

# MANAGEMENT OF BLEPHAROSPASM BY USING TRAPAN VIDHI- A CASE REPORT.

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## Abstract

Ayurveda, an ancient Indian system of medicine, emphasizes a personalized approach to healthcare. Kriyakalpa refers to a set of therapeutic procedures in Ayurveda, encompassing practices such as Tarpan, Putpaka, Anjan, Aschyotan, Parishek, etc. Kriyakalpa provides holistic care for Ear, Nose, Throat (ENT), and Ophthalmic conditions.

**Aim:** With the support of a Case study, we aim to establish the importance of Kriyakalpa procedures in ENT and Ophthalmic Care with major focus on Tarpana Vidhi. Akshi Tarpana acts as both preventive and curative therapy for maintaining normal healthy condition of eyes.

**Methodology:** A 31 yr. old young female patient came with the complaints of involuntary blinking of right eye lids, continuous twitching of right eyelids, and itching over right eye area for 1 year. Patient gave history of extreme stressful condition 1 year back. Complaints of the patient started since then. Patient took allopathic medication, but didn't get relief. Blepharospasm is abnormal contraction of the eyelid muscles. It often refers to benign essential blepharospasm which is a bilateral condition and a form of focal dystonia leading to episodic closure of the eyelids. Tarpana Vidhi involves nourishing and rejuvenating the eyes using medicated ghruta. Tarpana Vidhi was performed on patient for 7 days regularly.

**Result:** The frequency of twitching of the eyelids is observed before and after treatment. The spasmodic frequency was observed to be reduced significantly after 7 days of Akshi-tarpana treatment. She was advised to visit the hospital for follow up on every week.

**Conclusion:** Kriyakalpa therapies aim to balance doshas (bioenergies) and enhance overall well-being. These practices not only address specific symptoms but also focus on preventing future ailments.

**Keywords:** Kriyakalpa, Blepharospasm, Akshi-tarpana, Putpaka, Anjan, Aschyotan, Parishek.

## Introduction

The eyes are one of the most important organs present in the human body since it is through the vision that humans are able to gain knowledge, interact socially and develop intellectually. The most important thing to be able to see this beautiful world is through the eyesight. Because for those without sight, day and night become the same. Even

Acharya Vagbhata, stated that the other sense organs depend on eyesight for their accuracy. Hence it is of utmost importance to maintain the proper functioning of the eyes through Kriyakalpa.

Kriya Kalpa is a branch of Ayurveda that deals with therapeutic procedures for the management of various diseases. It is based on the principles of Ayurveda and aims to provide holistic care for patients. Kriya Kalpa includes several procedures that are used in the management of different conditions, including ENT and ophthalmic care<sup>[1]</sup>.

The word “Kriyakalpa” itself consists of two distinct and separate words which are “Kriya” and “Kalpa”. Kriya refers to the therapeutic procedures that are undertaken or carried out to cure the disease and the word Kalpa refers to the specific medicine or formulation that is selected for use in that specific disease indication.

Blepharospasm is abnormal contraction of the eyelid muscles. It often refers to benign essential blepharospasm which is a bilateral condition and a form of focal dystonia leading to episodic closure of the eyelids. The exact cause of BEB is unknown and, by definition, it is not associated with another disease entity or syndrome. Symptoms usually begin as mild and infrequent spasms that progress over time to forceful and frequent contractions of the eyelids, in advanced cases causing functional blindness from inability to temporarily open the eyes. BEB is a clinical diagnosis and must be distinguished from secondary blepharospasm, which can occur in association with a syndrome, movement disorder, or a specific ocular disease such as keratopathy or ocular irritation. Akshi means eye and tarpan means giving strength to the eyes. The medicated lukewarm ghee is poured over the eyelids in an enclosure built around the eye out of wheat flour. It is said to be an excellent treatment to improve vision and clarity of the mind and relax the neurological activities in and around the eyes. Akshi Tarpana acts as both preventive and curative therapy for maintaining normal healthy condition of eyes.

### **Methodology**

#### **CASE PRESENTATION:**

A female subject, aged 31 years, housewife, living in Amravati city, Maharashtra, with the chief complaints, involuntary twitching and blinking of right eyelid muscles since 1 year. Patient gave history of severe emotional stress, which might have acted as a triggering factor for the appearance of the complaints. The associated complaints were Itching of eyelids and Diminution of vision. The patient consulted many Allopathic doctors and was prescribed various treatment including steroids. But She did not get any relief. She took medicine for more than a year, but she experienced no improvement. She consulted Netra Roga OPD department of Shalakyatantra, G.N.T Hospital, Amravati for further treatment.

#### **In Prashna pariksha:-**

1. Kshudha – Alpa,
2. Mutra Pravrutti – 5-6 times/day,
3. Mala Pravrutti – Samyak 1 times/day,
4. Nidra – Alpa, interrupted, 5 hours/day.
5. N/H/O- Any major illness.
6. Visual Acuity of eyes – RE – 6/6 and LE- 6/6.

#### **TREATMENT PROTOCOL:**

The treatment was carried for one week. During this period, she was advised Laghu Supachya Ahar along with adequate Nidra and Meditation.

#### **Line of Treatment (Medicine):**

- 1) Triphala Guggulu<sup>[2]</sup> –  
Dose - 500 mg BD  
Period – 15 days

Anupana – Ushnodak ( Luke warm water)

- 2) Saptamruta Lauha<sup>[3]</sup>-  
 Dose – 250 mg BD  
 Period – 15 days  
 Anupana – Madhu + Ghruta

#### Line of Treatment (Procedure):

The main procedure should be done in either the morning or evening. The room should be Rajjo Dhooma Rahitha (Without dust or smoke) and Prakaasavan (with bright light). The patient is asked to lie supine, the paste of Yava or Masha is set around the eyes, making an enclosure, at a height of about 2 inches, this prevents the medicine from leaking out. The medicine is made warm in a water bath and then carefully poured over the eyes, while the eyes are kept closed. Medicine is poured up to the level of the eyelashes and when this level is reached, the patient is advised to open and close her eyelids slowly up to the specified time, indicated above. Some complications that can occur are; feeling heaviness in the eyes, visual disturbances, excessive oiliness, watering of eyes, itching sensation and stickiness due to excessive discharge. After the specified time of Tarpana has elapsed, the medicine should be removed by making a perforation in the paste of Masha, usually done at the temporal side. The eyes are then cleaned with Ushnodaka (lukewarm water) Prakshalana and Dhoomapana is done by Haridra- Vacha Varti to save the eyes from any Kaphaj disorders. The patient was then advised to refrain from looking at bright items like mobile phones, television etc.

Medicine - Triphala Ghruta

Dose - Till the eyelids are completely dipped in the ghruta

Period - 7 days \* 1 sitting

Procedure - Tarpana

Kala - Pratah kala

Aushadh Dharan Kala – Dharan kala of ghruta was gradually increased in each sitting from 100 Matras to 1000 Matras.

- 1<sup>st</sup> Day – 100 matra
- 2<sup>nd</sup> Day – 300 matra
- 3<sup>rd</sup> Day – 500 matra
- 4<sup>th</sup> Day – 700 matra
- 5<sup>th</sup> Day – 800 matra
- 6<sup>th</sup> Day – 900 matra
- 7<sup>th</sup> Day – 1000 matra

#### Result:

Frequency of Twitching/ Blinking of Eyelid of Right Eye:

Before treatment – 20-25 times/ min

After treatment – 6-8 times/ min

#### Discussion

Triphala is known to strengthen eye muscles and supports good vision and eye health. The richness of amla in triphala is said to improve alochaka pitta, which governs the vision. According to ayurvedic manuscripts, amla is recognized as an eye-enhancing rasayana. Hence Triphala Guggulu is prescribed to the patient in BD dose.

Saptamrit Lauha is Chakshushya and has Antipruritic (Alleviates itching), Antioxidant, Demulcent (soothing and softening effect on the skin) properties. Saptamrit Lauha is a traditional ayurvedic remedy that is important in treating umpteen eye problems including cataract, glaucoma, conjunctivitis, dry eyes, myopia, computer eye syndrome, night blindness, digestive issues, skin and hair woes etc. Afterward Tarpan with Triphala Ghruta were advocated.

### **Conclusion**

Thus, present case study concludes that the approach based on fundamentals of Ayurvedic system of medicine gives satisfactory relief to the patient from disease – Blepharospasm. The main objective of the Kriyakalpa is the attainment of an effective concentration of the medicament at the local site, for a specified time, to elicit a response that alleviates or eliminates the disease. The drug is usually chosen after careful assessment of the Dosha by the Vaidya and its role in the diseases being managed. The Kriyakalpa thus selected seeks to ensure maximum absorption of the drug and to bring about relief/cure of the disease in the most effective manner. Thus, Kriyakalpa explained by Acharya are comprehensive and most effective. Kriyakalpa emerges as a valuable facet of Ayurveda, offering holistic care for ENT and Ophthalmic diseases. The procedures, supported by Ayurvedic herbs and natural substances, demonstrate efficacy and targeted therapeutic effects.

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