

A CLINICAL TRIAL TO EVALUATE THE EFFECT OF PATOLADI GHRITA TARPANA IN PRATHAMA PATALAGATA TIMIRA (SIMPLE MYOPIA)

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Abstract

Myopia is a highly significant problem, not only because of its prevalence, but also because it can contribute to visual morbidity and increase the risk of vision threatening. Globally, research suggests that in the year 2000, roughly 25% of the world's population was near-sighted but by the year 2050, it is expected that roughly half the people on the planet will be myopic. Simple myopia is commonest variety which is considered as physiological error not associated with any disease of the eye and the sharpest rise occur at school going age, so called as school myopia. It is a significant, prevalent disease in children with increasing rate of progression with over 80 million reported myopic children worldwide there are considerable socioeconomical and public health concerns. Simple myopia resembles *Timira* involving *PrathamaPatala* in terms of symptoms and pathogenesis, where *doshas* travelling through *siras* gets localised in first *patala* and causes difficulty in vision. For the management of *Timira*, *Acharya Sushruta* and *Vagbhatta* have suggested *Kriyakalpas*.

Aim and Objectives: The aim of the study is to assess the efficacy of *PatoladiGhrithaTarpana* in *PrathamaPatalagataTimira*.

Materials and methods: The study was conducted in 20 diagnosed patients of Simple myopia and they were administered *Tarpana* with *PatoladiGhritha*. The procedure was done in 3 sittings of 5 days each with an interval of 1 month. Follow up period: Once in 30 days for 2 months.

Results and Conclusion: Response to the treatment were recorded on 35th day, 70th day and on the days of follow up. The study yielded statistically significant results.

Key words: Myopia, Simple Myopia, *PrathamaPatalagataTimira*, *Kriyakalpa*, *PatoladiGhritha*