



## Role of Ayurveda in the Prevention and Management of *Timir*-A Conceptual Study.

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### ABSTRACT:

Visual disturbances are described in Ayurveda under the terms *Timira*, *Kacha*, and *Linganasha*. *Timira* is an eye ailment that begins with *Avyaktya Darshana* and progresses to total vision loss. *Timira* has no independent etiological variables at the eye. *Timira* is characterized by Sushruta as *Ghora Roga*, which causes visual disturbances due to the accumulation of *Doshas* in various *Patalas* of the eye. *Timira* is a disorder of the *Drusti Mandala* that begins with impaired vision and progresses to full blindness if left untreated. The entire globe is looking at alternate medical systems to avoid surgical problems, as well as preventative ophthalmology to improve and retain eyesight. In this situation, having a thorough understanding of the *Timira* is critical for appropriate management of the illness. While considering the sign and symptoms it can be correlated with Cataract, Myopia, Keratoconus etc. regarding similarity with modern; different author has different opinions. A review of *Timira* from several sources has been compiled here, with a focus on cataract and myopia.

**Keyword:** *Patal*, *Timir*, cataract, myopia.

## INTRODUCTION

According to *Ashtanga Hridaya*, every individual should make sincere attempts to retain his or her eyesight until the last breath of life, because for a blind person, day and night are the same, and this lovely world is of no value to him, even if he is wealthy.<sup>1</sup> The term *Timira* is derived from root 'Tim' (meaning the increase of watery substance in the eye or loss of light perception) with 'Unadi' suffix 'Kirach' to form the *Timira*.<sup>2</sup> Eye illness is far more essential than any other physical condition because once a person's eyesight is lost, they are unable to perform any of their normal tasks; day and night are

the same for them. Vision-related illnesses are investigated under the wide category of "*Drushtigatarogas*" by *Acharya Sushruta*, who has elucidated 76 *Netravadya*. *Sushruta* explains 12 *Drushtigataroga*, whereas *Vagbhata* explains 27. *Timir* is one of them, having been afflicted by the four *Abhyntar Patalas*. It's called "*Param Darun Vyadhi*" because it's gradual and irreversible nature, and if left untreated, it can lead to total or partial blindness. *Timir's* symptom is "*Avyktani saropani sarvanevya prapashyati*," or vision blurring, which is a key sign of refractive error. Shortsightedness or myopia, is the most common eye



illness in the world, with significant social, educational, and economic consequences. The prevalence of myopia is 8.5% (95% CI, 7.1–9.9%) in urban and 6.1% (95% CI, 4.5–7.7%) in rural children, with highest prevalence in urban 11-15-year age group (15.0% in last decade). Myopia is caused by genetic factors acting in many biochemical ways; a weak or deteriorated sclera and cornea are important contributors in the development of myopia. According to one recent study, students who do a lot of 'near work' are more likely to acquire myopia. Stress is thought to play a role in the development of myopia. Nutritional variables are also important in the development of myopia.<sup>3</sup>

Cataract is the most common cause of bilateral blindness in India, where blindness is defined as vision of less than 20/200 in the better eye on presentation.<sup>4</sup> In India, cataract is said to be accountable for 50-80% of the country's bilaterally blind people. Global agencies working to eliminate avoidable blindness have committed their support for the "Vision 2020: The Right to Sight" effort in operationalizing initiatives to minimize the burden of cataract blindness.<sup>5</sup> A cataract is a condition that causes a loss of vision owing to opacity in the crystalline lens of the eye. Fading colours, fuzzy vision, halos surrounding light, difficulty with bright lights, and difficulty seeing at night are all possible symptoms.<sup>6</sup> This can make it difficult to drive, read, or recognise faces. Cataracts can cause blurred vision, which might raise the risk of falling and depression. *Kaphaja Timira* is a *Drusti Mandala* illness that begins with hazy vision and progresses to disorders such as *Kacha* and *Linganasha*, which are linked with full loss of eyesight and have the characteristics of cataract if left untreated.<sup>7</sup>

## MATERIAL AND METHOD

Different Ayurveda texts such as Charak Samhita, Sushruta Samhita, Ashtang Sangraha, Ashtang Hridayam etc. and their respective commentaries in Sanskrit as well as Hindi where the *Timir* is mentioned have been referred for this literary work. The relevance of *Timir* in modern context, its prevention and treatment aspect is also researched using articles from different websites. For the discussion, all of the gathered information has been reorganized and critically reviewed, and an attempt has been made to draw certain meaningful insights.

## Conceptual study

According to *Acharya Sushruta*, *Krishna Mandala* is originated from *Vayu Mahabhuta*.<sup>8</sup> When *Vayu in Garbhavastha* gets vitiated due to *Dauhrida Vamana* leads to *Vikrutakshi*.<sup>9</sup> *Acharya Vagbhata* has taken outer part of cornea as *Twak* while describing *Sadhyasadyata of Kshata Shukra*.<sup>10</sup> So, *Timir* should be taken as *Twagata Vata (Rasa / Indriyagata vata)* described by *Acharya Charaka* which may be *Beejajanya*.<sup>11</sup>

*Patala* and *Timira* are two words in the *Dristirogas* idea that demand special attention. In the course of the illness, the *Patalas* are the *Ashraya sthan*, and the *Patalas* are restricted to *Dhatu*. *Dosha* extends from the first to the second *Patala* and up to the fourth *Patala*, becoming more severe as it spreads to the next *Patala*. *Timira* is characterised as a condition that begins mildly and progresses to severe blindness if left untreated. *Timira* causes a painless eyesight loss that might be abrupt or gradual. *Adhimantha* in an acute stage, such as acute angle, causes the most painful visual loss. Although visual field loss owing to preexisting glaucomatous optic atrophy can be associated with *Timir*, closer glaucoma with substantial visual field loss does occur.

*Charak* includes *Timir* in *Vata Nanatmaja Vyadhi* because *Pranavayu*, i.e. *Indriyatha Sannikarsha*, is the final point of vision. Despite the fact that *Patalas* are *Panchabhutika* in nature, they are more prevalent in *Agni Mahabhoot*. All three *Doshas* are involved in the process of vision as well as vision defects. *Alochaka Pitta* is divided into two types: *Chakshyuvaisesik*, which participates in picture production, and *Buddhivaisesik*, which analyses and retains the image using the mind. *Pranavayu* carry the visual impulse to the visual centre in the brain. *Tarpak Kapha* is meant for scotopic vision and form sense and *Alochaka Pitta* for photopic vision and light sense.

Vision defects occur according to the vitiated *Dosha* and affected *Dhatu* or *Patala*. Thus *Patalas* are explained on the basis of severity of the diseases. Visual field defects are also related to the affected parts of *Dristi Kacha* or lens, *Dristipatala* or retina, *Dristinadi* or optic nerve and *Dristimarga* or visual pathway. Because *Mana*, or mind, and *Buddhi*, or intellect, are both responsible for vision, disruptions in either of these can cause vision problems such as visual hallucinations in fever, migraine, and so on.<sup>12</sup>

*Dristigata Roga's* symptoms are simply complementary to the disorders discussed in Modern ophthalmology.

Because the *Murdha* or *Shirah* (head) is the seat of *Pranavayu* and the eye is the seat of *Alochak Pitta*, most *Dristi* disorders may be treated with *Vata Shaman Chikitsa* for the head and *Pitta Shaman Chikitsa* for the eye.<sup>13</sup>

**Prevention and treatment of eye diseases:-** *Triphala Puranghrita*, *Yava*, green gram *Shatavari*, *Aamlaki*, *Patol*, and other herbs, according to *Sushruta*, are beneficial in preventing *Timir*. The *Chakradatta* introduced *Padabhynga* (oil massage in foot) to this. *Padabhynga* is good for eye, *Vagabhata* identifies 4 major nerves in the feet that connect to the eyes. These transmit the effect of the medicine applied over the feet in the form of massage.<sup>14</sup> *Timir* may be avoided by taking *Shatavari*, *Aamalaki*, *Triphladi*, and *Yavadi Payas* (milk) on a daily basis. *Nasya*,<sup>15</sup> *Tarpan*,<sup>16</sup> *Pindi*<sup>17</sup> are the preventive and treatment measurement of all eye disease.

According to *Acharya Chakradatta*, consuming *Triphla Kwath*, *Kalka* or *Churna* with *Ghritha*, *Madhu* (Honey) on a regular basis helps to heal all sorts of *Timir*. All eye problems can be treated with *Netradhawan* (washing of eye) and *Triphla Kwath*. Aside from *Gandush*, *Panital Gharshna* (rubbing of hands) after lunch is also beneficial in preventing visual problems.<sup>18</sup> *Timir* can also be deranged by using *Vachadi*, *Madhuk-Amalakadi*, and *Krishna Tila Kalka* on the head region before bathing.<sup>19</sup> Cooked vegetables of *Jeevanti*, *Changeri*, *Tanduliyak*, *Vastuk*, *Chilli*, *Mulkaipotika*, *Patol*, *Karwellak*, *Vartak*, *Jangal* & *Shakun Mamsa* etc. are beneficial for visual acuity.

## DISCUSSION

*Timir* was believed by *Sushruta* to be "*Paramdarun Vyadhi*," which means that if left untreated, it will eventually lead to blindness. *Patalgat Timir* symptoms have been linked to refractive error. Vision issues are caused by refractive error, which is a serious public health issue. There is no pharmaceutical therapy for refractive error accessible in modern medicine, and the treatments that are available have considerable drawbacks. As a result, *Ayurvedic* science can be investigated to find a better way to manage this ailment. In *Ayurveda*, *Acharyas* presented a variety of therapy options such as *Netrakarma*, *Kriyakalpa*, *Panchkarma*, *Chakshuya Dravya* (medicines), *Pathyakar Aahar-Vihar* (beneficial diet) and *Rasayana Yoga* (Rejuvenate combinations), among others. In the case of acute eye problems, *Sushruta*

recommends doing *Langhna* (light diet), *Snehana* (Oleation), *Nasya* (Medication with nasal route), and *Virechana* (Purgation) for three days for *Dehashudhi* (Purification of body), followed by *Abhishyndokta Tarpna* etc *Kriyakalpa* (Procedure). As we all know, *Netra* (Eye) is the home of *Alochaka Pitta*, which is fed by *Pachaka Pitta*. Since *Koshtha shudhi* (Purification of abdomen) is advised for three days to break down *Timir's Samprapti*. *Timir's* main line of therapy is *Snehpanottar Virechana*, followed by *Raktmokshna*. *Snehana* & *Swedana* are recommended before *Virechana* because they aid in the breakdown of *Doshaghata*, *Strotoavrodha* (obstruction of channels) and their opening, softening, dissolving *Shleshma*, producing vasodilation, and so on. All of these aid in the regular flow of *Vatadi Dosha*, medication penetration to the cellular level, improved blood circulation, and the elimination of harmful materials from the body. *Virechana* is beneficial not only for the removal of *Pitta Dosha*, but also for the elimination of *Vata* and *Kapha Doshas*. It aids in the removal of *Vata-kapha Awarana* and the opening of the body's channels.

## CONCLUSION

*Timira* is a *Drusti Mandala* illness that begins with hazy vision and can progress to severe vision loss if left untreated. In various phases of immature cataract, all of the signs of *Kaphaja Timira* might be seen. *Kaphaja Timira* is a kind of *Sadhya Vyadhi* that can be treated with medications and surgeries. As a result, cataract cannot be considered a disease in *Ayurveda*; it is a collection of symptoms caused by many *Doshas* in various *Patalas* (Layers of eye). The majority of the symptoms of *Kaphaja Timira* may be related to immature cataract, *Kacha* to mature cataract, and *Linganasha* to super mature cataract among the *Timira Rogas*. *Patalgat Timir* can be correlated with refractive error in symptoms point of view. Thus we can conclude that *Timir* can be correlated with refractive error, cataract and keratoconus.<sup>20</sup> Based on the signs and symptoms keratoconus considered as *Vataja Timira*.<sup>21</sup> Treatment modalities described in *Ayurvedic* text helps to prevent vision disorder and to maintain the visual acuity.

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