

**“AN EVALUATION OF DRISHTI PRASADANA PROPERTY OF  
PADATALAABHYANGA WITH MAHATRIPHALADI GHRITA IN  
TIMIRA WITH SPECIAL REFERENCE TO MYOPIA”**



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# ABSTRACT

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## AN EVALUATION OF DRISHTI PRASADANA PROPERTY OF PADATALAABHYANGA WITH MAHATRIPHALADI GHRITA IN TIMIRA WITH SPECIAL REFERENCE TO MYOPIA

### Introduction:

The study of *Sushruta Samhita*, *UttaraTantra* reveals that there is one group of eye diseases, which are responsible for visual impairment. The number of the diseases of this group comprises twelve. Amongst these twelve diseases, all the six varieties of the disease *Timira* is the most serious as it ultimately leads to loss of vision. Keeping this point in view, *Acharya Vagbhata* has warned over-looking this disease in early stage. The very fact is that this subject is being studied from the days of *Acharya Sushruta* to this date denotes its magnitude. In the entire scope of *Shalaky Tantra* - the science of ophthalmology revolves round *Drishti*- the vision. In fact pathophysiology of loss of vision takes its initiation from the stage of *Timira*.

It can be correlated with Myopia which is one of the refractive errors also known as short sightedness is that dioptric condition of the eye in which, with the accommodation at rest, incident parallel rays comes to a focus anterior to the light sensitive layer of the retina.

### Materials and methodology:

30 patients presenting with the *lakshana* of *Timira* as per the classic as well as modern texts were enrolled and taken for the study. Consent was taken from each patient after explaining the procedure and the study. All the data were observed and noted in a specially designed case proforma before and after the study. With that data statistical analysis was done and result was draw and concluded accordingly.

### Aim & Objectives :

- To evaluate the *Drishti Prasadana* effect of *Padatalaabhyanga* in *Timira*.
- To understand the term *DrishtiPrasadana* on the basis of *Samhita*.
- To understand relation between *Pada* and *Netra*
- To study *Timira* and Myopia and understand the correlation on the basis of *Samhita* and modern books

### Discussion :

- Based on the observations, discussion was done on various things such as Selection of the topic, Selection of medicine, Probable mode of action of the procedure, observations and results.

## ABSTRACT

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- Almost all the *Acharya* have been quoted about the importance of *Padaabhyanga* for ocular health. In the current era many people are suffering from refractive errors especially with myopia, it will be more helpful when there is a positive approach towards the condition with minimal expenditure and easy to do procedure.
- Mahatriphaladi Ghrita is available in the direct reference in *Ashtanga Hrudaya* for *Timira*. Moreover for *Prasadana karma*, *Ghrita* is selected.

### **Conclusion:**

- The Procedure works very well in the condition of *Timira*, all the subjective parameters got reduced markedly and the objective parameters were showing significance statistically.
- Anatomical connection between *Netra* (eye) and *Pada* (foot) cannot be established by the contemporary science with the available resources. However many *Acharya* have given clues about it and also many alternative system of medicines are believing the same concept as Ayurveda do.

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