

# Tarpana Treatment



The medicated ghee nourishes and strengthens the entire structure of the eyes. The treatment is very beneficial to protect and prevent degeneration. It is also indicated for conditions such as dry eyes, squinting, losing eye lashes, ophthalmological conditions, optic nerve atrophy, eye strain (computer work, air condition, heaters), macular degeneration and drooping of the eye lids.

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## Tarpana Preparation

- We suggest taking the treatment in a series of 3-7, even 14 days for best results. Although one treatment is also beneficial. A consultation prior is suggested to determine which medicated ghee is most suitable for you.
- Avoid strenuous exercise.
- Follow typical daily routine.

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## What to Expect?

- Remove your contacts if you wear them.
- A gentle head, eyes and face massage is performed.
- After the massage, a frame of dough is placed around both eyes.
- The frame is filled with medicated ghee.
- Once the eyes are covered with the ghee, the patient opens and closes them several times before the ghee is removed.
- Dhumapana smoke inhalation is performed.
- Rest time.

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## After-Care for Tarpana Treatment

- Avoid the sun and bright objects after treatment.
- Wear sunglasses.
- Avoid screen time.
- Avoid wind and other extreme weather conditions.
- Avoid strenuous exercise. Gentle yoga in the evening is fine.