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Efficacy of Ayurvedic management of *Timira* w.s.r. to Simple Myopia - A Single Case Study

Sanfi A.P.M¹, Pramila Mahala², Shamsa Fiaz³

^{1,2}Post Graduate Scholar, Dept. of Shalaky Tantra, National Institute of Ayurveda, Jaipur, Rajasthan, India.

³ Professor and HOD, Dept. of Shalaky Tantra, National Institute of Ayurveda, Jaipur, Rajasthan, India.

ABSTRACT

Introduction: It is the most common refractive error of the eye common in children and young adults. Factors such as increased near-work activities (like computer use and reading), reduced time spend outdoors, and genetic predisposition are thought to contribute to the rising rates of Myopia. On the basis of symptoms Myopia can be correlated to *Vatika Timira*, for which treatment modalities have been mentioned and *Ayurvedic* treatments was done for the management of the case. **Materials and Methods:** A fully conscious male patient age of 26 yrs had visited Shalaky Tantra OPD, National Institute of Ayurveda, Jaipur, with chief complaints of defective distant vision in both eyes which was gradual painless and persistent since 3 years. He also complained of frequent dryness of bilateral eyes. The patient was treated with Internal medicines which are *Chakshushya* and *Vathahara* and Therapies like *Parisheka*, *Nasya* and *Tarpana* in sittings. Along with this Eye exercises are also advised. The treatments suggested for 3 months. **Results:** At the end of the study, there got significant improvement in visual acuity in both eyes and he got relief from dryness of bilateral eyes. **Conclusion:** Thus, it can be concluded that *Ayurvedic* approaches are helpful to control Simple Myopia.

Key words: Simple myopia, Parisheka, Nasya, Tarpana, Timira

INTRODUCTION

Simple Myopia, or nearsightedness, has indeed become increasingly prevalent among children and young adults worldwide. This trend has raised significant concerns among healthcare professionals and researchers. Factors such as increased near-work activities (like computer use and reading), reduced time spent outdoors, and genetic predisposition are thought to contribute to the rising rates of Myopia. If left uncorrected, Myopia can lead to more serious eye

conditions later in life. Therefore, early detection and appropriate management are crucial in addressing this growing public health issue.

Understanding these factors helps in developing strategies for prevention and management of Myopia. Encouraging healthy lifestyle practices, regular eye check-ups, and addressing any underlying health conditions are essential in minimizing the impact of Myopia in the population.

According to *Acharya Vagbhata*, *Nayanam* (organ of sight) is the most important sense organ among the five sense organs. All our efforts should be directed to protect the eyes throughout life; for the man who is blind this world is useless, the day and night are the same even though he may have wealth.^[1] Seldom many Myopia leads to retinal damage and blindness, and also separation, degeneration, and tears. Most of the time, it is not a fatal eye condition. It costs billions of dollars annually to have this ailment surgically treated, not to mention the cost of contacts and glasses. Although immensely popular, surgical intervention is unsuccessful for everyone, and issues

Address for correspondence:

Dr. Sanfi A.P.M

Post Graduate Scholar, Dept. of Shalaky Tantra, National Institute of Ayurveda, Jaipur, Rajasthan, India.

E-mail: sanfishak@gmail.com

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like glare at night and dry eyes could arise.^[2] In *Ayurveda*, only *Drishtigata Rogas* has the clinical characteristics associated with vision problems. Therefore, all cases of visual disturbances can be grouped together under the general *Timira-Kacha-Linganasha* category, with complete blindness occurring in the final stage. Myopia is associated with *Timira* in *Ayurveda*; the name *Timira* denotes gloom. Conditions that cause progressive visual loss and blindness is considered as *Timira*, the story of *Timira* is also told in phases, with the *Doshas* vitiating the *Patalas*, or layers of eyeballs, arranged one behind the other. when the outermost, or initial, *Patala*, gets impacted. It is mildest in nature, and when it gradually affects the inner *Patalas*, it might cause major eye diseases.

Pratama Patala Gatha Timira, is when the vitiated *Dosas*, move or gets *Sthana Samshraya* towards eyes, first reach the *Prathma Patala* of the eye. The patient will have blurred vision. This is explained as *Avyaktha Darshana* by *Sushruta*, *Animittha Avyaktha Roopa Darshana* by *Acharya Vagbhata* and *Kadachith Roopa Darshana* by *Acharya Madhava*^[3] if untreated will encroach the second *Patala*.

CASE HISTORY

A fully conscious male patient age of 26 yrs had visited Shalakya Tantra OPD, National Institute of Ayurveda, Jaipur, with chief complaints of defective distant vision in both eyes which was gradual painless and persistent since 3 years. He also complained of frequent dryness of bilateral eyes.

History of present illness

The subject was apparently normal 3 years ago and he gradually developed defective distant vision. It was associated with frequent dryness of both eyes. The patient was not using spectacles.

History of past illness

No history of Systemic diseases like Asthma, Hypertension, Diabetes.

Family history: Nothing relevant

Surgical history: Not relevant

Personal history: Patient was vegetarian

Appetite - Normal

Bowel - Satisfactory

Micturition - Normal

Sleep - Sound

Ashtasthana Pareeksha

| | |
|---------|------------------|
| Nadi | 70bpm |
| Muthra | Prakrutha |
| Mala | Prakrutha |
| Jihwa | Anupaliptha |
| Shabdha | Prakrutha |
| Sparsha | Prakrutha |
| Druk | Dosha in Drushti |
| Akruthi | Prakrutha |

Vitals

Pulse rate - 76/min

Respiratory rate - 24/min

Temp - 98.6°F

BP - 120/80 mm of Hg

Systemic Examinations

All the Systemic examination revealed no abnormalities

Ophthalmic examinations

On torch light and Slit lamp examination, eye brows, eye lashes, eye lids, conjunctiva, cornea pupil and lens were found normal in bilateral eyes.

Table 1: Visual acuity

| Right Eye | BT | Left Eye | BT |
|------------|------|------------|------|
| DV Unaided | 6/24 | DV Unaided | 6/36 |
| Pinhole | 6/9 | Pinhole | 6/9 |

| | | | |
|-------------|--|-------------|-------------------------------|
| BCVA | -1.00/- 0.25x60 ⁰ - 6/6 | BCVA | -0.50/- 1.255X140 0-6/6 |
| Near Vision | N/6 | Near Vision | N/6 |

Dilated Fundoscopy**Optic Disc**

Size, shape, margin, colour - B/L normal

CDR - 0.2-0.3(B/L)

Macula

Fundal Glow - Bilaterally normal

General background - Bilaterally Normal

Diagnosis - *Vatika Timira*

Treatments

Shamana medicines and therapies suggested to the patient

Internal medicines

- Sapthamrutha Lauha* - 250 mg
Mahathriphala Ghrtha - 3 ml
Honey - 2 ml
Anupana as milk in morning and evening after food for 3 months.
- Amalaki Churna* - 2 gm
Gokshura Churna - 1 gm
Guduchi Churna - 1 gm
Morning and evening with milk for 3 months .
- Mahanarayana Taila* for *Paadabhyanga* at bed time for 3 months.
- Eye drop Isotone 1 drop / 4 times a day for 1 month.

Therapies

Nethra Parisheka with *Kwatha* of *Thriphala Churna*, *Yashti Churna* and *Lodhra* for 3 days.

Marsha Nasya with *Anuthaila* 8 drops for 3 days

Tarpana with *Jeevanthyadi Ghrta* for 7 days

2 sittings of 10 days therapies with an interval of 14 days were done.

Near and far focus, Blinking and palming exercise are also advised to the patient along with internal medicines and therapies.

RESULTS

Total treatment duration was 3 months.

Visual acuity assessed with 1 month interval

Table 2

| | BT | After 1st Sitting | After 2nd Sitting | Follow-Up |
|------------------|-------------------------------|-------------------------|-------------------|-----------------|
| Right eye | | | | |
| DV | 6/24 | 6/12 | 6/9 | 6/9 |
| PH | 6/9 | 6/6 | 6/6 | 6/6 |
| BCVA | -1.00/- 0.25x600 - 6/6 | -0.75/- 0.25x600-6/6 | -0.50Ds 6/6 | -0.50Ds- 6/6 |
| Left eye | | | | |
| DV | 6/36 | 6/24 | 6/18 | 6/12 |
| PH | 6/9 | 6/6 | 6/6 | 6/6 |
| BCVA | -0.50/- 1.255X140 0-6/6 | -1.25x1300- 6/6 | -1.25Ds- 6/6 | -1.00Ds- 6/6 |

DISCUSSION

The present case was *Vatika Timira* and the treatment given was mainly aimed to pacify *Vata*. The management of *Timira* includes *Snehana*, *Rakthamoksha*, *Virechana*, *Nasya*, *Anjana*, *Shirobasthi*, *Basthi*, *Tarpana*, *Lepa*, *Seka* which are to be followed repeatedly.^[4] Here *Seka*, *Nasya* and *Tarpana* were followed in this patient. The symptoms and signs of Myopia can be correlated to *Vatika Timira*.

Sapthamrutha Lauha^[5] consists of seven combinations of herbal medications including iron. In combination of this drug with *Mahathriphala Ghruta* and Honey

collectively works to balance the *Vata Pradhana Tridosha*, support, nourish and potentially improve the visual function. *Mahathriphala Ghruta*^[6] is *Vata Pitta Shamaka* and *Chakshushya*. Ghee is best mind calming and stress relieving medicine. From the combination of *Amalaki Gokshura Guduchi Churna*, *Amalaki* protect the eye from oxidative stress, support eye health and coverup any nutritional deficiency to eye. It alleviates *Vata* by its *Madhura Amla Rasa* and breaks the *Abhishyandhathwa* of the *Srothas*. The phyto chemical constituents like Vit A, C helps in reformation of cells in tear film. *Guduchi* contains beta sitosterole which helps to reduce inflammation. *Gokshura* enhance the overall eye health by improving circulation and nutrient delivery to eyes.

It protects the eyes from oxidative stress potentially reduces the progression of Myopia. *Mahanarayana Taila* is *Vatahara* and *Padabhyanga* gives improving eye sight. According to *Vagbata*, 4 nerves which connect the eyes and it helps in relieving eye strain and maintain good vision. The medicine along with the procedure reduce the *Rukshatha* of *Vata*.

Nethra Parishka (Seka) is more suggested to manage in *Amavastha* of eye diseases. It increase the circulation of eye. Main aim of *Seka* is to attain an effective absorption at site of action for sufficient period of time to elicit response.

Nasya is the main *Panchakarma* which for treating entire diseases of *Urdhwajathrugatha Rogas*.^[7] *Nasya* done with *Anuthaila*^[8] indicated in *Urdhwajathrugatha Rogas* and increase the efficacy of *Indriya*. It has *Tridosahara* property.

Tarpana was done with *Jivanthiyadi Ghrta*,^[9] mainly indicated in *Vatika Timira*. Considering the drugs in *Jeevanyadi Grutha*, It is *Vata Pithahara* and *Brumhana* action. Hence disintegrate the pathology of *Timira*. The lipophilic nature of *Ghrta* facilitates the entry of drugs into eye ball and penetrates through the corneal epithelium irrespective of their molecular surface. Tissue contact time and bioavailability is more and hence therapeutic concentration can be achieved by *Akshi Tarpana*. The medicine which put on eyes exert some direct pressure so that it will help to reduce the refractive index of the eyes.

Myopia prevalence in India is reported to be around 6.9%, and there are several factors that can influence its development:

- 1. Genetic Factors:** Genetic predisposition plays a significant role in the development of Myopia. Various biochemical pathways influenced by genetic factors can affect the growth and development of the eye, leading to Myopia.
- 2. Structural Weakness of the Eye:** Conditions where the sclera (the white outer layer of the eye) and cornea (the transparent front part of the eye) are weak or thinned out and can contribute to Myopia. These structural weaknesses can be influenced by genetic factors as well as other environmental factors *Jeevanthyadi Tarpana*, *Mahathriphala Grita* and eye exercises corrects the structural integrity of the eye .
- 3. Nutritional Deficiencies:** Inadequate intake of certain nutrients may impact the general growth and development of the eye, potentially contributing to Myopia. Ensuring a balanced diet rich in essential nutrients is important for eye health. Generally, *Sapthamrutha Lauha* goes well with most of the dietary supplements and corrects the *Rasa Dathu* properly.
- 4. Stress and Debilitating Diseases:** Psychological stress and certain debilitating diseases can affect overall health, including the growth processes of the eye. Chronic stress or severe illnesses may impact the body's ability to maintain proper eye structure and function. *Nasya* provides *Brumhana* to *Indriyas*. Intake of ghee is *Vata Pithahara* so that it reduces the over stress of mind and eye.
- 5. Endocrine Disturbances:** Hormonal imbalances or disturbances in the endocrine system can influence growth processes throughout the body, including the eyes. These disturbances may contribute to the development or progression of Myopia.

CONCLUSION

Here the therapies and internal medicines which mainly aimed to pacify the *Vata Dosha* from *Urdhwajathrugatha* areas are incorporated. Therapies

like *Parisheka*, *Nasya* and *Tarpana* along with Internal medicines had shown significant improvement to decrease the power of spectacles. Around 60% cases of blurring vision are due to Simple Myopia presenting from simple eye strain to blurring of vision especially seen during the age group of 8 -22 years.

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