



Review Article

TARPANA - A NOVEL OCULAR MODALITY AND ITS UNFATHOMABLE POTENTIAL

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ABSTRACT

Ayurveda, a science that is *Anadi* and *Ananta* that comprises an answer for each and every question that mankind comes across in the form of ailments. Vision is a true gift to mankind and is rightly the window to our soul whose functionality determines the essence and quality of one's life. *Shalakyta tantra* is one among the *Ashtangas* of Ayurveda that emphasises about *Urdhwajatrugata vikaras* and their *Chikitsa*. It also emphasises the importance of the most indispensable sensory organ which is the *Netra*. As *Ashtangakara* rightfully mentions metaphorically that a man should make consistent efforts to protect his eyesight as for a blind person, though he is rich, day and night are equal and entire world seems to be useless.

One of the most significant modalities of *Bahirparimarjana chikitsa* in *Shalakyta tantra* is *Kriyakalpa*. *Kriyakalpas* are a group of local ocular therapeutic procedures done with specific formulations which are used to treat different diseases. *Kriya* means a special therapeutic procedure and *Kalpa* means formulations.

One of the *Kriyakalpas* that is of paramount importance with respect to ocular health is *Akshi tarpana* in which medicated ghee is kept over the eyes for a specific period of time. This article mainly aims to traverse the concept of *Akshi tarpana* with different *Yogas* and its mode of action and its potential to give us clarity in terms of vision, quite literally.

INTRODUCTION

The eye, being the seat of *Alochaka pitta* and made up of *Teja mahabhuta* is the most important *indriya* in the *Shareera* and according to *Acharya Charaka*, even if a person is endowed with all other sensory faculties, strength, beautiful appearance etc., without eye sight, he will be as useless as an insect (*Kudya*).^[1] Although western medicine has made colossal progress in the field of ophthalmology, the importance of Ayurveda in achieving *Swasthasya swaasthya rakshanam aaturasya vikaraprashamanam* cannot be overlooked or underestimated with respect to *Netra swasthya*.

Ayurveda has advocated various topical ocular procedures called *Kriyakalpas* as significant therapeutic procedures for the management of eye disorders. The word *Kriyakalpa* is derived from two words - *Kriya* and *Kalpa*.

Kriya-kri dhatu + Sa pratyaya (to do/to perform/to practice) *Kalpa-krip dhatu+ghan pratyaya* (specific formulation).

Kriyakalpas are the modified procedures which suits various physiological as well as pathological conditions of eye.^[2]

Tarpana is one of the *Snigdha kriyas* whose main action is of *Brumhana*. Commonly called *Netra basti* i.e., *Netra* means eye and *Basti* means to hold. So, *Netra Tarpana* is a process in which warm medicated *Ghrta* or any *Sneha* is kept over the eyes for a certain period of time with the help of a specially formed frame prepared from *Masha pishti*.^[3] It is one of the prized possessions of *Shalakyta tantra* that has the ability to bring noteworthy progress in the field of ophthalmology.

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Classification of Kriyakalpa

Kriyakalpa	C.S	S. S	A. S/A.H	Sha.Sam/B. P/Y. R
Tarpana	+	+	+	+
Putapaka	-	+	+	+
Seka	-	+	+	+
Aschyotana	+	+	+	+
Anjana	+	+	+	+
Pindi	-	-	-	+
Vidalaka	+	-	+	+

C.S- Charaka Samhita, S.S- Sushruta Samhita, A.S- Ashtanga Sangraha, A.H- Ashtanga Hrudaya, Sha.Sam- Sharangadhara Samhita, B.P- Bhavaprakasha, Y.R- Yogaratnakara

Kriyakalpa Theatre

- “Vataataparajoheene veshmanyuttanashaayina Krutaneela peetaayatarajavanike veshmaani”- Kriyakalpa theatre should have proper ventilation, but devoid of excessively blowing wind, sun rays, or dust. There should be curtains (*Javanika*) of dark colours like blue or yellow.^[4,5]
- It should be equipped with materials and medicaments for the treatment and to manage complications (caused due to *Mithyayoga*, *Atiyoga* or *Hinayoga*).

General Purvakarma in Kriyakalpa

- *Kriyakalpa* should be done after *Sarvadaihika shodhana* including *Shirashodhana*.
- *Samshuddhadehashiraso jeerna annasya shubhadine*^[6] - *Deha shodhana* is done depending upon *Dosha dushti*. *Shiroshodhana* is achieved by *Virechana nasya*, as it eliminates *Doshas* from the head and *Kayashodhana* by *Virechana*.
- In between the course of *Shodhana karma*, *Tarpanadi kriyas* should not be performed. If it is performed after *Samsarjana karma*, the efficacy of the drugs or procedure will be best achieved, because the *Agni* will be enhanced at cellular level with in the cell, increases the cellular absorption and assimilation thereby.^[7]

Akshi Tarpana

It is a procedure, also called *Netra basti* in which medicated *Ghruta* or any *Sneha* is kept over eyes for a specific period of time.

Paribhasha

Atha tarpanakam vachmi netra triptikaram param- That which causes *Tripti* (satisfaction) to the *Netra*.^[8]

Indications

S. S	A. S	A.H
<i>Tamyati</i> - Darkness in front of eyes <i>Ati vishushka</i> - Reduced lacrimation <i>Ruksha</i> - Dryness of eyes <i>Ati daruna</i> - Roughness of lids <i>Sheerna pakshma</i> - Falling of eyelashes <i>Avila</i> - Blurriness of vision <i>Jihma</i> - Squint Ref: Su.Ut-18/17	<i>Paritamtyati</i> - Darkness in front of eyes <i>Parishushka</i> - Reduced lacrimation <i>Ruksha</i> - Dryness of eyes <i>Stabdha</i> - Stiffness of eyes <i>Jihma</i> - Squint <i>Nimna</i> - Depressed eyes <i>Avila</i> - Blurriness of vision <i>Avanaddha</i> - Stiffness of eyelashes <i>Sheerna pakshma</i> - Falling of eyelashes <i>Krichronmilana</i> - Difficulty to open lids <i>Sirotpata</i> - Episcleritis <i>Siraharsha</i> - Advanced stage of episcleritis <i>Arjuna</i> - Sub-conjunctival haemorrhage	<i>Tamyati</i> - Darkness in front of eyes <i>Stabdha</i> - Stiffness of eyes <i>Shushka</i> - Reduced lacrimation <i>Ruksha</i> - Dryness of eyes <i>Abhighata</i> - Ocular trauma <i>Vataja</i> and <i>Pittaja netra rogas</i> <i>Jihma</i> - Squint <i>Sheernapakshma</i> - Falling of eyelashes <i>Avila</i> - Blurriness of vision <i>Krichronmilana</i> - Difficulty to open lids <i>Sirotpata</i> - Episcleritis <i>Siraharsha</i> - Advanced stage of episcleritis <i>Arjuna</i> - Sub-conjunctival haemorrhage <i>Abhishyanda</i> - Allergic conjunctivitis <i>Adhimantha</i> - Glaucoma <i>Anyatovata</i> - Referred pain in eyes

	<p><i>Shushkashipaka</i> – Dry eyes <i>Timira</i> – Visual disturbances <i>Abhishyanda</i> – Allergic conjunctivitis <i>Adhimantha</i> - Glaucoma <i>Anyatovata</i> – Referred pain in eyes <i>Vataparyaya</i> – Trigeminal neuralgia <i>Alpashopha</i>- Mild oedema <i>Raga</i>- Redness <i>Ashru</i>- Lacrimation <i>Dushika</i> – Thick secretion <i>Vedana</i>- Pain Ref: A.S.Su-33/1</p>	<p><i>Vataparyaya</i> – Trigeminal neuralgia <i>Shukra or Shukla</i> - Corneal ulcer/opacity <i>Ashru</i>- Lacrimation <i>Shula</i>- Pain <i>Samrambha</i>- Inflammation <i>Dooshika</i> – Thick secretion Ref: A.H.Su-24/1-3</p>
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<p>Sha. Sam/ B.P / Y.R <i>Ruksha</i>- Dryness of eyes <i>Parishushka</i>- Reduced lacrimation <i>Kutila</i> – Asymmetrical <i>Avila</i>- Blurriness of vision <i>Sheernapakshma</i>- Falling of eyelashes <i>Sirotpata</i> – Episcleritis <i>Krichronmilana</i> – Difficulty to open lids <i>Timira</i> – Visual disturbances <i>Arjuna</i> – Subconjunctival haemorrhage <i>Shukra</i> – Corneal opacity/ulcer <i>Abhishyanda</i> – Allergic conjunctivitis <i>Adhimantha</i> - Glaucoma <i>Shushkashipaka</i> – Dry eyes <i>Shoatha</i>-oedema <i>Vataviparyaya</i> – Trigeminal neuralgia <i>Y.R</i> - Same as <i>Sharangadhara</i> and <i>Bhavaprakasha</i> but did not mention <i>ruksha</i> Ref: Sha.Ut-13/39-40 B.P-Mad-63/168-169 Y.R-NR-346-348</p>
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Contraindications

S. S/ Sha.Sam/ B. P/YR	A.S	A.H/CD
<p><i>Durdina</i>- Cloudy day <i>Atiushna dina</i>- Excessive hot climate <i>Atisheeta dina</i>- Excessive cold climate <i>Chinta</i>- Grief <i>Ayasa</i>- Tiredness <i>Bhrama</i>- Giddiness <i>Ashantopadrava</i>- If complications don't subside B.P - Same as <i>Sushruta</i> but has not mentioned <i>Ayasa</i> Ref: Su.Ut-18/18 Sha.Ut-13/41 B.P-Mad-63/180 Y.R-NR-349</p>	<p><i>Ashantopadrava</i>- If complications don't subside <i>Atisheeta dina</i>- Excessive cold climate <i>Atiushna dina</i>- Excessive hot climate <i>Varsha</i>- Rainy day <i>Durdina</i>- Cloudy day <i>Nasya anarha</i>- Contraindicated for <i>Sneha nasya</i> Ref: A.S.Su-33/1</p>	<p>The person who is fatigued by looking far in the sky for a long time. Ref: A.H.Su-24/9 CD-77/24</p>

Tarpana Vidhi

Purvakarma

1. Patient should be subjected for *Samshodhana karmas*, *Shiroshodhana* by *Nasya karma* and *Kayashodhana* by *Virechana karma* before advising *Tarpana*.
2. The patient should lie down in supine position comfortably on a table.
3. A uniform, smooth dough has to be prepared out of *Masha* flour.
4. Mild massage and lukewarm fomentation has to be given around the orbit and over the eyelids.
5. Medicated *Ghrita* and other necessary requirements (viz., towels, cotton swabs, vessels etc.,) should be kept ready.
6. *Vagbhata* says, *Tarpana* has to be done in the 8th part of the day.^[9]

7. Ensure that the patient is taken for *Tarpana* after digestion of the previous meal.
8. The usual timing of administering *Tarpana* is in the morning (*Pratah kala*) or evening (*Sayam kala*) according to *Laghu vagbhata*.^[10]

Pradhana karma

1. A firm circular frame of two *Angula* height is constructed around the eyes with the dough of *Masha* flour.
2. Then lukewarm *Ghrita* or *Ghritamanda* (supernatant part of ghee) is slowly poured on to the eyes till the eyelashes get immersed (*Unmeelayet shanaihi*).
3. Then the patient is asked to slowly blink the eyes.

Duration to Retain the Medicine

On the basis of Dosha

	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Sharangadhara</i>
<i>Swastha</i>	500 <i>Matra</i>	500 <i>Matra</i>	-
<i>Kapha roga</i>	600 <i>Matra</i>	500 <i>Matra</i>	500 <i>Matra</i>
<i>Pitta roga</i>	800 <i>Matra</i>	600 <i>Matra</i>	-
<i>Vata roga</i>	1000 <i>Matra</i>	1000 <i>Matra</i>	1000 <i>Matra</i>

On the basis of Sthana

	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Sharangadhara</i>
<i>Vartma</i>	100 <i>Matra</i>	300 <i>Matra</i>	100 <i>Matra</i>
<i>Sandhi</i>	300 <i>Matra</i>	300 <i>Matra</i>	500 <i>Matra</i>
<i>Shukla</i>	500 <i>Matra</i>	500 <i>Matra</i>	600 <i>Matra</i>
<i>Krishna</i>	700 <i>Matra</i>	700 <i>Matra</i>	700 <i>Matra</i>
<i>Drushti</i>	1000/800 <i>Matra</i>	800 <i>Matra</i>	800 <i>Matra</i>
<i>Adhimantha</i>		1000 <i>Matra</i>	1000 <i>Matra</i>

Paschat Karma

1. After *Tarpana*, the *Ghrita* is drained by making a hole at the *Apanga sandhi* in the *Paali* and it is cleaned, followed by mild fomentation with warm water or *Yavapishti*.
2. *Dhoomapana* is given to expel the *Kapha* caused by the *Ghrita*.^[11]
3. *Vagbhata* mentions the use of lukewarm water for *Mukha prakshalana* after *Dhooma pana*.^[12]
4. The patient should be advised to tie flowers of *Malati* and *Mallika* over the eyelids at night while sleeping.^[13]
5. According to *Vridhha Vagbhata*, looking at the sun or sky or exposure to heat for a long time is prohibited. *Laghu Vagbhata* adds, seeing faraway things should also be avoided.^[14,15]

Note: According to *Ashtanga Hrudaya*, *Dwiguna parihara kala* has been told i.e., the patient has to follow all the precautionary measures till twice the period of administration of the therapy.^[16]

Duration of Treatment

<i>Dosha</i>	<i>Sushruta</i>	<i>Vagbhata</i>	<i>Videha</i>
<i>Vata</i>	Daily	Daily	Daily
<i>Pitta</i>	Once in 3 days	Interval of 1 day	Interval of 1 day
<i>Kapha</i>	Once in 5 days	Interval of 2 days	Interval of 3 days
<i>Rakta</i>	-	-	Interval of 1 day
<i>Sannipata</i>	-	-	Interval of 2 days
<i>Swastha</i>	-	Interval of 2 days	Interval of 2 days

Course of *Tarpana* as per *Jejjata*¹⁷

Alpa dosha - 1 day

Madhyama dosha - 3 days

Adhika dosha - 5 days

Samyak tarpita lakshanas

Su, Sha.Sam, B.P – PK, Y.R, B.P – MK	A.H,CD
<p><i>Sukhasvapnavabodhatvam</i> - Sound sleep and pleasant awakening <i>Vaishadyam</i>- Clarity of vision <i>Varnapatavam</i> - Clear sense of colour or imparts natural colour to <i>shukla</i> and <i>krishnamandala</i> <i>Nivruttirvyadhi vidhwamsa</i>- Relief from the disease <i>Kriya</i>- Normal functioning of the eye (<i>Unmesha, Nimesha</i>) <i>Laghava</i>- Lightness of the eyes Ref: Su.Ut-18/13 Sha.Ut-13/50 B.P-Pur-6/180 B.P-Mad-63/176 Y.R-NR-350</p>	<p><i>Prakashakshamata</i>- Tolerance to bright light <i>Svasthya</i> (A.S also)- Healthy state of eyes <i>Vishada</i>- Clarity of vision <i>Laghutva</i>- Lightness of the eyes Ref: A.H.Su-24/11 CD-77/25</p>

Atitarpita lakshanas

Su	A.S, A.H, C. D	Sha.Sam/Y. R	B. P
<p><i>Guru</i>- Heaviness of eyes <i>Avila</i>- Blurriness of vision <i>Atisnigdha</i>- Sliminess in the eyes <i>Ashru</i>- Excessive lacrimation <i>Kandu</i>- Excessive itching <i>Upadehavat</i>- Excessive discharge <i>Dosha utklishtata</i>- Aggravation of <i>Doshas</i>- <i>Kapha janya vyadhis</i> Ref: Su.Ut-18/14</p>	<p><i>Kapha janita vikaras</i> Ref: A.S.Su-33/6 A.H.Su-24/11 CD-77/25</p>	<p><i>Ashru</i>- Excessive lacrimation <i>Guru</i>- Heaviness of eyes <i>Snigdha netra</i>- Sliminess in the eyes Ref: Sha.Ut-13/51 Y.R-NR-358</p>	<p><i>Guru</i>- Heaviness of eyes <i>Avila</i>- Blurriness of vision <i>Atisnigdha</i>- Sliminess in the eyes <i>Ashru</i>- Excessive lacrimation <i>Kandu</i>- Excessive itching <i>Upadehavat</i>- Excessive discharge <i>Gharsha</i> – Foreign body sensation <i>Toda</i>- Pricking pain Ref: B.P-Pur-6/181 B.P-Mad-63/177</p>

Heena tarpita lakshana

Su	A. S	A.H, C.D	Sha.Sam
<p><i>Ruksha</i>- Dryness of eyes <i>Avila</i>- Blurriness of vision <i>Asradya</i>- Excessive lacrimation <i>Asahatva</i> of <i>Rupa darshana</i>- Intolerance to light <i>Vyadhi vrudhhi</i>- Aggravation of the disease Ref: Su.Ut-18/15</p>	<p><i>Vata vikaras</i>- <i>Vataja</i> diseases Ref: A.S.Su-33/6</p>	<p><i>Viparyaya</i> of <i>Samyak yoga lakshanas</i>- opposite of <i>Samyak yoga lakshanas</i> Ref: A.H.Su-24/11 CD-77/25</p>	<p><i>Ruksham</i>- Dryness of eyes <i>Asram</i>- Excessive lacrimation <i>Avilam</i>- Blurriness of vision <i>Rugnam</i>- Increases the original diseases Ref: Sha.Ut-13/51</p>

B.P – PK	B.P - UT	Y. R
<p><i>Shopha</i>- Oedema <i>Rogadhya</i>- Aggravation of disease <i>Upadeha</i>- Excessive exudates Ruksha <i>Srava aruna</i>- Secretion will be dry,</p>	<p><i>Aasrava</i>- Increased secretions <i>Shopha</i>- Oedema <i>Rogadhya</i>- Aggravation of disease <i>Roopa darshana asahatva</i>- Intolerance to light <i>Avila</i>- Blurriness of vision</p>	<p><i>Ruksha Asra</i>- Dryness of secretions <i>Avila</i>- Blurriness of vision <i>Ruksha netra</i>- Dryness of eyes Ref: Y.R-NR-358</p>

reddish colour Ref: B.P-Pur-6/182	<i>Parusha</i> - Roughness of eyes <i>Ruksha</i> - Dryness of eyes Ref: B.P-Mad-63/178	
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Chikitsa for Ati and Heena tarpita**Pratikara (Su.Ut-18/16, Sha.Ut-18/52, YR.NR-358)**

In Kapholbana (Atiyoga)	In Vatolbana (Hina yoga)
<i>Ruksha dhuma</i>	<i>Snigdha dhuma</i>
<i>Ruksha nasya</i>	<i>Snigdha nasya</i>
<i>Ruksha anjana</i>	<i>Snigdha anjana</i>
<i>Ruksha seka</i>	<i>Snigdha seka</i>

Yogas

Roga nama	Yoga	Reference
<i>Vatabhishyanda</i>	<i>Vatahara dravya siddha ksheera or Vidaryadi gana siddha ksheera</i>	Su.Ut-09/09
<i>Shushkakshipaka</i>	<i>Saindhavadi ghrita</i>	Su.Ut-09/22
<i>Praklinnavartma</i>	-	Su.Ut-12/47
<i>Raktabhishyanda</i>	-	Su.Ut-12/06
<i>Pitta vidagdha Drushti</i>	<i>Triphala ghrita, Tilvaka ghrita, Purana ghrita</i>	Su.Ut-17/4-5
<i>Kapha vidagdha drushti</i>	<i>Trivrut ghrita, Tilvaka ghrita, Purana ghrita</i>	Su.Ut-17/4-5
<i>Pittaja kacha</i>	<i>Ksheera, Madhura dravyas and Jangala mamsa siddha putapaka swarasa</i>	Su.Ut-17/38
<i>Kaphaja kacha</i>	<i>Vanaspati kvatha siddha ghrita</i>	Su.Ut-17/42
<i>After Linganasha shastra chikitsa</i>	-	Su.Ut-17/70
<i>Krichronmilana</i>	-	A.S.Ut-12/02
<i>Shukla roga</i>	-	A.S.Ut-14/17
<i>Nimna shukla</i>	<i>Mrigavishkiradi yoga</i>	A.S.Ut-14/20
<i>Vataja timira</i>	<i>Shatahwa siddha ghrita</i>	A.S.Ut-16/17
<i>Pittaja timira</i>	<i>Lodhradi ghrita</i>	A.S.Ut-16/18
<i>Kaphaja timira</i>	<i>Talisadi ghrita</i>	A.S.Ut-16/19
<i>Sannipataja timira</i>	<i>Vyagradi ghrita</i>	A.S.Ut-16/21
<i>Vataja abhishyanda</i>	<i>Kashmaryadi ksheerayoga</i>	A.S.Ut-19/12
<i>Vataja abhishyanda</i>	<i>Krishnasarpadi ksheerayoga</i>	A.S.Ut-19/12
<i>Vataja abhishyanda</i>	<i>Panchamuladi ksheerayoga</i>	A.S.Ut-19/12
<i>Pittaja abhishyanda</i>	<i>Mrigavishkiradi yoga</i>	A.S.Ut-19/26
<i>Kaphaja abhishyanda</i>	<i>Ajayakritadi ghrita</i>	A.S.Ut-19/34
<i>Sushkakshipaka</i>	-	A.S.Ut-20/02
<i>Nimna shukla</i>	-	A.H.Ut-11-37
<i>Vataja Timira</i>	-	A.H.Ut-13/47
<i>Vataja Timira</i>	-	A.H.Ut-13/58
<i>Vataja Timira</i>	<i>Shatahwadi ghrita</i>	A.H.Ut-13/59
<i>Dhumadarshi-amlavidagdha drushti - pitta vidagdha drushti</i>	<i>Ksheera sarpi</i>	A.H.Ut-13/94
<i>Sushkakshipaka</i>	<i>Jeevaniya dravya siddha ghrita</i>	A.H.Ut-16/28

<i>Nakthandhya, Vataja timira, Krichronmilana</i>	<i>Vasa</i>	A.H.Ut-14/06
<i>Vataja Timira</i>	-	YR/NR
<i>Pittaja timira</i>	-	YR/NR
<i>Timira, Abhishyanda and adhimantha</i>	<i>Gavyaksheerottita ghrita</i>	GN-NR-178-179
<i>Chakshyushya</i>	<i>Krishna gopaya sarpi</i>	GN-NR-178-179
<i>Siraharsha</i>	-	VS-36/31
<i>Sushkakshipaka</i>	<i>Jeevaniya dravya siddha ghrita</i>	VS-36/68
<i>Sarvanetra roga</i>	<i>Padmapatradi ghrita</i>	VS-36/87
<i>Pittaja timira</i>	-	VS-36/277
<i>Kaphaja timira</i>	-	VS-36/282

DISCUSSION

Kriyakalpas are like the foundation for *Shalakyana netra chikitsa*. Depending on the *Roga* and *Rogi bala* specific *Kriyakalpa* has to be selected and administered which gives promising result in treating many ocular diseases.

The temperature of the medicaments used depends on the type of predominant *Dosha*. In *Kaphaja* and *Vataja* diseases, the medicines should be lukewarm and in *Pittaja* and *Raktaja* diseases it should be cold.^[18] Usually, one course of *Tarpana* is 5 or 7 sittings. Strict after care like exposure to heat, open air and bright light should be avoided for double the duration of *Tarpana*.

Tarpana to be administered only if there is *Niramavastha* i.e., redness (*Raga*), lacrimation (*Ashru*), pain (*Shoola*), swelling (*Samrambha*) and discharge (*Dooshika*) have subsided.^[19]

According to *Shodala*, the *Akshi* that is *Karshita* or emaciated due to *Abhishyanda* or *Adhimantha* can be given *Tarpana* to make it *Balavan*. *Acharya Shodala* has also advised *Sukhoshna tarpana* in cases of *Kapha* and *Vata* vitiation and *Sheetala tarpana* in cases of vitiation of *Pitta* and *Rakta*.^[20]

The height of *Paali* should be two *Angulas*, instead of *Masha*, flour of *Yava* (barley) can also be used to construct the *Paali*.^[21]

Tarpana is not done using *Taila*, as *Taila* is *Achakshushya*. *Ghrita* is considered to be the best among *Jangama snehas* as it has *Samskaarasya anuvartanaat guna*, which means it easily gulps up the *Gunas* of other *Dravyas* processed with it without leaving its own *Guna* and also it has other *Gunas* like *Bala vardhana*, *Ojo Vardhana*, *Vayasthapana*, *Agni deepana* and *Dhatu poshana*. It exhibits *Sahasraveerya* and *Sahasra karma*.^[22]

Probable Mode of Action of Tarpana

Ghrita which is mainly used in *Tarpana* has the quality of trespassing the minute *Srotas* of the body. Since the corneal epithelium is permeable to lipid soluble substances and lipid soluble substances cross the corneal epithelium irrespective of their molecular size, *Ghrita* can be considered as the best lipophilic substance which facilitates transportation of the drug to the target organ and finally reaching the cell since the cell membrane also contains lipid.^[23]

Tissue contact time and bio availability is more and hence therapeutic concentration can be achieved easily. We can understand the drug action by two ways- increased absorption of drug by the corneal surface and by exerting direct pressure upon the cornea. The lipids (phospholipids- glycerides) vit-ADEK and carotene present in *Ghrita* helps in increasing the lubrication between lens fibres and amino acids and proteins, acts as antioxidant and increases muscular power of ciliary muscles thereby improving vision.^[24]

The *Pachaka pitta* influences the drug absorption by digestion when it is given through oral route. The drugs administered through *Kriyakalpa* will not be influenced by *Pachaka pitta*, it will surpass the first pass metabolism and rectifies the accumulated *Doshas* immediately.

For *Tarpana* and *Putapaka*- morning and evening are generally suitable. 90 minutes after sunrise or 90 minutes before sunset is considered as suitable time to perform *Tarpana*.

The procedures like *Tarpana* and all other *Kriya kalpas* are aimed at improving visual efficacy-*Netrabala*.

The medicines are absorbed through *Akshikosha*- the eye lid and orbit, *Sandhi*- the junctional area, *Sira*- the blood vessels, *Shringataka marma* - a vital point, *Ghrana*- the nasal region, *Asya*- the oral

cavity, *Srotas*- through the minute channels and reaches the upper region. This absorption of medicine will expel vitiated *Doshas*.^[25,26,27]

According to *Bhavaprakasha*, *Yogaratanakara* and *Sharangadhara*, *Ghrita manda*, *Shatadhouta ghrita*, *Ksheera* can be used to administer *Tarpana*.

CONCLUSION

Ayurveda has given us many *Swasthya rakshana upayas* in terms of *Dinacharya*, *Rutucharya*, *Ratricharya*, *Sadvrutta* etc., all of which have relevance with respect to *Netra* being the prime sensory organ.

By analysing all the references related to *Tarpana*, we can conclude that *Tarpana* is a procedure that is one of the *Svasthyasamrakshana upaya* with respect to the eye that makes the *Netra balavan*. The very definition emphasises the aim of *Tarpana* i.e., *Netra triptikara* and since it is performed with *Ghrita* being *Bala vardhaka*, *Ojo vardhaka* and *Dhatu poshaka*, it helps in rejuvenating the eyes and providing it clarity of vision. *Tarpana* procedure has the capability to rectify grave eye conditions exhibiting symptoms like darkness in front of eyes, blurriness of vision, squint, reduced lacrimation etc., and also simultaneously rejuvenates the healthy eye as well. It is high time for us to realize the potential of the procedure and implement it to achieve *Netra swasthya*.

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