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A REVIEW ON KRIYA KALPA

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Abstract

Ayurveda is science of life, is one of the oldest scientific medical systems in the world, with long record of clinical experience. Eye is most important organ in the body, which is Adhithana of Darshanendriya. We must protect and take loving care of this delicate organ, because good vision is necessary for social as well as intellectual development of individual. Acharya Sushruta in Uttartantra described eye anatomy, eye diseases and its treatment more in detail as compared to other Indriyas. Kriyakalpa is the therapeutic procedure of Netra Roga, described in Uttartantra of Sushruta Samhita. In this article details about Kriyakalpa, their indication, types, mode of action and its importance in Netra Roga Chikitsa will be discussed.

Keywords: Netra, Uttartantra, Kriyakalpa, Netra roga.

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INTRODUCTION

Eye is most important sense organ. The importance of *Netra* in all sense organ has been described in *Ayurveda* as whole world becomes dark for the person without vision. *Shalaky Tantra* is one among eight specialities of *Ashtang Ayurveda*. In *Sushruta Samhita Uttartantra*, *Acharya Sushruta* has described in detail about eye anatomy, *diseases* with their symptoms and treatment. The therapeutic procedure for eye disorders has been explained in *Kriyakalpa Adhyaya* of *Uttartantra* by Maharshi *sushruta* [1]. The word *Kriya* means therapeutic procedure and *Kalpa* means special formulations. *Kriyakalpa* is local therapeutic used for various eye disorders. According to eye diseases, it includes selection of special drug, then its preparation procedure in specific form and finally proper application on eye. *Acharya Sushruta* mentioned five *Kriyakalpas* as *Tarpana*, *Putapaka*, *Seka*, *Aschyotana* and *Anjana* [2]. *Acharya Sharangdhara* mentioned seven *Kriyakalpas* among these five are same as *Sushruta* two added *Pindi* and *Bidalaka* [3]. *Vagbhata* also added some new concepts like *Avagunthana* for *Abhishyanda* [4]. *Acharya Charaka* has not described all *Kriyakalpa* in details but explain local treatment of eye in form of *Bidalaka*, *Aschyotana* and *Anjana* along with various formulations [5].

These *kriyakalpa* in brief are described as:

1. *Tarpana*

Medicine mainly lukewarm medicated *Ghrita* or *Taila* is filled over eye upto complete immersion of eye lashes for specific time by making circular boundary around orbital fossa using dough or divers goggle. Eye should be closed and opened regularly.

Indications [6]

Mainly in *Vata* predominant condition like, Visual disturbances: *Timir*, *Aviladarshan*, *Dry eye* condition: *Shushkakshipaka*, *Parishushka*, *Darun vartma*, *Abhishyanda*, *Adhimanth*, *Anyatovata*, *Siraharsha*, *Sirotpata*, *Stabdha Atrophic* and degenerative changes of *Drishtipatal* and *Drishtinadi*, *Palsies*

Tarpana duration [7]

- a) According to *Dosha*
 - i. *Vata*- 1000 *Matra*
 - ii. *Pitta*- 800 *Matra*
 - iii. *Kapha*- 600 *Matra*
- b) According to *Adhisthana*
 - i. *Vartma*- 100 *Matra*
 - ii. *Sandhi*- 300 *Matra*

- iii. Shukla- 500 Matra
- iv. Krisna- 700 Matra
- v. Drishti- 800 Matravi. Sarvagata- 1000 Matra

2. Putapaka

Procedure of Putapaka is same as Tarpana, but medicine prepared is Swarasa extracted by Putapaka Vidhi. Contact time is same like Tarpana.

Indications [8]:

Those who are suitable for *tarpana*, *nasya* and *snehpana* are also suitable for *putpaka*

Classification

- a) Snehana (200 Matra) - Vata Roga
- b) Ropana (300 Matra) - Pitta Roga
- c) Lekhana (100 Matra) - Kapha Roga

3. Seka

Seka is defined medicated solution poured as stream from 4 angula on closed eye continuously for specific time according to Doshas. It is more beneficial in those conditions which are strong and cannot cure with Aschyotana [9].

Indications

In acute and inflammatory condition of eye diseases like *Vatabhishyanda*, *Raktabhishyand* etc. [10].

Classification and doses

- i) Lekhana (200 Matra)- Kapha Roga
- ii) Ropana (600 Matra)- Pitta and Rakta Roga
- iii) Snehana (400 Matra)- Vata Roga

4. Aschyotana

Aschyotana is Adya Upakrama in which medicated drops are instilled into open eye from dvay angula (approximate 2") height at Kanineeka Sandhi. Most commonly used medicated drop for Aschyotana is Triphala Kwath. Indication Initial stage of eye disease when Doshas are not severely vitiated specially Pitta Dosha. It is used in eye condition like mild pain, redness, watering, foreign body sensation, itching, burning sensation, congestion of vessels etc. It is contraindicated in night.

Classification and doses

- i) Lekhana (8 drops) - Kapha Roga
- ii) Ropana (12 drops)- Pitta and Rakta Roga
- iii) Snehana (10 drops)- Vata Roga

5. Anjana

It is topical application of medicinal paste to inner surface of lid margin or in conjunctival fornix with the help of Anjana Shalaka or finger from Kanineeka Sadhi to Apanga Sandhi.

Indications

When Doshas are located only in eyes and acute symptoms of ocular problem has subsided. Disease should be clearly manifested indicating its Doshadushti and Adhithana [11].

Classification

- a) Lekhana – Kapha Roga
- b) Ropana – Pitta and Rakta Roga
- c) Prasadana- Swastha

6. Pindi

It is medicated paste kept in thin cloth and applied on eye lid named Pindi. Indications- Acute stages of all eye diseases in general and Abhishyanda in particular [12]. It reduces inflammation produced due to trauma or wound.

7. Bidalaka

It is application of medicated paste to eyelids externally except at eye lashes [13].

Indications

Acute stages of eye disorder. It is used in condition like burning sensation, swelling, discharge, redness, pain, foreign body sensation etc.

Classification (according to thickness of medicated paste)

- i) 1 angula thick- Uttammatra
- ii) 1/3 angula thick- Madhyama matra
- iii) 1/4 angula thick- Heena matra

MODE OF ACTION

Various medicines used in Kriyakalpa are absorbed through Akshikosha, eye lid (vartma) and orbit, Sandhi (junctional area), Sira (blood vessels), Shringataka Marma (vital point), Gharana (nasal region), Aasya (oral cavity), Strotas (minute channels). This absorption of medicine will expel vitiated Doshas [14]. In Aschyotana and Seka medicine absorbed by mucous membrane, vascular system and through skin of lids. Decoction of raw drugs used as medicine so its tissue contact is very less and gets diluted with tears and drain into nasolacrimal duct. In Anjana tissue contact time is high; drug concentration is also high hence absorption is maximum. Systemic route has limitation because of blood aqueous barrier larger size molecule cannot cross this barrier and do not enter in eye. Sclera allows free passage of big size molecules. In Tarpana most medicine is absorbed through cornea and conjunctiva.

Corneal epithelium and endothelium is lipophilic so only fat soluble drug readily penetrates. Stroma is hydrophilic hence only water soluble drug can penetrate the stromal layer. To penetrate all layers of cornea drug should be lipophilic as well as hydrophilic in nature. Medicine used in Pindi is absorbed through skin of lids and due to heat of poultice local temperature is increased resulting in vasodilation, help to drain toxins from eye. In Bidalaka medicine is absorbed through skin as in Pindi and Seka. Mechanical effect of pressure helps in reducing IOP by vasodilation and aqueous drainage.

ADVANTAGES OF KRIYAKALPA

Kriyakalpa has several advantages over oral administration. The drugs administered through Kriyakalpas are not metabolized systemically, probably will rectify accumulated Doshas locally and in less time. Kriyakalpa can be selected depending upon stage and severity of diseases and so tissue contact time of drug can be controlled. Many oral drugs have difficulty to cross blood aqueous, blood vitreous and blood retinal barrier to reach target tissue. The topical drug made considering anatomy and physiology of ocular tissue can reach there and achieve higher bioavailability.

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. Ayurvedic ocular therapeutic procedures are relevant according to fundamentals of modern pharmacology. Through all above explanation and observation, it is very obvious to conclude that Kriyakalpa plays important role in Chikitsa of Netra Roga

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