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### *SwasthaNetra – Its Maintenance by GrithaTarpana*

Anju B Uppin<sup>1\*</sup> and Nithin Kumar<sup>2</sup>

<sup>1,2</sup>Department of Shareera Rachana, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Udupi, KA, India

#### ABSTRACT

Among *Panchagnanendriya*, *Netra* is given prime importance as it is concerned with *rupa grahana*. Vision is important to human survival without which day and night matters nothing to one's life. *Netra* is *agni mahabuta pradhana* and this *agni* helps in *rupa grahana*. Further, it is said that intake of *pitta prakopaka aahara* will increase mala in *shira* which gets lodged in different parts of *netra* and cause *netra roga*. In the context of *pathyapatya* of *netra*, it is said that *gritha* is the best *sneha*. Also *Acharya Sharangdhara* mentions that *tarpana kriyakalpa* gives *tarpana* to the *netra*. Though *netra* is *agni mahabuta pradhana* it is *sheeta saatmya*. As *gritha* and *tarpana* gives *sheetata* to *netra* we can say that these are best suitable to maintain the *swastata* of the *netra*. In modern parlance, it is mentioned that intra ocular drug administration is the best way to maintain eyes healthy and to treat eye diseases. With the above given information, in this paper an attempt is made to explain the efficacy of *grihta tarpana* and its mode of absorption into the *netra* in maintaining *swastha netra*.

#### KEYWORDS

*Swastha netra, Gritha tarpana.*



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## INTRODUCTION

*Netra* is *agni mahabuta pradhana* and *Surya* is considered as *adhidaiva of netra*. *Gritha* is being used as a *nitya sevana dravya* and also as therapeutic drug since years. This is because of its properties as said in our classics. Among different properties mentioned, *Gritha* is the best *Chakshushya*. *Tarpana*, one among the *kriyakalpa* does the *netra tarpana*.

## AIMS AND OBJECTIVES

To explain the efficacy of *Grihta tarpana* and its mode of absorption into the *Netra* in maintaining *Swastha Netra*.

## MATERIALS AND METHODS

Literature regarding *Netra*, *Grita* and *Tarpana* were collected from *Samhitas*, other relevant books and journals.

## LITERARY REVIEW

### Netra and its importance:

*Netra* is one among the *panchagnanendriya*<sup>1</sup>. It is *agni mahabuta pradhana* and helps in *rupa grahana*<sup>2</sup>. Among the *tridoshas*, *Pitta dosha* is responsible for *rupa grahana*<sup>3</sup> more specifically it is *Alochaka pitta*<sup>4</sup>. *Netra roga* are generally caused by intake of *pitta*

*prokopaka aahara*, which increases *mala* in the *shiras* and gets lodged in different parts of *netra* and causes *netra roga*<sup>5</sup>. In the *samana chikitsa* of *netra roga*, it is said that one has to avoid the *nidana* and treat according to the *doshas* involved<sup>6</sup>.

### Efficacy of Gritha:

*Gritha* is said as *srestha sneha* among *chaturvidha sneha* as it cures all ailments without changing its own properties<sup>7</sup>. *Gritha* pacifies *pitta* and *anila*<sup>8</sup> and is best *Chakshushya*<sup>9</sup>.

### Tarpana Kriyakalpa:

*Acharya Sushruta* mentioned *Tarpana* as one among the *kriyakalpa*<sup>10</sup>. Pouring of medicated *sneha* into the eyes and withholding it for certain *kalamatra* constitutes *Tarpana*. A person undertaking *tarpana* should have taken *vamana virechanadi shodhana*<sup>11</sup>. After *shodhana* on an auspicious day, after complete digestion of previous food, *tarpana* should be given. Person is made to sleep in supine position. On both *netra kosha* a circular wall along the margin of *netra kosha* is prepared using *masha*. *Gritha manda* melted in hot water should be poured inside upto *netra pakshma marga*. This should be maintained for 500 *matrakala* in a *swastha* person<sup>12</sup>. *Samyak tarpana* leads to good sleep, clear vision,



*swastha netra*, *laghuta* in *unmesha* and *nimesha* of *netra*<sup>13</sup>.

## DISCUSSION

*Swastata* of the *netra* is best maintained by *gritha tarpana*. Importance of *gritha* in maintaining *swastha netra* can be explained based on its properties. In our classics it is clearly mentioned that one who wishes to keep their eyes healthy should take *gritha* regularly<sup>14,15,16</sup>. And also *tarpana kriyakalpa* gives *bala* to *netra*<sup>17</sup> and it does the *netra tarpana*<sup>18</sup>.

Drugs poured into the *netra* gradually get absorbed. In the context of *aschyotana* mode of absorption of drugs is explained. Medicines poured into the *netra* passes through the *netra kosha sandhi*, then into *netra sira*, *shingataka pradesha* and finally reaches *grana* and *aasya* and pacifies vitiated *doshas*<sup>19</sup>. Mode of absorption in case of *tarpana* can be predicted as, the *sneha* initially reaches the *netra kosha sandhi*, then into *netra sira*. From *netra sira*, we may say that the *sneha* reaches different parts of the *netra* and nourishes the *netra*. Schematic representation of mode of drug absorption in the *netra* can be depicted as follows.

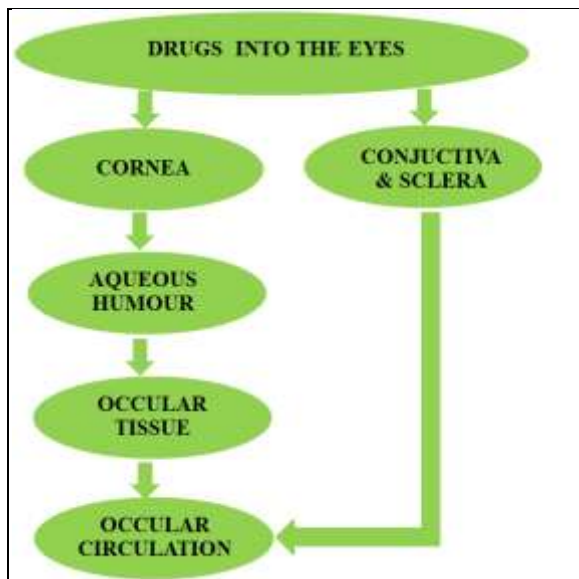
In modern parlance, intraocular drug absorption is considered as the best way of drug entry into the eye. Drug absorption

across the conjunctiva and the sclera is generally regarded as non-productive, based on the assumption that drug entering these membranes is picked up by the general circulation and does not contribute to intraocular drug levels. Hence, most efforts at improving ocular drug delivery are aimed at enhancing corneal permeability. Ophthalmic drug deliveries have been aimed at studying trans-corneal permeation and optimizing corneal absorption of drugs.



Maximum absorption takes place through cornea which leads the drug into aqueous humour. Loss of administered drug takes place through spillage and removed by the nasolacrimal apparatus. Corneal epithelium limits drug absorption from the lacrimal fluid into the eye. The corneal epithelial cells form tight junctions that limit the paracellular drug permeation. Therefore,

lipophilic drugs have typically at least an order of magnitude higher permeability in the cornea than the hydrophilic drugs. Drugs administered by instillation must penetrate the eye and do so primarily through the cornea followed by the non-corneal routes. These non-corneal routes involve drug diffusion across the conjunctiva and sclera and appear to be particularly important for drugs that are poorly absorbed across the cornea<sup>20</sup>.



## CONCLUSION

*Netra*, which is *agni mahabuta pradhana*, is responsible for *rupa grahana*. Though *netra* is *agni mahabuta pradhana* it is *sheeta saatmya*. As *gritha* and *tarpana* gives *sheetata* to *netra* we can say that these are best suitable to maintain the *swastata* of the *netra*.



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