



Role of *Padabhyanga* in *Timira* w. s. r. to myopia

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Abstract :-

Myopia the commonest refractive error includes a large section of present day population. myopia along with other refractive errors accounts for 7 % of the causes of blindness in India. It is highly significant problem. Myopia is dioptric condition of the eye in which incident parallel rays come to a focus anterior to the light sensitive part of the Retina. When accommodation is at rest. Myopia is the commonest eye defect affecting the young eyes and also called near or short sightedness[1]. Clinical factors related to vision disturbance are seeing in *Drishtigatrogas* and one among these roga is *Timira*. Blurred Vision is mentioned as symptom in 12 *Drishtigat Vikaras*. *Timira* is such an eye disease which starts from *Avyaktya darshana* and end in complete loss of vision. No separate etiological factors at the eye are to be considered for *Timira*. Acharya Sushruta has described *Timira* as *Ghora roga*. that produce visual disturbance due to accumulation of doshas in various *patalas* of the eye[2]. Due to changing life style and excessive use of computer, TV, mobile screen worsen visual

acuity and produce various *Netra Rogas* and people use mostly modern medicine, but in Ayurveda with the help many therapies like *padabhyanga*. *Padabhyanga* 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 [3]. Hence every person should need make use of *padabhyanga*. Major causes of blindness, for prevalence disease like *Timira*. Hence the study is made to explain effect of *padabhyanga* to increase and maintain the visual acuity.

Keywords:- *Padabhyanga*, *Timira*, Myopia, Kasa bowl, Tila Tail

Introduction –

According to Ayurveda there are five Important sensory organ in human body, eye is an important organ in between them. In Excellent and beautiful world, eye is very essential organ. There are so many eye problems like myopia in young generation. myopia is visual condition in which you see close object more

clearly than those further away [4]. There are many therapies and medicines in Ayurveda . Padabhyang explained in Ayurveda is the mother of all therapies. Padabhyanga means foot massage. It is useful for eye disorders. It is easy process and there is no side effect of this therapy.

Materials & Methods: -

Application of oil on feet followed by massage is called as Padabhyanga[5]. Padabhyanga help to maintain good eye sight and good for eye health. when subjected to soothing therapies like padabhyanga .

Aim and objectives -

- To study the role of padabhyanga as an Upkarma in Dincharya.
- To study the role of padabhyanga in Timira W.S.R myopia.

Benefits of Padabhyanga -

Padabhyanga is useful for eye disease [6]. Padabhyanga remove stiffness of skin of feet and it has chakshushya effect.[7] According to Vagabhata these are four nerves in sole a feet which connect to eye and it helps to reliving eye strain and maintain good vision.

Oil / Ghrita for padabhyanga -

- Tilataila
- Goghrita
- Ksheerbala taila
- Erandadi taila etc..

Procedure –

Padabhyanga is done in the below said method -

1. Purvakarma
2. Pradhan karma
3. Paschata karma

Purvakarma -

Preparation of the patient –

The patient is thoroughly examined the prakriti and vikriti are documented in detail. The disease is also examined.

Preparation of the treatment –

Materials needed for treatment are collected.

Taila (medicated Oil)

Ghrita (medicaled ghrita)

Stove, bowls. Vessels, water etc.

Pradhan karma-

The medicated oil / ghrita is passively made warm by placing a small bowl having oil in vessel with hot water.

The oil on ghee is applied to the feet, including the sole heel, ankle joint and legs.

while attending the ankle, oil is rubbed energetically into the whole joint including the bones, all the joints. While on the top of the foot (dorsum) slowly give a soothing massage from the ankle joint moving downwards towards the toe. Massage the spaces between each of the tendons while supporting the heel with the other hand. Coming to the toes, pinch and massage each toe between your fingers from its root to the tip.

Next end by massaging the soles.

Massage done with hands by applying moderate pressure . Circular motion are done around the joints and vertical massage is done over the legs Each foot is a attended for 15 - 20 minute.

Paschat karma –

The oil is erased and given a hot water dip, alternatively hot salt water is given for foot dip. [8]

Other methods of padabhyanga,

Kasa Bowl -

Kasa Bowl are used for padabhyanga, these bowl are usually made up of metals like copper and tin. the bowl is traditionally made by contains seven metals that relate to the various body tissue. This is bronze bowl this also called kansa vati for foot massage.[9]

Discussion :-

In Ayurveda effect of padabhyanga is mentioned in all the three text of Brihatrayee , have commonly mentioned as netraprasadan (10). According to Vagabhata there are 4 major nerves present in feet which is directly connected to the eyes. These nerves help in maintaining good eyesight. In padal the absorbed taila or ghrita , through rasa in the skin and blood in the siras gives nourishment to the eyes. According to physiology of padabhyanga is somatic sensory area in the cortex may get stimulate and as both feet and eyes area in the same. It stimulant effect may go to the eye and improving the function of eyes.[11]

Conclusion:

Padaabhyanga is an important therapy explained in Dincharya . Myopia is correlated with timira on the basis symptoms among which only blurring of vision is available for timira. Padabhyanga is having effect of drishtiprasadan in Timira with special Reference to myopia. Padabhyanga is chakshushya effect. hence regular practicing padabhyanga is very beneficial for Eye health.

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