

## Netra prasadana

**T**he different therapeutic procedures that are practiced to treat the disorder of the eye as well as to enhance the excellence of its functioning are referred by the name Netra-prasadana karma. Which include seka, ashchotana, pindi, vidalaka, tarpana, putapaka and anjana.

### Seka

The procedure of pouring thin streams of medicines in liquid form over the closed eye from a height of 4 angula is known as Seka.

#### TYPES OF SEKA

Depending upon the therapeutic utility there are three types of seka.

Unctuous medicated liquid is used in clients suffering from any disease of the eye due to morbid vata dosha and is known as snehana seka.

Medicated liquids having therapeutic effect of healing the ulcerations is preferred in diseases of the eye caused due to vitiation of pitta dosha as well as rakta dhatu. Such a seka is called as ropana seka.

The therapeutic effect of scarifying is achieved by the seka therapy, and is known as lekhana seka. Lekhana seka is indicated in different diseases of the eye due to morbid kapha dosha.

#### Different formulation

Saindhava jala

Pouring the solution of rock salt on to the eye's conjunctivitis due to morbid vata dosha

Triphaladi seka

The conjunctivitis due to morbidity of rakta dhatu is best treated with the Triphaladi kvatha

#### PROCEDURE

This therapy may be carried out at any time during the day. In case of an emergency even this may be done during the night.

No specific preparation of the client is needed to undergo this treatment.

The client is made to lie down on the treatment table in supine position.

He is then asked to close his eyes; The prescribed medicine is poured into the eyes at the medial end of the eye.

For pouring either the metal dropper may be used or else the stiff leaf (leaf of jack fruit) that is rolled in to conical shape.

The leaf when rolled in a conical shape there should be small opening at the apex.

This cone simulates a funnel in shape. The cone of the leaf is held upside down, with its apex approximately four inches above the eye.

The prescribed medicated liquid is now poured all around the closed eyes through this funnel.

The medicine flowing out of the eye is collected by holding a bowl against the temporal region just below the outer canthus.

## **DURATION**

The total duration of the therapy varies in different clinical conditions.

Snehana seka is done for 4 min

3 min is the duration of ropana seka.

Lekhana seka should be restricted to 2 min.

## **AFTER PROCEDURE**

There is no any specific regimen or restrictions following the akshi seka.

After the completion of the procedure the client may be allowed to wash his face as well as eyes.

## **Ashchotana**

The unique therapy of dropping medicines in liquid form on the eyes with the eyes kept open is known as Ashchotana.

### **TYPES OF ASHCHOTANA**

The ashchotana therapy is also classified into three as snehana, ropana and lekhana ashchotana.

### **Different formulation**

Brihatpanchamula kvatha -Cures conjunctivitis due to morbid vata dosha.

Triphala kvatha- effective in all type of conjunctivitis

Breast milk - very effective in curing the discomforts caused due to morbidity of rakta dhatu, pit and vata dosha

Ghrita (clarified butter) cures all the discomforts due to the morbidity of vata dosha and rakta dhatu

## **PROCEDURE**

Ashchotana therapy is done during the day time, employing this procedure at night is contra indicated. There is no any specific preparation of the client to carry out this therapy.

The patient is made to lie down on the treatment table in supine position.

The body is draped up to the neck. Both the eyes are treated one after the other.

The lower lid is retracted with one hand. The liquid medicine is poured drop by drop on the cornea of the eye from a height of 2 angula.

While dropping the medicine the patient is asked to keep his eye open.

In the cold weather warm medicine is dropped into the eyes, but in hot weather there is no need to make the medicines warm.

## **DOSE OF MEDICINE**

Dose varies according to the type of ashchotana therapy.

8 drops are the dose of lekhana ashchotana.

In case of ropana ashchotana 10 drops of the medicine dropped into the eyes.

Further in the snehana type of ashchotana 12 drops of the medicine is dropped into each eye.

## **DURATION OF ASHCHOTANA**

Following dropping of the medicines it is left undisturbed for 32 seconds (100 matra).

## **AFTER PROCEDURE**

Following ashchotana karma the medicine is gently wiped off with a soft cotton cloth.

The eyes are then subjected to mild fomentation. For this a pad of cotton cloth is soaked in warm water, and the water is squeezed off.

This moist warm pad of cloth is placed on the closed eyes.

## Pindika

Procedure of bandaging the paste of herbs on the eyes is referred by the name pindi.

All types of conjunctivitis and the ulceration of the eyes are best treated with the Pindika.

The clients suffering from conjunctivitis due to morbid vata dosha is treated with pindika which is warm and unctuous. Contrary to this cold pindika is useful in morbidity of pitta dosha as well as rakta dhatu.

### Different formulation

#### Eranda (castor oil plant)

The warm paste prepared from roots, leaves and bark of the plant eranda (*Ricinus communis*) is beneficial in curing the vitiation of vata dosha

#### Amla

The paste of amalaki (*Emblica officinalis*) when used in the form of pindika is beneficial in patients suffering from conjunctivitis due to abnormality of pit dosha.

#### Shigru(moringa)

The administration of pindika prepared from the loaves of shigru (*Moringa oleifera*) cures conjunctivitis due to morbid kapha dosha

#### Nimba

The discomforts due to morbidity of kapha and pit dosha in the eyes is relieved the administration of pindika prepared from loaves of nimba (*Azadirachta indica*).

## PROCEDURE

No specific preparation of the client is needed to carry out this procedure. The client is made to lie down on the treatment table in supine position. The head is elevated a little by placing a pillow.

The body below the neck is draped. The herbal paste is spread on a near round cotton gauze of the size of eye and is covered with another cotton gauze of similar size thus making a pad of herbal paste.

This pad is then placed over the eyes while the patient keeps his eyes closed.

## **Vidalaka**

The simple smearing of the herbal paste on the skin surface of the eye lids is called by the name Vidalaka.

The application is made all over the eye lids avoiding the area or eye lashes.

The prescription, indication and the beneficial effects of this treatment is similar to the pindika

## **Akshi tarpan**

Unique procedure of application of the Sneha (oil or ghee) to the eyes is called as akshi tarpan

### **INDICATION**

Darkness in front of the eyes.

Stiffness of the eyes.

Dryness of the eyes.

Injury to the eyes.

Diseases of the eye due to vitiation of vata and pitta dosha

Falling of the eye lashes

Fifth cranial nerve atrophy.

Fifth cranial nerve disorder.

Opacity of the cornea

### **REQUIREMENTS**

Abhyanga table

200 grams of black gram flour or wheat flour.

About 200 ml of clean water.

100 ml of medicated ghee as per the prescription.

Water bath to heat the ghee.

Cotton wool

Metallic dropper spoon

## **Different formulation**

Mahatriphaladi Ghrita- Indicated in all the disease of the eye

Triphaladi Ghrita- Indicated in all the disease of the eye

Drakshadi Ghrita- Indicated in cataract, headache

## **PROCEDURE**

The procedure of akshi tarpana include making of a frame of black gram paste around the eyes, followed by pouring the medicated ghee upon the eyes.

The eye is made to open and close alternatively several times and then the ghee is removed to complete the procedure.

After chanting the svastivacana hymn or prayer the therapist should treat the client as detailed below.

## **PREPARATION OF THE PASTE**

About 200 grams of black gram floor is taken in a vessel. And to which about 100 ml or more of clean water is added. This mixture is beaten well to form a sticky paste. Thus, prepared paste should be thick enough to shape it into any form.

## **MAKING THE FRAME AROUND THE EYES**

Half of the paste is taken and is rolled into a shape of an elongated hem. Free ends of this hem is stuck together to make a circular rim.

This rim is then placed around one of the eyes touching the eyebrow above, nose medially, maxillary prominence below and the lateral border of the orbit laterally.

Before placing the rim, it is better to make the area around the eye wet with a cotton swab soaked in water. This whole rim is then properly stuck to the skin. For this a small portion of finger.

This forms a firm frame around the eyes. While making the frame, one should be particular that there is no any rent in this frame lest ghee will leak out of this and may cause inconvenience during the procedure of akshi tarpana.

Thus approximately 2-inch-high boundary is prepared around the eyes.

Similar frame is also made around the other eye by using the other half of the flour paste.

## HEATING THE GHEE

The medicated ghee that is to be applied is made lukewarm, by heating it in a water bath.

## APPLYING THE GHEE

Patient is asked to close his eyes. And then lukewarm medicated ghee is poured with the help of a dropper spoon on to both eyes at its medial end, one after the other. Ghee is poured up to the level of eye-lashes

## REMOVAL OF THE GHEE

A rent is formed at the outer border of the frame by separating the frame from the skin with the help of a probe. This will drain out all the ghee from the eyes. Then the frame of the gram flour is also removed

## DURATION

The duration of akshi tarpana varies according to the affection of the anatomical part of the eye or depending upon the vitiated dosha involved.

EYE PART /DOSHA	DURATION
Eye lids	30 to 32 seconds
Junctions (sandhi) of the eye	96 Seconds
Sclera	160 Seconds
Cornea	224 seconds
Lens	256 seconds
Whole eye	320 seconds
Glaucoma	320 seconds
Vata dosha	30 to 32 seconds
Pitta dosha	192 seconds
Healthy person	192 seconds

Single sitting of akshi tarpana is ideal in diseases due to morbidity of vata dosha. A course consisting of three sitting of the akshi tarpana is indicated in diseases of the eye due to the morbid pitta dosha. Further five sittings of akshi tarpana are needed in diseases due to vitiated kapha dosha. Continuing the akshi tarpana till the client develops the desired effect of proper akshi tarpana is the general rule.

## **SYMPTOMS INDICATIVE OF PROPER EFFECT**

Clarity of the vision.

Feeling of lightness of the eyes.

Getting sound sleep

Easy awakening at proper time

Subsidence of illness

No discomfort while opening and closing the eyes.

## **SYMPTOMS INDICATIVE OF EXCESSIVE EFFECT**

Inability to tolerate the bright light.

Blurred vision.

Feeling of heaviness of the eyes

Excessive oiliness in the eyes.

Excessive discharge from the eyes, watering of the eyes.

Itching sensation in the eyes.

## **SYMPTOMS INDICATIVE OF INADEQUATE EFFECT**

Dryness of the eyes.

Sense of exhaustion in the eyes.

Excessive watering of the eyes.

Intolerance to light



## AFTER PROCEDURE

Following the akshi tarpana, patient is subjected to dhumapana (therapeutic smoking). Patient is also advised to avoid viewing the sun or other bright objects directly. After the akshi tarpana patient may experience sense of tiredness in the eyes. To relieve this sense of tiredness putapaka procedure may be carried out.

If the client develops symptoms indicative of excessive effect or poor effect of akshi tarpana, symptomatic treatment in the form of dhumapana, anjana, or seka procedures may be carried out

## Putapaka

The medicine in liquid form is prepared by a special procedure of heating, and is then poured and retained for certain duration over the eyes, where in procedure of administration is identical to the akshi tarpana is known by the name Putapaka.

### Types

Depending upon the therapeutic effect quite similar to the other netra-prasadana karma this is also of three types and are named as

- Snehana putapaka
- Ropana putapaka
- Lekhana putapaka.

Putapaka is said to be beneficial in pacifying the morbidity of pitta dosha, rakta dhatu as well as vata dosha.

This also improves the eye sight.

The indication and contraindications of this therapy is similar to the akshi tarpana therapy.

## THE MEDICINE

About 150 grams of the meat pieces and herbal leaves and other ingredients of the medicinal combination added with 380 ml of liquid are crushed on a mortar to make it a thick paste.

This crushed mixture of medicine is shaped into a round and then covered with leaves to make it a pack. Leaves of eranda (*Ricinus communis*), gambhari (*Gmelina arborea*), or kumuda (*Nymphaea nouchali*) may be used for this purpose.

Further, this pack is once again covered with a thick coat of cotton cloth smeared with mud or clay.

This pack is then allowed to get dried to some extent so that it can be handled easily.

Complete drying of this pack is not advisable as the medicinal paste inside should remain wet.

This is followed by baking the pack by placing it on a fire. When it gets baked properly, the pack is taken out from the fire. It is broken and the medicine inside is collected in a towel.

This is then squeezed to strain off the juice. The juice is collected in a vessel and is used for the treatment.

## **DURATION**

Snehana putapaka is retained for 64 seconds (200 matra). Lekhana putapaka is retained for 32 seconds (100 matra). Ropana putapaka should be retained for 96 seconds (300 matra).

If clients suffering from morbidity of kapha dosha putapaka is advised only for one day.

Treating the eyes with putapaka for consecutive two days is ideal in disorders of the pitta dosha.

Further employment of putapaka regularly for three days is indicated in eye diseases due to morbid dosha.

## **AFTER PROCEDURE**

After removing the putapaka, the eyes are subjected to mild fomentation. For this a pad of cotton cloth is soaked in warm water, and the water is squeezed off. This moist warm pad of cloth is placed on the closed eyes. Following treatment with putapaka the client is advised to avoid seeing of bright objects. Exposing oneself to breeze is also not ideal.

## **Anjana**

The application of the medicine to the outer or inner aspect of the eye lid is called as anjana.

Medicines in different forms like pill, liquid and powder are used in the form of anjana.

The therapeutic efficacy of the anjana in the pill form is said to maximum, whereas the efficacy of the anjana in powder form is said to minimum.

Anjana may be applied either with a shalaka (rod) or finger.

## Types of Anjana

Depending upon the therapeutic efficacy it is of three types and are named as snehana anjana, ropana anjana and lekhana anjana.

The medicines having sweet taste form the ingredient of the snehana anjana.

The medicines having bitter and astringent taste is used in the preparation of ropana anjana.

This anjana also improves the complexion of eyes as well as eyesight.

Further medicines having kshara (alkaline), tikshna (irritant) property probably with sour taste is used in the administration of lekhana anjana.

This lekhana anjana is capable of eliminating the morbid dosha accumulated in and around the eyes.

## TIME OF APPLYING THE ANJANA

Always the application of anjana is preferred in the formed (pakv) state of the dosha.

Further anjana is applied at different time of the day in different seasons.

During the cold seasons like early winter and winter the anjana is applied during the afternoon. Application of anjana during the morning is preferred in the summer.

During the autumn anjana is preferably applied during the evening hours.

Anjana should be applied when the atmospheric temperature is moderate during the monsoon.

And during the spring anjana may be applied at any time of the day.

More to say, anjana to the eyes may be applied either in the morning or evening but not always.

But this therapy should be avoided during the extremes of atmospheric temperature either cold or hot.

Even when the sky is covered with clouds, the application of the anjana is not advisable.

## CONTRAINDICATIONS

Though the anjana is a safest therapy, it is not ideal to go for this therapy during the following states of the client:

During state of exhaustion.

Any emotional upsets.

Following alcoholic intake.

When suffering from fever of recent onset.

Indigestion.

The application of the anjana in these states may lead to the develop reason untoward symptoms like redness, pain, cataract, excessive watering, of the eyes.

## **Different formulation**

Condrodaya varti - Indicated in cataract, pterigium and night blindness.

Karanja varti - Cures corneal opacities

Nilotpala varti - Indicated in disturbances of sleep

Rasanjana varti - Cure's night blindness

Prabodhananjana - To regain the consciousness in an unconscious

Souvirañjan - Beautifies the eyes

## **REQUIREMENT**

Table

Shalaka (the rod for application of anjana).

The rod for the application of the anjana should be 17.6 cm (8 angula) long. One end of the rod which is used for the application of the anjana should be rounded and shaped similar to the bud of the flower.

It is made of some metal.

For applying the lekhana type of anjana rod made up of copper, iron or stone is preferred.

The rod made up of silver or gold is ideal for applying the snehana type of anjana.

And for the application of the ropana anjana the use of finger is most suitable.

## PROCEDURE

After deciding the type and dose of Anjana the desired amount of it can be applied in the eye using the different shalaka mentioned for particular purpose.

Anjana can be applied in supine or sitting position. Eyelids are retracted with left hand, while with the help of right hand Shalaka is moved from inner canthus to outer canthus.

Use finger whenever Anjana is to be use on eyelids.

After applying the Anjana, the patient is asked to close the eyelids gently and to rotate the eyeballs. Due to this, medicine perfectly spreads in the eyes.

The doshas dissolves and comes out in the state of lacrimation. Whenever lacrimation stops, the Eye wash should be the performed with suitable decoction or with pure water.

While preparing the decoction the factors like disease, dosha and season always should be considered.

After washing the eye, it should be cleaned with a piece of clean cloth.

In conditions like severe vitiation of kapha Dhoomapana can be advised after Anjana.

Tikshna Anjanas are contraindicated for prolonged use, and snehana Anjanas are advised for correcting the complications if developed during application of tikshna Anjanas.

While doing this procedure opening and closing of the eye spontaneously, rubbing of the lid forcefully and washing of eye should be avoided just after the application of Anjana karma.

## DOSAGE

Anjana matra depends on the quality of the Anjana Dravyas. Anjanas are divided in to two types.

1. Tikshna Anjana and 2. Mridu Anjana.

The dose of Gutika Anjana of tikshna variety is 1 Harenu Matra (around 40mgm) and of Mrudu variety is double the dose of it.

The dose of Rasakriya is vella matra (20mgm) for tikshna variety and in mridu variety it's twice the dose of above and the amount of churna Anjana to be applied in the eye is around two Shalaka in tikshna variety and three in the other.

Though Acharyas advise the above-mentioned dosage for application of Anjana, practically the individual response of eye and patient may vary which depends on various factors like the tolerance capacity of the patient, the Prakriti of patient, type of Anjana used, the amount applied etc, so it is better to apply least quantity of Anjana when it is applied for the first time, especially tikshna Anjana and gradually the amount can be increased to a maximum for e.g., of Gutika Anjana.

### **Samyak Yoga Lakshanas of Anjana**

It was considered when the eyes became clear, feeling of lightness, Voice was reduced and visual acuity improved.

### **Ati Yoga Lakshanas of Anjana**

It was noticed when the eyes became hard. The colour of the eyes changed and the eyes become loosen. There were signs of dryness and pricking sensation.

### **Hina Yoga Lakshanas of Anjana**

In case anjana is applied in less quantity, then the doshas will be vitiated in excess with the symptoms of itching and foreign body sensation.