

ASSIGNMENT ON
NETRA KRIYA KALPAM

नेत्र क्रिया कल्पम्

Submitted to

Department of Salakya Tantra

PNPSAMC

Submitted by

Vineeth Joseph

Roll No. 50

IIIrd Prof BAMS

PNPSAMC

CONTENTS

- **Introduction**
- **Classification**
- **Seka**
- **Aschyotana**
- **Pindi or Kawalika or Pindika**
- **Vidalaka**
- **Anjana**
- **Tarpana**
- **Putapaka**
- **Bibliography**

INTRODUCTION

In Ayurveda, the local treatment procedures of netra are explained in the name of Netra Kriya Kalpa.

क्रियाणां तर्पणपुटपाकादीनां कल्पनं कारणं क्रियाकल्पः ॥

(Su. U. 18/2)

The word kriya means therapeutic action and kalpana means specific formulations.

Kriya kalpa is a bahirparimarjana chikitsa and has several advantages over oral administration.

1. The drugs given orally will undergo digestion under the influence of pachaka pitta. The drugs administered through kriya kalpa are not digested by it and possibly rectify accumulated dosha.
2. The oral drugs find it difficult to cross blood-aqueous, blood-vitreous and blood-retinal barriers to reach the target tissues of the eye. The topical drugs can reach there and achieve higher bio-availability.
3. The tissue contact time of the drugs can be controlled in kriyakalpa and they are selected depending upon the stage and severity of the disease.
4. The medications can be judiciously selected. i.e, to increase ushna or sheeta, snigdha or rooksha in the local area.

Thus high concentration of the drug can be achieved by applying the medicines to eye.

CLASSIFICATION

Many local therapeutics are described for eye diseases in different contexts.

Kharshana

Pratisarana

Avachoorana

Samswedana

Tharpana

Aschyotana

Parisheka

Putapaka

Poorana

Pindi

Aalepa

Upanaha

Anjana

Avagundana

Sandhavana

Lepana

Vidalaka

Prathyanjana

Abhyanjana

Among the above, some of the procedures are highly beneficial and are included under kriyakalpa.

Acharya charaka explained three kriya kala.

1. Vidalaka
2. Aschyotana
3. Anjana

Acharya Susrutha explained 5 kriyakalpa.

तर्पणं पुटपाकश्च सेक आश्च्योतनाञ्जने ।

(Su. U. 18/4)

1. Seka
2. Aschyotana
3. Anjana
4. Tharpana
5. Putapaka

Sarangadara mentioned 7 kriyakala.

सेक आश्च्योतनं पिन्डि विडालस्तर्पणं तथा ।

पुटपाको ऽञ्जनं चैभिः कल्पनैर्नेत्रमुपाचरेत् ॥

(Sar. U. 13/1)

1. Seka
2. Aschyotana
3. Pindi
4. Tharpana
5. Vidalaka
6. Putapaka
7. Anjana

Vagbhata followed Susrutha and Bhavamisra followed Sarangadhara in the description of kriyakalpa.

I. SEKA

It is indicated in acute condition of the diseases. Medicine is poured on closed eyes (on closed eye lids) continuously from 4" height, for a specific time, according to dosha.

सेकस्तु सूक्ष्मधाराभिः सर्वस्मिन्नयते हितः ।

मलिताक्षस्य मर्त्यस्य प्रदेयश्चतुरङ्गुलात् ॥

(Sar. U. 13/1-2)

Types

स चापि स्नेहनो वाते रक्ते पित्ते च रोपणः ।

लेखनश्च कफे कार्यः तस्य मात्रा ऽधुनोच्यते ।

षट्वाकशतैः स्नेहनेषु चतुर्भिश्चैव रोपणे ।

वाक् शतैश्च त्रिभिः कार्यः सेको लेखन कर्मणी ।

कार्यस्तु दिवसे सेको चात्ययिके गदे ।

(Sar. U. 13/2-5)

1. Three types - Snehana, Ropana, Lekhana.

2. Two types - Ushnaseka, Seethaseka

SI No.	Name of the method	Dosha predominance	Duration/time	Nature of medicine
1	Snehana	In vata disorders	400 matra kala (aparahna)	Luke warm, oily, madhura, amla, lavana oushada has to use
2	Ropana	In pitta and raktha disorders	600 matra kala (madhyahna)	Cool, madhura, tikta, kashaya oushada has to use
3	Lekhana	In kapha disorders	300 or 200 matra kala (poorvahna)	Luke warm, katu, tikta, kashaya oushada has to use

In the acute condition, it can be done at any time.

After the treatment, eyes should be washed or cleansed with luke warm water and achieved not to use the bright things and not to take kapha vridhikara ahara & vihara.

Samyak seka lakshana

1. Roga nivrutti (relieved from disease)
2. Swabhavika varna (getting natural colour)
3. Karya padutwam (perfectness in the function of the part)
4. Vedhana santhi (relief from pain etc.)

Seka yoga

1. Seka with medicated milk prepared from eranda twak, patra, moola, ajadugdha is used in vataja abhishyanda.
2. Seka with medicated milk prepared from saindhava lavana & aja dugdha is used in vataja abhishyanda.
3. Seka with medicated milk prepared from lodra, yastimadhu (taken in equal quantity, fry in gritha) ajaksheera is used in pitta & raktha abhishyanda.
4. Seka with medicated milk prepared from triphala, lodra, yastimadhu, manjishta, sariba, kamala, grinded with water and can be used in pittaja & rakthaja abhishyanda.

II. ASCHYOTANA

अथाश्च्योतनं कार्यं निशायां न कथंचन ।

उन्मीलिते अक्षिण द्रुङ्मध्ये बिन्दुभिः द्वयङ्गुलत् हितम् ॥

(Saa. U. 13/12-13)

Instillation of few drops of medicines to the open eye from a height of 2 angula is called as aaschyotana.

सर्वेषां अक्षिरोगिणां आदौ आश्च्योतनं हितम् ।

रुक् तोद कण्टू घर्ष अश्रु दाह राग निर्बर्हणम् ॥

(A.H.Su 23/1)

Aaschotana is the first line of treatment in the eye diseases.

This will relieve:

Ruk, todha - Painful conditions

Kandu - Scratching

Kharsha - Irritation or foreign body sensation

Asru - Excessive watering

Dhaha - Burning

Raga - Redness or congestion

Paka, sophā - Features of inflammation

Aaschyotana is contraindicated in night & should be done only during day time:

Morning in kaphaja diseases

Afternoon in pittaja diseases

Evening in vataja diseases

Ascyotana Vidhi

निवातस्थस्य वामेन पाणीनोन्मील्य लोचनम् ।

शुक्तौ प्रलम्बया ऽन्येन पिचुर्वत्या कनीनके ॥

(A.H. Su. 23/2-3)

Types

- 3 types
1. Lekhana
 2. Ropana
 3. Snehana

Sl No.	Name of the method	Dosha pradhanatha	Dosage of medicine	Nature of medicine
1	Lekhana	Kapha vikara	7-8 drops	Luke warm, katu, tikta, kashaya medicine
2	Ropana	Pitta and rakta vikara	12 drops	Cool, madhura, tikta, kashaya medicine
3	Snehana	Vata vikara	10 drops	Luke warm, oily, madhura, amla, lavana medicine

Aschyotana yoga

1. Aschyotana with triphala kashaya is used in all types of abhishyanda.
2. Aschyotana with sthanya can be used in vata, pitta, & rakta abhishyanda.
3. Aschyotana with ksheerisarpi or ksheeri navaneetha can be used in vataja pitta & rakthaja abhishyanda.
4. Aschyotana with decoction of bilwadi panchamoola, erandamoola, sigru brihathi, is used in vataja abhishyanda.
5. Aschyotana with the medicated milk prepared from kantakari moola is used in vataja abhishyanda.
6. Aschyotana with amalaki phala swarasa, can be used in pittaja abhishyanda.
7. Aschyotana with medicated milk prepared from draksha yestimadhu, manjishta, jeevaneeya dravya and milk.
8. Saindava lavana, sunti + ghritha kept for a month, after that with sthanya aschyotana can be done in netrapaka.

III. PINDI OR KAVALIKA OR PINDIKA

Pindi is the modification of vidalaka. Instead of directly applying the pastes to the eyelid, they are packed in thick cotton cloth & are kept tightly over the eye lids.

पिण्टि कावलिका प्रोक्ता वध्यते पट्टवस्त्रकैः ।

(Sar. U. 13/21-22)

वस्त्रवद्धं प्रकुपितमात्रे अवगण्ठनं नेत्रे ।

(A.H.U. 16/5)

1. In vata diseases - oleus hot medicine has to use.
2. In pitta diseases - cold medicine has to use.
3. In kapha diseases - rough hot medicine has to use.

Types of Pindi

नेत्राभिष्यन्दयोग्या सा व्रणेष्वपि निबध्यते ।

(Sar. U. 13/21-22)

अभिष्यन्देषु सर्वेषु बध्नीयात् पिण्डिकां बुधः ॥

(Sar. U. 13/24)

Pindi yoga

1. Pindi with triphala in all types of abhishyanda.
2. Pindi with amalaki or maha nimba patra in pittaja abhishyanda.
3. Pindi with sigru patra or nimba patra in kaphaja abhishyanda.
4. Pindi with lodra which is fried is ghritha, grinded with kanji is used in pitta and rakta abhishyanda.
5. Pindi with eranda patra, moola in vataja abhishyanda.
6. Pindi with nimba patra + sunti + saindhava lavana in kaphaja abhishyanda.

IV. VIDALAKA

विडालको बहिलेपो नेत्रे पक्ष्म विवर्जितः ॥

(Sar. U. 13/30)

बहिरक्षणोः प्रलेपनम् ।

पक्ष्माण्य स्पृशता कार्यम् ।

(Cha. Chi. 26/236)

पक्ष्म परिहरेण अक्षि कोश लेपनम् ।

(A. S. Su 22/3)

Vidalaka is the application of medicated paste to the outer surface of the eye lids.

Types

Types of vidalaka according to thickness of the medicated paste,

If the lepa is,

1" thick, it is utthama (the best)

1/3" thick, madhyama (moderate)

1/4" thick, heena (minimal)

Indications

Dhaha - Burning

Upadheha - Discharges

Asru - Excessive tears

Sopha - Swelling

Raga - Redness/Congestion

Todha/Bedha/Ruk - Different types of pain

Kandu - Scratching

Kharsha - Foreign body sensation

After the application of medicines, following measures are contraindicated.

- > Excessive speaking, jokes, anger, grief, weeping etc.
- > Wandering under the sun
- > Day sleep

Otherwise they may produce itching/dryness of the skin, peenasa and disturb vision.

Vidalaka yoga

Application of the medicated paste to the eyelids with following medicines.

1. Yashtimadhu, gairika, saindhava lavana, daru haridra, rasanjana + water in all types of abhishyanda.
2. Neel kamal, mustha, daru haridra, kaleeyaka, yashtimadhu, lodra, padmaka, sathadhoutha gritha in raktaja abhishyanda.
3. Rasanjana in kaphaja abhishyanda.
4. Kumari + chitraka patra in kaphaja abhishyanda
5. Hareetaki + sunti + tejapatra in kaphaja abhishyanda.
6. Dadima patra in pittaja abhishyanda.
7. Vacha + haridra + nimba patra used in kaphaja abhishyanda
8. Suntis + gairika in kaphaja abhishyanda
9. Lodra get fried in ghee and used in vataja abhishyanda.
10. Chandana + sariva + manjishta + padmaka + yashtimadhu + jatamamsi + takara + lodra + jathipushpa + gairika used in pittaja abhishyanda.

V. ANJANA

वक्त्ररूपेषु दोषेषु शुद्धकायस्य केवले ।
नेत्रे पव स्थिते दोषे प्राप्तमञ्जनमाचरेत् ॥
(Su. U. 18/51)

Application of medicine to the internal surface of lid margin from kaneenaka sandhi to apanga sandhi, with anjana salaka is known as anjana.

लेखनं रोपणं चापि प्रसादनमथापि वा ॥
(Su. U. 18/52)

लेखनं रोपणं दृष्टिप्रसादनमिति त्रिधा अञ्जनम् ॥
(A.H.Su 23/10)

A. Classification of anjana according to action of the drug

(1) Lekhana anjana:- used in kapha predominant disorders, drug has to prepare with all except madhura rasa.

i.e, in vata pradhana, with the predominance of amla-lavana rasa.

विशदं लघ्वनास्रावि क्रियापटु सु निर्मलम् ।
संशान्तोपद्रवं नेत्रं विरिक्तं सम्यगादिशेत् ॥
(Su. U. 18/75)

In pitta pradhana - tikta-kashaya rasa

In kapha pradhana - katu-tikta kashaya rasa

In rakta pradhana - kashaya-tikta rasa

Anjana scrapes and expels the dosha from netra, vartma, sira, netra kotha, and asru vaha srotas, through the mouth, nose, eye.

(2) Ropana anjana:- the drug should be oily, with the predominance of tikta and kashaya rasa, it gives strength and complexion to the eyes.

कषायं तिक्तकं वाऽपि सस्नेहं रोपणं मतम् ।
तत् स्नेह शैत्यात् वर्ण्यं स्यात् दृष्टेश्च बलवर्धनम् ।
(Su. U. 18/55)

(3) Prasadhana anjana:- it is prepared with madhura and sneha predominant medicines.

मधुरं स्नेहपन्नं अञ्जनं तु प्रसादनम् ।
दृष्टि दोष प्रसादनार्थं स्नेहवार्थं च तद्धितम् ॥
(Su. U. 18/56)

It is used for dushti prasadhana (improvement of vision), and to remove the roughness of dushti (dushti snehana)

In vata roga at evening, pitta roga at nights and in kapha roga morning anjana has to do.

B. Classification of anjana according to aakrithi (Nature of drug)

(1) Gutika

(2) Rasa kriya

(3) Choorna

(1) Gutika/varti

Is used in strengthly disorders. (mahabala roga)

a) lekhana gutika - 1 harenu matra (dosage)

b) ropana gutika - 1½ harenu matra

c) prasadana gutika - 2 harenu matra

(2) Rasakriya

Is moderate type of diseases (madyama bala roga)

a) lekhana rasakriya - 1 harenu

b) ropana rasakriya - 1½ harenu

c) prasadana rasakriya - 2 harenu

(3) choorna

Is used in heenabala roga

a) lekhana choorna - 2 salaka

b) ropana choorna - 3 salaka

c) prasadana choorna - 4 salaka

C. Classification of anjana according to rasa (drug taste)

- (1) madhura anjana
- (2) amla anjana
- (3) lavana anjana
- (4) katu anjana
- (5) tikta anjana
- (6) kashaya anjana

D. Classification of anjana according to karma or potency of drug (dravya veerya)

(2) Mrudu anjana	(1) Teekshna anjana
a) Snehana b) Ropana c) Prasadana	Lekhana

Anjana salaka, anjana patra

Anjana paatra (vessel)	Rasa of the anjana drug
Swarna paatra	Madhura rasa drug
Roupya paatra	Amla rasa drug
Meshasringa paatra	Lavana rasa drug
Tamra or loha paatra	Kashaya rasa drug
Vaidoorya paatra	Katu rasa drug
Kaamsya paatra	Tikta rasa drug

Anjana salaka

Salaka should prepare with the metals are above.

e.g:- (1) for madhura rasa anjana - salaka should be prepare, with gold etc.

(2) for lekhana karma - salaka should be prepared with tamra

(3) ropana karma - salaka should be prepared with loha salaka

(4) prasadhana karma - salaka should be prepared with swarna salaka.

Anjana salaka should be 10 angula length. The two ends should be blunt (should not sharp), like jasmine (flower), should be easy for handling, and should not be rough, thin, hard, and breakable.

When anjana has to apply:-

(1) Body should be purified by siravyadha, virechana, nasya, vasthi etc.

(2) Aamavastha should be eliminated.

(3) The eye should be free from ama and should exhibit normal doshic symptoms, then only after aschyotana anjana has to do.

Anjana vidhi

(1) Mangalacharana

(2) Devatha prarthana

(3) Then patient is asked to sit without fear & tension.

(4) Doctor with his left hand, has to open the eyes of the patient, and with his right hand he has to handle anjana salaka and has to do anjana from kaneenaka sandhi to apanga sandhi and from apanga sandhi to kaneenaka sandhi.

(5) Anjana should not be more or less, hard or soft, teekshna or mridhu, quick or delayed, if so causes injury to eyes.

(6) After anjana vidhi, by closing the eyes, eyeball should be rotated gently, eye lids should be moved slowly - by this the medicine perfectly spreads in the eyes.

(7) The dosha's dissolves and comes out in the state of lacrimation.

(8) The eyes should be cleaned when discharge stops.

(9) If required according to the condition prathyanjana has to give.

Anjana nisheda (Contraindication of anjana)

Anjana vidhi is not advisable for the following conditions or diseases like srama, vegavarodha, udavartha, rodhana, madhyapana, krodha, bhaja jwara, sirodosha, sirasthana, netra aakhatha, sun stroke, pipasa, vomitting, jakara, nasya, rechana, dhoomapana.

If anjana has given in above states causes netra roga (hyperaemia), srava (exudation), soola (pain), sotha (oedema), timira (dim vision), and difficulty in opening and closing the eye lids.

Anjana yoga

(1) Choornanjana yoga :-

a) Souveera choornanjana

Heat the souveeranjana and dip in the triphala kashaya, for 6 times then 7th time has to dip in stanya, then drug should be dried and powdered, this is useful in most of the eye diseases.

b) Mareecha ½ part, pippali, samudra phena 1 part, saindava lavana ½ part, souveeranjana 1 part, togetherly powdered and used as anjana, in kaacha & netra vikaaras.

c) Sireesha beeja, mareecha, pippali, and saindava lavana, choornanjana used in savrana sukla.

(2) Souveeranjana yoga:-

a) Krishna sarpa vasa rasakriya anjana:-

Krishna sarpa vasa, sankha, nirmali phala is useful in andhatwa (blindness).

b) Gudoochi rasakriya anjana :-

Gudoochi swarasa 12g, madhu 1g, saindava lavana 1g mixed and grinded together. It is used as anjana in arma, timira etc. netra vikara.

c) Babboola patra rasa kriyanjana - used in netra srava.

(3) Gutika or varti anjana yoga :-

a) Karanja varti anjana :- Karanja beeja choorna bhavana in palasa pushpa swarasa for many times, and used as the varthi anjana as in netra pushpa.

b) Samudra phenadi varti anjana:- Samudra phena, sankha, kukkudanda twak, sigru beeja, the prapared varti anjana is used in sukra.

c) Nakthyantha nasini varti anjana

Rasanjana, haridra, daruharidra, jatipatra, nimba patra - grinded with gomaya rasa and used as varti anjana.

Generally, lekhana anjana will be in powder form. Ropana and prasadana anjana will be either in varti or rasakriya form.

VI. AKSHI TARPANA

तर्पणकं नेत्र तृप्तिकरं परम् ।

(Sar. U. 13/38)

It is one among seven kriya kala, it gives nourishment to the eyes and cures the vata pitta vikara (preventive as well as curative aspects).

In this process, the unctuous (oily) substance is kept in the eye for a specific time by special arrangements.

Indications

ताम्यत्यतिविशुष्कं यद्रूक्षं यच्चातिदरुणम् ।

शीर्णं पक्ष्माविलं जिह्वं रोग क्लिष्टं च यद्भृशम् ।

तदक्षि तर्पणादेव लभेतोर्जामसंशयम् ॥

(Su. U. 18/17-18)

1. Tamyata
2. Stabdata
3. Sushkata
4. Rookshata
5. Abhikhata
6. Vata pitta vikara
7. Jihvata
8. Katina vartma
9. Krichronmeela
10. Sirotpata
11. Sira harsha
12. Arjuna
13. Abhishyanda
14. Adhimanda
15. Anyatovata
16. Vata paryaya
17. Sukra roga
18. Seerna pakshma

Procedure of tarpana vidhi

Poorva karma :-

Kaya sodhana by vamana, virecana, vasti, raktamokshana etc. and siro sodhana with nasya should do.

It can be given both in the morning and evenings.

Pradhana karma :-

In sadarana ritu (in normal season) either in the morning or in the evening it should be done.

The place should be rajo dhooma rahitha (without dust or smoke), prakaasavan (with bright light). Then the patient is asked to lie down (uthana sayanam) with the paste of yava or masha, masha pali has to prepare and stick around the eyes in 2" height, it prevents the medicine not to escape out from eye cavity. The medicine (ghrita manda) has to melt by putting the vessel in hot water (tapta ambu pravilapitam), the medicines has to pour in the cavity formed by masha pali while the eyes are closed (nimeelatha netram), upto the level of eyelashes and the patient is advised to open and close his eyelids gradually upto specific time according to vitiation.

Oushada dharana kalam

Sl No.	Diseased part	Duration of the procedure
1	In sandigata roga	300 matra kala
2	In vartmagata roga	100 matra kala
3	In suklagata roga	500 matra kala
4	In krishnagata roga	700 matra kala
5	In drishtigata roga	800 or 1000 matra kala
6	In sarvagata roga	1000 matra kala
1	Vataja roga	1000 matra kala
2	Pittaja roga	800 matra kala
3	Kaphaja roga	600 or 500 matra kala
4	Swastha	500 matra kala
1	Vataja 1 day	Tarpana has to do
2	Pittaja 3 days	
3	Kaphaja 5 days	

As per jejjetta,

Alpa dosha	-	1 day
Madhyama dosha	-	3 days
Atidosha	-	5 days tarpana has to do

As per videha in healthy condition with 2 days gap,

Vataja	-	daily
Rakta, pitta dosha	-	1 day gap (alternatively)
Sannipataja	-	2 days gap
Kaphaja	-	3 days gap

Complications

गुर्वाविलमतिस्निग्धमश्रुकण्डूपदेहवत् ।
जेयं दोष समुत्किलष्टं नेत्रमत्यर्थतर्पितम् ॥

(Su. U. 18/14)

Guru – feeling of heaviness in the eyes

Avila – visual disturbances

Ati snigdha - excessive oiliness in the eyes

Asru – watering of the eyes

Kandu – itching sensation in the eyes

Upadeha – stickiness due to excessive discharge

Paschat karma

1. After specific time of tarpana the medicine should be removed by doing a perforation in mashapali at temporal side
2. The eyes should be cleaned with yava pishta
3. Ushnodaka (luke warm water) prakshalana
4. Siro virechana, and dhoomapana to save the eye from kaphaja disorders
5. Patient is advised not to see bright things

Samyak tarpita lakshana

1. Prakasa kshamatha (tolerance to light)
2. Swasthyam (health)
3. Vishada netram (lightness in the eyes)
4. Laghu lochana (sound sleep)
5. Swabhavika nidra (normal colour and complexion of the parts)
6. Swabhavika varna of netra anga (normal colour and complexion of the parts)
7. Vyadhi nivaaranam (health gain)
8. Lagutva in nimeshonmeshanam (easy in closing and opening of eyes)

Atitarpita lakshana

1. Gurutwa (heaviness in the eyes)
2. Avilatva (dirty collections in the eye)
3. Atisnigda (oiliness in the eyes)
4. Asru srava (epiphora)
5. Kandu (itching sensation)
6. Upadeha (sticky debris collection in the eye)
7. Kapha complication

Heena tarpita lakshana

1. Rookshata (roughness)
2. Avilata (dirtiness)
3. Netrasrava (lacrimation and discharges)
4. Roga vridhi (aggravation of the disease)
5. Roopa darsana avarodha (indistinct vision)

VII. PUTAPAKA

स्नेहपीता तनुरिव क्लान्ता दृष्टिर्हि सीदति ।
तर्पणानन्तरं तस्माद् दृग्बलाधानकारिणम् ॥
पुटपाकं प्रयुञ्जीत पूर्वोक्तेष्वेव यक्ष्मसु ।

(A.H.Su. 24/12-13)

Indications and procedure is like tarpana but the medicine preparation is specific. i.e, the medicine is (swarasa) extracted by puta paka vidhi.

स्नेहनो लेखनीयश्च रोपणीयश्च सा त्रिधा ।

(Su. U. 18/21)

स त्रिभिः स्नेहनो लेखन प्रसादनश्च ।

(A. S. Su. 33/5)

It is of 3 types

1. Snehana putapaka
2. Ropana putapaka
3. Lekhana putapaka

Vagbhata explained prasadana putapaka instead of ropana putapaka.

Indications

By virtue of nourishment,

Visual disturbances	-	timira, avila darsana
Dry eye conditions	-	rooksha, parisushka, ativisushka
Allergic conditions	-	daruna, klisha vartma
Diseases of eye lids	-	hardened painful eyelids and damaged eyelashes : daruna vartma and sirna pakshma
Structural deformities	-	squint – jihwa (netra kutilata) Difficulty in the movement of eyeball and eyelids : Stabdata, krichronmeela

Diseases of sukla mandala	-	Sirotpata, siraharsha, ajuna
Diseases of krishna mandala	-	Savrana sukla and avrana sukla
Diseases of sarva akshi	-	Abhishyanda, adhimanda, anyathovata, Vataparyaya and sushkakshipaka
Diseases dominated by swelling-		Sotha
Diseases due to injuries		

Contraindications

- Climatic conditions : very hot, very cold, cloudy weather
- General weakness : during excessive stress, worries, tiredness, and giddiness
- Associated with amalakshana (acute manifestation of eye diseases) like raga, asru, soola, samramba, dooshika, and upadravas.
- Conditions forbidden for nasya karma : navapratisyaya, swasa and kasa
- Immediately after drinking : water, alcohol, poison, fatty substances or eager to drink any one of them.
- Kapha dominant types of siroroga, karna roga and nasa roga

Ratio of the drugs

Flesh 2 pala, drava 2 pala, liquids 8 pala.

1. Snehana putapaka :- used in rooksha netra, vata vikara, the medicine has to kept in the eyes for 200 matra kala. Two days can be given.

The medical combination is :-

Anupa mamsa, vasa majja, kakolyadi varga dravya are used. The above medicines are grinded, bolus should be prepared and has to cover with vata hara patra and so on. This should be heated (putapaka).

Swarasa be extracted and used like in tarpana vidhi.

2. Ropana putapaka :- dushti balya, vata, pitta, rakta vrana dosha hara, the medicine is kept for 300 matra kala, upto 3 days it should be done.

Combination of medicine

Jangala mamsa, madhu, ghrita tikta dravyas, stanya, the putapaka has to do for the perfect extraction of swarasa.

3. Lekhana putapaka :- it used in the vitiation of kapha dosha (atisnigdha patients). The duration is 100 matra kala and the period is only one day.

Medicine combination

Jangala mamsa, yakrut, lekhana drugs like kantha loha bhasma, tamra bhasma, sankha bhasma, pravala bhasma, saindhava lavana, samudraphena, kaseesa, srothonjana, dadhi, masthu, madhu, sunti, mareecha, pippali etc. drugs.

Medicine should be extracted by putpaka for the therapy.

Putapaka vidhi

बिल्वमात्रं पृथक् पिण्डं माम्सभेषजकल्कयोः ।
उरुबक वटाम्भोज पत्रैः स्नेहाक्षिषु क्रमात् ॥
वेष्टयित्वा मृदालिप्तं धवधन्वयगोमयैः ।
पचेत् प्रदीप्तैरग्न्याभं पक्वं निष्पीड्य तद्रसं नेत्रे
तर्पणवद्युञ्ज्यात् ॥

(A.H Su.24/17-18)

Materials

Three group of materials are required to prepare putapaka rasa. The first group comprises of meat, nearly 100g in weight (2 pala or 2 part). The second group of plant products nearly 50g (1 pala or 1 part). The third group comprises of liquids decoctions, water, milk etc. nearly 400 ml (1 kudava or 8 parts)

Method

1. The specified ingredients are cleaned, cut into pieces and properly grinded to make a smooth paste. This paste is made into a ball like structure resembling a bilwa phala.
2. This ball is wrapped with leaves of erranda , vata, or utpala or any other available leaves like gambhari, water lilies, banana etc.
3. It is tied properly with threads.
4. The outer covering is smeared with mud or clay. The thickness should be nearly 2 inches.
5. It is thrown into fire to bake. The firewood of khadira, nirmeeli, asmanthaka, eranda, patala, vrisha, badara or milk extruding plants are preferred. Otherwise, burning cow dung can also be used.
For Snehana putapaka - the firewood of dhanva tree
For Lekhana putapaka - the firewood of dhanvana tree
For prasadana putapaka - cow dung fire
6. When this bolus becomes red hot and ingredients inside are properly cooked, it is removed from fire. The outer mud covering is scrapped off. The threads are cut open; the contents are squeezed by compressing.
7. This juice putapaka rasa is used for the procedure as in tarpana.
8. The medicines should be poured through kaneenaka sandhi, or in the centre of dushti.
9. Lekhana putapaka is done only for one day. Snehana putapaka for two consecutive days. Ropana putapaka for three consecutive days.
They are useful in the diseases of kapha, pitta and vata respectively.
10. Aftercare : Snehana, Swedana, and Dhoomapana
The exposure to illuminous bodies, mirror, sky and blowing wind are avoided during this period.
Duration of the aftercare : Lekhana putapaka - 2 days
 Snehana putapaka - 4 days
 Ropana putapaka – 6 days



ANJANA



PUTAPAKA



NETRA TARPANA

BIBLIOGRAPHY

- **Susrutha Samhitha**
- **Ashtanga Hrudaya**
- **Sarangadara Samhitha**
- **Text book of Salakya Tantra – Prof. Udaya Shankar**
- **The Salakya thanthra - Dingari Lakshmanachary**