ABSTRACT:
Netra (eye ball) is an important sense organ. Inspite of remarkable progress and advances in the field of modern ophthalmology, there is some limitations. Modern medicine doesn't have any definite treatment for the particular problem of the eye. Most of the inflammatory eye diseases are managed well in western system of medicine. However, neurological diseases of the eye as well as degenerative conditions of the eye are resistant to even advanced new generation procedures. Thousands of patients in India alone are affected by neurological and degenerative conditions of the eye. Although modern medical science has made tremendous and remarkable progress and advance in the field of ophthalmology in recent times, the importance of ayurvedic treatment in the diseases of eyes cannot be ignored. Ayurveda, the ancient system of medicine gives valuable guide lines 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. Tarpana karma is one of the local therapeutic procedures which if promptly used shows objective evidences of excellent responses. In this article there is a review on netra tarpana karma, their indications, contraindications and possible mode of action is discussed.

KEYWORDS: Ayurvedic eye treatment, Degenerative eye conditions, Medicinal ghee, Neurological eye issues, Netra Tarpana Karma, Ocular therapy, Preventive eye care, Therapeutic procedure, Eye diseases, Eye rejuvenation

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INTRODUCTION:
Tarpana is usually practiced Kriya in Netra Chikitsa which is Brimhana (nourishing) in nature. It is also commonly known as Netra Basti or Akshitarpana. Netra refers to eyes and Basti stands for means to hold (compartment which holds) or retaining something inside, in this case mainly medicated ghee. The literary meaning of Tarpana is to nourish the eye by fatty materials. Netra Tarpana is a procedure in which comfortably warm medicated ghee is kept over the eyes for a certain period of time with the help of a specially formed frame ring prepared from black gram powder or similar material that help to retain medicated ghee for certain duration. Tarpana is useful both in healthy as well as diseased persons. In healthy persons it is carried out to protect the eyes from degeneration due to aging process and to improve the eyesight. Tarpana is a Snigdha Kriya indicated in Vata Dusta ophthalmic conditions mainly in Drishtigata Rogas. It is commonly indicated in macular degeneration, computer eye strain, degenerative conditions, 7th-6th nevre palsies, myasthenia gravis, drooping of eyelid. This Review study was performed with the aim to study the concept of Netra Tarpana, understand the standard procedure of Netra Tarpana and its efficacy.

INDICATIONS FOR TARPANA KARMA:
- When a patient sees darkness in front of eyes
- Dryness of the eyes
- Roughness of the eyes
- Stiffness of eyelids
- Falling of eyelashes
- Dirtiness of the eyes
- Deviated eyeball or squint
- In extreme aggravation of the diseases of the eye
- Injury/traumatic condition of eye
- Vata – pitta predominant diseases

They are Kricchronmilana (difficulty in opening eyes), Siraharsha (congestion of conjunctival blood vessel), Sirotapata (episcleritis), Tama (blackout), Arjuna (subconjunctival haemorrhage), Syanda (conjunctivitis), Adhimantha (glaucoma).

CONTRAINDICATIONS FOR TARPANA KARMA:
According to Acharya Sushruta tarpana is not indicated:
- On a cloudy day
- Extreme hot or cold seasons
- In conditions of worries and anxiety
- In conditions of tiredness and giddiness of eyes
- In complications of eyes
- In the condition of acute pain, inflammation, redness etc.

MATERIALS AND METHODS
References regarding Netra Tarpana were collected from various classical and Ayurveda published works, published research papers from Pub Med, Google Scholar, previous work done and compilation was done. Concept of Tarpana in Netra roga Chikitsa was studied in detail.

DISCUSSION:
Pre procedure: Collection of materials required for procedure is done. The patient is thoroughly examined. The Prakriti (basic constitution) and Vikriti (details of morbidity) are documented in detail. Patient is advised to pass natural urges of urine stool if present. Susruta Samhita & Astanga Sangraha have mentioned that previously taken meals should be well digested before the procedure which signifies that procedure should be carried out before taking meals and when previous meal is digested. Normal season (Sadharana Kala) is mentioned in Astanga Hridaya Commentator Arundatta describes Sadharana Kala as Basantadaya, meaning thereby procedure should not be performed in extreme climatic conditions. Procedure
must be auspicious with good astral combinations (subhe dine). Morning and evening time has been advocated in *Susruta Samhita* and *Astang Hridaya* but it has been further clarified in *Astanga Sangraha* that procedure should be done when eighth part of the day is over or eighth part is still left; meaning thereby approximately three hours after sunrise or three hours before sunset. Room should be free from direct air, Sunlight or dust as mentioned in *Susruta Samhita* and *Sarngadhara Samhita*. Commentator *Adhmalla* further states that it should be without smoke too. In *Astanga Sangraha*, it is mentioned that room should have curtains of blue, yellow or some other colour. Supine position for the procedure is mentioned in *Susruta Samhita* and *Sarngadhara Samhita*. Further, commentator *Adhmalla* explains this position as physically relaxed position with no movements and the subject should also be mentally relaxed, i.e. without anger or fear etc. *Swedana* has been mentioned before the procedure with cloth soaked in lukewarm water in *Susruta Samhita* and *Sarngadhara Samhita*. Preparation of Dough of Black gram powder is mixed with sufficient quantity of water to make a thick paste (dough). It is then rolled into a flat slablike structure. Then the eyes are encircled with firm, compact leak proof palisade (wall) made up of paste of powdered masha. According to *Vagbhatta*, palisade made up of paste of powdered masha. According to *Vagbhatta*, palisade is made up to a height of two angulas. The patient is asked to close the eyes and over the closed eyes, ghrita processed with appropriate drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.

**Pradhana Karma:** *Netra tarpana* should be carried out in the forenoon or in the afternoon on an auspicious day after the food (taken by the patient) has been digested and after the head and the whole body of the patient have been treated with purification measures properly. Patient is made to lay supine position in a good lighted, ventilated room free from dust & smoke. Then the eyes are encircled with firm, compact leak proof palisade (wall) made up of paste of powdered masha. According to *Vagbhatta*, palisade is made up to a height of two angulas. The patient is asked to close the eyes and over the closed eyes, ghrita processed with appropriate drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.

**Paschata Karma:** After retaining of ghrita for a stipulated period, the ghrita is drained out through a hole made at the bottom of dough wall, near the outer canthus of the eye and the eye is irrigated with lukewarm water fomentation. The *kapha* which has already been stimulated by the potency of ghritas should be eliminated by *shirovirechan* (nasya), and fumigation (*dhoompana*) with the *kapha*-suppressive drugs. Patient is instructed to keep away from exposure to bright lights, wind, sky, mirrors and luminous bodies.

**Snehadharankala OR PERIOD OF RETENTION OF GHrita:** Snehadharanakala is implemented considering *Adhishtana* of diseases & Severity of *dosha prakopa*.

**Snehadharanakala according to dosha prakopa:**

<table>
<thead>
<tr>
<th>Doshabhed</th>
<th>Shushruta samhita</th>
<th>Ashtang Hridya</th>
<th>Sharangdhar samhita</th>
<th>Bhavprakash</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Healthy eye | 500 | 500 | 500 | 500 
Kaphaj      | 600 | 500 | 500 | 500 
Pittaj      | 800 | 600 | -   | 600  
Vataj       | 1000| 1000| 1000| 1000

**Snehadharanakala according to adhishtana of diseases:**

<table>
<thead>
<tr>
<th>Adhishtana</th>
<th>Shushrut samhita</th>
<th>Ashtang Hridya</th>
<th>Sharangdhar samhita</th>
<th>Bhavprakash</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sandhigata</td>
<td>300</td>
<td>300</td>
<td>500</td>
<td>500</td>
</tr>
<tr>
<td>Vartmagata</td>
<td>100</td>
<td>100</td>
<td>100</td>
<td>100</td>
</tr>
<tr>
<td>Shukalagata</td>
<td>500</td>
<td>500</td>
<td>600</td>
<td>-</td>
</tr>
<tr>
<td>Krushnagata</td>
<td>700</td>
<td>700</td>
<td>700</td>
<td>700</td>
</tr>
<tr>
<td>Dristigata</td>
<td>800/1000</td>
<td>800</td>
<td>800</td>
<td>800</td>
</tr>
<tr>
<td>Sarwagata</td>
<td>1000</td>
<td>1000</td>
<td>1000</td>
<td>1000</td>
</tr>
</tbody>
</table>

**Flow chart - Anticipated mode of action netratarpana: (In Ayurveda context)**

- Administration of Tarpata in the Eye
- Fat soluble ingredients of Drugs absorbed through Cornea
- Transportation of drugs through Cornea to deeper tissues
- Lipids (Phospholipids - Glycerides)
- Vit- A, D, E, K & Carotene
- Amino acids and proteins,
- (↑) Lubrication between lens fibers
- (↑) Muscle power of ciliary muscles
- Helps in anaerobic oxidation antioxidative injuries
- prevent the cornea and Lens from prevent the cornea and Lens from
- Improvement of Vision
- Overall Improvement of Visual status

**SAMYAKA TARPITA LAKSHANA**
- Sukhaswapana - good (sound) sleep
- Avbodhatva - blissful awakening
- Vaishadhya - clearness of the eyes
- Varnapatava - discernment of individual colours
- Nivriti - feeling of comfort
CONCLUSIONS:

The Eye is the main sense organ gifted by God to human beings. An individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth, so sincere efforts should be made by every individual to preserve his / her vision till the last breath of life. Inspite of remarkable progress and advances in the field of modern ophthalmology, there is some limitations. Ayurveda, the ancient system of medicine gives valuable guidelines not only in treatment aspects but also in preventive line. Netra Tarpana karma is one of the local therapeutic procedures which if promptly used shows objective evidences of excellent responses.

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