

# “ A Clinical Study To Evaluate The Effectiveness of Ayurvedic Management In Improvement of Vision & Asthenopic Symptoms With Special Reference To Simple Myopia-A Single Case Study”

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## ABSTRACT

In Ayurveda Acharya Sushruta Explained Pratham patalgaat Timir in under the Drushtigata roga.Pratham patalgaat Timir is corelated with simple myopia in Modern science.<sup>1</sup> Myopia is called short-Sightedness. It is a type of Refractive errors in which parallel rays of light coming from infinity are focused in front of the Retina when accommodation is at rest. Symptoms of myopia is Dimensions of distant vision, Asthenopia symptoms like Eye strain & Headache.

Acharya Sushrut explained importance of vision in Drushtigata roga.Prathama Patalagata Timira is the earliest stage of visual impairment where distant objects appear unclear, correlating with early myopia in modern ophthalmology.

Tila Taila Nasya nourishes, strengthens sense organs, delays ageing changes, and is effective in eye-ear-nose diseases. Mahatriphala Ghrita Tarpana = retention of Mahatriphala Ghrita over the eyes, a highly effective Kriyakalpa for nourishing and strengthening vision, relieving strain, dryness, and preventing degenerative eye diseases.<sup>2</sup>

**Keywords-** Nasya, Pratham patalgaat Timir, Snehapana, Tarpan.

## INTRODUCTION

Ayurveda has an outstanding role towards achieving the ‘Right To Sight’ of every individual. The branch of ‘Shalaky Tantra’ is one among Ashtanga Ayurveda, which specializes in the treatment of ‘Jatrurdhwagata rogas’<sup>3</sup>.

**दृष्टीः प्रसन्ना सकलं प्रसन्नम्।**

Acharya Sushruta said - “when the vision is sincere, everything becomes sincere”.

“Vision” the ability to see, perceive, interpret, and enjoy the surroundings is one of the greatest assets a human being is blessed with. The joys and sorrows of a man, his state of health and disease, all are reflected in his eyes. Hence eyes can be regarded as the main link between man and his environment. Hence, it’s aptly said “Eyes are the index of man’s mind and nature”.<sup>4</sup>

**यद् दृष्ट्यां पित्तं तस्मिन् आलोचकोऽग्निरिति संज्ञा, स रूपग्रहणाधिकृतः ॥ सु.सू. २१-१०**

The bile present in the vision of the eye is called “Alochaka Pitta” or “Alochaka Agni,” which is responsible for the function of perception of form (vision). This bile is not of a burning or irritating nature but is of a specific luminous quality, and it neither increases nor decreases.

If this Alochaka Pitta becomes imbalanced or impaired, the function of visual perception gets disturbed<sup>5</sup>. Myopia(Short Sightedness) is the type of Refractive errors in Which parallel rays of light coming from infinity are focused in front of the Retina where Accommodation being is at rest.Acharya Sushruta Prathama patalgaat Timir is explained under the Drushtigata Roga. Under the Pratham Patalgaat Timir explained symptoms Diminishment of distance vision, Asthenopic symptoms like Eye strain, Headache. Mainly vata and pitta dosha Dushti Dominancy in Pratham Patalgaat Timir. Majja kshaya is also responsible for Timir.<sup>6</sup>

### MATERIALS AND METHODS-

A 21yr old Male patient came to SMBT Ayurvedic Hospital outside diagnosed as Simple Myopia. He was suggested to wear specks, contact lenses & do LASIK surgery. But he was not willing for that. He was willing for 6/6 vision by the normal pathway.

Symptoms of Pratham patalgat Timir (simple myopia) present. As a Dimension of distant vision, Asthenopic Symptoms (Eye strain, headache).

General and systemic examination of patient was done.

Thorough history taking and complete eye examination was done and Treatment was planned accordingly. This Case could be co- related to Pratham patalgat Timir in Ayurveda and further Rx was started. The patient underwent 3 cycles of treatment at the institute. General, Personal and Family counselling regarding the prognosis of disease and its progression was done.

#### ➤ General Examination

Pallor- Absent, Icterus - Absent,  
Cyanosis - Absent,  
Clubbing - Absent,  
Edema – Absent  
BP- 120/80 mmhg.

Pulse- 78/min.

#### ➤ Systemic Examination

➤ RS, CVS, CNS – No abnormality

#### ➤ Ashtavidha Pariksha

➤ Nadi: 78/min

➤ Mala: Prakrut 1 Vega/day

Mutra: Prakrut

➤ Jivha: Ishat Saama

Shabda: Prakrut

➤ Sparsha: Prakrut

Druka: Aprakrut

➤ Akrti: Madhyam

#### Ophthalmic Examination

Head posture: Head is kept in straight and erect posture without any tilt of head.

Facial Symmetry: Both eyebrows and eyelids are at the same level of Symmetrical nasolabial folds of Symmetrical angle of mouth on both sides.

Inspection ( Torch light)- Eyeball prominent

IOP- On Schiotz Tonometry with 5.5gm wt. = Normal for both eyes.

#### Visual Acuity Examination-

Visual Acuity	OD	OS
Unaided	6/12	6/9
Pin hole	6/6	6/6

#### Fundus Examination :

- Media: Hazy.
- Foveal Reflex: bright pinpoint of light.
- Optic disc: Tilted, oval, peripapillary Atrophy.
- Myopia crescent +(less severe)
- Arteries or vessels: No inherent changes seen
- CDR Ratio: **0:3:1**
- ARR READING : -1.00/-0.25× 60(OD)
- -0.75/0.50×40(OS)

### Slit Lamp Examination

Sr.No	To Examine	Findings
1.	Eyelid	Normal. No swelling or Redness
2.	Conjunctiva	Normal. No congestion
3.	Sclera	Normal
4.	Cornea	Normal Curvature
5.	Iris	Brown color
6.	Pupil	RRR
7.	Anterior chamber	Deep
8.	Lens	Clear

### CHIKITSA (TREATMENT GIVEN)<sup>7-10</sup>

स्निग्धानि नस्यांजनशोधनानि पाकाः पुटानामथ तर्पणं च ।

घृतस्य पानान्यथ बस्तिकर्म कुर्यादभीक्षणं तिमिरेऽनिलोत्थे ॥ (यो.र.उ. पान. ३६२)

Acharya Yogratnakar explained Vishesh chikitsa of Timir roga. According to this all treatment done.

Gap between every cycle was 7 days.

1 <sup>st</sup> Cycle of Medicine			
Sr. no.	Medicine	Dose	Duration
1.	Trikatu Churna	2gm- HS	3Days
2.	Triphaladhyam Ghritapana	20ml before meal	15Days
3.	Nasya- Tila Taila	8drops	7Days
4.	Tarpan- Mahatriphala Ghrita	100-700 Matra	7Days

2 <sup>nd</sup> Cycle of Medicine			
Sr.no	Medicine	Dose	Duration
1.	Trikatu Churna	3 gm -Hs	3 days
2.	Shatavari Churna with madhu	3gm -0- 3 gm	15 days
3.	Nasya –Tila Taila	8 drop	7 Days
4.	Tarpan – Mahatriphala Ghrita	300-1000 Matra	7 Days

3 <sup>rd</sup> cycle of Medicine			
Sr No	MEDICINE	DOSE	DURATION
1.	Trikatu Churna	2gm-HS	3 Days
2.	Shatavari Churna with Madhu	3gm -0- 3gm	15 Days
3.	Nasya –Tila	8 drop	7 Days
4.	Tarpan –Mahatriphala Ghrita	300-1000 Matra	7 DAYS

### Chikitsa-

#### Tratak at morning:

- Improved vision and reduced eye strain, and mental benefits, including enhanced concentration, memory, and emotional stability.

- **Improved Vision:** Trataka can improve visual accuracy and perception and may be effective in treating certain eye disorders like myopia and glaucoma.

Reduced Eye Strain.

- **PATHYA :** Puran Ghrita, shatavari, Triphala, Amalaki, Patola, Yava are regularly used in our diet

- Jivanti, chavalai, Changeri, Chilli, Cucumber, eggplant are daily taken in our diet.

### Properties of drug

#### Trikatu churna-(b.p)

Ingredients :



- Shunthi- Zingiber officinale
- Marich- Piper niger
- Pippali- Piper longum
- Pramukh Karya – Deepan, pachan.

#### Triphaladhyam Ghritapan –(B.B.R)

The content present in Triphaladhyam Ghrita triphala, goghrita, ajadugdha, vasa, bhrungraj, yashtimadhu, guduchi, padmakh, ushira, chandan, Ashwagandha etc. Is having property like pushtivardhana, dhatu poshana, agnibala vardhana Hence for normalization of rasa and majja dhatu. The Triphala present in Triphaladhyam Ghrita possess the property Madhura rasa Madhur vipaka snigdha guna, chakshushya, balya, Rasayana and having vata – pitta shamaka property predominantly.



## Tila

### Taila nasya – (A.H.U)

- Botanical name : Sesamum indicum Linn
- Family: Pedaliaceae
- Rasa: Tikta and Kashaya Anurasa
- Guna : Guru, Ruksha, Suksma, Visada, Snigdha, Tikshna, Vyavayi,
- Virya: Ushna.
- Vipaka : Katu
- Karma : Vataghna, Sarvarogahara
- Doshakarma: Vata shamaka.

### Mode of Action of Nasya

Nasya in Simple Myopia can be explained on the basis of Ayurvedic principles as well as pharmacological properties of its ingredients. In Ayurveda, Simple Myopia is correlated with the early stages of Timira, where vitiated doshas affect the ocular patala, leading to blurring of vision. Tila Taila, used as for Nasya, possesses snehana and balya properties that nourish and strengthen the ocular tissues, particularly the optic nerves. The nasal route of administration (Nasyakarma) plays a vital role, as indirectly influences the Shiras (head region). Regular Pratimarsh Nasya facilitates the clearance of subtle channels (srotas), balances Vata and Kapha doshas, and enhances ocular circulation. This may result in better nourishment of ocular structures, reduction of strain, and improved visual clarity.

### Mahatriphala Ghrita Tarpan-(B.R.)

Mahatriphaladi Ghrita, indicated in Timira, has the ingredients like triphala, shatavari, guduchi, Ajaksheera, Draksha, Yashtimadhu, Ksheera Kakoli, Madhuparni, Nidigdika, Neelotpala, Pippali and Goghrita.

Most of the drugs have 'Madhura Rasa', 'Sheeta Veerya', 'Madhura Vipaka' and are 'Chakshushya'.

Majority contain antioxidants, which reduce the free radicals that cause oxidative damage to the eye. Avyaktadarshana, the main symptom of 'timira' was found to be have significant improvement

### Mode of Action- of Tarpana

Tarpana is one among the Kriyakalpas mentioned by Acharyasin management of Netra Rogas, and, Tarpana is carried out with the help of various Ghrita preparations only. As discussed earlier the disease Timira is Vata Pradhana Tridoshaja Vyadhi. Acharya Charak has quoted as Sneho Anilam Hanti, i.e., in order to pacify the Vata Dosha Snehana is the best. He also mentioned Akshi Tarpana as one of the 24 Snehapravicharanain Sutrasthana 13th chapter. Ghrita is the best among all Jangama Snehas and acts as Balavardhaka, Ojovardhaka, Vayasthapana, Agni Deepana and Dhatuposhaka. According to Charaka (Ch.Sam.Su. 13/14), [6] Ghrita is effective in subsiding Pittaja and Vataja disorders, it improves Dhatus and is overall booster for improving Ojas. Bhavaprakash has also described Ghrita as Rasayana, Chakshushya and protects body from various diseases.

When we look at above said qualities of Ghrita, mode of action for Akshitarpana Kriya can be specified as follows: The Ghrita has the quality of trespassing into minutest channels of the body. Hence when applied in the eye, it enters into deeper layer of Dhatus and cleanses every minute part of them. Moreover, Ghrita due to its Samsakaranuvartana quality easily imbibes the properties of other drugs processed with it without leaving its own properties.

Also, in the description of Drishti, Sushruta has mentioned that Sheetadrayas is Satmya for Drishti. Ghrita is also Sheetavirya hence, the eye being the site of Alochaka Pitta can be effectively managed by constantly using Ghee for Akshi Tarpana. Ghrita also possesses properties like Balya, Brimhan and Rasayana, so it gives strength to the overall tissues of the eyeball as well as to the nervous tissues. Ghrita contains approximately 8% lower saturated fatty acids which makes it easily digestible. It contains Vit A, Vit E and  $\beta$  carotene which are anti-oxidants and are helpful in reducing ketone bodies and prevents the oxidative injury to the body. Mainly Vit A keeps the epithelial tissue of the body intact, keeps the outer layer of the eyeball moist and prevents blindness

### Shatavari Churna with Madhu:

- Scientific Name: Asparagus racemosus.
- Rasa: Madhura, Tikta

Vipaka : Madhura.

- Virya (Potency): Sheet
  - Nourishes and strengthens the eye tissues
- Reduces Pitta and Vata aggravation affecting vision  
Acts as a cooling, rejuvenating tonic for eyes  
Enhances Alochaka Pitta, supporting better vision



## RESULT

Visual Acuity	OD	OS
1 <sup>st</sup> cycle	6/12 (p)	6/9 (p)
2 <sup>nd</sup> cycle	6/9(p)	6/9
3 <sup>rd</sup> Cycle	6/6	6/6

### Secondary Outcomes Systemic Improvements:

- Weight gain with improved nutritional status
- Enhanced memory and concentration abilities
- Better sleep patterns and appetite Safety Assessment: No adverse events were reported throughout the treatment period. Regular monitoring confirmed excellent tolerability of all interventions.



## DISCUSSION

The present clinical study was conducted to evaluate the effectiveness of Ayurvedic management in improving vision and reducing asthenopic symptoms in cases of Simple Myopia, with special reference to Pratham Patalagata Timira described in Ayurveda. Snehapana in Myopia works by pacifying dosas, nourishing ocular tissues, improving tear film, and preventing degenerative changes, thereby relieving asthenopic symptoms and helping in the management of Pratham Patalagata Timira (simple myopia). Tarpana acts by nourishing, lubricating, and strengthening ocular tissues, pacifying dosas, improving tear film, and relieving strain making it highly beneficial in Pratham Patalagata Timira (simple myopia) and other refractive/degenerative eye conditions. Nasya works by delivering medicines through the nose the direct gateway to the head leading to cleansing, nourishment, and strengthening of the eyes, ears, nose, and brain. In myopia (Pratham Patalagata Timira), it helps relieve strain, improves ocular nutrition, and prevents disease progression. Integrated Action in Myopia Together, these three therapies act in a synergistic manner:

Snehapana-Provides internal systemic nourishment to stabilize doshas and rasas.  
Tarpana delivers direct local nutrition & strengthening to ocular structures.

Nasya enhances head-eye connectivity, clears obstruction, and nourishes neural pathways.

Akshi Tarpana with Triphala Ghrita provided direct ocular nourishment, reduced dryness, and enhanced corneal conjunctival health due to its anti-inflammatory properties and vitamin A-rich composition (12). This procedure allows prolonged contact of medicated ghee with ocular surfaces, facilitating deeper penetration of therapeutic agents. Also it has Vatadosh shamana, Pittaghi properties which does rejuvenation of ocular tissue. Scientific Rationale Shankhvat, containing primarily conch shell (Shankha Bhasma), provided calcium carbonate for enhanced calcium metabolism essential for nerve function and ocular tissue health while acting as a natural antacid to correct Agnimandya (weak digestive fire.)

Mahatriphala Ghrita utilized the lipid-based delivery system of cow's clarified butter to enhance bioavailability of water-soluble active compounds through lipophilic extraction, ensuring better membrane permeation and sustained therapeutic action. (13,14) Clinical Significance The improvement in refractive error and significant enhancement in unaided visual acuity represent clinically meaningful outcomes. More importantly, the prevention of myopia progression in a paediatric patient during a critical developmental period suggests potential long-term benefits. The systemic improvements observed, including enhanced growth parameters, improved cognitive function, and better metabolic health, demonstrate the holistic nature of Ayurvedic treatment.

### LIMITATIONS

This single-case report has inherent limitations including lack of control group, potential placebo effects, and inability to establish definitive causal relationships.

### Future Research Directions-

Larger randomized controlled trials are essential to validate these preliminary findings.

### CONCLUSION

Ayurvedic management with Snehapana, Tarpana, and Nasya provides systemic nourishment, local ocular strengthening, and head-eye rejuvenation in Simple Myopia (Pratham Patalagata Timira). These therapies not only improve vision and asthenopic symptoms but also help in preventing progression, making them an effective complementary approach to modern correction. This case report demonstrates the potential of integrated Ayurvedic management in treating simple myopia through a comprehensive approach targeting both ocular and systemic health. The observed improvements in visual acuity, refractive error reduction, and enhanced overall well-being suggest that early-stage myopia may benefit from Rasayana-based integrative protocols emphasizing Samprapti Vighatana and Dhatvagni Balya chikitsa. However, the findings from this single case must be interpreted cautiously, and larger controlled studies are necessary to establish definitive therapeutic guidelines and validate the efficacy.

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