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**DEPARTMENT OF SHALAKYATANTRA**  
**YEAR 2022-23**  
**STANDARD OPERATING PROCEDURES - KRIYAKALPA**  
**TARPAN**

**Definition:**

- In this procedure the medicated ghee is kept in the eyes for specific time by special arrangement . it gives nourishment to the eyes & cures vata & pitta eye disorders. Used in progressive refractive errors tiredness of eyes.

**Indications:**

- Useful in weak eye sight(myopia and hypermetropia)
- Glaucoma Keratitis
- Dry eye syndrome
- Computer vision syndrome Squint
- Conjunctivitis

**Contraindications :**

- On a cloudy day.
- In an extreme hot or cold weather.
- In condition of worries and anxiety.

**Procedure:**

**Poorva karm:**

- Appropriate shodhan karm is carried out according to procedure
- Later sthanic abhyang and mild swedan is done.

**Pradhan karma:**

Patient is made to lie in supine position in a good lighted, ventilated room Free from dust smoke. Then the eyes are encircle with firm, compact leak proof pali made up of powdered masha. According vagbhata pali upto height of 2 angul patient is asked to close eyes, ghrita processed with appropriate drugs g liquefied feed in lukewarm water should be poured to the of orbit up to the level of tip of eyelashes patient is asked to open and closed eyes intermittently and steadily.

**Paschata karma :**

After retaining of ghrita for stipulated period, ghrit is drained out through hole made at bottom of dough wall near the outer canthus of eye is. Irrigated with lukewam water fomentation. The kapha which has already been stimulated by potency of Ghrita should be eliminated by Putpak





## PUTPAK

### Defination-

Putapak is a procedure in which ras. Is used in the same mode of application as that of as the body becomes fotigued after Snehan therapyin order to restore the strength of eyes.

### Classification:

- Snehan
- Lekhan
- Ropan

### Indications :

- Snehana- Vata predominant disorders, rough & dry eyes
- Lekhana -kapha pridominant disease
- Ropana- pitta Rakta predominant disease
- Prasadana - in weakness of eyes. vata, pitta& rakta disorders for healthy persons.

### Contraindications :

- Climatic conditions- hot, very very cold, cloudy weather.
- General weakness- during excessive stress , tiredress ,worries & Giddiness.

### Procedure :

#### Purvakarma:

>fresh meat of animals herbal drugs crushed thoroughly - made into a paste using drava- dravya like milk, ghrita, kashaya in a mix pot - covered & packed up using medicinal leaves like. Alka /eranda / vata/kamalini - tied in properly using thread & COvered it with Cloth & made it like pottali –placed on high flame

>after heating – remove all the covering squeezed& extract the juice (rasa) filtered thoroughly ready for procedure .

#### Pradhan karma :

> putapaka should be carried out at afternoon after the food has been digested after the head whole body of patient have been treated with purification measures properly.

>patient is made to lie in a supine position i n good lighted ventilated room free from dust smoke

>then the eyes are encircle with firm, compact leak proof pali made up of paste of powdered masha .

>Pali is made upto height of 2 Angul.

>patient is asked to close eyes Ghrita proccsed with appropriate drugs liquified in lukewarm water should be poured to the orbit till the level of tip of eyelashes.

> patient is asked to open & close the eye intermitently Steadily

#### Paschata karma :

>after retaining of ghrita for Stipulated period ghriit drained out though a hole made of bottom of dough wall

>near the Outer canthus of eye & irrigated with lukewarm water & fomentation.

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## ASCHOTANA

Instillation of the medicated Solution into the conjunctival sac when the eyes completely open and patient is in lying position

### Indications :

Conjunctivitis.  
Eyeache  
Timir  
Burning Pain, Excessive Lacrimation  
Pricking Pain.

### Contraindication:

- Climatic conditions - very hot, Very cold.  
- Cloudy weather  
- General Weakness: during excessive stress worries tiredness and giddiness.

### Purvakarma:

Agra sangrhaniya – The medicines ,equipment and main power needed to carry out .  
Ashchotana should be kept ready well.in advance to the Scheduled time.  
positioning the patient - the person to be administered (Aschotan) Should be taken to Nirvat  
sthan.  
He Should be in Supine position

### Pradhan karma:

- 1) It is done when patient in lying position.
- 2) Drops of medicine instilled with the help of dropper according to dosha & Vyadhi.
- 3) Installed at medial canthus of eye from a height of 2 angula - 4 cm .
- 4) Later clean the eyes with soft clothes .
- 5) Not be done at the night .

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## Parishek

### Definition :

In this procedure medicine is poured on closed eye continuously from four inches height for Specific time according to dos has. It is indicated in acute inflammatory Conditions.

### Indication:

- in acute and inflammatory condition of eyes diseases like abhishynda.
- Blurred Vision
- Dryness Of Eye
- Injury/ Traumatic condition of eye.
- 
- To improve eye sight.
- who spend a lot of time on computer.

### Contraindication:


- climatic conditions-very hot n very cold cloudy weather .
- general weakness during excessive stress worries giddiness.

### Procedure:

- Room should be devoid of excessive wind & heat, but adequately ventilated with sufficient light.
- The therapist should stand behind the head of the patient.
- Medicine should be poured through a wick as Continuous stream like flow from a height of 4 Angula - 8 cm on closed eyes.

  
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## ANJANA

### Defination :

- Topical application of drugs in the form of powder /paste/thick liquid into the conjuntival fornices with an applicator called anjan shalakya.
- Anjan means which spreads or propagades "Anakti anena anjanam"
- According to its form anjan is three types i.e gutika, rasakriya, churna
- even through anjanas are meant for eye diseses it has wide applications in systemic diseses.

### Indications :

- Anjan is indicated when clinical features of doshas have become manifested and localized in the eye an acute inflammatory signs are subsided by the application of seka ans aschotan.
- Pterygium
- Corneal opacity
- Cataract

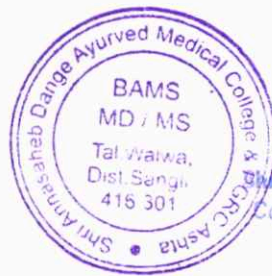
### Contraindications :

- In acute inflammatory conditions.

### Anjanvidhi :

- Room should dust be devoid of wind out dust.
- Patient is in sitting position.
- Therapist should stand in front of the patient.
- Medicine is taken on shalaka and placed in right hand.
- Eye is opened with left hand.
- Medicines is applied on lid margin from innner canthus to outer canthus with the help of anjanshalaka.
- Anjana shalaka should not be more or less, hard or soft, iteekshna or mridu, quick or delayd if so injury to eyes can happen.
- After Anjanavidhi by closing the eyes eyeball should be moved slowly, by this the medicine perfectly spreads in the eyes.
- The doshas dissolves and comes out in the state of lacrimation.
- The eyes should be cleaned when discharge stops.
- If requited according to the condition parathyanjana has to given .

  
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## BIDALAK

### Defination:

-Paste of different drugs is applied over the closed eyelids leaving the eye lashes.

### Indications :

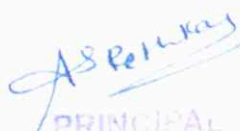
- Mild inflammatory conditions of the eye.
- Prodormal conditions like hyper.
- Pricking.
- Sensation
- Edema
- Itching
- mostly in the diseases of the eye.
- Lids and lacrimal apparatus
- Burning sensation
- Discoloration of lids.
- Redness
- Stye, blepharitis, lid abscess, trichiasis
- Foreign body sensation.

### Procedure:

- The drugs is made into smooth thin paste by adding water
- Then it is applied over Eye lid avoiding eye lashes
- when it is about to dry remove it by wiping with wet cloth
- Not to be done at night

  
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## Pindi

In this thin paste of medicines are covered in a cloth & places over closed eyes. It is also called kavalia.

### Indication of pindi:

- Glaucoma
- Conjunctivitis
- Inflammatory condition of eye.
- Swelling over eyes.

### Contraindication :

- Climatic condition –very hot ,very cold ,cloudy weather.
- General weakness-during excessive stress worries tiredness and giddiness.

### Purvakarma:

Pindi agra sangrhaniya –the medicines equipment and man power needed to carry out ashotan should be kept ready well in advance to the schedule time of treatment.

### Position of Patient:

The person to be administered with (pindi) should be taken to nirvat sthan he should in supine position

### Pradhan karma:

- The drug is made to smooth thin paste by adding suitable liquid and packed in to thick cotton cloth.
- then it is applied overv closed.
- After specific dharnakala. According to should be remade.
- Not to be done at night.

### Paschat karma:

After the completion of pind the patient should be allow to relax for a short while then after eyeball should be cleansed with warm water.

  
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