

# Efficacy of Shatwadi Ghrita Tarpan in the Management of Timira

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## Abstract

The diseases of eye were classified by Sushruta, according to the site of lesion. One group of eye diseases, known as 'Drishtigata Rogas' are responsible for visual impairment, both partial and complete. Timira comes under this group of diseases. Sushruta considers Timira, Kacha and Linganasha as the progressive clinical stages of the disease Linganasha; whereas Vagbhata enumerates six types of Timira as separate entities. The diseases of the eye are much more important than any other physical disability since the loss of vision completely disables the patient. The most disastrous result of ocular disease is blindness. Of all the ocular diseases, Timira is considered to be the most important one, causing difficulty in vision. A good deal of care is required to be exercised in carrying out its proper diagnosis and treatment.

**Keywords** - Drishtigata Rogas, Kacha, Linganasha, Timira, Vision etc.

## Introduction-

Ayurveda, the science of healthful living, is the most rational and scientific among the ancient systems of medicine, which has struck deep and permanent roots in the minds of the people of the country about its capacity to provide effective cure for all types of diseases. Heritage of Ayurveda has immense potential to tackle many medical problems. Shalakyta Tantra, one among the 8 branches of Ayurveda, deals with the precious sense organs, the diseases affecting them and their management. Acharya Nimi is considered as the expounder of this branch of Ayurveda. During the Vedic period, Ashwini Kumaras were considered as the authorities on both Shalya and Shalakyta. A number of references are available in Vedas, regarding the ophthalmic surgeries done by Ashwini Kumaras. The other ancient Acharyas related with Shalakyta Tantra were Videha, Krishnatreya, Karala, Sounaka, Bhadra Sounaka, Kankayana, Bhoja, Gargya, Galava etc.

## Aim :

Efficacy of Shatwadi Ghrita Tarpan in the management of Timira.

## Objectives-

To Study the etio - pathogenesis of Timira.

To Study the role of Shatwadi Ghrita in the treatment in Timira.

## Drug Review-

### Procedure<sup>1</sup> –

It was made with general Sneha Kalpana nirmana vidhi (Ayurvedic Formulary of India, 2003) when it became semisolid took out from Agni and pour through sieve and kept it for dry.

Ingredients of Shtwadi Ghrita 1- (Ref. AH. Ut.13/58-59)

### Kalka dravya –

The following dravya 1/10th part each to make one part of Kalka drug

1. Shatapushpa
2. Kusta
3. Jatamamsi

4. Kakoli
  5. Ksheera Kakoli
  6. Yastimadhu
  7. Pundarika
  8. Sarala
  9. Pippali
  10. Devadaru
- Sneha dravya - Cow's ghee - 4 parts  
 Drava Dravya - Cow's milk - 8 parts  
 Water - 8 parts

### Drugs and Posology<sup>2</sup>-

The treatment was given in 3 sittings, each sitting consisting of the procedure continuously for 8 days (5 days Tarpana followed by 1-3 days of Putapaka). A gap of 10 days was given thereafter, followed by next sitting.

### Review of Literature- Chikitsa<sup>3</sup> -

It is well explained by Acharya Sushruta that 'Nidana Parivarjana' is the foremost principle for any disease and then Pratighata of Vatadi Doshas is required. Chakradatta has also given very important chikitsa sutra for Timira roga Patients of Timira Roga must use Ghee with Triphala daily. Washing the eyes with Triphala Kwatha (decoction of Triphala) definitely cures all the eye disorders, and also prevents the occurrence of eye disorders.

Timira is a disease of Drishti Mandala which starts from simple visual disturbances. Pathology of Timira in different Patala explains the disturbance in vision due to different organic and physiological causes. Acharya Sushruta has described Timira as Sadhya i.e. curable while

Doshas are localized at 1st and 2nd Patala. (Su. Ut. 17/53; A. H. Ut. 12/33) the general line of management of Timira consists of avoidance of aetiological factors and specifically it implies counteracting the increased Vata and other Doshas (Su. Ut. 1/25). The treatment of Timira depends upon the stage of the disease and dominance of the Doshas. The body should be cleansed with Langhana and Virechana in the early stages of the disease (Su. Ut. 17/47).

### Material & Methods-

This was a non-blind randomized controlled clinical trial. Total 15 patients was taken for study, sample was collected from OPD & IPD.

### Inclusion Criteria-

Patients presenting with signs and symptoms of Timira, described as per Ayurvedic and modern science.

Patients found to be myopic with the help of Snellen's chart reading and other tests like retinoscopy and most modern modality of computerised auto refraction (If possible)

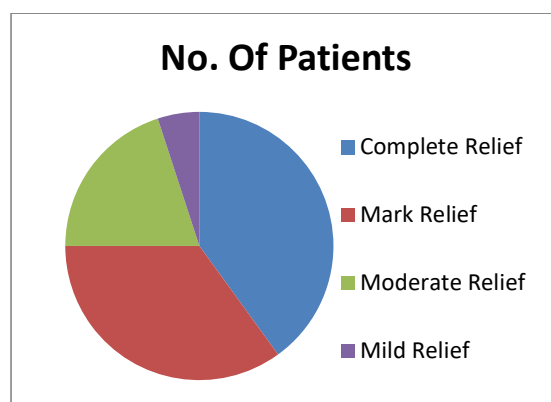
### Exclusion Criteria-

1. Patients with Dioptric power above 6 D.
2. Patients with pathological myopia.
3. Patients having any other known ocular pathology.
4. Patients using any other systemic drugs, which may alter the result of the study.

### Statistical Data

General Symptoms	No. of Pt	BT	AT	SD	SE	Relief %	T Value	P Value
Avyakta Darshana	20	2.17	1.77	0.90	0.38	72.5	7.61	<0.001
Gochara Vibhrama	20	2.12	1.36	0.23	0.25	69.2	7.07	<0.001
Eyestrain	20	2.03	1.62	0.33	0.33	76.3	8.02	<0.001

Total Effect	No. of Patient	Percentage
Complete Relief	8	40.00
Mark Relief	7	35.00
Moderate Relief	4	20.00
Mild Relief	1	05.00
No Relief	00	00.00



### Result & Discussion-

Ayurveda is a science, the branches of which are well developed in all respects. But when comes to the name of Shalakyta Tantra, the development is limited up to the period of Sushruta only. Many of the concepts regarding anatomy, physiology, pathology and treatment remained unexplained. At the first look, this branch looks like undeveloped, unclear and conspicuous. But this is a fact that there is not a single treatise available, which is fully dedicated Shalakyta Tantra. In case of Kayachikitsa treatise like Charaka Samhita, Chakradatta, Vangasena, Yogaratnakara etc. are available. In case of surgery, Sushruta Samhita is available, Shalakyta Tantra being incorporated in these and other treatises as one of the other subjects rather than the main subject. Thus it has been placed in somewhat secondary position.

### Conclusion-

Shatwadi Ghrita Tarpan in the management of Timira is very effective and time consuming with economically less.

### Referneces :

1. Astanga Hrdaya, Vagbhatta with commentaries of Atridev Gupt.
2. Sushruta Samhita, Ayurveda tatwasandipika Dr. Ambikadatta shashtri.
3. Sushruta Samhita, Ayurveda tatwasandipika Dr. Ambikadatta shashtri.
4. Sarangadhara Samhita, Sarangadhara with commentary Adhamall's Dipika and Kashiram's Guddharth Dipika
5. Charaka Samhita, Agnivesh Rev. by Acharya Charaka and Dradhabala with commentary by Cakrapani.
6. Internet Source
7. E-Journals