



A Holistic Ayurvedic Approach To Hyperopia: A Case Report Emphasizing The Role Of Kriyakalpa Along With Ras Aushadi

Dr.Abhyuday Joshi ¹, Dr.Ashwini patil ², Dr.Kavita throat³, Dr.Manjiry kouskiya⁴, Dr.Prerna yeole ⁵

1. M.D scholar final year, Department of Shalakya Tantra, DY Patil Ayurvedic college, Navi Mumbai, Maharashtra.
2. HOD and Professor Department of Shalakya Tantra, DY Patil Ayurvedic college, Navi Mumbai, Maharashtra.
3. Associate Professor Department of Shalakya Tantra, DY Patil Ayurvedic college, Navi Mumbai, Maharashtra.
4. M.D scholar final year, Department of Shalakya Tantra, DY Patil Ayurvedic college, Navi Mumbai, Maharashtra.
5. M.D scholar final year, Department of Shalakya Tantra, DY Patil Ayurvedic college, Navi Mumbai, Maharashtra.

ABSTRACT

Introduction :- The most common refractive error in childhood is hyperopia. The term hyperopia refers to the refractive condition of the eye where parallel light rays coming from the infinity are focused behind the neurosensory retina (after refraction through the ocular media) when accommodation is at rest. Individuals with uncorrected hyperopia may experience symptoms such as blurred vision, asthenopia (e.g., headaches and eyestrain) while reading, accommodative/binocular dysfunction, amblyopia, and/or strabismus

Aim :- To evaluate the efficacy of tarpan and nasya procedures along with internal use of ras aushadi in the treatment of hyperopia.

Method and materials:- A 12 years old female approached OPD no.4 , shalakya tantra ,DY PATIL SCHOOL OF AYURVEDA, NAVI MUMBAI, complaining of blurring vision of distance and near vision since 2years.She was assessed with retinoscopy and fundoscopy .Ayurvedic local kriyakalp procedures done along with oral intake of ras aushadis.

Result: After 3 months of treatment showed significant improvement in vision.

Conclusion: Hence it can be said that Ayurvedic medicine and procedures can be useful in the management of hyperopia and refractive error.

Keywords : Hyperopia, ras aushadi ,tarpan, refractive error

INTRODUCTION

“Eyes are the index of men’s mind and nature”

The most common refractive error in childhood is hyperopia. The term hyperopia refers to the refractive condition of the eye where parallel light rays coming from the infinity are focussed behind the neurosensory retina (after refraction through the ocular media) when accommodation is at rest.¹

Many people, however, lack this ability because of paravartajanya vikaras. If left untreated after diagnosis, sequelae such as amblyopia and tropia may develop. Family history ,Local, systemic, genetic and environmental factors play a major role in its pathogenesis.

In refraction, vata functions in the media of kapha. Vata and kapha vitiation as per Ayurvedic view point are the major contributing pathological factors in its manifestation.²

Contrary to the available modern medical treatment/management regimen, i.e., spectacles, contact lens and Lasik, Ayurveda propounds a systemic/holistic approach in the treatment of hypermetropia. A patient of hypermetropia, who was treated with such a treatment protocol, is presented as a case study in this article.

CASE STUDY

Name –ABC

Age: 12 years

Sex: Female

Religion: Hindu

Socioeconomic status: middle class

Father is a engineer . Mother is housewife

No History of consanguinity.

Date of consultant :-08/04/24

Opd no.:-309822

Chief complaints :-

- 1.Blurring of near and distance vision since 6 years.
- 2.Diminish of vision from left eye since 3 years
- 3.Strain on both eyes since 3 months.

Past history:-

Taken allopathic treatment .

Spectacle history since 6 years.

Personal history:-

Not eating vegetables frequently

Using phone daily

GENERAL CONDITION: General condition -lean and thin

Build & nutrition- average

LOCAL EXAMINATION :-**Table 1. for general examination**

L/E	RIGHT EYE	LEFT EYE
Lids	N	N
Conjunctiva	N	N
Sclera	N	N
Cornea	CLEAR	CLEAR
Anterior chamber	N	N
Iris	N	N
Pupil	RRR	RRR
Lens	N	N
Vision	6/36 N -12	6/36 N -12
Vision with glasses	6/12	6/18

FUNDOSCOPY:-**Table no.2 for Fundoscopy**

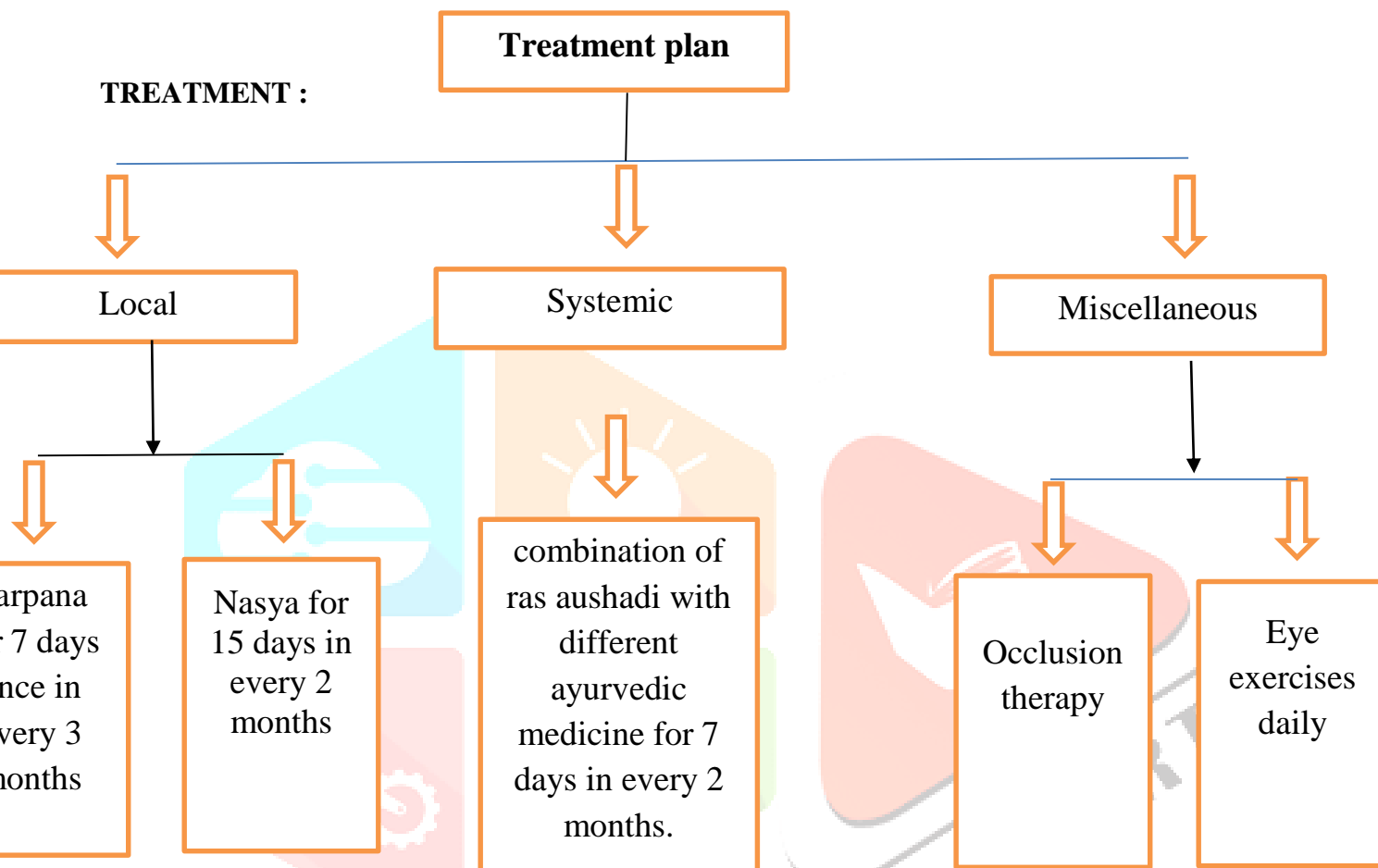
	RIGHT EYE	LEFT EYE
IOP	16MMHG	16MMHG
OPTIC DISC	HYPEROPIC DISC	HYPEROPIC DISC
CDR	0.3	0.3
MACULA	HEALTHY	HEALTHY
F.R.	PRESENT	PRESENT
B.V.	A:V 1:3	A:V 1:3
P.R.	NORMAL	NORMAL

VISUAL ACQUITY :-**Table no.3**

vision	Distant vision (without spectacles)	Distant vision (with spectacles)	Near vision (without spectacles)
Right eye	6/36	6/12	N12
Left eye	6/36	6/18	N12
Both	6/18	6/12	N12

Previous refraction details:-**Table no.4**

Eye	Spherical	cylindrical	axis	vision
Right	+3.50	-0.50	120*	6/9
left	+6.50	-0.75	180*	6/18



Total duration of above planned treatment :- 3 months

Tarpana with mahatriphala ghrita

- Tarpana is considered to be supreme among all the Kriyakalpas in treating timira. Mahatriphaladi Ghrita as per the classical method explained in Bhaishajya Ratnavali (B.R. 64/249).
- Tarpana is one of the best 'Netrakriyakalpa' for brumhana purpose i.e. to nourish the eyes and to cure the vata-pittaja diseases.³
- In the description of the Drishti, Sushruta has mentioned that Sheeta dravyas are Satmya (wholesome) for Drishti. Ghrita also has Sheetavirya, hence the eye being the site of 'Alochaka pitta' can be effectively managed by constantly using Ghee for Akshi Tarpana.
- Ghrita also possess properties like Balya, Brimhana and Rasayana, so it gives strength to the overall tissues of the eyeball as well as to the nervous tissues.

Anutaila nasya

- Anutaila nasya is a common formulation used for Pratimarsha and Marsha nasya.
- Nasya Karma removes vitiated Vata from Murdha (head) and gives strength to the supraclavicular organs.
- Anutaila Nasya does the Snehana of all the organs in the head and neck region thus of eyes also. Nasya karma itself is known to improve the eyesight.
- It acts mainly on Prana Vata that resides in the head. Alochaka Pitta which is mainly vitiated in the pathogenesis due to loss of Snigdha Guna gets corrected because of Snigdhatva of Nasya.
- Anu taila is mentioned in Astangahrdaya, sutrasthan and its important therapeutic uses are urdhvajatrugata Roga (disorders of body parts above clavicle).

Saptamrut loha vati-

- The reference quoted as per Bhaishajya Ratnavali suggest that Saptamrut Loha not only cures various Netra Rogas but also act as Rasayana.⁶
- All the constituents of Saptamrut Loha, i.e. Haritaki, vibhitaki, Aamalaki, Yashtimadhu, Loha Bhasma have the Tridoshagna properties, especially helping in Vata-Pitta Sharmana by their Gunas like Guru, Snigdha, Mridhu, Ushna, Sheeta, Ruksha, Laghu.
- Five of these drugs have sheeta veerya, whereas the other two drugs have Ushna Veerya and all the drugs have Madhu Vipaka. Only Madhuyasti has Katu Vipaka.
- Loha is called as "Rasayanavaram" means the best Rasayana according to Rasa Ratna Samucchaya. As it cures all disease and if taken for longer duration it attains Drudhadehasiddhi which bestows Rukjanma and Jara Nashna property.

Ras aushadi:-

1) **Laghumalini vasant ras**-mainly acts on vata dosha.

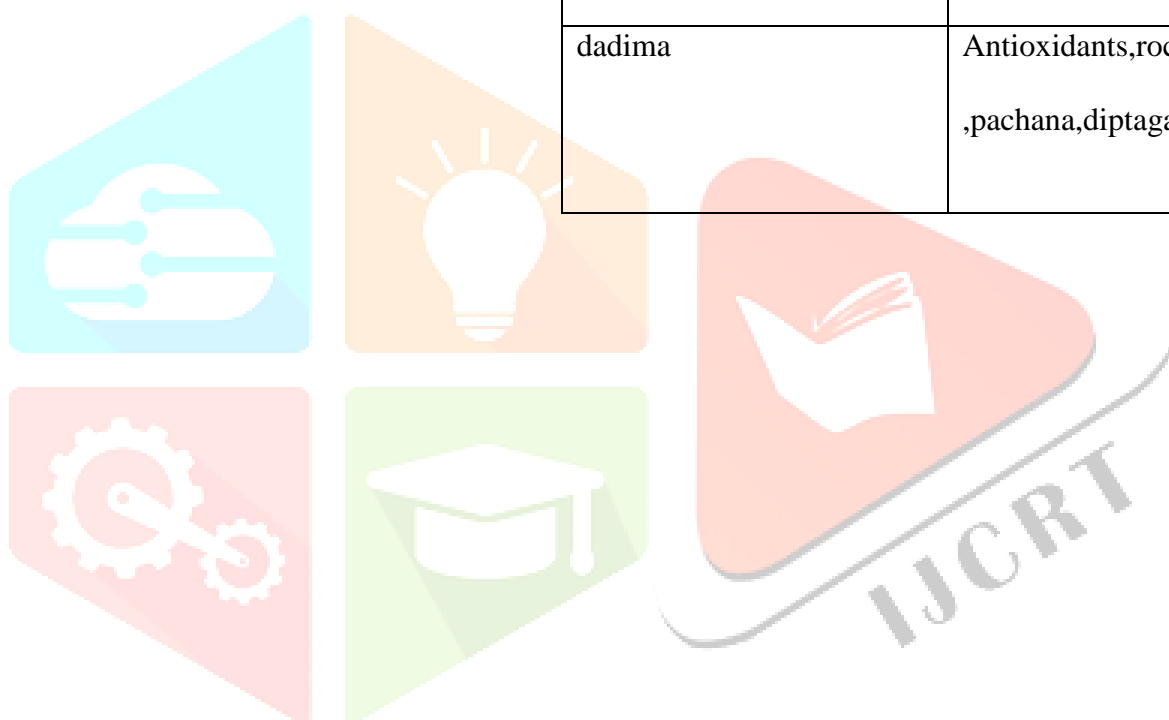
Laghumalini vasant ras



Kharpar/yasad bhasma	yogavahi property -zinc oxide protects tissue and strengthens eye by helping in absoption of vit.A in retina.
marich	Anti oxidant,Vitamin C, Vitamin K, Calcium, Magnesium
nimbu	Rochana, Dipana, Pachana, Anulomana and Pit-tasaraka, vitamins, minerals and alkaline salt . antioxidants
navneet	aphrodisiac

Hingul	Ruksha
Kharpar/yasad bhasma	-yogavahi property -zinc oxide protects tissue and strengthens eye by helping in absoption of vit.A in retina.
marich	Anti oxidant,Vitamin C, Vitamin K, Calcium, Magnesium

Egg shell	Calcium, iron, phosphorous, zinc, iodine, vitamin B12, Vitamin A, D, E, K.
nimbu	Rochana, Dipana, Pachana, Anulomana and Pit-tasaraka vitamins, minerals and alkaline salt . antioxidants
dadima	Antioxidants, rochana , pachana, diptagana



Madhumalini vasant ras



Eye exercises:-

- 1)Pencil pushups⁵
- 2)Focus change⁴
- 3)Eye movements in 4 quadrants

All these exercises together 4 times a day for 5 minute each.

Occlusion therapy:-

Part time occlusion given -4-6 hours of occlusion for each eye.

Results :-

After 3 months of treatment

vision	Distant vision (without spectacles)	Distant vision (with spectacles)	Near vision (without spectacles)
Right eye	6/12	6/9	N10
Left eye	6/24p	6/18p	N10
Both	6/12p	6/9p	N10



Discussion-

Tarpana

Tarpana with mahatriphala ghrita nourishes the eye but also brings back the equilibrium of doshas. It is said to be excellent chakshushya (beneficial for eye) and also potent rejuvenators.

Nasya

It acts mainly on Prana Vata that resides in the head. Alochaka Pitta which is mainly vitiated in the pathogenesis due to loss of Snigdha Guna gets corrected because of Snigdhatva of Nasya.

Oral medications

Laghumalini vasant rasa acts on dhatvaagni which in turns helps to grow individual dhatus in a proper and specific manner.

Madhumalini vasant rasa nourishes dhatu which provide strengthen to the developing eye structures.

Saptamrut loha acts as rasayan.

Eye exercises

Eye exercises help by:-

- >relaxation -relieving the stress of extra and intra-ocular muscles of the eye and thus mitigating the vitiated vata dosha of the eye.
- >strengthening-muscles of eye ball.
- >stimulation- improve the circulatory system of the eye
- >elimination - removal of vitiated doshas (detoxification), especially kapha.

Conclusion :-

In this patient, the overall effect was satisfactory. Refractive error being a common ailment in the current generation, especially the school going kids, which brings down their morale as they have to wear spectacles, it is important to bring out a treatment protocol to bring down the dioptric power, to improve the visual acuity and to arrest further deterioration of vision. Improvement seen in this particular case of sameepadrishti (hyperopia) supports the same.

Going by the results of this case study, we can conclude that Ayurvedic kriyakalpas therapy along with appropriate internal medications and with proper diet can do a lot for the improvement in hyperopia.

References:-

1. Khurana AK, Choudhary R, Ahluwalia BK, Gupta S. Indian J Ophthalmol. 1991.
2. Santakumari PK. A Text Book of Ophthalmology in Ayurveda, 2nd edition. 2009; 340 .
3. Ambikadutta SK. Sushruta Samhita of Sushruta, Uttara Tantra. Ch. 18. Ver. 17-18. Edition 4th. Varanasi: Chaukhamba Sanskrit Sansthan; 2004.
4. Scheiman M, Wick B. Clinical Management of Binocular Vision: Heterophoric, Accommodative, and Eye Movement Disorders. Lippincott Williams & Wilkins, 2020.
5. Convergence Insufficiency Treatment Trial (CITT) Study Group. "Randomized clinical trial of treatments for symptomatic convergence insufficiency in children." Arch Ophthalmol, 2008
6. Bhaishajya Ratnavali Chapter: Netra Roga Chikitsa Author: Govind Das Sen, Publisher (commonly used): Chaukhambha Orientalia or Chaukhambha Surbharati

