

DECLARATION

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**COMPARATIVE STUDY OF THE EFFICACY OF SELECTED
ROPANA PUTAPAKA AND AKSHITARPANA THERAPY
IN TIMIRA (REFRACTIVE ERRORS)**

Project Report submitted for the Post Graduate Diploma in Ayurveda
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INTRODUCTION

In context of Astitanga Hridaya, Sincere efforts should be made by every individual to preserve his / her vision till the last breath of life; because, for an individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth.

The diseases of the eye are much more than any other physical disability since loss of vision completely disables the patient.

ABSTRACT

Timira is the most common eye disease in the world with substantial social, educational, and economical impact. Timira can be correlated with Refractive errors.

An open randomized clinical research was conducted to evaluate the role of Putapaka and Akshitarpana in patient suffering from timira. In total 40 patients were registered in two groups, and completed the treatment. In group A – Ropana Putapaka and in group B – Akshitarpana with tripala ghrta was administered. After enrollment of the patients in the study the cardinal signs and symptoms of timira – Myopia, Hyperopia, Astigmatism and Presbyopia, that is, visual acuity, clinical refraction, were evaluated before and after one month of the treatment.

Key words – Timira, Refractive errors, Putapaka, Akshitarpana, Tripala ghrta, Myopia, Hyperopia, Astigmatism, Presbyopia, Visual acuity