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CLINICAL STUDY OF TIMIRA VYADHI

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Abstract:

In Ayurveda, Timira Vyadhi is a term referred to progressive visual disorder that can lead to complete blindness if left untreated. This vyadhi is classified under Drushtigataroga and can be correlated with modern refractive errors such as myopia, hypermetropia, and astigmatism. Myopia is a very common refractive error seen in children and young adults.

There are various therapeutic procedures like Tarpan, Putpaak, Seka, Aschyotana, Anjana etc. Have been mentioned in Ayurveda for the management of Timir but Akshi-Tarpana is the foremost among it. But even then, neither proper acceptance nor precise scientific reasoning for the procedure is established. There are a lot of discrepancies found in the whole process. Drug absorption and mode of action are also big riddles to understand & explain to modern as well as Ayurvedic physicians, so that its acceptance and significance could be understood by the masses.

In present research work it is tried to evaluate the efficacy of Akshi tarpan procedure with Shatavari Ghrita in simple myopia closely related to Timir in terms of symptoms, anatomical structures involved, and the pathogenesis of the disease.

Keywords: Timira, Akshi Tarpana, Myopia, Shatavari Ghrita.

Introduction:

The term Timira is derived from root ‘Tim’ (meaning the increase of watery substance in the eye or loss of light perception). Eyes are far more essential than any other Indriyas in the body because once a person's eyesight is lost, they are unable to perform any of their day-to-day life activities. Day and night are the same for them. According to Sushruta there are 12 Drushtigata rogas, whereas according to Vagbhata there are 27. Timir is one of them. Four Abhyntar Patalas get affected in Timir. It is also called "Param Darun Vyadhi" because it's gradual and irreversible nature, and if not treated, it can lead to total or partial blindness. Timir Vyadhi symptom is vision blurring, which is a key sign of refractive error. Shortsightedness or myopia, is the most common eye illness in the world. Near work, Stress, Nutritional variables are factors for development of myopia. Akshi Tarpana is a Sanskrit word where 'Akshi' means eye and 'Tarpana' means nourishment. Akshi-Tarpana provides strength and nourishment to the eye. here an attempt has been made to develop a standard protocol for the whole process, i.e., right from the Poorva - Karma to main procedure and also to improve its compliance. Also, an attempt has been made to provide the scientific assertion for absorption and mode of action in both Ayurvedic and modern science separately and then coalescing both the theories to make it more convincing in understanding for physicians of all sciences and to masses as well.

Aims & Objectives: Clinical Study of Timira Vyadhi to access the role of Shatavari Ghrita.

Material & Method:

Patients taken from OPD & IPD of department of Shalakyatantra. This is a non-blind randomized controlled clinical trial. A total of 10 patients were taken for study.

Inclusion Criteria - Patient fulfilling the diagnostic criteria which are based on symptomology of Timira Vyadhi in Ayurveda classical books.

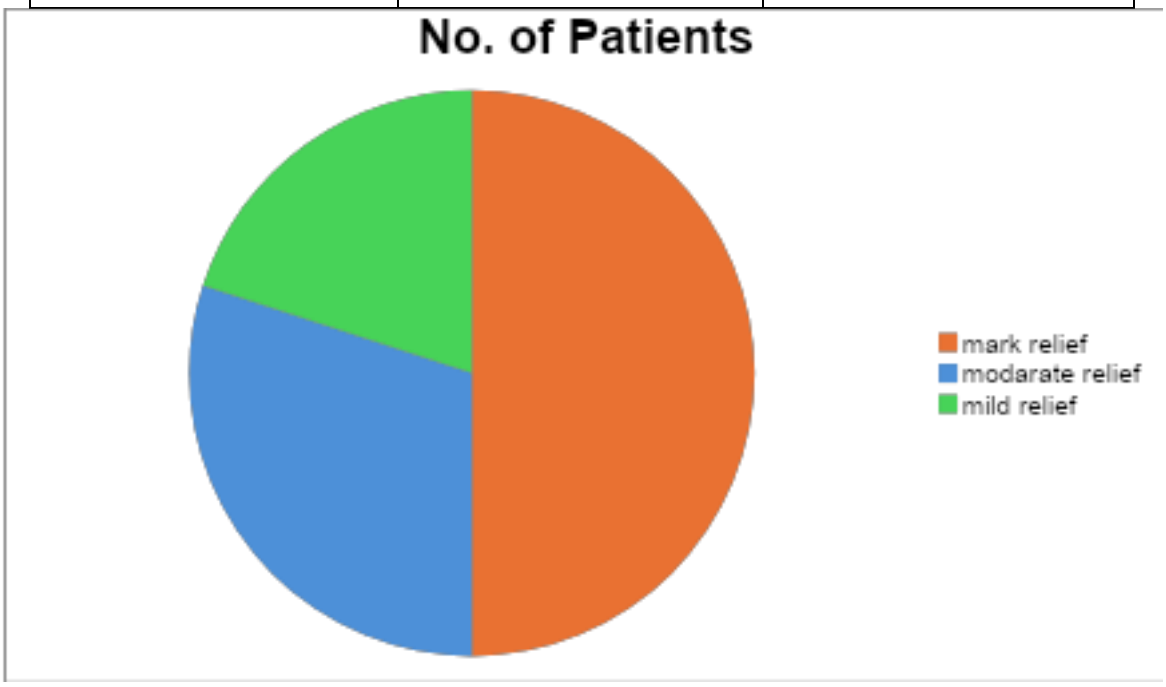
Exclusion Criteria - Chronic debilitating infection disease, Patient Having Dioptric power more than -6D, Patients below 20 & above 40 years.

Posology:

Dose- Shatavari Ghrita- 15ml-20ml (q.s.)
Duration- Continues 5 Days.
Form- Ghrita
Rout Of Administration- Eye
Diet - Pathyapathya Advised
Fallow up- 30 days

Statistical Data:

Total effect	No. Of Patients	Percentage
Complete relief	**0**	**0**
Mark relief	**5**	**50%**
Moderate relief	**3**	**30%**
Mild relief	**2**	**20%**
No relief	**0**	**0**



Probable Action :

Akshi-Tarpana primarily exerts a Vata-shamaka effect, followed by Pitta and Kapha pacification, due to the properties (Rasa, Guna, Veerya, and Vipaka) of the medicated Ghrita. Its overall action is Rasayana, Chakshushya, and Tridosha-shamaka, helping to counteract the samprapti of Timira, a Vata-predominant Tridoshaja disorder.

According to Bhavaprakasha, Ghrita is Rasayana, good for the eyes, promotes longevity and protects the body from various diseases. Ghrita contains carotene and vitamin A, D, E & K. Vitamin A & E are anti-oxidant and vitamin A keeps epithelial tissue intact and keeps the ocular surface of the eyeball moist.

The ingredients of Shatavari Ghrita are Shatavari and GoGhrita. Both the ingredients are having Chakshushya, Rasayana, Balya properties. Moreover, Ghrita due to its “Sanskarasya Anuvartanat” quality easily imbibes the properties of other drugs processed with it without leaving its own properties. Since active ingredients of Shatavari mixed with Ghee, they are easily absorbed.

Ghrita has the property of penetrating the minute channels of the body. When administered to the eye, it reaches the deeper layers of Dhatus and aids in cleansing even their subtlest components. Lipophilic nature of Ghee facilitates entry of drug in the eyeball through corneal surface since corneal epithelium is also

permeable to lipid soluble substances. Also, as the prepared drug is having Mridu – Madhya Paka, the drug contains both fat soluble and water soluble contents in suspended form.

In Akshi-Tarpana, the medicated Ghrita is used in a suspension form containing fine drug particles, which remain in contact with the ocular surface longer than aqueous solutions. This prolonged retention increases tissue contact time and enhances bioavailability, allowing effective therapeutic concentrations to be achieved. The action is facilitated in two ways: improved absorption through the corneal epithelium and gentle, sustained pressure over the cornea. This may also induce slight alterations in the corneal refractive index, thereby reducing excessive convergence of light rays.

Discussion:

After Akshi Tarpana 50% patient felt marked relief from symptoms. Also the overall clarity of vision was found to be improved. 30% of Patients felt moderate relief. And 20% patient was mildly relived.

Conclusion:

Timira Vyadhi, described in Ayurveda as a progressive visual disorder, closely correlates with simple myopia in modern ophthalmology. In this clinical study, Akshi-Tarpana with Shatavari Ghrita showed encouraging results in managing symptoms of Timira.

Out of 10 patients:

50% experienced marked relief

30% had moderate relief

20% showed mild relief

No patient reported complete absence of response

The probable mode of action can be attributed to the Rasayana, Chakshushya, and dosha-shamaka properties of Shatavari Ghrita, along with the enhanced ocular absorption due to the lipophilic nature of Ghrita. The procedure appears to improve visual clarity, strengthen ocular tissues, and help counteract the pathogenesis of Timira.

Thus, Akshi-Tarpana with Shatavari Ghrita may be considered a beneficial therapeutic approach in simple myopia (Timira), though larger sample size and further scientific validation are required for stronger clinical evidence.

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