CONCEPTUAL STUDY OF *KRIYAKALPA* IN *SHALAKYA TANTRA*

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Abstract :

Ayurvedic system of medicine not only deals with treating the diseases but also aims to prevention of the disease. *Ayurveda* is the science which mentioned various principles for the prevention as well as treatment for various diseases. 'Prevention is better than cure' is the basic concept of *Ayurveda*. *Shalakya tantra* is one of the eight disciplines mentioned in *Ayurveda*, which includes *Shalakya tantra* in which study of diseases related with Eyes, Nose, Ear etc *Urdhavajatruagata Rogas* are included. *Acharya Sushruta* and *Acharya Vagbhata* mentioned the various *Kriyakalpas* for the diseases of *Netras*. *Kriyakalpas* are the one of the specificity of *Shalakya tantra.* With this type of *Chikitsa* various *Kriyakalpas* are used for the various diseases in *Ayurveda*. For increasing strength of the eyes *Tarpana, Putapaka, Seka* etc *Kriyas* are useful. Daily use of *Kriyakalpas* are good for health of the eyes.

Keywords : *Kriyakalpa, Ayurveda, Netraroga.*

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Introduction :

Ayurveda is the science which mentioned various principles for the prevention as well as treatment for various diseases[1]. *Shalakya tantra* is one of the eight disciplines mentioned in *Ayurveda*, which includes *Shalakya tantra* in which study of diseases related with Eyes, Nose, Ear etc *Urdhavajatruagata Rogas* are included[2]. *Acharya Sushruta* and *Acharya Vagbhata* mentioned the various *Kriyakalpas* for the diseases of *Netras*.

Kriyakalpa is comprised of two words ; *Kriya* means therapeutic procedures useful for curing diseases and *Kalpa* means Practical. *Kriyakalpas* are the one of the specificity of *Shalakya tantra.* With this type of *Chikitsa* various *Kriyakalpas* are used for the various diseases in *Ayurveda*. For increasing strength of the eyes *Tarpana, Putapaka, Seka* etc *Kriyas* are useful. There are various types of *Kriyakalpas* according to *Acharyas*. It is an one of the basic type of treatment for *Netrarogas*, as *Panchakarma* is the basic treatment in *Kayachikitsa*.

Review on *Kriyakalpa* :

It is one of the *Bahiparimarjana Chikitsa* for only *Netra* organ. It is main therapeutic procedure for the Ophthalmic disorders in *Shalakya tantra. Kriya* means the therapeutic

Chikitsa and *kalpa* means the practicable or prescribed rule for it. So, the *Kriyakalpas* mentioned in *Shalakya tantra* are the specific type of treatment for *Netrarogas*.

As *Panchakarma* is the foundation treatment for *Kayachikitsa*, Similarly *Netra Kriyakalpa* are the foundation treatment for *Netra Chikitsa*. They are modulated to suit the structural peculiarities and different disease conditions of the eyes. These local therapies are unique and each does their function in a different way.

Etymology[3] :

In *Kriyakalpa*, the word *Kriya* means special therapeutic procedure and *Kalpa* means formulations like *Swarasa, Ghrita, Kashaya*, etc.

Classification of *Kriyakalpa* :

Acharya Charaka has explained three types of *Kriyakalpas, Sushruta* and *Vagbhata* explained five types of *Kriyakalpas,* but later on *Sharangdhara* has added two more to it and explained seven types of *Kriyakalpas*.

Charaka[4]	***Sushruta[5] & Vagbhata[6]***	***Sharangdhara[7]***
1. Bidalaka *2. Ashchotana* *3. Anjana*	*1. Seka* *2. Ashchotana* *3. Anjana* *4. Tarpana* *5. Putapaka*	*1. Seka* *2. Ashchotana* *3. Anjana* *4. Tarpana* *5. Putapaka* *6. Pindi* *7. Bidalaka*

The *Kriyakalpas* should be advocated judiciously by the appropriate selection of drugs, mode of preparation and mode of action.

A] Akshitarpana :

It is a procedure in which medicated *Ghrita* is kept over eyes for a specific period of time and it is also known as *'Netra Basti'.*

Commonly used *Ghritas* for *Tarpana* :

- *Triphaladi Ghrita, Mahatriphaladi Ghrita*
- *Patoladi Ghrita, Jivantyadi Ghrita*
- *Shatavaryadi Ghrita*

Indications of *Akshitarpana* :

According to *Acharya Sushruta[8]*	**According to *Acharya Vagbhata[9]***
Tamyati (Darkness in front of eyes), *Ariruksha* (Dryness of eyes), *Ativishushkama* (Reduced lacrimation), *Atidaruna* (Roughness of lids), *Sheerna pakshma* (Falling of eyelashes), *Avila* (Blurness of vision), *Jihma* (Squint).	*Stabdha* (Stiffness of eyes), *Nimna* (Depressed eyes), *Kricchonmilana, Sirotpata, Siraharsha, Arjuna, Timira, Abhishyanda, Adhimantha, Anyotovata, Vataparyaya, Shushka akshipaka.*

Contraindications of *Akshitarpana* :

Durdina (Cloudy day), *Atiushnasheeta* (too hot / too cold climate), *Chinta, Bhrama, Aayasa* (Tiredness), *Ashantopdrava* (If complications doesn't subside)[10]. Person who is not suitable for *Nasya* and *Snehapana* are also contraindicated for *Tarpana* & *Putapaka*[11].

***Tarpana vidhi*[12] :**

1) Poorvakarma :

- Patient is prepared by subjecting him to *Samshodhana Karmas Vamana, Virechana, Nasya* etc and is made to lie in supine position comfortably on a table. Sunlight, dust etc should be avoided in the room.
- A uniform, smooth, dough is prepared out of *Masha* flour.
- Mild massage and fomentation is given to the part.
- Medicated Ghee, Oil, cotton etc should e kept ready.

2) Pradhana Karma :

- A firm circular frame of two *angula* height is constructed towards the eyes with the dough of *Masha* flour.
- The lukewarm *Ghrita* is slowly poured on to the eyes till the eyelashes get immersed.
- Then the patient is asked to slowly blink the eyes.

Duration to retain the medicine : According to *Sushruta*[13] -

On the basis of *Dosha*		**On the basis of *Sthana***	
Swastha	500 *matra*	*Sandhigata roga*	300 *matra*
Kapha roga	600 *matra*	*Vartmagata roga*	100 *matra*

Pitta roga	800 *matra*	*Shuklagata roga*	500 *matra*
Vata roga	1000 *matra*	*Krishnagata roga*	700 *matra*
		Sarvagata roga	1000 *matra*
		Drushtigata roga	800 *matra*

3) Pashchata Karma :

- After *Tarpana* procedure, the *Ghrita* is drained by making the hole at the site of *Apanga Sandhi* in the *paali* and cleaned it, followed by mild fomentation with warm water or *Yavapishti*.
- Then *Dhoomapana* is given to expel the *Kapha* which is caused by *Ghrita tarpana.*
- *Acharya Vagbhata* mentioned that the use of lukewarm water for *Mukha prakshalana* after *Dhoomapana*.
- Avoid Exposure to heat, air, light etc.

Duration of Treatment :

Dosha	***Sushruta[14]***	***Vag***
Vata	Daily	Dail
Pitta	Once in 3 days	Inte
Kapha	Once in 5 days	Inte
Rakta	-	-
Sannipata	-	-
Swastha	-	Inte

Tarpana Lakshanas :

Samyaka tarpana lakshana[17]	***Atitarpita lakshana[18]***	***Heena tarpita lakshana[19]***
Sukhaswapna, Avabodhitva, Vaishadyam, Varnapatvam, Kriya, laghavam, prakasha kshamatvam	*Guru, Avila, Atisnigdha, Ashru-kandu upadehavata, Dosha utklishta*	*Ruksha, Avila, Asahanam rupadarshane, Vyadhivriddhi*

Chikitsa* for *Heena Tarpita lakshana[20] : *Dhooma, Anjana, Nasya, Ruksha dravya Seka.*

B] Putapaka :

Putapaka is one among the *Kriyakalpa* which is usually done after the *Tarpana* procedure. The procedure for *Putapaka* is same as *Tarpana*, the method of preparation of medicine, ingredients, duration, treatments etc are different. Indications & contraindications of *Putapaka* are same as of *Tarpana*.

Why *Putapaka* is done after *Tarpana[21]* ?

After the *Tarpana Kriya*, eyes becomes heavy and weak. Therefore, to promote the strength to the eyes, *Putapaka* is advised to be done after *Tarpana*.

Types of *Putapaka* :

Sushruta[22]		***Vagbhata[23]***	
Types of *Putapaka*	**Indications**	**Types of *Putapaka***	**Indications**
Snehana	*Atiruksha Netra*	*Snehana*	*Vata*
Lekhana	*Atisnigdha Netra*	*Lekhana*	*Kapha*
Ropana	In *Pitta, Ratka, Vata, Vranayukta Netra,* also to improve vision	*Prasadana*	*Pitta, Rakta*

Duration of *Putapaka[24]* :

Putapaka	**Duration**	***Matra kala***
Lekhana	1 day	100
Snehana	2 days	200
Ropana	3 days	300

***Lakshanas* of *Putapaka* :**

***Samyaka Putapaka lakshana*[25]**	***Atiyoga lakshana*[26]**	***Ayoga lakshana*[26]**
Prasanna varna, Vishada, Laghu, Vataatapa saha, Sukhaswapna avabodha	*Ruja, Shpha, Pida, Timira*	*Paka, Ashru, Doshodgama*

***Chikitsa* of *Atiyoga* & *Ayoga* of *Putapaka*[27] :**

In *Atiyoga* & *Ayoga* of *Putapaka*, *Anjana, Ashchotana, Swedana* are indicated based on the vitiation of *Doshas*.

C] Ashchotana :

Ashchotana is a procedure in which medicine is instilled drop by drop into the open eyes from a height of 2 *Angulas*. This procedure can be compared to instillation of eye drops[28].

Indications of *Ashchotana*[29] :

Ashchotana is the first line of treatment for all *Netra Roga.* It helps to symptoms like *Ruka, Toda, Kandu, Gharsha, Ashru, Daha, Raga, Bheda, Paka* & *Shopha.*

Procedure of *Ashchotana*[30] :

- The patient is made to lie Comfortably. The physician should open the eyelids of the patient and instilled the medicine with his right hand.
- The medicine should be instilled in the *Kanika Sandhi* from a height of 2 *Angula*.
- After the completion of procedure the eyes should be wiped out with soft cotton / cloth.
- Mild fomentation with lukewarm water should be given to the eyes, in Vataja & Kaphaja conditions.
- According to *Sharangdhara*, eyes should be kept closed for 100 *matra kala* after instilling the drops.

***Ashchotana* Types & dosage[31] :**

Types	**Dose**
Snehana	10 drops
Lekhana	8 drops
Ropana	12 drops

Indications, Time of administration, Temperature & drugs of *Ashchotana* :

Types	***Dosha***	***Kala***	**Temperature [32]**	**Common Drugs**
Lekhana	*Kapha*	*Purvanha*	*Koshna*	*Shunthi, Triphala, musta*
Snehana	*Vata*	*Aparahna*	*Ushna*	*Eranda mula, Shigru, madhu*
Ropana	*Rakta, Pitta*	*Madhyanha*	*Sheeta*	*Manjishtha, Laksha, Madhuka*

Complications of *Ashchotana*[33] :

Ruka, Raga, Drushti nasha, Vedana, Nistoda, Stambha, Gharsha, difficulty in opening of eyes, etc.

DJ Seka : It is the procedure of pouring thin stream of medicine very slowly on the closed eyes from the height of 4 *Angulas*. It is also known as '*Parisheka*'[34].

Types, Indications, *Kala*, *Seka Yogas* for *Seka*[35] :

Types	**Indications**	***Kala***	***Seka Yogas***
Snehana	*Vata*	400	*Kashaya of Eranda Mula, Patra + Aja ksheera*
Lekhana	*Kapha*	200	*Kashaya - Yashti, Chandana, Lodhra, Sariva*
Ropana	*Pitta, Rakta*	600	*Nimba, Patola, Jatipatra, Shunthi*

E] Anjana :

It is the procedure of applying medicine into the inner aspects of lower eyelid. It is usually applied from the *Kaninika Sandhi* to the *Apanga Sandhi* by the help of *Shalaka* / Fingertip. It is one of the most commonly practiced procedure which helps to treat as well as prevents from the diseases.

Indications & Contraindications of *Anjana* :

Indications	**Contraindications[36]**
Alpa Shopha, Kandu, Picchilata, Raga, Ashru starva, Ghana dushika	*Shrama, Udavarta, Krodha, Bhaya, Jwara, Shirodosha, Rudita*

Classifications of *Anjana* :

A. Based on action :

Sushruta[37]	***Ashtanga Hridaya[38]***	***Ashtanga Sangraha[39]***	***Sharangdhara[40]***
Lekhana	*Lekhana*	*Lekhana*	*Lekhana*
Ropana	*Ropana*	*Ropana*	*Ropana*
Prasadana	*Prasadana*	*Prasadana*	*Snehana*
		Snehana	

B. Based on *Kalpana* of *Anjana[41]* :

Anjana Kalpana	**Indications**
Gutikanjana	*Mahabala* of *Dosha* (Severe)
Rasakriyanjana	*Madhyamabala* of *Dosha* (Moderate)
Churnanjana	*Heena bala* of *Dosha* (Mild)

Dosage of *Anjana[42]* :

	Gutikanjana / Rasakriyanjana	***Churnanajana***
Lekhana	*1 Harenu Matra Varti*	*2 Shalaka*
Prasadana	*1 1/2 Harenu Matra Varti*	*3 Shalaka*
Ropana	*2 Harenu Matra Varti*	*4 Shalaka*

F] Bidalaka[43] :

Application of the medicinal paste over the eyelids excluding the eyelashes is known as '*Bidalaka'*. The thickness mentioned for *Mukhalepa* is same as for *Bidalaka*.

Time of application : It can be applied during a day or whenever the symptoms manifests.

Indications & Contraindications of *Anjana* :

Indications[44]	**Contraindications**
Daha, Upadeha, Ashru, Shopha, Raga	After application of paste, Speaking, Laughing, excessive crying, Anger, exposure to light, etc.

Commonly used *Bidalaka Yogas[45]* :

- Paste of *Yashtimadhu, Gairika, Daruharidra, Rasanjana, Saindhava* with water.
- Paste of *Rasanjana*
- Paste of *Haritaki + Shunthi*
- Paste of *Haridra + Kumari*

G] Pindi[46] :

It is mentioned by *Acharya Sharangdhara. Pindi* is modification of *Bidalaka*. In this type paste of medicine are covered in a cloth and placed over the closed eyes. It is also known as '*Kavalika'*.

Indications for *Pindi* :

- *Abhishyanda*
- Early stages of *Netra Roga.*

Commonly used *Pindi Yogas[47]* :

- Paste prepared with *Patra, Mula, Twaka* of *Eranda* in *Vataja* conditions.
- Paste of *Yashtimadhu, Aamalaki, Mahanimba phala* in *Pittaja* conditions.
- Paste of *Shigru Patra* in *Kaphaja* conditions.

- Paste of *Triphala* in *Kapha-Pitta* conditions.

Conclusion :

Kriyakalpas are the important treatment modalities mentioned in *Ayurveda* for *Netra Rogas.* Various types of *Kriyakalpas* are mentioned according to different *Acharyas*. For all *Netra Rogas* different *Kriyas* are described. According to *Ayurveda*, various drugs are used according to various types of disease, *doshas.* Thus in conclusion, it can be concluded that *Kriyakalpas* are the important type of *Chikitsa* for *Netra Roga.*

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