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Clinical efficacy of Ayurvedic management in computer vision syndrome: A pilot Study

Dr. Mahesh S. Dolas

Associate Professor
Shalakyatantra Department,
PMT'S Ayurved Mahavidyalay, Shevgaon,
Dist: Ahmednagar (Maharashtra, India)

Dr. Ishwar Ashok Bhujbal

Associate Professor
Shalyatantra Department,
CSMSS Ayurved Mahavidyalay,
Aurangabad (Maharashtra, India)

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ABSTRACT:

In Developing country like India, vision problem is increase by over use of media products like Television, Computer work and most prominent as mobile work and specially at low light period i.e. at night which causes fatigue , redness, watering, blurred vision and over period refractive error occur. Refractive error in young cause major eye problem in Adolescent group, to make eye healthy and to prevent unfavorable hazards Ayurveda gives a Divine procedure to eye health. Netratarpana in Adolescent group shows tremendous benefit to working people, and shows preventive result in further progression of refractive error. Triphala (Haritaki, Bibhitaki and Amalaki) has Chakshushya properties according to Indian ancient surgeon Sushruta. And these Triphala reveals beneficial contents (Vitamin C, Tanine) to eye structure. Along with other Chakshushya and Yogavahi Divine drug like ghritha increase the potency of Triphala and act faster and without any side effect than alone. A open labelled Pilot study has been carried out on the 10 patients who were attended Shalaky OPD of VAM Amravati with complain of diminished vision & ocular symptoms like pain, watering, fatigue & has been given the prescribed netratarpana with triphala ghritha therapy. The cases has been studied with an objective to find out the effect of netratarpana with triphala ghritha therapy. Netratarpan with triphala ghritha shows beneficial effect and significant improvement in ocular symptoms and non significant improvement in Refractive error after 2 months follow up. No side effect were seen. Netratarpan with triphala ghrith shows non significant improvement in visual acuity but ocular symptoms related to daily work was resolve in short period of therapy.

KEYWORD: Netra Tarpana, Triphala Ghrith, Refractive error, Myopia

INTRODUCTION:

Eye is considered to be the most important and noblest sense organ of human body. In Ayurveda eye is one of the Dyananedriya which has dominance of Tej Mahabhut. In present era of 21st century, Refractive error is one of the burning problems of human. Its incidence is quite high among the urban youth owing to the drastic changes in lifestyle extensive use of computers.

In Developing country like india, Vision problem is increase by over use of media products like Television , computer work and prominent as mobile work and specially at low light period i.e. at night which causes fatigue, redness, watering, blurred vision and over period refractive error occur. Refractive error in young cause major eye problem in Adolescent group, to make eye healthy and to prevent unfavorable hazards Ayurveda gives a Divine procedure to eye health. Netratarpana in adolescent group shows tremendous benefit to working people, and shows preventive result in further progression of refractive error. Triphala (Haritaki, Bibhitaki, and amalaki) has chakshushya properties according to Indian ancient surgeon sushruta. And these Triphala reveals beneficial contents (Vitamin C, Tanine) to eye structure. Along with other chakshushya and Yogavahi Divine drug i.e. ghrita increase the potency of Triphala and act faster and without any side effect than alone.

Aim:

A Clinical Effect of Netra Tarpana With Triphala Ghrita in Refractive Error

Objectives:

To Assess the symptoms of computer vision syndrome related to refractive error.

Sample size:-

10 Patients having eye problem with Refractive error who are computer working.

Inclusion Criteria:

Age group 20-40 years.

All the patients presenting with signs & symptoms of Refractive error (Myopia) will be taken for clinical trial irrespective of age, sex caste, religion, socioeconomic status.

Exclusion Criteria:

Patient having systemic & metabolic disorder.

Injuries (Mechanical / Chemical) Abhighatajnetrarog

Material & Methods:

A open labelled Pilot study has been carried out on the 10 patients who were attended Shalakyia OPD of our college with complain of diminished vision having Myopia with ocular symptoms like pain, watering, fatigue. These patients are advised for netratarpana with triphala ghrita therapy.

Matra for Tarpana:-

Tarpana daily for 7 days in 3 sets with a gap of 7 days.

Tarpana matra 15 minutes (500 matra)

Follow up:

In every 7 day during treatment & after 60 days of treatment.

Ocular Symptoms	Never	Mild-Rarely	Moderate-Often	Severe-Constantly
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Friction/ Feeling of dirt in the eyes	0	1	2	3
Pricking Pain	0	1	2	3
Dryness feeling	0	1	2	3
Fatigue	0	1	2	3
Pain	0	1	2	3
Watering	0	1	2	3

Visual Acuity	Mild-6/9 to 6/24	Moderate-6/24 to 3/60	Severe-3/60 to counting finger 1 meter
Grade	1	2	3

Patie nts	Fricti on/ Feeling of dirt in the eyes (BT)	(A T)	Prick ing pain (BT)	(A T)	Dryn ess Feeli ng (BT)	(A T)	Fati gue (BT)	(A T)	Pain (B T)	(A T)	Wate ring (BT)	(A T)	D.O .V. (BT)	(A T)
P1	1	0	2	1	1	0	2	1	1	0	2	1	1	1
P2	1	0	1	1	1	1	3	1	2	1	1	1	1	1
P3	2	1	1	1	2	0	1	1	1	0	2	0	1	1
P4	1	1	2	1	1	0	2	1	2	1	2	1	2	2
P5	2	1	1	0	3	2	2	0	1	0	1	0	1	1
P6	2	1	3	2	3	1	2	1	1	1	2	1	2	2
P7	1	1	2	1	1	1	2	1	1	0	2	1	2	2
P8	2	1	2	1	1	0	2	1	1	0	1	1	1	1
P9	1	0	2	1	1	0	2	1	1	0	1	1	1	1
P10	2	1	1	0	2	0	1	0	1	1	2	1	1	1

Effect of Therapy on clinical Parameters:

It was explained in the criteria of assessment that the effect of therapy will be evaluated on the clinical features by adopting GRADE system. Each of symptoms and the parameters was assessed before the start of treatment and after the end of treatment period.

Test Analysis:-

Tests used- for analysis, Paired „t“ test was applied to analyze subjective parameters..

Indications:-

NS- $p > 0.05$ - Not Significant

*- $p < 0.05$ - Significant

** - $p < 0.01$ - More significant

***- $p < 0.001$ - Highly Significant

Chief Complaints	Mean score BT	Mean score AT	Diff	% of relief	Paired t test S.D.	S.E.	t	p	Remarks
Friction / Feeling dirt in the eyes.	1.500	0.700	0.8	53.33 %	0.5270/0.483	0.1667	t=6.000	0.0002	***HS
Pricking pain	1.700	0.900	0.8	47.05 %	0.6749 / 0.5676	0.2134	t=6.000	0.0002	***HS
Dryness feeling	1.600	0.500	0.9	56.25 %	0.8433 / 0.7071	0.2667	t=4.714	0.0011	**S
Fatigue	1.900	0.800	1.1	57.89 %	0.5676 / 0.4216	0.1795	t=6.128	0.0002	***HS

Pain	1.200	0.400 0	0.8	66.66 %	0.4216 / 0.5164	0.133 3 / 0.163 3	t=6.000	0.000 2	***HS
Watering	1.600	0.800 0	0.8	50.00 %	0.5164 / 0.4216	0.163 3 / 0.133 3	t=4.000	0.003 1	**S

Observation & Result:-

Total effect of therapy:-

For evaluation of total effect of therapy percentage of improvement of each parameter is calculated. For this, totalscore observed before treatment and after treatment are added. Average of respectivescore is calculated and percentage is drawnby following formula

$$\frac{\text{Average BT} - \text{Average AT} \times 100}{\text{Average BT}}$$

Sr. No.	% Relief	Result	Patients	%
1	100	Cured	0	-
2	75-99	Marked	0	-
3	51-74	Moderate	6	60%
4	26-50	Mild	4	40%
5	< 25	Benefited	0	-
6	0	Unchanged	0	-
7	Negative	Progression	0	-

Netratarpana with triphala ghrita shows beneficial effect and Highly significant improvement in ocular symptoms and non significant improvement in Refractive error after 2 months follow up. No side effect were observed.

Discussion:

In computer working people, who have spectacle for their refractive error getting unwanted irritations & discomfort and also ocular symptoms.

In this study, the selected 10 patients who are included in above criteria for Triphala ghrita Netra Tarpana And result shows no changes in visual acuity but marked improvement in other ocular symptoms Refractive error (Myopia) in young age is the corneal curvature related and which is not

reformed by this simpletarpana procedure.

But in presence study data shows marked improvement inocular symptoms for more than 45 days.

Conclusion:

From above study we conclude that Netratarpana with triphala ghrita shows non significant improvement in visual acuity but shows marked improvement in ocular symptoms related to their work was resolve in short period of time with thistherapy for more than 45days.

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