

Chapter 25. Netra Tarpana

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Tarpana is an Ayurvedic therapeutic procedure practiced in Netraroga (eye diseases), where medicated ghee is retained in the eyes for a specific duration. It is a type of Sneha Abhyanga (oleation therapy), meant to nourish, lubricate, and rejuvenate the eyes.



Types of Tarpana

Tarpana is classified into three types based on its therapeutic action:

1. **Snehana** – Nourishing and lubricating
2. **Lekhana** – Scraping and cleansing
3. **Prasadana** – Clarifying and soothing



Indications

Tarpana is indicated for various eye conditions such as:

- Eye fatigue and weakness
- Dryness and roughness of the eyes
- Injury to the eyes
- Vata and Pitta vitiation affecting the eyes
- Squinting, loss of lashes, and clouded vision
- Conjunctival congestion, pannus, blackouts, sub-conjunctival hemorrhage
- Conjunctivitis, glaucoma, corneal opacity
- Post-acute inflammation, redness, lacrimation, pain, irritation, and excretions

Tarpana is specifically recommended after **Virechana** and **Nasya**, and when the acute symptoms of eye disorders have subsided. (A.H.Su.24-1)

Contraindications

Tarpana should not be performed:

- On cloudy days
- In patients who have not undergone **Nasya** (purification of the head)
- In conditions where **Nasya** is contraindicated

Commonly Practiced Medicines

Some commonly used medicated ghee formulations for Tarpana include:

- Jeevanthyadi Ghritam
- Patoladi Ghritam
- Triphala Ghritam

Infrastructure and Materials Required

- **Manpower:** A trained doctor and a trained technician
 - **Space:** A neat and clean room, free from dust, sunlight, and wind
- Materials:**

1. **Medicated ghee** (as prescribed)
2. **Powder of Masha** (black gram)
3. **Water**
4. **Vessel and stove**
5. **Rajanyadi Varti** (for application after the procedure)

Preparation of the Patient

- Tarpana is performed after the acute symptoms of eye diseases have subsided.
- **Virechana** (purgation therapy) and **Nasya** are done before Tarpana, followed by a **pathyahara** (prescribed diet).
- Tarpana can be performed for 7 consecutive days, preferably in the evening.

Procedure (A.H.Su.24-4)

1. The patient is made to lie in a **supine position** on a cot in a dust-free and wind-free room.
2. A **thick paste** made from **Masha powder** is placed around the eyes, forming a circular wall about **one inch in thickness**.
3. The desired **medicated ghee** is warmed in water to about **27°C** and poured into the cavity formed by the paste

around the eyes, ensuring the eyes remain closed initially.

4. The ghee should cover the **eyelashes**. The patient is asked to **slowly open and close** their eyes while the ghee is retained for **10-14 minutes**.
5. After the stipulated time, a small hole is made in the **Apanga Sandhi** (the outer canthus of the eye) using a spoon, allowing the ghee to drain into a tray.
6. The paste is removed, and the eyes are wiped clean with cotton.

Paschat Karma (Post-procedure Care)

1. The patient should avoid looking at **bright or shiny objects**.
2. The patient should also avoid **extreme cold environments**.

Dietary Guidelines & Follow-up

- Similar to previous therapies.
- Routine **pathological investigations** should be conducted on the **first** and **last day** of the treatment.

Vision tests, photosensitivity tests, and other eye-related assessments should be performed before and after the procedure to evaluate the effectiveness of the treatment.

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