EFFICACY OF GO GHRIHATATARPANA IN THE MANAGEMENT OF COMPUTER VISION SYNDROME: A CASE REPORT

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ABSTRACT

We are living in the era of advancement, where every second is a pioneer of development. Computers are now an essential part of our day to day life. Focusing the eyes on a computer for uninterrupted periods of time has been the cause of a compilation of vision and ophthalmic symptoms, which are collectively termed as Computer Vision Syndrome (CVS). Symptoms of CVS include headache, blurred vision, eye strain, dry eyes, irritated eyes, double vision, and difficulty refocusing the eyes. Shushakshipaka, almost similar entity, has been described in Ayurvedic texts which match the clinical picture of CVS. Despite of recent progression in ophthalmic medicine; there is no eternal solution for this debility. Tear substitutes are the only treatment modality with modern medical science. The duration of action of these tear substitutes is variable only providing temporary relief. “Ayurveda” is primarily aimed at prevention of disease & promotion of positive health. A case report of Computer Vision Syndrome successfully treated with GoghritaNetraTarpana has been presented here. GoghritaTarpana proved to be an efficient measure that can be used as a promising, potent and safe treatment of CVS.

Keywords: Shushakshipaka, Kriyakalpas, Akshi-Tarpana.

INTRODUCTION

Technologies and inventions have revolutionized the modern era. In modern age, with booming techno world, the computers have extended their reach to everyone from children to adults. There is no field untouched by computers today. The increased use of computers in the workplace has brought about the development of a number of health concerns. Focusing the eyes on a computer for uninterrupted periods of time has been the cause of a compilation of vision and ophthalmic symptoms, which are collectively termed as Computer Vision Syndrome (CVS). Symptoms of CVS include headaches, blurred vision, eye strain, dry eyes, irritated eyes, double vision, and difficulty refocusing the eyes. Eye disorders are much more important than any other physical disability, since the loss of
vision tantamount to the obliteration of the world.

According to national institute of occupational safety and health, CVS affects some 90% of the people who spent three hours or more a day on a computer. Torrey (2003) and Graveney(2011) have shown that computer users’ vision related problems are the most frequently reported health-related problems occurring in over 70% of computer users. They have concluded that CVS is a vision disorder that has been described as the number one occupational hazard of 21st century. Previous studies have estimated that the prevalence of CVS ranges between 64 and 90% among computer users[1]. It has been estimated that nearly 60 million people suffer from CVS globally and about one million new cases occur each year[2].

The branch of Shalakya Tantra is one among Ashtang Ayurveda, which specializes in the treatment of Urdhva-jatrugata (Part of the body above clavicle and sternum manubri) Rogas[3]. In Utratantara of Sushruta Samhita, first 19 chapters have been dedicated to the prevention and cure of eye diseases, which signifies the importance of Netrarogavigyan. Shushkakshipaka[4], almost similar entity, has been described in Ayurvedic texts which matches the clinical picture of CVS. Shushkakshipaka, caused by Vata and Pitta doshas[5] is mentioned as sadhyavyadh and classified under Sarvagatanetrarogas.

Local therapeutic procedures for eye have been grouped under Kriyakalpas[6] by Acharyas and among them; Akshi-Tarpana is the foremost procedure which provides Vata-shamaka effect to the eyes along with providing nourishment. Acharya Vagbhata has suggested Sheeta, Snigdha and Santarpana Chikitsa in light, electric and heat exposure ocular conditions[7]. As per ancient texts, Goghrita is Snigdha, Guru, Mrudu & thus pacifying the Pitta and Vatadosha. Thus, Goghrita was selected for Akshi-Tarpana in the management of CVS.

**CASE REPORT**

Type of study: Observational single case design.

A male patient aged 42yrs, presented at OPD of Netraroga (Shalakya Department), Gaur Brahmin Ayurvedic College, Rohtak, Haryana. He complained of eye strain, dryness in eyes, burning sensation in eyes and on and off headache since one year. He was taking allopathic treatment for the same since 2 months but got no significant relief. Patient was stable. All vital parameters were within normal limits. On Eye examination he had distant corrected visual acuity 6/6 and near vision N6.

**MATERIALS & METHODS**

**PROCEDURE**

**Poorva Karma –**

- Shodhanakarma with Haritaki: 05 g with lukewarm water for 3 days.
- Nasya with Anutaila for next 3 days
- Sthanika Abhyanga & Mridu Swedana

**Pradhan Karma –**

- Tarpana Kriyakalpa

Lukewarm Ghrita in liquid state was poured in an enclosure built around the eyes out of black gram flour, till the level of eye lashes...
with eyes closed. Patient was asked to open & close the eye intermittently & steadily.

**Pashchat Karma-**
- **MrdudSwedana**
- **PradhamanaNasya** with **KatphalChurna**
- Patient was instructed not to get exposed to sunrays and dust for few hours.

Patient was advised to take precautions while working in front of computer as well as some lifestyle modification was also recommended.

**DURATION**
*Tarpana* with plain *Goghrita* was performed in 3 sittings of 7 days each with an equal interval of 7 days (non-interventional period) between each sitting.

**RESULTS**
After 1st sitting of *Tarpana*, he had marked relief in symptoms of dryness and burning sensation of eyes. He had mild relief in eye strain.

After 2nd sitting, he had no complaints of dryness and burning sensation in eyes, marked relief in eye strain was noticed.

After 3rd sitting, there was complete relief of the symptoms.

However, only mild improvement was reported in Headache.

**DISCUSSION**
Focusing the eyes on a computer for uninterrupted periods of time has been the cause of CVS. It has no direct mention in *Ayurvedic* classics but it can be correlated to symptoms of *Shushkaakshipakof Sarvagata-Netravyadhi*, caused by *Vata* and *Pitta doshas*.

*Goghrita* is *Snigdha, Guru, Mrudu* thus it is efficient in pacifying *Vata* and *Pitta doshas*. It has lubricating properties which is beneficial in main symptom of CVS i.e Dry Eyes.

The *Ghrita* has the quality of entering into minute channels. Hence, when applied in the eye, it enters into deeper layer of *Dhatus* and strengthens & nourishes every minute part of eye. *Ghrita* contains vitamin A, D, E, K and carotene in it. Vitamin A and E are antioxidants and vitamin A also keeps the outer lining of the eyeball moist.

**CONCLUSION**
1) **COMPUTER VISION SYNDROME** is caused by focusing the eyes on computer for uninterrupted periods of time which reduces the blinking rate of a person and due to this tear flow across the eyes is reduced which results in dryness.

2) On the basis of this case study, it can be concluded that, *Tarpanakarma* with plain *Goghrita* could be an efficient measure concerning symptoms of CVS with potential outcomes.

3) No adverse drug reactions were reported in this case, so *Tarpanakarma* is safe in the management of CVS.

4) Life style modifications are obligatory in the management of CVS.

**REFERENCES**
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