



RESEARCH ARTICLE

A CONCEPT OF JIVANTYADI GHRITA SNEHAPANA IN THE MANAGEMENT OF TIMIR (MYOPIA)

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ABSTRACT

Myopia is a type of refractive error in which parallel rays of light coming from infinity are focused in front of the retina, when accommodation is at rest. Timir is related with first two Abhyantar Patala of eye. Timir means the darkness or loss of vision and Symptomatology of Timir can be considered as Myopia. Ghrita has its own nutritional value; it helps in regulating functions of extra ocular muscles and eye lids. Jivanti is Chakshyushya and Sarvadoshaghna. The Chakshyushya regimen mentioned in the classics can be useful in controlling the progress of the disease. Snehapana of Jivantyadi Ghrita is Chakshyushya and good beneficial for eye and vision. Jivantyadi Ghrita is a medicated Ghrita which acts as an excellent eye toner and improve vision and function of eye. It delays degenerative diseases of the eye, which has no side effects. However it is best to use this product under medical supervision.

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INTRODUCTION

Good vision is crucial for social and intellectual development of a person so to protect this organ is not a necessity but also a responsibility of every individual (Bramhanand tripathi, 2013). Myopia is a burning issue in this era. A refractive error is an error in the focusing of light by the eye and frequent reason for reduced visual acuity. Myopia is a type of refractive error which parallel rays of light coming from infinity are focus in front of the retina. Myopia is clinically classified into simple/low myopia and pathological/ progressive Myopia. Myopia is corrected by the concave lens and different types of surgeries. Till today no oral medicine invented to correct or to prevent Myopia. The *Timir Pratishedha Adhyaya* separately was written by *Acharya Vagbhata* (Bramhanand tripathi, 2013). In this chapter he has described treatment for *Doshaja Timir* but, the treatment modality is not mentioned separately for *Patalagata Timir*. A number of herbal drugs, animal drugs and many treatment modalities are mentioned as *Chakshyushya* for *Timir*. Till today it is not established that this particular drug and drug modality is useful for Myopia.

Concepts of Timir as Myopia

Timir means the darkness or loss of vision. The *Timir* is related with *Abhyantar Patala* as it isoccur in the first two layers of the eye ball. As per *Vagbhata*, when the vitiated *Dosha* invade

first two *Patala*, the patient complains of difficulty in seeing objects (Bramhanand tripathi, 2013). This is the also common complains of Myopia.

Doshas in 1st Patala

The only symptoms produced when the *Doshas* are vitiated in the first *Patala* than *Avyakta Darshana* (Kaviraj Ambikadatta Sashtri, 2012) can occur. Low grade myopia can be corrected by accommodation.

Doshas in 2nd Patala

The main symptoms when the *Doshas* are vitiated in 2nd *Patala* than *Vihwala Darshana* can occur. A Clinical features of second *Patalagata Timir* as follows *Darshana* (Kaviraj Ambikadatta Sashtri, 2012) - More dimness of vision, Floaters in the visual field, Scotoma or blind area in visual field giving rise to field defect in vision, Metamorphopsia, Micropsia and Diplopia.

Snehankarma

The process by which *Snigdghata, Vishyandata, Mardavata* and *Kledata* are achieved is known as *Snehana* (Acharya Vidhyadhara Shukla and Pro. Ravidatta Tripathi, 2012). *Snehana* has the principal property of *JalaMahabhuta*. However, in this context it refers to the procedure adopted for including oleusness with the help of *Sneha Dravyas*. *Snehana* used in two ways for therapeutic procedure: *Shodhanakarma* and *shamana Karma*.

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Jivantyadi Ghrta as Shamana Snehapana

When *Sneha* is administered with an intention it normalizes the aggravated *Doshas* without expelling them out or disturbing the normal one. It has been explained by *Hemadri* that if *Shamana Sneha* is administered after the digestion of previous diet (*Jirnahara*).

Contains of Jivantyadi Ghrta (Bramhanand Tripathi, 2013)

No.	Drug name	Latin name	Part used
1	<i>Jivanti</i>	<i>Leptadenia reticulata</i>	Root (dry)
2	<i>Prapaundrika</i>	<i>Nelumbo nucifera</i>	<i>Panchanga</i>
3	<i>Ashvagandha</i>	<i>Withania somnifera</i>	Root
4	<i>Pippali</i>	<i>Piper longum</i>	Fruit
5	<i>Lodhra</i>	<i>Symplocos racemosus</i>	Stem bark
6	<i>Saindhava</i>	<i>Himalayan rocksalt</i>	-
7	<i>Shatahva</i>	<i>Anethum sowa</i>	Fruit
8	<i>Madhuka</i>	<i>Glycyrrhiza glabra</i>	Root
9	<i>Draksha</i>	<i>Vitis vinifera</i>	Fruit
10	<i>Sita</i>	<i>Rock candy</i>	-
11	<i>Daru</i>	<i>Cedrus deodara</i>	<i>Kandasara</i>
12	<i>Haritaki</i>	<i>Terminalia chebula</i>	Fruit
13	<i>Bibhitaki</i>	<i>Terminalia bellirica</i>	Fruit
14	<i>Amalaki</i>	<i>Emblica officinalis</i>	Fruit
15	<i>Godugdha</i>	-	-
16	<i>Goghrita</i>	-	-

Matra: *Uttama* (Acharya Vidhyadhara Shukla and Pro.Ravidatta Tripathi, 2012) (which digested in 24 hours) or *Madhyama* (Bramhanand tripathi, 2013) (which digested in 12 hours) one should follow regimen of *Abhyantar Snehapana*. Patient will be advice to take meal after the digestion the *Ghrta*

Kala: *Annakale Prakankshite* (Acharya Vidhyadhara Shukla and Pro.Ravidatta Tripathi, 2012) (at before meal).

DISCUSSION

1. Goghrita:

The *Goghrita* has especially *Chakshyushya*, *Vrishya*, *Agnivardhaka*, *Madhura Vipaka*, *Sheetavirya* and *Tridoshashamaka* properties. It is *Meghavardhaka*, *Kantivardhaka*, *Ojovardhaka*, *Alakshminashaka*, *Papanashaka*, *Vayahsthapaka* and *Guru*. It is also *Balya*, *Ayurvedhaka*, *Rasayana*, *Pavitrakaraka* and *Mangalya* (Chunekar, 2008). Cow's Ghee contains approximately 8% lower saturated fatty acids which make it easily digestible. The digestibility coefficient or rate of absorption is 96% which is better than other animal and vegetable fats. Cow's Ghee contains carotene in the amount of 3.2 – 7.4 µg/g, vitamin A in the amount of 19 – 34 I.U. /g and Tocopherol (vitamin E) in the amount of 26 – 48 µg in it, vitamin D and K all of which are beneficial for eyes (Srinivasan and Ananta Krishnan, 2007). It is recommended to treat the eye diseases. Vitamin A and E are antioxidant and are helpful in preventing oxidative injury to the eye (A cause of about 80-90% degenerative diseases). Vitamin A also keeps epithelial tissues of body intact, keeps outer lining of eyeball moist and prevents blindness.

Vitamin A and Vitamin E are anti-oxidant and help in preventing oxidative injury to the body. Thus *Ghrta* in general and *Goghrita* in particular is one of the easily digestible and assailable foods which provide essential nutrients and critical anti-oxidants.

2. Jivantyadi Ghrta

(1) All the ingredients are available in their authentic forms. (2) Ingredients are having *Chakshyushya* and *Rasayana* properties. Among them *Jivanti* is a best *Chakshyushya* (Acharya Vidhyadhara Shukla and Pro.Ravidatta Tripathi, 2012) and main contains of this compound. (3) Most of ingredients have *Madhurarasa*, *Sheetavirya* and *MadhuraVipaka* which is very helpful for eye disorders. (4) All *Acharya* have mentioned these ingredients as *Chakshyushya* and very effective in treating the eye disorders.

Conclusion

- Among the *Chaturvidha Sneha*, *Ghrta* is the best *Abhyantar Sneha*. *Jivanti* is one among the best *Chakshyushya* drug, *JivantyadiGhrta* comprising of both will be an ideal selection for *Timir*
- *Timir* is a *Vata Nanatmaja Vyadhi* (Acharya Vidhyadhara Shukla and Pro.Ravidatta Tripathi, 2012). *VataDoshais* predominant causative factor is responsible for *Timir*. *Sneha* is the best drug to pacify the vitiated *Vata Dosha* (Acharya Vidhyadhara Shukla and Pro.Ravidatta Tripathi, 2012). So *Jivantyadi Ghrta* is beneficial for *Timiras Dosha Pratyanka* treatment.
- The *Rasayana* effect of *JivantyadiGhrta* might be helpful in Myopia which is degenerative in nature.
- It can be clinically prove after large research work.

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