



Chapter 04. Ayurvedic Eye Therapies - Netra Tarpana & Netra Dhara for Cosmetic & Wellness Benefits

Today, we'll explore **Netra Tarpana** and **Netra Dhara**—two classical Ayurvedic therapies aimed at **nurturing** and **cleansing** the eyes. While often considered therapeutic in a clinical sense, they also hold **cosmetic** relevance, especially for maintaining bright, relaxed eyes free from dryness, puffiness, or mild irritation.

Akshi Tarpana or Netra Tarpana Video

Netra Dhara Video

1. Overview: Netra Tarpana & Netra Dhara

In **Ayurveda**, **Netra** (eyes) is an essential organ reflecting one's **Pitta** state—excess heat or dryness can manifest as redness, strain, or dark circles. **Netra Tarpana** and **Netra Dhara** help **cool**, **lubricate**, or **cleanse** the eyes, alleviating mild dryness, irritation, and tension.

- 1. Netra Tarpana**
 - Involves creating a **dough boundary** around each eye, then filling it with **medicated ghee** or oil (sometimes milk or herbal decoction).
 - Best performed under **professional** guidance, but mild, spa-friendly versions can be adapted.
- 2. Netra Dhara**
 - A **pouring** of cooled herbal liquid or milk over the eyes in a gentle stream.
 - Aims to flush mild impurities, reduce Pitta dryness or redness, and refresh tired eyes.

2. Cosmetic & Wellness Benefits

- 1. Cooling & Soothing:**
 - Clients who stare at screens or endure stressful routines often experience eye strain, dryness, or dullness. These therapies relieve that, leaving eyes clearer and more vibrant.
- 2. Reducing Dark Circles / Puffiness:**
 - By **relaxing** ocular muscles and possibly improving local circulation, mild under-eye puffiness or dryness lines might reduce over repeated sessions.
- 3. Dosha Balance:**
 - **Pitta** aggravation in the eyes is common—excess heat can lead to redness or sensitivity. Netra Tarpana/Dhara with cooling mediums (ghee, rose-infused water) can pacify that heat.
- 4. Holistic Eye Health:**
 - Ghee-based Tarpana is believed to nourish deeper ocular tissues from an Ayurvedic standpoint, possibly supporting clearer vision over time.

3. Netra Tarpana: Steps & Cautions

A. Basic Steps for a Mild, Spa-Friendly Version

- 1. Dough Ring Preparation**
 - Make a small ring of dough (typically whole wheat or chickpea flour) around each eye socket, ensuring a **snug** seal so the liquid doesn't leak.
 - Client lies supine (face up), with head slightly elevated.
- 2. Filling with Medicated Ghee or Cooling Liquid**



- Warm the **ghee** or herbal solution to a comfortable lukewarm temperature (~body temperature).
- Slowly pour it into the dough ring until it covers the open eye.
- Duration: 5-10 minutes, during which the client can blink occasionally for lubrication.

3. Draining & Removal

- Carefully remove the ghee or liquid with a small spoon or tilt the client's head to pour out.
- Wipe gently around the eye with a soft, damp cloth.

B. Potential Herbs / Mediums

- **Medicated Ghee** with **triphala**, **bhringraj**, or **licorice** for Pitta dryness.
- **Rose Water** or mild **cucumber infusion** for extra cooling.
- **Milk-based** for dryness if the client is not sensitive to dairy.

C. Precautions

- Ensure no **active infection** or severe eye condition.
- Temperature must be **mild**—too hot can harm delicate eye tissues.
- For more than mild dryness or aesthetic concerns, advanced procedures require trained Ayurvedic doctors.

4. Netra Dhara: Gentle Herbal Pouring

A. How It Works

- A gentle **stream** of cooled or lukewarm herbal water is poured over the eyes, typically from the inner corner outward.
- Flushes mild debris, soothes inflammation, and can reduce dryness or itching.

B. Simple Protocol

- Herbal Decoction Preparation**
 - Common combos: **Triphala** water, **rose** infusion, or **licorice** decoction for mild dryness and Pitta pacification.
 - Let the decoction cool to slightly above room temp.
- Client Positioning**
 - The client lies supine, head slightly tilted.
 - A collecting basin or towel is placed to catch runoff.
- Pouring**
 - Using a small spouted vessel or a specialized **dhara pot** at a low height (~2-3 inches above the eye).
 - Keep eyes gently open or semi-open— reassure the client to blink if needed.
 - Duration: ~2-3 minutes each eye or until mild relief is perceived.
- Post-Dhara Care**
 - Gently pat the eye area.
 - If dryness is an issue, a small application of rose water or mild eye gel can follow.

C. Indications & Precautions

- **Good For:** Mild dryness, burning sensation, computer-strained eyes, Pitta reddening.
- **Avoid** if the client has severe infection, injury, or known herb allergies.
- Keep it short for **first-time** clients who might be anxious about fluid near the eyes.

5. Dosha-Based Adjustments

1. Vata Eyes:



- Over dryness might necessitate **slightly warmer** mediums or oil-based solutions (ghee, sesame-based infusion).
 - Limit time if the client experiences any discomfort, as dryness can make eyes sensitive.
2. **Pitta Eyes:**
- Prefers **cool** mediums: rose water, milk infusions, or aloe-based solutions.
 - Keep session gentle—no intense friction or hot liquids.
3. **Kapha Eyes:**
- If puffiness or watery eyes, mild herbal waters with stimulating aspects (a pinch of basil or a mild astringent) could help.
 - Keep water temperature moderately warm to help reduce stagnation.

6. Practical Tips & Notes

1. **Client Comfort**
- Reassure them, as dealing with eyes can cause anxiety. Move slowly, explain each step.
 - Maintain **hygiene**: thoroughly sanitize all tools or vessels, ensuring a safe eye environment.
2. **Frequency**
- Periodic (weekly or bi-weekly) treatments for dryness or mild strain might suffice in spa settings.
 - Some may do occasional sessions at home with simplified methods if they have the correct training or guidance.
3. **Possible Home Advice**
- On non-treatment days, suggest **rose water** compress or blinking exercises to keep eyes moist.
 - Encourage balanced screen time, warm water sips, and Pitta-friendly diet if heat or redness is persistent.

7. Indications & Contraindications

Indications

- Mild dryness, redness, or eye fatigue from screen exposure or stress.
- Early cosmetic concerns like dullness around eyes or light wrinkling (Vata dryness).
- Individuals seeking a calm, refreshing therapy for eye wellness.

Contraindications

- **Serious ocular conditions** (glaucoma, corneal ulcers, severe infections)—require specialist care.
- **Allergy** to any chosen herbal decoction or ghee.
- **Recent eye surgeries**—get medical clearance.

Conclusion

Netra Tarpana and **Netra Dhara** represent classical Ayurvedic eye therapies that, when performed gently, can address both **cosmetic** (dryness, puffiness, mild dullness) and **wellness** (strain, redness) concerns. By using **dosha-aligned** media—like rose-infused water or medicated ghee—and carefully following safety guidelines, you can provide clients or yourself with a **soothing** respite for the eyes. This synergy of comfort and subtle healing exemplifies **Ayurveda's** holistic ethos.