

## REVIEW ON PUTAPAKA- A TYPE OF NETRAKRIYAKALA

Dhote Shilpa Anup

B.A.M.S., M.S. (Shalakyatantra), Associate Professor in Shalakyatantra, College of Ayurveda &amp; Research Center, Akurdi, Pune, Maharashtra, India

## ABSTRACT

In Ayurvedic treatises, the local treatment procedures of *Netra* or Eye are explained as *Netra-Kriyakalpas*. These procedures help to alleviate the diseases & to strengthen the proper functioning of eye. Mode of application of medicine is very specific in case of eye diseases. Based upon that 7 *Kriyakalpas* have been explained by ancient *Acharyas* & *Putapaka* is one among them. *Putapaka* is a highly modified procedure for ophthalmic medication in which *Putapaka Rasa* is used in the same mode of application as that of *Tarpana*. It is indicated specially in *kapha* predominant conditions but also can be used in *vata* & *pitta* predominant conditions. The Aim for the selection of this topic is to share the modified & practical method for preparation of *Putapaka Rasa* with the scientific community & also discuss about the necessity of doing *Putapaka* as it is not practicing by *Shalakyas* Professionals regularly because of its time consuming & lengthy procedure which needs efforts to prepare medicine (*Putapaka Rasa*).

**Keywords:** *Putapaka, Kriyakalpa, Eye treatments;*

## INTRODUCTION

***Netra-kriyakalpas- a Pearl in the Ocean***

The word *Kriya* means therapeutic action & *kalpa* means specific formulations<sup>[1]</sup> *Kriya-kalpas* are local treatment procedures of *Netra* (Eyes). These are specially modified procedures to suit the anatomical & physiological peculiarities of the eye.<sup>[2]</sup> They are equally important to *Shalakyatantra* as *Panchakarmato Kayachikitsa*. They help to alleviate the diseases & to strengthen the proper functioning of the eye.<sup>[3]</sup>

*Kriya-kalpas* are *bahirparimarjanachikitsa* & has several advantages over oral administration as mentioned below<sup>[1]</sup>

1. The drug given orally will undergo digestion under the influence of *Pachaka Pitta*. The drugs administered through *kriyakalpas* are not digested by it & possibly rectify accumulated *dosha*.

2. The oral drugs find it difficult to cross blood-aqueous, blood-vitreous & blood-retinal barriers to reach the target tissues of the eye. The topical drugs can reach there & achieve higher bio-availability.

3. The tissues contact time of the drugs can be controlled in *kriya-kalpas* & they are selected depending upon the stage & severity of the disease.

4. The medications can be judiciously selected i.e. to increase *ushnaorsheeta, snigdha* or *rookshaguna* in the local area. Thus high concentration of the drug can be achieved by applying the medicines to the eye.

**Types of *Netra-Kriyakalpas***<sup>[4]</sup>

According to *Charak*- 3 types-*Aschyotana, Anjana, Bidalaka*

According to *Sushruta*- 5 types-*Seka, Tarpana, Putapaka, Aschyotana, Anjana*

According to Vagbhata-6 types- Seka, Aschyotana, Bidalaka, Anjana, Tarpana, Putapaka<sup>[5]</sup>

According to Sharangadara-7 types- Seka, Tarpana, Putapaka, Aschyotana, Anjana, Pindi, Bidalaka

**Application inside the eye-** Seka, Aschyotana, Tarpana, Putapaka, Anjana.

**Application outside the eye -** Pindi, Bidalaka.

**What is Putapaka?**

**Putapaka** is a procedure in which *Putapaka Rasais* used in the same mode of application as that of *Tarpana*.<sup>[2] [8] [12] [13]</sup>

Just as the body becomes fatigued after *Snehapana* therapy, eyes become fatigued after *Tarpana* therapy; in order to restore the strength to the eyes *Putapaka* should be done in indicated diseases.<sup>[6]</sup>

**Classification of Putapaka**<sup>[6][7][8]</sup>

Based on the action of the drugs used- 3 Types- *Snehana*, *Lekhana* & *Ropana* (or *Prasadana* according to Vagbhata)

Type of Putapaka	Indications	Animal Factors	Element Factors	Herbal Factors	Drava-draya	Temp. of Drava	DharanKaal	Avadhi
<b>Snehana</b>	Vatapredominant disorders, rough & dry eyes	Fat, bone marrow, muscle fat, meat of <i>Bhushaya</i> , <i>Prasaha</i> , <i>Anupaanimals</i>	-	<i>Jeevan-eeya</i> , <i>Kakolya-digana</i> , <i>Madhur-Rasadraya</i> etc	mil k	<i>Sukoshna</i> (lukewarm)	200 <i>matra kaal</i>	3 consecutive days
<b>Lekhana</b>	<i>Kaphapredominant</i> diseases	Liver or meat of animals living in <i>Janagaladesham</i>	<i>Loha</i> , <i>Tamra</i> , <i>Shankha</i> , <i>Pravala</i> , <i>Muktambhasma</i> , <i>Samudraphen</i> , <i>Kasesa</i> ,	<i>Shunthi</i> , <i>Pippali</i> , <i>Maricha</i> etc.	<i>Mastu</i>	<i>Sukoshna</i> (lukewarm)	100-200 <i>matra Kaal</i>	1 day

			<i>Sro-tonja-na, Saind hav-a etc.</i>					
<b>Ro-pana</b>	<i>Pitta-Rakta</i> pre-dominant diseases (According to some <i>Kapha-Pitta</i> pre-dominant diseases)	<i>Jan-galamam sa</i>	-	<i>Dravyas</i> with <i>Tikta Rasa, Madhu</i> (Honey)etc.	Breast milk, <i>ghrita</i>	<i>Sheeta</i> (below body temp)	300 <i>matra kaal</i>	Maximum 3 days
<b>Prasada</b>	In weakness of eyes, <i>Vata, pitta &amp; Rakta</i> disorders, for healthy persons	Liver, marrow, muscle fat, intestine, heart of animals & birds etc.	-	<i>Madhur Rasa dravya</i>	Milk, <i>ghrita</i>	<i>Sheeta</i>	300 <i>matra Kaal</i>	2 consecutive days

**Classical method for preparation of *Pu-tapaka Rasa***<sup>[8]</sup>

Fresh meat of animals & herbal drugs (each equal to size of *Bilva* fruit) crushed thoroughly - Made into a paste using *gdrava- dravya* like milk, *ghrita, kashaya* - Covered & packed up using medicinal leaves like *Arka /Eranda / Vata /Kamalini*

- Covered it with poultice of mud - Placed inside fire of wood of *Dhava* or dried cow dung & made to red hot -Taken out medicinal ball & cooled to atmospheric temperature - Removed the mud & leaves Squeezed & extracted the juice (*Rasa*) -Filtered thoroughly -Ready for procedure



(Shows classical method of preparation of Putapaka Rasa)

As classical / textual procedure for preparation of Putapaka is very time consuming & needs efforts to prepare medicine (Putapaka Rasa), many professionals are not practicing it. But if it is prepared in a very easy method without so much of efforts then it can be used easily as like Tarpana. Here are some modified & practical procedures for preparation of Putapaka Rasa which are very easy & useful in this modern era.

**Modified & Practical procedure for preparation of Putapaka Rasa**

**Procedure-1:-**

Fresh meat of animals & herbal drugs (each equal to nearly 60 gms) [2] crushed thoroughly - Made into a paste using drava- dravya like milk, ghrita, kashaya in a mixypot - Covered & packed up using medicinal leaves like Arka / Eranda / Vata / Kamalini -Tied it properly using a thread & covered it with akora cloth & made it

like apottali - Placed it inside a bowl & kept bowl in a pressure cooker & allowed 2 whistles - Taken out the pottali & cooled it to atmospheric temperature - Removed all the coverings - Squeezed & extracted the juice (Rasa) - Filtered thoroughly - Ready for procedure

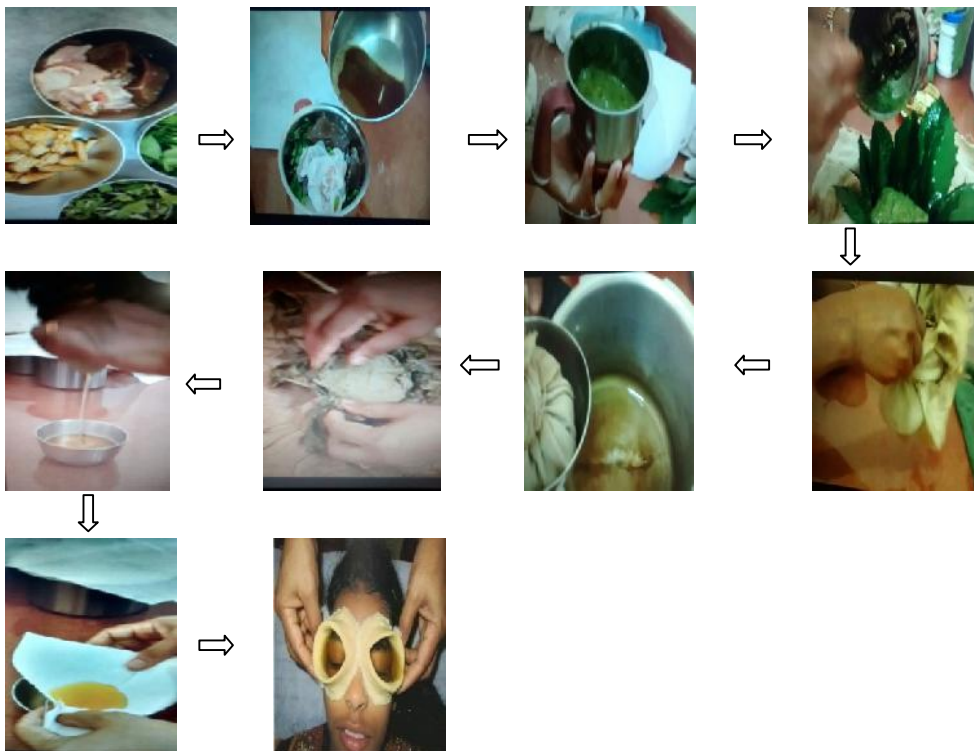
**Procedure 2:-**

Initial steps are same as mentioned above - After covered the paste with medicinal leaves, it is tied with a thread -Applied multanimitti over it - made like a ball & allowed to dry Kept this ball on gas flame & waited till it became red hot like fire - Allowed it to cool & squeezed the Putapaka Rasa -Filtered thoroughly - Ready for procedure

**Procedure-3:-**

In vegetarian patients, Simple Putapaka can be prepared by using all other ingredients except meat of animal or fat in the same way as that of procedure-1.

This is also found to be very useful & effective in many patients.

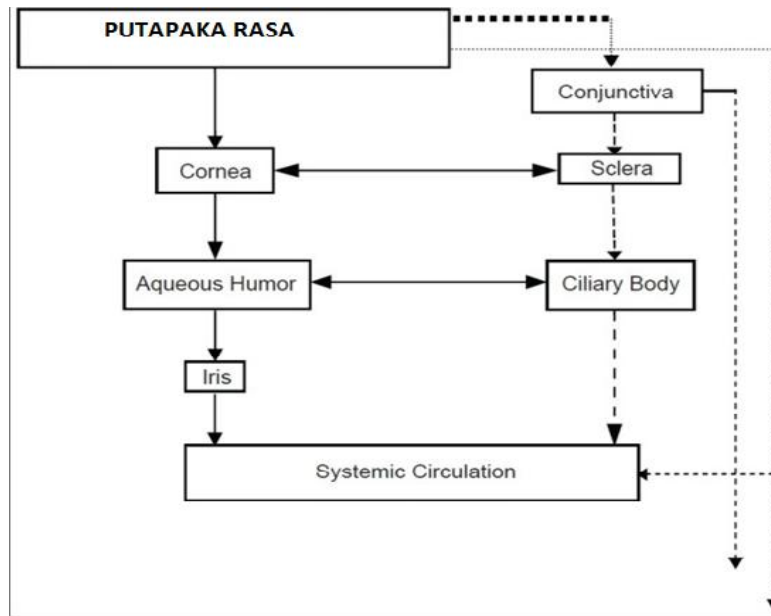


(Shows modified method for Preparation of Putapaka Rasa: procedure-1)

**Possible Absorption of Putapaka Rasa<sup>[9]</sup>**

Most of the ophthalmic medications are formulated to be applied topically. The classical pharmacokinetic theory based on the studies of systemically administered drug does not fully apply to all ophthalmic drugs. However, similar principles of ab-

sorption, distribution, metabolism & excretion are applicable to the drug disposition in the eyes. Possible absorption pathways of an ophthalmic drug, following topical application to the eye, are shown schematically.



(Solid black arrows represent the corneal route & dashed black arrows represent the Conjunctival / Scleral route)

*Kriya- kalpa* procedure according to the need.

Many professionals says *Netra- kriyakalpas* are a supporting treatment, not the main treatment but this supporting treatment plays a major role in treating many eye diseases if used properly in right time. The main aim of any pharmaco-

**DISCUSSION:**

Eye diseases are very common today due to long hours of work on computer, poor eating habits, long & frequent journey, insufficient sleep & other reasons. In today's Modern & fast life style, everyone wants fast relief from all kind of troublesome eye diseases. Eye drops & eye ointments are only local treatment of choice for Modern Science. Most of the eye drops & eye ointments contain preservatives that inhibit bacterial growth & keep them safe. But some people are sensitive or even allergic to these preservatives. Eye drops containing preservatives actually can cause irritation, redness & more dryness, rather than easing the symptoms. To avoid all such problems & for getting effective relief from eye diseases, *Netra- kriyakalpas* are, the important source of eye treatment, various drugs can be selected according to the stage & types of the disease & and can be used in various

therapeutics is the attainment of an effective concentration at the site of action for a sufficient period of time to elicit the response. Thus for obtaining the desirable concentration & effectiveness, *Putapaka rasa* can be prepared by using variety of formulations (drugs) according to necessity of disease. As *Putapaka* is one of the very effective *Netra- kriyakalpa* & it still has remain unpractised only because the procedure for preparation of medicine (*Putapaka Rasa*) is very time consuming, lengthy & practically difficult. With the help of Modified procedures, it is easy to prepare *Putapaka rasa*. There is a necessity of practicing *Putapaka* because it is meant to facilitate the absorption & assimilation of *ghrita* after *Tarpana* [2] It empowers the eyes & helps to improve the vision [10] as in *Timira* (Refractive error), *Kach* (Immature Cataract), *Avrana Shukla* ( Corneal Opacity) etc. It improves the strength



of eyes. It helps to cure the diseases & also prevent complications.

### CONCLUSION:

The modified procedures for preparation of *putapaka Rasahas* been found to be more practically useful than classical procedure & it is equally effective. There are very few articles or case studies available on *Putapaka*. Moreover practicing *Putapaka* is becoming rare day by day, with a threat that this well known effective *Ayurveda* eye treatment will disappear in future. To contribute to keep *Putapaka* live all *Shalakya* Professionals should practise it regularly.

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**CORRESPONDING AUTHOR**

**Dr. Dhote Shilpa Anup**

B.A.M.S., M.S. (Shalakyatantra)

Associate Professor in Shalakyatantra

College of Ayurveda & Research Center,

Akurdi, Pune, Maharashtra, India

**E-mail:** shilpsanup@yahoo.com

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