



## ROLE OF NETRA TARPAN OR NETRA BASTI IN DRY EYE SYNDROME.[SUSHKA NETRA]

### KEYWORDS

Netra tarpan ,dry eye,shuska netra,keratoconjunctivitis sicca,corneal dystrophy.

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### ABSTRACT

*.Dry eye is a common disorder encountered in today's life style .Over use of computers,laptop, and,mobiles is the major cause.[mobile use is alarmingly high even in paediatric pts]Systemic diseases antihypertensive antihistaminic drugs hormonal imbalance is also contributing in dry eye disorder.*

### INTRODUCTION

The dry eye is not a disease entity but a symptom complex occurring as a sequelae to deficiency or abnormalities of the tear film.

In ayurved this condition resembles shuska netra vyadhi laxsham.main causative factor being netra gat vata prakop. The ruksha,shita,and khara guna of vata in prakupit condition.

Main laxana itching,foreign body sesation dryness,ocular discomfort,and photo phobia.

### Functions of the tear film.

- 1) Keeps the cornea and conjunctiva moist.
- 2) Provides oxygen to the corneal epithelium.
- 3) Washes away debris and noxious irritants.
- 4) Prevents infection due to presence of antibacterial substances.
- 5) Facilitates movements of the lids over the globe.

### TEAR FILM TEST.

#### SCHIRMER –I-TEST.

It measures total tear secretions.it is performed with the help of 5 by 35 mm of strip of Whatman-41 filter paper which is folded 5mm from one end.proparacain eye drops 0.5% are instilled 2 drops in each eye.whatman paper's folded end is kept in the lower fornix at the junctionof lateral 1/3 rd and medial 2/3 rd .the patient is asked to close his /her eyes for 5 minutes.Ais measured after 5 minutes wetting of filter paper strip from the bend end is measured

Normal value---more than 15 mm.

Mild to moderate kerato conjunctivitis sicca----5 to 10 mm

Severe kerato conjunctivitis sicca----less than 5 mm.

### MAIN TREATMENT TODAY

Instillation of tear substitute[lubricating, antiinflammatory and somerimes immunosuppressive as topical anti-inflammatory] drops to maintain moistness of eye.This is a very long term management and expensive treatment.

### CASE:;

A 39 year old woman presented at the O. P. D .with dry eye and corneal dystrophy.She was already under the treatment of an ophthalmologist and was using tear substitute drops.Left eye was already operated for amniotic

membrane graft for dryness and dystrophy.the patient was running a small tea and snack stall for livelihood and could not afford the cost of graft for the right eye.Also the expenditure of tear substitute drops which had to be used each and every day was becoming unbearable.

As a ayurved consultant on examining the patient I decided to go for netra tarpana .

I conducted the Schirmer test for right eye i.e non operated eye as I planned NETRA TARPAN for that eye first .Shirmer test came out to be 2mm,suggesting severe dry eye.[tear substitute eye drops were being instilled in that eye]

For NETRA TARPAN medicated cow's ghee was taken. netra tarpan is a procedure in which a small pit or reservoir is created with urad wet dough surrounding the eye,with patient lying in supine position i e face up position.patient is told to close the eyes and luke warm medicated cow's ghee is poured over the closed eye slowly .ghee is poured until the eye lashes are completely immersed in ghee.Then the patient is asked to blink repeated as much as he can.once the ghee comes to room temperature then it is removed with a cotton swab which absorbs the ghee covering the eye after asking the patient the close the eye lids.urad dough is removed. Hot fomentation over the closed eye is done with a towel soaked in hot water.

This procedure was repeated continuously for 6 days.On the seventh day Schirmer test was done,the result was 15 mm.

Patient was called back after 15 days and Schirmer test was repeated it was 30 mm, .symptomatically all uncomfortable symptoms of itching,redness,photophobia had reduced.

Corneal haziness had considerably reduced.previous 6/60 vision of patient had improved to 6/18. Now comparatively the operated eye was itchy and red..each day tear substitute drops had to be instilled in it on the other hand the eye on which netra tarpan had been done was quiet and symptom less.patient insisted on performing the netra tarpan on that eye as well..so again the same procedure was repeated on that eye as well and same marked improvement in tear film was seen.

Today 8 months after netra arpan the schirmer test is 30 mm and 15mm respectively with out instillation of tear substitute.

#### DISCUSSION;

Here the diagnosis is netra vyadhi.the netra sushkta [dry eye] due to vata vyadhi.esp the ruksha,shita and khara guna of vata prakop had to be treated.this was achieved with ashwagandha,shatavari,milk and yeshtimadhu siddha ghrut.six day duration was finalised as the dosha prakop was prabhut.[disease severity was more]

#### PATHAYAPATHAYA. [DOS AND DON'T]

Patient advised to avoid workin near heat,exposure of eyes to strong breeze,direct flow of fan breeze on the eye,alsoadvised to avoid very bright light After completion of netra

After completion of netra tarpan oral medication of triphala curna mixed with honey and ghee,and saptamrut loha was given for three months.

#### CONCLUSION.

- 1] Dry eye syndrome is abundant in today's world.
- 2] Patient has to go on instilling tear substitute drops of a long period of time which is expensive.
- 3] The drug dependence and expenditure is markedly reduced by netra tarpan which is non invasive,non surgical and cost effective procedure.



SCHIRMER TEST BEFORE NETRA TARPAN 2.5MM SEVERE DRY EYE



NETRA TARPAN PROCEDURE



POST NETRA TARPAN SIGNIFICANT IMPROVEMENT IN SCHIEMER 32MM

#### REFERENCE

reckoner in

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