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Evaluation of the Efficacy of Mudagaparni Ghrita Tarpana and Anu Taila Nasya in the Management of Shushkakshipak W.S.R. to Dry Eye Syndrome

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ABSTRACT:- Dry Eye Syndrome (DES) or dysfunctional tear syndrome (DTS) as per latest DEWS definition. Now a days, the reason behind increased number of patients of DES(Shushkakshipak) is our changed life style. Because these symptoms are mainly found in those who are engaged in continuous reading, watching T.V. & Cinemas, working on computers, hot areas, tropical areas, surfing internet, eyes opened exposed to pollutants, late night duties like watchmens etc. All these factors along with improper diet and living habits, abuse of hormones and ageing etc. are making the scene very worse. At present there is no permanent cure for Dry Eye Syndrome in modern medicine. There was very less research work done in Ayurvedic field for the Dry Eye Syndrome till date. *Netra tarpana & Nasya* in Adolescent group shows tremendous benefit to working people, and shows preventive result in further progression of DES (Shushkakshipak). *Mudagaparni* has *Chakshushya* properties according to Indian ancient surgeon Sushruta. In This clinical study this yoga has been modified and made in the form of ghrita for the purpose of tarpana and Taila for nasya as Shushkakshipak is a Vata-Paittika netra roga. Ghrita is having snigdha guna, Madhura rasa and Sheeta veerya, Hence Tarpana with Mudagaparni ghrita and Anu taila nasya may be beneficial in reducing the features of Shushkakshipak (Dry eye syndrome). Randomized controlled clinical trial study has been carried out on the 60 patients who were attended Shalakyta OPD of SDM Trust's Ayurved College, Terdal with complain of ocular symptoms like The lakshanas of shushkakshipak are Gharsha (Friction / Feeling of dirt in the eyes), Toda (Pricking pain), Ruksha darun vartama akshi (dry painful lid of eye), Vikoonam (Photophobia), Shushkata (Dryness), Kandu (Itching) and Krichronmeelanimeelan (Difficulty in opening and closing the lids). The symptoms of dry eye syndrome can be equated with the

signs and lakshanas of Shushkakshipak. The cases has been studied with an objective to find out the effect of Mudagaparni ghrita *netra tarpana* with *Anu taila nasya* therapy.

KEYWORDS: Netra tarpana, Mudagaparni ghrita, Shushkakshipak.

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