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***Putapaka*- A Conceptual Study**

Abha Singh^{1*}, Neelam Sajwan² and Arun Kumar³

¹⁻³Dept of Shalaky Tantra, UAU, Main campus, Dehradun, UK, India

ABSTRACT

In *Ayurvedic* treatises, the local treatment procedures of *netra* are explained as *netra kriyalkapas*. These procedures help to alleviate the diseases and to strengthen the proper functioning of eye. Mode of application of this medicine is very specific in case of eye diseases. Based upon that seven *kriyalkapas* have been explained by ancient *Acharyas* and *putapaka* is one of them. It is a highly modified procedure for ophthalmic medication in which *Putapaka Rasa* is used in the same mode of application as that of *tarpana*. It is indicated specially in *kapha* predominant conditions but can also be used in *vata* and *pitta* predominant conditions.

KEYWORDS

Putapaka, Kriyalkapa, Eye treatment



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INTRODUCTION

The procedure of *putapaka* is similar to *tarpana*, but the ingredients, preparation of medicine and durations are different. *Putapaka* can be done after *tarpan* or independently. Indications and contra-indications of *tarpana* are also applicable to *putapaka*. The unctuous substances used for *tarpana*, makes the eye lazy and lethargic like flatulence after fat rich diet. *Putapaka* helps to reduce *avasada* (dullness), sharpen vision and improve *drigbala* (visual power).

Putapaka is of three types²:

1. *Snehana Putapaka* (Lubricating)
2. *Lekhana Putapaka* (Sacrifying)
3. *Prasadana Putapaka*(Cleansing)

1. *Snehana putapaka*³:

Meat, fat, bone marrow, muscle fat of the animals dwelling in the *anupa* and *sadharana* region plus the substances having sweet in taste and milk should be grinded well and can be used for *snehana putapaka*. It is indicated in dryness of eyes and other conditions due to the vitiation of *Vata*.

2. *Lekhana putapaka*⁴:

Meat and liver of animals and birds dwelling in desert lands and scarifying drugs such as pearls, corals, conch shell, copper, iron, sea foam, *kasisa*, *srotonjana*, rock salt etc., grinded with whey and honey and is used for *lekhana putapaka*.It

is indicated for the lubrication of the eyes and other problems developed due to the vitiation of *Kapha*.

3. *Prasadana putapaka*⁵:

For *prasadana putapaka* liver, heart, bone marrow, muscle fat of the animals and birds dwelling in desert like regions and the substances having sweet in taste should be mixed with breast milk, cow milk and ghee. It is indicated in defective vision due to the vitiation of *Vata*, *Pitta* and *Rakta* . It is contra-indicated in *Kapha* disorders.

*Putapaka procedure*⁶:

- Take the meat of animals in *bilwa* quantity (approx 48gm) and add equal quantity of the appropriate drugs which were mentioned earlier and mix it well to make a paste.
- Then it should be covered with the leaves of castor, banyan and lotus for *snehana*, *lekhana* and *prasadana putapaka*, respectively.
- It should be tied well with a thick thread and coating of mud (2inches thick) should be done and leave till it dry.
- Then put it into the fire of burning coal of *dhava*, *dhanvana* etc. After it becomes red hot, *putapaka* should be removed from the fire and remove the external coating of mud and leaves.
- With the help of a clean cloth the material inside should be taken out.



- The juice collected after squeezing the above material can be used in the evening hours, similar to the procedure of *tarpana*.

The procedure is to be conducted for
200 *matra Kala* for *snehana putapaka*
100 *matra Kala* for *lekhana putapaka*
300 *matra Kala* for *prasadana putapaka*

- After the completion of the process *dhumapana* is to be conducted similar to *tarpana*, except in *prasadana putapaka*.
- *Snehana* and *lekhana* should be conducted with warm liquids whereas cold substances are advised for *prasadana putapaka*.
- *Putapaka* can be conducted daily or with an interval of 2 to 3 days.
- *Parihara Kala* is double the number of days.
- Eyes should be bandaged with the flowers of *malathi*, *mallika* etc., during the post operative periods.

Prohibition and Remedies for infringement:

- After the application of *tarpana* and *putapaka* (to the affected eye) the patient should not catch glimpses of the light, fire, sky, looking-glass or any other luminous object, nor he should expose the eye to the blast of the wind.
- The unfavourable symptoms incidental to and induced by an infringement of the rules to be observed after the

application of the two (*tarpana* and *putapaka*) measures should be remedied with the application of *anjana* (collyrium), *aschyotana* and *swedana* (fomentation) to the deranged bodily *doshas*, underlying each particular case.

Assessment of the procedure

Improper *Putapaka*⁷:

Burning or suppuration: When the drugs selected for *putapaka* are excessively *usna* (hot) and *tiksna* (strong), there will be continuous burning sensation and even suppuration of the eye.

Arrest of tears: When the ingredients are too *snigdha* (oily) and *sita* (cold), there will be blocked tear channels; pain and a feeling of friction (due to dryness).

Redness: When used in *atimatra* (excessive quantity), there will be redness, contraction and twitching sensation.

Aggravation of *dosa*: When used in insufficient quantity, there will be aggravation of *dosas*.

Proper *Putpaka*⁸:

Prasannavarna (pleasing appearance), *visada* (clarity of vision), *vatatapasaha* (capacity to tolerate wind or sunlight), *laghu* (lightness of eye), *sukhswapna* (sound sleep), *avabodha* (blissful awakening).

Features of *atiyoga* and *hinayoga*⁹:



The excessive use of *Putapaka* will result in *inrujah* (pain in the eyes), *sopha* (swelling of the eyes), *pidika* (blisters), *paka* (pus formation in the eye), *asru* (excessive tears in the eye), *harsana* (horripilation), *dosodgama* (vitiating of all *doshas*).

CONCLUSION

As in many other diseases, *Ayurveda* has many unparalleled remedies for preservation and fortification of eye's health and to eradicate eye diseases. *Netratarpan* and *putpaka* have proved its worth time and again as the best rejuvenating therapy for eyes. You can experience this treatment even if you have healthy eyes. It will prevent many eye related diseases.



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