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Review of *Netravarti*

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ABSTRACT

Ayurveda mention "Ashtang Chikitsa" of which *Urdhvang Chikitsa* is important branch as it deals with treatment of *Urdhvajatrugat Vicar* i.e., above parts of neck. All vital organs are situated in head & out of that Eye is an important organ. *Netra Kriyakalpa* is same important as *Panchakarma* in *Kayachikitsa*. In this *Kriyakalpa* under 'Anjana' *Kriya Netravarti Kalpana* comes. *Netravarti* is very useful topical treatment of eye disorders & daily procedure to be performed for health of eye as mention in *Dincharya*. Now days everyone from child to oldest, is using mobile & computer which affects the health of eyes. So, in this article study of types *Netravarti* & Review of *Netravarti* in *Ayurvedic* literature is done.

Key words: *Netravarti, Netra Kriyakalpa, topical treatment, Urdhvang Chikitsa.*

INTRODUCTION

Ayurveda is explained by dividing it into eight branches called as "*Ashtang Ayurveda*" & out of that *Urdhvang Chikitsa* is one important branch. As *Shirah* is seat of all vital organs (*Indriyas*) & eye is most vital organ of them. So, it is necessary to take care of eye. So, protection of eye & curative measure of disease. We found two approaches in the treatment of eye disease. One is administration of systemic drug & other is use of topical (local) method for treatment. Topical methods of treatment are known to have better local effect than systemic drug administered. Because drug administered systemically fail to cross blood vitreous, blood aqueous & blood retinal barriers.

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Topical measures followed in eye diseases are called as "*Netrakriya Kalpa*" *Acharya Sushruta* has explained *Kriyakalpa*, they are *Tarpan, Putapaka, Seka, Aschotana* and *Anjana* where as *Sharangdhara* and *Vagbhatacharya* includes "*Pindi* and *Vidalaka* to list.

Tarpan

Placing of medicated oil or ghee over the eye in bridge made the eye for stipulated period.

Putapaka

It is also kind of *Tarpan Chikitsa*. Here instead of medicated oil or ghee, juices of *Mamsa, Matsya* and different plant extracted by "*Putapaka*" method are used. Depending upon action 3 types is i) *Snehan* ii) *Lekhan* iii) *Ropana*

Seka

Instillation of medicated solution continuously into partially opened eye for specific period. Depending upon vitiated *Dosha*, *Seka* is classified into 3 types, a) *Snehan - Vataj Netrarog*, b) *Ropana - Rakatja and Pittaja Netrarog*, c) *Lekhana - Kaphaja Netrarog*.

Aschotana

Instillation of few drops of medicament into conjunctival sac through "*Kaninika Sandhi*" from distance of 2 inch. *Acharya Vagbhata* has indicated

Ascotana as first line of treatment in all ocular manifestations. It is also divided into 3 types-

a) Snehan b) Ropana c) Lekhana

Anjana

A topical application of drugs into the eye in the form of a smooth paste with help of *Salaka* (applicator) or finger is known as *Anjana*. Compound drugs prepared out of metals, minerals, and herbs. Generally, antimony, lead and tin compounds are frequently prescribed.

3 Types - a) *Snehana (prasadana)* b) *Lekhana* c) *Ropana*. (A. Sa. Su 32)

On the basis of *Aushadha Kalpa* three types are mentioned, i) *Gutika (Varti)* ii) *Rasakriya* iii) *Churna* (Su.U.18/58).

Pindi or Kavalika

It is the topical application of drugs in the form of paste over Eye lids on closed eyes. It is indicated in inflammatory conditions with congestion, redness, irritation.

Vidalaka

Application of soft paste of different drugs only over the eyelids (leaving the eye lashes) is known as *Vidalaka*.

Concept of Netravarti

Varti basically comes under "*Vati*" *Kalpana*. The difference in shape and use. *Vartis* are elongated with tapering ends while *Vartis* are round. *Vartis* are used externally while *Vartis* are used internally. Depending upon organ and action *Vartis* are classified as;

1. *Guda Varti* or *Phala Varti* (rectal suppository)
2. *Yoni Varti* (vaginal suppository)
3. *Sisna Varti* (urethral suppository)
4. *Vrana Varti*
5. *Netra Varti*
6. *Dhuma Varti*
7. *Nasa Varti*

General method of Preparation of Netravarti

Bhavana with specific liquid is given to the fine powder of ingredients and *Vartis* are made.

Uses - In case of eye diseases such as *Pothaki*, *Anjananamika*, *Avranshukla*, *Abhishyanda*, *Timira* etc. drugs having *Tikshna*, *Ruksha*, *Gunas* are useful. The drugs like *Haritaki*, *Pippali*, *Vachha*, *Vibhitaki*, *Mansilla* are used in preparation of *Netravarti*.

Method of Application

Varti should be rubbed with water on pumice stone and paste of pea size must be applied to the inner surface of eye lids like collyrium with tip of finger or with the help of glass rod (*Salaka*).

Indications of Netravarti

Indications of application of *Netravarti* is as same as *Anjana*.

- It should be performed when symptoms of *Doshas* are manifested and *Doshas* are only located in the eyes and after purification of body by *Vamana* or *Virechana*, *Basti* i.e., *Panchakarma* procedure.
- In addition to this, *Sharangdhara Samhita* describes that time of application of *Anjana* procedure according to the seasons. In *Hemanta* and *Sisira* it should be applied in afternoon and In morning at *Grishma* season and In evening at *Sharad* and any time in *Vasant* and In rainy season when there is no cloudy weather not much cold or too much hot.
- Mostly in the morning *Lekhana* type of *Anjana* for *Kaphaja* diseases and in evening *Snehana* type for *Vataja Netrarog* and in the night *Prasadana* type for *Pittaja* diseases.

Contraindications of Netravarti

Susruta describes the contraindications of *Anjana* which will be same for *Netravarti*;

- This is contraindicated for those suffering from fatigue, *Udavarta*, after excessive crying, alcoholic, anger, fear, fever, suppression of natural urges (*Vegavrodha*) and disorders of head,

as in these conditions it can develop redness, pain, discharge from eyes, swelling of eyes.

- It is also not applied during when less sleep is there, in windy days which can damage visual acuity, when one gets expose to smoke or dust which can cause redness of eyes, discharge and *Adhimantha*.
- Just after *Nasya Karma* it should not be done which can produce swelling and pain. In headache it is avoided.
- After head bath, in excessive cold days and before sunrise if *Anjana* done then it can increase *Doshas*. *Anjana* performed in indigestion can produce *Strotorodha* and increase *Dosha*.

Netra Varti in Ayurvedic Literature

- 1) **Susruta Samhita** - In *Susruta Samhita* there is 19 chapters (*Adhyaya*) on *Netrarog* only in *Uttartantra* where detail description of *Netrarog* and *Chikitsa* is mentioned. He mentioned 6 types of *Netravarti*, *Anjanavarti* - useful in *Kaphaja Abhishyanda*, 2 types of *Vartyanjana* - for *Drishtigat Roga* and night blindness, 2 types of *Varti* to make vision clear named as *Drishtiprasadanartha Anjana*, 1 type of *Varti* - for *Kukunaka* disease.
- 2) **Gadanighraha** - Out of three parts of *Gadanighraha*, 3rd part is *Shalakyatantra Khanda*, where he describes *Netrarog* in detail. Total 46 *Netravarti* are mentioned.
 - a) For *Vataj Netrarog* - *Bruhtyadi Varti* mentioned.
 - b) For *Netrashukrarog* - *Chandanadya Varti*, *Tamralpatradya Varti*, *Ratnadya Varti*, *Shukraghni Varti*, *Karanjadi Varti*, *Dantivarti*.
 - c) For *Timira roga* 33 *Netravarti* mentioned - *Sukhavati Varti*, *Bruhtachandrodyo Varti*, *Laghuchandrodyo Varti*, *Laghubhanumati Varti*, *Kumari Varti*, *Chaturdashangi Varti*, *Panchashata Varti*, *Vimala Varti*, *Aparajita Varti*, *Drushtipradda Varti*, *Kusumika Varti*, *Shrinagarjuni Chaturdashangi Varti*,

Chandraprabha Varti, *Koulitika Varti*, *Suparni Varti*, *Sudharshana Varti*, *Janghasthivarti*, *Akshabijadya Varti*, *Sudarshana Varti*, *Sarvatobhadra Varti*, *Shdangi Varti*, *Shobhana Varti*, *Navangi Varti*, *Shastra Varti*, *Chaturbhadrika Varti*, *Karanjabeeja Varti*, *Prabhavati Gutika*, *Kokila Gutika*, *Prakashika Gutika*, *Dvitiya Nagarjuni Nam Gutika*.

- d) *Raktachandanadya Varti*, *Karanjadya Varti*, *Strotonjanadya Varti*, *Shankhanabhyadya Varti*, *Chandrabhrabha Varti* for *Netrapushparoga*.

- 3) **Charak Samhita** - In *Trimarmiyachikitsadhaya*, *Charaka* describes *Netraroga*. *Bruhtyadi Varti*, *Sumankorakadi Varti*, *Saindhavadi Varti*, *Amrutahadi Varti*, *Shankhadi Varti*, *Sukhavati Varti*, *Drishtiprada Varti*.

- 4) **Ashtang Hrudya** - *Vagbhatta* has describes *Netrarog* in *Uttartantra* of *Ashtang Hrudya Samhita*. For *Kukunaka Chikitsa* 3 types of *Netravarti* mentioned.

For *Netrashopha* and *Netrakandu Netravarti* of *Chameli bud*, *Saindhav*, *Devdaru* and *Sunthi* pounded with *Prasanna* prepared. *Dantavarti* for *Shatshukra* mentioned.

For *Timira Roga*, *Vimala Varti* and *Kokila Varti* and *Drakshadi Varti* mentioned.

For *Sarvanetragat Rog*, for *Pilla* and *Shukra Rog* *Nashak Netravarti* prepared from *Sanidhav*, *Triphala*, *Pippali*, *Kutaki*, *Shankhanabhi* and *Tamra Bhasma* is mentioned.

- 5) **Sarangdhar Samhita** - In 13th chapter (*Adhayay*) of *Sarangdhar Samhita* different *Netravarti* has mentioned. i) *Chandrodyo Varti* ii) *Karanjavarti* iii) *Samudraphenvarti* iv) *Dantavarti* v) *Nilotapala Varti* vi) *Pushpavarti* vii) *Rasanjana Varti*.

- 6) **Yogaratanakar** - There nine types of *Netravarti* mentioned; 1) *Chandrodyo Varti* for *Timira Rog*, *Arbud*, *Patala*, *nightblindess*. 2) *Chandraprabha Varti* - for *Timira*, *Pishtika*, *Patal*, *Pushpak*. 3) *Shashikala Varti* 4) *Kusumika Varti* 5) *Chandanadi*

Varti for Krishnagatrog. 6) Samudraphena Varti 7) Karanjabeeja Varti 8) Chandrodyia Varti 9) Pathayadi Varti - made from Triphala for Netrasrava.

7) **Bhavaprakash** - Bhavprakash describes three types of Netravarti, 1) Lekhankarani Varti - Ex. Chandrodyia Varti 2) Ropankarini Varti - Ex. Kusumika Varti 3) Snehkarini Varti

CONCLUSION

Considering all of above discussed factors *Netravarti* is easily prepared and very much useful method of topical ocular drug administration which is described in detail with its preparation method, application method with its indications and contraindications and it's types. As per review from different ayurvedic literature it can be concluded that *Netravarti* is useful for many ocular disorders. There is some common *Netravarti* like *Chandrodyia Netravarti* explain in every Ayurvedic literature. The main problem of *Netravarti* is its high ocular irritation and less contact time which can be reduced by using particle size (<10µm) and pH between 6.5 to 7.6 which is the pH value of normal tears. Modern ocular preparations are mostly not able to reach the posterior segment. But *Netravarti* is good, simple, easy and effective treatment for both anterior and posterior segment of eye disorders. At the end we can conclude that *Netravarti* is an ideal remedy for different type of eye disorders which can be used as preventive as well as curative treatment.

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