



# “A CASE STUDY OF AKSHYADI TAILA NASYA IN THE MANAGEMENT OF TIMIR (HYPERMETROPIA)”

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## ABSTRACT

**Background:** Eyes hold special prestige among all the sense organs because good vision. Timir responsible for visual impairment partial or complete. Timir-the darkness or loss or blurring of the vision comes under the caption of Timir that why the refractive errors impairment acuity can be correlate with the disease. Hypermetropia is a common refractive error in children and adult. Uncorrected hypermetropia may experience symptoms such as blurred vision asthenopia while reading, accommodative dysfunction. **Materia&Method:** In Ayurved its management with different Chakshushya drugs and different Kriyakalpa, Here except Nasya Karma. In present study Akshyadi taila Nasya was selected. The Akshyadi Tail is described both Astang Hridaya And Sangraha. So, an attempt has been made to assess the efficacy of Akshyadi Taila Nasya in the management of Timir (Hypermetropia) in this case study. **Result:** After 3 sitting of nasya considerable improvement was seen in the clinical features of Timir (Hypermetropia). They have done eye strengthening effect and also minimized asthenopic symptoms like headache, eye strain, watering etc. **Conclusion:** Akshyadi Taila Nasya having a Chakshyushya, Vatashamana, Bhedaka and Raktashodhak property which breaks Samprapti of Timir.

**KEYWORDS:** Timir, Hypermetropia, Nasya, Akshyadi Taila, Chakshushya, Asthenopic, Symptoms.

## INTRODUCTION

Ayurveda is the science of life. Aim of Ayurveda is to maintain the health of a healthy person and cure the diseased of the sufferer. To fulfil this aim, Ayurveda has been divided into 8 branches and known as *Aṣṭāṅga Ayurveda*. Among them mankind is gifted with “*SHALAKYA TANTRA*” which deals with the diseases occurring in *Urdhwajatru* (Body part above the clavicular region).

*Shalakyatantra* is the one among the eight specialities of Ayurveda, which deals with all the diseases and management of upper clavicular region. Acharya Nimi is considered as the *Acharya of Shalakyata*. *Acharya Sushruta* is the only person who explained the Ophthalmology and ENT in a systemic manner in *Uttaratantira* portion of his treatise *Sushruta Samhita*.

The disease of supra clavicular region and its management means *Netraroga*, *Shiro-Nasa-Karna-Kantha roga* and *Mukh & Dant roga*. There are Gyanendriya namely *Chakshu*, *Gandham*, *Shravan*, *Rasan*, *Sparsh* mentioned in *Ayurveda*. The *Chakshurindriya* are said to be most important than other *indriyas*. Good vision is crucial for social and intellectual development of person so to protect this organ is not a necessity but also a responsibility of every individual.<sup>1</sup>

*Acharya Susruta* has described 76 *Netraroga* in different 7 sites<sup>2</sup>. Among them *Timir* included in *Drishtigatarog*. *Drishtigata rogas* are responsible for visual impairment partial or complete.

As per the *Ayurvedic* text, *Timir* is considered the disease is *Abhyantar* first two *patala* among the four *patala*<sup>3</sup> In first and second *patalagat* *Timir* patient having complain difficulty in seeing objects.

Line of treatment of *Timir* can be applied on different types of alteration of vision. Blurring of vision is chief symptom and refractive errors. So, line of treatment can be applied in the refractive errors as the *Timir*. So now a day we cannot judge which therapy can be apply as per the *Ayurvedic* text on different types of disease which are alter the vision. Like that wise there are mainly three types of refractive errors which are alter the visual acuity.

Though the greatest amount of therapeutic of *Timir* one cannot predict whether it give result in a Myopia, Hypermetropia, Astigmatism or any other eye disease which disturb the vision.

A refractive error is an error in the focusing of light by the eye and frequent reason for reduced visual acuity. An Ametropia cannot focus parallel rays of light on the retina nor needs accommodation to do so. Hypermetropia is a type of refractive error which parallel rays of light coming from infinity are focus in behind of the retina.<sup>4</sup> For the Hypermetropia the convex lens uses to correct the refractive error.

*Nasya*, *Anjana*, *Tarpana*, *putapaka* can prevent diseases of eye and provide strength to eye. The line of treatment of *Timir in Ayurveda* is *Snehapan*, *Raktamokshan*, *Virechan*, *Nasya*, *Anjana*, *Shirobasti*, *Bastikriya*, *Tarpana* and *Aschotana*.<sup>5</sup> In *Ayurvedic* text *Acharya* mentioned many oil formulations for *Nasya*, among them the drugs of *Akshyadi Taila* can be easily prepared in the pharmacy and department. So it is also economically not expensive. Furthermore the treatment of *Timir* cannot be predicted and the exact role of *Akshyadi Taila Nasya* cannot predict on different types of visual impairment. Previous research work proved that *Akshyadi taila Nasya* has good effect on myopia. Thus *Akshyadi Taila Nasya* has been selected for the management of Hypermetropia.

*Nasya* is widely practiced in refractive errors; hence the procedure which is simple, non invasive, cost effective with no known side effects is taken up for this study.

## MATERIAL AND METHODS

The patients were selected from the O.P.D. of Dept. of *Shalakyata* O.H.Nazar Ayurved Surat hospital. Total 3 patients between the age group of 20 to 35 years, The patient having signs and symptoms of *Timir* (Hypermetropia) were selected.

## DIAGNOSTIC CRITERIA

The diagnosis was made on the basis of Symptomatology of *Timir* as per *Ayurveda* texts:

- *Avyakta darshan* (Ah.u. 12/1, su.u.6/7)
- *Vihval darshana* (Su.u.7/8)

## FOLLOW UP

Patients were assessed on every 7th day

## CRITERIA FOR ASSESSMENT

Result were assessed before and after the treatment by: Observing graded clinical Signs & Symptoms of *Timir* (Hypermetropia).

### 2. Vihvala Darshana

- 0 – No such problem
- 1 – Occasional visualization of any of the objects
- 2 – Irregular visualization of two to four kinds of false images
- 3 – Regular visualization of two to four kinds of false images
- 4 – Regular visualization of more than four image

### 3. Shiroabhitapa (Headache)

- 0 – No headache
- 1 – Very occasional headache
- 2 – Irregular attacks of frequent headache
- 3 – Regular headache

4. Watering Eyes

- 0 – No watering
- 1 – Occasional watering
- 2 – Regular watering

5. Burning Sensation in Eyes

- 0 – No burning sensation in eyes
- 1 – Occasional burning sensation in eyes
- 2 – Regular burning sensation in eyes

6. Eye strain

- 0 – No Eye strain
- 1 – Occasional Eye strain
- 2 – Regular Eye strain

ASSESSMENT PARAMETERS

The result was evaluated on the basis of the relief of Sign & Symptoms and relief were classified as mild, moderate and complete according to the rate of cure.

- No improvement 0-25% relief
- Mild Improved >25 - < 50 % relief
- Moderately improved >50 - < 75 % relief
- Markedly improved > 75 - < 100 % relief
- Cured 100% relief

RESULT – Significant result were found in all the symptoms of timir

| Symptoms         | Mean |      | Mean Diff | % Relief | Remark |
|------------------|------|------|-----------|----------|--------|
|                  | BT   | AT   |           |          |        |
| Avyakta darshana | 2.68 | 1.37 | 1.31      | 48.88    | S.S.   |
| Vihval darshana  | 1.75 | 0.81 | 0.94      | 54.71    | S.S.   |
| Headache         | 1.56 | 0.63 | 0.94      | 60.25    | S.S.   |
| Watering         | 0.69 | 0.25 | 0.44      | 63.76    | S.S.   |
| Burning          | 0.50 | 0.06 | 0.46      | 92.00    | S.S.   |
| Eye strain       | 0.68 | 0.13 | 0.56      | 82.35    | S.S.   |

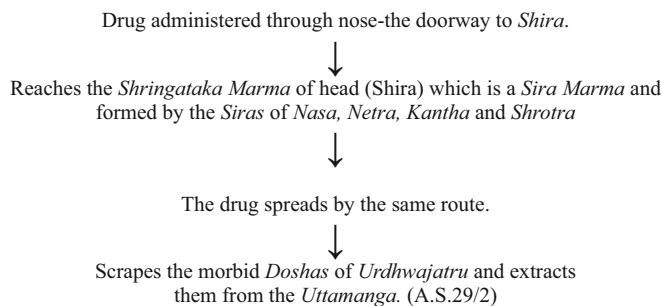
Overall effect of Akshyadi taila Nasya was 46.87% patients had moderately improved, 40.62% patients had mild improved and 12.50% patients had no improved.

DISCUSSION

Avyakta and Vihval Darshan are main complaint of Timir (Hypermetropia). After the poorva roopa stage when the refractive error clearly manifest, the diminished vision will be continuous. Timir is a Vata Nanatmajvyadhi<sup>vi</sup> so Vata is causative factor to manifest the Timir. Sneha is the best drug to pacify the vitiated Vata Dosh<sup>vii</sup>. Many formulations of Snehana Nasya are described for Timir. So, Akshyadi Taila Nasya was selected for this present study.

The mode of action of Nasya Karma can be explained as follow:

- In Ayurvedic classics, the mode of action of Nasya Karma is explained indirectly.
- According to Charaka Samhita, the drug administered through the nose enters in the Uttamanga and eliminates the morbid Doshas residing there. (Ch.Si.2/22)
- In this context Sushruta has clarified that Shringataka Marma is a Sira Marma formed by the union of Siras (blood vessels) supplying to nose, ear, eye and tongue. Thus we can say that drug administered through Nasya may enter the above Sira and purifies them. (Su.Sha.6/27).



Drugs in the form of Nasya has probable mode of entry in circulation, hence role in the improving vision and relieving asthenopic symptoms as follows.

- By general blood circulation, after absorption through mucous membrane.
- Direct pooling into venous sinuses of brain via, inferior ophthalmic veins.

- Absorption directly into the cerebrospinal fluid. As this medicine is absorbed in ophthalmic vessels it has its nourishing role in extra ocular muscles and eye proper. Along with this antioxidant property have role in maintaining tissue built.

Probable Overall Effect of Akshydi Taila Nasya

Chakshyushya :

Among Akshyadi Taila Nasya, Bhringaraja and Bibhitaki has Chakshyushya property. So they have done eye strengthening effect.

Vatashamana:

In this present study Akshyadi Taila Nasya as a Snehana Nasya which has Vatashamana effect. Tila Taila is one of the ingredient of Akshyadi Taila which plays major roll for this effect.

Bhedaka:

According to Acharya Charaka Netra has always probability of Kaphadoshajanita Vikara. Here, Nasya Karma expels vitiated Dosh from Urdhwajatrugata with the help of Bhedaka property of Bibhitaki.

Rasayana:

Bibhitaki, Bhringaraja and Vijayasara have Rasayana Property which promote the Vyadhikshamatwa.

Raktashodhana:

All the eye diseases have involvement of vitiated Rakta. In the Akshyadi Taila Nasya Vijaysar has a Raktashodhaka property which breaks Samprapti of eye disease.

CONCLUSION OF FALLOVER STUDY:

Akshyadi tail nasya had shown significant improvement of the all symptoms of timir.in the present case study Avyakta darshana, Vihval darshana, Headache, Watering, Burning, Eye strain all aboved mentioned symptoms were significantly improved without any side effect. hence it can be concluded that akshyadi tail nasya give better result in timir without side effect

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