

Chapter 26. Putapaka

Putapaka is an Ayurvedic therapeutic procedure specifically practiced for Netraroga (eye diseases). It is performed after Tarpana and involves the application of the juice of medicinal plants over the eyes for a specific period. It is beneficial for alleviating eye fatigue and promoting eye health. In this method, the juice of the medicinal plant is prepared by Putapaka method.

Classification

According to **A.H.Su. 24-13**, Putapaka is classified into three types:

1. Snehana – Unctuous (lubricating)
2. Lekhana – Abrasive (scraping)
3. Prasadana – Clarifying (soothing)

Indications (A.H.Su. 24-12)

Putapaka is indicated in the following conditions:

1. Eye fatigue after Tarpana
2. Inability to withstand bright light
3. Heaviness in the eyes
4. Reduced clarity of vision

Contraindications

Same contraindications as Tarpana, which includes eye infections, acute eye inflammations, and any condition where direct application over the eyes could worsen the condition.

Commonly Practiced Medicines (A.H.Su. 24-14)

1. **For Vata Vitiation (Snehana Type):**
 - Medas (fat), Majja (bone marrow), Vasa (muscle fat), and Amisha (meat) from animals living in burrows, or drugs from Jivaniya Gana, macerated with milk.
2. **For Kapha-related Conditions (Lekhana Type):**
 - Yakrit (liver), meat of animals and birds, Mukta (pearl), Ayas (iron), Tamra (copper), Saindhava (rock salt), Srotanjana (antimony sulphide), Sankha (conch shell), Phena (cuttlefish), Ala (orpiment), macerated with Musta.
3. **For Eye Weakness and Healthy Eyes (Prasadana Type):**
 - Yakrit (liver), bone marrow, muscle fat, intestines, heart, and meat of animals and birds, mixed with sthanya (breast milk), cow's milk, and ghee.

Preparation of Putapaka Rasa

- Herbal drugs are made into small balls (the size of a Bilva fruit) and wrapped in leaves of Eranda (*Ricinus communis*), Vata (*Ficus bengalensis*), and Ambhoja (*Nelumbo nucifera*), depending on whether it's for Snehana, Lekhana, or Prasadana type respectively.
- These balls are plastered with mud, then placed into a wood fire and cooked until they turn red. Once cooled, the juice is extracted from the cooked medicine.
(A.H.Su.24-18)

Materials Required

- **Putapaka Swarasa:** Prepared based on the type of therapy required:
 - For **Snehana:** Medas, Vasa, Amisha

- For **Lekhana**: Yakrit, Mukta, Ayas, Tamra, Saindhava, etc.
- For **Prasadana**: Antra, Sthanya, Goksheeram, etc.

Procedure

1. Patient Positioning:

- The patient should lie on their back with closed eyes.
- A **wall of dough** made of **yava (barley)** and **masha (black gram)** is placed around the orbits (around the eyes) to a height of **2 angulas (3 cm)**.

2. Administration of Swarasa:

- The prepared **swarasa** is poured into the eyes in the same manner as in Tarpana.

○ Retention Time:

- **Lekhana Type**: 100 matras
- **Snehana Type**: 200 matras
- **Prasadana Type**: 300 matras

3. Temperature of Swarasa:

- For **Snehana** and **Lekhana**, the swarasa should be lukewarm.
- For **Prasadana**, it should be cool.

4. Inhalation of Herbal Smoke:

- After **Snehana** and **Lekhana**, the patient should inhale **herbal smoke** to clear any residual moisture or discomfort.

Post-Operative Care (Paschatkarma)

1. Pathya Ahara and Vihara:

- Follow a **restricted diet** and lifestyle, avoiding exposure to **bright light, cold, and wind**.

2. Clinical Vital Data Recording:

- Record vital data such as **temperature, pulse rate, blood pressure**, and **respiratory rate** before and after the treatment.
- Routine **pathological investigations** should be done on the first and last day of the procedure.

Vision tests and **photosensitivity tests** are performed before and after treatment to evaluate the effectiveness of the therapy.