

International Research Journal of Ayurveda & Yoga

Vol. 5 (6),105-111, June, 2022

ISSN: 2581-785X:<https://irjay.com/>

DOI: [10.47223/IRJAY.2022.5616](https://doi.org/10.47223/IRJAY.2022.5616)



Akshi Tarpana: An Eye Rejuvenation

Sushmita¹, Anjali²

1. PG Scholar, Department of Panchkarma, Dayanand Ayurvedic College, Jal. (Pb.)
2. Assistant Professor, Department of Shalaky Tantra, Dayanand Ayurvedic College, Jal (Pb.)

Article Info

Article history:

Received on: 13-05-2022

Accepted on: 23-06-2022

Available online: 30-06-2022

Corresponding author-

Anjali, Assistant Professor,
Department of Shalaky Tantra,
Dayanand Ayurvedic College,
Jal (Pb.)

[Email: dranjali30j@gmail.com](mailto:dranjali30j@gmail.com)

ABSTRACT:

Akshi is the most important *Gyan Indriya*. It is the site of *Alochaka Pitta*. *Sushruta* The Father of Surgery has recommended “*Kriyakalpa*” for the management of *Akshi Roga*. The term *Kriyakalpa* refers to the treatment, which can be applied for almost all types of *Akshi Roga*. *Kriyakalpa* comprises of *Tarpana*, *Putpaka*, *Seka*, *Aschyotana* and *Anjana*. *Akshi Tarpana* is a procedure to ensure that the healthy status of the eye is maintained in a normal condition as well as diseased states. In this procedure medicated oil or ghee is retained in the eyes for fixed time in a specific formed frame. According to modern pharmacology, drug penetration depends upon permeability of layers. The epithelium & endothelium of cornea is highly permeable for lipid content, while stroma is permeable to only water content. Thus, fat soluble and water-soluble drugs readily penetrate these layers. In this article there is a review on *Akshi Tarpana Karma*, their indications, contraindications and possible mode of action is discussed.

Keywords: *Akshi*, *Kriyakalpa*, *Akshi Tarpana*, *Drushtigata Roga*, *Alochaka Pitta*

INTRODUCTION

Eye is one of the important sense organs situated in the head and it can coordinate with rest of the sense organ as well as mind. It is a sense organ with which we primarily interact with the outer world. Each branch of *Ayurveda* having *Vishishta Chikitsa*, apart from the *samanya chikitsa*. For example, *Basti Chikitsa* is considered as *Ardha Chikitsa* in *Kayachikitsa*.^{1,2} Similarly, In *Shalaky Tantra*, *Kriyakalpa* is considered as *Vishisht Chikitsa* for *Netra Roga*.

Kriyakalpa comprises of *Tarpana*, *Putpaka*, *Seka*, *Aschyotana* and *Anjana*.³ *Akshi Tarpana* is a procedure to ensure that the healthy status of the eye is maintained in a normal condition as well as diseased states. It cools, lubricates and rejuvenates the eyes. It helps in the clarity of

the eyes as it expelled out the impurities. This procedure strengthens eye sight and increases the blood circulation.⁴ According to modern pharmacology, drug penetration depends upon permeability of layers. The epithelium & endothelium of cornea is highly permeable for lipid content, while stroma is permeable to only water content. Thus, fat soluble and water-soluble drugs readily penetrate these layers.⁵ The medicines having the quality to get into minute channels of the body, when applied to the eyes enters deeper into the layers of dhatus.

MATERIALS AND METHODS

References regarding *Akshi Tarpana* were collected from *Bruhitrayi*, *Lagutrayi*. *Ayurveda* published works,



published research papers from Pub Med, Google Scholar and previous work done regarding *Akshi Tarpana*. In this article there is a review on *Akshi Tarpana Karma*, their indications, contraindications and possible mode of action is discussed.

Indications for Tarpana Karma: According to *Brihutrayi* and *Lagutrayi*, *Tarpana* is indicated as follows^{6,7,8,9} **Table: 1**

1 Indications of Tarpana Karma

Contraindications for Tarpana Karma:

According to *Brihutrayi* and *Lagutrayi*, *Tarpana* is contraindicated in following conditions.^{10,11,12,13} **Table: 2**

Contraindications for Tarpana Karma

Tarpana Vidhi

This procedure is divided into three parts (Fig.1)¹⁴

a) Purvakarma

1. Before *Tarpana*, *samyaka kayik* and *shira shodhan* to be done.
2. *Netra swedana* to be done with luke warm water.

b) Pradhanakarma

1. The patient is made to lie in the room which is *Vata-Aatapa rahit*.
2. A dough using gram flour is made which is to be placed around the both eyes upto a height of two *angula*. Precaution to be taken so that the medicine should not spill from the dough.
3. The patient is asked to close the eyes and over the closed eyes, *Ghruta* processed with appropriate drugs and liquefied in lukewarm water should be poured to the orbit, till the level of tip of eyelashes. Patient is asked to open & close the eye intermittently & steadily.
4. This procedure is to be performed for 20-25 minutes (Approximately).

c) Paschatkarma

1. *Sneha dravya* is removed along with the dough, should be washed with *ushnodaka* and *pottali swedana* is done.
2. After that *kaphaghna shiro virechana* or *Dhoompana* is done for *Kapha shodhana*.

Tarpana Avadhi

- *Sushruta* without clarifying the condition of the eyes simply asks to perform the procedure for one day, three days, or five days or till the *samyaka tarpita lakshanas* are seen.¹⁵
- According to *Vagbhatta Tarpana* should be done daily in vitiation of *vata*, on alternate days in *pitta*, with an interval of two days in *kapha* and in *swastha* (healthy person) or till the eyes become fully satiated¹⁶

Sneha dharan kala: *Snehadharanakala* is implemented considering Severity of *Dosha Prakopa* and *Adhishtana* of diseases.^{17,18,19,20}

Snehadharanakala According to Dosha Prakopa: Table:3

Snehadharanakala According to Adhishtana of the Disease: Table: 4

Samyaka Tarpita Lakshana According to *Brihutrayi* and *Lagutrayi*, *Samyaka Tarpita Lakshana* are:^{21,22,23,24} Table: 5

Atti- Tarpita Lakshanas: According to *Brihutrayi* and *Lagutrayi*, *Atti Tarpita Lakshana* are:^{25,26,27,28} Table: 6

Heena Tarpita Lakshanas: According to *Brihutrayi* and *Lagutrayi*:^{29,30,31,32} **Table: 7**

Treatment of Heena And Ati Tarpana:³³

Dhoompana, *Nasya*, *Anjana*, *Seka* either *ruksha* or *snigdha* are to be done for treating both *heena* and *ati tarpana* conditions according to predominance of *dosha*. *Snigdha seka* in disease of *vata* predominance, *ruksha* in *kapha* and *sheeta seka* in *pitta* predominance *dosha*.

DISCUSSION

Probable mode of action of Akshi Tarpana³⁴

Akshi Tarpana is a local therapeutic procedure. In this, Drug absorb through various layers of the eye and drugs spread in to the deeper tissues through *Rupavaha Siras*. *Sneha* absorbed by eyes & perform the Action. *Sneha* reach all *Saptadhatu* in *uttrottarmanner*. Absorption is very high as drugs are lipid soluble; penetration of fat soluble substances is high regardless of molecular size. Highest and significant therapeutic deliberations are achieved. *Ghruta* is extreme in *Jangama Sneha* and is *Balavardhaka*, *Ojovardhaka*, *Vayasthapana*, *Agni deepana* and *Dhatuposhaka*. *Ghruta* is having *Rasayana*, *Balya* & *Chakshushya* properties. *Charaka* in *Sutrasthana Snehadhyaya* described that, ” *SNEHOANILAM HANTI*”³⁵ which means that *Snehana* is the superlative treatment for *Vata Dosha*. According to *Charaka*, *Ghruta* is operative in subsiding *Pittaja* and *Vataja* disorders, and is overall booster for improving *Ojas*. By the Activation of *Alochaka Pitta*. *Alochaka pitta* is of two types *Chakshu Vaisheshika* & *Buddhi Vaisheshika Alochaka Pitta*. *Chakshu-vaisheshika Alochaka Pitta* Increased power of *Drishhti Nadi* and *Buddhi-Vaisheshika Alochaka Pitta* Activate Visual centre in Brain (Optic nerve). So *Tarpana* improve overall Visual status. (Flow Chart: 1)

CONCLUSION

Ayurveda, the ancient system of medicine gives valuable guide lines not only in treatment aspects but also in preventive line. *Akshi Tarpana* is one of the *Kriyakalpa* which act both as preventive as well as curative measure. It has been used from the ancient times in *Ayurveda* for improving the eyesight and is highly beneficial in maintaining normal healthy condition of eyes, it is the treasure of *Ayurveda* for *Netraroga*. It is a relaxing eye treatment to rejuvenate eyes and surrounding tissues. *Tarpana* act over accommodation capacity of eye by providing nutrition not only to the cornea but also to the sphincter muscles and nerves innervating it. *Akshi Tarpana karma* is one of the local therapeutic procedure which if promptly used shows objective evidences of excellent responses.

Acknowledgements - Nil

Conflict of Interest - None

Source of Finance & Support - Nil

ORCID

Sushmita , <https://orcid.org/0000-0001-9086-2752>

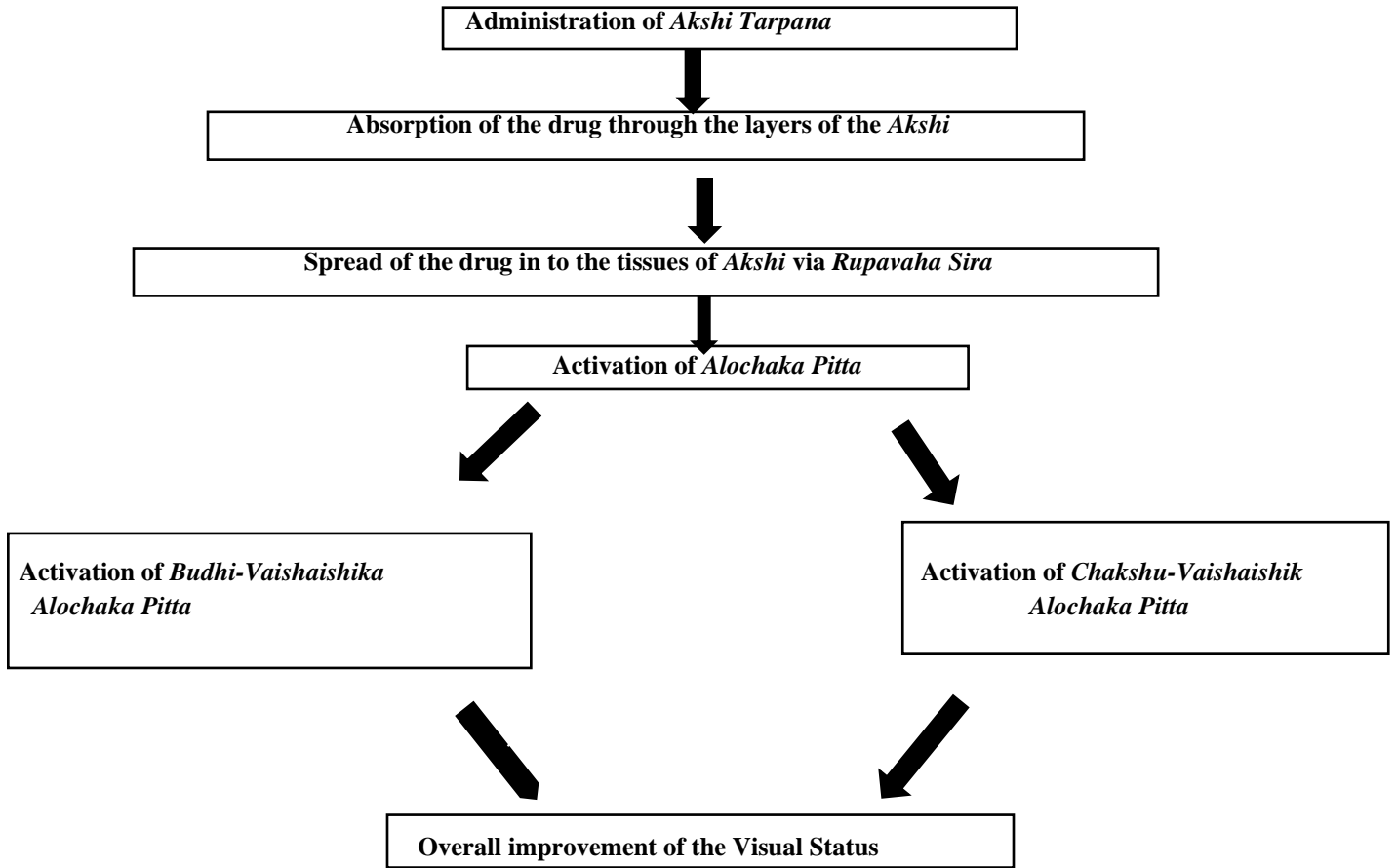
REFERENCES

1. Sharma PV, Agnivesha, Charak Samhita edited by Charak and redacted by Dridhbala Siddhi Sthana Kalpanasiddhiadhyaya 13/38-39 Chaukhambaorientalia Varanasi first edition-2011,
2. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 19/85-86. Chaukhamba Prakashan 2012.
3. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, , Sushruta Uttartantra 18/4 Chaukhamba Sanskrit Sansthan, 2012.pp.93
4. Sharma OP, Kaundal Ramesh, Hiremath Jyoti, Kumar Ashwani. NETRA TARPANA - A UNIQUE OCULAR THERAPY IN AYURVEDA. International Ayurvedic Medical Journal (ISSN 2320 5091) Volume 3; Issue 4; April- 2015 (1123-1129)
5. Sharma OP, Kaundal Ramesh, Hiremath Jyoti, Kumar Ashwani. NETRA TARPANA - A UNIQUE OCULAR THERAPY IN AYURVEDA. International Ayurvedic Medical Journal (ISSN 2320 5091) Volume 3; Issue 4; April- 2015 (1123-1129)
6. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, Sushruta Uttartantra 18/13 Chaukhamba Sanskrit Sansthan, 2012.pp.94.
7. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 24/10. Chaukhamba Prakashan 2012.pp.187.
8. Tripathi B, Sharangadhara Samhita of pandita Sharangdharacharya containing Anjananidana of Maharishi Agnivesha, annotated with Dipika hindi commentary Uttarkhanda 13/46-50 Chaukhamba Surbharati Prakashan, Varanasi, edition 2004.pp.406.
9. Pandey HP, Bhava Prakasha: Vidyotini Comm. Madhya Khand Chikitsa Prakarna 63/ 168-169 Chaukhamba Sanskrit Series Office,Varanasi; 2019.pp.695
10. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, Sushruta Uttartantra 18/12 Chaukhamba Sanskrit Sansthan, 2012.pp.94.
11. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 24/10. Chaukhamba Prakashan 2012.pp.187.
12. Tripathi B, Sharangadhara Samhita of pandita Sharangdharacharya containing Anjananidana of Maharishi Agnivesha, annotated with Dipika hindi commentary Uttarkhanda 13/45-47 Chaukhamba Surbharati Prakashan, Varanasi, edition 2004.pp.430.
13. Pandey HP, Bhava Prakasha: Vidyotini Comm. Madhya Khand Chikitsa Prakarna 63/ 180 Chaukhamba Sanskrit Series Office,Varanasi; 2019.pp.696
14. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 24/10. Chaukhamba Prakashan 2012.pp.187.
15. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, , Sushruta Uttartantra 18/12 Chaukhamba Sanskrit Sansthan, 2012.pp.94.

16. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 24/10. Chaukhamba Prakashan 2012.pp.187.
17. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, , Sushruta Uttartantra 18/8-10 Chaukhamba Sanskrit Sansthan, 2012.pp.93.
18. Tripathi B, Sharangadhara Samhita of pandita Sharangdharacharya containing Anjananidana of Maharishi Agnivesha, annotated with Dipika hindi commentary Uttarkhanda 13/45-47 Chaukhamba Surbharati Prakashan, Varanasi, edition 2004.pp.430.
19. Pandey HP, Bhava Prakasha: Vidyotini Comm. Madhya Khand Chikitsa Prakarna 63/ 170-174 Chaukhamba Sanskrit Series Office,Varanasi; 2019.pp.696
20. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 24/10. Chaukhamba Prakashan 2012.pp.187.
21. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, Sushruta Uttartantra 18/13 -15 Chaukhamba Sanskrit Sansthan, 2012.pp.94.
22. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 24/10. Chaukhamba Prakashan 2012.pp.187.
23. Tripathi B, Sharangadhara Samhita of pandita Sharangdharacharya containing Anjananidana of Maharishi Agnivesha, annotated with Dipika hindi commentary Uttarkhanda 13/45-47 Chaukhamba Surbharati Prakashan, Varanasi, edition 2004.pp.430.
24. Pandey HP, Bhava Prakasha: Vidyotini Comm. Madhya Khand Chikitsa Prakarna 63/ 175-176 Chaukhamba Sanskrit Series Office,Varanasi; 2019.pp.696
25. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, Sushruta Uttartantra 18/13 Chaukhamba Sanskrit Sansthan, 2012.pp.94.
26. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 24/10. Chaukhamba Prakashan 2012.pp.187.
27. Tripathi B, Sharangadhara Samhita of pandita Sharangdharacharya containing Anjananidana of Maharishi Agnivesha, annotated with Dipika hindi commentary Uttarkhanda 13/45-47 Chaukhamba Surbharati Prakashan, Varanasi, edition 2004.pp.430
28. Pandey HP, Bhava Prakasha: Vidyotini Comm. Madhya Khand Chikitsa Prakarna 63/ 177 Chaukhamba Sanskrit Series Office,Varanasi; 2019.pp.696
29. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, Sushruta Uttartantra 18/13 Chaukhamba Sanskrit Sansthan, 2012.pp.94.
30. Gupta A, Ashtang Hridya of Vagbhatta, edited with the Vidyotini hindi commentary edited by Vaidya Yadunanandana Upadhyaya, Chaukhamba Prakashan, Ashtang Hridya Sutrasthan 24/10. Chaukhamba Prakashan 2012.pp.187.
31. Tripathi B, Sharangadhara Samhita of pandita Sharangdharacharya containing Anjananidana of Maharishi Agnivesha, annotated with Dipika hindi commentary Uttarkhanda 13/45-47 Chaukhamba Surbharati Prakashan, Varanasi, edition 2004.pp.430.
32. Pandey HP, Bhava Prakasha: Vidyotini Comm. Madhya Khand Chikitsa Prakarna 63/ 178 Chaukhamba Sanskrit Series Office,Varanasi; 2019.pp.696
33. Shastri AD, Sushruta Samhita of Maharishi Sushruta, edited with Ayurveda-Tatva- Sandipika, hindi commentary Vol. 2, Sushruta Uttartantra 18/16 Chaukhamba Sanskrit Sansthan, 2012.pp.94.
34. Gupta AK,. Anticipated mode of action netra tarpana. World Journal of Pharmaceutical and Life Sciences (ISSN 2454-2229), 2020, Vol. 6, Issue 7, 263-270
35. Sharma PV, Agnivesha, Charak Samhita edited by Charak and redacted by Dridhbala Sutra Sthana 13/14 Chaukhambaorientalia Varanasi first edition-2011.

How to cite this article: Sushmita, Anjali "Akshi Tarpana: An Eye Rejuvenation"
IRJAY. [online]2022;5(6); 105-111.
Available from: <https://irjay.com>
DOI link-<https://doi.org/10.47223/IRJAY.2022.5616>

Flow chart 1: Probable Mode of action *Akshi Tarpana*



Fig,1 *Tarpana Vidhi*

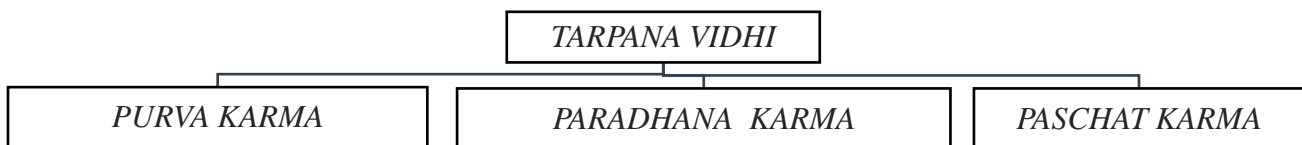


Table: 1 Indications of Tarpana Karma

<i>Sushruta Samhita</i> ⁶	<i>Ashtang Hridaya</i> ⁷	<i>Sharangdhara</i> ⁸	<i>Bhavparkash</i> ⁹
<i>Tamyta</i>	<i>Kricchronmilana</i>	<i>Netra Rukshta</i>	<i>Netra Rukshta</i>
<i>Ativishushka</i>	<i>Siraharsha</i>	<i>Parishushkta</i>	<i>Parishushkta</i>
<i>Atidarun</i>	<i>Sirotpata</i>	<i>Kutil Neta</i>	<i>Kutil Neta</i>
<i>Shirnpaksham</i>	<i>Tama</i>	<i>Avilta</i>	<i>Avilta</i>
<i>Avila Netra</i>	<i>Arjuna</i>	<i>Sheern Paksham</i>	<i>Sheern Paksham</i>
<i>Rogaklishta Netra</i>	<i>Syanda</i>	<i>Shiro Utpaat</i>	<i>Shiro Utpaat</i>
	<i>Adhimantha</i>	<i>Krichha Unmilan</i>	<i>Krichha Unmilan</i>
	<i>Anayatovata</i>	<i>Timira</i>	<i>Timira</i>
	<i>Vata Viparyaya,</i>	<i>Arjuna</i>	<i>Arjuna</i>
	<i>Avrana shukra</i>	<i>Abhishyanda</i>	<i>Abhishyanda</i>
		<i>Adhimantha</i>	<i>Adhimantha</i>
		<i>Shushka Akshi Paka</i>	<i>Shushka Akshi Paka</i>
		<i>Akshi Shotha</i>	<i>Akshi Shotha</i>
		<i>Vaata Viparyaya</i>	<i>Pawan Viparyaya</i>

Table: 2 Contraindications for Tarpana Karma

<i>Sushruta Samhita</i> ¹⁰	<i>Ashtang Hridaya</i> ¹¹	<i>Sharangdhara</i> ¹²	<i>Bhavparkash</i> ¹³
<i>Durdina</i>	<i>Tarpana should not be administered to those who are unfit for Nasya.</i>	<i>Durdina</i>	<i>Durdina</i>
<i>Atyaushana</i>		<i>Atyaushana</i>	<i>Atyaushana</i>
<i>Atyashitta</i>		<i>Atyashitta</i>	<i>Atyashitta</i>
<i>Chinta</i>		<i>Chinta</i>	<i>Chinta</i>
<i>Ayaas</i>		<i>Ayaas</i>	<i>Ayaas</i>
<i>Bharam</i>		<i>Bharam</i>	<i>Bharam</i>
<i>Ashant Updravya</i>		<i>Ashant Updravya</i>	<i>Ashant Updravya</i>

Table:3 Snehadharanakala According to Dosha Prakopa

<i>Dosha Bhedha</i>	<i>Sushrut Samhita</i>	<i>Asthang Hridaya</i>	<i>Sharangadhara Samhita</i>	<i>Bhav Prakash</i>
<i>Swastha</i>	500	500	500	500
<i>Kapha-Predominance</i>	600	500	500	500
<i>Pitta-Predominance</i>	800	600	-	600
<i>Vatta-Predominance</i>	1000	1000	1000	1000

Table: 4 Snehadharanakala According to Adhishtana of the Disease

<i>Roga Adhishtana</i>	<i>Sushruta Samhita</i>	<i>Asthang Hridya</i>	<i>Sharangadhara Samhita</i>	<i>Bhav Prakash</i>
<i>Sandhigata</i>	300	300	500	500
<i>Vartamgata</i>	100	100	100	100
<i>Shuklagata</i>	500	500	600	-
<i>Krishnagata</i>	700	700	700	700
<i>Drushtigata</i>	800	800	800	800
<i>Sarvagata</i>	1000	1000	1000	1000

Table: 5 Samyaka Tarpita Lakshana

<i>Sushruta Samhita</i> ²¹	<i>Asthang Hridya</i> ²²	<i>Sharangdhara Samhita</i> ²³	<i>Bhavprakash</i> ²⁴
<i>Sukhaswapana</i>	<i>Prakasha Kshamata</i>	<i>Sukh Swapana</i>	<i>Sukh Supta</i>
<i>Avbodhatva</i>	<i>Vaishadhya</i>	<i>Sukh Avbhodhatva</i>	<i>Sukh Avbhodhatva</i>
<i>Vaishadhya</i>	<i>Laghu lochana</i>	<i>Vaishadhya</i>	<i>Vaishadhya</i>
<i>Varnapatava</i>		<i>Drushti Patava</i>	<i>Drushti Patava</i>
<i>Nivriti</i>		<i>Vayadhi Shanti</i>	<i>Vayadhi Shanti</i>
<i>Vyadhividhvansa</i>		<i>Kriya Laghavta</i>	<i>Kriya Laghavta</i>
<i>Kriya laghvama</i>			

Table: 6 Atti-Tarpita Lakshana

<i>Sushruta Samhita</i> ²⁵	<i>Ashtang Hridya</i> ²⁶	<i>Sharangdhara Samhita</i> ²⁷	<i>Bhavparkash</i> ²⁸
<i>Netraguruta</i>	Appearance of disorders of Kapha imbalance is the symptom of Ati-Tarpana.	<i>Netra Satrava</i>	<i>Netraguruta</i>
<i>Avilta</i>		<i>Netra Guruta</i>	<i>Avilta</i>
<i>Atisnigdhatta</i>		<i>Atisnigdhatta</i>	<i>Atisnigdhatta</i>
<i>Ashru srava</i>			<i>Ashru srava</i>
<i>Kandu</i>			<i>Kandu</i>
<i>Upadeha</i>			<i>Upadeha</i>
<i>Dosha-Samutklishta</i>			

Table: 7 Heena Tarpita Lakshana

<i>Sushruta Samhita</i> ²⁹	<i>Ashtang Hridya</i> ³⁰	<i>Sharangdhara Samhita</i> ³¹	<i>Bhavparkash</i> ³²
<i>Netrarukshata</i>	Opposite of Samayak Tarpita are the symptoms of Heena Tarpita.	<i>Netrarukshata</i>	<i>Netrarukshata</i>
<i>Avilta</i>		<i>Netra strava</i>	<i>Netra strava</i>
<i>Ashrusrava</i>		<i>Avilta</i>	<i>Avilta</i>
<i>Asahyam roopdarshan</i>		<i>Vyadhivridhi</i>	<i>Vyadhivridhi</i>
<i>Vyadhivridhi</i>			