

# SIGNIFICANCE OF TARPANA IN NETRA VIKARAS

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Eyes are said to be the superior most since they are concerned with vision and hence efforts should be made by every individual to preserve his / her vision.Kriyakalpas are the special topical procedures practiced in Shalaky Tantra in the management of netra vikaras. The word 'kriya' means therapeutic action and 'kalpa' means specific formulations Kriyakalpas are meant to alleviate the sthanika khavaigunya and can also be used in swastha to maintain functional integrity of the eyes & to overcome age related disorders.These ocular therapeutics are enlisted as Tarpana, Putapaka, Seka, Aschyotana, Anjana, Pindi and Bidalaka.

Among all kriyakalpas, Netra Tarpana is the foremost procedure and It is said '*Tarpanakam netra triptikaram param*', which means one which induces satisfaction.The word 'tarpana' stands for nourishment, so together the term Netra tarpana means nourishment of ocular tissues. Netra tarpana is a procedure where in lukewarm medicated ghee is made to stay stagnant in the eyes for a specific period of time in a formed frame. As it strengthens the drishti shakti or visual efficiency, it is effective in both preventive & curative aspects in the management of eye disorders, especially the diseases pertaining to posterior segment. . Here is a short review on netra tarpana karma, its indications, contraindications,procedure ,probable mode of action and it's standardization.

Key words:*Netraroga,Kriyakalpa,Tarpana*