

SIGNIFICANCE OF PANCHKARMA THERAPY IN NETRA ROGASVd. Pallavi N. Joshi*¹ and Vd. A. P. Vaijwade²¹PG. Scholar, Shalaky Tantra Dept., Govt. Ayurved College Nanded Maharashtra.²Associate Professor, Shalaky Tantra Dept., Govt. Ayurved College Nanded Maharashtra.Article Received on
06 April 2018,Revised on 26 April 2018,
Accepted on 16 May 2018

DOI: 10.20959/wjpr201810-11945

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• ABSTRACT

Panchkarma is a *sarvdehika* treatment although it is beneficial for those people who are suffering from eye problems. Most of the people work a lot on computers, Laptops and hence have certain eye problems like itchy eyes, red eyes, watering in the eye and sometimes blurred vision. It is necessary to treat these problems before they get severe. A Beautiful world can be seen by the better eyesight. Typical eyesight difficulties and diseases are a result of a hectic lifestyle and the burden of stress on the mind. The eyes as Primary sense organ reflect the stress of the mind and this in turn affects the eye muscles and problems in sight. So, In *Ayurveda* to treat such eye problems, disorders *Panchkarma* Treatment is available. The *Sarvdehika Panchkarma*

Treatment includes mainly 5 *karmas* like *Vaman*, *Virechana*, *Basti*, *Nasya*, *Raktamokshna*, and 2 *Purvakarma* like *snehana* and *Swedana*. *Panchkarma* has a *sarvadehika* treatment although has a *sthanika* effect on eye. *Panchkarma* is useful to manage the challenging eye diseases of the modern world.

KEYWORDS: *Panchkarma*, *Snehana*, *Swedana*, *Netraroga*.**INTRODUCTION**

Shalakyatantra is an important branch of *Ayurveda* which deals with the diseases manifesting above clavicular region, *Acharya Sushruta* has devoted 26 chapters of *uttartantra* to *Shalaky tantra* and in its two third part *netra rogas* and their management have been described. Detailed classification of eye diseases by ancient *Acharyas* reflects the importance of ophthalmology since ancient time.

Eye is perhaps the only organ in the body whose anatomy, diseases along with their treatment has been illustrated vividly and systematically in *Ayurvedic* literature.

In Ayurveda the eye related disease is not restricted to eyes itself, but is considered as a result of imbalance of the *doshas* in human body. so the *Panchkarma* is an integral procedures of Ayurveda which helps achieve the balanced state of *doshas*, body, mind and consciousness through detoxification and rejuvenation. *Panchkarma* is a set of five therapies (*Vamana*, *Virechana*, *Basti*, *Nasya*, *Raktamokshna*.) and *Purvakarma* (*Snehana*, *Swedana*) designed mainly for cleansing the body of toxins. *Ayurveda* considers that the purification of the body is important before the commencement of any other therapy.

- ***Purvakarma***

Refers to the preparation of body for *ayurvedic Panchkarma* Therapy. *Purvakarma* is necessary for the body to achieve the complete benefits of *Panchkarma*.

- **Includes**

1. *Snehana*
2. *Swedana*.

- ***Snehana***

That which induces *sneha* (unctuousness, oiliness), *Vishyanda* (Liquefaction), *Mardavam* (Smoothness) and *Kleda* (Moistness or Dampness) on consumption(or Application) is called *Sneha*. *Bahya* and *Abhyantara Snehapana* is done in different eye diseases.

1. *Abhisyanda*.
2. *Timira*.
3. *Kricronmilana*.^[1]

Abhyantara Snehapana is advised for *Drishtigata rogas* according to *doshas*.

1. *Jivantyadi ghrita*. (*Vatahara*)
2. *Tilwaka ghrita*.
3. *Triphala ghrita*. (*pitta kapha hara*).

- ***Swedana***

It is given after *Snehana*.it includes Steam bathing or heating the body to facilitate sweating. There are different types of fomentation like heating the specific area or whole body.

Netra is a sensitive organ so *swedana* is contraindicated. According to *Charaka Netra* has given a *Mrudu Swedana*.^[2]

Bahya Swedana is useful in *kaphaja Vartma Rogas* but it should be done very carefully by covering the eyes.^[3]

Swedana with the decoction of *kutannata, Asphta, Phanjiaka, Bilva, Pattura, Pilu, Arka* and *Kapitha* in *kaphaja Netraroga*.^[4]

▪ **Pradhankarma**

Pradhankarma comes after *Purvakarma* and According to *Sushruta* it constitutes the 5 procedures.

1. *Vaman* (Induced vomiting)
2. *Virechana* (Induced Purgation)
3. *Basti* (Medicated Enema)
4. *Nasya* (Nasal medicine)
5. *Raktamokshan*. (Artificial blood letting).

➤ **Vaman Karma**

Vaman is the procedure of eliminating the *doshas* from the body through mouth by inducing vomiting.

Usually *Vamana* is contraindicated in *Dristigata rogas*.^[5] If done it will increase *timira*.^[6] *Vaman* is useful in *Kukunaka Vyadhi*.^[7]

➤ **Virechana Karma**

Virechana is a medicated purgation therapy which helps to cleanse toxins that are accumulated in liver, gall bladder and intestine. It removes every toxin from the whole body including the cellular level. *Virechana* is a measure to impart strength to *Indriyas*.^[8] Most Preferred *Shodhana Karma* in eye diseases.

Indications

- Generally in *sira karna Akshi Nasa rogas*.
- *Akshipaka*
- *Kacha*
- *Timira*

- *Abhisyanda*.^[9]

Beneficial in all *Maharogadhyayokta pitta rogas* in diseases like-

- *Netra daha*
- *Netra Srava*
- *Netra timira*.^[10]

On the Dominance of *dosa* drugs for *Virechana*

1.	<i>Caster oil with milk</i>	- <i>Vataja</i> .
2.	<i>Triphala ghrita</i>	- <i>Pittaja or Raktaja</i>
3.	<i>Trivrut ghrita</i>	- <i>Kaphaja</i> .

➤ *Basti*

Basti denotes the procedure during which a drug is administered through rectum. During the process, various medicated substances in the form of decoction or medicated oils, are released into the rectum of the patient. *Basti* is indicated when vitiated *vayu* abnormally get lodged in the head. *Asthapana Basti* is exclusively indicated for eye diseases.

Indications^[11]

1. *Adhimantha*.
2. *Timira*.

In Ayurveda there are treatments available for every problem related to eye. *Netra Basti* or *Netra tarpana* is the therapy used in *panchkarma* for thousands of years to treat eye related problem. In Sanskrit Eye is termed as *netra* while *Tarpana* means relaxation with nourishment.

Netra Tarpana Treats following eye- related diseases.^[12]

- *Timira*
- *Klishta Vartma*.
- *Squint*.

According to *Acharya Vagbhata Tarpana* Indication^[13]

1. *Stabdhatta*
2. *Kricronmila*
3. *Sirotpata*
4. *Siraharsha*
5. *Arjuna*
6. *Savrana shukla*
7. *Avrana shukla*
8. *Abhisyanda*
9. *Adhimantha*
10. *Anyatovata*
11. *Vataparyaya*
12. *Shushkakshipaka*.

Netra Tarpana nourishes the nervous system of the body and brings a mental piece.

➤ **Nasya Karma**

Nasya karma is believed to be best suited for the Eye and ENT ailments. *Nasya karma* indicated in several eye diseases as it eliminates *doshas* from the cranial region.

Vaisheshika Nasya is useful to improve eyesight along with strengthening the neck and shoulders. In procedure of *nasya karma*, there is instillation of herbal medicines like oil, powder, and fresh juices through the nostrils to balance *doshas* from the head region especially head, nose and throat.

The medicine instilled through them easily penetrates the *shrungataka* and spreads to the *siras* of head, eyes, ears, throat and expels out the impurities.

While during *Nasyakarma*, care should be taken to cover the eyes with a cloth piece.

Snehana Nasya - In *Vataja Netrarogas*.

Indications

1. *Timira*.
2. *Savrana shukla*.
3. *Avrana Shukla*.
4. *Vartma roga*.
5. *Akshiraji*.

Nasya with *kaphahara dravyas* (*Avapidana Nasya*) is mentioned in *Ashtang Sangraha* for following diseases-

- *Pakshmathat*.
- *Kaphotklisha Vartma*.
- *Lagana*.
- *Abhisyanda and Adhimantha*.
- *Shukshakshipaka*.
- *Hatadhimantha*.
- *Anyatovata*.
- *Amladhyushita*.
- *Dhumdarshi*.
- *Timira*
- *Kacha*

- *Linganasha.*
- *Nakulandhya.*

➤ **Raktamokshana**

Raktamokshana is an important therapeutic procedure in *Shalya Tantra*. It prevents Skin diseases, swollen glands, general swelling and diseases of the blood, if done at regular intervals.

Sira Vyadha and *Jalaukavacharana* are useful in eye diseases.

Indication

1. *Puyalasa*^[14]
2. *Arma*.^[15]
3. *Savrana Shukla*.^[16]
4. *Pittaja Timira*.^[17]
5. *Kaphaja Timira*.^[18]
6. *Abhisyanda*.
7. *Pothaki*.^[19]

CONCLUSION

Eye is the important organ of the body. Any pathology of *doshas* in a body reflects her effects on the eye, so that to balance the *doshas* of a body *Panchkarma* therapy is useful. The effect of *sarvadehika panchkarma* seen on a *sthanic* organ *Netra*. which *Panchkarma* can be use according to *dosha* dominance and *vyadhi*. And it is helpful for the various *netravvyadhis* according to *Dosha chikitsa siddhant*.

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