

Clinical Study on Simple Myopia with Reference To the Effect of Triphala Ghreeta

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Abstract:

Myopia representing the characteristics of indistinct distant vision. It is a commonly available condition, taken for the research study. In low degree myopia, the only complaint is inability to see the distant object clearly. In higher degree of myopia blurring of objects, and difficulty in maintaining near vision with comfort for long also. In this case by the help of ayurveda we prepared a drug triphala ghreeta and used by process called netra tarpana. This for cure of myopia not for the correction of refractive error.

Keywords – myopia, triphala ghreeta, netra tarpana, refractive error.

2. Introduction

A refractive error is an eyesight problem. Refractive errors are a common reason for reduced level of eyesight. Myopia is a type of refractive error. Which occur due to overfocus of object. The point of focus is in front of retina rather than on the retina. This occur due to eyeball is long because of long length of cornea or eye is not able to focus the rays back to retina. The following picture shows the exact condition what happened during this condition.

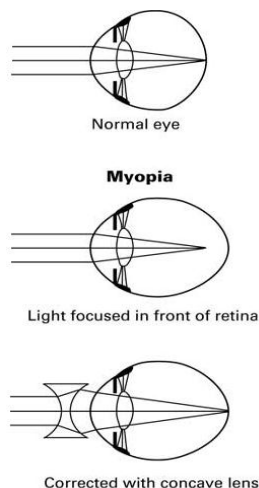


Fig: 1 - ray diagram shows that the condition of myopia eye with respect to normal eye and cured condition with concave lens.

This is the error which can be rectified by using of concave lens glass. But in this study we prepare the drug that will cure this problem naturally by using this through the process called tarpana in ayurveda.

3. Material and method

The main ingredients of Triphala Ghreeta are Haritaki (*Terminalia chebula* Retz), Bhibitaki (*Terminalia bellerica* Roxb), Amalaki (*Phyllanthus emblica* Linn), Cow's Ghee and milk.

3.1 Description of materials

Haritaki which is fresh, unctuous, compact, round and heavy is best. It contains 24.6 – 32.5% astringer principle, tannines (i.e. chebulic acid and cerilagin etc.), it also contains 18 amino acids in small quantities of phosphorus. It has the property of promoting eye sight. The part used for drug is fruit without seed.

Bhibitaki fruit is bitter, astringent, tonic, laxative and antipyretic used in eye disease. Fruit contain gallic acid, chebulagic acid, menitol, glucose, galactose, fructose. Seed contain 38.6 % bright yellowish oil. The part used in drug is fruit without seed.

Amlaki fruit contain gallic acid, tannic acid, glucose albumin, calcium and vitamin C. It also contain protein 0.5 %, fat 0.1%, mineral 0.7%, fibre 3.4%, carbohydrate 14.1%, calcium 0.05%, phosphorus 0.02%, iron 1.2%. The used part in drug is fruit without seed.

These three are mixed in equal proportion and grind to form fine powder. Chromatographic study shows tannin and colloidal complex. Phyllembic acid. The main constituent is; phyllembic acid 6.3%, yellowish oil 5%, lipid 6%, pericarp contain 70-72% vitamin C.

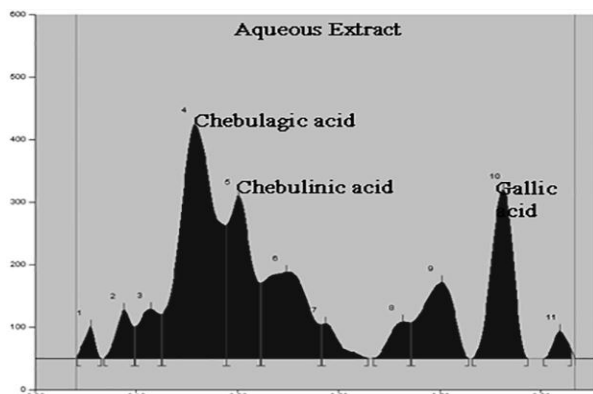


Fig:2 – Aqueous extract shows that the extracts contain chebulagic acid, chebulinic acid and gallic acid.

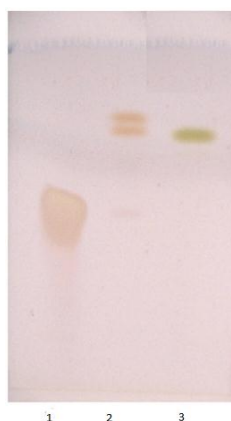


Fig:3 – Thin layer chromatography shows the different components present in triphala churna.

3.2 Properties of Triphala

It is beneficial in disease of eyes. According to shushruta it improves visual acuity.

Chemical standard of triphala are as follows

Colour – Light Yellow

Smell – Pleasant

Touch – Fine

Taste – Astringent



Fig:4 – Triphala Churna.

3.3 Method of preparation of Triphala Ghreeta

All the three fruits without seeds are taken in the same proportion and mixed well and grinded to fine form. One

part of fine powder triphala powder is boiled with eight part of water, it boiled till water content reduced to one fourth part. after that boiling stopped. Liquid filtered to take decoction. One part of paste is added to eight part of ghee and heated with 16 part of decoction and 16 part of cow's milk. after water removed ghee filtered and cool.

3.3.1 Findings of Triphala Ghreeta

Colour – Greenish

Smell – Fragrant

Touch – Greasy

Taste – Bitter

3.3.2 Doses for treatment

The study taken for the patients and divided them into three groups according to the administration process. Doses are decided for Tarpana, Oral and tarpana and oral both

For Tarpana 10-15ml once daily

For oral 5-10ml twice daily

4. Result

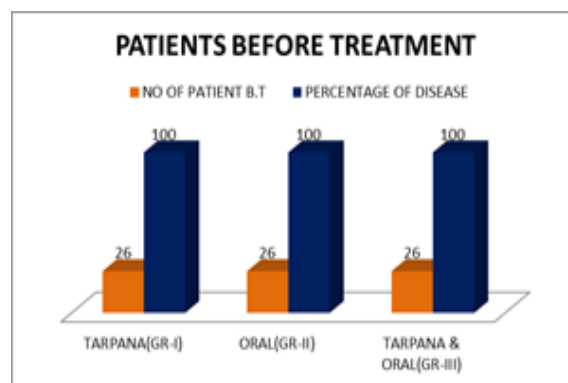


Chart:1 – chart shows the three groups of patients before treatment.

The above graph shows that the three treatment groups considered with 100% of disease condition and each group contains 26 patients each. Treatment provides as mentioned before.

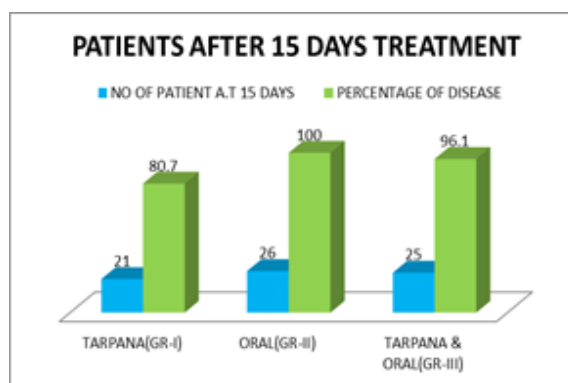


Chart:2 - chart shows the patients of three groups after 15 days of treatment.

After administration of treatment in three method it is found that the method of tarpana is the best way to treat than the patients with tarpana and oral treatment. But there is no change of disease condition in case of only oral administration. It is found that in tarpan case the curity of disease is came about 80.7% and in oral and tarpan administration it is came about 96.1%. but the oral condition 100% of disease persidt as such.

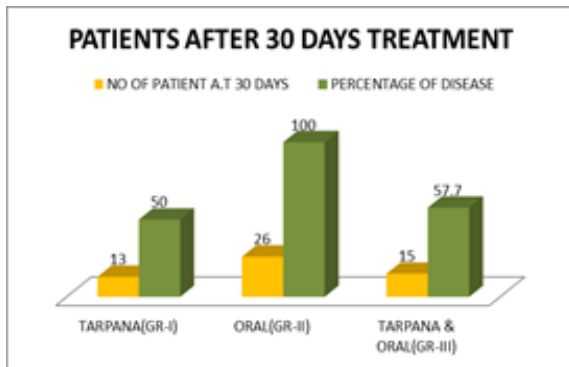


Chart:3 - chart shows the patients of three groups after 30 days of treatment.

After 30 days of treatment it is reduced to a percentage in tarpana group is about 50% and in tarpana and oral group it is about 57.7% and in only oral condition it persists about 100%.

5. Conclusion

From the above study it can be concluded that the patients with incorrect eye problem treated naturally by ayurvedic process by triphala ghreeta. The drug is used as tarpana and it is found that the method of tarpana is the best method for treatment and it is the permanent solution for the treatment of refractive error.in this method we use the oral method but that is not an effective method for treatment of disease.

6. Reference

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