Chapter 25. Netra Tarpana

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
- $\bullet \ \ Conjunctival \ congestion, \ pannus, \ blackouts, \ sub-conjunctival \ hemorrhage$

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- 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 Ghritham
- Patoladi Ghritham
- Triphala Ghritham

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.

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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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