

A Review - An Ayurvedic Methods for Better Eye Sight and Eye Care

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Abstract: *The ancient science of Ayurveda is an integral part of medicine and health care which primarily aims at the prevention of disease and promotes positive well-being. Intensive eye care is described under Shalaky Tantra, one of the eight parts of Ayurveda. Among all sense organs eye has been given prime importance due to its function. One can protect eye from environmental pollution, allergy, early decreased vision, blurred vision, dryness of eye, redness, watering, through these some measures are- 1) Aahar (Diet) 2) Dincharya (Daily regimen)- a) Use of Anjana, b) Padabhyanga (Foot Care), c) Eyewash B) Use of Chakshushya Rasayana, C) Use of Triphala (Kashaya, Triphala Churna and Ghrita), D) Eye Exercise and Trataka Yogic kriya. These approaches are primitive, they are variable and can still be easily practiced in our daily lives to avoid lifestyle related eye disorders.*

Keywords: Netraroga, Chakshushya Aahara-Vihara, Chakshushya Rasayana, eye exercise

1. Introduction

Eye is one of the most important and vital organ of human body. Our vision plays crucial role in our social and intellectual development. Nearly 80% of knowledge we gain is through our eye only.¹ Apart from that, maintain eye health is also crucial for healthy brain. The Ayurveda eye treatment takes holistic approach to improve eye sight. Ayurveda aims to manage health concerns from their roots. While this may not show immediate results, the effect can be long lasting and comprehensively rejuvenating. One can protect eye from environmental pollution, allergy, early decreased vision, blurred vision, dryness of eye, redness, watering, through these some measures are-

- 1) Preventive Measure –
 - a) Aahar Or Diet
 - b) Dincharya (Daily regimen)
 - Eyewash
 - Use of Anjana
 - Padabhyanga (Foot massage)
- 2) Use of Chakshushya Rasayana
- 3) Use of Triphala
- 4) Eye Exercise and Trataka yogic kriya.

These approaches are primitive, they are variable and can still be easily practiced in our daily lives to avoid lifestyle related eye disorders.

1) AAHAR (Dietary factors)²-

Diet is the basis of all functions of the body. The dietary factors which adversely affect the eyes are called as Achakshushya Aahar (harmful to eyes) and these are as following-

- Sour items like curd, pickle etc., Vidahi and Ushna Virya Aahara (hot items) which vitiate pitta.
- Virudha Aahar (like milk and fish)
- Adhayanam (eating before digestion of previous meal).

Various modern studies show, intake of high fatty diet may result in atherosclerosis of choroidal blood vessels and

increase more risk (80%) of age related macular degeneration. (Seddon JM et al., 2011). Less dietary intake of vitamin A may lead to loss of vision, night blindness, dryness of eye etc.

To maintain a proper eye health, one must always adhere to diets consisting of barley, wheat, red rice, green gram, vegetables etc. Almond, cashew nuts, groundnuts, walnuts, and lentils are helpful for the eyes. They have vitamin E and omega 3 fatty acid that are good for eyes. All leafy green vegetables including spinach are beneficial for the eyes and should be included in the diet since vitamin C, which is helpful for the eyes. Some Ayurvedic medicines to improve eyesight like Triphala, Shatavari, Amalki and Bhringraj etc.

2) Dincharya (Daily Regimen)³

Dincharya and Pathya Apathya regarding maintain of eye health is vividly described in Ayurveda. Sushruta Samhita has laid great stress on daily regimen which are conducive to eye sight. Some of them are as follow-

- a) **Eye wash (Netraprakshalana):** Eye should be washed with ksirivikasa kashya or mixing it with milk, decoction of Amalki or with cold water to promote the eye sight.
- b) **Use of Anjana:** Anjana of Strotonajana obtained from bank of Sindhu river, should be applied regularly to eye to get rid of burning, itching, watering and pain. Anjana removes the Doshas and mala in the form of tear and provides cleanness to eyes. This will enhance the acuity of vision and help to withstand sun, heat and heavy wind and eye diseases.
- c) **Padabhyanga (foot massage):** The term Padabhyanga literally refers to the meticulous application of Sneha Dravya to the lower extremities, particularly the sole. Padabhyanga is referred to as Netra- Pasadanakara or Drishtiprasadankar in Brihatrayee. The Vata Dosha is located in Pada, and its vitiation results in 80 different varieties of Nanatamaj Rogas. We can manage the Vata Dosha by Padabhyanga. The Marma points in the sole area are stimulated by Padabhyanga, which helps to improve eyesight.

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3) Use of Chakshushya dravya ⁴

According to Bhavprakash Nighantu- Tiphala, Draksha, Jeeraka Jeevanti, Kakmachi, Latakaranja, Lavangh, Lodhra, Mugdhparni, Nirgumdi, Yashtimadhu, Shatavari, Punarnava, Shigaru, Bhringraj, Daruharidra.etc. There all Chakshushya Dravyas can help to achieve good health of eye. Dravyas having Chakushshya properties are known for the ability to improve vision, strengthen the eye and alleviate various ocular disorders.

Chakshushya drugs have properties of anti-allergic, anti-inflammatory and analgesic, which can helps to relive many symptoms of eye disease like allergic conjunctivitis.

Nutrients like vit-A, B1,B2, B12, B6. Vit D, bcarteoids in Chakshushya Dravya and prevent dieases like macular degeneration, blindness. Chakshushya Dravyas are Shothahar, Tridoshaghana, Vranropak in nature,that's why its useful in preventive measure of eyes.

4) Use of Triphala⁵

The chief ingredients of Triphala are Amalaki, Haritki, Vibhitaki, these all possess adaptogenic, antioxidant and anti-cataract properties, it's also has anti-diabetic potential it also prevent changes of hyperglycemic induce retinopathy. Chakshushya and Rasayana effect of Triphala kalpas help eye related health issue. Triphala possess Tridoshasamaka property hence provides relief in all types of Netra Vikaras.

5) Eye exercises and Trataka yogic kriya–

Asthenopic symptom including such as headache, eye ache, and heaviness in the eyes, disordered of the head and other visual structures can relived with eye exercise. There are several eye exercise, such as nine gaze exercises, convergence and divergence exercise, palming etc. eye exercise and Trataka yogic kriya are relaxation techniques. Relaxation of mind and eyes improves the vision.⁶

Trataka yogic kriya- Trataka, can be practiced on regular basis to maintain the oracular health and function. Where as in Trataka yogic kriya, imagination power increases, functionally efficacy of increases by forcing them to work and enhance the metabolism of rods and cones through the mechanism of dark and light adaptation.⁷

2. Conclusion

Netra is most important sense organ of human body. According to Ayurveda eyes are considered as essential for perception and overall health. Eyes are mirror of over body health. 76 types of disease are mentioned by Acharya Sushruta. Many of them Asadhya. So, we need to focus on prevention of eye disease and to promot the eye health. So, the Abhishhyandi Aahar, which refers to heavy and unctuous foods that can be contribute excess secretion, should be avoid from diet to prevent the eye disordered. Most of the Netraroga in the current scenario can be prevented by healthy Dincharya and avoiding by negligence. By adopting regular eye care practices, such as eye exercises, Trataka and Yogic kriya, Padaabhyanga, Netraprakshalana, and use of Chakshushya Dravaya and ensuring sufficient quality sleep, eyes can be protected.

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