A Case Report: “Efficacy of Triphala ghrita tarpan in computer vision syndrome”

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ABSTRACT

Today in 21st century, we are living in a highly sophisticated environment. Computer is one of the most developed technologies which are used in present time by the children, the young and the old. More and more men are sitting in front of computer for longer and longer hours. Computers have increased the work efficiency and communications and have opened access to information like never before. Despite these contributions to the society, prolonged exposure to computer has been the cause of a visual and ergonomic disorder called "Computer Vision Syndrome" (CVS). Though computer is such a highly visually demanding task, but the eyes are still structured according to old hunting days and are unable to adjust themselves, which lead to discomfort coined as Computer Vision Syndrome- An emerging pandemic of 21st century.

Modern medicine doesn’t have any definite treatment for the particular problem hence the ayurvedic scholars take it as a challenge to cure it by our various therapies like tarpana, etc. Ashtang Hridya Uttar Sthan (13/11) has the reference of Triphala Ghrita which is used in the present study in the Kriya kalpa procedure called Tarpana, a local eye refreshing and nourishing therapy. By describing the case study of tarpana with
triphala ghrita in computer vision syndrome we gain the importance of efficacy of triphala ghrita.

Keywords: Computer Vision Syndrome, Eye strain, Kriyakalpa, Triphala ghrita, Tarpana,

INTRODUCTION
It is estimated that approximately 45 million workers directly use computer by staring into computers for hours continuously. Computers have increased the work efficiency and communications and have opened access to information like never before. Despite these contributions to the society, prolonged exposure to computers has been the cause of a visual and ergonomic disorder called "Computer Vision Syndrome" (CVS). CVS is a group of symptoms which crop up from the extended viewing of the computer, when the demands of the task exceed the abilities of the viewer. Symptoms comprising CVS are dry and irritated eyes, eye strain/fatigue, blurred vision, red eyes, burning eyes, excessive tear secretion, headache, light or glare sensitivity, contact lens discomfort and neck, shoulder and backache. These symptoms of CVS are due to ocular (ocular-surface abnormalities or accommodative spasms) and/or extra ocular (ergonomic) etiologies. It has also been shown that computer users also have a higher incidence of complaints than non-computer users in the same environment.

The eyes are said to be most important than all other Indriyas. They are considered as the reflectors of the mind. Eyes are the most precisely developed portions of the brain seen outside the skull. With the march of time, most of the dietary habits, social structure, life-style and environment have been changing.

Computer is one of the most developed technologies which are used in present time by the children, the young and the old. The human vision system is not designed for long hours of computer viewing. So these lifestyles changes lead to discomfort called Computer Vision Syndrome (CVS). It is a complex of eye and vision problems related to near work which are experienced during or related to computer use. It is a repetitive strain disorder that appears to be growing rapidly. Some studies estimate that 90% of US workforce using computer for more than
3 hours per day experience CVS in some form. CVS is not a single disease entity but it is a group of symptoms mainly of
- Eye strain
- Dry eye
- Blurred vision
- Headache.

AIM AND OBJECTIVES:
AIM: To study the efficacy of ‘Triphala Ghrita Tarpana’ in Computer Vision Syndrome (CVS).
OBJECTIVE: Detail study of Computer Vision Syndrome (CVS).
Detail study of Tarpana.
Detail study of Triphala Ghrita.

CASE STUDY
We describe a patient, a 32-year-old man, working as a IT Professional, Hindu by religion, living presently in Kharghar, Navi Mumbai (sadharan desha) presented at the OPD of Netraroga (Shalakya department) Y.M.T Ayurvedic Medical College and Hospital, Kharghar, Navi Mumbai on 6th November 2014. Who was suffering from symptoms of eye strain, dry eye, burning in both eyes and headache, was regularly taking medicines and seeking consultation for the problem for a period of 3 to 4 months, which included topical antibiotics, artificial tear supplements, and lubricating eye ointment along with analgesic tablets occasionally. However, even after that patient didn’t get ophthalmic relief and turned to Ayurvedic medicines for treatment. He had fair vision i.e. on examination he had distant visual acuity is 6/9 and N6 with strain in both eyes. He complained of burning sensation in both eyes.

SAMPRAPTI GHATAK
Dosha – Vata and Pitta
Dhatu - Rasa, Meda, and Majja dhatus
Dushya – Rakta, Ashru (tear film)
Strotas – Ashruvaha strotas
Sadhyasadhyatwa – Sadhya
Upashaya – Snigdha upachar.

SAMPRAPTI
Indulgence in Atiyoga and Mithyayoga of Chakushurindriya
Aggravation of Vata pradhana Pitta Dosha
Sthana samshraya of Vitiated Vatapradhana Pitta Dosha in Sareera (Netra, Shira as well as Sarvadeha) and Manya.
Precipitation of Symptoms of CVS

CHIKITSA
• Treatment concept of CVS in Ayurvedic aspects can be taken from various references as most of the symptoms of CVS are Vata and Pitta dominant so main line of treatment should be vatapittahara.
• So, by above references we can say that main line of treatment in a patient of CVS should be santarpana, snigdha aushadhi, parisheka, nasya, akshitarpana and in addition to that symptomatic treatment should also be done by using yukti.

MANAGEMENT
• Proper body positioning for computer use. This includes lighting conditions, chair comfort, location of reference materials, position of the monitor, and use of rest breaks.
• Location of computer screen Optimally, the computer screen should be 15 to 20 degrees below eye level (about 4 or 5 inches) as measured from the center of the screen and 20 to 28 inches away from the eyes.
• Blinking - To minimize your chances of developing dry eye when using a computer, make an effort to blink frequently.
• Anti-glare screens - If there is no way to minimize glare from light sources, consider using a screen glare filter
• Rest breaks - To prevent eyestrain, try to rest your eyes when using the computer for long periods. 20-20-20 Rule.
• Use of artificial tears or contact lens wetting solution:-
• To keep eyes moist thus relief from symptoms of dry eyes. Instill one drop of either artificial tears in the eyes regularly four times a day or as per symptoms.

Tarpana kriya kalpa
• Tarpana is the most revered Kriya Kalpa extensively used in Netra practice.
• It nourishes the eyes, improves & strengthens the Drishti Shakti.
• It is a very effective, preventive & curative procedure in Vataja & Pittaja vikaras.
• It is a procedure in which Sneha or Ghrita is poured into a well designed round the eye for a stipulated period.
• Ghrita that is selected for therapy should be warmed by placing the container in hot water.
• This Luke warm Ghrita in liquid state is poured through sterile cotton dipped in Ghrita into the parimandala till the eye lashes level with eye closed.
• Patient is asked to open & close the eye intermittently & steadily for a stipulated period.
• So, Local therapy in the form of Tarpana with Triphala Ghrita has been selected for the management of CVS.

FOLLOW UP
The patient took this treatment for consequent 7 days, He was advised to continue 2nd sitting after 15 days.
After 1st setting of treatment, he had marked relief in symptoms of eye strain and burning sensation.
After 2nd setting, he had no complaint of eye strain and burning sensation, but less effective in headache and blurred vision.

DISCUSSION:
The above case study proves the modality to cure computer vision syndrome. Patients that are not responding to artificial tear drops can be treated with such modality. This procedure is safe and cost effective. It not only prevents the dryness but also give strength to extraocular muscles. It also maintains swasthya of netra.

CONCLUSION
The symptoms and complaints of the patient of CVS clearly indicate the vitiation of Vata and pitta doshas which pacifies these doshas should be advocated to provide relief in the symptoms. Tarpana karma with Triphala Ghrita is effective in relieving different ocular symptom. Only Tarpana karma was less effective in certain feature like headache and blurred vision.
Tarpana with Triphala ghrita is a clinical trial of doshas. So a therapy aiming towards the Changing lifestyle by preventive measures and counseling is least effective. Thus it can be concluded that this effective in management of CVS thus making it a point that cost effective and preservative free can be developed for this condition.

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