



Case Study

EFFECT OF AKSHI TARPANA & NETRASHANI RAS IN TIMIRA W.S.R TO SIMPLE MYOPIA

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ABSTRACT

The eye, often described as the window to the soul, holds a central place in Ayurveda, where it is referred to as “*Sarvendriyanam Nayanam Pradhanam*”, signifying its status as the primary sense organ. This case report evaluates the effectiveness of *Netrashani Rasa* in combination with *Mahatriphaladya Ghrita Akshitarpana* in the management of *Timira* w.s.r to simple myopia. A 24-year-old male patient presented to the OPD of Dayanand Ayurvedic College, Jalandhar, with complaints of progressive diminution of distant vision in both eyes for the past 10 years. Detailed history taking and visual acuity examination confirmed the diagnosis of *Timira* (simple myopia). The patient was treated with oral administration of *Netrashani Ras* along with *Mahatriphaladya Ghrita Akshitarpana*. The combined therapeutic approach showed encouraging improvements in visual acuity as well as in subjective symptoms. No adverse effects were observed during or after the course of treatment. The findings suggest that the integration of internal and local ocular therapies in Ayurveda may offer a safe and effective approach in the management of simple myopia.

INTRODUCTION

The eye, often described as the window to the soul, holds a central place in Ayurveda, where it is referred to as “*Sarvendriyanam Nayanam Pradhanam*”, signifying its status as the primary sense organ. It is considered the chief source of *Pratyaksha Jñana* (direct perception), enabling humans to interact meaningfully with their surroundings. In the current digital era, refractive errors have become increasingly common, largely due to excessive screen time from smartphones, computers and video games. Among these, myopia (short-sightedness) is a major visual disorder, characterized by the focusing of parallel light rays in front of the retina at rest. A study in Shanghai reported that nearly 80% of children aged 17–18 years were affected by myopia.^[1] Recent meta-analyses indicate that among children and adolescents, the prevalence of myopia increased from 24.3% in 1990 to 35.8% in 2023 and is forecasted to exceed 39% by 2050.^[2] Ayurvedic texts describe symptoms of myopia as analogous to *Prathama Patalgata Timira*^[3] and recommend several ocular therapies under the

umbrella of *Kriya Kalp* for the management of *Drushtigata Roga*. Among these, *Tarpana* is considered a key therapeutic intervention. Classical references also emphasize the role of *Chakshushya* (vision-promoting) and *Rasayana* (rejuvenating) agents, which act to strengthen ocular tissues, improve visual function and maintain overall eye health. *Mahatriphaladya Ghrita*, a medicated ghee drug that is most often used with *Tarpana* treatments. *Ghrita* is well-suited to be used with *Tarpana* due to its *Chakshushya*, *Rasayana*, *Yogavahi* and *Sanskaranuvarti* properties.^[4]

MATERIALS AND METHODS

Patient information

A 24-year-old male patient (OPD No: 250817) came to the OPD, Dayanand Ayurvedic College, Jalandhar, in May 2025, with the complaints of diminution of distant vision in B/L eyes for 10 yrs along with occasional watering of eyes while using spectacles.

Date of OPD visit: 06.05.2025

History of Present Illness: The patient remained asymptomatic until 10 years ago, when he developed gradual blurring of distant vision in both eyes. He was subsequently diagnosed with bilateral myopia at a private hospital and prescribed spectacles. Despite this, he experienced minimal relief, with fluctuating

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refractive correction over the years. Over the last four months, he reported occasional watering of the eyes while using spectacles. He then presented to the Panchakarma OPD of Dayanand Ayurvedic College, Jalandhar where a comprehensive evaluation of visual acuity and history was performed and Ayurvedic treatment was initiated.

Drug History: The patient was not on any other medication.

Past History: No significant past medical history reported.

Family History: No relevant family history.

Personal History: His appetite, sleep, bowel habits and micturition were normal. After detailed history taking and visual acuity examination Ayurvedic treatment was started.

Examination

• General Physical Examination

The patient was conscious, alert, and well-oriented to time, place, and person. Vital signs were within normal limits and no pallor, icterus, cyanosis, clubbing, lymphadenopathy, or edema was observed. Overall, the patient appeared well-nourished and in stable condition.

• Ocular Examination

On ocular examination, lids, conjunctiva, and sclera were normal with a clear cornea. Pupils were equal and reactive, and ocular movements were full and free.

• Visual acuity Examination

Visual acuity was assessed using the Snellen's chart, a standardized tool placed at a distance of 6 meters. The patient was asked to read letters of decreasing size with each eye separately and then with both eyes together. The results were expressed as a fraction mentioned below in a Table 1.

Table 1: Visual acuity B/L Eyes (Before treatment on 06.05.2025)

	Right Eye	Left Eye
DV Unaided	6/36	6/36
BCVA	6/6	6/6

Diagnostic Assessment

Parameters for subjective assessment [5]

Table 2: Grading of Awyakta Darshna (Indistinct vision)

Awyakta Darshna (Indistinct vision)	Score
No feeling of blurring of the vision	0
Occasional blurring of the vision	1
Routine blurring which affects routine work	2
Regular blurring disturbing routine work	3
Complete darkness in front of eyes	4

Table 3: Grading of Dwidha Darshana (Diplopia)

Dwidha Darshana (Diplopia)	Score
No diplopia	0
Occasional diplopia	1
Regular diplopia without disturbing routine work	2
Regular diplopia disturbing routine work	3

Table 4: Grading of Netrayasa (Eye Strain)

Netrayasa (Eye Strain)	Score
It will be recorded on the basis of minimum time taken to produce eye strain after near work.	
More than 6 hr of near work	0
After 4-6 hr of near work	1
After 2-4 hr of near work	2
Before 2 hr of near work	3

Table 5: Grading of Netrasrava (Watering)

Netrasrava (Watering)	Score
No watering	0
Occasional watering	1
Regular watering without disturbing routine work	2
Regular watering disturbing routine work	3

Table 6: Grading of Vihwala Darshan (Blurred vision)

Vihwala Darshan (Blurred vision) <i>Makshi kadi Abhuta Dravya Darshan/visualization of non-existing objects like flies, gnats, hairs, webs, circles, flags, mirage and ear rings.</i>	Score
No such problem	0
Occasional visualization of such objects	1
Irregular visualization of the above-mentioned objects	2
Regular visualization of the above objects	3

Table 7: Grading of Shirobhitapa (Headache)

Shirobhitapa (Headache) Scored on the frequency of attacks	Score
No headache	0
Occasional headache	1
Irregular attacks of frequent headache	2
Regular attacks of headache	3

Table 8: Grading of Netradaha (Burning sensation)

Netradaha (Burning sensation)	Score
No burning sensation	0
Occasional burning sensation	1
Regular burning sensation without disturbing routine work	2
Regular burning sensation disturbing routine work	3

Objective Assessment

Snellen's score assessment in case of Myopia

Table 9: Grading of Snellen's score

Snellen's Score	Score
6/6	0
6/9	1
6/12	2
6/18	3
6/24	4
6/36	5
6/60	6

Treatment

1. *Akshitarpana* was done with *Mahatriphladya Ghrita* from 06.05.2025. Three sittings of 5 days were given with a gap of 5 days in between each sitting. No other intervention was adopted during the treatment.

Table 10: Treatment protocol for *Tarpana* with detailed timeline

Time frame	Treatment Protocol	Dates
06/05/2025 – 10/05/25	1 st Sitting of <i>Akshitarpana</i>	Day 1 to day 5
11/05/2025 – 15/05/25	Gap– No procedure	Day 6 to day 10
21/05/2025 – 25/05/25	2 nd Sitting of <i>Akshitarpana</i>	Day 11 to day 15
26/05/2025 – 30/05/25	Gap - No procedure	Day 16 to day 20
31/06/2025 – 04/06/25	3 rd Sitting of <i>Akshitarpana</i>	Day 21 to day 25

2. *Netrashani Ras* was given for 45 days

Table 11: Oral drug - Dose, Frequency, Duration with timeline

Time frame	Medicine	Dose	Frequency	Duration
06/05/2025– 19/06/2025	<i>Netrashani Ras</i>	125mg	BD	45 days

Table 12: Visual acuity B/L Eyes (Before treatment on 06.05.25)

	Right Eye	Left Eye
DV Unaided	6/36	6/36
BCVA	6/6	6/6

RESULT

Subjective assessment revealed marked improvement in symptoms following treatment. *Awyakta Darshana* (indistinct vision) reduced from a score of 3 (before treatment) to 1 (after treatment), while *Netrayasa* (eye strain) and *Netrasrava* (watering) showed complete resolution, reducing from 1 to 0. Other symptoms such as *Dwidha Darshana* (diplopia), *Vihwala Darshana* (blurred vision), *Shirobhitapa* (headache) and *Netradaha* (burning sensation) remained absent both before and after treatment (Table 13). Objective assessment using Snellen's chart demonstrated significant improvement in visual acuity. In the right eye, vision improved from 5 to 4, and in the left eye from 5 to 3 (Table 14). Refractive correction values also showed notable change, with the right eye improving from -2.50 D (Before treatment) to -2.00 D (After treatment) and the left eye from -2.50 D to -1.50 D (Table 15). Overall, the findings indicate both subjective relief of symptoms and objective enhancement in visual acuity as well as refractive status after the intervention.

Table 13: Grading of Subjective Assessment (Before and After treatment)

Criteria	Score (Before Treatment)	Score (After Treatment)
Subjective Assessment		
<i>Awyakta Darshana</i> (Indistinct vision)	3	1
<i>Dwidha Darshana</i> (Diplopia)	0	0
<i>Netrayasa</i> (Eye strain)	1	0
<i>Netrasrava</i> (Watering)	1	0
<i>Vihwala Darshan</i> (Blurred vision)	0	0
<i>Shirobhitapa</i> (Headache)	0	0
<i>Netradaha</i> (Burning sensation)	0	0

Snelle's Score

Table 14: Assessment of Snelle's Score (Before & After Treatment)

Eye	Before Treatment (06.05.2025)	After Treatment (19.06.25)
Right Eye	5 (6/36)	4 (6/24)
Left Eye	5 (6/36)	3 (6/18)

Refractive Correction

Table 15: Refractive correction (Before & After Treatment)

	Right Eye		Left Eye	
	BT (06.05.2025)	AT (19.06.25)	BT (06.05.2025)	AT (19.06.25)
Corrective Power	- 2:50 D	- 2:00 D	- 2:50 D	- 1:50 D

DISCUSSION

Acharya Charaka has classified *Timira* as a *Vata Nanatmaja Vyadhi*, indicating that *Vata*-dominant etiological factors play a primary role in its pathogenesis. In the initial stage of *Patalagata Timira*, the primary manifestation is intermittent blurring of vision, which at times clears spontaneously. As the vitiated *Doshas* remain confined to superficial *Dhatu*s, the prognosis at this stage remains favorable. The term *Tarpana* literally signifies “nourishment, satisfaction, or strengthening,” implying the rejuvenation and revitalization of the eyes. *Akshi Tarpana* provides optimum rejuvenation by using medicated *Ghrita* formulations endowed with nourishing and *Chakshushya* properties. In *Akshi Tarpana*, the drug medium medicated *Ghrita* combined with decoction possesses both lipophilic and hydrophilic qualities, facilitating corneal permeation. The unctuous nature of *Ghrita* enables deeper tissue penetration through the minute ocular channels *Srotas* (ocular channels), cleansing and nourishing the ocular structures.^[6]

Mahatriphaladya Ghrita^[7]- The ingredients of *Mahatriphaladya Ghrita* are *Triphala*, *Pippali*, *Draksha*, *Yashtimadhu*, *Neel kamal*, *Guduchi*, *Ashwagandha*, *Kantakari*, *Bhringraj*, *Vasa*, *Shatavari*, *Ajadugdha* and *Goghrita*. *Mahatriphaladya Ghrita* are recognized for their *Chakshushya*, *Rasayana*, *Brimhana* and *Balya* properties^[8], which collectively help in strengthening the *Patalas* of the eye and improving vision. *Ghrita* (Cow ghee) in *Mahatriphaladya Ghrita* show free radical scavenging activity (e.g. DPPH assay) and reduces oxidative stress markers in tissues.^[9] During *Akshitarpana*, this antioxidant potential may protect corneal, lens or retinal structures from oxidative damage that contributes to progressive refractive error. *Ghrita* (Cow ghee) is a source of fat-soluble vitamins (A, D, E, K) and may carry bioactive components that support cellular metabolism, promote healing of micro-damages and nourish ocular tissues^[10]

Netrashani Ras^[11] - The formulation *Netrashani Rasa* is composed of *Bhasmas* and herbal ingredients, which together act on *Drishti* by balancing the *Doshas*, improving *Dhatu poshana*, clearing the channels and strengthening ocular tissues. The formulation *Netrashani Rasa* acts through a synergistic combination of mineral *Bhasmas* and herbal ingredients that together provide *Rasayana*, *Chakshushya* and *Tridosahara* effects. The formulation is rich in *Chakshushya* and *Rasayana dravyas* such as *Triphala*, *Bhringraj*, *Abhraka Bhasma* and *Swarnamakshik*, which nourish the ocular *dhatu*s, strengthen vision, and delay degenerative changes. *Lauh* and *Tamra Bhasma* enhance *Raktadhatu*, improving oxygenation and nutrient delivery to ocular tissues, while *Punarnava*, *Devadaru* and *Patha* ensure

Srotoshodhana and reduce local inflammation and oedema. *Vacha*, *Shati* and *Yashtimadhu* act as *Medhya dravyas*, supporting nervous system function and indirectly protecting the optic nerve. The *Yogavahi* effect of *Parada* and *Gandhaka* augments the potency and bioavailability of the formulation, directing its action specifically to the eyes.

CONCLUSION

Preservation of vision is of utmost importance, as the eyes are regarded as the most vital and noble sense organs of the human body. In this case, the administration of *Akshitarpana* in combination with *Netrashani Ras* demonstrated encouraging outcomes in maintaining eyesight. Although the treatment duration was short and limited, the results were noteworthy. However, drawing definitive conclusions remains challenging. The positive response observed in this patient highlights the need for further evaluation through longer treatment periods and larger clinical trials.

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