

A clinical study of *Phalatrikadi Ghrita Tarpan* in the management of Myopia

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Abstract

In Ayurveda, clinical features related to visual disturbances are generally seen in *Drishtigata Rogas*. Hence, all the cases of visual disturbances can be correlated under the broad umbrella of *Timira–Kacha-Linganasha* complex. The part of clinical features of *Timira* (first and second *patalagata*) can be correlated with myopia, where there is a complaint of difficulty in seeing objects distinctly along with headache, eye strain, photophobia and lacrimation. The prevalence of myopia in Asia is as high as 70-90%. Ayurvedic science can be explored to find a better alternative to manage this condition. In Ayurveda, there is the concept of *Chaksushya* (beneficial for vision) drugs and food items. Local therapeutic procedures for eye have been grouped under the umbrella of *Kriyakalpa* by *Acharyas* and among them, *Akshi-Tarpana* is the foremost procedure for *Timira* which provides *Vatashamaka* effect to the eyes along with nourishment. In this study, *Akshi-Tarpana* was selected with *Phalatrikadi Ghrita* along with *Poorvakarma* and *Shamana Chikitsa*. This study was carried out on 10 patients for a period of 46 days, in which *Poorvakarma*, *Kostha Shodhana* and *Nasya* (for 6 days), *Pradhankarma Akshi-tarpana* (for 5 days into 3 sittings at regular interval of 5 days), *Shamana Chikitsa Saptamrita lauha* 250mg BD with *Madhu* and *Ghrita* were performed. This treatment gives nourishment and strength to eye muscles and a marked improvement could be found in symptoms of myopia.

Keywords: *Timira*, Myopia, *Akshi-Tarpana*

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