

# **YASHTIMADHU KSHEERAPAKA TARPANA IN SHUSHKAKSHIPAKA – A CASE STUDY.**

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## **ABSTRACT**

Shushkakshipaka is one among the Sarvagatha netra rogas. The features include, irritation, pricking pain, dryness of lid and eye, painful lids, burning sensation and photophobia etc. By considering its features it can be correlated to Dry Eye Syndrome. The climate of tropical India and globalisation along with the sprout of millions of IT professionals are making dry eye syndrome a fast growing disease. The prevalence of DED in India is higher than the global prevalence and ranges from 18.4% to 54.3%.

In Ayurveda among Netra Kriyakalpas tarpana is known to increase the stability of tear film and already proved to give relief from the symptoms of Shushkakshipaka. Ksheera is considered as best prasadana, dravya which is used in Tarpana, along with Yashtimadhu a chakshusha dravya.

Here the single case study of female patient aged 50years is selected from the OPD of GAMC Bengaluru, who is having symptoms like pricking pain, irritation, burning sensation and dryness in eye. She was administered with 2 sittings of Yashtimadhu Ksheerapaka Tarpana for 5 days with a gap of 10 days inbetween. Subjective and objective parameters were checked before and after treatment and it got proved that there was a marked relief from the symptoms of Shushkakshipaka. The amphiphilic nature of yashtimadhu ksheerapaka acting efficiently to seek improvement in Dry eye.

**KEY WORDS:** Shushkakshipaka, Dry Eye Syndrome, Ksheerapaaka tarpana, Netra kriyakalpa.