



Review Article

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## SCOPE OF PUT PAKA (KRIYAKALPA) IN PREVENTIVE AND CURATIVE EYE CARE

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### ABSTRACT

**Background-***Netra Roga* are described extensively in *Ayurveda* due to the delicate nature and functional importance of the eye. Classical texts emphasize local therapeutic procedures known as *Kriyakalpa* for both preventive and curative eye care. Among these, *Put Paka* is a unique procedure where medicated drugs are processed through controlled heat and then applied locally to the eyes. It is mainly indicated after *Tarpana* and is considered effective in restoring ocular strength, clarity of vision, and tissue nourishment. **Aim** -To review the role of *Put Paka* (*Kriyakalpa*) in the management of *Netra Roga* as described in classical Ayurvedic literature. **Objectives** -To study the classical concept of *Put Paka* (*Kriyakalpa*) in *Ayurveda*. To compile indications, types, and procedural aspects of *Put Paka* in *Netra Roga*. To understand the therapeutic importance of *Put Paka* based on *Dosha* predominance. To evaluate the clinical relevance of *Put Paka* in ocular disorders. **Materials and Methods** A comprehensive review of classical Ayurvedic texts including *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Sangraha*, and their commentaries was carried out. Relevant references related to *Put Paka*, its types, indications, contraindications, and clinical utility in *Netra Roga* were compiled and analyzed systematically. **Observations** *Put Paka* is described as a post-*Tarpana* procedure aimed at eliminating residual *Kapha*, improving ocular metabolism, and enhancing drug penetration. Different types of *Put Paka* such as *Sneha Put Paka* and *Nirama Put Paka* are mentioned according to *Dosha* predominance. Classical indications include *Drishti Mandya*, *Netra Gaurava*, *Netra Shoola*, and ocular fatigue. The procedure is noted for

improving visual clarity and ocular comfort. **Discussion** The therapeutic action of *Put Paka* can be understood through its *Dosha Shamana*, *Brimhana*, and *Lekhana* effects depending on the drugs used. By local application of freshly prepared medicated extracts, *Put Paka* helps in targeted drug delivery to ocular tissues. Its role is especially significant in chronic and *Kapha*-dominant *Netra Roga*, where it aids in strengthening ocular structures and preventing recurrence. **Conclusion** *Put Paka (Kriyakalpa)* is an effective and specialized ocular therapy in *Ayurveda* with both curative and preventive benefits. Proper selection of drugs, timing, and indication-based application enhances its therapeutic efficacy in the management of *Netra Roga*. Further clinical studies may help in validating its role in contemporary ophthalmic practice.

**Keywords-** *Put Paka, Kriyakalpa, Netra Roga, Shalakya Tantra, Tarpana, Ayurvedic Ophthalmology*

## INTRODUCTION

The eyes are among the most important sense organs and play a vital role in perception, learning, and daily activities. In *Ayurveda*, the eye is described as a highly delicate organ dominated by *Tejas Mahabhuta*, making it extremely sensitive to internal *Dosha* imbalance and external factors. Because of this sensitivity, *Netra Roga* have been given special importance in classical texts, and detailed descriptions of their causes, symptoms, and management are available, particularly under *Shalakya Tantra*.<sup>1</sup>

Classical *Acharyas* have emphasized localized ocular therapies for maintaining eye health and treating diseases of the eye. These localized procedures are collectively known as *Kriyakalpa*. Unlike systemic therapies, *Kriyakalpa* directly act on ocular tissues, providing faster and more targeted results. Procedures such as *Aschyotana*, *Anjana*, *Tarpana*, *Put Paka*, and *Seka* are described to nourish the eye, pacify aggravated *Dosha*, and restore normal visual function.<sup>2</sup>

Among the various *Kriyakalpa*, *Put Paka* holds a unique place due to its specific method of preparation and application. In this procedure, selected medicinal substances are subjected to controlled heat and the expressed extract is used for ocular application. Classical texts describe *Put Paka* mainly as a post-*Tarpana* procedure, indicated to remove excess *Kapha*, improve ocular clarity, and enhance the strength of eye tissues. It is considered especially useful when heaviness, stickiness, or residual discomfort persists after *Tarpana*.<sup>3</sup>

The therapeutic action of *Put Paka* depends upon the nature of drugs used and the *Dosha* predominance involved in the disease. Different types such as *Sneha Put Paka* and *Nirama Put Paka* are mentioned in the texts to achieve *Brimhana* or *Lekhana* effects. By acting locally, *Put Paka* helps in improving vision, reducing ocular fatigue, and promoting proper nourishment of ocular structures, particularly in chronic and *Kapha*-dominant *Netra Roga*.<sup>4</sup>

In the present era, increasing use of digital devices, prolonged near work, and disturbed lifestyle patterns have resulted in a rising incidence of eye strain and functional ocular disorders. These conditions closely resemble descriptions of *Drishti Mandya*, *Netra Gaurava*, and *Netra Ayasa* mentioned in *Ayurveda*. In this context, revisiting classical procedures like *Put Paka* becomes highly relevant. A systematic review of *Put Paka* helps in understanding its classical foundation and therapeutic potential in the management of *Netra Roga*.<sup>5</sup>

## AIM AND OBJECTIVES

### Aim

To review the role of *Put Paka* (*Kriyakalpa*) in the management of *Netra Roga* as described in classical Ayurvedic literature.

### Objectives

1. To study the classical concept of *Put Paka* (*Kriyakalpa*) in *Ayurveda*.
2. To compile indications, types, and procedural aspects of *Put Paka* in *Netra Roga*.
3. To understand the therapeutic importance of *Put Paka* based on *Dosha* predominance.
4. To evaluate the clinical relevance of *Put Paka* in ocular disorders.

## MATERIALS AND METHODS

The present study is a conceptual and literary review focused on *Put Paka* (*Kriyakalpa*) in the management of *Netra Roga*. Classical Ayurvedic literature was selected as the primary source of material for understanding the conceptual framework, procedural details, indications, and therapeutic significance of *Put Paka*. Classical texts including *Sushruta Samhita*, *Ashtanga Hridaya*, *Ashtanga Sangraha*, and their available commentaries were reviewed systematically. Relevant references related to *Put Paka*, *Kriyakalpa*, and *Netra Roga* were collected from *Samhita* chapters dealing with *Shalakya Tantra* and ocular therapeutics.

Secondary sources such as standard Ayurvedic textbooks, published review articles, and research papers related to *Kriyakalpa* and Ayurvedic ophthalmology were also consulted to

support classical descriptions and improve conceptual clarity. Only relevant and authentic sources were included for analysis. The collected references were analyzed and arranged under appropriate headings such as concept, types, indications, procedure, and therapeutic role of *Put Paka*. The information was interpreted based on *Dosha* involvement and clinical applicability in various *Netra Roga*.

## CONCEPTUAL STUDY

### ***Netra Roga***

In *Ayurveda*, the eye (*Netra*) is considered one of the most delicate and vital sense organs, primarily governed by *Tejas Mahabhuta*. Due to this predominance of *Teja*, the eye is highly sensitive to even minor disturbances in *Dosha*, lifestyle errors, dietary indiscretions, and environmental factors. Because of this vulnerability, diseases of the eye, collectively known as *Netra Roga*, have been described in great detail by classical *Acharyas*, especially under *Shalakya Tantra*.<sup>6</sup>

### **Etiology of *Netra Roga***

The causative factors of *Netra Roga* include improper use of the eyes such as excessive near work, prolonged exposure to bright light, smoke, dust, and wind. Faulty dietary habits like excessive intake of *Amla*, *Katu*, and *Ushna Ahara*, irregular sleep, suppression of natural urges, and mental stress also contribute significantly. These factors lead to vitiation of *Dosha*, particularly *Vata*, *Pitta*, and *Kapha*, which in turn affect the ocular tissues.<sup>7</sup>

### **Role of *Dosha* in *Netra Roga***

All three *Dosha* are involved in the pathogenesis of *Netra Roga*, either independently or in combination. *Vata* causes dryness, pain, roughness, and instability of vision. *Pitta* produces inflammation, burning sensation, redness, and visual disturbances. *Kapha* leads to heaviness, stickiness, discharge, itching, and cloudiness of vision. Most ocular disorders are *Tridoshaja* in nature, but one *Dosha* usually predominates, which guides the line of treatment.<sup>8</sup>

### **Classification of *Netra Roga***

Classical texts classify *Netra Roga* based on the anatomical parts of the eye such as *Sandhi*, *Vartma*, *Shukla*, *Krishna*, *Drishti*, and *Sarvagata*. This anatomical classification helps in precise diagnosis and selection of appropriate therapy. Conditions like *Abhishyanda*, *Adhimantha*, *Timira*, *Arma*, and *Drishti Mandya* are described with their specific signs, symptoms, and management protocols.<sup>9</sup>

### **Clinical Features of *Netra Roga***

Common symptoms of *Netra Roga* include *Netra Shoola* (pain), *Netra Gaurava* (heaviness), *Daha* (burning sensation), *Kandu* (itching), *Srava* (discharge), and *Drishti Mandya* (diminution of vision). Functional complaints such as ocular fatigue, blurred vision, and discomfort are also frequently described, which closely resemble modern conditions like eye strain and asthenopia.<sup>10</sup>

### **Management Principles of *Netra Roga***

The management of *Netra Roga* in *Ayurveda* is based on *Nidana Parivarjana*, *Dosha Shamana*, and strengthening of ocular tissues. Local therapies play a crucial role, as systemic treatment alone is often insufficient for eye disorders. Hence, *Kriyakalpa* such as *Aschyotana*, *Seka*, *Tarpana*, *Put Paka*, and *Anjana* are emphasized for direct ocular action. These procedures help in pacifying aggravated *Dosha*, nourishing the eye, and restoring visual function.<sup>11</sup>

### **Relevance of *Put Paka* in *Netra Roga***

Among various *Kriyakalpa*, *Put Paka* holds special importance in *Netra Roga* where heaviness, stickiness, or residual discomfort persists, especially after *Tarpana*. By eliminating excess *Kapha* and enhancing ocular clarity, *Put Paka* supports both functional and structural recovery of the eye. Thus, it forms an integral part of comprehensive management of *Netra Roga*.<sup>12</sup>

### ***PUT PAKA (KRIYAKALPA)***

*Put Paka* is a specialized ocular therapeutic procedure described under *Kriyakalpa* in *Ayurveda*. The term *Put Paka* is derived from the words *Put* meaning a covered or enclosed heating process and *Paka* meaning processing or cooking. Thus, *Put Paka* refers to the preparation of medicinal substances by subjecting them to controlled heat in a closed manner, followed by extraction and local application to the eyes.<sup>13</sup>

In classical texts, *Put Paka* is described mainly as a post-*Tarpana* procedure. After nourishing therapies like *Tarpana*, there may be accumulation of residual *Kapha* or heaviness in the eye. *Put Paka* helps in removing this excess *Kapha*, restoring lightness, clarity, and functional strength of the eye. Hence, it plays both corrective and supportive roles in *Netra Roga* management.<sup>14</sup>

### **Place of *Put Paka* in *Kriyakalpa***

*Kriyakalpa* comprises localized ocular therapies intended for direct action on eye tissues. These include *Aschyotana*, *Seka*, *Tarpana*, *Put Paka*, and *Anjana*. Among them, *Put Paka* is unique due to its method of drug preparation and its selective indication.

While *Tarpana* provides nourishment and *Brimhana* to ocular tissues, *Put Paka* helps in regulating the after-effects of *Tarpana*. Classical *Acharyas* emphasize that *Put Paka* should not be done independently in all cases but should be administered judiciously based on *Dosha* predominance and ocular condition.<sup>15</sup>

### **Types of *Put Paka***

Based on the therapeutic objective and *Dosha* involvement, *Put Paka* is broadly classified into the following types:

#### ***Sneha Put Paka***

This type is indicated in *Vata* and *Pitta* predominant conditions. Drugs processed with *Ghrita* or *Sneha* provide nourishment, lubrication, and strengthening to ocular tissues. It is mainly used in conditions like *Drishti Mandya*, ocular dryness, and visual fatigue.<sup>16</sup>

#### ***Nirama Put Paka***

This type is used in *Kapha* predominant conditions where heaviness, stickiness, and discharge are present. It produces a *Lekhana* effect, reduces *Kapha*, and restores ocular clarity. It is particularly useful when heaviness persists after *Tarpana*. These types highlight the *Dosha*-specific application of *Put Paka*, ensuring individualized treatment.<sup>17</sup>

### **Procedure of *Put Paka***

The drugs selected for *Put Paka* are wrapped in leaves or suitable material and subjected to controlled heating, traditionally using cow dung cakes or similar methods. After proper heating, the material is allowed to cool, and the juice or extract is expressed carefully.

This freshly prepared extract is then applied locally to the eyes in a controlled manner. The procedure is done under supervision, ensuring appropriate duration and patient comfort. The emphasis is placed on freshness, purity, and correct timing, as ocular tissues are highly sensitive.<sup>18</sup>

## Indications of *Put Paka*

Classical texts indicate *Put Paka* in various *Netra Roga*, especially when symptoms persist after nourishing therapies. Common indications include *Drishti Mandya*, *Netra Gaurava*, *Netra Shoola*, ocular fatigue, and discomfort due to residual *Kapha*. It is also beneficial in chronic eye disorders where strengthening and functional restoration are required.<sup>19</sup>

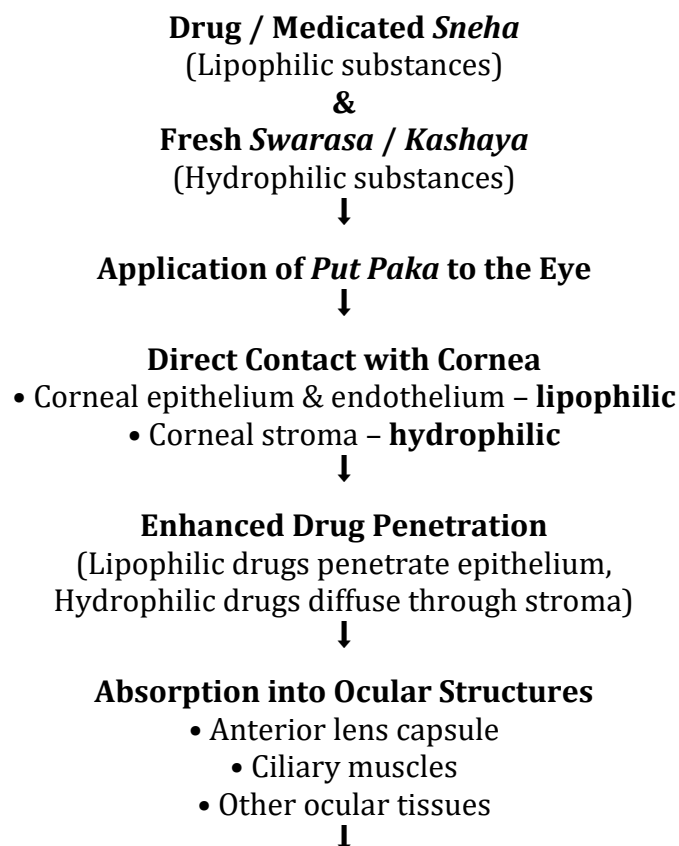
## Contraindications and Precautions

*Put Paka* should be avoided in acute inflammatory conditions, severe redness, excessive lacrimation, or active infection of the eye. Improper drug selection, excessive heat, or prolonged application may aggravate *Dosha* and harm ocular tissues. Therefore, proper assessment of *Dosha*, disease stage, and patient strength is essential.<sup>20</sup>

## Conceptual Importance of *Put Paka*

The conceptual strength of *Put Paka* lies in its targeted local action, freshness of drug extract, and adaptability according to *Dosha*. It bridges nourishing and cleansing therapies within *Kriyakalpa*, ensuring balance between *Brimhana* and *Lekhana*. Thus, *Put Paka* plays a crucial role in comprehensive Ayurvedic eye care.<sup>21</sup>

### Mode of Action of *Put Paka* (*Kriyakalpa*)



**Prolonged Contact Time**  
(Especially after *Tarpana*)



**Increased Drug Absorption**



**Desired Therapeutic Action**

- *Dosha Shamana*
- Ocular nourishment
- Improved visual function



**Relief in Symptoms of *Netra Roga***

## RESULTS AND FINDINGS

1. *Put Paka (Kriyakalpa)* is clearly described in classical Ayurvedic texts as an effective local therapy for *Netra Roga*.
2. Literary review shows that *Put Paka* is mainly indicated as a post-*Tarpana* procedure to eliminate residual *Kapha* from ocular tissues.
3. Two major types, *Sneha Put Paka* and *Nirama Put Paka*, are mentioned, and their selection depends upon *Dosha* predominance.
4. The procedure allows both lipophilic (*Sneha*) and hydrophilic (*Swarasa/Kashaya*) drug components to penetrate different layers of the cornea.
5. Prolonged ocular contact time enhances drug absorption into anterior ocular structures such as the lens capsule and ciliary muscles.
6. *Put Paka* helps in *Dosha Shamana*, ocular nourishment, and restoration of visual function.
7. Classical indications such as *Drishti Mandya*, *Netra Gaurava*, *Netra Shoola*, and ocular fatigue show conceptual relief through *Put Paka* therapy.
8. The review indicates that *Put Paka* plays a supportive and corrective role in chronic and *Kapha*-dominant *Netra Roga*.

## DISCUSSION

The present review highlights the important role of *Put Paka (Kriyakalpa)* as a specialized local ocular therapy in the management of *Netra Roga*. Classical texts clearly describe *Put Paka* as a post-*Tarpana* procedure aimed at removing residual *Kapha* and correcting heaviness or discomfort produced after nourishing therapies. This concept reflects the Ayurvedic principle of maintaining balance between *Brimhana* and *Shodhana*, which is



essential for preserving ocular health. The presence of different types of *Put Paka* based on *Dosha* predominance further supports its individualized therapeutic approach.<sup>22</sup>

From a conceptual and physiological perspective, the mode of action of *Put Paka* supports effective ocular drug delivery. The use of both lipophilic (*Sneha*) and hydrophilic (*Swarasa* or *Kashaya*) components allows better penetration through various layers of the cornea. Lipophilic drugs penetrate the corneal epithelium and endothelium, while hydrophilic components diffuse through the stromal layer. Prolonged contact time, especially when administered after *Tarpana*, enhances absorption into anterior ocular tissues such as the lens capsule and ciliary muscles, resulting in improved therapeutic efficacy.<sup>23</sup>

Clinically, *Put Paka* shows relevance in managing chronic and *Kapha*-dominant *Netra Roga* such as *Drishti Mandya*, *Netra Gaurava*, *Netra Shoola*, and ocular fatigue. By promoting *Dosha Shamana*, improving ocular nourishment, and restoring functional balance, *Put Paka* helps in symptomatic relief and prevention of recurrence. In the context of modern lifestyle-related ocular strain, revisiting classical therapies like *Put Paka* offers a rational and holistic approach to eye care, reinforcing its importance in Ayurvedic ophthalmology.<sup>24</sup>

## PREVENTIVE EYE CARE

Preventive eye care is mainly focused on protecting vision and avoiding the early development of eye disorders. It includes healthy daily habits such as adequate sleep, balanced nutrition, proper eye hygiene, and limiting excessive exposure to digital screens. Regular breaks during near work, correct posture, and sufficient lighting help reduce eye strain. In *Ayurveda*, prevention of eye diseases is emphasized through *Dinacharya* and *Ritucharya*, along with proper *Ahara* and regulation of visual activities. Simple measures like washing the eyes with clean water, practicing eye exercises, and following seasonal regimens help maintain ocular strength and clarity of vision.

## CURATIVE EYE CARE

Curative eye care deals with the management and treatment of existing eye disorders and visual discomfort. It aims to relieve symptoms, correct functional disturbances, and restore normal ocular function. In *Ayurveda*, curative management includes internal medications and local therapeutic procedures known as *Kriyakalpa*, such as *Tarpana*, *Anjana*, *Putapaka*, and *Netra Parisheka*, selected according to the involved *Dosha*. Along with treatment, dietary regulation and lifestyle modifications play an important role in preventing recurrence. When

timely curative care is combined with preventive practices, it supports sustained eye health and improves overall quality of vision.

### **SCOPE OF PUT PAKA (KRIYAKALPA)**

The scope of *Put Paka (Kriyakalpa)* in eye care is wide and clinically significant, especially in strengthening ocular tissues and restoring visual comfort. *Put Paka* is mainly indicated after procedures like *Tarpana*, when the eye needs deeper nourishment and functional rejuvenation. It helps in improving vision, enhancing ocular strength, and maintaining the clarity of the eye by providing processed medicated extracts in a subtle and easily absorbable form. This therapy is particularly useful in conditions where the eye becomes weak, fatigued, or dry due to prolonged strain or underlying *Dosha* imbalance.

From a preventive perspective, *Put Paka* plays an important role in maintaining eye health in individuals exposed to continuous visual stress, such as excessive reading or screen use. It helps in preventing degeneration of ocular tissues and supports long-term visual stability. From a curative point of view, *Put Paka* is beneficial in managing various *Netra Roga* like *Netra Ayasa*, *Drishti Mandya*, *Shushkakshipaka*, and post-inflammatory weakness of the eyes. Its action is mainly nourishing, soothing, and strengthening, making it suitable in *Vata* and *Pitta* predominant eye disorders.

Overall, the scope of *Put Paka* lies in its dual role as both a preventive and curative *Kriyakalpa*. When used judiciously along with proper *Ahara*, *Vihara*, and internal medications, it helps in preserving vision, improving ocular comfort, and preventing recurrence of eye disorders, thereby contributing significantly to holistic eye care.

### **CONCLUSION**

In conclusion, *Put Paka (Kriyakalpa)* is a unique and effective ocular therapeutic procedure described in *Ayurveda* for the management of *Netra Roga*. It plays a significant role as a post-*Tarpana* therapy by eliminating residual *Kapha*, enhancing ocular clarity, and restoring functional balance of the eye. The combined use of lipophilic and hydrophilic drug components allows better penetration through corneal layers, leading to improved absorption in anterior ocular tissues and prolonged therapeutic action. When selected and administered according to *Dosha* predominance, *Put Paka* provides symptomatic relief, ocular nourishment, and prevention of recurrence, making it an important component of comprehensive Ayurvedic eye care.

### **CONFLICT OF INTEREST -NIL**

## SOURCE OF SUPPORT -NONE

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