma given as shamanoushadhi does shamana of the vyadhi where in recurrence of the vyadhi is less compared to Abhijita Taila nasya given group. Timira is a tridosha vikara having most chronicity and has the tendency to re-occur, better results can be obtained on giving Nasya as it is a shodhana therapy which helps in expulsion of doshas from the body.

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