**SwasthaNetra – Its Maintenance by GrithaTarpana**

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**ABSTRACT**

Among *Panchagnanendriya*, *Netra* is given prime importance as it is concerned with *rupa grahana*. Vision is important to human survival without which day and night matters nothing to one’s life. *Netra* is *agni mahabuta pradhana* and this *agni* helps in *rupa grahana*. Further, it is said that intake of *pitta prakopaka aahara* will increase *mala* in *shira* which gets lodged in different parts of *netra* and cause *netra roga*. In the context of *pathyapatya* of *netra*, it is said that *gritha* is the best *sneha*. Also Acharya Sharangdhara mentions that *tarpana kriyakalpa* gives *tarpana* to the *netra*. Though *netra* is *agni mahabuta pradhana* it is *sheeta saatmya*. As *gritha* and *tarpana* gives *sheetata* to *netra* we can say that these are best suitable to maintain the *swastata* of the *netra*. In modern parlance, it is mentioned that intra ocular drug administration is the best way to maintain eyes healthy and to treat eye diseases. With the above given information, in this paper an attempt is made to explain the efficacy of *grihta tarpana* and its mode of absorption into the *netra* in maintaining *swastha netra*.

**KEYWORDS**

*Swastha netra, Gritha tarpana.*
INTRODUCTION

Netra is agni mahabuta pradhana and Surya is considered as adhidaiva of netra. Gritha is being used as a nitya sevana dravya and also as therapeutic drug since years. This is because of its properties as said in our classics. Among different properties mentioned, Gritha is the best Chakshushya. Tarpana, one among the kriyakalpa does the netra tarpana.

AIMS AND OBJECTIVES

To explain the efficacy of Grihta tarpana and its mode of absorption into the Netra in maintaining Swastha Netra.

MATERIALS AND METHODS

Literature regarding Netra, Grita and Tarpana were collected from Samhitas, other relevant books and journals.

LITERARY REVIEW

Netra and its importance:

Netra is one among the panchagnanendriya. It is agni mahabuta pradhana and helps in rupa grahana. Among the tridoshas, Pitta dosha is responsible for rupa grahana more specifically it is Alochaka pitta. Netra roga are generally caused by intake of pitta prokopaka aahara, which increases mala in the shiras and gets lodged in different parts of netra and causes netra roga. In the samanya chikitsa of netra roga, it is said that one has to avoid the nidana and treat according to the doshas involved.

Efficacy of Gritha:

Gritha is said as srestha sneha among chaturvidha sneha as it cures all ailments without changing its own properties. Gritha pacifies pitta and anila and is best Chakshushya.

Tarpana Kriyakalpa:

Acharya Sushruta mentioned Tarpan as one among the kriyakalpa. Pouring of medicated sneha into the eyes and withholding it for certain kalamatra constitutes Tarpana. A person undertaking tarpana should have taken vamana virechanadi shodhana. After shodhana on an auspicious day, after complete digestion of previous food, tarpana should be given. Person is made to sleep in supine position. On both netra kosha a circular wall along the margin of netra kosha is prepared using masha. Gritha manda melted in hot water should be poured inside upto netra pakshma marga. This should be maintained for 500 matrakala in a swastha person. Samyak tarpana leads to good sleep, clear vision,
DISCUSSION

Swastata of the netra is best maintained by gritha tarpana. Importance of gritha in maintaining swastha netra can be explained based on its properties. In our classics it is clearly mentioned that one who wishes to keep their eyes healthy should take gritha regularly\textsuperscript{14,15,16}. And also tarpana kriyakalpa gives bala to netra\textsuperscript{17} and it does the netra tarpana\textsuperscript{18}.

Drugs poured into the netra gradually get absorbed. In the context of aschyotana mode of absorption of drugs is explained. Medicines poured into the netra passes through the netra kosha sandhi, then into netra sira, shingatakra pradesha and finally reaches grana and aasya and pacifies vitiated doshas\textsuperscript{19}. Mode of absorption in case of tarpana can be predicted as, the sneha initially reaches the netra kosha sandhi, then into netra sira. From netra sira, we may say that the sneha reaches different parts of the netra and nourishes the netra. Schematic representation of mode of drug absorption in the netra can be depicted as follows.

In modern parlance, intraocular drug absorption is considered as the best way of drug entry into the eye. Drug absorption across the conjunctiva and the sclera is generally regarded as non-productive, based on the assumption that drug entering these membranes is picked up by the general circulation and does not contribute to intraocular drug levels. Hence, most efforts at improving ocular drug delivery are aimed at enhancing corneal permeability. Ophthalmic drug deliveries have been aimed at studying trans-corneal permeation and optimizing corneal absorption of drugs.
lipophilic drugs have typically at least an order of magnitude higher permeability in the cornea than the hydrophilic drugs. Drugs administered by instillation must penetrate the eye and do so primarily through the cornea followed by the non-corneal routes. These non-corneal routes involve drug diffusion across the conjunctiva and sclera and appear to be particularly important for drugs that are poorly absorbed across the cornea\(^2\).  

**CONCLUSION**  

*Netra*, which is *agni mahabuta pradhana*, is responsible for *rupa grahana*. Though *netra* is *agni mahabuta pradhana* it is *sheeta saatmya*. As *gritha* and *tarpana* gives *sheetata* to *netra* we can say that these are best suitable to maintain the *swastata* of the *netra.*
REFERENCES


