



Tarpana: A Specific Netrakriya Kalpa Procedure To Keep Eyes Healthy

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■ Introduction

Ayurveda classifies vision into:

Divya Chakshu

Gyan Chakshu

Charma Chakshu (referring to physical eyes)

Due to barriers such as blood-aqueous and blood-retinal, systemic medications may not effectively address eye diseases. Therefore, topical treatments referred to as **Kriyakalpas**¹ are highlighted.

Types of Kriyakalpa:

Sushruta: Tarpana, Putapaka, Ashchyotana, Parisheka, Anjana²

Vagbhatta: Ashchyotana, Parisheka, Vidalaka, Anjana, Tarpana, Putapaka³

Sharangadhara: Parisheka, Ashchyotana, Pindi, Bidalaka, Tarpana, Putapaka, Anjana⁴

Bhavaprakasha: Same as Sharangadhara

■ Etymology

Tarpana is derived from "Trup" + "Lyt", which translates to satisfaction of the eyes through fat-based substances.

■ Properties & Indications

Benefits:

Alleviates itching, burning, redness, swelling, pain, and mucous secretion



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Enhances smoothness and clarity of the ocular surface

Indications⁵:

Dry eyes, falling eyelashes, squinting, unclean eyes, insufficient tear production

Conditions such as Kricchronmilana, Sirotkata, Siraharsha, Arjuna, Shukra, Timira, Abhishyanda, Adhimantha, Anyatovata, Vataparyaya, and trauma

Contraindications

Avoid Tarpana in:

Extremely hot, cold, or cloudy weather⁶

During periods of anxiety, exhaustion, or dizziness⁷

Procedure

1. **Purification (Samshodhana⁸):** Involves mild purgation and nasal treatment (Nasya)

2. Preparation:

Apply Masha paste around closed eyes to create a barrier (~1.5 cm height)

Pour lukewarm Ghrita⁹ (ghee) until lashes are submerged

The patient should blink gently during retention (Unmesha-Nimesha)

3. Removal:

Drain Ghrita from the outer eye canthus and wash with lukewarm water¹⁰

Modern Modification:

Utilize swimming goggles with open tops to contain the medicine, making it safer and more efficient.

Treatment Duration (per condition)

Sushruta:

1 day (mild), 3 days (moderate), 5 days (severe)^{11, 12}

Videha: Based on dosha

Vata: Daily

Pitta/Rakta: Alternate days

Healthy/Sannipata: Every 3rd day

Kapha: Every 4th day¹³

Retention Time Chart

✓ Properly performed Tarpana results in¹⁴:

Refreshing sleep



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Clear vision and colour differentiation

Absence of secretion

Pleasant sensation and lightness in the eyes

✗ Improper Tarpana may lead to:

Excess: Heaviness, lacrimation, stickiness, aggravated Kapha

Insufficient: Dryness, irritation, light sensitivity

Discussion

Ghrita (ghee) serves as a Chakshushya¹⁵ (eye tonic), Rasayana (rejuvenator), and enhances Ojas. Ghrita deeply penetrates tissues and carries the properties of added herbs, making it suitable for Vata and Pitta disorders and conditions like myopia by influencing:

Corneal curvature

Refractive index

Ocular pressure

Conclusion

Tarpana is a safe, cost-effective, and straightforward Ayurvedic eye therapy. It is effective for:

Vision issues (refractive errors)

Conjunctivitis

Glaucoma

Eye fatigue and trauma

Its effectiveness increases when tailored with herbs that target specific doshas.

References books

Includes authoritative Ayurvedic texts:

Sushruta Samhita

Ashtanga Hridaya

Bhavaprakasha

Sharangadhara Samhita



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