

## Tarpana Kriyakalpa - Review Article

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### ABSTRACT

The Netra (eyeball) is one of the most important sense organs. Despite significant advancements in modern ophthalmology, certain limitations still persist. While modern medicine effectively manages most inflammatory eye conditions, it often falls short in treating neurological and degenerative eye disorders, which remain resistant even to advanced, next-generation procedures. In India alone, thousands of individuals suffer from such conditions. Although modern medical science has made remarkable progress in recent years, the role of Ayurvedic treatments in managing eye diseases cannot be overlooked. Ayurveda, the ancient system of medicine, offers valuable guidelines not only for treatment but also for prevention. There is an urgent need to develop ocular therapies that are both effective and free from adverse effects. One such therapy is Tarpana Karma, a localized ocular treatment that, when applied appropriately, has shown promising objective results. This article presents a review of Netra Tarpana.

**KEYWORDS:** *Tarpana, kriyakalpa, netra, ayurveda, ghrita, chikitsa.*

### INTRODUCTION

According to Ayurveda, all entities—living or non-living—are composed of the Panchamahabhutas (five great elements). Similarly, the eye is also formed from these fundamental elements. It is considered the seat of Alochaka Pitta and Tarpaka Kapha.

The topical measures in *Shalakya tantra* are called as '*Kriyakalpas*'. The term *Kriyakalpa* is comprised of two words *Kriya* and *Kalpa*. *Kriya* means the therapeutic procedures adopted to cure the disease without causing any adverse effects. *Kalpa* indicates the specific form of medicinal preparations used to treat different *Netra Vikaras*. These are specifically designed, according to the stage and severity of the disease. These *Kriyakalpas* are *Akshi Tarpana*, *Putapaka*, *Seka*, *Aschyotana*, *Anjana*, *Pindi* and *Bidalaka*.<sup>[2]</sup>

### Tarpana

*Akshi* refers to eye and *Tarpana* means nourishment. Hence *Akshi Tarpana* means nourishment of eyes. It is also called as *Netra Basti*. *Akshi Tarpana* is a procedure in which *Sneha* is retained in the eyes. This therapy is very useful in strengthening of all the ocular structures thus improves the functioning capacity of the eyes. *Tarpana* also provides relaxation

to the eyes and helps in the treatment of various ailments of *Netra*. It is one of the effective preventive, curative procedures useful in *Vataja* and *Pittaja netra vikara*.<sup>[3]</sup>

### ➤ Indications for Tarpana Karma

- When a patient perceives *Tama* in front of eyes,
- *Netra Vishushkata*
- *Daruna Netra*
- *Sheerna Pakshma*
- *Kathina Vartma*
- *Stabdha Netrata*
- *Avila Netrata*
- Deviated eyeball or squint
- *Vata Pitta* predominant diseases.<sup>[4]</sup>

Acharya Vagbhata has further indicated *Tarpana Karma* in some other ocular conditions. They are as follows.

- *Kricchronmilana*
- *Siraharsha*
- *Sirotpata*
- *Tama*
- *Arjuna*

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- Syanda
- Adhimantha
- Anyatovat
- Vataparyaya
- Avrana Shukra
- Naktandhya [5]

### Contraindications for *Tarpana Karma* [6]

- On a cloudy day
- Extreme hot or cold seasons
- In conditions of worries and anxiety
- In conditions of tiredness of eyes
- In ocular complications
- In the condition of acute pain
- Inflammation

### *Purvakarma*

#### 1. Preparation of the Patient

- **Kaya Shuddhi:** includes– *Vamana* and *Virechana*
- **Shiro-Shuddhi:** i.e., *Nasya* or *Shiro-virechana*
- Later *Sthanika Abhyanga* and *Mridu Swedana* is done. (*Tarpana* should be performed after the meal, taken earlier and is fully digested).

- Sambhara Sangraha:** *Ghrita*, flour of black gram for the construction of *Netra Tarpana* socket (ring/ cabinet), water, stove, bowls, vessels, spoons, sterile cloth/cotton.

### *Pradhana Karma*

After explaining the method of treatment to the patient in detail, he or she shall be taken to a place devoid of

heavy breeze or air to conduct *Akshi Tarpana* treatment.

- Season and Time of *Tarpana* treatment:** The treatment shall be done in '*Sadharana Kala*' i.e. in a season which is neither too hot nor too cold and when there is no rain or sky enveloped with clouds.
- Position of the Patient:** The patient is made to sleep in supine position with support at the neck region with face upwards, in a room devoid of wind, sun and dust.
- Construction of *Akshi Tarpana* cabinet (ring) around the eye:** The rings of flour which were prepared in the *Purvakarma* are kept over the eye sockets, (one on each eye) such that the eyes are enclosed within their respective rings. The junctions of the rings with eye sockets are sealed with wet flour so that the medicament doesn't leak or escape during the process of the treatment. During this process the eye lids should be closed.
- After the construction of *Akshi Tarpana* cabinet, any medicated *Ghrita* which is liquefied by hot water should be poured in to the well up to the level of tips of eye lashes. The patient should then be asked to blink slowly which allows the medicine to reach the target tissue. The medicine should be made to retain on the eyes for a specific time period, depending on the *Dosha*, *Roga avastha* and *Sthana* of the *Netra vikara*.

**Table 1: *Sneha Dharana Kala* according to *Dosha Prakopa (Matrakala)* [9]**

<i>Doshanusara</i>	<i>Sushruta</i>		AS	AH	Sh. Sa.	BP
<b><i>Kaphaja</i></b>	600 <i>Matra</i>	Once in 5 days	500	500	500	500
<b><i>Pittaja</i></b>	800 <i>Matra</i>	Once in 3 days	600	600	-	600
<b><i>Vaataja</i></b>	1000 <i>Matra</i>	Daily	1000	1000	1000	1000
<b><i>swastha netra</i></b>	500 <i>Matra</i>	2 days interval	500	500	500	500

Su. Sa. – Sushruta Samhita, AS- Astanga Samgraha, AH- Astanga Hrudaya, Sh. Sa. – Sharangadhara Samhita, BP. – Bhavaprakash

**Table 2: *Sneha Dharana Kala* according to *Adhithana* of disease (*Matrakala*) [9]**

<i>Roga Adhithana</i>	Su. Sa.	AS	AH	Sh. Sa.	BP
<b><i>Sandhigata</i></b>	300 <i>Matra</i>	300 <i>Matra</i>	300 <i>Matra</i>	500 <i>Matra</i>	500 <i>Matra</i>
<b><i>Vartmagata</i></b>	100 <i>Matra</i>	100 <i>Matra</i>	100 <i>Matra</i>	100 <i>Matra</i>	100 <i>Matra</i>
<b><i>Shuklagata</i></b>	500 <i>Matra</i>	500 <i>Matra</i>	500 <i>Matra</i>	600 <i>Matra</i>	
<b><i>Krishnagata</i></b>	700 <i>Matra</i>	700 <i>Matra</i>	700 <i>Matra</i>	700 <i>Matra</i>	700 <i>Matra</i>
<b><i>Sarvagata</i></b>	800 <i>Matra</i>	800 <i>Matra</i>	800 <i>Matra</i>	800 <i>Matra</i>	800 <i>Matra</i>
<b><i>Drishtigata</i></b>	1000 <i>Matra</i>	1000 <i>Matra</i>	1000 <i>Matra</i>	1000 <i>Matra</i>	1000 <i>Matra</i>

Su. Sa. – Sushruta Samhita, AS- Astanga Samgraha, AH- Astanga Hrudaya, Sh. Sa. – Sharangadhara Samhita, BP. – Bhavaprakash

### *Paschat karma* [10]

- Removing the Medicine:** The medicine is removed by creating a small hole in the lower portion of the wall of the flour ring at the outer

angle of the eye and draining the contents in a bowl.

- Wiping the eyes and the surrounding area:** The medicines sticking to the eye and the socket: are

swabbed out by wiping them off with the help of a sterile cotton pad or a tissue paper. Later the eyes can be wiped off gently with a sterile cloth dipped in warm water or the same cloth is used to give a gentle fomentation to the eyes.

3. **Dhumapana:** *Dhooma varti* is used to give *Dhooma pana* to eliminate the *Kapha* which has been exaggerated due to the administration of *Ghrita* during *Akshi Tarpana*.
4. **Putapaka:** After the *Akshi Tarpana*, a procedure called *Putapaka* is done. The eyes get tired after *Tarpana* procedure. *Putapaka* is done to ward off the eyes tiredness. The method of treatment is similar to that of *Akshi Tarpana*. In *Putapaka*, *swarasa* is extracted by *Putapaka* method and *Mamsa*, *Patra* etc are used in this procedure.
5. Patient is instructed to keep away from exposure to bright lights, high wind and avoid looking at bright sky, mirrors and luminous bodies.[11] patient is advised to avoid sleeping during day time, head bath, rubbing of the eyes, using mobiles, computers etc electronic gadgets and watching Television.

#### Samyak Tarpita Lakshana [12]

- *Sukhaswapana* - Good (sound) sleep
- *Avbodhatva* - Blissful awakening
- *Vaishadhya* - Clearness of the eyes
- *Varnapatava* - Discernment of individual colours
- *Nivriti* - Feeling of comfort
- *Vyadhidhvansa* - Cure of the disease
- *Kriya laghava* - Easiness in closing and opening the eyes
- *Prakash kshamatva* - Ability to withstand bright light

#### Ati Tarpita Lakshanas[12]

- *Netragaurava* - Heaviness in eyes
- *Netra Avilata* - Indistinct vision
- *Atisnigdhatva* - Excessive oiliness
- *Ashru Srava* - Lacrimation
- *Kandu* - Itching
- *Upadeha* - Stickiness
- *Dosha Samutklishtata* - Aggravation of *Dosha*

#### Heena Tarpita Lakshanas [12]

- *Netrarukshata* - Dryness of eye
- *Netra Avilata* - Indistinct vision
- *Ashrusrava* - Lacrimation
- *Asahyam Roopdarshan* - Difficulty in vision
- *Vyadhidridhi* - Aggravation of disease

#### Management of Ati Tarpita and Heena Tarpita Netra

- Treatment should be planned according to the predominance of the *Dosha* vitiated.

- In *Vatapradhana Dosha Dushti* – *Snegdha Seka*
- In *Pittapradhana Dosha Dushti*- *Sheeta Seka*
- In *Kapha pradhana Dosha Dushti* – *Ruksha Dhuma* etc.

#### Formulations used for Tarpana

- *Triphala Ghrita*
- *Mahatriphala Ghrita*
- *Patoladi Ghrita*
- *Jeevantyadi Ghrita*
- *Yashtimadhu Ghrita*
- *Durvadi Ghrita*

#### DISCUSSION

The *Kriyakalpa* are treatment procedures mentioned to cure *Netra vikaras* in Ayurveda. *Akshi Tarpana* is one of the *Kriyakalpa* used to strengthen eyes and to improve vision. *Akshi Tarpana* aims to provide optimum rejuvenation to the eyes.

#### Probable Mode of action of Netra Tarpana Karma

- *Netrendriya* is originated from *Majja dhatu*. *Ghrita* is having the properties like *Balya*, *Brimhana* and *Rasayana* and it nourishes *Meda*, *Majja* and *Shukra Dhatu*. Thus it gives strength to the eyes.

- *Ghrita* is having *Madhura Rasa* and *Madhura Vipaka*, *Sheeta Virya* which is useful in mitigating *Vata* and *Pittaja Vikara*.

- *Ghrita* contains vitamin A, D, E, K and carotene in it. Vitamin A and E are antioxidants and vitamin A also preserves the outer lining of the eyeball moist.

- Digestion, absorption and delivery to a target organ system are crucial in obtaining the maximum benefit from any formulation. This is facilitated by *Ghrita*, since active ingredients of drugs are mixed with *Ghrita* and they are easily absorbed. Hence it nourishes the ocular structures.

- In cornea, the epithelium and endothelium are lipid permeable i.e., lipophilic whereas stromal layer is hydrophilic. Hence the lipophilic and hydrophilic drugs are effectively delivered to cornea, whereas the drug permeability across the sclera depends upon the molecular size and weight of the drug.

- The drugs used in *Tarpana* procedure is the combination of *Ghrita* and decoction of medicines, hence the drug can easily cross the corneal epithelium (being lipophilic) and endothelium (being hydrophilic).

- Also due to more contact time the active component of drug used in *Tarpana* will be absorbed more to cure the diseases like darkness before the eyes, dryness, stiffness etc.



- The *Ghrita* with decoction of medicines has the quality of trespassing into minute channels of the body, hence when applied in the eyes; it enters deeper layers of *Dathus* and cleanses every minute part.
- The lipophilic action of *Ghrita* facilitates the transportation of the drug to the target organ and finally reaches the cell because the cell membrane also contains lipids.

## CONCLUSION

The eye is regarded as the most important and noble sense organ of the human body. Therefore, every individual should make sincere efforts to preserve their vision throughout life. For a person who is blind, the difference between day and night becomes irrelevant, and the beauty of the world holds little value-even if they possess great wealth. It is a well-known truth that prevention is better than cure. Ayurveda provides detailed guidance on a healthy lifestyle, along with effective preventive strategies. One such therapy is Akshi Tarpana, a localized ocular treatment based on the principle of Bahya Snehana (external oleation). This procedure effectively penetrates the eye's natural protective barriers, nourishing both ocular and periocular tissues, while also strengthening the ocular muscles and sphincters. Akshi Tarpana helps rejuvenate the eyes, alleviates ocular strain, and enhances the overall efficiency and ease of visual function.

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