



INTERNATIONAL JOURNAL OF PHARMACY AND ANALYTICAL RESEARCH

ISSN:2320-2831

IJPAP | Vol.6 | Issue 3 | July - Sep -2017
Journal Home page: www.ijpar.com

Research article

Open Access

Shishupriya being netramrita

Shobha C. M¹, Dr. Hamsaveni²

¹PG Scholar, Department of PG Studies in Shalaky Tantra,

²Professor, Sri Kalabyraveshwara Swamy Ayurvedic Medical College, Hospital & Research Centre, Vijayanagar, Bengaluru - 560 104

*Corresponding Author: Shobha C. M

ABSTRACT

Milk has an essential micronutrient whose role in visual function has been known for thousands of years. The balance between free radical production and antioxidant defenses in the body helps in controlling diseases. Here the study is all about knowing different Ksheera mentioned in the classics for the management of netra rogas as well as swasthya. Stanya is said to be Shishupriya (liked by kids) and surprisingly it also Netramrita (Nector to eyes). Stanya is referred as chakshu shulagna and is used in many preparations mentioned for the treatment of eye disorders. The present study is based on the literary research done on classics to evaluate the importance of stanya, Go Ksheera and Aja Ksheera in Netra Rogas. The study also focused on finding a logical reasoning for the action of stanya in various ocular disorders.

Keywords: Stanya, Ksheera, Netra Roga, Swasthya, Chakshu shulagna.

INTRODUCTION

The World Health Organization (WHO) estimates that as many as 80% of the world's population rely primarily on plant and animal-based medicines. The healing of human ailments by use of medicaments obtained from animals or derived from them is known as zoo therapy [1]. A lot of work has been done on medicinal plants and plant products. Similar information about animal products is not available. Hence there is an urgent need to conduct studies in field of Zootherapy. Studies are required for validation & to confirm the presence of bioactive components of animal

products and also to emphasize more sustainable use of these resources. In Ayurvedic classics, various formulations of animal products are explained in the management of various disorders. The present study is done to explore the references of stanya in netra rogas and to analyze its clinical importance.

Ayurveda classics mention about Ashta Ksheera under ksheera varga and have explained the benefits of the same. Among them Go ksheera (cow's milk), Aja ksheera (Goat's milk) & Stree stanya (Breast milk) is indicated in the management of netra rogas.

In Charaka Samhita [2], Ksheera is said to be balya (nourishing), shonitha pitta hanthi (cures disorders of pitta & rakta), satmya (wholesome), shamanam (curative), shodhanam (detoxifying), trishnagham (quenches thirst) and beneficial in shosha (debilitating disorders), vata-pitta vikaras (disorders due to vitiation of vata & pitta dosha). It can be administered in the form of Nasya (Nasal drops), Alepa (anointment) and Avagaha (Tub Bath).

In Charaka Samhita [3] while explaining about Gorasavarga, Go ksheera (cow's milk) is attributed with properties of Ojovardaka (stimulates immunity), Jeevaneeya (Vitaliser) and Rasayana (rejuvenator). Chaga ksheera (Goat's milk) is said to have raktapittagna (alleviator of bleeding disorders) property.

In Sushruta samhita [4], while explaining about ksheera varga, Go ksheera is said to be Alpabhisyanidi (partially constricts the channels of circulation), Rasayana, Raktapittaharam, Jeevaniyam, vatapittagnam. Aja ksheera has the action of sarva vyadhihara (alleviates all diseases) & also sarva dosha hara (alleviates all vitiated doshas). Stanya (breast milk) is to be used as nasya, aschyotana (eye drops) and patya (wholesome diet). Dalhana indicates the same for

akshi purana (holding medicines in the eye for a specific time).

In Astanga hridaya [5], go ksheera is attributed with properties of jeevaniya, rasayana, used in person suffering from injuries to the chest & emaciation; it improves intelligence, strength, alleviates shrama (fatigue), bhrama (giddiness), raktapitta nashayeth. Aja ksheera is raktapitta jit & useful in shosha (tuberculosis). Stanya does vatapittasrk abhigata akshiroga jit (traumatic eye disorder involving vata pitta & rakta dosha) and is used for tarpana (holding medicines in the eye for a specific time), aschyothana & nasya.

Astanga sangraha [6] opines as Astanga Hridaya under ksheera varga. Bhava prakasha [7] while explaining about dugdha varga mentions about Go ksheera, Aja ksheera and Stanya. Go ksheera enhances kledata (moistness) to dosha, dathu, mala and Srotas, vata pitta asrk nashanam, if consumed constantly jara samastha roga nashanam (alleviated all disorders of old age).

Aja ksheera does sarvarogapaham (alleviated all diseases). Stanya is vata pitta jith, chakshu shula abhigatagnam, can be used in the form of nasya & aschyotana.

Table showing rasa panchaka and doshagnata of Stanya, Aja ksheera & Go ksheera:

Properties	Stanya	Aja Ksheera	Go Ksheera
Synonyms	Manusha ksheera, Stanya, Netramrita, Shishupriya, Sheelabhivardhana, Satmya, Dhatuja [8]	Paya, Dugdha, Ksheera, Hridiya, Jala, Soumya, Udhasya, Prasravana, Peeyusha, Chelukodbhava, Swadu [9]	Paya, Dugdha, Jala, Ksheera, Hridiya, Soumya, Udhasya, Prasravana, Peeyusha, Chelukodbhava, Swadu [10] Stanya
Gana	Ksheera varga [11, 12,13]	Ksheera varga [14,15,16]	Ksheera varga [17,18,19]
Rasa	Laghu, dipanam,	Guna- Laghu, Mrudu, Pichhila.	Guna- Guru, Snigdha,
Panchaka	vatapittajith, chakshyshulagna, abhigathagna in the form of nasya, Ashyothana. Guna- Laghu, Snigdha Rasa- Madhura, Kashaya Vipaka- Madhura Veerya- Sheeta	Rasa- Madhura Vipaka- Madhura Veerya- Sheeta	Mrudu, Pichhila, Manda, Prasanna Rasa- Madhura Vipaka- Madhura Veerya- Sheeta
Compositions	Lactose- 6.8 gms Water- 28gm Fat- 3.8% Protein- Casein : Lacto- albumin ratio 1.2gms Linoleic acid – 8.37 Calcium -33mg Iron – 0.15mg	Nutritive value of Goats milk per 100g (Preventive and social medicine) Lactose- 4.6g Water - 87.50g Fat- 5g Protein - 3.3g Calcium- 170mg	Lactose-49.54% Water- 87.2% Fat- 3.7% Protein- 3.2g Lactose 4.4g albumin-2.8% Lactic Acid- 4.5% Calcium -125mg

	Potassium -55mg Sodium – 15mg Chloride – 43mg Magnesium – 4mg Phosphorus – 15mg Vitamin A- 53 ug Vitamin D – 0.03 ^a ug Thiamin – 16 ug Riboflavin- 43ug Nicotinic acid- 172ug Ascorbic acid – 4.3 ^a ug	Iron- 0.3mg Minerals- 0.8g Energy -72 kcal Zinc-0.7mg Riboflavin- 0.3ug	Iron- 0.2 mg Vitamin C- 2 mg Sugar-4% Food energy-66% & Casein - 8.0% CHO- 4.9% Ash-0.7% Contains Minerals like Sodium, Magnesium, Potassium, Iron etc. also Stronsium
Doshagnata Karma	Vatapitta asrk samaka Patyam, Jeevaniyam, Dipanam [20] Chakshyshulagna, abhigathagna in the form of nasya, Ashyothana. ²¹	Vata-pitta Samaka, Kapha vardaka Dipanam, Lagu, Sangrahi, Strapittanuth [22] Raktapitta hara [23] helps in oleation, adhesive, healing of wound & acts well in general debility, acts as nerve tonic.	Vata pitta hara, Kaphakara. Rasayana, Raktapittahara, Jeevaniya, Srmitim [24]. Jara & samastha rogaharanam Balya [25]

Stanya is best as it contains Vitamin A & D. Vitamin D plays a protective role in ocular health. Riboflavin - helps in preventing cataract, Glaucoma, keratoconus & increases the strength of cornea, Ascorbic acid helps to protect the eye from harmful effects of sunlight & also in dark adaptation. It can be used in all types of Netra shula and also in abhigathana.

Aja ksheera is having zinc, it helps in wound healing & is directly involved in both innate & adaptive immunity. Minor lipids in goat's milk,

also considered bioactive components exert similar effects as cow and breast milk in preventing the degeneration of lens as well as retina [26]. Go ksheera is used as an antibacterial agent and also in cosmetics, ophthalmic solutions, wound treatment and as anti-tumour, anti viral agent and as an anti-inflammatory agent.

The Ksheera which is meant to be used as medicine should always be collected fresh, from a healthy individual or animal and under hygienic conditions to prevent contamination.

The Netra roga kalpas of Stanya are listed in the table below

S.NO	Yoga Nama	Procedure	Indication	Reference* (see references)
1	Aksha majja yoga	Anjana	Vrana shukra	CD Netraroga chikitsa 59/70 pp568; B.R. Netrarogaadhikara64/67 pp. 989
2	Amalakyadi rasakriya	Anjana	Pittabhisyaanda	S.Ut. 10/ 9
3	Bilwapatra rasanjana	Netra purana	Netra shotha, shula, Abhisyaanda, Adhimantha & Raktasrava	CD Netraroga chikitsa 59/40 pp565
4	Chandraprabha varti	Anjana	Pushpaka	YR Netraroga chikitsa, Timira Samanya chikitsa 3, pp367; BP Netrarogaadhikara63/230PP.636
5	Churnanjana	Anjana	Dristi Garudasama kara	GN Netraroga chikitsa322, pp141
6	Dantadi varti	Anjana	Timira, Sukra roga	A.H.Ut. 13/72
7	Darvi Rasanjana	Netra purana/ Aschyotana	Daha, Ashru, vedana sandyas	CD Netraroga chikitsa 59/7 pp561

8			Pittaraktavataja	
	Darviyadi yoga	Aschyotana	Netra roga	GN Netraroga chikitsa129, pp103
9	Erandamula			
	kalka	Seka	Vartma ati lekana	A.H. Ut.9/12
10	Gomutradi yoga	Anjana	Dristi Garudasama	VS Netrarogadikara 37, pp751
11	Grithamandadi		kara	
	Gritha	Nasya	Raktaja abhisyanada,	
			Adimanta	A.S.Ut. 19/ 102
12	Gundradi Yoga	Seka/ Aschyotana	Netra shula	VS Netrarogadikara 86, pp756
13	Ikshuyadi yoga	Seka, Anjana	Arjuna	S.Ut. 12/19
14				YR Netraroga chikitsa, Krishnagata roga chikitsa 1 pp377
	Jatyadi Yoga	Aschyotana	Padishta shukra	
15			Sirotpatha,	
			Siraharsa, Sira	
	Kasisadi yoga	Anjana	jala,Arjuna	A.S.Ut. 14/22
16	Katakaphaladi		Kshatasukrarti	
	yoga	Aschyotana	rogajit	VS Netrarogadikara 193, pp767
17	Kathakasya			
	yoga	Anjana	Ksatashukra	GN Netraroga chikitsa190, pp116
18	Krishnatiladi		Vatabhisyanada,	
	anjana	Anjana	Dristiprasadanartha	A.S.Ut. 19/41
19	Kshoudradi			
	yoga	Aschyotana	Pittabhisyanada	S.Ut. 10/ 12
20	Linganasha			B.R. Netrarogaadhikara64/112
	chikitsa	Purana	Linganasha	pp. 994
21	Lodradi ksheera	Seka	Daha, Ragagna	A.S.Ut. 19/54
22			Pittaja, Raktaja,	CD Netraroga chikitsa 59/25
	Lodradi yoga	Aschyotana	Vataja netra rogas	pp563
23	Lohadi Churna	Anjana	Kukunaka	A.S.Ut. 12/40
24	Madhuadi Yoga	Anjana	Shiroarsha	VS Netrarogadikara 110, pp759
25	Madhukadi		Rakta srava in Sira	
	Grita	Seka	Vyadana	A.S.Ut. 17/ 47; S.Ut. 17/72
26	Madukadi yoga	Anjana	Pittabhisyanada	S.Ut. 10/ 11
27	Mahaoushdha			
	gritha	Anjana	Shus38hkakshipaka	S.Ut. 9/23
28	Manjistadi			
	Ksheera	Seka	Pittaja Timira	A.S.Ut. 16/42
29	Masuradi Varti	Anjana	Vedanagna	A.S.Ut. 14/85
30	Murvadi yoga	Anjana	Kukunaka	A.S. Ut. 12/38
31	Mustadi yoga	Anjana	Pittabhisyanada	S.Ut. 10/ 8
32	Nagarjuna			
	gutika	Anjana	Pushpa roga	GN Netraroga chikitsa301, pp137
33			Timira, Patararoga,	VS Netrarogadikara 339, pp782;
			Sadyo netra kopa	B.R. Netrarogaadhikara64/173pp.
	Nagarjuna Varti	Anjana	shanthi	1001
34	Nimbapatradi		Pitta rakta Vatapaha	
	yoga	Aschyotana	manya muktam	VS Netrarogadikara 78, pp755
35	Nimbadi	Aschyotana	Pitta, Rakta & vataja	B.R. Netrarogaadhikara64/24 pp.

	putapaka ascyotana		netra roga	984
36	Nimbapatradi yoga	Aschyotana	Pittaja, Raktaja, Vataja netra roga	GN Netraroga chikitsa130, pp103
37	Nimbapatradi yoga	Aschyotana	Pitta, Rakta, Vatabhisyaanda	YR Netraroga chikitsa, Pittabhisyaanda chikitsa 1 pp388
38	Nishadi netra drava	Aschyotana	Abhigataja netra shula	B.R. Netrarogaadhikara64/56 pp. 988
39				CD Netraroga chikitsa 59/57 pp568;GN Netraroga chikitsa181, pp112; VS Netrarogadikara 569, pp804
40	Nishadi yoga Prapondarikadi ksheera	Netra purana/Aschyotana Aschyotana	Aksi sula Pittajabhisyaanda	A.S.Ut. 19/ 50
41			Daha, ruk, Raga, Ashru,	
42	Pundarikadi yoga	Pindi	Raktapittabhisyaanda Netra abhisyaandhajanya	A. H. Ut. 16/15
43	Rasaanjanadi drava	Aschyotana	daha, Ashrupatha, Netravedana.	B.R. Netrarogaadhikara64/7 pp. 982
44	Rodradi yoga Saindavadi	Anjana	Pittabhisyaanda	S.Ut. 10/ 10
45	gritha	Anjana	Netrapaka	S.Ut. 12/41
46	Saindavadi yoga	Anjana	Netrapaka	S.Ut. 12/41 YR Netraroga chikitsa, Vajaviparyaya shushkakshipaka chikitsa 1 pp392
47	Saindavadi yoga Saindavadya gritha	Anjana, Tarpana, Nasya Anjana	Shushkakshipaka Shushkakshipaka	S.Ut. 9/21
48	Saindavadya yoga	Anjana	Shushkapaka	GN Netraroga chikitsa183 , pp113; VS Netrarogadikara 67, pp754
49	Saindavadya yoga	Anjana	Shirotpatha	GN Netraroga chikitsa185, pp113; VS Netrarogadikara 109, pp758; CD Netraroga chikitsa 59/65 pp569
50	Saindhavadya Anjana	Anjana	Shushkakshi paka	B.R. Netrarogaadhikara64/59 pp. 988; CD Netraroga chikitsa 59/60 pp568
51	Saindhavadya Ascyothana	Aschyotana	Shirothpatha	B.R. Netrarogaadhikara64/63 pp. 989;
52	Samudraphenadi yoga	Anjana	Pittabhisyaanda	S.Ut. 10/ 11
53	Sankadi vati	Anjana	Arjuna	YR Netraroga chikitsa, Timira samanya chikitsa 2 pp368
54	Sankhadi varti	Anjana	Timira,Arbuda, Piccita	CD Netraroga chikitsa 59/137 pp577
55	Sarpiyukta stanya	Anjana	Shushka akshipaka	A.H.Ut. 16/21

56	Shadangadi anjana	Anjana	Savvana shukra	B.R. Netrarogaadhikara64/65 pp. 989
57	Shankadi Varti	Anjana	Pittajanetra roga, vedana	A.S.Ut. 19/ 61
58	Shankadi Varti	Anjana	Vedana	A.S.Ut. 20/ 27
59	Shankadi varti	Anjana	Savvana sukra	A.S.Ut. 14/81
60	Shankadi vati	Anjana	Arjuna	VS Netrarogadikara 330, pp781
61	Shankadi yoga	Anjana	SaindavaSanyaka Garshanna vedanahara	A.H. Ut.16/35
62	Shashirashiradi Varti	Anjana	Vedana	A.S.Ut.20/24 BP
63	Snehana churna	Anjana	Sarva netra rogahara	Netrarogaadhikara63/214PP.634
64	Srinagarjuna chaturdshangi varti	Anjana	Sadya prakopaka netra roga nashana	GN Netraroga chikitsa266, pp131
65	Srinagarjuna Varti	Anjana	Timira, Patala, Sadyoprakopa	CD Netraroga chikitsa 59/127 pp576
66	Stanya	Purana	Linganasha chikitsa	A.H. Ut. 14/14
67	Stanya	Seka	Pascyat karma of vartma roga chikitsa	A.S. Ut. 12/70
68	Stanya	Seka	Pittaja Timira	A.S.Ut. 16/43
69	Stanya	Seka	Raga, Vedana, Ashru	A.S.Ut. 17/18
70	Stanya	Seka, Avapidana nasya	Linganasha Apalagathi	A.S.Ut. 17/65
71	Stanya	Aschyotana	Raktaja abhisyaanda, Adimanta	A.SA.Ut. 19/ 94
72	Stanya	Seka	Pashcyat karma of Linganasha chikitsa	S.Ut. 17/ 61
73	Stanya	Aschyotana	Aganthuja sula, pitta kshataja abhisyaandha	B.R. Netrarogaadhikara64/54 pp. 987
74	Stanya	Aschyotana	Vedana	A.H.Ut. 16/ 39
75	Stanya	Aschyotana	After Anjana	A.S.Ut.20/31
76	Stanya	Aschyotana	Linganasha chikitsa	GN Netraroga chikitsa421, pp161
77	Stanyadi yoga	Aschyotana	Netra sula	GN Netraroga chikitsa458, pp168
78	Stree paya yoga	Aschyotana	Aganthuja Netra roga	GN Netraroga chikitsa169, pp112
79	Stree stanya	Seka	Raktamokshasya sasyate	VS Netrarogadikara 565, pp804
80	Stree stanya	Aschyotana	Agantuja netradosha	VS Netrarogadikara 567, pp804
81	Stree stanya	Aschyotana	Rakta, Pitta Anilarjita	YR Netraroga chikitsa, raktabhisyaanda chikitsa 1 pp390 CD Netraroga chikitsa 59/55 pp567
82	Streepaya	Aschyotana	Agantuja netraroga	pp567
83	Sweta lodradi Ksheera	Aschyotana	Sula, Daha, Sopha, Raga hara	A.S.Ut. 19/56
84	Swetalodradi	Pindi	Raktapittaja,	A.H. Ut. 16/ 16

	yoga		Abhigataja Abhisyanada	
85	Talisapatradi varti	Anjana	Gharsha, Ashru, Shopha, Kandu nashana	A.H. Ut. 16/41
86	Talisapatradi yoga	Anjana	Stabda, Garshana, ShavathuHarsha, Ashru, Kandu	A.S.Ut. 20/ 34
87	Tharsyasheela yoga	Anjana	Shiraharsha	GN Netraroga chikitsa 188, pp113
88	Tulasyadi yoga	Anjana	Sadyo netra ruja, Netra sula	YR Netraroga chikitsa, Timira samanya chikitsa 1-2 pp370
89	Tuttadi Yoga	Anjana	Sadyakopa	A.S.Ut. 19/112
90	Tuttanjana	Anjana	Garudasama narasya chakshu	A.H. Ut. 13/ 33
91	Udhumaradi varti	Anjana	Sula, Raga, Ashru	A.S.Ut. 20/28
92	Udhumaradi yoga	Lepa	Netra sula, Srava, Raga, Harshajit	A.H. Ut. 16/ 36
93	Vetramladi yoga	Anjana	Siraharsha	S.Ut. 12/18
94	Vyoshadi Churna	Anjana	Pittabhisyanada	S.Ut. 10/ 9
95	Yastiadi yoga	Aschyotana	Vipaka, daha, sula, vranasukram	VS Netrarogadikara 190, pp767 YR Netraroga chikitsa, Krishnagata roga chikitsa 1 pp376
96	Yastyahrdyadi yoga	Aschyotana	Vrana, Dahasukra	

Following are the yogas in which Aja ksheera has been mentioned

S.No.	Yoga Nama	Procedure	Indication	Reference* (see references)eference
1.	Chandrodaya varti	Anjana	Timira, Netra Kandu, Netra patala roga, netrarbudha,Adimamsa, ratro na pashyathe,dwivarshika pushpa	BR Netrarogaadhikara 64/185 pp.1002
2.	Churnanjana	Anjana	Kacha,Arma, Naktandya, Rakta rajji, Timira, Dristi	GN Netraroga chikitsa319 & 322, pp140, 141
3.	Aadkimula yoga	Lepa	Linganasha Chikitsa	A.S.Ut. 17/77
4.	Aja grithadi yoga	Not Metioned	Sarva netraroga hara	VS Netrarogadikara 572, pp804
5.	Bhaskaradi yoga	Anjana	Kacha, Arma, Naktandya, Raktaraji, Timira	A.H. Ut.13/28
6.	Bilwapatradi yoga	Dhuma	Netra sotha, Kaphabhisyanada	VS Netrarogadikara 128, pp760
7.	Brhatyadi varti	Anjana	Vatikanetra roga	GN Netraroga chikitsa115, pp100
8.	Brihat Eranda muladi Varti	Anjana	Vataja Netra roga	A.S.Ut. 19/114

9.	Brihat Triphaladya grita	Not Metioned	Sarva netra roga hara, particularly raktaja, Rakta dusti netraroga, naktandhya, Timira, Kaca, Nilika, Patala, Arbua, Abhisyanda, Adhimanta, Pakasma kopa, Sudarana netra roga, adristi, Manda dristi, dwandwaja	GN Netraroga chikitsa 437, pp165
10.	Brihatchandrodaya varti	Anjana	netra roga, kandu, Duradrik Timira, Sukra roga, Netra patalagata roga, Arbuda, Adimamsa, Nakthandya, Pushpa roga, Dristivishodhana	GN Netraroga chikitsa 243, pp127
11.	Brihatyadi varti	Anjana	Akshi roga associated with Shotha & sula	CD Netraroga chikitsa 59/20 pp563
12.	Brihatyadi varti	Anjana	Vataja abhisyandha	B.R. Netrarogaadhikara 64/19 pp. 983
13.	Chanadrodaya Varti	Anjana	Timira, Mamsa Vriddhi, Kacha, Patala, Arbuda, Ratrandya, Varshika Pushpa	YR Netraroga chikitsa, Timira Samanya chikitsa 3, pp367
14.	Chandra prabha varti	Anjana	Pushpa, Timira, Patalagata roga, Ratrandyata, Netragata kamala, Shotha	GN Netraroga chikitsa 474, pp171
15.	Chandraprabha varti	Anjana	Sarva netra roga hara, Arbuda, Patala roga, Kacha, Timira netra gata roga, Raga, Adimamsa, Vartmakardama, Ratryandya	GN Netraroga chikitsa 270, pp131
16.	Chandraprabha varti	Anjana	Arbuda, Patala, Kacha, Timira, Rakta Rajika, Adhimamsa, Netra mala & Naktandya	CD Netraroga chikitsa 59/123 pp575
17.	Chandrodaya varti	Aschyotana	Timira, Kandou, PPatala, Arbuda, Mamsadhikya, Ratrandya, Dusti suddhikara	VS Netrarogadikara 324, pp770
18.	Chandrodaya varti	Anjana	Timira, Kandou, Patala, Arbuda, adhika mamsa, Naktandhya & Dvivorsika puspa.	CD Netraroga chikitsa 59/111 pp574
19.	Chandrodaya varti	Anjana	Netrarbhuda, netra patala roga, Kacha, Timira, Raktarajika, Adimamsa, Arma, Ratrandya, Jathandya	BR Netrarogaadhikara 64/191 pp.1003
20.	Dantadi varti	Anjana	Timira, Sukra roga	A.H.Ut. 13/72
21.	Drakshadi Varti	Anjana	Raktaja Timira	A.H. Ut. 13/73
22.	Dristipradha Varti	Anjana	Timira; Chakshusya-	A.S. Ut.16/35; GN Netraroga chikitsa 262, pp130; BR Netrarogaadhikara 64/194 pp.1003

23.				C.Chi.26/255;B.R. Netrarogaadhikara64/122-123 pp. 995
24.	Dristipradha Varti	Anjana	Sarvanetra roga, Dristiprada Vatabhisyaada, vataja	
25.	Eranda ksheera Eranda ksheera paka	Nasya, putapakadi Seka	adhimanta Vatabhisyaada	S.Ut. 9/11 A.H. Ut. 16/ 10; CD Netraroga chikitsa 59/16 pp562
26.	Erandamula kalka	Seka	Vartma ati lekana	A.H. Ut.9/92
27.	Erandamuladi Yoga	Bidalaka	Vatakshi roganut	VS Netrarogadikara 65, pp754
28.	Erandapallava grita	Aschyotana	Vataja abhisyaada	A.S.Ut. 19/ 18
29.	Erandapatradi yoga	Seka	Vatabhisyaada	YR Netraroga chikitsa, Vatabhisyaada chikitsa 1 pp390
30.	Gairikadi Gutika	Anjana	Abhisyaada	S.Ut. 9/15
31.	Gairikadya guttikanjana	Anjana	Vataja abhisyaada	B.R. Netrarogaadhikara64/21 pp. 983
32.	Gomutradi yoga	Anjana	Dristi Garudasama kara	VS Netrarogadikara 37, pp751
33.	Gundradi Gritha	Tarpana, Seka, Nasya	Pittanashaka	S.Ut.10/ 5
34.				B.R. Netrarogaadhikara64/20 pp. 983; CD Netraroga chikitsa 59/21 pp563
35.	Haridradi Varti	Anjana	Vataja abhisyaada	VS Netrarogadikara 66, pp754; GN Netraroga chikitsa116, pp100
36.	Haridradi yoga	Anjana	Abhisyaada	A.H. Ut. 16/12
37.	Hiberukadi Yoga	Aschyotana	Vata abhisyaada Prasadajanana, Balakreecha	
38.	Jatipushpadi Yoga	Anjana	dristi	A.H.Ut. 14/31
39.	Kakoliyadi yoga	Lepa	Netra sula, Raga	S.Ut. 17/89
40.	Kansyadi varti	Anjana	Rujapaham Pittabhisyaada, Raktabhisyaada,	S.Ut. 18/104
41.	Kasheruvadi Yoga	Seka	Abhigatajanya netra sula	VS Netrarogadikara 102, pp758
42.	Kashmaryadi gritha	Tarpana	Avrana sukra	A.S.Ut. 14/69
43.	Khand ckitra	Anjana	Sarva netra roga Sarva netra roga hara, Sarva netra abhisyaada,	A.S.Ut. 19/88
44.	Kolitika Varti	Anjana	Pascyat karma of arma chedana	GN Netraroga chikitsa272, pp132
45.	Kranaja bija Pindi	Sweda		A.S. Ut. 14/ 37
46.	Krandadi ksheera	Seka	Vataja netra roga Timira, sukra, Siroakshi	GN Netraroga chikitsa105, pp97 YR Netraroga chikitsa, Krishnagata roga chikitsa 1 pp379
47.	Krishnadya taila	Nasya	vartma pakatyaya Timra, sukra, shirosula,	;CD Netraroga chikitsa 59/94 pp572
48.	Krishnadya taila	Nasya	netrasula,Pakatyaya Pascyat karma of vartma roga chikitsa	A.S. Ut. 12/70
49.	Ksheera	Seka	Nayana sula, shotha, strava, raga hara	B.R. Netrarogaadhikara64/41 pp. 986
50.	Lavanadya anjana	Anjana		
51.	Lodradi ksheera	Seka	Daha, Ragagna Patyam, Ruja roga	A.S.Ut. 19/54
51.	Lodradi yoga	Aschyotana	vinashanam	VS Netrarogadikara 378, pp786

			Nilika, Patalarbuda, Abhishynada, Adimanta, Pakshma kopa, Sudaruna, Sarvadoshesu, Aadrusti, mandadrusti, Kapha vatajadushita drusti,netra srava, Kandu.	
66.	Marichadi yoga	Anjana	Ratrandyia	GN Netraroga chikitsa408, pp159
67.	Masuradi Varti	Anjana	Vedanagna	A.S.Ut. 14/85
68.	Meshasringyadi Varti	Anjana	Dristirataha, Dristi nirmalakara- Su.	CD Netraroga chikitsa 59/163 pp580, S.Ut. 17/97
69.	Meshasringadi yoga	Anjana	Drusti parasadanam, dadrurthiyoyayeth	VS Netrarogadikara 382, pp786
70.			Arma, Piccita,Suklagata, Krishnagata, Sandhigata, Vartmagata netra rogas	CD Netraroga chikitsa 59/144 pp578
71.	Nagasalaka yoga Nilotpaladi ksheera paka	Anjana		
72.	Palasha rasakriya varti	Seka	Raga, Ashru,Vedana	A.H. Ut. 11/31
73.	Payadi yoga	Anjana	Praklinna vartma	S.Ut.13/ 50
74.		Pana	Netra ruja, Raga hara	GN Netraroga chikitsa429, pp164 B.R. Netrarogaadhikara64/119pp. 995, VS Netrarogadikara 377, pp786CD Netraroga chikitsa 59/159 pp580
	Payasyadi lepa	Lepa	Said as patya, Sukhoshna patya-VS	A.S.Ut. 20/ 12
75.	Pindanjana	Anjana	Shushkakshipaka	
76.	Prapondarikadi Varti	Anjana	Sirasukre	A.S,Ut. 14/94, A.H. Ut.11/50
77.	Prapondarikadya yoga	Aschyotana	Pitta rakta janya netra roga	GN Netraroga chikitsa127, pp103
78.			Netra raga, ashru, vedana, vrana sukra, aksipakatyaya, ajakajata	CD Netraroga chikitsa 59/71 pp569
79.	Pundarika prayoga	Seka	Netra vedana, netra kshata, netra pakathyaya, Ajakajatha	GN Netraroga chikitsa198, pp118
80.	Pundarikadi drava	Aschyotana	Raga, ashru, Vedana, Pakathtyaya, Ajakajatha	B.R. Netrarogaadhikara64/68 pp. 989
81.	Pundarikadi yoga	Pindi	Daha, ruk, Raga, Ashru, Raktapittabhisyanda	A.H. Ut. 16/15
82.	Pushpa varti	Anjana	Netra prasadana	GN Netraroga chikitsa433, pp164
83.	Radradi ksheerapaka	Aschyotana	Ruja, Raga	A.H. Ut. 14/26
84.	Rasnadi taila & grita	Nasya	Vataja abhisyanda	A.S.Ut. 19/ 22
85.	Saindavadi yoga	Seka	Nayana sula, Srava, Shotha, Raga	YR Netraroga chikitsa, Kaphabhisyanda chikitsa 1 pp390
86.	Saindhavadi yoga	Aschyotana	Vatakaphajanya abhisyanda, netra sula, srava,sotha,Raga	VS Netrarogadikara 131, pp761
87.	Saindhavadya yoga	Anjana	Vatakapha netrarogas, Nayana sula, srava, shotha &	CD Netraroga chikitsa 59/41 pp565

			raga	
88.	Salavanadi Yoga	Dhupana	Vatakaphajanya Netrakoppa, Netra Sula, Srava, Sotha, Ragata	GN Netraroga chikitsa156, pp109
89.	Sarivadi Varti	Anjana	Ratrandya	A.H.Ut. 13/86
90.	Sarivadi Yoga	Lepa	Linganasha Chikitsa Pascyat Karma & in Linganasha upadrava chikitsa- AH	A.S.Ut. 17/34, A.H. Ut. 14/25
91.	Sasakadya gritha	Aschyotana	Netra sukra, Ksata, Pakatyaya, ajakajata, Brushula, sankasula & daha	CD Netraroga chikitsa 59/98-99 pp573
92.	Shashakadya Gritha	Aschyotana	Savrana, avrana sukra, netrakshata,akshipakatyaya, Ajakajatha, Bru shanka shula, daha	BR Netrarogaadhikara 64/238 pp.1008
93.	Shashakadya gritha	Aschyotana	Netra shukra, netra kshata, netrapaka, ajakajatha, akshipakatyaya, netra sula, daha	GN Netraroga chikitsa217, pp122
94.	Shatavaryadi yoga	Seka	Netra daha, sula	S.Ut. 17/13
95.	Shukla erbhaku yoga	Seka	Vataja netra sula	GN Netraroga chikitsa371, pp151
96.	Souveeranjana Churna	Anjana	Timira nashana	GN Netraroga chikitsa312, pp139
97.	Srothojam Varti	Anjana	Sarva netra shulahara	VS Netrarogadikara 383, pp786
98.	Sukhavathi varti	Anjana	Timira, Patalagata roga, Kacha, Netra mala, Vartmagata roga, Arma, Kandu, Arbuda, Sukraroga.	GN Netraroga chikitsa241, pp126
99.	Triphala gritha	All form	Abhisyanda, Adhimantha,Saraktha, raktadrusti ratryandha, Timira, Kacha, Nilika, Patala, Arbudha, Pakshmakopa etc.	BP Netrarogaadhikara63/233PP.636
100.	Triphala rasakriya varti	Anjana	Praklinna vartma	S.Ut.13/ 50
101.	Triphaladhya varti	Anjana	Restores vision even in blind, dristi pradha; Garudopama chakshu- VS	CD Netraroga chikitsa 59/116 pp575; VS Netrarogadikara 353, pp783
102.	Triphaladya Varti	Anjana	Dristi prada, Andyasya abhinna chakshu	VS Netrarogadikara 328, pp771
103.	Triphalambhasi yoga	Anjana	Sarvadosha hara, chakshuhu	VS Netrarogadikara 354, pp784
104.	Tuthanjana Yoga/ Bhaskaranjana	Anjana	Kacha, Arma, Ratrandya, Sirajala, Timira	A.S.Ut. 16/27
105.	Tuttadi Pratyjanjana	Anjana	Pillaroga	A.S.Ut.20/55
106.	Tuttadi Yoga	Anjana	Sadyakopa	A.S.Ut. 19/112
107.	Vaiduryadi Varti	Anjana	Savrana Sukra	A.S.Ut. 14/ 63
108.	Vyogradi yoga	Dhuma	Shopha, ruk	A.H. Ut. 16/42

109.	Yastimadhu Ksheerapaka	Aschyotana	Linganasha Chikitsa Pasyat Karma, Ruja, Raga	A.S.Ut. 17/33; A.H. Ut. 14/27
110.	Yavanalla Rasakriya	Lepa	Balasagrathitha, Shotha, Upadeha	A.S. Ut. 14/10

Following are the yogas in which Go ksheera has been mentioned;

S.No	Yoga Nama	Procedure	Indication	Reference* (See References)
1.	Aajitha Taila	Not mentioned	Timira, Hanya nimnaproktha, Sarva netra roghahara	VS Netrarogadikara 429, pp790
2.	Abhijatha taila	Nasya, Shiroabyanaga	Timira, Vimala, Lost vision will be regained.	BR Netrarogaadhikara 64/264 pp.1010
3.	Andhasudrshaka yoga	Anjana	Andya	VS Netrarogadikara 313, pp770
4.	Bilwapatradi yoga	Aschyotana	Netra sotha, sula, Abhisyanada, Adhimanta, Raktasrava	VS Netrarogadikara 130, pp760
5.	Bilwapatradya anjana	Anjana	Netra shotha, sula, Abhisyanada, Adimantha, strava	B.R. Netrarogaadhikara64/38-39 pp. 986
6.	Brihachshakaya Gritha	Pana, Nasya	Ajakajatha, Arjuna, Kaca, Patala, sukra roga, Sarva vata and pittajanya netra roga.	VS Netrarogadikara 222, pp770
7.	Brihatpanchamula di gritha	Tarpana	Vataja abhisyanada	A.S.Ut. 19/ 39
8.	Bringaraja taila	Not Metioned	Chakshynirvartayet	YR Netraroga chikitsa, Timira samanya chikitsa 1 pp373;VS Netrarogadikara 428, pp790
9.	Candanadi grita	Tarpana	Vataja abhisyanada	A.S.Ut. 19/ 38
10.	Candrodaya Vati	Anjana	Timira, Kandu, Arbudha three year old Cataract,Arma, Ratranya	BP Netrarogaadhikara63/226PP.6 35
11.	Chandanadi ksheera paka	Seka	Pitta rakta utklishta vartma roga	A.H. Ut. 9/17
12.	Chandanadi yoga	Lepa	Daha	A.H. Ut. 16/19
13.	Chandra prabha varti	Anjana	Pushpa	GN Netraroga chikitsa474, pp171
14.	Churnanjana	Anjana	Dristi parsadana, Sarvaakshiroghahara	GN Netraroga chikitsa317, pp140
15.	Dashamula gritha	Pana	Vataja timira	A.H. Ut. 13/ 48; A.S.Ut. 16/39; YR Netraroga chikitsa, VatajaTimira chikitsa 2, pp362
16.	Dashamuladi grita	Pana	Vataja abhisyanada	A.S.Ut. 19/ 17
17.	Drakshadi yoga	Aschyotana	Netraroga janya shotha, shula. Kacha, Timira, Raktarajji,	CD Netraroga chikitsa 59/24 pp563; B.R. Netrarogaadhikara64/23 pp. 984
18.	Drakshadi Grita	Not Metioned	Shiroroga	A.S.Ut. 16/5; A.H. Ut. 13/4
19.	Drakshadi Yoga	Aschyotana	Pittabhisyanada	YR Netraroga chikitsa,

				Pittabhisyanda chikitsa 1 pp388
20.	Drakshadi Yoga	Aschyotana	Patya, Sotha, Sula akshiroganut	VS Netrarogadikara 79, pp755
21.	Drakshadya yoga	Aschyotana	Netra shotha, sula	GN Netraroga chikitsa118, pp100
22.	Dristi vardaka kukutanjana	Anjana	Andha	A.H. Ut. 13/ 39
23.	Dwinishadi yoga	Seka	Abhigataja sula	A.S.Ut. 19/ 110
24.	Eranda ksheera	Sweda	Krichunmilana	A.S. Ut. 12/3
25.	Eranda taila	Pana	Vataja timira	S.Ut. 17/29
26.	Erandadi Ksheera	Seka	Linganasha Chikitsa Pasyat Karma	A.S.Ut. 17/28
27.	Erandamuladya yoga	Aschyotana	Vataraktajanya netra roga	GN Netraroga chikitsa126, pp102
28.	Evaru ksheera paka	Aschyotana	Raga, ashru vedana, Akshipakatyaya	YR Netraroga chikitsa, Akshipakatyaya chikitsa 1 pp379
29.	Goshakritadi Yoga	Anjana	Dhumara, Amlavidgdha, Pittavidagdha, Ushnavidagdha	A.S.Ut. 16/ 80; A.H. Ut. 13/ 91
30.	Gritha	Anuvassana Basti	Sashopha, Alpashopha	A.S.Ut. 20/ 19
31.	Gundradi Gritha	Tarpana, Seka, Nasya	Pittanashaka	S.Ut.10/ 5
32.	Jaludbhava mamsa siddha gritha	Nasya	Vataja Timira	S.Ut. 17/34
33.	Jathimukuladi Varti	Anjana	Pasyat karma of Linganasha chikitsa	A.S.Ut. 17/78
34.	Jeevaniyadi Gritha	Rechana(Licking)	Pittaja Timira	YR Netraroga chikitsa, PittajaTimira chikitsa 1, pp363
35.	Jeevaniyagana Ksheera	Seka	Linganasha Chikitsa Pasyat Karma	A.S.Ut. 17/28
36.	Jeevaniyagana siddha gritha	Nasya	Pittaja Timira	A.H. Ut. 13/66
37.	Jeevantiyadi Grita	Pana	Timira	A.S.Ut. 16/2; A.H. Ut. 13/2
38.	Jeevantiyadi taila	Nasya	Urdvajatru roga, Netraroga	A.H. Ut. 13/51
39.	Kaakolyadi ghrita	Sarva netra kalpa		CD Netraroga chikitsa 59/160 pp580
40.	Kakoliyadigana gritha	Pana, Nasya, Anjana	Sarvanetra rogahara/ karmasu	Sarva B.R. Netrarogaadhikara64/120 pp. 995
41.	Kakolyadi gritha	Lepa, Anjana, Seka	Sarva netra roga	S.Ut 17/94
42.	Kakolyadi gritha	Nasya	Pittaja Timira	S.Ut. 17/38
43.	Kantakaryadi yoga	Seka	Abhisyanda, Adhimanta	S.Ut. 9/12
44.	Karanja bija ksheerapaka	Seka	Arma chedana chikitsa	A.H. Ut. 11/21
45.	Karanjabijadi ksheera	Aschyotana	Arma upadrava chikitsa	S.Ut. 15/14
46.	Kashmaryadi siddha ksheera	Tarpana, Nasya, Abyanga	Vataja abhisyanda, Vedana	A.S.Ut. 19/ 36
47.	Kasisadi yoga	Anjana	Pillaroga	VS Netrarogadikara 550, pp

				802
48.	Krishna sarpa grita	Tarpana	Vataja abhisyanada	A.S.Ut. 19/ 37
49.	Krishnasarpadi			
	Grita	Aschyotana	Raktaja abhisyanada, Adimanta	A.SA.Ut. 19/ 100
50.	Ksharanjana	Anjana	Balasagrathita	S.Ut.11/11
51.	Ksheera	Pana	Anyathovata, Vataviparyaya,Vataabhisyanada	S.Ut. 9/18
52.	Ksheera	Nadisweda	Linnganasha Chikitsa Agatha	A.S.Ut. 17/71
53.			Pascyat karma of ajakajata	
	Ksheera	Nasya	Chikitsa	A.S. Ut. 14/ 108
54.	Ksheera	Pana	Pakshmakshata chikitsa	A.H. Ut.9/18
55.	Ksheera Basti	Basti	Shushkakshipaka	A.S.Ut. 20/ 14
56.				GN Netraroga chikitsa306, pp138
	Ksheera rasakriya	Not Metioned	Timira	
57.	Kulir grita	Pana	Shushkakshipaka	A.S.Ut. 20/ 2
58.	Lohadi yoga	Anjana	Kukunaka	A.H. Ut.9/32
59.	Madhukadi Gritha	Aschyotana	Sulahara	S. Ut. 15/15
60.	Madhukadi			
	Ksheera	Seka	Ruja, Raga	S.Ut 17/92
61.	Madukadi Taila	Nasya	Samsargaja, Sannipataja Timira	A.H. Ut. 13/75
62.			Sarvanetra roghara, rujahara, Timira, Doshe, astrava, Kacha, Arbudha, Visarpa, Patala, kandu, Thoda, Kshavatu, Bahya netra	VS Netrarogadikara 389, pp787
63.	Madyama triphaldya grita	Not Metioned	roga, Vartmaja roga hara. Timira, Kacha, Naktanya, Sukra, Sarava, Kandu, Shotha, Netrasyabinduarmapatalapham, Sarvanetramayapham, upahata drusti suryaagniabyam	
	Mahatriphaldya grita	Not Metioned	prasasyate. Kandu, Timira, Sukla arma,	VS Netrarogadikara 405, pp788
64.	Manashiladi Vati	Anjana	Raktaraji	S.Ut. 18/103
65.	Masuradi Varti	Anjana	Vedanagna	A.S.Ut. 14/85
66.	Medadi gritha	Tarpana, Basti	Vataja Timira	A.H. Ut. 13/59
67.	Meshashringyadi Gritha	Pana	Anyathovata, Vataviparyaya,Vataabhisyanada	S.Ut. 9/19
68.			Timira, Kacha, Nishandya, Pakatyaya, Patal, Arjuna, Nilika, Pilla, arbuda, Arma, Rudirasrava,	VS Netrarogadikara 432, pp791
69.	Nilotpaladya gritha	Nasya	Vartmakandu, Netra sula	YR Netraroga chikitsa, Sleshmabhisyanada chikitsa 1 pp389; VS Netrarogadikara 127, pp760
70.	Nimbadi yoga	Seka	Sleshmabhisyanada Timira, Patala, Kaca,	
	Nripavallabha taila/ Grita	Not Metioned	Naktandhya, Arbuda, Andha,	CD Netraroga chikitsa 59/193 pp584
71.	Nrpathivalalhbha	Pana	Timira, Netrapatala,Kacha,	BR Netrarogaadhikara 64/258

	gritha/ Taila		Ratrandya, Netrarbudha, Divandhya, netrasweta, Linganasha.	pp.1010
72.	Nrupavallabha taila	Not Metioned	Timira, patala, kacha, Ratrandyata, Arbuda, andya, Swetha, Linganasha, Nilika	VS Netrarogadikara 437, pp791
73.	Nyagrodadi gana Kashaya	Seka	Pakshmarodha	A.H. Ut.9/38
74.	Paya	Seka	Vatabhisyanda	S.Ut 9/ 6; VS Netrarogadikara 71, pp755
75.	Paya yoga	Nasya	Pittabhisyanda	VS Netrarogadikara 88, pp756
76.	Payasadi yoga	Aschyotana	Netra sula, sotha, Abhisyadha, Adhimanta, Srava, Raga	GN Netraroga chikitsa 154, pp108
77.	Prabhavathi Gutika	Anjana	Netra Kandu, Timira, Sukra, Vartmarma, Raktarajji	GN Netraroga chikitsa 296, pp136
78.	Prapondarikadi Basti	Basti	Vataja Timira	A.S.Ut. 16/43
79.	Pratisaranjana	Anjana	Timira	A.H. Ut. 13/42
80.	Pundarikadi	Aschyotana	Raga, asrgdh vedana, Kshatapaka	VS Netrarogadikara 200, pp768
81.	Rodradi Gritha	Tarpana	Pittaja Timira	A.S.Ut. 16/57
82.				BP
83.	Ropani Rasakriya	Anjana	Netra kandu	Netrarogaadhikara 63/209PP.6 33 YR Netraroga chikitsa, Vataviparyaya shushkaakshipaka chikitsa 2 pp392
84.	Saindavadi ksheera	Seka	Vataviparyaya	S. Ut. 19/11
85.	Saindavadi ksheera	Vamana	Kukunaka	
86.	Saindavadi ksheera	Aschyotana,		
87.	Saindavadi ksheera	Anjana	Netra paka	S. Ut.12/43
88.	Saindavadi ksheera	Seka	Shushkakshipaka	A.H. Ut. 16/ 28
89.	Salila patradi yoga	Aschyotana	Sarvanetra rogahara	VS Netrarogadikara 139, pp762
90.	Sanagadi Gritha	Nasya	Pittaja Timira	A.S.Ut. 16/56
91.	Sarvagandadravya taila	Nasya, Sirobasti, Dhumapana	Vataja abhisyanda, Vedana	A.S.Ut. 19/ 33
92.	Shankadi Varti	Anjana	Pittaja Abhisyanda, Adimantha	A.S.Ut. 19/ 60
93.	Shashakadi gritha	Pana, Nasya, Aschyotana	Ajakajata, Arjuna, Kacha, Patala, Sukra, Vata pittaathar	YR Netraroga chikitsa, Ajakajata chikitsa 1 pp380
94.	Shatavariyadi ksheera	Pana	akshi roga	
95.	Shathavadi gritha	Tarpana,	Timira	S.Ut. 17/49
96.	Shathavadi gritha	Putapaka	Vataja Timira	A.S.Ut. 16/49
97.	Sitaerandadi yoga	Tarpana, Basti	Vataja Timira	A.H. Ut. 13/59
98.	Souveeranjana Churna	Nasya	Urdvajatrugata sleshma roga	A.H. Ut. 13/54
99.	Srothanjana	Anjana	Timira nashana	GN Netraroga chikitsa 312, pp139
100.		Anjana	Timira	A.H. Ut.13/56; S.Ut. 17/ 36;

98.	Srothanjana	Anjana	Kacha	A.S.Ut. 16/ 46; A.S.Ut. 16/38 S.Ut. 17/37
99.	Srothanjanadi yoga	Anjana	Drikprasadana, Sarva akshi roga	A.H. Ut. 13/26
100.	Swarnadi yoga	Lepa	Vedana, Raga	S.Ut. 17/ 87
101.	Tagaradya yoga	Aschyotana	Vatakaphaja netra roga	GN Netraroga chikitsa128, pp103
102.			Sarva netra rogahara, specially ratrandya, Timira, Kamala, Kacha, Arbudha, Visarpa, Pradara, Kandru, Raktaksayathu, Kalitya, Palitya, Kesha patina, Vishamajwara, sarva arma,	BR Netrarogaadhikara 64/251 pp.1010
103.	Tripahala	Nitya Pana	Savrana Avranashukra.	BR Netrarogaadhikara 64/240 pp.1008
104.	Tripala gritha	Pana	Timira	BP
105.	Triphala Gritha	All form	Timira, Kacha, Naktandya, Sukra, Srava, Kandru, Shotha, Netra arma, Patala, Abhighata	Netrarogaadhikara63/242PP.6 37
106.	Triphala ghrita	Not Metioned	Sarva netraroga hara, Timira, Netra dosha, Kamala, Kacha, Arbuda, Visarpa, Pradara, Kandru, raktaja netraroga, Netra Svayathu, Netra sukra, Vartmaja netra rogas.	CD Netraroga chikitsa 59/183 pp582
107.	Triphala ghrita	Pana	Timira	A.H. Ut. 13/11; CD Netraroga chikitsa 59/173pp580
108.	Triphaladi Kwatha	Virechana	Vataja Timira	A.S.Ut. 16/40
109.	Triphaladi taila	Virechana	Vatika Timira	VS Netrarogadikara 276, pp776
110.	Triphaladi Yoga	Virechana	Vataja timira	YR Netraroga chikitsa, VatajaTimira chikitsa 5, pp362
111.	Triphaladya gritha	Pana	Timira, Kacha, Nakthandya, Sukra, Srava, Kandru, Kshavatu, Kashayatama, Kalukshtwam, Netrasya vit, vartma, pataladi roga	YR Netraroga chikitsa, Timira samanya chikitsa 4, pp373
112.	Triphaladya gritha	Pana	Timira	GN Netraroga chikitsa232, pp125
113.	Vamni patra yoga	Sweda	Netra sula	GN Netraroga chikitsa488, pp174
114.	Varahadi Sneha	Nasya, Sirobasti	Vataja abhisyaanda	A.S.Ut. 19/ 31
115.	Vata payoambhu Vatadi	Seka	Raktaja, Tridoshaja Timira	A.S. Ut. 16/ 76
116.	ksheerapaka Vatagnasidda gritha	Seka	Pakshmparodha	A.S. Ut. 12/49
117.	Vatahara gritha	Not Metioned	Lighanasha upadrava Chikitsa	A.H. Ut. 14/ 28
118.	Vrakshadanyadi yoga	Nasya Gritha pana	Sarvakarmasu Vatabhisyaanda, Vataparyaya	VS Netrarogadikara 379, pp786 VS Netrarogadikara 74, pp755

119.	Vriksadanyadi gritha	Pana	Anyatovata & vataviparyaya	CD Netraroga chikitsa 59/62 pp569; B.R. Netrarogaadhikara64/60 pp. 987
120.	Vrikshadhanyadi Gritha	Pana	Anyathovata, Vataviparyaya, Vataabhisyanda	S.Ut. 9/19

Various Studies had been conducted about the benefits of milk in the management [27, 28, 29] of Netra rogas. Some of the findings are as below;

- Stanya being both lipophilic as well hydrophilic, maintains corneal transparency by controlled stromal hydration by contributing fixed negative charge of stroma (normally stroma is 78% hydrated)
- Low levels of antioxidants, or inhibition of the antioxidant enzymes, cause oxidative stress and may damage or kill viable cells. Breastmilk appears to be beneficial in providing antioxidative protection.
- The balance between free radical production and antioxidant defenses in the body has important systemic and oral health implications. There is convincing evidence that antioxidants in breastmilk are important in the prevention of many ocular diseases.
- Vascular Endothelial Growth Factor (VEGF) concentration is highest in breast milk, in retinopathy of prematurity (ROP), it is thought that pulmonary immaturity, supplemental oxygen & negative regulation of VEGF lead to dysregulated vascularization of the retina, suggesting a mechanism by which breast milk may help reduce the burden of ROP.
- Stanya does the re-epithelialization of the nerve cells and helps in reduction of pain in corneal diseases.
- Growth factors like EGF (Endothelial Growth Factor) do stimulation of cell proliferation & maturation, VEGF promotes angiogenesis & tissue repair whereas NGF (Nueron Growth Factor) promotes neuron growth & maturation.
- Goat's milk contains minor lipids including gangliosides, glycolipids, glycosphingolipids and cerebrosides, among others. These minor lipids are also considered bioactive components that are similar to cow and breast milk. These functions include cell-to-cell interaction, immune recognition and receptor functions for protein hormones and bacterial toxins such as enterotoxin and cholera toxin.
- Goat's milk is reported to have higher concentration of Potassium, Calcium, chloride, Phosphorus, Selenium, Zinc and Copper than cow milk. The physiological functions for zinc have been studied predominantly in retina & Retinal Pigment Epitheilum (RPE) where Zinc is belived to intract with taurinc & vitamin A, modifies photoreceptor plasma membranes, regulates the light rhodopsin reaction, modulate sympatatic transmission & serve as an antioxidant. [30]
- Magnesium present in breast & cow's milk, is one of the most prominent intracellular cations and is involved in several metabolic reactions especially those involving ATP. A high degree of regulation of metabolic functions of cornea is extremely important in maintaining its transparency. The outer epithelial layer of cornea functions as a major barrier to diffusion of substances from tears into the corneal stroma. Although, major nutrients for corneal epithelium are derived from aqueous humor, the ionic balance in tears or bathing solutions affects its integrity.
- Cow's milk has several antimicrobial activities. Lactoferrin, lactoperoxidase, lysozyme and possibly N-acetyl-β-D-glucosaminidase are involved in protecting against bacterial growth.
- Lactoferrin: It has biological functions like antibacterial / anti inflammatory activities, defence against gastro-intestinal infections.
- Lactoperoxidase: Peroxidase enzymes can kill bacteria by oxidative mechanism. It has been identified as an antimicrobial agent in milk and has proven to be both bactericidal and bacteriostatic to a wide variety of micro organisms.
- Lysozyme: It possesses antibacterial activity against a number of bacteria. This enzyme usually functions in association with lactoferrin or immunoglobulin A. Lysozyme is effective against Escherichia coli in concert with

immunoglobulin A. It causes lysis of some species of salmonellae in association with ascorbate and peroxide.

- Lysozyme's ability to limit the migration of neutrophils to damaged tissue means that it might be used as an anti-inflammatory agent.
- Milk protein injection were formerly used by ophthalmic physicians and surgeons to build up the natural immunity in treating corneal ulcer. [31, 32]

DISCUSSION

As breast milk is generated again & again with the same golgi apparatus keeping the nucleus intact which helps in regeneration of breast milk, this shows that it has the tendency to regenerate the cells in its self as well as around.

Stanya acts as yogavahi and helps in crossing corneal epithelium barriers, blood aqueous barrier & blood retinal barrier. Topical medication through the kriya kalpa procedures help in better penetration & absorption of the drugs by ocular tissues.

In our classics acharyas have mentioned various chikitsa like lekhana (scraping), chedana (excision), bedhana (incision), garshana (rubbing). In ocular therapeutics, this kind of action can be done with the drugs having similar functional

properties but the challenge is to take such drugs to the targeted location. Stanya helps in delivering these drugs to targeted region so that the drug delivery is complete.

Stanya having jeevaneya guna helps in regeneration of Schwann cells from the degenerated as well injured axons of neurons. It also helps in regeneration of retinal layers by stimulating vascular endothelial growth factors.

CONCLUSION

Animals are important resources linking people to the environment and their use promotes the traditional lore related to them. A mounting respect for traditional knowledge has led modern science to acclimatize its procedures for assessing the impact of development projects on biological diversity.

Ksheera is used in the preparation of medicine or before the procedure as a liquid medium which helps in binding the drugs and also acts as yogavahi. Ksheera would cross blood aqueous, blood vitreous and blood retinal barrier as it is hydrophilic and lipophilic in nature. Stanya being Shareera Satmya and also will be most sterile if taken from the healthy mother. Selection of the type of ksheera should be done based on condition and availability.

BIBLIOGRAPHY

- [1]. Journal of Ethnobiology and Ethnomedicine 2005;1:5, Rômulo RN Alves Email author and Ierecê L Rosa, DOI: 10.1186/1746-4269-1-5
- [2]. Acharya Vidyadhara Shukla & Prof. Ravi Dutt Tripathi. Charaka Samhita, sutra Sthana of Agnivesha edited by Vaidyamanorama. Chaukamba Orientalia; 1/ 107- 112.
- [3]. Acharya Vidyadhara Shukla & Prof. Ravi Dutt Tripathi. Charaka Samhita, sutra Sthana of Agnivesha edited by Vaidyamanorama. Chaukamba Orientalia; 26/ 217-224.
- [4]. Acharya JT. Susrutha Samhita with Nibandha Sangraha Commentary of Dalhana. Reprint ed. Varanasi (India): Chaukamba Sanskrit Sansthan; sutrastana 45/50.
- [5]. Dr. Anna moreshawar and Krishna ramachandra, Ashtanga Hridaya with Sarvangasundara commentary of Arunadatta and Ayurvedarasayana of Hemadri. 9th edition. Varanasi (India): Chaukamba Orientalia; sutrastana 5/ 21.
- [6]. Astanga Sangraha of Vagbhata, sutra sthana by Prof. K.R. Srikantha Murthy, Chaukamba Orientalia, first edition 2003, sutra sthana 6/52-53
- [7]. Dr. Bulusu Sitaram, Bhava prakasha of bhava mishra, Vol. II Chaukhambha orientalia, first edition 2010, Reprint 2014.
- [8]. Dr. M.S. Krishnamurthy, Abhidhana Manjari of Bhisagarya, Chaukhambha Orientalis, First edition 2012 ksheera varga, verse 162.
- [9]. Dr. M.S. Krishnamurthy, Abhidhana Manjari of Bhisagarya, Chaukhambha Orientalis, First edition 2012 ksheera varga, verse 158.

- [10]. Dr. M.S. Krishnamurthy, Abhidhana Manjari of Bhisagarya, Chaukhambha Orientalis, First edition 2012 ksheera varga, verse 158.
- [11]. Acharya JT. Susrutha Samhita with Nibandha Sangraha Commentary of Dalhana. Reprint ed. Varanasi (India): Chaukamba Sanskrit Sansthan; sutrastana 45/57.
- [12]. Acharya Vidyadhara Shukla & Prof. Ravi Dutt Tripathi. Charaka Samhita, sutra Sthana of Agnivesha edited by Vaidyamanorama. Chaukamba Orientalia; 1/106.
- [13]. Dr. Bulusu Sitaram, Bhava prakasha of bhava mishra, Vol. IIChoukhambha orientalia, first edition 2010, Reprint, dugdha varga 23, 2014.
- [14]. Acharya JT. Susrutha Samhita with Nibandha Sangraha Commentary of Dalhana. Reprint ed. Varanasi (India): Chaukamba Sanskrit Sansthan; sutrastana 45/41-42.
- [15]. Acharya Vidyadhara Shukla & Prof. Ravi Dutt Tripathi. Charaka Samhita, sutra Sthana of Agnivesha edited by Vaidyamanorama. Chaukamba Orientalia; 1/106.
- [16]. Dr. Bulusu Sitaram, Bhava prakasha of bhava mishra, Vol. IIChoukhambha orientalia, first edition, Reprint 2014, dugdha varga 2010, 16-17
- [17]. Acharya JT. Susrutha Samhita with Nibandha Sangraha Commentary of Dalhana. Reprint ed. Varanasi (India): Chaukamba Sanskrit Sansthan; sutrastana 45/50.
- [18]. Acharya Vidyadhara Shukla & Prof. Ravi Dutt Tripathi. Charaka Samhita, sutra Sthana of Agnivesha edited by Vaidyamanorama. Chaukamba Orientalia; 1/106.
- [19]. Dr. Bulusu Sitaram, Bhava prakasha of bhava mishra, Vol. IIChoukhambha orientalia, first edition 2010, Reprint, dugdha varga 14, 2014.
- [20]. Acharya JT. Susrutha Samhita with Nibandha Sangraha Commentary of Dalhana. Reprint ed. Varanasi (India): Chaukamba Sanskrit Sansthan; sutrastana 45/57
- [21]. Dr. Bulusu Sitaram, Bhava prakasha of bhava mishra, Vol. IIChoukhambha orientalia, first edition 2010, Reprint, dugdha varga 526, 2014.
- [22]. Acharya JT. Susrutha Samhita with Nibandha Sangraha Commentary of Dalhana. Reprint ed. Varanasi (India): Chaukamba Sanskrit Sansthan; sutrastana 45/51
- [23]. Dr. Bulusu Sitaram, Bhava prakasha of bhava mishra, Vol. IIChoukhambha orientalia, first edition 2010, Reprint, dugdha varga 2014, 16-17
- [24]. Acharya JT. Susrutha Samhita with Nibandha Sangraha Commentary of Dalhana. Reprint ed. Varanasi (India): Chaukamba Sanskrit Sansthan; sutrastana 45/50
- [25]. Dr. Bulusu Sitaram, Bhava prakasha of bhava mishra, Vol. IIChoukhambha orientalia, first edition 2010, Reprint, dugdha varga 2014.
- [26]. Review on Medicinal and Nutritional Values of Goat Milk, Academic Journal of Nutrition 3 (3): 30-39, 2014; ISSN 2309-8902 Corresponding Author: Tilahun Zenebe, Wollega University, School of Veterinary Medicine,
- [27]. Academic Journal of Nutrition 3(3), 2014, 30-39,
- [28]. Human Milk Composition Nutrients and Bioactive Factors; Olivia Ballard, Jda, Ardythe L. Morrow, PhD, MScb Pediatr Clin N Am 60, 2013, 49-74.
- [29]. Nutritional and Health Aspects of Goat Milk Consumption Akademik Gıda 13(1), 2015, 56-60 Review Paper / Derleme Makale
- [30]. Review on Medicinal and Nutritional Values of Goat Milk, Academic Journal of Nutrition 3(3), 2014, 30-39; ISSN 2309-8902 Corresponding Author: Tilahun Zenebe, Wollega University, School of Veterinary Medicine
- [31]. Dr. Michael Hutjens, Department of Animal Sciences, Universtiy of Illinois 1207 West Gregory.
- [32]. Winton A.L., Winton K.B. : Milk and milk products; Agrobios (India) Publishers, Jodhpur

REFERENCES

- [1]. Dr. M.S. Krishnamurthy, Abhidhana Manjari of Bhisagarya, Chaukhambha Orientalis, First edition 2012
- [2]. Prof. Siddhi Nandan Mishra, Bhaisajya Ratnavali of Kaviraj Govind Das Sen; Edited with 'Siddhiprada'Hindi Commentary. Chaukhamba Surbharati Prakashan. 1196.
- [3]. Kavivar Sri. Shalligramji, samshadana karta Sri. Vaidya Shankar lalji Jain, Vanga Sena, Khemraj Shrikrishnadas, Mumbai

- [4]. Vaidya Lakshmiapati Sastri, Edited by Bhisargratna Brahmasankar Sastri, Yogaratnakara with 'Vidyotini' Hindi Commentary, Chaukhamba Prakashan.
- [5]. Sri Indradeva Tripathi. Gadanigraha by Sri VaidyaSodhala, Chaukamba Sanskrit Sansthan 3, 1994.
- [6]. Dr. G. Prabhakar Rao, Carakradatta (Cikitsa Sangraha) of Chakrapanidatta, Chaukamba Orientalia, 1, 2014.