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A COMBIND THERAPY OF YOGA & AYUREVED FOR IMPROVING VISION

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ABSTRACT:

Today in 21st century development is represented in the form of urbanization. Especially induces stress in every one life. The use of electronic goods like mobile & computer is on peak. Here professionals require perfect vision & care. The Government of India has started Vision 20-20 means “Right to Sight” for all by the year 2020 set as target. In *Ayurveda* classics we found the word *Chkshushya* means it enhances activity of *Chkshu* i.e. necessary for healthy eye. The *chksushya* effect of *Jalaneti*, *Trataka*, *Kapalbhati* & *Shatavari churna* found in *yoga* and *ayurvedic* letrature can work in vision improvement. In present study three (*JTK*) *yogic* practices & *satavari churna* (contains *shatavari root plus mishri* in ratio of 3:1) was use for clinical trail, 30 patients was selected by random sampling & divided in to 3(ABC) groups with 10 patients in each group. Group A represented as *yogic* practices *JTK* group, Group B as *shavari churna* group and Group C as mixed group. The main inclusion criteria was weak eye sight other symptoms were Indistinct vision, Blurred vision, Watering of eye, Eye strain, Burning sensation and Headache. Objective parameters includes Snellen’s chart & Near vision chart. Result obtained were considered as highly significant for p value <.001 and significant for <.01. Result obtained after this trial concluded that, combined therapy of *Yogic* practices together with *shatavari churna* are very effective in decreasing the symptoms like headache, eye strain, burning sensation of eye etc i.e. *chkshushya*(Vision Improving) effect.

KEY WORDS: *Chakshu*, *Chaksushya*, *Jalaneti*, *Kapalbhati*, *Trataka*.

INTRODUCTION

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Chakshu the most precious of the five senses. All sincere effort should be made by men to protect the eyes, throughout the period of life. Poor vision in childhood and adolescence affects performance in school, at work and may have an impact over their future life. Throughout the global survey in Developing as well as in Developed countries myopic group being the main in refractive errors.

Myopia commonly referred to as short sightedness is the most common eye disease in the world with substantial social, educational, and economic impact. The prevalence of myopia varies with age and other factors. In India, the prevalence of myopia in the general population has been reported to be 6.9%. It increases in school-age and young adult, reaching 20-25 percent in the mid to late teenage population and 25-35 percent in young adults in the United States and developed countries. Nutritive factors also have a vital role in the manifestation of myopia. Various methods have been employed in an attempt to decrease the progression of myopia.

The physical & mental cleansing and strengthening is one of *Yoga's* most important achievements. *Yoga* therapy is successful because of the balance created in the nervous and endocrine systems which directly influences all the other systems and organs of the body. *Jalaneti*, and *Trataka* having classical references for increases the eyesight. *Kapalbhati* improves digestion, metabolism and it stimulates all six chakras in body which regulates all over activities in body. Here an effort is made to strengthen eyes in Myopia (2nd *patalagata timira*) (Short sightless) by *shatavari churna* and *Yogic* Practices (*JKT*).

Shatavari (*Asparagus racemosus*) is said to be having *Chksushya* property by *Kaideva nighantu*, *Dhanvantari nighantu*, and *Bhavaprakasha* and almost all *Nighantus*. *Shatavari* is a *Rasayana* herb (Dr. K.N.Udappa mentioned it as an *namittika rasayna* in *Drishti mandya*). *Acharya Chakrapani dutt* described *Shatavari* as an *Chkshushya herb* in *Chkshushya varga*

Mishri is represented in *Ayurveda* as *khand* which is purified sugar (Rock candy) described by *Acharya Bhavprakash* in "*Ikshu Verga*" also having *Chksyshya* property.

AIM AND OBJECTIVES

- To established *Chksushya* effect of *Jala Neti*, *Kapal bhati*, & *Trataka*.
- To evaluate *Chksushya* effect of *Shatavari churna*.

- To compair the *Chksushya* effect of *Yogic* practices & *Shatavari churna*.

MATERIAL AND METHODS

This work was based on clinical trial & started after approval of Institutional Ethics Committee of RGP&RI; Paprola(H.P). The patient was selected from the OPD & IPD of Deptt. of *Swasthavritta R.G.G.P.G. Ayurvedic Hospital, Paprola, Distt- Kangra, Himachal Pradesh;*

30 Patient (60 eyes) suffering from vision (eye sight) problem was selected irrespective to their sex, caste, religion. Random sampling technique was used here. Patients who fulfilled the inclusive criteria was selected and divided in to three groups: 10 patients in each group.

Shatavari churna was prepared as *churna* of *shatavari* (3 parts) mixed with *mishri* (1 part) and packed in 100 gm pet jar procured by the *Pharmacy of R.G. P.G. Ayurvedic college Paprola, H.P.*

Group-A

Combination of three *Yogic* practices *Jala neti, Kapalabhati* and *Trataka*

<i>Jala neti</i>	-	Once Daily
<i>Kapalabhati</i> minute daily	-	Ten-Twenty
<i>Trataka</i>	-	Twice daily

Group-B

3 Gram of *Shatavri churna* given orally with Luke warm cow milk twice daily.

Group-C

Yogic Practices + Shatavari churna

Durationof Study: Three month (90 Days)

Inclusion Criteria:

- ❖ Patient willing to join this trial.
- ❖ Age 12-30 year of either sex.
- ❖ Patient having eye sight problem.

Exclusion Criteria:

- ❖ Patient with sign of infection, congenital anomaly & degenerative disease of eye.
- ❖ Patient suffering from Diabetes Mellitus, Hypertension.

Criteria of Assessment:

Subjective parametrs:

1. Indistinct vision
2. Blurred vision
3. Watering of eye
4. Eye strain
5. Burning sensation
6. Headache

Objective parameters:

1. Visual efficacy from Snellen's chart reading for *Distant vision*.
2. Visual efficacy from *Near vision chart*.

Statistical analysis:

Scoring of criteria of assessment was analyzed statistically in terms of B. T. (Before treatment), A.T. (After treatment), (B.T.- A.T.),

S.D.(Standard deviation), S.E.(Standard error), paired 't'test, independent 't' test, & ANOVA test. The result obtained are considered as highly significant for p value <.001, significant for <.01, insignificant for>.05

OBSERVATION AND RESULTS

**Table-1
Distribution of chief Complaint
Gr- A, Gr- B, Gr- C**

Chief Complaint	30 Patients (60 eyes)					
	Group- A		Group- B		Group- C	
Indistinct vision	11	55%	16	80%	14	70%
Blurred vision	7	35%	14	70%	12	60%
Watering of eye	14	70%	12	60%	13	65%
Eye strain	17	85%	17	85%	18	90%
Burning sensation	10	50%	8	40%	11	55%

**Table-2
(Distribution of Headach)**

Headache	No. of Patients			Total	Percentage
	Gr- A	Gr- B	Gr- C		
Mild	5	6	5	16	53.33%
Moderate	1	3	3	7	23.33%
Severe	0	1	0	1	3.33%

**Table-3
(Visual Acuity)**

	No. of Eyes			Total	Percentage
	Gr-A	Gr-B	Gr-C		
6/9-6/12	11	3	7	21	35%
6/18-6/24	4	9	7	20	33.33%
6/36-6/60	2	6	2	10	16.66%

Table-4
Effect of the therapy in Group-A

Chief complaints	No. of Eyes	Mean		D	% of relief	SD±	SE±	't'	P		Remarks
		BT	AT								
Indistinct vision	9	.611	.222	.388	63.36	.501	.118	3.289	.004	<.01	Significant
Blurred vision	5	.333	.166	.166	50.15	.383	.090	1.844	.083	>.05	Insignificant
Watering of eye	13	.777	.444	.333	42.85	.485	.114	2.915	.010	.01	Significant
Eye strain	15	1.333	.444	.888	66.61	.758	.178	4.973	.000	<.001	Highly Significant
Burning sensation	8	.666	.222	.444	66.65	.511	.120	3.688	.002	<.01	Significant

Table-5
Effect of the therapy in Group- B

Chief Complaints	No. of Eyes	Mean		D	% of Relief	SD±	SE±	't'	p		Remarks
		BT	AT								
Indistinct vision	16	1.300	.800	.500	38.46	.512	.114	4.359	.000	>.001	H. Significant
Blurred vision	14	.950	.800	.150	15.78	.366	.081	1.831	.083	>.05	Insignificant
Watering of eye	12	.650	.400	.250	38.46	.444	.099	2.517	.021		Significant
Eye strain	17	1.400	1.150	.250	17.85	.444	.099	2.517	.021		Significant
Burning sensation	8	.500	.300	.200	40	.410	.091	2.179	.042		Insignificant

Table-6
Effect of the therapy in Group-C

Chief complaints	No. of Eyes	Mean		D	% of relief	SD±	SE±	't'	P		Remarks
		BT	AT								
Indistinct vision	8	.571	.142	.428	75	.513	.137	3.122	.008	<.01	S
Blurred vision	6	.428	.071	.357	83.41	.497	.132	2.687	.019		Significant
Watering of eye	7	.714	.214	.500	70.02	.518	.138	3.606	.003	<.01	S
Eye strain	12	1.500	.428	1.071	71.4	.615	.164	6.511	.000	<.001	H.S.
Burning sensation	7	.642	.142	.500	79.4	.518	.138	3.606	.003	<.01	S

Table-7
Effect of the therapy on headache in Gr- A, B &C

Headache	No. of Patients	Mean		D	% of relief	SD±	SE±	‘t’	P		Remarks
		BT	AT								
Gr- A	5	.666	.111	.555	83.24	.527	.175	3.162	.013		Significant
Gr- B	10	1.500	1.300	.200	13.33	.421	.133	1.500	.168	>.05	In Significant
Gr- C	5	1.00	.142	.857	85.7	.690	.260	3.286	.017		Significant

Table-8
Effect of the therapy on Visual Acuity in Gr- A, B &C

Headache	No. of Eyes	Mean		D	% of relief	SD±	SE±	‘t’	P		Remarks
		BT	AT								
Gr- A	16	1.33	1.277	.055	4.13	.235	.055	1.00	.331	>.05	In Significant
Gr- B	18	2.10	2.05	.050	2.38	.223	.050	1.00	.330	>.05	In Significant
Gr- C	11	1.428	1.285	.142	9.94	.363	.097	1.472	.165	>.05	In Significant

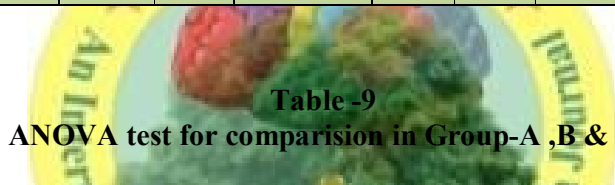
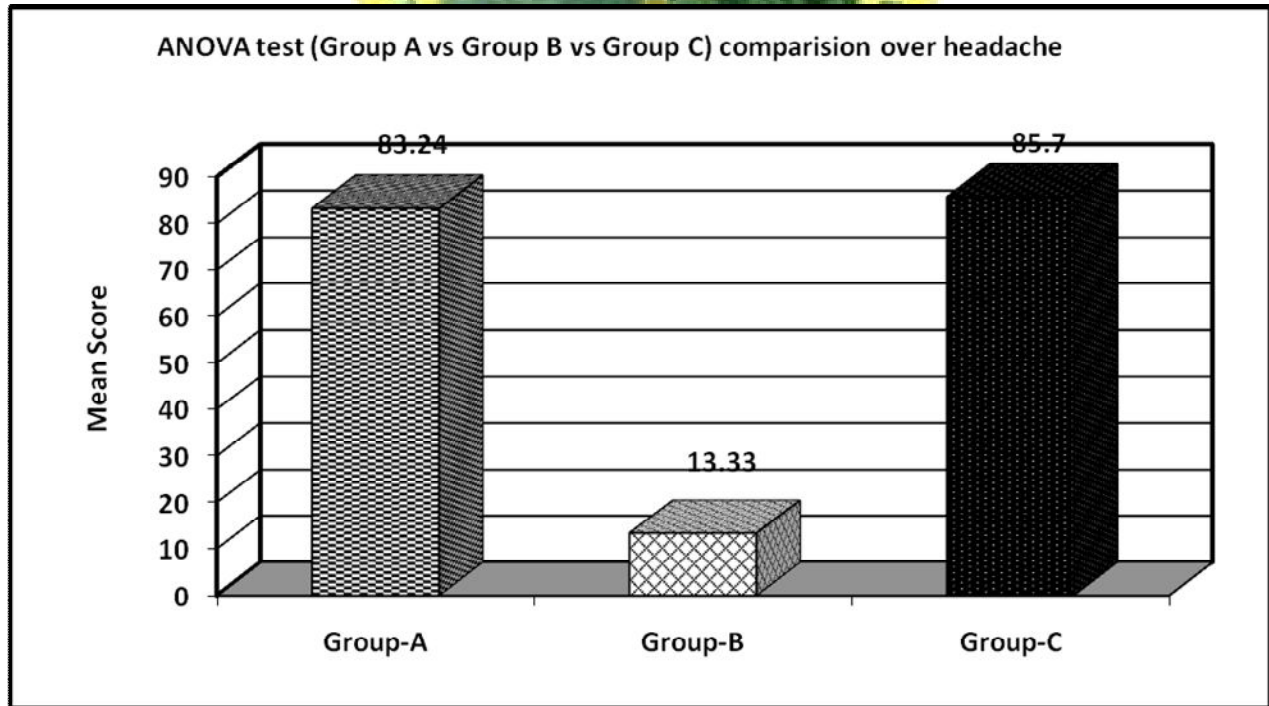
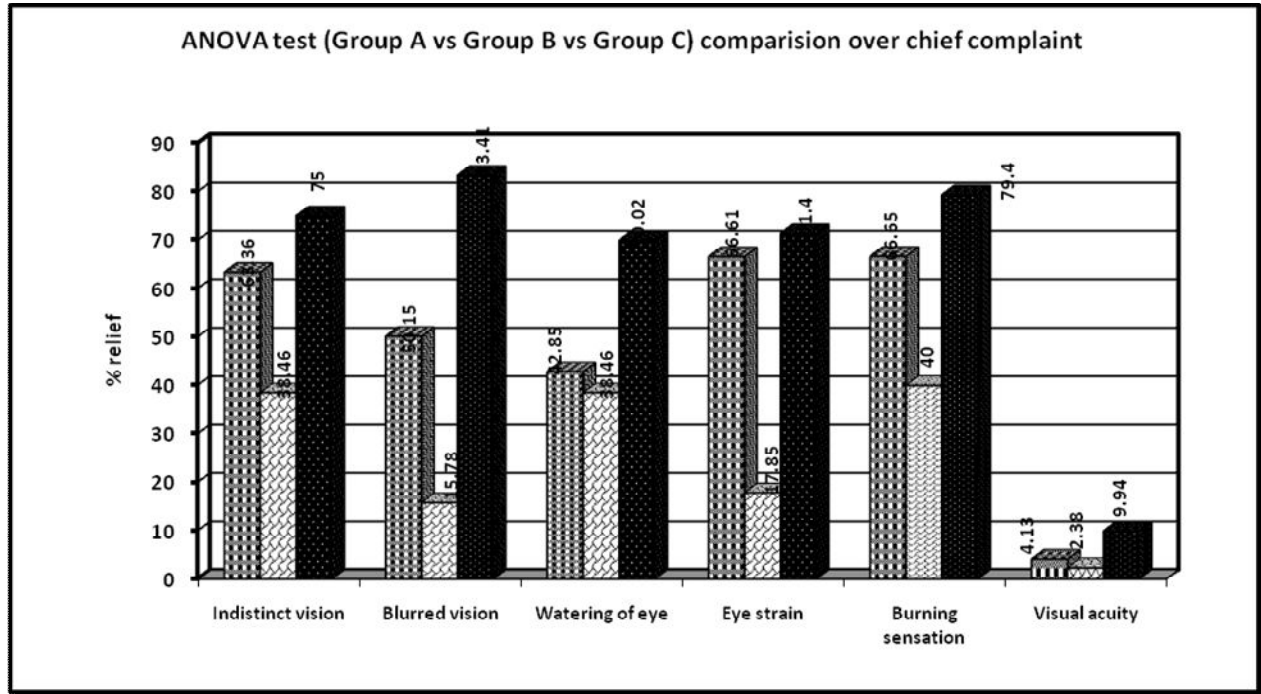


Table-9
ANOVA test for comparision in Group-A ,B & C

Chief complaints	%age Relief				‘F’	‘P’		Remark
	Gr-A	Gr- B	Gr- C					
Indistinct vision	63.36	38.46	75.00	BT	5.400	.008	<.01	S
				AT	6.343	.064	>.05	IS
Blurred vision	50.15	15.78	83.41	BT	5.502	.007	<.01	S
				AT	8.114	.001	<.001	HS
Watering of eye	42.85	38.46	70.02	BT	.185	.832	>.05	IS
				AT	.822	.446	>.05	IS
Eye strain	66.61	17.85	71.4	BT	.148	.863	>.05	IS
				AT	7.498	.001		HS
Burning sensation	66.65	40.00	79.4	BT	.265	.768	>.05	IS
				AT	1.225	.302	>.05	IS
Visual acuity	4.13	2.38	9.94	BT	2.706	.077	>.05	IS
				AT	2.643	.081	>.05	IS
Headache	83.24	13.33	85.70	BT	3.078	.065	>.05	IS
				AT	9.928	.001	.001	HS



DISCUSSION

The symptoms of vision loss compared in ayurveda as *Timira*, when the vitiated *Doshas* are situated in the 2nd *Patala* and their is confused visual perception e.g. appearance of Bees, Flies, Hairs, distant objects as near, near objects as distant and inability to thread a needle.

Above situation is presented as Myopia, where degenerative changes occur. The problem related to objects as near and vice versa is mainly due to accommodative disorders. The inability to thread a needle denoted Presbyopia. It can be concluded that *Timira* at the stage of 2nd *Patala* related to errors of refraction. *Timira roga* is *Vata* predominant disease.

Yogic practices are effective in both physical and mental level. They work through the nerve roots & hormonal secretion. So can work as important tool for Indriyaprasadana. Chaksu the main indriya got Chaksushya effect. Here *Shatavari churna* have two ingredient *Shatavari* and *Mishri*, both drugs are have *Madhur Rasa* and *madhur vipaka*, which is *Vata shamaka* in nature and both are *Balya*, *Brinhana*,

Chkshushya and *Rasayana*. which all strengthen the eyes as well as *Patalas*. *Shatavari* have antioxidant property, hence it also plays an important role in Myopia.

Effect on Therapy:

Group-A was highly significant in eye strain, and significant in Indistinct vision, watering of eye, burning sensation, headache and insignificant in blurred vision, & visual acuity.

Group- B was highly significant in indistinct vision and significant in watering of eye, eye strain, and insignificant in blurred vision, burning sensation, headache & visual acuity,

Group-C was highly significant in eye strain, and significant in Indistinct vision, blurred vision, watering of eye, burning sensation, headache & visual acuity.

On comparision Group A ,Group B &Group C over complaints, the result was Highly Significant in Blurred vision, Eye strain, & Headache.

CONCLUSION

In trial Group-C result was Highly Significant and significant statistically. Group-A result was less & Group –B results was very low. So we conclude that *yogic* practices are more effective in relieving the symptoms like indistinct vision, blurred vision, eye strain, burning sensation of eye, watering of eye & headache. *Shatavari*

churna potentiate the effect of Yogic practices. *Yogic* practices and *Shatavari churna* were less effectiveness in individual group A &B. In nutshell, combined therapy with *Jalaneti*, *Trataka*, *kapalbhati* and *shatavari churna* has given better results.

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