

## Importance of Netra Kriyakalpa – A Critical Review

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### ABSTRACT :

Ophthalmology in Ayurvedic literature comprises of major part of Shalakyatantra, which is a branch of Ashtang Ayurved. Kriyakalpa means the procedures in which various drugs are applied in and around the eye ball as a treatment modality. Kriyakalpa procedures are administered through Poorvakarma (Pre treatment), Pradhankarma (Main treatment course) and Paschat Karma (Post treatment). Poorvakarma includes the Panchakarma to remove the vitiated Doshas and after that, Kriyakalpa procedures applied to eliminate remaining sthanika Dosha as a Bahyaparimarjan Chikitsa. Pradhankarma includes the actual Kriyakalpa procedures while Paschatkarma is the Parihar Kala to follow Sansarjan Krama (Dietary regime). Acharya Sushruta mentioned five types of Kriyakalpa which include Tarpana, Putapaka, Seka, Anjana and Aschyotana. While Sharangdhara explained Pindi and Bidalaka additional to Sushruta's five Kriyakalpa. It is very necessary to keep the eyes healthy, because without sight the world becomes dark for the individual. In this article, an attempt is made explain briefly about the various Kriyakalpa with their uses as explained by different acharyas.

**Key Words:** Shalakyatantra, Kriyakalpa, Panchakarma, Bahyaparimarjan Chikitsa, Pradhankarma.

### I. INTRODUCTION :

Eyes are the most precious gift of the God to the living beings. Eyes hold special status among all the sense organs because good vision is need of social and intellectual development of human beings. Hence to protect eyes some special treatment procedures by name kriyakalpa are explained in ayurvedic classics. These kriyakalpas are boon to the society to maintain healthy eyes and helps in alleviating wide range of ocular conditions. An improper life style has been linked to many human illness and must has been emphasized about lifestyle disorders like diabetes mellitus, hypertension etc. vision is also affected as consequence of abnormal lifestyle. As panchakarma is the basis of kayachikitsa, similarly kriyakalpa is the basis of netra chikitsa. Our Acharyas have designed different routes of drug administration, so that the medicine should reach the affected part. The eye being a very important and sensitive part was of main focus while designing netra kriyakalpa. They are formulated to suit the structural peculiarities and different ocular problems. These kriyakalpas are unique and they are having different mode of action to resolve the ocular conditions.

TABLE 1: Classification of kriyakalpas (1,2,3,4,5,6,7)

Sl. No.	Acharyas	Types	Name
1	Charaka	3	Bidalaka , Aschotana, Anjana
2	Sushruta	5	Seka, Aschotana, Tarpana, Putapaka , Anjana
3	Astanga Hrudaya	5	Seka, Aschotana, Tarpana, Putapaka , Anjana
4	Astanga Samgraha	5	Seka, Aschotana, Tarpana, Putapaka , Anjana
5	Sharangadhar Samhita	7	Seka, Aschotana, Tarpana, Putapaka , Anjana, Pindi, Bidalaka
6	Chakradatta	7	Seka, Aschotana, Tarpana, Putapaka , Anjana, Pindi, Bidalaka
7	Yogaratakar	7	Seka, Aschotana, Tarpana, Putapaka , Anjana, Pindi, Bidalaka

**TABLE 2: Benefits of kriyakalpas compared to Systemic administration of medicines <sup>(8)</sup>**

S. No.	Topical administration	Oral administration
1	Medicines come in direct contact with the tissue.	No direct action on the tissues.
2	Contact time between the medicine and tissue can be monitored.	Contact time of the medicine can not be monitored.
3	Medicine will bypass the systemic metabolism	Medicines undergo systemic metabolism
4	Medicines can reach the target tissue more easily.	To reach the target tissue medicine has to cross blood-aqueous, blood vitreous and blood retinal barriers.
5	Bioavailability of medicine is high	Bioavailability of medicine is less

**Kriyalakpa room**

Kriyakalpa room should have proper ventilation and should devoid of excessive blowing wind, sunrays and dust.<sup>(9)</sup> There should be javanika (curtains) of pleasant colours like blue or green.<sup>(10)</sup>

**Sambhar samgraha:**

kriyakalpa room should be equipped with materials and medicines required for the treatment and also for the management of atiyoga, mithayoga, and hinayoga of the kriyakalpa procedured.

**Procedure:** The procedure includes purvakarma, pradhana karma and paschat karma

**Purva karma:** Includes panchakarma procedures to remove vitiated doshas from the body, following

which, the selected kriyakalpa is then administered to remove the remaining doshas as bahirparimarjana chikitsa.

**Paschat karma:** Includes parihara kala and samsarjana karma

**Pradhana karma**

**Tarpana:**

It is also called as Netra basti. This gives nourishment to the eyes, useful in vataja and pittaja netra vikaras. In this procedure medicated ghrita is kept over the netra for a specific period of time by doing special arrangement around the eyes with Mashapishti. The aushadha dharana kaal for different conditions is as follows.<sup>(11)</sup>

**TABLE 3: Roga Adhithhananusara Sneha Dharana Kaal**

Roga Adhithhana	Su. Sa.	AS	AH	Sh. Sa.	BP
Sandhigata	300 matra	300 matra	300 matra	500 matra	500 matra
Vartmagata	100 matra	100 matra	100 matra	100 matra	100 matra
Shuklagata	500 matra	500 matra	500 matra	600 matra	
Krishnagata	700 matra	700 matra	700 matra	700 matra	700 matra
Sarvagata	800 matra	800 matra	800 matra	800 matra	800 matra
Drishtigata	1000 matra	1000 matra	1000 matra	1000 matra	1000 matra

Su. Sa. – Sushruta Samhita, AS- Astanga Samgraha, AH- Astanga hrudaya, Sh. Sa. – Sharangadhara Samhita, BP. – Bhavaprakash.

**TABLE 4: Doshanunusara Sneha Dharana Kaal**

Doshanusara	Sushruta	AS	AH	Sh. Sa.	BP
Kaphaja	600 matra	Once in 5 days	500	500	500
Pittaja	800 matra	Once in 3 days	600	600	600
Vaataja	1000 matra	Daily	1000	1000	1000
swastha netra	500 matra	2 days interval	500	500	500

Su. Sa. – Sushruta Samhita, AS- Astanga Samgraha, AH- Astanga hrudaya, Sh. Sa. – Sharangadhara Samhita, BP. – Bhavaprakash.

**Indications :** Rukshata of netra timira, abhishyanda, adhimantha, shotha, vedana, shuktika, shushkakshipaka, arjuna, Pakshmathata etc.

**Samyak lakshana :** Resolution of signs and symptoms, clear vision, sound sleep.

**Tarpana yogya formulations:** Jeevantiyadi ghrita, Triphaladya ghrita, Mahatriphala ghrita, Patoladi ghrita, Panchatikta Ghrita, Shatavaryadi ghrita, Dadimadi Ghrita etc.

**Putapaka :**

It is usually performed after Tarpana. Procedure and indications and samyak lakshana of putapaka is same as that of tarpana but preparation of medicine, ingredients and duration is different. It is used for rejuvenating of the eyes, after the eyes get fatigued (especially after doing Tarpana). The materials used are 2 pala mamsa, 1 pala dravya, and 8 pala drava etc are taken to prepare medicine by Putapaka method.<sup>(12)</sup>

**TABLE 5: Putapaka Bheda, Ingredients and Matra**

Types		Dosha	Ingredients used	Duration	Matra
Sushruta <sup>(13)</sup>	Vagbhata <sup>(14)</sup>				
Snehana	Snehana	Vataja	Anup mamsa, madhura dravyas	1 day	100
Lekhana	Lekhana	Kaphaja	Jangala mamsa, lekhaniya dravyas - saindhava, trikatu etc.	2 day	200
Ropana	Ropana	Pittaja and Raktaja	Jangala mamsa, Tikta dravyas	3 day	300

**Seka :**

It is also called as parisheka.<sup>(15)</sup> It is a procedure of pouring thin stream of medicines on the closed eyes from the height of four angula very slowly. Bheda and matra of seka are as follows.<sup>(16)</sup>

**TABLE 6:**

Bheda	Dosha	Matra	Kala	Yogas
Snehana	Vataja	400	Evening	Eranda panchanga with aja ksheera
Lekhana	Kaphaja	200	Morning	Kashaya of nimba, shunthi etc
Ropana	Pittaja and Raktaja	600	Afternoon	Kashaya of yastimadhu, lodhra, sariva etc

**Indications :** amavastha of netra roga, pothaki, utsangini, pakshmparodha, abhishyanda, timira, etc

**Samyak lakshana :** symptoms reduced, getting normal eye colour and function.

**Aschottana :**

It is a first line of treatment in all eye disorders.<sup>(17)</sup> In this procedure medicine is instilled drop by drop into open eyes from a height of 2 angulas. When doshas are not severely vitiated and the disease is in early stage, it is beneficial. Bheda, Kala and matra of aschottana is as follows.<sup>(18)</sup>

**TABLE 7: Bheda, Kala and matra of aschottana**

Bheda	Dosha	Matra	Kala	Duration
Snehana	Vataja	10 drops	Evening	100 matra kala <sup>(19)</sup>
Lekhana	Kaphaja	8 drops	Morning	
Ropana	Pittaja and Raktaja	12 drops	Afternoon	

**Indications :** Pain burning sensation, excessive lacrimation, itching, foreign body sensation, redness, inflammation etc.

**Samyak lakshana :** reduction in signs and symptoms

**Pindi :** <sup>(20)</sup>

It is a procedure in which medicated paste is smeared over the clean thin cloth, covered properly and then kept over the closed eyes. It is useful in the early stages of all the eye diseases in general and abhishyanda in particular. It is also called as kavalika. It is a modified procedure of vidalaka.

**Indications:** Shotha, netra kandu, abhishyanda, adhimantha, kaphaja and early stages of netrarogas.

**Samyak lakshana :** Reduction in signs and symptoms

**Vidalaka :**

It is a procedure in which medicated paste is applied over the outer surface of the eyelids excluding eyelashes. Thickness of vidalaka is similar to Mukhalepa.

**Indications :** Burning sensation, discharge, hyperlacrimation, swelling, redness, itching etc.

**TABLE 8: Types and duration of vidalaka are as follows.** <sup>(21)</sup>

Bheda	Thickness of Vidalaka	Kala of Vidalaka
Doshaghna	1/4 <sup>th</sup> angula	➤ During day time or whenever symptoms manifest. ➤ Contraindication at night.
Vishaghna	1/3 <sup>rd</sup> angula	
Varnyakara	1/2 angula	

**Indications :** Daha, srava, ashrusrava, shotha, raga etc.

**Samyak lakshana :** Reduction in signs and symptoms.

**Anjana :**

It is a procedure of applying medicament in the form of paste or powdersemiliquid into the inner border of the lower eyelid margin from kaneenika sandhi to apanga sandhi by using anjana shalaka or finger tip. Types of anjana with matra, kala, and indications are as follows. <sup>(22)</sup>

**TABLE 9: Anjana Bheda, Matra, Kala, and Indications**

Sanhita	Bheda	Matra	Indications	Kala
Sushruta & Astanga hrudaya	Lekhana	1 harenu	Severe conditions	Morning and evening
	Ropana	2 harenu		
	Prasadana	1.5 harenu		
Astanga sangraha	Lekhana		Moderate condition	
	Ropana			
	Prasadana			
	Snehana			
Sharangadhara	Lekhana	Lekhana – 2 shalaka	Mild condition	
	Ropana	Ropana – 4 shalaka		
	Snehana	Prasadana – 3 shalaka		

**Indications:** Niramavastha of the disease, alpa shophya, kandu, ashrusrava, srava etc.

**Samyak lakshana:** Reduction in signs and symptoms.

**Common anjana yogas :**

**Gutikanjana :** Vimala varti, Chandrodya varti, Haridradi varti, Mahoushadhadi varti etc.

**Churnanjana :** Marichadi churnanjana, Shirishabijadi churnanjana etc.

**Rasakriyanjana:** Dadimadi rasakriyanjana, Guduchyadi rasakriyanjana etc.

are the type of bahiparimarjana chikitsa. Kriyakalpa has its own mode of action which helps in treating eye diseases. In kriyakalpa various drugs can be selected according to the dosha, vyadhi avastha and vyadhi sthana of the roga. The main aim of Kriyakalpa procedures mentioned by ancient Acharyas is seems to be tissue oriented where the therapeutic concentration of the drug can be achieved by concentration of the drug, tissue contact time, molecular weight of drug, absorption of drug, bio-availability of drug. In Kriyakalpa, various drugs can be selected as per vitiated dosha and the types of diseases for the procedures. The Kriyakalpa procedures are modulated to ensure maximum absorption of drug. In day-to-day

## II. CONCLUSION :

Kriyakalpa forms the basis of ocular therapeutics in Ayurveda. Kriyakalpa procedures

practice all kriyakalpas are found to be therapeutically effective and also useful in maintaining netra swasthya.

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