

# A Detail Review About Tarpan Kriyakalpa

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## Abstract

In Ayurveda various local Procedures explained under the Kriyakalpa. Kriya means Procedure and kalpa means Dravya that will be used for this procedure. Under this point for Eyes Acharya explain one of the important procedure is Tarpan. Tarpan means तर्पयती means Provide Nourishment to that sense Organ Hence it is called as Tarpan. Tarpan Helps to improve the Power of our Eyes and also provide Strength to eyes. so this is commonly used and important Kriyakalpa in Shalakyatantra. Hence forth we Discuss detail About Tarpan Kriyakalpa in given article according to Ayurveda<sup>1</sup>.

**Key Word** - Kriyakalpa, Tarpan, Shalakyatantra

## Introduction :

For Netraroga Tarpan is a most Commonly used Kriyakalpa. In Tarpan Kriyakalpa we used Ghee and Quality of Ghee is संस्कारास्यऽनुवर्तनात् means it gets property of Dravyas in it but don't lose its own qualities Hence Ghrut provide Nourishment to Eyes and Optic Nerve and improve the Power of vision. Tarpan is procedure which Reduced Dryness in eyes and increase snigdha Gun. Snigdha Gun helps to improve Tej mahabhuta in Eyes that's why vision is improved. Hence in this article we discussed on this important Kriyakalpa Tarpan<sup>2</sup>.

## Aim :

To Study detail review about the Tarpan Kriyakalpa in Ayurvedic Perspective

## Objective-

- 1) To Study detail review about the Tarpan in Ayurvedic Perspective.

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- 2) Focus on detail review of Tarpan Kriyakalpa with the help of Ayurvedic Samhita's.

## Material and Methods :

- a) Sushrut samhita
- b) Charak samhita
- c) Ashtang hridaya

## Description -

Tarpan Kriyakalpa is also known as Netrabasti. For Detail Review about Tarpan Kriyakalpa it is divided into three parts Pre procedure, Main Procedure and Post Procedure<sup>3</sup>.

## Pre Procedure -

Firstly Detail Case taking of patient Done. Details about Dinacharya of patient was taken with the help of Details of Dinacharya we know about the Hetu (Reason) behind the Disease. on the basis of Hetu (Reason) we decided Which Dosh is vitiated and by which Guna Dosh was vitiated example because of Late night sleep vat dosha was vitiated by Vruksh, Laghu Guna hence we choose dravya

for tarpan opposite properties of that Vruksha and Laghu Guna like Yashti madhu Ghruta this is the proper way of Choose the drug for Tarpan<sup>4</sup>.along with this taking care about Hrutu is also important in sadharan Hrutu Tarpan is Preferred.sadharan kal is Vasantadaya means Tarpan Kriyakalpa not performed in extreme climate condition.Dark room is used for Tarpan.Room with Curtains also useful.In pre Procedure of Tarpan Swedan is advised with Cloth is soaked in luck warm water. In now a days we use swimming Goggles for Netra Tarpan before this Udad dal flour is use for made a ring around eyes of height 2 angula and half angul thickness.For Tarpan Kriyakalpa medicated Ghee is used.

### Main Procedure :

Firstly asked to patient please closed his eyes and wear swimming Goggle and medicated Ghee is poured into very slowly till the entire eyelashes under medicated Ghee.asked patient to open and close his eyes.Time of removal of Ghruta<sup>5</sup> is dependent upon doshdushti involvement in it.approximety ghee is kept for 20 min.same procedure repeat for 3 days or 5 days.In vataj disease procedure is conducted daily.In paittik disease and Raktaj disease procedure conducted inturruption of two days.Retention period of medicated Ghruta is mentioned in samhita are as follows

- Healthy - 500 matra
- Kapha - 600 matra
- Pitta -800 matra
- Vat -1000 matra
- Retention period according to site is mentioned in samhita is are as follows
- Sandhigat -300 matra
- Vartmagat-100 matra
- Shuklagat -500 matra
- Krushnagat -700 matra
- Drushtigat -800 matra
- Adhimanth - 1000 matra

Benefits of Tarpan explained in samhita is Clearness of vision, lightness of eyes and increase the power of vision<sup>6</sup>.

### Post Procedure :

After tarpan Kriyakalpa medicated Dhumpana is advised.After Tarpan avoid to contact with Direct exposure to Sunlight.

### Conclusion :

For the eye disorders local therapeutic procedure is as much important as systemic management. Main aim of pharmacotherapeutics is to attain an effective concentration at site of action for sufficient period of time to elicit response. Various drugs can be selected according to stage and type of eye diseases and can be used in various Kriyakalpa.Netra Tarpan is most commonly used Procedure in Ayurveda Netra chikitsa.Netra tarpan Kriyakalpa is useful in Dry eye syndrome, Various vision problems and It is also helpful to provide Nourishment to Optic Nerve so it is best Kriyakalpa in Netraroga Chikitsa.

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