



ROLE OF PATIENT AND FAMILY IN PREVENTING HAZARDS DURING NETRA KRIYAKALPA PROCEDURES

*Dr Harikrishnan.N.Menon¹, Dr R.S.Unadkat²

¹Ph.D.Scholar,
Dept. of Shalakyatantra,
I.T.R.A, Jamnagar.

²Reader,
Dept. of Shalakyatantra,
I.T.R.A, Jamnagar.

Corresponding author: Dr. Harikrishnan N Menon

ABSTRACT:

In the present era where several streams of healthcare are just a click away, it is necessary to provide safe and effective Ayurveda treatment. Rising popularity of Ayurveda has brought its therapies and medications under scanner with regards to its safety and effectiveness. So, it is the responsibility of physician to make sure the therapy or treatment provided to the patient is beneficial and safe.

Eye is an important sense organ as it perceives up to 80% of all sensory inputs. Disease afflicting the eye severely deteriorates the quality of life. Hence choosing the right *Kriyakalpa* procedure as well as making sure there are no hazards during course of treatment is vital. Multifaceted analysis of disease, patient and environmental factors help in choosing the right *Kriyakalpa* procedure along with guiding the patient regarding dos and don'ts before, during and after the treatment helps in success of the therapy. But monitoring the patient during the course of treatment is difficult. Here the family should be held accountable for the safety of patient. In terms of making sure the patient avoids all food or activities forbidden during the treatment or providing information regarding any allergies or untoward effects occurring during the time.

As per Ayurveda, an ideal treatment is the one which when administered provides beneficiary effect in the disease condition rather than producing any adverse effects. It is necessary to sensitize patient and family against the common belief that Ayurveda treatment is free of side effects.

Keywords: *Kriyakalpa*, Safety, Hazards, Pharmacovigilence.

INRODUCTION

Pharmacovigilance is the science and activities relating to the detection, assessment, understanding and prevention of adverse effects or any other medicine related problem¹. In current scenario of Ayurveda there is a lack of concern in the security as well as reporting aspects of adversed drug reaction occurring especially in the various procedures performed in the Kriyakalpa chamber.

Kriyakalpa is a set of procedures which is targeted towards the prevention and treatment aspects of the eye. It comes under the branch of Shalakyta tantra in Ashtangas of Ayurveda. Kriya kalpa includes various procedures such as follows:-

- *Seka*
- *Aschyotana*
- *Pindi*
- *Vidalaka*
- *Anjana*
- *Tarpana*
- *Putapaka*

Acharya Susruta mentions *Tarpan*, *Putapaka*, *Seka*, *Aschyotanam* and *Anjanam* under the heading of *Kriyakalpa*. Acharya Vaghbata and Sarangdhara add *Pindi* and *Vidalaka* in them. Acharya Charaka had also told about *Vidalaka*.

Importance of safety in *Netra Kriya kalpa* :

We ought to make endeavors to ensure the eyes, all through our life; for the man who is dazed this world is futile, the day and night are same indeed in spite of the fact that he may have riches. “SarvendriyanamNayanamPradhanam” i.e. eyes hold extraordinary status among all the sense organs. Eyes are the foremost valuable blessing of the God to the living creatures. Great vision is pivotal for social and mental advancement of an individual². Ayurveda the wellspring head of Indian pharmaceutical was conceived as a science and lectured within the nation a few thousand of a long time prior, long some time recently the other nations might dream of systematizing the concept of cures for human afflictions. Shalakyta Tantra is one among eight specialties of Ashtanga Ayurveda, which bargains with the maladies happening over the clavicle. Therefore, it primarily bargains with the sense organs; infections influencing them and their administration. Acharya Nimi is considered as the expounder of this department of Ayurveda. has a very superior position as it is tissue targeted, fast acting, simple but innovative method of drug administration to various parts of eyes including the posterior segment, the optic center, visual pathway also³.

Lacuna in current scenario:-

There are high chances of hazards occurring while performing *Netra Kriyakalpa* if proper care is not taken by the person performing the procedure, patient undergoing the treatment, thus equal responsibilities are there for patient to look after himself while performing the treatment, by following the do's and the don'ts. Thus there need a third party to look after whether the treatment is performed properly or if any assistance is required while the preparation of drug or during the performance of the treatment.

It really matters when the patient is not able to visit the hospital for the treatment, and he wants to carry out it in the home itself, thus here comes the importance of standard operative procedures of *Kriyakalpa* and the role of

family in helping out the patient by preventing any hazardous effect which may occur while performing the therapy⁴.

Materials and Methods:-

By creating a standard operative protocol for various *Netra Kriyakalpa*, which should be followed strictly, and should help in creating awareness among the patients and their bystanders. A separate flyer or note should be made available for public, in their native language with proper pictography of each steps ensuring that it can be properly performed in households.

Discussions:-

Aim of educating the patient and family members: - More than adverse effect of a drug, in *Netra Kriya Kalpa* the hazards occurs when it is not properly performed. Educating the patient and their respective family members about the administration and preparation of drug will give a double verification regarding the safety aspect of therapies.

Why House hold can act as a good Kriya Kalpa Chambers: - for a *Netra Kriya kalpa* room one of the important aspects is cleanliness and hygiene, which can be achieved in respective households, with proper instructions and advices.

How a family member can be a good therapist: - when a family member after giving proper in hand practice and instructions on how the therapies should be performed, he will come in handy and will be having equal enthusiasm and care in treating their relative as the therapist does.

Conclusion:-

Thus patient and especially family member plays a vital role in maintaining the safety during the various *Netra* Procedures. With the extra care of respective family members we can avoid any adverse effects of *Kriya Kalpa*, for these to achieve we need to discuss more on the facts of standard operative protocols and creating awareness among the public, which can be ideal to differentiate among adverse drug reaction and side effects of improperly performing the therapies. Thus educating the patient and family members regarding various procedures is the way to go in the upcoming era of *Netra Kriya kalpa*.

References:-

- 1) <https://www.who.int/teams/regulation-prequalification/regulation-and-safety/pharmacovigilance>.
{assessed on 18:05/09/03/2024}
- 2) Abhegunasekar.N.S. Akshi Kriyakalpa ocular therapeutics in Ayurveda. International Journal of Trend in Scientific Research and Development. Vol.5.Issue.1.Nov- Dec 2020.pp: 439-442.
- 3) Sharangadhara, Sharangadhara Samhita, edited by Prof. K. R. Srikanta Murthy,5th edition 2001,published by Chaukhambha Orientalia, Madhyama Khanda 13/6 pg.259.
- 4) Anonymous, Guidelines on safety monitoring and pharmacovigilance on herbal medicine (World Health Organization Geneva), 2003.