REVIEW ON PUTAPAKA- A TYPE OF NETRAKRIYAKALA
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ABSTRACT

InAyurvedic 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 Shalakya 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 [1]. Kriya-kalpas are local treatment procedures of Netra (Eyes). These are specially modified procedures to suit the anatomical & physiological peculiarities of the eye. [2] They are equally important to ShalakyaTantra as PanchakarmatoKayachikitsa. They help to alleviate the diseases & to strengthen the proper functioning of the eye. [3]

Kriya-kalpas are bahirparimarjanachikitsa & has several advantages over oral administration as mentioned below [1]

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 ushnaortsheeta, 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 [4]

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.[5]
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.[2][8][12][13]
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.[6]

Classification of Putapaka[6][7][8]
Based on the action of the drugs used- 3 Types-Snehana, Lekhana&Ropana(or Prasadana according to Vagbhata)

<table>
<thead>
<tr>
<th>Type of Putapaka</th>
<th>Indications</th>
<th>Animal Factors</th>
<th>Element Factors</th>
<th>Herbal Factors</th>
<th>Temp. of Drava</th>
<th>DharanKaal</th>
<th>Avadhi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snehana</td>
<td>Vatapredomina-nt disorders, rough &amp; dry eyes</td>
<td>Fat, bone marrow, muscle fat, meat of Bhushaya, Prasaha, Anupaanimals</td>
<td>-</td>
<td>Jeevaneeya gana,Kakolya-digana, Madhur-Rasadravya etc</td>
<td>Sukoshna(lukew arm)</td>
<td>200 matra kaal</td>
<td>3cons ecutive days</td>
</tr>
<tr>
<td>Lekhana</td>
<td>Kaphapredomina-nt diseases</td>
<td>Liver or meat of animals living in Janagaladesham</td>
<td>Loha, Tamara, Shanka, Praval, Muktabhasma, Samudraphen, Kaseesa</td>
<td>Shunthi, Pippali, Maricha etc.</td>
<td>Sukoshna(lukew arm)</td>
<td>100-200 matra Kaal</td>
<td>1day</td>
</tr>
<tr>
<td><strong>Ropana</strong></td>
<td>Pitta-Rakta predominant diseases (According to some Kapha-Pitta predominant diseases)</td>
<td>Jan-galamamsa</td>
<td>Dravyas with Tikta Rasa, Madhu (Honey) etc.</td>
<td>Breast milk, ghrita</td>
<td>Sheeta (below body temp)</td>
<td>300 matra kaal</td>
<td>Maximum 3 days</td>
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<tr>
<td><strong>Prasadana</strong></td>
<td>In weakness of eyes, Vata, pitta &amp; Rakta disorders, for healthy persons</td>
<td>-</td>
<td>Madhur Rasa dravya</td>
<td>Milk, ghrita</td>
<td>Sheeta</td>
<td>300 matra Kaal</td>
<td>2 consecutive days</td>
</tr>
</tbody>
</table>

**Classical method for preparation of Putapaka Rasa**[8]
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 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) crushed thoroughly - Made into a paste using drava- dravya like milk, ghrita, kashaya in a mixy pot - 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 inside a bowl & kept bowl in a pressure cooker & allowed 2 whistles - Taken out thepottali & 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.

Possible Absorption of Putapaka Rasa
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 absorption, 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 say **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-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 kriyakalpas & 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. It empowers the eyes & helps to improve the vision 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 Putapakaa live all Shalakya Professionals should practise it regularly.

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