

CONCEPTUAL AND DESCRIPTIVE STUDY ON *TARPANA*

*ARUN KUMAR

**PALLAVI BHUSHAN

*CONSULTANT, DEPARTMENT OF SHALAKYA, MAIN CAMPUS, UAU DEHRADUN

**ASSISTANT PROFESSOR.ROG NIDAN DEPARTMENT, RISHIKUL CAMPUS,UAU DEHRADUN

Postal address:

Dr. ARUN KUMAR

CONSULTANT, DEPARTMENT OF SHALAKYA,
MAIN CAMPUS, UTTARAKHAND AYURVED UNIVERSITY,
DEHRADUN 248001

CONCEPTUAL AND DESCRIPTIVE STUDY ON *TARPANA*

ARUN KUMAR*

PALLAVI BHUSHAN**

ABSTRACT

Eye disorders are much more important than any other physical disability, since the loss of vision tantamount to the obliteration of the world. Various causative factors which are mentioned by ancient. Lifestyle diseases characterize those diseases whose occurrence is primarily based on the daily habits of people and are a result of an inappropriate relationship of people with their environment. Tarpana is the best method of inducing *Tripti* (satisfaction) to the eye. It is the local procedure of application of oily substances through a specially prepared border over the eye. Netra Tarpana is the foremost procedure for eye disorders. Netra tarpana is one of the specialized treatments for various eye disorders. Netra tarpana acts as both preventive and curative therapy for maintaining normal healthy condition of eyes. It is brimhana in nature.

KEY WORDS: *Tarpana, Tripti, Brimhana*

INTRODUCTION

Among all indriyas (sense organs), netra (eye) is pradhana indriya (utmost). Special care and concern should be taken to protect it. Stress and strain related disorders of the eye are common in the present era of computers and gadgets. We are now a day's witnessing school-going kids wearing spectacles at a tender age because of technology addiction and erratic study postures, wrong choices of food and sleep preferences. Majority of eye problems are due to the faulty use of eye with modern life style. Thus assessment was made to invest knowledge of ancient science for fulfilling the growing demand of mankind in new era. Ayurveda, the ancient system of medicine gives valuable guidelines not only in treatment aspects but also in preventive line. There is a great need to find out an ocular procedure for prevention and treatment of eye diseases having no or least adverse effect. Akshitarpana karma is one of the local therapeutic procedure which if promptly used shows objective evidences of excellent responses.

Etymology of *Tarpana*

The word '*Tarpana*' is derived from the root '*Trup*' by adding the '*Lyut*' Pratyaya. The literary meaning of the *Tarpana* is satisfaction to the eye by fatty materials.

Properties of *Tarpana*:

If *Tarpana* is property applied, it alleviates the burning and itching sensation, redness of the affected eye and annihilates the swelling, pain, lacrimation and mucous secretion.

Indications:

The patient seeing darkness in front of eyes, eyes deficient in lacrimation, dry eyes, hard lids with falling eyelashes, dirty eyes, squinting eyes and eyes badly affected with disease, these are the conditions where eye gains energy from *Tarpana*. *Vagbhata* has further added a list of disease specifically selected for *Tarpana*. They are *Kricchronmilana*, *Sirotpata*, *Siraharsha*, *Arjuna*, *Shukra*, *Timira*, *Abhishyanda*, *Adhimantha*, *Anyatovata*, *Vataparyaya* and inflammatory conditions of the eyes, *Vatika* and *Paitika* diseases of eyes as well as injured eyes due to *Abhighata*.²

Contraindications:

Tarpana should not be used on a cloudy (or) very hot (or) cold days and it should not also be done in persons suffering from anxiety, tiredness, giddiness and in the eyes where complications have not abated.

Procedure:

Tarpana should be administered only after *Samshodhana* of *Shira* and *Kaya*. *Mridu Virechana* with *Erandabhrishta Haritaki* and *Nasya* with *Anutaila* are sufficient. *Tarpana* can be done either in early morning or evening; only after the digestion of any food taken previously.

The patient is asked to lie down on his back, in a chamber free from direct sun rays, wind and dust, and is given mild fomentation with a cotton soaked in lukewarm water, then the eyes are encircled with firm, compact wall made up of paste of powdered *Masha* pulse (black gram). The height of this wall should be 2 *Angula*. The patient is asked to close the eyes and over the closed eyes, liquefied *Ghritamanda* is poured very slowly till the entire eyelashes are under the liquefied *Ghrita*. Patient is instructed to close and open his/her eyes (*unmesha* & *nimesha*). After retaining for the stipulated time, the liquid is drained out through the hole made near the outer canthus and the eye is irrigated by lukewarm water fomentation.³

Vagbhata differs from *Sushruta* in certain aspects. According to him, instead of *Ghritamanda*, *Vasa* should be used for the diseases *Naktandhya*, *Vatajanya Timira* and *Kricchronmilana*

Modification in Procedure of *Tarpana*:

Nowadays, time is money and patients don't have so much time to undergo this traditional procedure. So, a new technique was developed. A swimming goggle was taken and its upper glasses were removed for pouring medicine. There is no chance of leaking of the medicine in this method. This gives best results and more comfort to the patient in less time.

Course of Procedure:

Sushruta, without clarifying the condition of the eye, simply asks to perform the procedure for one day, three days and five days.⁴ *Dalhana* in his commentary quotes the view of *Gayadasa*, *Jejjata* and *Videha*. According to *Gayadasa*, this duration is given in accordance to *Vatika*, *Paittika* and *Slaishmika* eye disease respectively. *Videha*

says that the procedure should be carried out daily in *Vatika* diseases, alternatively in *Paittika* and *Raktaja* diseases, with interruption of two days in healthy eye and *Sannipataja* diseases and with the interruption of three days in *Kapha* diseases. According to *Jejjata*, the duration of treatment in mild, moderate and severely aggravated Doshas is of one, three and five days respectively. *Vagbhatta* is in agreement with *Videha*, except for *Kapha* diseases where he advises an interruption of two days.

Period of Retention:

Tarpana should be retained for a period, which is taken for counting the number of syllables mentioned according to the healthiness or unhealthiness of the eye. It can be summarized as below.⁵

Table – 4: Table Showing Period of Retention of *Tarpana*

Condition of The Eye	Time taken for the counting of number of syllables found in					In Minutes API Vol. VII ⁷ Acc. to Su. Sa.
	Su. Sam.	As. Sam.	As. Hri.	Bhav Pra.	Sar. Sam.	
Healthy	500	500	500	500	500	12.70 Min.
<i>Kapha</i> predominant	600	500	500	500	500	15.24 Min.
<i>Pitta</i> predominant	800	600	600	600	-----	20.32 Min.
<i>Vata</i> predominant	1000	1000	1000	1000	1000	25.40 Min.
Site of lesion in eye diseases						
<i>Sandhigata</i>	300	300	300	500	500	7.62 Min.
<i>Vartmagata</i>	100	100	100	100	100	2.54 Min.
<i>Shuklagata</i>	500	500	500	---	600	12.7 Min.
<i>Krishnagata</i>	700	700	700	700	700	17.78 Min.
<i>Drishtigata</i>	800/1000	800	800	800	800	20.32/25.4 Min.
<i>Adhimantha</i>	1000	1000	1000	1000	1000	25.4 Min.

Su. Sam. = *Sushruta Samhita*

As. Sam. = *Ashtanga Sangraha*

As. Hri. = *Ashtanga Hridaya*

Bhav.Pra. = *Bhavaprakasha*

Sar. Sam. = *Sharangadhara Samhita*

• Features of Proper *Tarpana*:

The following are the features of properly conducted *Tarpana*:⁶

- Sound sleep
- Blissful awakening
- Cessation of secretion
- Clearness of vision

- Discernment of individual colors
- Agreeable sensation
- Lightness of the eye and proper functioning of eye
- Ability of the eye to tolerate sunlight

• **Features of over and under lubrication:**

Features of heaviness, indistinct vision, excessive oiliness, lacrimation, itching, stickiness and aggravation of *doshas* especially *Kapha dosha* results from excessive *Tarpana*.

Dryness, indistinct vision, excessive lacrimation, intolerance to light and aggravation of the disease are the features of insufficient *Tarpana*.

CONCLUSION

Day and night are similar for a blind person and all the wealth in the world seems to be of no use. Hence to lead a desired life, one should always try to protect the eyes. Through All the above explanations and observation it is very obvious to conclude that *Tarpana* plays a very important role in lifestyle related eye disorders.

Reference:

1. Sushruta. Sushruta Samhita Dalhana Comm.- Nibandhasangraha, Chaukhambha Orientalia Varanasi, 2002, Uttaratantra 18/17-18.
2. Vagbhatta, Astanga Hridaya- Vidyotini Comm. Kaviraja Atrideva Gupta, Chaukhambha Prakashan, Varanasi, Reprint 2007; Sutrasthana 24/1-3.
3. Ibid Sushruta Samhita Uttaratantra 18/10-11.
4. Ibid Sushruta Samhita Uttaratantra 18/ 12
5. Ibid Sushruta Samhita Uttaratantra 18/ 8-10.
6. Ibid Sushruta Samhita Uttaratantra 18/12-13.
7. Appendix, Ayurvedic Pharmacopoeia of India, Vol. VII – Central Council for Research in Ayurveda and Siddha; Ministry of Health & Family Welfare, Govt. of India.
8. ¹ Sharangadhara utara tantra 13/38