



Case Study

EFFECT OF AKSHITARPANA IN MANAGEMENT OF MYOPIA

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ABSTRACT

Myopia, commonly referred to as shortsightedness, is the most common eye disease in the world, which cause social, educational and economic impact on individual. Clinical features of myopia can be correlated with *Timira* explained in Ayurveda. In this case report, A 57 years old male patient came with complain of gradually developed blurring vision since 2 years. He has visited ophthalmologist, and spectacles were advised. After regular check-up, refractive error checked by auto-refractometer followed by manually examination by Snellen chart. In treatment, *Akshi-tarpana* given with *Triphala ghruta* for 21 days. In *Shaman-chikitsa*, *Triphala churna* and *Saptamruta loha* given orally. After that, clinical symptoms reduced and also, auto-refractometer examination results improved. Blurring vision may be due to vitiated *Vata dosha* with *Pitta* and *Kapha dosha*, which can be managed with the help of *Akshi-tarpana* along with *Vatashamana* and *Rasayan* therapy.


INTRODUCTION

Myopia, commonly referred to as shortsightedness, is the most common eye disease in the world, which cause social, educational and economic impact on individual. Clinical features of myopia can be correlated with *Timira* explained in Ayurveda. In this case report, a 57 years old male patient came with complain of gradually developed blurring vision since 2 years. He has visited ophthalmologist, and spectacles were advised. After regular check-up, refractive error checked by auto-refractometer followed by manually examination by Snellen chart. In treatment, *Akshi-tarpana* given with *Triphala Ghruta* for 21 days. In *Shaman-chikitsa*, *Triphala churna* and *Saptamruta loha* given orally. After that, clinical symptoms reduced and also, auto-refractometer examination results improved. Blurring vision may be due to vitiated *Vata dosha* with *Pitta* and *Kapha dosha*, which can be managed with the help of *Akshi-tarpana* along with *Vatashamana* and *Rasayan* therapy.

Eye is a highly specialized sense organ serving the most important function of vision. Vision is the most vital of all the senses. Almost 90% of knowledge is perceived only through eyes. Humans are mostly dependent upon the vision for their day-to-day work. Hence any hindrance to this means a major handicap.^[1]

Myopia is the refractive condition of eye, in which distant objects not seen clearly. There were studies estimated that the prevalence of myopia is 27.7% in India, which increases in school going age and young adults.^[2] According to sight saving review (1979) myopia is the 4th major cause of vision loss after cataract, glaucoma and senile macular degeneration. Due to significance of myopia as a global public health concern, it was chosen as a priority for vision 2020, by WHO to treat and avoid blindness by year 2020.^[3] It is a common eye focusing disorder. It has been on the rise for several decades. It is estimated that by 2050, nearly half the people in the world will have nearsightedness.^[4]

Although modern medical science has made remarkable progress and advances in the field of ophthalmology, but there are no any medical treatment is available for refractive error, while on other side in Ayurvedic text *Timir* is said to be *Ayushadhi-Sadhya* i.e. medically curable if treated in early stage.^[5] In modern medical science, simple myopia is treated with spectacles, contact lenses and high myopia is deal with

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refractive surgeries, but all these treatments are not pocket friendly for patients and have their own hazards like dry eyes, corneal ulcer due to contact lenses wear. Spectacles are cosmetically unaesthetic and refractive surgeries are very costly and had some complications like night glare, regression, dry eye, corneal ectasia and persistence corneal haziness etc.^[6]

As far as management of *Timir* is concerned, Sushrut has recommended number of the treatment modalities including *Langhna*, *Snehana*, *Snehpana* {internal use of oil, ghee}, *Raktamokshna* {blood

letting}, *Virechana*, *Nasya*, *Basti* etc.^[7] Instead of that, there are some preventive and curative treatment that are explained in the form of *PathayakarAahar-vihar*, *Netrakarma* (eye exercise), local therapeutic procedures- *Kriyakalpa*, *Chaksushyadravya* and *Rasayana*, *yoga* etc. All these treatments are helpful to avoid vision loss and to maintain the visual acuity.^[8]

OBJECTIVES

To evaluate, the efficiency of *Akshi-tarpana* -in the management of myopia (*Timira*).

Case Study

Complains	c/o blurred vision since 2 years
History of Present Illness	A 57 years old male patient was relatively healthy before 2 years. Gradually he started complaining about blurred vision, then he went to ophthalmologist, but they suggested for using spectacles. So, he came here for further treatment.
History of Past Illness	Pt has no any chronic illness or any systemic disease. No h/o diabetes mellitus, hypertension or thyroid. No h/o any other eye diseases like cataract.
Personal History	Appetite: Normal Bowel: Clear Micturition: Clear Sleep: Sound 6-7 hrs sleep
General Examination	Pallor: Absent Edema: Absent BP: 130/90 mm/hg Pulse: 80/min Lymphadenopathy: No any lymphadenopathy Icterus: Absent, Cyanosis: Absent, Clubbing: Absent
Astavidha Pariksha	<i>Nadi: Vataja Mala: Prakrut Mutra: Prakrut</i> <i>Jihva: Prakrut, Niram Shabda: Prakrut-khara Drik: Prakrut, Akrti: Madhyam</i>

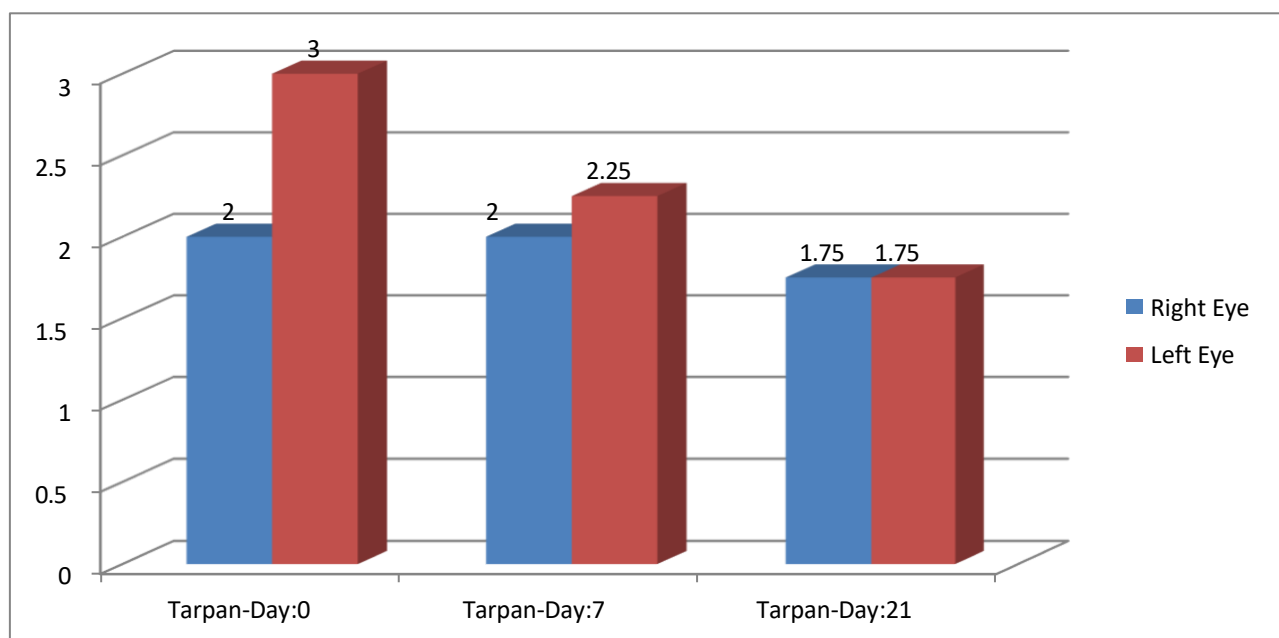
Eye Examination

	Right Eye	Left Eye
1. Eye lashes	Normal	Normal
2. Eye lids	Normal	Normal
3. Conjunctiva	Normal	Normal
4. Sclera	Normal	Normal
5. Cornea	Clear	Clear
6. Anterior chamber	Deep	Deep
7. Iris	No any deformity	No any deformity
8. Pupil	Normal pupillary light Reflex	Normal pupillary light Reflex
9. Lens	Normal; no cloudy Appearance	Normal; no cloudy Appearance
10. Vision Test: DV	-2.00	-3.00

Diagnosis: Myopia (*Timir*)

Treatment

Akshi Tarpan	<i>Akshi Tarpana</i> done with <i>Triphala Ghruta</i> for 21 days.
Shaman Chikitsa:	<i>Amalaki Churna</i> 6 gm at bed time with warm water/warm milk. <i>Tab. Saptamrut Loha</i> (250mg) 2 tab twice a day after food with warm water.



Procedure: Akshi Tarpan Purva-Karma

- Preparations of materials: Flour of black gram, Stove, Bowls, Vessels, Spoons, Sterile cloth/cotton.
- Preparations of the flour ring cabinet: Black gram flour and wheat flour mixed with water and made into bolus. From this, 2 small rings so as to fit around the eye socket were prepared. Height of this ring was 2 *Angula*. It was made in that way, the inner circumference of the ring was fit on three boundaries of the socket of the eye, so as to enclose the eye within it.
- Preparation of medicine: *Triphala ghruta* was made lukewarm with help of double boiling method.
- Preparation of patient: Explanation of whole procedure was given to patient. Patient asked to pass his natural urges before the procedure.
- A gentle fomentation was given to the eyes with cloth dipped in warm water before the treatment.

Pradhan-Karma

- Position: The patient was made to sleep in supine position; Neck support was provided.
- *Netra tarpana* cabinet: The rings of flour were kept ready in the *Purvakarma* are putted over eye sockets, 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 medicine doesn't leak during treatment.
- Filling *Tarpana* ring with medicines: *Triphala ghruta*

was melted and kept warm. It was gently poured in the *Netra-Tarpana* cabinets such that the eyes were dipped within the medicine. Patient was advised to close the eyes while dropping the medicine in the ring. Later he was instructed to open and close the eyes repeatedly so that the interior of eyes come into the contact of the medicines intermittently.

• **Duration:** 800 *Matrakala*

Paschat-Karma

- Removing the medicine: The medicine was removed by creating a small hole in lower portion of the wall of the flour ring at the outer angle of the eye and contents were drained into bowl.
- The medicine sticking to the eye and the sockets were swabbed out by wiping them off with help of sterile cotton pad/cloth.
- Later the eyes were wiped off gently with a sterile cloth dipped in warm water to give a gentle fomentation to the eyes.

OBSERVATION AND RESULT

Marked improvement: After 21 days *Tarpana* treatment.

- 0.25 D reduction in Right Eye
- 1.25 D reduction in Left Eye

(Checked by Auto Refractometer followed by manually with Snellen chart)

**Chart 1: Improvement after 21 days *Tarpana* treatment
Auto Refractometer results**

<p align="center">Figure:1 Before treatment (20/09/2023)</p>	<p align="center">Figure:2 After First sitting (7 days) (29/09/2023)</p>	<p align="center">Figure:3 After three sittings (21 days) 09/11/2023</p>

DISCUSSION

Myopia: Myopia is due to the length of the eyeball being too long, this causes light rays to focus at a point in front of the retina. Genetic factors, weak or degraded sclera and cornea, stress, nutritional deficiency and excessive near work are some significant factor in causing myopia. Instead of that, it is also results from some biological variations in development of eye i.e., change in optical power of cornea and lens, increase in axial length of eyeball.^[9]

Myopia is commonly referred as short-sightedness. It is mainly of 2 types:

1. Simple or Physiological myopia
2. Pathological/Progressive or Degenerative myopia.^[10]

Simple myopia is considered as a physiological error not associated with any eye disease, usually it ranges from low to moderate, that does not exceed -6D. Pathological myopia starts in childhood at 5-10yr of age, progress rapidly and results in high myopia during early adult life. High myopia includes myopic refractive error greater than 6.00 D or 8.00 D or an axial length greater than 26.5mm. It is usually associated with degenerative changes in the eye like retinal tear and detachment, vitreous liquification, choroidal and myopic degeneration etc.^[11]

Correlation: Ayurvedic classical texts have mentioned about eye and its diseases since Vedic and Samhita kala, thus showing the importance of eye and ways to protect it. In Ayurveda, clinical features related to visual disturbances are generally seen in *Dristigata roga*. The anatomical consideration of the *Patala* and symptoms of the vitiated *Dosa* situated in these *Patala* reveals that the word *Timira* which is described as an

ocular pathology in Ayurveda, is nothing but error of refraction. The part of clinical features of *Timira (Pratham Patalagata Timira)* can be correlated to myopia. Myopia is a common refractive condition that can affect the clarity of vision, limit occupational choices, and contribute to increased risk for vision threatening conditions. Poor distant vision is one of the main symptoms of myopia. Thus, on the basis of symptoms of *Timir roga* and simple myopia a correlation can be established between the two diseases.^[12]

Ayurveda Treatments

Globally it is estimated that approximately 1.3 billion people live with some form of vision impairment. There is no any medicinal treatment available for refractive error in modern science and available therapies have some complication like dry eye, corneal ulceration etc. While in Ayurvedic text *Timir* is said to be '*Ayushdhi Sadhya*' if treated in early stages. Hence, the Ayurvedic science can be explored to find a better alternative to manage this condition. In Ayurveda, there are number of preventive and curative modalities explained to treat *Timirin* the form of *Pathykaraharvihar, Rasayana Yoga, Chakshusya* drugs, *Netrakarma, Kriyakalpa, Panchkarma* etc.^[13]

Mode of Action: Local Treatment

Tarpana with Triphala Ghrith: According modern pharmacology, drug penetration depends upon permeability of layers cornea. The epithelium and endothelium of cornea is highly permeable for lipid content, while stroma is permeable to only water content. Thus, fat soluble and water-soluble drugs

readily penetrate these layers. *Triphalaghrit*, which is generally used for *Tarpana* is saturated with decoction of various drugs and hence it contains both lipid and water-soluble constituents of *Triphala*. Thus, it is lipophilic and hydrophilic it has good penetration through various layers of the cornea. *Ghrita* best for *Tarpana* due to its *Chaksushya*, *Rasayana*, *Yogvahi* and *Sanskaraunvarti* properties. The lipophilic action of *Ghrita* facilitates the transportation of the drug into eyeball through corneal surface. *Triphalaha*s predominance of *Madhur Rasa*, *Guru Guna*, *Sheet Virya* and *Madhur Vipak*. Considering the *Doshakarma* the drug is appears to be *Vatashamak*, followed by *Pittashamak Kaphashamaka* by virtue of its *Rasa*, *Guna*, *Virya*, *Vipak*. Thus, *Tridoshamaka* effect of *Triphala* helps to disintegrate the pathology of the disease Timir, which is *Vatapradhan Tridoshaja* in its manifestataion.^[14]

Mode of Action: Internal Treatment

Saptamrut Loha

- Ingredients: *Yastimadhu*, *Haritaki*, *Bibhitaki*, *Amalaki*, *Loha Bhasma*
- *Anupana*: *Ghrita + Madhu*
- *Saptamrita Lauha* is one of the *Lauha Kalpas*. It is a very popular, very safe and effective formulation for eye diseases. It can be considered as one of the most important herbo-mineral combination by seeing its ingredients and its *Roga Adhikar* in *Netra* and *Shoola Roga*. In *Saptamrit Lauha* majority ingredients are *Tridosha Hara* and *Chakshushya*.^[15]

Amalaki Churna

- Action of *Amalaki (Phyllanthus emblica) churna*^[16]: *Vrushya*, *Rasayan*, *Tridoshar*, *Anuloman*
- *Aushadh Sevan Kala: Ratri*
Mode of Action: In this *Kaal* the *Bhaishajya* takes a selective approach to the *Urdhvajatrugata* section. The *Shamana Aushadhi* achieves *Chiraparinama* (long-lasting action) since no food is consumed till the next morning. *Urdhwajatru (Murdha)* is the place of *Prana Vata*. As a result, medicine given in this *Kaal* affects *Prana Vata* as well.^[17]

CONCLUSION

Blurring of vision can be distressing condition that affects a significant degree of physical, mental and social health of an individual. *Akshi-tarpana* with *Triphala ghrita* with internal medications have provided significant improvement in present case. Patient feels clinically better in vision as compare to previous. Auto refractometer results also show these changes. This infers that effective management of myopia can be done based on the principles of Ayurveda. The patient is still continuing the treatment and in longer duration, he may get further

improvement. The study if carried out in larger sample can provide concrete conclusions.

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