

SEKA AND ITS REVIEW

Abhilasha^{1*}, Aditi², Anuja³ and Deepti⁴

^{1,3,4}P.G. Scholar Department of Shalaky Tantra Uttarakhand Ayurved University, Gurukul
Campus, Haridwar.

²Assistant Professor Department of Shalaky Tantra Uttarakhand Ayurved University,
Gurukul Campus, Haridwar.

Article Received on
27 August 2020,

Revised on 17 Sept. 2020,
Accepted on 07 October 2020

DOI: 10.20959/wjpr202013-18947

*Corresponding Author

Abhilasha

P.G. Scholar Department of
Shalaky Tantra
Uttarakhand Ayurved
University, Gurukul
Campus, Haridwar.

ABSTRACT

Eye is one of the most important sense organ. The importance of eye lies in the fact that whole world will become dark without vision. *Acharya Sushruta* in *Sushruta Samhita* has given the detailed description of its anatomy, eye diseases and its treatment. In chapter 18 *Uttartantra* of *Sushruta samhita* *Acharya Sushruta* has described *Kriyakalpa*. *Kriyakalpa* is defined as the therapeutic procedures of *Netra roga* made with the help of specific formulations and is used locally in various eye disorders. *Acharya Sushruta* has described 5 *kriyakalpa* i.e *Tarpana*, *Putpaka*, *Seka*, *Aschyotan*, *Anjana*.^[1] *Acharya Sharandhara* has described 7 *Kriyakalpa* i. e 5 of *Acharya Sushruta* with *Pindi*, *Vidalaka*.^[2] They all are very effective in the eye disorders.

In this article the main focus will be given on the *Seka Kriyakalpa*, its mode of action, its types and its indications to make it more easy to practice it in different inflammatory conditions as an acute management.

KEYWORDS:- *Kriyakalpa*, *Seka*, *Netra*.

INTRODUCTION

Ayurveda is a gift of god for all human beings. In *Charak Samhita* three types of *Chikitsa* is defined *Anthapamarjana*, *Bhiparimarjana*, *Shastrapranidhan*.^[3] *Kriyakalpa* are the types of *Bhiparimarjana chikitsa* and it includes *Tarpana*, *Putpaka*, *Seka*, *Aschyotan*, *Anjana Pindi*, *Vidalaka*. *Bahiparimarjana chikitsa* is proving to be very effective in treating the *Netra vikaras* as these are absorbable, easily crosses the eye structures i.e the layers of the skin and conjunctiva and also provides the more time for its bi-availability at its site of action.

Acharya Sharangdhara has also highlighted *Kriyakalpa* and also gave the clinical order of application of these procedures. *Seka/Parisheka* (closed eye irrigation), *Aschyotan* (Eye drops), *Pindi* (poultice application), *Vidalaka* (application of medicated paste on the eyelids) are used in the *Aamavastha* i.e the inflammatory stage. *Tarpana* (satiation), *Putpaka* (medicinal decoction along with mamsa rasa), *Anjana* (collyrium/eye ointment) are indicated in the *Nirama avastha* i.e the chronic stage.

Netra Parisheka/Seka (procedure for the closed eye irrigation) is defined as the method of pouring a very fine stream of the medicated fluid over the closed eye from a height of the 4 Angulas for a specified time period according to the dosha.^[4] It is indicated to be used in the Aamavastha of Netraroga i.e highly exaggerated phase/highly inflammatory phase. According to the *Acharya Vagbhata* the highly exaggerated phase is characterized by the *Ruga* (pain), *Daha* (burning sensation), *Toda* (pricking sensation), *Bheda* (incision sensation), *Paka* (Redness), *Sopha* (swelling), *Kandu* (itching).^[5]

Classification:- According to the different Acharyas^[6]

S. No.	Type	Sushruta	Yoga Ratnakar	Sharandhira Samhita	Bhavapraksha	Time
1.	<i>Snehana</i>	400 Matra	600 Matra	600 Matra	600 Matra	12.50 Minute
2.	<i>Ropana</i>	600 Matra	400 Matra	400 Matra	400 Matra	11.25 Minute
3.	<i>Lekhana</i>	200 Matra	300 Matra	300 Matra	300 Matra	7.50 Minute

MATERIAL AND METHODS^[7]

- **Instrument Used** – *Netra seka Yantra*, generally used is a copper vessel (*Jala Neti*) with having one narrow opening (abt.2mm) for a fine *dhara* on the patient eye.
- **Dhara (Stream)** – It should be single.
- **Temperature** – according to the comfort of the patient (99-100F)
- **Thickness of Dhara** – 1.5 mm-2mm.
- **Dosage Form** - *Kwatha* (decoction) preparation – 1 part raw drug + 4 part water – ¼ is reduced till ¾ get remains
- **Application Site** – Medial canthus.

Procedure of doing the *Seka*^[8]

1. **Poorva Karma** – It should be carried out after 4 days of arising of the disease. For the four days *Laghu Bhojana*, fasting should be done. Along with these *Deepana*, *Pachana* should also be done.

2. **Pradhana karma** – The patient should be made to lie down in the proper air- ventilated room, with the closed eyes. Proper oleation should be done towards the outer canthus side. After that with the help of the Seka Yantra which is to be held at the height of the four Angula, a thin lined single stream should be allowed to fall down on the closed eyes of the patient towards the Medial canthus.
3. **Paschat Karma** – In this step with the help of the cotton cloth the eyes should be cleaned out.

Mode of Action^[9]

The effectiveness and the working efficacy of Seka lies in its three properties i.e height, its flow (*Sara guna*) and its temperature (*Ushna guna*).

1. The *Kwatha* taken when is allowed to fall from a height of 4 *Angulas* produces a mechanical effect on the desired area (medial canthus) and becomes instrumental in stimulating the nerve impulses, increasing the circulation and hence increasing the fresh blood flow there.
2. The *Sara guna* i.e the continuous flow of the *Kwatha* will make the vitiated *doshas* to move away from the affected site.
3. The *Ushna guna* will regulate the *Dhatvagni Mandhya* and by increasing the temperature at the desired site it will convert the *Amaavastha* of the *Netra Roga* into the *Nirama Avastha*. It will increase both the Anabolic and the Catabolic reactions there and hence removing the dead cells and debris and hence creating a new path for the formation of the new tissues.

Commonly used *dravyas* for *seka*^[10]

1. **Vataj Sotha** – *Ghrita, Taila, Kanji, Mamsarasa, Erandamula, Dashamula etc.*
2. **Pittaj Sotha** – *Ksheer, Ghrita, Madhu, Sharkara, Draksharasa, Madhuyasthi etc.*
3. **Kaphaj Sotha** – *Taila, Mutra, Trikatu and other Kaphaghana Aushadi*

Samyaka yoga lakshana of *Seka*^[11]

- *Sukhswapanabodhtava* (sound sleep with no tiredness in the eyes)
- *Vaishadya* (clearness in the eyes)
- *Varnapatavam* (no difficulty in distinguishing the colours around)
- *Nivrittivyadhividhvansha* (complete loss of the uneasiness or the disease from the eyes)
- *Kriyalaghavam* (no problem in opening and closing the eyes)

Atiyoga lakshana of seka^[12]

- *Guru* (heaviness in the eyes)
- *Avila* (dirtiness/cloudiness in the eyes)
- *Atisnigdha* (thick mucoid discharge)
- *Arshu* (watering in the eyes)
- *Kandu* (itching)
- *Updeha* (heaviness in the eyes)

❖ In this the treatment should given according to the *dosha* such as *Ruksha* or the *Snigdha Dhoom, Nasya, Anjana*.

Hina yoga lakshana of the seka^[13]

- *Ruksha* (dryness)
- *Avila* (dirtiness/cloudiness)
- *Astraadhya* (watering)
- *Asahyaroop darshana* (difficulty in viewing)
- *Vyadhivridhhi* (increase in the disease)

DISCUSSION

Acharya Sharangdhara has put the *Seka* on the first and after that all other *Kriyakalpa* owing to its importance lying in the fact that it is used in the acute inflammatory conditions characterised by *Daha* (burning sensation), *Toda* (pricking sensation), *Ruja* (pain), *Bheda*, *Shotha* (swelling), *Kandu* (itching). Its applications creates a path for the generation of the new cells and tissues by removing away the dead and toxic cells and debris.

CONCLUSION

Seka is a very cost effective, easily manageable, safe procedure. It produces good results and prevents the disease becoming more severe i.e from acute to chronic stage.

REFERENCES

1. *Sushruta Samhita – Ayurveda Tattav Sandipika* (Chaukhamba Publications) – Hindi *Vakhya Uttartantra* Chapter, 18: 4.
2. *Sharangdhara Samhita- Deepika Hindi Vyakha- Visheshavyaktasamnavita – Mahrishi Agniveshakrita –Anjana Nidansahita* by *Dr.Brahamanda Tripathi Utrakhanada* Chapter, 13: 1.

3. *Charaka Samhita Savimarsh- Vidyotini Hindivyakha* by Pandit Kashinath Shastri, Dr. Gorakhanath Chaturvedi, Chaukhamba Bharati Academy Varanasi Part 1 *Sutra Sthana* Chapter, 11: 55.
4. *Sharangdhara Samhita- Deepika Hindi Vyakha- Visheshavyaktasamnavita – Mahrishi Agniveshakrita –Anjana Nidansahita* by Dr. Brahamanda Tripathi *Uttrakhanada* Chapter 13: 2.
5. A.Sa.Su –by Kaviraj Atridev Gupta, Ashtanga Haridya, Chaukhamba Sanskrit Sansthan, 14: 32-2.
6. *Shalakyatantra- Kriyakalpa- Vigyan* by Dr. K. S Dhiman.
7. www.ijrap.net.com.
8. *Shalakyatantra- Kriyakalpa- Vigyan* by Dr. K. S Dhiman.
9. www.jcdr.net.com.
10. *Shalakyatantra- Kriyakalpa- Vigyan* by Dr. K. S Dhiman.
11. *Sushruta Samhita – Ayurveda Tattav Sandipika* (Chaukhamba Publications) – Hindi *Vakhya Uttartantra* Chapter, 18-13.
12. *Sushruta Samhita – Ayurveda Tattav Sandipika*(Chaukhamba Publications) – Hindi *Vakhya Uttartantra* Chapter, 18-14.
13. *Sushruta Samhita – Ayurveda Tattav Sandipika*(Chaukhamba Publications) – Hindi *Vakhya Uttartantra* Chapter, 18-15.