

## Akshi Tarpana in Ayurveda

**Nadeesha Sewwandi Abegunasekara**

*University of Kelaniya, Sri Lanka*



### Abstract

Eyeball may be a vital sensory receptor. Modern medicine doesn't have any significant treatment for the matter of the attention. Most of the inflammatory eye diseases are managed well in western system of drugs. However, neurological diseases of the attention also as degenerative conditions of the attention are resilient to even advanced new generation procedures. Although modern life science has made tremendous and memorable progress and advance within the field of ophthalmology in recent times, the importance of Ayurvedic treatment within the diseases of eyes can't be flouted. Ayurveda, the traditional system of drugs gives valuable procedures not only in treatment aspects but also in preventive line-up. There's a necessity to seek out an ocular procedure for prevention and treatment of eye diseases having no or least adverse effect. Akshi Tarpana Karma is one among the local therapeutic procedure which if rapidly used shows objective evidence of fantastic reactions. During this presentation, Akshi Tarpana Karma, their indications, contraindications, and possible mode of action are going to be discussed.

### Biography

Nadeesha Sewwandi Abegunasekara currently works as a Lecturer (Probationary) at the Department of Ayurveda Basic Principles, Gampaha Wickramarachchi Ayurveda Institute, and University of Kelaniya. She is working there as probationary lecturer since June 2019. She has obtained her Bachelor of Ayurveda Medicine and Surgery 1st Class (Honors) Degree from Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya. She has earned a Diploma in advanced English for administration and academic purposes, from Department of English, Faculty of Arts, University of Colombo. She has awarded Vice Chancellor Awards – 2020 for the most outstanding early career researcher in the Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya. Her major research interests are Ayurveda, clinical medicine, and allied health sciences. She has published nearly 35 research articles in both local and international journals including conference proceedings. She has published one book and one book chapter and she is a reviewer of two international journals.



11<sup>th</sup> International Conference on Traditional Medicine and Acupuncture | May 11, 2021

**Citation:** Nadeesha Sewwandi Abegunasekara, Akshi Tarpana in Ayurveda, Traditional Medicine 2021, 11th International Conference on Traditional Medicine and Acupuncture, March 11th, 2021, 08