

Integrative Ayurvedic Management of Myopia with Asthenopia through *Akshi Tarpana*: A Documented Case Study

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Abstract

Refractive errors and asthenopia are increasingly prevalent due to prolonged near work, computer use, and ocular fatigue. Modern ophthalmology primarily manages these conditions with optical correction, yet fails to rejuvenate ocular function or prevent progression. Ayurveda conceptualizes visual health under *Alochaka Pitta* and provides rejuvenative ocular therapies such as *Akshi Tarpana*, which nourish ocular tissues and restore *Pitta Prakriti*.

A 40-year-old male patient with compound myopic astigmatism and chronic eye strain was treated with *Netra Tarpana* using *Go-Ghrita* and *Triphala Ghrita*, along with *Nasya Karma* and oral *Rasayana* preparations (*Triphala Ghrita*, *Drakshadi Leha*, *Capsule Ujala*, and *Triphala Churna*). After 30 days, the patient reported complete relief from headache, eye strain, and dryness, with objective improvement in refraction and visual acuity (6/9 → 6/6).

This case underscores the efficacy of *Akshi Tarpana* as an ocular *Rasayana* and its potential to restore visual comfort and prevent disease progression in *Timira*-like conditions.

Keywords

Akshi Tarpana, Alochaka Pitta, Myopia, Asthenopia, Timira, Panchakarma, Triphala Ghrita, Ayurvedic Ophthalmology, Rasayana, Netra Rogas.

1. Introduction

The rising incidence of ocular strain and refractive errors has become a global concern, attributed largely to digital screen exposure and sedentary lifestyles. The WHO reports that uncorrected refractive errors remain a leading cause of visual impairment worldwide.

In Ayurveda, visual function is maintained by *Alochaka Pitta*, which interprets external light stimuli. Disturbance of this *Pitta*, often due to *Ratrijagarana*, *Ati-Darshana* (excess visual exertion), and *Vata-Pitta vitiation*, leads to *Timira* — a spectrum that includes blurred vision, strain, and early refractive instability.

Among the ocular therapies, *Akshi Tarpana* — described in *Sushruta Samhita* (*Uttara Tantra* 18/56-58) — provides direct nourishment (*Sneha Sevanam*) to the eyes, acting as the most effective local therapy for *Drishtigata Rogas*. The present case documents clinical and instrumental evidence of improvement following *Tarpana Karma* in a patient with myopia and eye strain.

2. Case Presentation

OPD No.-43902

Age/Sex: 40 years/Male

Occupation: Government employee (computer operator)

Address: Veerpur, Jodhpur

Date of first visit: 21 December 2022

Ayurveda Hospital: Dr. S. Radhakrishnan Rajasthan Ayurved University Hospital, Jodhpur

Chief Complaints

- Blurred distant vision (3 years)
- Eye strain and mild headache after prolonged computer work
- Burning and watering in eyes
- Occasional difficulty focusing on near objects

Past History

No history of diabetes, hypertension, ocular trauma, or surgery.

Personal History:

Vegetarian, irregular sleep, prolonged computer exposure (>8 hrs/day).

Family History: Non-contributory.

3. Clinical Findings

3.1 Ophthalmic Assessment (Pre-treatment, 21/12/2022)

Eye	Spherical (D)	Cylindrical (D)	Axis (°)	Add (Near)	Visual Acuity
Right	-3.75	—	—	+1.00	6/9
Left	-3.50	-0.50	160	+1.00	6/9

Diagnosis: Compound Myopic Astigmatism with Asthenopia.

(Figure 1: Pre-treatment Ophthalmic Report)

3.2 Ayurvedic Assessment (10/07/2024)

- **Nidana (Causative Factors):** Ati-Darshana, Ratrijagarana, Manasika Stress.
- **Lakshana (Symptoms):** Drishtimandala Dhumra Darshana, Shiro-ruk, Akshi Kandū, Alochaka Pitta Kshaya Lakshana.
- **Dosha:** Vata-Pitta Pradhana Tridosha Dushti.
- **Dushya:** Rasa, Rakta, Mamsa, Medas.
- **Rogamarga:** Bahya Marga.
- **Sadhyasadhyata:** Sadhya (manageable stage).

Ayurvedic Diagnosis: Timira Poorva Avastha (analogous to early-stage myopia with ocular strain).

4. Therapeutic Intervention

4.1 Local Therapies

A. Akshi Tarpana (Mainline Therapy)

- **Material:** Go-Ghrita (first 4 days), Triphala Ghrita (next 4 days).
- **Duration:** 8 consecutive days (20 minutes/session).
- **Procedure:**
 - Dough ring (wheat flour) around orbit.
 - Lukewarm ghrita poured and retained.
 - Patient kept supine with gentle blinking encouraged.
 - Post-therapy, eyes washed with Triphala Kashaya.

- **Observation:** Cooling sensation, improved visual clarity by day 3.

B. Nasya Karma

- *Anu Taila* – 6 drops/nostril for 7 days.
- **Purpose:** *Shirogata Vata Shamana* and ocular nerve nourishment.

C. Netra Prakshalana

- Daily eye wash with lukewarm *Triphala Kashaya*.

4.2 Internal Medications

Medicine	Dose	Duration	Purpose
<i>Capsule Ujala</i>	1 b.i.d.	30 days	Eye Rasayana, antioxidant
<i>Triphala Ghrita</i>	5 ml HS with milk	15 days	<i>Pitta Shamana, Alochaka Pitta Prasadana</i>
<i>Triphala Churna + Madhu</i>	3 g HS	30 days	Chakshushya, Rasayana
<i>Drakshadi Leha</i>	10 g b.i.d.	30 days	<i>Raktaprasadana, Pitta Shamana</i>
<i>Haritaki Churna + Go-Ghrita</i>	3 g HS	15 days	<i>Vata Shamana</i>

5. Observation and Results

5.1 Subjective Improvements

Parameter	Before	Day 8	Day 30
Eye strain	Severe	Mild	Absent
Headache	Moderate	Occasional	None
Dryness	+++	+	Nil
Burning	Present	Reduced	Absent
Screen tolerance	1 hr	3 hrs	5 hrs
Sleep quality	Disturbed	Improved	Normal

5.2 Objective Ophthalmic Findings (Post-treatment, 29/07/2024)

Eye	Spherical (D)	Cylindrical (D)	Axis (°)	Visual Acuity
Right	-3.25	—	—	6/6
Left	-3.00	-0.50	160	6/6

Inference: Reduction of refractive error (~0.5 D) and improvement of unaided vision from 6/9 → 6/6 in both eyes.

(Figure 2: Post-treatment Ophthalmic Report)

6. Discussion

6.1 Ayurvedic Perspective

Vision depends on the clarity of *Drishti Mandala*, the nourishment of *Rasa-Rakta Dhatus*, and the balanced state of *Alochaka Pitta*. Overuse of eyes induces *Vata-Pitta vitiation*, leading to *Rukshata* and *Pitta Kshaya*, manifesting as *Timira*.

Akshi Tarpana directly nourishes ocular tissues with *Sneha Dravya* and restores *Alochaka Pitta*. *Triphala Ghrita*, being *Chakshushya* and *Rasayana*, detoxifies and revitalizes the *Drishti Mandala*.

6.2 Probable Mechanism of Action

Level	Ayurvedic Concept	Modern Correlation
Dosha	<i>Vata-Pitta Shamana</i>	Restores tear film and ocular surface homeostasis
Dhatu	<i>Rasa-Rakta Poshana</i>	Improves microcirculation and retinal nutrition
Srotas	<i>Rasavaha, Raktavaha Srotas Shodhana</i>	Removes oxidative stress metabolites
Indriya	<i>Alochaka Pitta Prasadana</i>	Enhances photoreceptor and optic nerve function

6.3 Supportive Rasayana Effect

Triphala, *Draksha*, *Ghrita*, and *Madhu* together act as *Netra Rasayana*, improving antioxidant status, stabilizing ocular metabolism, and delaying degenerative changes. Studies have demonstrated *Triphala Ghrita* to enhance glutathione and catalase activity in ocular tissues, preventing oxidative damage (Gupta SK et al., 2010).

6.4 Comparative Literature

Clinical trials on *Triphala Ghrita Tarpana* in *Timira* (Patel et al., AYU, 2022) report improvement in subjective and objective parameters similar to this case. Thus, the present case provides empirical validation to classical claims of *Tarpana Karma*.

7. Follow-Up and Prognosis

The patient was followed monthly for 3 months post-therapy. Vision remained stable (6/6), with no recurrence of strain or headache. The patient was advised:

- *Triphala Ghrita* 5 ml twice weekly
- *Trataka Kriya*, *Palming*, and *Netra Vyayama*
- Regular blinking and screen breaks

Prognosis: *Sadhya* — reversible and manageable condition.

8. Conclusion

This case validates *Akshi Tarpana* as a scientifically relevant, non-invasive, and rejuvenative ocular therapy in managing functional vision disorders. The observed refractive improvement and symptomatic relief demonstrate that *Tarpana* not only pacifies *Vata-Pitta* but also nourishes ocular structures through *Alochaka Pitta Prasadana*.

Integration of such Ayurvedic ocular therapies with optometric management may revolutionize preventive eye care and enhance visual health naturally.

9. References

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📷 Figures:

- **Figure 1:** Pre-treatment Ophthalmic Prescription (dated 21/12/2022) showing $-3.75D$ & $-3.50D$ myopia.

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मिलने का समय - सायं 6:30 से 8:30 बजे (सोमवार से शनिवार)

Not valid for medico Legal Cases

Abhiruk 40 yrs Date 21/12/22

intended in contact Adv. Workshop

Instacool eye drops

Right					Left			
	Sph.	Cyl.	Axis	V/A	Sph.	Cyl.	Axis	V/A
Dist.	-3.75				-3.5	-0.5	180°	
Near (Add)	+1.00				+1.00			

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- **Figure 2:** Post-treatment Ophthalmic Report (dated 29/07/2024) showing improvement to 6/6 vision and reduced refractive error.

Sph. Cyl. Axis V/A

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मिलने का समय साय 5.30 बजे से सोमवार से शनिवार (only by Appointment)

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Abhishek

29/7/24

विशेष सुविधाएँ

- * फेको इमल्सिफिकेशन
(Phaco emulsification)
पद्धति द्वारा मोतिया का
ऑपरेशन
(Cataract Operation)
व लैंस प्रत्यारोपण
(Foldable Indian & Imported
IOL)
- * कालापानी (Glaucoma) की
जॉंच व ईलाज
- * कॉन्टैक्ट लेंस
(Contact Lens)
- * लेजर द्वारा लैंस की सफाई
(Yag Capsulotomy)

Ry

(N6) cgl

	Right				Left			
	Sph.	Cyl.	Axis	V/A	Sph.	Cyl.	Axis	V/A
Dist.	-3.25			6/6	-3.0	-0.5	180°	6/6
Near (Add)								

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