

**SHATAVARI GHRITA TARPANA IN THE MANAGEMENT OF
SHUSHKAKSHIPAKA – A CONCEPTUAL STUDY**

¹Dr FarahatShaikh ²Dr Sujata Kate ³Dr Chandrashekhar Mule
¹PG Scholar ²Associate professor, ³HOD Department of *Shalakyatantra*
YashwantAyurved College PGT&RC Kodoli, Kolhapur-Maharashtra

ABSTRACT

Eyes are organ of visual system. One among five important sensory organs. To maintain eyes comfortability and optimal vision, thin films of tears coats are there. There are three layers involved in making the tear film. (1)The innermost layer is thinnest. It is the layer of mucous (or mucin). This layer is produced by the cells in the conjunctiva (the mucous helps the overlying watery layer to spread equally over the eye). (2) The middle layer is of aqueous and it is thickest and largest. The middle layer has very dilute saltwater solution. The lacrimal gland under the upper eyelid and tear gland produce this watery layer. This layer keeps the eye comfortable and moist. It helps to remove any dust particle or foreign body particles from the eye. (3) the most superficial layer is very thin layer of lipids (oil or fats). These lipids are produced by Meibomian gland and it of Zeis (oil glands in eyelids). The main function of this layer is to help the decrease evaporation of the watery layer beneath it. *Shushkakshipaka* is the common disorder of the tear film, affecting a significant percentage of the population. Especially occurs in older than 40 years of age. *Shushkakshipaka* can affect any race and it is more common in women than men. It commonly occurs in metro cities because of high level of air pollution have risk of *Shushkaksipaka*. It is mainly occurs in computer users. *Shushkakshipaka* i.e. Dryness. It can be correlated with the Dry Eye Syndrome (DES).

KEYWORDS: *Shushkakshipaka*, Dry Eye Syndrome, *Tarpana*, *Shatavarighrita*.

INTRODUCTION

Shushkakshipaka is commonly widespread disease accompanied by discomfort and potential visual impairment.¹ Common cause – Tear film inability. *Shushkakshipaka* described as less quality and quantity of tears. Life has completely changed with the use of advanced technologies like computers, internet surfing, T.V., use of Air Conditioners, more polluted dusty hot environment etc.² Ayurveda is a science of great potential for the treatment of such lifestyle related disorders.³ In Ayurved this disease is not clearly mentioned, but disease like Vataja

Netraroga, Pittaja Netraroga etc are explained and *Shushkakshipaka* is one among them with the symptoms of Dry eye and with the same time various treatment modalities are described like *Tarpana*, *Aschotana*.⁴

Symptoms of *Shushkakshipaka*:

Eyestrain, Headache, Blurred vision, Dry and Irritated eyes, slower focusing, Neck and Backache, Light sensitivity, Double vision.⁵

Causes of *Shushkakshipaka*:

a).It is the part of age relating process.

b).It is the side effect of many medications like anti-histamines, anti-depressants, anti hypertensive, birth control pills etc.

c).Long term use of the contact lenses.

d).Incomplete closure of eyelids, eyelid diseases and deficiency of tears by tear producing glands etc.⁶

Netra tarpana:

For *tarpana* mainly *snehadravayas* like *Ghrit*, *Tail*, *Vasa*, *Majja* are used.

But commonly *Ghrita* used for *Tarpana*. It is said to be a good treatment to improve vision and clarity of the mind.

Procedure:

This treatment aims to be providing optimum rejuvenation to eyes. Dough of Urad is put around the eye ball in such a way that a dam like appearance is seen. Then Ghee should be poured in this groove to lubricate the eye and surrounding areas which will be kept warm. This provides improved vision with beautiful eyes and strengthening of eye tissues.

Duration for Tarpana:

1000 matrakala for vataja netraroga approximately 30-35 minutes.

Benefits:

- 1.Cleanses eyes by removing dust particles from cornea.
- 2.Moisturizes the dry eyes.
- 3.Improvises blurred vision.
- 4.Reduces burning of eyes.

Indication:

1. Dry eye syndrome.
2. Burning in the eyes.
3. Vataja eye diseases.
4. Curved eyes.
5. Pain in the eyes.
6. Watering eyes.
7. Night blindness.

8. Myopia.

9. Squinting.

10. Conjunctivitis.

Treatment of Shushkakshipaka:

Shushkakshipaka is chronic and topically progressive condition that may not be completely curable but depending on the causes. But some symptoms like dryness, itching or burning can be manageable. Because *Shushkakshipaka* can be caused by many different things. A variety of treatments are used.

Shatavari Ghrita Nirmana⁷

Shatavari siddha ghrita preparation

Siddhaghrita prepared by samanyasneha siddhi kalpana.

Preparation of Shatavari Ghrita:

Shatavari roots (Kalka)- 1 part.

Goghrita- 4 parts.

Shatavarikwatha- 16 parts.

Then *Ghrita* should be prepared as per the reference *Sharangdhara Samhita⁸*.

Shatavari roots were taken and washed thoroughly with water. *Shatavari*, *ghrita* and water mixed with proportion of 1:4:16 respectively and paka was carried out to get *shatavari ghrita*.

DISCUSSION

In *Shushkakshipaka* patients having complaints of irritation, foreign body sensation, burning sensation, itching, tired and heavy feeling, redness, pain and dryness. By all the symptoms can say that, there is predominance of *Vatadosha*. So the principle of treatment is *Vataghna*, *Chakshushya*, *Balya*, *jeevaniya* and *rasa*, *rakta*, *mamsadushtihara⁹*.

The drug absorption is directly proportional to the vascularity of absorbing surface. Massage and sudation done in *Tarpana* as a

preoperative procedure, which increase the blood flow of that part and absorption of the blood also increased.

Also instillation of *ShatavariGhrita*, which is rich in lipid, forms a uniform layer on ocular surface, which reduces excessive evaporation of tear and prevents *Shushkakshipaka*¹⁰.

CONCLUSION

The *Shushkakshipaka* is *Sarvagata Netravayadhi* and is widespread disease. This disease is not frequent cause of blindness but still it is important because its symptoms are very bothersome and reduce work capacity. It affects a visual attention such as reading and driving.

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CORRESPONDING AUTHOR

Dr Farahat Shaikh

PG Scholar, Department of *Shalakyatantra* Yashwant Ayurved College PGT&RC Kodoli, Kolhapur-Maharashtra

E-mail: farahat10021988@gmail.com

Source of support: Nil,

Conflict of interest: None Declared

Cite this article as

Dr Farahat Shaikh: ShatavariGhritaTarpana in the Management of Shushkakshipaka – A Conceptual Study. ayurpub;II(5):672-674