

Review Article

Volume 11 Issue 4

July-August 2022

CLINICAL SIGNIFICANCE OF *PANCHKARMA* THERAPY IN *NETRA ROGA*: A REVIEW

Dr Vijay Maruti Karbhal¹, Dr. Rajashree S Suryavanshi²

¹Associate Professor, Department of Panchakarma, Bhimashankar Ayurved College and Research Center, Vadgaon Kashimbeg, Manchar, Maharashtra, India.

²Assistant Professor, Department of Panchakarma, Bhimashankar Ayurved College and Research Center, Vadgaon Kashimbeg, Manchar, Maharashtra, India.

Abstract:

Ayurveda science deals with human health and recommended herbs, formulation, *Yogic* exercise and purification measures for the maintenance of healthy life style. The ayurveda stream *Shalakya tantra* covers diseases related to the eye, nose, throat and ear. This branch uses parasurgical and surgical procedures as therapeutic measures, however purification therapy (*Panchakarma*) also play vital role in *Shalakya tantra*. *Panchakarma* is an integrative approach of Ayurveda that deals with many diseases including diseases of sense organs. In this regards *Panchakarma* can be used effectively for the management of *Netra roga* such as; *Abhishyanda*, *Adhimantha*, *Siraharsha*, *Sirotpat*, *Puyalasao*, *Vatparyay* and *Anyatovat*, etc. The *Panchakarma* therapy like leech application gives positive effect on *Netra roga*. The anticoagulant, anti-inflammatory, anaesthetic, vasodialator, analgesic and antithrombotic effect of *Panchakarma* therapy offer many health benefits in chronic eye diseases.

Key-Words: *Ayurveda*, *Shalakya tantra*, *Netra roga*, *Panchakarma*

Introduction

Ayurveda is traditional and holistic science of Indian origin that utilizes logical and practice based approaches for the management of various diseases. The basic & applied aspect of Ayurveda helps to diagnose, prevent and treat various diseases. Ayurveda explored different branches for covering various areas of human health and *Shalakyatantra* is one such branch of Ayurveda, this branch works for of the health restoration of sense organs [1-3].

The eye is considered most importance sense organ since this performs functioning of vision and any diseases related to the eye can hamper quality of life of affected person. The *Samprapti* of *Netrarog* involves vitiation of *Prakupit tridoshas* by *Hetusevana* through *Urdwagami sira* of *Netra* which further leads *Darun netraroga*. There are many approaches for managing diseases of eye including *Bhesajkarma*, *Agnikarma*, *Raktamoksana* and *Ksarakarma* [4-6]. The purification therapy (*Panchakarma*) helps to relives various *Netra roga* as depicted in **Figure 1**.

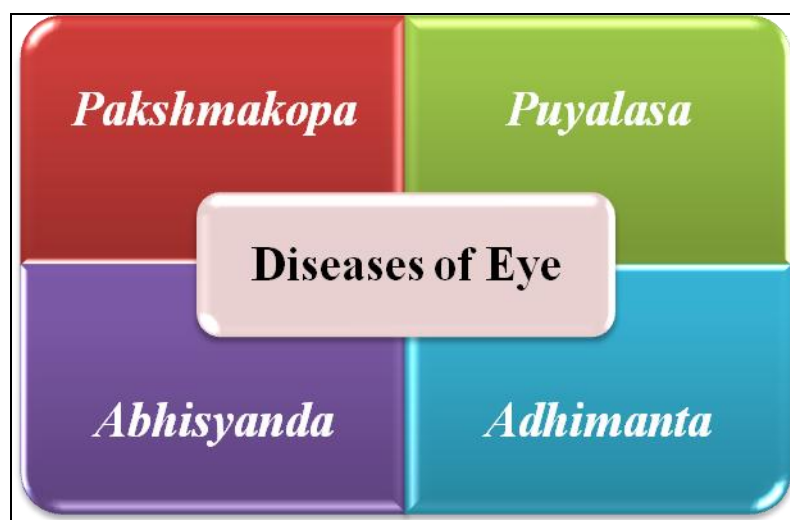


Figure 1: Some examples of *Netra roga*

***Panchakarma* treatment for the eyes consists following procedures:**

- ***Nasya*:**

This procedure eliminates dryness of eyes and relieves symptoms of allergic conditions.

- **Netradhara:**

Netradhara is considered good for treating computer vision syndrome as well as dry eyes, thus procedure reduces irritation of eyes.

- **Shirodhara:**

This therapy gives complete relaxation of eye and relieves stress of eye muscles.

- **Virechana:**

This gives lubrication to the body when done with *Sneha virechana*, this therapy eliminates toxins of the body thus help to attain detoxification of whole body.

- **Tarpana:**

This therapy involves putting of oily substance on the eyes with the help of wall of flour to protect eye from degenerative disorders and inflammation.

Jalaukavcharana for Netra roga:

The application of *Jalaukavcharana* i.e. leech therapy helps to suppress effects of *Tridoshas* vitiation, which is considered as major cause of *Netra roga*. *Jalaukavcharana* as bloodletting therapy removes some toxins and morbid *Doshas* by virtue of bioactive substances present in saliva of leech. *Netra* is considered as site of *Aalochak pitta*; which has *Aashrayasrayi bhav*, such type of condition can be treated by *Jalaukavacharan* in which *Netraroga* caused by *Pittadushti*. *Raktamokshan* is useful in *Abhishyanda*, *Adhimantha*, *Siraharsha*, *Sirotpat*, *Puyalasao*, *Vatparyay*, *Anyatovat* and *Sash of Akshipak*, etc [6-8].

Jalaukavcharana as *Raktamokshana* procedure of *Panchakarma* of Ayurveda can be used effectively in purulent conjunctivitis and conjunctivitis. The Hirudin Hyaluronidase enzyme present in saliva of leech's imparts local anaesthetic, antithrombotic, analgesic and hypotensive effects thus helps to cure symptoms of eye diseases especially itching, burning sensation and irritation, etc.

Nasya Karma:

Nasya is very effective therapy for *Urdhwajatru Vikaras* including *Netra Vikaras*, *Nasya* offer *Shirah Sthanika Shodhana* thus relieves symptoms of *Netra Vikaras* since *Netra* is present in *Shirah*. The effect of *Nasya* in *Netra* is very fast since it works specifically at the site of disease. However *Nasya* should be avoided in case of diabetic retinopathy and central serous retinopathy, etc. *Shamana Nasya* which gives *Dosha Shamana* effect can be used for *Netra Rogas*. *Virechana Nasya* can be performed when *Doshas* are in extremely vitiated condition along with *Srotavarodha*. *Dhmana Nasya* and *Avapidaka Nasya* can be used with *Teekshna Gunayukta Dravyas* for such types of condition. *Brimhana Nasya* suggested in case of *Vata pradhana Netra Rogas* and *Pratimarsha Nasya* can be suggested after considering patient's condition. The period of *Nasya Karma* may vary based on the conditions of *Doshaja Vyadhis*. The *Nasya Karma* can be considered as effective *Shodhana* therapy for various types of *Netra Vikaras*.

Nasa is considered as gateway of *Shirah* since medication penetrates to the brain and removes morbid *Doshas*. *Nasa* is portal of *Shira* it is connected via blood vessels and neurological system thus quickly reaches to the circulation and absorbed quickly. The drug through *Nasa* reaches to *Shringataka* and enters to the *Murdha* through *Netra*, *Shrotra* and *Kantha*. *Nasa* expels morbid *Doshas* from *Urdhwajatru* and *Uttamanga* thus play important role to improves health of eye [7-9].

Nasya Kala:

- *Nasya* is suggested in morning hour (*Pratah*) for *Kaphaja Vikaras*
- *Nasya* is suggested in afternoon (*Madhyahna*) for *Pittaja Vikaras*
- *Nasya* is suggested in evening time (*Sayahna*) for *Vataja Vikaras*

The Nasya Karma can deliver drug in Netra Roga as follow:

Drug absorbed through the mucosal membrane then circulates through the bloodstream, direct pooling into the venous sinuses via inferior ophthalmic veins. It feeds extra-ocular muscles and eye thus play important role in *Netra Rogas*.

VAMAN KARMA IN NETRA ROGA:

Vaman Karma can be used in following *Netra Roga*:

- ✚ *Klinna Vartma*
- ✚ *Balasgratith*
- ✚ *Lekhya Roga Samanya*
- ✚ *Kaphoklishta Vartma*
- ✚ *PakshmaShaata*
- ✚ *Kukunaka*

NETRA BASTI:

It is considered as restorative and preventative approach of Ayurveda in which dough made by flour placed around the eye to create a dam, this further filled with medicated ghee for curing stress of eye. *Netra Vasti* can be correlated with *Akshi Tarpana* which used as purification and rejuvenation process for improving health of eye. It helps to protect the diseases of eyes mainly degenerative disorders [8-10]. It delays effects of aging process and improve vision, *Netra basti* can be used for the following conditions of eye:

- ✚ Darkness of the eyes.
- ✚ Dryness of eyes.
- ✚ Vitiation of *Vata* and *Pitta* related diseases of eye.
- ✚ Stiffness of eyes.
- ✚ Blurred vision.
- ✚ Conjunctivitis.
- ✚ Watery eyes.
- ✚ Glaucoma.

General Benefits of Panchakarma in Netra roga:

- ✓ *Panchakarma* procedure like *Netra basti* reduces tensions of eye and headaches

- ✓ *Panchakarma* provides strength to ocular muscles
- ✓ It cleans obstructed channels of the eyes thus increases circulation
- ✓ Improves vision and relaxes eye
- ✓ Increases concentration and mental acuity
- ✓ Relieves symptoms of dry itchy eyes
- ✓ Prevent wrinkles and delay effects of early aging on eye
- ✓ Nourishes eyes and imparts rejuvenating effects.

Conclusion:

The *Shalakya tantra* branch of Ayurveda works for maintaining the health of eye, nose, throat and ear. This branch suggested purification therapy (*Panchakarma*) for the management of *Netra roga*. *Panchakarma* helps to treat diseases like *Abhishyanda*, *Adhimantha*, *Sirotpat*, *Siraharsha*, *Puyalasao*, *Anyatovat* and *Vatparyay*, etc. The *Panchakarma* therapy offers anti-inflammatory, anticoagulant, anaesthetic, analgesic, antithrombotic and vasodialator, etc. effects thus prevent and treat *Netra Rogas*. *Panchakarma* improves strength of ocular muscles, open obstructed channels of eyes, improves circulation in the area of eye thus nourishes muscles and nerves. The cooling and soothing effects of *Panchakarma* relieves symptoms of dry and itchy eyes. *Panchakarma* prevent dark circles and imparts rejuvenating effects.

References:

1. Susruta Samhita by Kaviraj Ambikadatta Shashtri; Part I, Sutrasthana, Jalaukavacharaniy adhyaya 13/9, Reprint Edition 2005, Choukhamba Prakashan Sanskrut sansthan Varanasi, pp-43.
2. Gilbert R. Seigworth, M.D. bloodletting over the centuries, New York state Journal of Medicine, Dec 1980, pp. 2022-2080.
3. Charak Samhita by drudhabala, editor translator by Prof. Priyavat Sharma, volume II, Chaukhambha Orientalia, Reprint Edition 2008, Printed by Charu printers, Varanasi, Chikitsasthan 21/ 69, pp-350.

4. Sarth Vagbhata by Ganesh Krushna Garade, Choukhanmba surbharati prakashana Varanasi, Edition reprint 2014, Sutrashathan chap. 26/29, pp-102.
5. Susruta Samhita by Kaviraj Ambikadatta Shashtri; Part I, Sutrasthana, Jalaukavacharaniy adhyaya 13/14, Reprint Edition 2005, Choukhamba Prakashan Sanskrut Sansthan Varanasi, pp-44.
6. Sushrut samhita, Uttartantra by Hemanta Panigrahi, Vol I, Choumba Orientalia, First Edition 2005, Chapter 1/20, pp-15.
7. Susruta Samhita by Kaviraj Ambikadatta Shashtri; Part I, Sutrasthana, Jalaukavacharaniy Adhyaya 14/24, Reprint Edition 2005, Choukhamba Prakashan Sanskrut Sansthan Varanasi, pp-53.
8. Review on leech application in Ayurveda and Shrilankan traditional medicine, by E.R.H.S.S. Ediriveera, article published in JAHM, Volume II, Issue I, pp 62-76.
9. Ophthalmology by A.K. Khurana, New age international publication, 3rd edition 2007 chap-4, pp-81
10. Baskova IP, Korostelev AN, Chirkova LD, Zavalova LL, Basanova AV, Doutremepuich C. Piyavit from the medicinal leech is a new orally active anticoagulating and antithrombotic drug. Clin Appl Thromb Hemost. 1997; 3:40–5.