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EYE CARE THROUGH SWATHAVRITTA AND YOGA

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ABSTRACT:

Ayurveda, the science of life, is an awesome gift of our ancestors to us .It is the Upaveda of Atharvaveda , aiming prevention of disease and maintenance of health, along with management of disease. "The face is a picture of the mind with the eyes as its interpreter." God has blessed humans with senses to perceive this beautiful world. Among all Indriyas, eyes are most important. Asia is the world's largest continent, comprising of more than half of the world's population. Up to 20 million Asians are estimated to be blind by the World Health Organization (WHO), a figure that is expected to increase as the population ages. India has the largest number of blind or severely sight-deficient people. In 1990, papers published from India highlighted the fact that uncorrected refractive error was a significant cause of blindness and the major cause of impaired vision. The fact became initiation for World Health Organization (WHO) to think about Vision 2020 global program "The right to sight". Refractive error can no longer be ignored as a target for urgent action. Hence the main motto of Vision 2020 (current global initiative program by WHO) mandate to correct refractive errors with little infrastructures is given. Throughout the global survey in developing as well as developed countries myopic group being the main culprit in refractive errors. If proper care for eye is not taken, it can result into various other eye conditions such as age related macular degeneration, cataracts etc. Supreme aim of Ayurveda is to promote and maintain the health of healthy individual. To full fill this purpose Ayurveda has specialized and most demanding branch named Swasthavritta, literally means science for maintenance of health in all aspects. Swasthavritta advocates procedures and measures under the heading of Dinacharya, Ratricharya, Adharaniya, Dharaniya Vegas, Ritucharya etc., by following these one can maintain the health and prevent disease. Swasthavritta has also given much importance to Eye care through the concept of Chakshushya Vidhis, medicine and diet for the protection, restoration and regeneration of the eyesight.

KEYWORDS: Chakshushya, Dinacharya, diet, Yoga

INTRODUCTION

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As per quotation of *Ashtanga Hridaya*, Sincere efforts should be made by every individual to preserve his / her vision till the last breath of life; because, for an individual who is blind, day and night are the same and this beautiful world is of no use to him even if he possesses a lot of wealth

चक्षुरक्षायां सर्वकालं मनुष्यैर्यत्नः कर्तव्यो जीविते यावदिच्छा

व्यर्थोलोकोऽयं तुल्यरात्रिदिवानां पुंसामन्धानां विद्यमानेषु वित्ते ॥अ. ह. उ. १३/९८॥

Lopez and Murray have estimated the load of blindness as 23 million for the world and 9 million for India comprising the three major disorders namely cataract, glaucoma and trachoma. The Disability Adjusted Life Years (DALYS) for the major eye disorders has been estimated at 27 million for the world and 7 million for India. The excellence of vision is always desired. In absence of proper care the vision problems of various types occur which are categorised under *Dristi Doshas* in Ayurveda. The eyes are formed by a

combination of different Dhatus predominant in different mahabutas. The muscular part of the eye, blood vessels supplying eye, cornea, humours and tear ducts are predominant in *Prithivi, Tejus, Vayu, Jala and Akasha Mahabhuta* respectively. A person perceives any object by the coordinated action of object, light rays, eyes, nerves and occipital area of brain. It has been very well explained

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by *Panchapanchaka* theory given by *Acharya Charaka*. This phenomenon of sensory perception is depicted as¹:

Table: 1 Panchpanchakas

<i>Indriya</i>	<i>Chakshu</i>
<i>Indriya Dravya</i>	<i>Teja (Jyoti)</i>
<i>Indriya Artha</i>	<i>Rupa</i>
<i>Indriya Adhishthana</i>	<i>2 Netras</i>
<i>Indriya Buddhi</i>	<i>Chakshurbuddhi</i>

CONCEPT OF VISION IN

AYURVEDA

The aqueous and vitreous humour, having predominance of *Jala pradhana kapha* provides stability to eye by *Tarpana*. So Kapha is the *sthanika dosha*

in eye and *Vata* has function in conduction of impulse. *Pitta* mainly *alochaka pitta* is the predominant *dosha* in eye which is involved in analyzing *indriartha* i.e. all the photochemical reactions. *Alochaka Pitta* (*chakshuvaisheshika* and *buddhivaisheshika*) is responsible for maintaining eyesight and it weakens with age. The *Ayurvedic* name for defective eyesight is '*Drishti Dosha*'. It is astonishing to note that centuries before Kepler's description of refractive errors, *Acharya Sushruta* has quoted similar clinical picture under the broad caption of *Timira*, whose description may be correlated with defective eyesight like *Avyakta Darshana* (Blurred vision, Haziness of vision), *makshika, ksan Darshana* (Visualization of false images such as gnats, hairs, webs, circles, flags, mirages and ear rings), Unable to locate the eye of needle, Distant objects appears to be near and near objects appears to be far away ,Objects appears as if covered with cloths etc.²

NIDANA/ ETIOLOGY OF NETRA

ROGA

Acharya Charaka has broadly classified the causes as misuse, overuse and disuse of the senses like excessive gazing at the over brilliant object, seeing too near, avoiding looking altogether , too distant, frightful wonderful deformed terrifying objects³ .

Aharaj nidana

- Excessive use of *Shukta*, *Amala kanji* (sour gruel), *Alcohol* and *vinegar* (ferment product)leads to *Ojokshaya*,as they having properties opposing to *Ojas* and thus results in eye disease.

Excessive use *kulattha* pulses causes *Raktapittaja* eye disorder due to *Kasaya rasa* and Excessive use *masha due to Guru, Madhura, Snigda* cause *Kaphaj* disorders of eye.

- Excessive intake of *Ushna, Kshara, Katu* ⁴rasa, having the properties opposite to *Ojas*, their excess use causes *Ojokshaya* & leads eye diseases.
- Intake of fluids and other foods at night⁵
- Taking more liquid diet-causes hypo vitaminosis leads to eye disorders

Viharaj nidana

- Diving into water immediately after exposure to heat leads to sudden variation in the body temperature causes eye diseases.
- Excessive looking at distant objects results in eye strain.

- Concentrating on minute object and exposing to bright things.
- Sleeping during day/awakening at night leads to *Kapha* vitiation and eye disorder.
- Excessive weeping drains the nutrient and bacteriostatic tears.
- Excessive Anger/grief leads to *Dosha* vitiation mainly *Pitta* by anger and *Vata* by *Shoka* resulting in eye disorder.
- Over indulgence in sexual intercourse causes *Dhatu kshaya* and also eye diseases.
- Suppression of natural urges
Suppression of/or excessive vomiting
- Checking tears to leads *Udavartha Vyadhi* (Vitiation of *Vata*) & also causes eye strain and other *Vataja* eye disorders.
- *Rajo dhooma nishvanath*
Smoking or working in smoke leads to foreign body sensation in the eyes.
- *Ati shigrayanath* Quick walking leads to strain in eyes.
- *Avakshirothyuchrita* Sleeping by putting the head in the downward , upward position than body. (Cervical, Brachial neuralgia).

Any *nidana* includes Change of seasons, injury to head, excessive perspiration and *abhishyanda*.

Additional to this *grahani roga*⁶, *pratishaya*⁷ *nasya karma*⁸ *raktasrava*⁹ *constipation*¹⁰, *arsha*, *guggula ayiyoga*¹¹ may also leads to eye disorder, so better to manage them early.

“*Nidanaparivarjanameva chikitsa*”.
Nidana parivarjana (Prophylactic measures). It is the first line of treatment of any disease and it is most important line of treatment for *Netra roga*. Therefore the factors which are mentioned above as *Nidana* of the disease should be avoided. *Nidana parivarjanam* also includes avoiding by all means the etiological factors leading to aggravation of *dosha*, *Vyadhi* and *Apathya*

PREVENTIVE REGIMEN

Ayurveda has identified three factors being responsible for causation of all disease which include *Asatmya Indriyarth* *Samyoga*, *Prajnaparadha* and *Parimana* or *Rituviparyaya*. To overcome these three factors *Ayurveda* advices *Ahara*, *Oushadha* and *Vihars*. With the aim of prevention is better than cure, the preventive measures for eye includes daily regimen, *Pathya*, *yogic* exercise and periodic use of *netra kriya kalpa*, beneficial in improvement and restoration of eyesight. The first and foremost aim of *Ayurveda* is *Swasthasya Swasthya*

Rakshanam. *Ayurveda* has given more stress on the preservation of the health and curing of disease. *Swasthavritta* prescribed some daily regimen for proper eyesight care.

Daily Regimen for protection of eyes

- *Padabhyanga* (Feet massage)^{12 13}
- *Sitodaka upchara* (cold water application)¹⁴
- *Paduka dharana* (wearing of foot wear)¹⁵
- *Shitambuprativasana* ((cold water application)¹⁶
- *Panitala sparsha* (gently touching the eyes with palm)¹⁷
- *Pratimarsa nasya* (Nasal instillation)
- *Anjana* (collyrium)

Padabhyanga described in *Brihatrayis*, makes skin soft, beautiful and also increases the strength of legs. It reduces *Padasphutan* (cracking of feet), *Shrama* (tiredness), *Stambha* (stiffness) and *Sankocha* (constriction). It improves the eye sight, endows the person with sound sleep during night. So our ancient *Acharyas* advised daily *Padabhyanga* as a part of *Dinacharya*. A beneficial description of effects of foot massage is documented in *Vagbhata*. According *Acharya Vagbhata* four important nerves present in the sole of the feet are connected to the head. Because of heat, friction and

exercise pressure on the feet, these nerves get affected resulting in impaired eyesight in an individual, but after foot massage the person never suffers from eye diseases.¹⁸

The feet reflect the entire body and mind including the chakras and the Endocrine system. According to reflexology the feet represent the entire body including the endocrine system. *Padabhyanga* stimulates the nerves that probably have reflex connection with the eye. *Padabhyanga* also affects the *Marmas* or vital centers. The *Marmas* and the innumerable subtle *Nadis* (channels) affect physical, mental, emotional and spiritual health of the entire body. The *Marma* points in the feet are:

- *Kshipra* (between the first and second toes);
- *Talahridaya* (centre of the sole of the foot);
- *Kurccha* (ball of the foot);
- *Kurcchashira* (heel and outer margins of the foot); and
- *Gulpha* (behind both sides of the ankle joints).

These *Marmas* are in turn connected to the *Nadis* the subtle channels, or energy pathways, in the body, similar to meridians that are also connected to the chakra system. The *Sushumna nadi* runs from the perineum, up the spine, to the medulla oblongata and then bifurcates into two channels up the occipital and joins at the

top of the head. The *Ida nadi* runs from the left nostril to the left genitals and the *Pingala nadi* from the right nostril to the right genitals. These are subdivided into fourteen pairs of *Nadis* and these fourteen pairs are subdivided into 72000 *nadis*. The *Nadis* and *Marmas* are connected to the feet and so by doing the *Padabhyanga*, these *marmas*, *nadis* and the *chakras* are activated, cleaned, and energized.¹⁹

Wearing of foot wear again protects the nerves that have reflex connection with eyes. Cold water over the eyes brings about relaxation in the eye muscles, thus help in refractive errors. Gently touching the eyes with palms also known as palming again brings about relaxation to the eyes and reduces eye strain. *Pratimarsha nasya* or nasal instillation of 2 drops of *Anutaila* helps in prevention of all *Urdhvajatrugata rogas* (disorders above the clavicle) including eye problems as per our classics²⁰. Probably it prevents the accumulation of the *Kapha* in the head region which can bring about visual impairment. *Anjana* (collyrium) at night with *Rasanjana* once weekly helps to expel the *Kapha*²¹ and toxins accumulated in due course of time.

Acharya Bhavaprakasha has mentioned that use of certain procedures

like *Lepa*, *Abhyanjana*, *Sechana*, *Dhavana* etc. in the sole of foot are beneficial for the improvement of eyesight. *Padabhyanga*, *Shitodaka Pariṣeka*, *Shitodaka Snana*, *Shitodaka Gandushadharāṇa*, *Dakshinamaruta*, keeping palmar region of the hands to the eyes is stated for the rejuvenation of the eye

Diet for improving eye sight

In *Ayurvedic* classics *Chakshushya* food items, drugs and therapeutic procedures are explained to improve or enhance the visual acuity as well as the eye health.

The person who is regularly in habit of taking old preserved *Ghrita*, *Triphala*, *Shatavari*, *Patola*, *Mudga*, *Amalaki*, and *Yava* (barley) has no reason to fear from even the severe forms of *Timira*.

Payasa prepared from *Shatavari* or *amalaki* or else barley meal cooked with sufficient quantity of *Ghrita* and the decoction of *Triphala* are the prophylactic measures to prevent *Timira*.

शतावरी पायस एव केवलस्तथाकृतो वाऽमलकेषु पायसः।

प्रभूतसर्पिस्त्रिफलोदकोत्तरो यवौदनो वा तिमिरं व्यपोहति ॥ सु.उ.१७/४९ ॥

Triphala is said to be the drug of choice in case of *Timira* with various *Anupanas* (vehicles) according to the involvement of *Doshas*. In *Pittaja* type mixed with plenty of Ghee regularly; similarly in *vataja* type, it should be taken with oil and in *kaphaja* one with plenty of honey properly. *Sushruta* and others indicate numbers of *Nasyas* in the management of *Timira*. Other *Chakshushya Rasayana* compounds came into Ayurvedic literature after 16th

century viz. *Saptamrita Lauha*, *Yasad bhasma* etc. *Nimi* opines that taking *Triphala* and *Yasthimadhu churna* with ghee and honey at night, consuming wholesome diet and *Amalaki* water helps one attain excellent vision. The cooked vegetables of *Jivanti*, *Sunishannaka*, *Tanduliya*, good quantity of *Vastuka* and *Madhuka* and also the flesh of birds and of wild animals are beneficial for eyesight²².

जीवन्तिशाकं सुनिषण्णकञ्च सतण्डुलीयं वरवास्तुकञ्च ।

चिल्ली तथा मूलकपोतिका च दृष्टेर्हितं शाकुन जाङ्गलं च ॥ सु.उ.१७/५० ॥

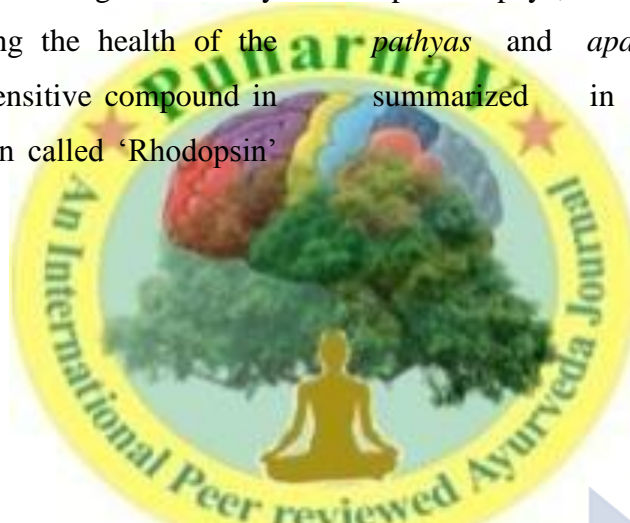
Patola, *karkotaka*, *Karavellaka*, *Brinjal*, *Tarkari*, *Karira* fruits, *Shigru* and *Artagala*; all these vegetables cooked with *Ghrita* promote eyesight. Old Ghee Kept in Iron container is beneficial in *Timira* in all ways. Similarly *Triphala Ghrita* and *Ghrita* processed with fruits of *Meshashringa* are useful.

Ayurveda recommends the consumption cereals likes *Shali* (red rice - *Oryza sativa*), *Wheat* (*Triticum vulgar*), *Barley*, *Kodrava* (*Paspalum scrobiculatum*), *Pulses* like *Mudga* (green gram - *Phaseolus mungo*), *soya bean* (*Glycine max*) for healthy eyes.

Among Vegetables *Punarnava* (*Boerhavia diffusa*), *Jeevanti* (*Leptadenia reticulate*), *Spinach*, *Momordica garjara* (carrot), *brinjal*, *coriander*, *Bathua* (*Chenopodium album*), *Agasthi* flower (*Sesbania grandiflora*), *Matsyakshi* flower and *Drumstick* (*Moringa oleifera*), unripe *banana*, *radish* are advocated. *Amra* (*Magnifera indica*), *Draksha* (*Vitis vinifera*), *Jambeera* (*Citrus medica*), *orange*, *guava*, *papaya*, *apple*, *pomegranate* among fruits and old preserved ghee are said to be excellent for eyes. Other *chakshushya ahara dravya* include *Sarshapa taila* (*mustard oil*), *Narikela*

taila (coconut oil), Sesamum oil, flesh of goat, deer, Sparrow, *Godha* (Wild lizard) and *Rohita*(variety of fish). Mother's milk is the best among milk, while other choices are milk of cow, goat and elephant. *Jeevanthi*, *Agasthya*, *Patola*, *Grunjanaka (Carrot)*, *Kalashakah (Curry Leaf)*, *Sígru*, *Tanduleeyaka (Amaranthus)* *Mathsyakshi*, *Dhanyaka*, *Palandu*, *Mulaka(Radish) etc.* Vegetables are rich in vitamins A, C & E, iron, Calcium and antioxidants, which are recognized as key factors in maintaining the health of the macula. The photosensitive compound in the retina is a protein called 'Rhodopsin'

which is rich in vitamin A. Vitamin A is present in two forms - Active or pre-formed vitamin A is called retinol, is available in animal products- milk, ghee, cheese, liver, meat, fish, egg yolk and more. Inactive or pro-vitamin is beta-carotene, some of which is converted to retinol in the intestinal mucosa and is present in plant sources like Carrot, Spinach, Amaranthus, Agasthi, Fenugreek, Curry leaf, Drumstick, Tomato, Pumpkin, ripe Papaya, Mango etc. *Ayurvedic pathyas* and *apathyas* for eye are summarized in Table no. 1



PATHYA

- **Aahara**:-Shali (rice), Shastika (red rice), Mudga (green gram), Kodrava (millet), Saindhava (rock salt), Sharkara (sugar) and varsha jala (water).
- Karavellaka (bitter gourd), Kustumburu (coriander), Patola (snake gourd), Draksha (grapes) Godugdha (cow's milk), Goghruata (cow's ghee), Jangala mamsa (meat of terrestrial animals).
- **Aushadha**:- Triphala, Amalaki, Punarnava, Dadima, Yashtimadhu, Shatavari, , Lodhra
- **Vihara** :-Shirobhyanga (head massage), Padabhyanga (feet massage), Netra ashotana, Chatra dharana (use of umbrella), Padatra dharana (wearing of foot wear)
- **Manasika santulana** (mental equipoise), **Sattwa pradhana** (predominance of Satva guna)

APATHYA

- **Aahara** :- Pathrashaka (leafy vegetables), Pinyaka (oil cakes), Dadhi (curds), Matsya (fish), amlasura (alcoholic preparation), Atiyoga of Lavana (excess of salt intake), Teekshna (piercing), Katu (pungent), Ushna (hot), Guru (heavy), Atyamla(sour), Vidahi (article causing burning sensation)
- **Vihara** :-Kshudha & other vegadharana (suppression of hunger), Abhighata (injury), Suryavalokana (gazing directly into sun), Diwaswapna (day sleep), Ratrijagarana (night awakening), Rukshata atisevana (intake of dry things), Utkatasana (sitting in squatting position), Bhashpa sevana (excessive humid condition), Dhooma sevana (smoke inhalation), ManasikaChinta (worry), Shoka (grief), Bhaya (scared), Krodha (anger), KriyaAtivamana(excessive intake of Panchakarma/Netrakalpa), Mithya yoga of netrakriyakalpa (improper use of Netra kalpas)

Table No 2

Ayurvedic Herbs for improving Eyesight:

Drugs	Botanical name	Part used	Chemical constituents	Karma
<i>Haritaki</i>	<i>Terminalia chebula</i> Rertz.	Fruit	Anthraquinone glycoside, Chebulinic acid, Chebulagic acid, Tannic acid, Terchebin etc	Chakshushya, Kaphaghna, Rasayana, Grahi, Vedanasthapana, Deepana, Pachana etc
<i>Bibhitaki</i>	<i>Terminalia bellirica</i> Roxb.	Fruit, Seed, Bark	:Chebulagic acid, Ellagic acid	Chakshushya, Grahi, Anulomana, Deepana, Rechana, Kaphaghna, Dhatu vardhaka
<i>Amalaki</i>	<i>Emblica officinalis</i> Gaertn.	Root, Bark, Leaf, Fruit, Seed	Vitamin-C, Carotene, Nicotinic acid, D-fructose, myoinositol, D-galacturonic acid.	Chakshushya, Rasayana, Dahaprashamana
<i>Shatavari</i>	<i>Asparagus racemosus</i> Willd.	Tuberous root.	Sapogenin, 4 saponins, Shatavarin I to IV, Sitosterol, two spirostanolic etc.	Drishtimandya, Daurbalya, Amlapitta.
<i>Bhringaraja</i>	<i>Eclipta Alba</i> (L.) Hassk	Whole plant, Seed	Ecliptal, ;-terthienyl-methanol, Xymethylene-2	Netra roga, Naktandhya, Drishtimandya, Kesharogaetc
<i>Vasa</i>	<i>Adhatoda Zeylanika</i> Medic.	Root, leaf, Flower, fruit	Alkaloid Vasicine, 2-Hydroxy-4 Vasicinine From flower & Roots.	Vedanasthapana, Raktashodhaka, Shleshmahara
<i>Guduchi</i>	<i>Tinospora Cordifolia</i> (willd)	Root, Stem, leaf	Tinosporine, Tinosporon, Tinosporicacid	Dahaprashamana, Rasayana, Anulomana, Vedana sthapana, Deepana,
<i>Pippali</i>	<i>iper longum</i> Linn.	Fruit, Root	Pipperlongumine, Pipperlonguminine (stem & root); n-hexadecane, n-heptadecane,	Vatanulomana, Balya, Rasayana, Vatahara, Deepana, Ksharana, Shoola-prashamana
<i>Draksha</i>	<i>Vitis vinifera</i> Linn.	Fruit, Leaf, Stem, Flower	3 – monoglucosides of delphinidin, cyaniding, petunidin, peonodin, malvidin, acetyl	Trishna-nigrahana, Kaphanissaraka, Raktaprasadana, Rakta-pittashamaka, Anulomana etc.
<i>Kantakari</i>	<i>Solanum xanthocarpum</i> Sch & Wendl	Whole Plant	Carpesterol, gluco-alkaloid solanocarpine-S, Steroidal compounds	Netrabhishyanda, Krimidanta, Raktavikara etc. Deepana, Pachana, Rechana, Krimighana.
<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i> Linn.	Root.	Glycyrrhizine, Prenylated Biaurone, Licoagrone, Quercetin, Kaempferol etc.	Chakshushya, Dahashamaka, Keshya, Vedana sthapana, Medhya, Mridurechana, Jeevaniya, Rasayana, Baly etc..

Most of the drugs mentioned in table No. 2 have *Chakshushya* property, which act by *Prabhava*. *Vasa* is *Kaphahara* it alleviates *Kapha* which is a risk factor for all *Netra Rogas*. *Guduchi*, *Pippali* having *Rasayana*, *Vatanulomana* and antioxidant property is beneficial to prevent eye disorders.

Draksha is *Raktapittahara* hence alleviates aggravated *pitta* and *Rakta* that may lead to eye disorders.

JALNETI FOR VISION IMPROVEMENT

Jala neti (nasal irrigation with water) enhances vision²³. Probably it keeps the

sinuses, nasal tract and the throat free from infection. This, in turn, keeps the eyes free from congestion and strain, and improves vision. If the habit of *Jala neti* is inculcated since childhood, the person would never need spectacles. Even if it is practiced regularly at a later stage with other exercises and precautions, it will definitely help in getting rid of spectacles.

YOGAS AND EXERCISES FOR EYESIGHT IMPROVEMENT:

Yoga brings normalization in Eyes functions. *Trataka* is the specialized practice that *Yoga* prescribes²⁴. It is one of the six *kriyas*. *Kriyas* are essentially meant for cleansing and to strengthen the nerves which connect the eyes to the brain which handles the different muscles and calming down of the mind, silencing of the mind, slowing down of the breath, does wonders. Preparatory eye exercises include following eye movements Up and Down, Right and left, Diagonal (Right up-Left down, Left up –right down) and Rotation- clockwise and anticlockwise

Asanas- *Padahastasana*,
Ardhachakrasana, *Shashankasana*,
Ardhashirshasana, *Pavanamuktasana*,
Shavasana, *Pranayama-* *Nadishodhana*
Pranayama, *Bhramari* and the meditation help people to develop their eyesight. One of the commonest problems faced today

with the modern life style is the computer related eye problems and eye strain. Continuous near work for long hours leads to eye strain in turn resulting in tightness of muscles. The tightness of muscles and strain further produce poor immune system in the eyes leading to repeated occurrence of stye. Eye Exercises and relaxing *Yogas* proves a significant reduction in eyestrain. The *Asanas* like *Padahastasana*, *Ardhachakrasana*, *Shashankasana*, *Ardhashirshasana*, enhance the blood circulation to the brain as well as eyes thus promoting nourishment to the eyes. *Pavanamuktasana* and *Pranayamas* help in alleviation of *Vata* along with bringing about relaxation the root cause behind all disorders. *Shavasana* reduces stress which is basic cause behind many diseases including eye disorders. Glaucoma is due to increased pressure of fluid in the anterior chamber of the eye that is in front of the lens. *Trataka* with *Jyoti Trataka* particularly or *Bhroomadhya Trataka* or *Nasagra Trataka*, constricts the pupil, is extremely useful in opening up the angle thus decreasing pressure in eye. *Shavasana* relaxation techniques, breathing techniques etc., leads to deep relaxation of the eyes. ***Bates method***²⁵ [3] of eye exercises are as follows:

- Sunning

- Eye wash
- Palming
- Candle light reading
- Shifting and Swinging
- Playing with ball
- Vaporization
- Cold pad

Sunning is done by facing the sun in sitting posture with back erect hand on knees ,chin raised and eye closed for 3 min .it is best to practice during sun rise or sun set. Palming is done by sitting in comfortably followed by covering the eyes with palm, fingers closed, and taking support on forehead. Attention must be given on inspiration and expiration. This calm mind and have healing energy to eyes. Shifting is conducted by holding a foot scale at a distance of 15".eye move slowly from 6"mark to 0"mark .then slowly move back to 6" mark. In ball exercise tossing ball in hand in semicircular manner or bouncing ball is observed. In Ring fusion ring of 12"with 2 different colour tapes alternately is watched one colour in clockwise direction other in anticlockwise Despite of critics over the decades ,no one has yet proven or disproven the bates method.

DISCUSSION

“Health is the supreme foundation of virtue, wealth, enjoyment and salvation.

Relaxation of mind and eyes improves the vision. On analyzing the pathogenesis of vitiation of *Rasa* and *Raktavaha Srotas*, maximum concern was given to mental disturbance by ancient scholars. Similarly relaxation of mind was an essential prerequisite for the cure of the disease pertaining to the *Srotases*.In *Trataka Yoga Kriya*, imagination power increases, functionally efficiency of extra ocular and intraocular increases by forcing them to work and enhances the metabolism of rods and cones through the mechanism of dark and light adaptation. The maximum misused sense organ in the form of *Mithya* or *Atiyoga* is eye. In this era of changed life style and increased pace, it is the primary duty of *Ayurvedic* community to educate the society regarding the healthy use of this sense organ. A regular schedule in this regard for the prompt relaxation of eye is not only beneficial to such refractive problems but also can prevent many degenerative conditions. A schedule of optimum exercise improves *Rasa*, *Rakta Samvahana* as well as improves the efficacy of sense organ in their perception.

CONCLUSION

Diseases are the destroyers of health, of the good of life and life itself.” – *Charaka*.

Chakshushya regimen mentioned in the classics along with *Yoga* is useful in prevention of ophthalmic problems. The preventive measures include *Pathya*, *Dinacharya*, and *Ritucharya*. Regular use

of *Chakshuhya* regimen, *Kriya kalpa* and eye exercise help in improvement and restoration of vision. So every person must take care of their eyesight by *Ayurvedic* and yogic ways.

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