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## “Review Of Bidalaka And Its Role In Treating Eye Diseases”

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### ABSTRACT:

Shalakyantra is a branch of Ayurveda that deals with diseases of the organs located above the collarbone, such as the eyes, ears, nose, and throat. Since it focuses on the sense organs, it is considered a very important and specialized branch. Among the five sense organs, the eye is the most important. Therefore, special care should be taken to protect the eyes and treat eye diseases properly.

Acharya Sushruta has described 76 types of eye diseases. These diseases are treated using both internal medicines and local therapies. One of the important local treatment methods is called Kriyakalpa.

Acharyas have explained different therapeutic procedures using various medicines and methods of application, depending on the type of disease. As Kriyakalpa is a local treatment, the medicines act quickly and penetrate the eye tissues effectively, making it very useful in eye disorders.

Bidalaka is one of the important Kriyakalpa procedures described in Ayurvedic texts. It is widely used in many eye diseases and gives very good results, especially in the early or acute stage of the disease. According to Charaka, Bidalaka is highly effective in treating acute eye conditions.

### Kriyakalpa:

Bidalaka; Lepa; Eye Diseases; Ayurvedic Treatment.

### 1. INTRODUCTION:

Ayurveda is a science that focuses on the complete well-being of a person, including physical, mental, and social health. **Kriyakalpa** is an important Ayurvedic treatment used not only to cure diseases but also to maintain good eyesight. Among all the sense organs, the eye is the most important because its function cannot be replaced. Therefore, treating eye diseases and protecting vision should always be given top priority.

The word **Kriyakalpa** is made up of two parts: *Kriya*, which means a therapeutic procedure, and *Kalpa*, which means a medicinal preparation.

The action of Kriyakalpa is similar to **Panchakarma**. Panchakarma is used to cleanse the body and balance the three doshas. In the same way, Kriyakalpa works locally on the eyes. It helps to reduce aggravated doshas and improves eye health. Performing full-body purification through Panchakarma before Kriyakalpa is important, as it improves the effectiveness and absorption of the medicines used. <sup>(2)</sup>.

In Netra Vigyan, different Acharyas have described seven types of Kriyakalpa. However, Acharya Sushruta has mentioned five types of Kriyakalpa in his texts. <sup>(3)</sup>

Acharya Sharangdhara added two more Kriyakalpa procedures, known as **Bidalaka** and **Pindi**. <sup>(4)</sup>.

According to Acharya Sushruta, the five types of Kriyakalpa are Tarpana, Putapaka, Aschayotana, Seka (or Parisheka), and Anjana.

Acharya Sharangdhara added two more procedures to these five, which are Bidalaka and Pindi.

Bidalaka is a modified form of Lepa Kalpana and was first introduced by Acharya Sharangdhara. <sup>(4)</sup>.

## 2. Aims and Objectives

- To explain Bidalaka in detail as described in Ayurvedic Samhitas.
- To list the medicines used for Bidalaka in different eye diseases.
- To understand how Bidalaka treatment works.

### 3. Material and methods –

Information about Kriyakalpa was collected from different Ayurvedic Samhitas and other published literature.

#### 3.1. Bidalaka-

#### 3.2. Paribhasha<sup>(5)</sup>.

**‘Bidalako bahirlepo netre pakshmavivarjite’**

The word **Bidal** means cat's eye. In this Kriyakalpa procedure, a medicinal paste is applied over the eyelids and the area around the eyes, avoiding the eyelashes. After application, the eye looks like a cat's eye, which is why this procedure is called Bidalaka.

#### 3.3. Matra<sup>(6)</sup>.

**‘Tasya matra paridnyeya mukhlepa vidhanvat’**

- Matra of Bidalaka is same as mukhlepa (face pack) as
  - Kanishtha matra- 1/4 angula
  - Madhyam matra- 1/3 angula
  - Uttam matra- 1/2 angula

#### 3.4. Dharan kala

- It should be removed before it gets dried.
- If dried, it loses its property and spoils skin. <sup>(7)</sup>.

**3.5. Indications<sup>(2)</sup>:**

Utpannamatre

tarune

netraroge

Bidalaka

Karyo dahopdehashrushofragnivarana ||

- Burning
- Discharge
- Watering
- Acute stage of eye diseases
- Swelling
- Redness

**3.6. Contraindication -**

- At night
- After applying Bidalaka – Speaking, laughing, crying, day sleeping, exposure to sunlight - rain - wind contraindicated.

**3.7. Procedure –****Purvakarma<sup>(8)</sup> :**

- Before performing any Kriyakalpa, whole-body detoxification (Sarvadaihik Shodhana such as Vamana, etc.) should be done. The medicinal paste used should be semi-solid, neither too thick nor too thin.
- For application, the patient should be kept comfortable, either lying on the back or sitting in a relaxed position.
- Mild oil massage (Mridu Snehana) followed by gentle fomentation (Swedana) should be done, as it helps the patient relax and increases local blood circulation, which improves absorption of the medicine.

**Pradhan karma<sup>(5)</sup> :**

- The paste used for Bidalaka should be lukewarm (Sukoshna).
- The patient is asked to close the eyes before starting the procedure.
- The paste is then applied in a circular manner over the closed eyelids, avoiding the eyelashes.
- Care should be taken to ensure that the paste does not enter the eyes.
- The patient should keep the eyes closed throughout the procedure.
- The thickness of the paste should be adjusted based on the severity of the disease and the level of dosha imbalance.

**Paschatkarma :**

- As soon as the Bidalaka paste starts to dry, it should be wiped off gently using cotton and lukewarm water.
- Wiping should be done before the paste dries completely.
- The paste should be removed carefully, and the eyes should be cleaned properly with a clean cotton swab dipped in lukewarm water.
- The patient should rest for some time and may use eye goggles for protection.
- The patient is advised to avoid dust, smoke, sunlight, daytime sleeping, excessive talking, sorrow, and anger.

### 3.8. Factors affecting the Absorption-

Various biological, physiochemical factors can affect the absorption rate.

#### Biological factors –

- Skin condition: If the skin is diseased, the medicine may not penetrate well because healthy skin acts as a natural barrier, and different layers of skin absorb medicines differently.
- Skin age: Older skin absorbs medicine less effectively than younger skin.
- Blood supply: Gentle massage (Mridu Snehan) and mild heat therapy (Swedana) improve local blood flow, which helps the medicine get absorbed better.

#### Physiochemical factors –

- Skin hydration: Well-hydrated skin absorbs medicine better because it becomes more permeable.
- Temperature: Higher temperature increases skin permeability, making absorption up to ten times faster.
- Drug concentration: The higher the concentration of the medicine, the better it is absorbed.
- Contact time: The longer the medicine stays in contact with the skin, the more it gets absorbed.

### 4.Result –

Since Bidalaka involves applying a medicated paste (Lepa) externally on the eyelids and surrounding area, the medicine is absorbed through the skin (transdermal pathway). The factors affecting absorption, as discussed earlier, play an important role.

In Ayurveda, the effect of the medicine also depends on its Rasa (taste), Veerya (potency), Vipaka (post-digestive effect), Guna (properties), and Prabhava (specific action).

Unlike medicines taken internally, which are processed and metabolized by the body before reaching the target, local application directly acts on the eyes, providing faster and more focused results.

### 5.Discussion -

Local treatments work faster and are often more effective than medicines taken internally.

Bidalaka is especially useful in the active stage of eye diseases. Since it is applied as a paste on the skin around the eyes, the ability of the skin to absorb the medicine should be considered.

#### 5.1.Temperature and permeability<sup>(9)</sup> –

The ability of the skin to absorb medicine can be increased by raising the temperature. Higher temperature and better blood flow help the medicine get absorbed faster. In Bidalaka, doing a gentle massage and mild heat therapy (Mridu Swedana) before applying the paste increases the temperature and blood flow in the skin around the eyes. The medicinal paste should be lukewarm (Sukoshna), which not only feels soothing but also helps the medicine penetrate the skin better.

## 5.2. Water and lipid permeability<sup>(10)</sup> -

The paste for Bidalaka is made using water or ghee, depending on the solubility of the medicine. The water and fat content of the skin helps the medicine penetrate better. The outer layer of the skin (epidermis) allows certain substances, like water and fat, to pass through more easily. Water-soluble medicines are absorbed through the skin by passive diffusion. Once absorbed through the skin, the medicine reaches the capillaries and bloodstream and acts on the target tissues.

## 5.3. Skin thickness and permeability<sup>(11)</sup> -

The absorption of medicine varies in different parts of the body. One important factor is skin thickness. The skin around the eyes and on the eyelids is the thinnest on the body, so medicines applied here, like in Bidalaka, are absorbed much faster than on other areas.

## 5.4. Bidalaka for cosmetology –

Since Bidalaka is a type of Lepa Kalpana, it can nourish the skin and improve its elasticity, helping to prevent wrinkles and signs of aging under the eyes. It can also be used to help with eye skin tags that may appear as a person gets older.

## 5.6. Tissue contacts time -

Bidalaka is kept on the skin for about 15–20 minutes, depending on the weather, and is wiped off before it dries. In contrast, treatments like Aschytana, Seka, or other eye drops stay in contact with the tissue for a much shorter time. This is why Bidalaka is especially useful in the acute stage of eye diseases to reduce symptoms like burning, swelling, and redness.

The medicines used in Bidalaka work according to their properties. For example, Yashtyadi Lepa Bidalaka mainly acts on Rakta (blood) and Pitta, helping to reduce Pitta and relieve burning sensations.

## 5.7. According to Ayurveda –

According to Ayurveda, the body is made up of tiny channels or pores (Sukshma Srotas) through which substances can penetrate.

When a Bidalaka paste is applied, the minute particles of the medicine pass through these channels into the skin.

At this stage, the absorbing quality (Upshoshana Guna) of Vata Dosha helps the medicine penetrate and get absorbed.

The Bhrajaka Pitta in the skin helps metabolize the medicine applied on it.

When Bidalaka is mixed with Ghrita (ghee), it can reach deeper tissues around the eye because Ghrita is both water- and fat-soluble.

Similarly, when Bidalaka is mixed with Madhu (honey), it can also penetrate deeper due to honey's subtle (Sukshma) nature and its Yogvahi property (ability to carry other substances into tissues).

## 6. Conclusion:

Medicines taken orally go through digestion before reaching the eyes, while medicines applied locally, like in Bidalaka, are absorbed directly into the blood and act directly on the target area. This makes Kriyakalpa a more selective and effective treatment compared to systemic medicines.

Oral medicines have to overcome several barriers in the eye, such as the blood-aqueous, blood-vitreous, and blood-retinal barriers, whereas local therapy delivers a higher concentration of medicine in a shorter time. In Kriyakalpa, the effectiveness of the medicine can be increased by adjusting temperature, concentration, contact time, and method of application, while oral medicines depend on the patient's digestion (Pachaka Pitta and Jatharagni).

Bidalaka is very useful for controlling acute symptoms and providing instant relief. It is easy to use, economical, and can even be continued at home once the patient is trained. Its side effects are minimal or

almost none because the medicine does not directly touch sensitive structures like the conjunctiva or cornea.

For these reasons, Bidalaka can be widely used in many eye diseases and gives excellent results in acute conditions, such as those seen in Abhishyanda Vyadhi.

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