

## A CLINICAL STUDY ON THE EFFICACY OF TRIPHALA GHRITA NETRA TARPANA IN THE MANAGEMENT OF DRY EYE SYNDROME

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### ABSTRACT

Dry Eye Syndrome (DES) or dysfunctional tear syndrome (DTS) as per latest DEWS definition. Now a days, the reason behind increased number of patients of DES is our changed life style. Because these symptoms are mainly found in those who are engaged in continuous reading, watching T.V. & Cinemas, working on computers, hot areas, tropical areas, surfing internet, eyes opened exposed to pollutants, late night duties like watchmens etc. All these factors along with improper diet and living habits, abuse of hormones and ageing etc. are making the scene very worse. At present there is no permanent cure for Dry Eye Syndrome in modern medicine. *Netra tarpana* in Adolescent group shows tremendous benefit to working people, and shows

preventive result in further progression of Dry Eye Syndrome. *Triphala* has *Chakshushya* properties according to Indian ancient surgeon Sushruta. And these *Triphala* reveals beneficial contents (Vitamin C, Tanine) to eye structure. With the other *Chakshushya* and *Yogavahi* Divine drug i.e. *ghrita* increase the potency of *Triphala* and act faster and without any side effect than alone. A open labelled Pilot study has been carried out on the 10 patients who were attended Shalakyta OPD of VAM Amravati with complain of ocular symptoms like Irritation, Foreign body (sandy) sensation, feeling of dryness, itching. The cases has been studied with an objective to find out the effect of *netra tarpana* with *triphala ghrita* therapy.

**KEYWORDS:** Netra tarpana, Triphala ghrita, Dry Eye Syndrome.

## INTRODUCTION

The goal of Ayurveda is healthy span without the need of cure of diseases. It does not aim at creating only the health of individual but it simultaneously provides prescriptions and prohibitions for the maintenance of healthy living. Shalakyas deals with the diseases above the level of clavicular region. Ayurveda is the ancient Indian Medical system about 2500 years old. Sushruta is the pioneer of Indian surgery. Controversies prevail among historians regarding determination of his period. According to some he was born before 600 BC whilst others believe that he came into existence much more anterior to it, about 2500 BC. Dry Eye Syndrome (DES) or dysfunctional tear syndrome (DTS) as per latest DEWS definition. Now a days, the reason behind increased number of patients of DES is our changed life style. Because these symptoms are mainly found in those who are engaged in continuous reading, watching T.V. & Cinemas, working on computers, hot areas, tropical areas, surfing internet, eyes opened exposed to pollutants, late night duties like watchmen etc. All these factors along with improper diet and living habits, abuse of hormones and ageing etc. are making the scene very worse. This abnormality may result in disruption of ocular surface, causing a variety of symptoms and signs which interfere with the quality of life. Approximately 1 out of 7 individuals aged 65-84 years reports symptoms of dry eye often or all of the time. The prevalence of dry eye to be 14.4% in 3,722 subjects aged 48-91 years and noted that the prevalence of the condition doubled after the age of 59.

At present there is no permanent cure for Dry Eye Syndrome in modern medicine. *Netra tarpana* in Adolescent group shows tremendous benefit to working people, and shows preventive result in further progression of Dry Eye Syndrome. *Triphala* has *Chakshushya* properties according to Indian ancient surgeon Sushruta. And these *Triphala* reveals beneficial contents (Vitamin C, Tanine) to eye structure. With the other *Chakshushya* and *Yogavahi* Divine drug i.e. *ghrita* increase the potency of *Triphala* and act faster and without any side effect than alone. Dry eye syndrome complain of ocular symptoms like Irritation, Foreign body (sandy) sensation, feeling of dryness, itching.

## AIM

A Clinical efficacy of triphala ghrita netra tarpana in Dry Eye Syndrome.

## OBJECTIVES

- 1) To Assess the symptoms of Dry Eye Syndrome.
- 2) To Assess if possible mode of action of tarpana and its effective duration.

3) To Standardized the methodology of tarpana vidhi.

### Sample Size

10 Patients having eye problem with Dry eye syndrome.

### Inclusion Criteria

- 1) Age group 10-50 years.
- 2) All the patients presenting with signs & symptoms of Dry Eye Syndrome will be taken for clinical trial irrespective of age, sex caste, religion, socioeconomic status.

### Exclusion Criteria

- 1) Patient having systemic & metabolic disorder.
- 2) Injuries (Mechanical / Chemical) *Abhighataj netra rog*

### MATERIAL AND METHODS

A open labelled Pilot study has been carried out on the 10 patients who were attended Shalaky OPD of VAM Amravati with complain of ocular symptoms like Irritation, Foreign body (sandy) sensation, feeling of dryness, itching. These patients are advised for *netra tarpana* with *triphala ghrita* therapy.

### Matra for Tarpana

*Tarpana* (once daily in afternoon) daily for 7 days in 3 sets with the gap of 7 days.

*Tarpana matra* 15 minutes (500 *matra*)



**Follow up:** In every 7 day during treatment & after 60 days of treatment.

## Assessment Criteria

Ocular Symptoms	Never	Mild-Rarely	Moderate-Often	Severe- Constantly
Irritation	0	1	2	3
Foreign body (Sandy) Sensation	0	1	2	3
Feeling of dryness	0	1	2	3
Itching	0	1	2	3

Patients	Irritation		Foreign body (Sandy) Sensation		Feeling of dryness		Itching	
	B.T.	A.T.	B.T.	A.T.	B.T.	A.T.	B.T.	A.T.
P1	1	0	2	1	1	0	2	1
P2	1	0	1	1	1	1	3	1
P3	2	1	1	1	2	0	1	1
P4	1	1	2	1	1	0	2	1
P5	2	1	1	0	3	2	2	0
P6	2	1	3	2	3	1	2	1
P7	1	1	2	1	1	1	2	1
P8	2	1	2	1	1	0	2	1
P9	1	0	2	1	1	0	2	1
P10	2	1	1	0	2	0	1	0

## Effect of Therapy on Clinical Parameters

It has been explained in the criteria of assessment that the effect of therapy will be evaluated on the clinical features by adopting GRADE system. Each of symptoms and the parameters was assessed before the start of treatment and after the end of treatment period.

## Test Analysis

Tests used- for analysis, Paired 't' test was applied to analyze subjective parameters.

## Indications

NS-  $p > 0.05$ - Not Significant

\*-  $p < 0.05$ - Significant

\*\* -  $p < 0.01$ - More significant

\*\*\*-  $p < 0.001$ - Highly Significant

Chief Complaints	Mean score BT	Mean score AT	Diff	% of diff/ Relief	Paired t test S.D.	S.E.	t	p	Remarks
Irritation	1.500	0.7000	0.8	53.33%	0.5270/0.4830	0.1667 / 0.1528	t=6.000	0.0002	*** HS
Foreign body (Sandy) Sensation	1.700	0.9000	0.8	47.05%	0.6749 / 0.5676	0.2134 / 0.1795	t=6.000	0.0002	*** HS
Feeling of dryness	1.600	0.5000	0.9	56.25%	0.8433 / 0.7071	0.2667 / 0.2236	t=4.714	0.0011	** S
Itching	1.900	0.8000	1.1	57.89%	0.5676 / 0.4216	0.1795 / 0.1333	t=6.128	0.0002	*** HS

## OBSERVATION AND RESULT

### Total effect of therapy

For evaluation of total effect of therapy percentage of improvement of each parameter is calculated. For this, total score observed before treatment and after treatment are added. Average of respective score is calculated and percentage is drawn by following formula.

$$\frac{\text{Average BT} - \text{Average AT} \times 100}{\text{Average BT}}$$

Sr. No.	% Relief	Result	Patients	%
1	100	Cured	0	-
2	75-99	Marked	0	-
3	51-74	Moderate	6	60%
4	26-50	Mild	4	40%
5	< 25	Benefited	0	-
6	0	Unchanged	0	-
7	Negative	Progression	0	-

*Netra tarpana* with *triphala ghrita* shows beneficial effect and Highly significant improvement in ocular symptoms of Dry Eye Syndrome after 2 months follow up. No side effect were observed.

## DISCUSSION

- 1) This result indicates patient get higher success after the treatment of Triphala Ghrita Netra Tarpana therapy.
- 2) In this study, the selected 10 patients who are included in above criteria for *Triphala ghrita Netra Tarpana* And result shows marked improvement in ocular symptoms of Dry eye syndrome.
- 3) In this study, the selected 10 patients get long lasting effects of Triphala Ghrita Netra Tarpana therapy and which is not reformed by this simple *tarpana* procedure.
- 4) But in presence study data shows marked improvement in ocular symptoms for more than 45 days.

## CONCLUSION

From above study we conclude that, *Netra tarpana* with *triphala ghrita* shows marked improvement in ocular symptoms related to their work was resolve in short period of time with this therapy for more than 45 days.

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