

**ROLE OF AKSHITARPANA AND NASYA IN THE MANAGEMENT OF
TIMIR W. S. R MYOPIA- A SINGLE CASE STUDY****Suraj Choudhary^{1*}, Mahesh Kumar Sharma² and Gyan Prakash Sharma³**¹P.G. Scholar, PG Department of Panchkarma,²M.D. (Ayu). Associate Professor & Head of Panchkarma Department,³M.D. (Panchkarma) Assistant Professor of Panchkarma Department,

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ABSTRACT

Myopia has now become a critical issue and the prevalence of myopia ranging from 6.9 percent to 19.7 percent is seen to be a big public health concern for eyes with considerable psychological, family, educational and economic effects. Myopia closely resembles Timira, with the first Patala involved. A 25-year-old male patient with a history of blurred vision, eye strain-induced headaches, trouble focusing while driving a car for 2 years came to Panchakarma opd in RAU campus, Jodhpur for treatment. He was treated with Akshitarpana with triphala ghrita, Nasya with Anu tail and certain Ayurveda internal medicines (Ashvaganda churna, Shatavari churna, Mulethi churna, Saptamrit loha) for 15 days. One of the Panchakarma treatments capable of expelling the doshas from the urdhvanga is Nasya karma. Nasa (Nose)

is the entry of the brain, as stated in Ayurveda. The procedure is particularly effective in treating a variety of ocular diseases. Akshitarpana is a Sanskrit word where 'akshi' means eye and 'tarpana' means food. His eyesight improved after treatment and was delighted with the management of Ayurveda. Akshitarpana is a very effective therapeutic for many kinds of eye disease. Ayurveda management of Myopia can be a treatment of choice.

KEYWORDS: Timir, Myopia, *Akshitarpana*, *Nasya*.**INTRODUCTION**

Ayurveda is a science of life and is holistic in approach priority is given not only to physical wellbeing, but also to an individual's emotional, social and spiritual well-being. Myopia

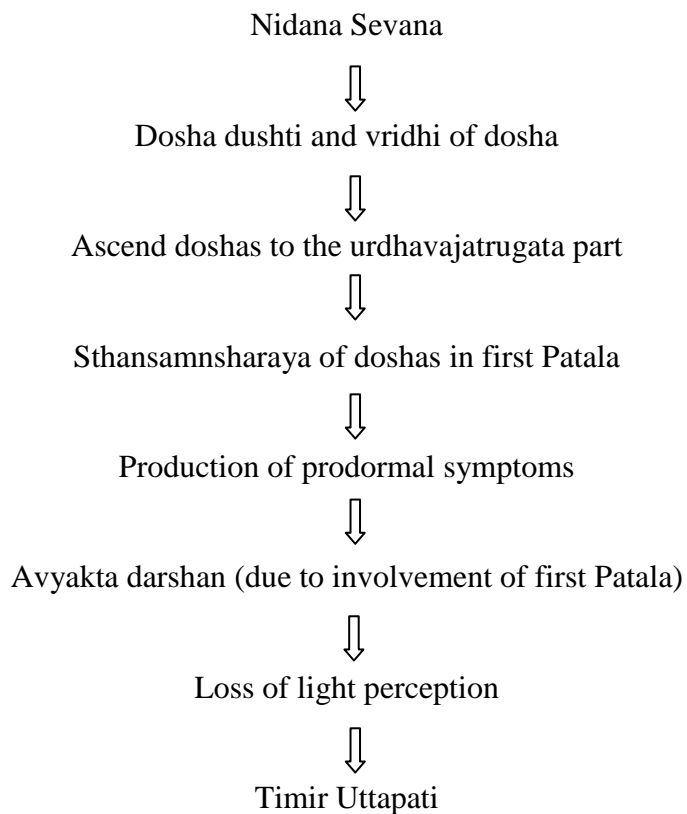
(nearsightedness) is a general vision disorder in which you can easily see objects around you, but fuzzy objects further away. It happens when your eye structure allows light rays to bend (refract) wrongly, reflecting images on your retina rather than in front of your eyes. Although the precise origin of myopia remains unclear, there is substantial proof that myopia, or at least the propensity to acquire myopia, is inherited by many persons. There is an improved risk that their offspring would be nearsighted if either or more parents are nearsighted. Even if the propensity to develop myopia can be hereditary, how a person uses his or her eyes can influence his or her actual growth. People who spend a large amount of time reading, working on a screen, or doing other intense close visual work may be more likely to develop myopia. It comes under drishtigata roga in Ayurveda.

CASE REPORT

A 25 years old male patient, bank staff, came to OPD of Panchakarma department, Dr SR Rajasthan Ayurvedic University Jodhpur on 12/10/2019 with complaints of blurry vision, stress, headache, difficulty in driving since 2 years. OPD no-38771.

Clinical findings

Patient complains of blurred vision, eyestrain-induced headache, difficulty seeing while driving a vehicle for 2 years although from a few years he faces these problems, but his situation has worsened in the last year. He was preparing for the defence services and has no bad habits such as drinking alcohol, etc. and has no history of myopia in his family and has no allergy. After dasavidha pareeksha, it is discovered that the patient has kafa pitta Prakrititia with Madyama Sara, Sanhanana, Pramana, Aharashakti, and Vyayama Shakti. His Satwa is madhyama.

Samprapti**Samprapti ghatak****Dosha-** Tridosha**Pitta-** Alochaka**Kapha-** Tarpaka**Vata-** Prana and Udana**Dusya-** Rasa, Rakta. Mamsa**Adhithana-** First Patala**Agni-** Jatharagni**Srotas-** Rasavaha and Majjavaha**Srotodushti-** Sanga and Vimargamana**Table 1: Interventional schedule.**

Treatment	Days	Date	Drug	Dose
1.Nasya	7		Anu tail	6 drop each nostril
2.Akshitarpana	7		Triphala ghrita	30 gm per day

RESULT

During the 15-day therapy plan, the patient was cured with blurry vision and headache, feeling comfortable. During 30 days with internal medicine, the patient was able to drive his vehicles and improved vision on follow-up. The measurement is provided in the table below.

S. NO.	Parameter	BT	AT
1	Blurry vision	2	0
2	Headache	2	0
3	Difficulty while driving	1	0
4	Stress	2	1
5	Intellectual	2	1
6	Depressed mood	1	0
7	Heaviness in orbital area	1	0
8	somatic (sensory)	0	0
9	Gastrointestinal symptoms	2	1
10	Genitourinary symptoms	0	0
11	Behavior at interview	1	0
12	TOTAL SCORE	14	4

DISCUSSION

Myopia may be associated with Timira's clinical characteristics. Myopia is a form of refractive defect.

1. Avyakta or blurring of vision for length, which is a low degree form of myopia, will be created when the first Patala is involved.
2. The key signs of myopia in distance vision are concerning. The distance vision issue in sushruta samhita arises when the kupita doshas are deposited in the upper portion of Drishti.
3. Total blindness is the end product of extreme myopia and it can be associated with the Lingansha

CONCLUSION

Tarpana and Nasya offered improved outcomes in patients' key problems such as distorted vision, pain, and driving problems, etc., and the problems were substantially decreased.

Therefore, to draw any definitive conclusion, the treatment time was limited. But this patient shows promising outcomes, so we require more long period and large sample trials to evaluate the findings.

The drishtigata roga is the timira and can be associated with common refractive disorders (including general myopia of modern science).

Timira is degenerative vyadhi, so in this type of illness, Tarpana and Nasya might be beneficial.

There were no adverse reactions seen in the patients.

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