



Prevention and Promotion for Ocular Health by Following *Dincharya*, *PathyaAaharVihar* and Kriyakalpa

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ABSTRACT: *Ayurveda* is an absolute science of lifestyle, through which influences susceptibility of many diseases of eye. *Ayurveda* gives importance to focus on *pathyas-apathyas*, diet and lifestyle which should be followed in different situation for health benefits.

This paper describes the details of daily regimens and *pathyas-apathyas, aahar, vihar*, which are preventive and promotive for ocular health.

A few daily regimens like *anjana, pratimarsanasya, abhyanga, pada-abhyanga* and various *yogicshudhikriyas* are also beneficial to prevent the lifestyle disorders concerning eyes like computer vision syndrome, Refractive Error and ARMD.

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1. Introduction

In *Ayurveda*, emphasis is given on overhauling the complete human body including its vital parts like brain. It is assumed that general health of a person depending on the functioning of all body parts. Eyes and eyesight is not an exception to this assumption. It's also depends on the total wellbeing along with the impact of environment, the genetic structures, eating habits of the person and the environment where the person works. So, our eyes are affected to great extent with various diseases. There are various methods in *Ayurveda* to improve eyesight and to take care of them.

Our *Acharya* mentioned not only many treatment modalities to curing the eye diseases, but also suggested useful *aahar, vihar, dincharya* and exercises to preventing them.

In today's globalized world we cannot avoid the devices like TV, Computers, Mobile and the dusty environment. Prevention is the only way to relief from this so following our *Acharyasiddhanta* we can live a healthy life.

I. *Netra Hitkar Dincharya*:

Acharya Sushrut has laid great stress on daily regimen which is conducive to eye sight. By following those we can prevent eye diseases and can improve our eyesight.

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1. Application of *srotoanjana*–*Anjana* or *srotonjana* obtained from the bank of *Sindhu* river should be applied regularly to eye to get rid of burning, itching, watering and pain. This will enhance the acuity of vision and helps to withstand sun heat and heavy wind and eye diseases[1].
 2. Cold water bath – Hot water bath over head is harmful to eye whereas cold water bath overhead is good for eyes[2].
 3. Eye wash – Eye should be washed with *ksirivriksakasa* or mixing it with milk, decoction of *amalaki* or with cold water to promote the eye sight. Regular application of herbal paste to face will also improve eye sight[3].
 4. Collyrium– Collyrium to eyes makes the *taraka* (visual apparatus) of eye clear[4].
 5. Proper hygiene of feet improves eye sight. Regular oil massage of feet protects the eye[5].
 6. *Jalaneti*– According to *Vaidya Ratnam* regular practice of *jalaneti*, will improve eye sight.
 7. Holding an umbrella during summer season is beneficial to eye.
 8. Bathing is generally contraindicated for patients of eye diseases. Even for healthy individual taking head bath in hot water, is not advisable, as it will damage the vision. But applying the paste of *krisnatila* (black colored gingly seeds) to the head and taking bath is good for eye sight[6].
 9. Use of *Triphala*– *Triphala* is useful in all visual disturbances in form of paste, decoction, or powder. In *kaphaj* diseases, it should be taken with honey in *pittaja* diseases with ghee and in *raktaja* with oil.
 10. Palming– After taking food briskly rub two palms with one another and keep it over the closed eyelids to cover them. This will cure the dimness of eye sight[7].
- II. *Netra Panchamrta*:** According to *Acharya Sharangadhara*
- a. Simultaneously fill the mouth with water and splash water to the eye thrice.
 - b. Clean the teeth from left to right and downwards to upwards.
 - c. Apply heat from the palm to the left side of eye.
 - d. Look to the full moon.
 - e. Rinse or apply water to the eye after eating food.
- III. *Netra Hitkar Aahar* (diet regimen for better eye sight)[8]:**
1. Milk and milk products provides all the nutrition for proper functioning of eye. Cow's milk, butter and ghee are useful in visual disturbances. All the Acharyas mentioned cow's milk as *Chakshushya*
 2. *Acharya Wagbhatta* also describes following diet for good eye sight.
 - Old rice, ghee, favel prepared with the *mudgayava, rakta Sali*.
 - Vegetables, fruits like grapes.
 3. *Yogratnakara* has provided a detained of drugs and regimen beneficial for eye which includes salp of *kullatha, peya* and *vilepi* prepared with one hundred years old ghee.
 - Vegetables like surana, patola, vartaka, etc.
 - Medicines like rock salt, *lodhra, vara*, honey, chandana, karpura, all the pungent, breast milk, various poultics and light substances[9].
- IV. *Chakshushyavarga*:**
1. *Raja nighantu* has includes: *karpura, raktachandana, lavanga* and *prapaundrik*.

2. *Vanga* sense includes- *triphala,ghrita,madhu,yawa,padaabhyanga,shatawari,inchakshushyavarga*.

V. Netra HitkarVihar:

1. It is advised to drink sufficient quantity of water after meals, to protect eyesight.
2. *Acharya Vagbhatta* – advised to avoid minute machineries, moving lights etc for long hours. According to *AshtangaSangraha* followings are the regimens for better eye sight[10]:
 - a. *Triphala*
 - b. *Raktamokshana*
 - c. Relaxation of mind
 - d. *Anjana*
 - d. *Nasya*
 - e. Intake of *ghrita*
 - f Protecting the legs (foot care)
 - g. Avoiding all *ahitadarshan*
 - h. Avoiding the illuminating, moving and very minute objects viewing for long duration.
3. *Mantra chikitsa*: According to A.S.U. 16/26 - chanting repeatedly a hymn for the promotion of eye sight is advised.

VI. Netra AhitkarAahar:

Intake a blackgram, sour gruel, mustard oil, alcoholic drink, excessive drink of water, fishmolasses, vesavara, sour substances will damage the eye and such persons are prone to degenerative changes in the eye[11].

VII. Netra AhitkarVihar:

AacharyaSushrut, Yogaratnakar and *Vagbhatta* also maintained some things which must be avoided[12]

- Anger, grief, shedding tears.
- Suppression urge to pass flatus, faecus and urine, sleep and vomiting.
- Looking at minute objects.
- Grinding teethes.
- Excessive bath.
- Eating in the night.
- Exposure to the sun.
- Irrelevant talk, over emesis.
- Excessive drinking of water.
- Excessive sexual act.

AacharyaVagbhatta has advised to avoid the minute machinations, moving lights for long hours[13].

Eye Exercise:

1. **Sun treatment:** Sun is regarded as the greatest nourishment of eyes. This treatment can be done after instilling 2 drops of pure honey to the eyes. The best technique for relieving photophobia is called sunning consists simply of taking sunshine on the closed lids. In this way the retina is accustomed to progressively brighter light until stage is reached where eye can function efficient.
2. **Eye wash:** It can be done either in cold water or with *triphalahima* cold infusion by directly splashing or by dipping eye in eye cup then blink.

3. **Palming:**The eyes are gently closed and covered by both the palm in such way that all light is excluded and no pressure is applied to eyeballs. Palming enhances the efficiency of the nerves. If it is done with deep breathing. It reflects the mind and improves blood circulation.
4. **Swinging:** Long swing induces the sleep and short sleep to improve the sight. Swinging or shifting helps to relax the eyes and correct the accommodative defects.
5. **Eye ball movement exercise:** Can be done by moving the eyes upwards and downwards. Playing with the ball helps in strengthening the extraocular muscles by improving their coordination.
6. **Candle reading:** reading the fine print in dark room with the illumination of candle is called candle reading. It will improve sight in case of hypermetropia, astigmatism, presbyopia, myopia, early cataract glaucoma and retinal disease. The flame stimulates the retinal cells improves the blood circulation and give feeling of comfort, rest, and relaxation. Candle light reading improves the retinal function, corrects refractive errors, and stimulates the rod and cones of retina.

Ocular Therapeutics:

***Kriyakalpa* -**

Word *kriya* means therapeutics action. *Kalpana* means specific formulations. *kriyakalpa* is a *bahiparimarjanachikitsa*. Acharya Sushruta mentioned first 5 major types of *kriyakalpa* [14] and last two are added by Acharya Sharangdhara and Acharya Vagbhata – 1) *Tarpana*, 2) *Putpaka*, 3) *Sek*, 4) *Ashtotan*, 5) *Anjana*, 6) *Pindi* and 7) *Bidalak*.

1) *Tarpana*:

Tarpana is the best method of inducing '*tripati*' to the eye. It is the local procedure of application of oily substances through the specially prepared border over eye [15].

Indications of *tarpana*-

By virtue of nourishment *tarpan* is effective in following conditions –

- Visual disturbance e.g. *timir*, *avildarshana*
- Dry eye condition e.g. *parishushka*, *ativishushka*.
- Allergic conditions e.g. *daruna*, *klishtawarma*.
- Diseases of eyelids: hardened painful eyelids and damaged eyelashes e.g. *darunavartma*, *kshirna*.
- Structural deformities like squint.

According to Vagbhata it is also effective in following conditions -

- Difficulty in movements of eyeball and eye lids. i.e. *stabhdata*.
- Diseases of *shuklamandala*- *sirotpat*, *siraharsha*, *arjuna*
- Disease of *krishnamandala*- *savranashukla*, *avranashukla*.
- Disease of *sarvagata*- *abhishyanda*, *adhimanth*,
- Disease due to injury.

Contraindication-

- *Durdin*- very hot, very cold, cloudy weather.
- During excessive stress, worries and tiredness means during general weakness.
- After drinking immediately.
- Acute manifestation of eye disease like *rag*, *ashru*, *shukla*, *sanrambh*, *updrava*.

2) *Putpaka*:

The procedure of *putpaka* is similar to *tarpana* but the ingredients, preparation of medicines and durations are different. *Putpaka* can be done after *tarpana* or independently [16].

Indications and contraindications of *tarpana* are also applicable to *putpaka*.

The unctuous substance used for *tarpana* makes the eye lazy and lethargic like flatulence after fat rich diet. *Putpaka* helps to reduce this *avasada* and sharpen vision.

3) *Aashchotan*:

Instillation of few drops of medicines to the open eye from a height of two *angula* is called as *ashchotana*[17]. *Acharya Vagbhata* described *Ashchotana* is the foremost procedure in eye disease. It is safe and eliminates the *doshas* from all parts of eyes effectively. This will relieve

- Painful conditions
- Scratching
- Irritation of foreign body sensation
- Excessive watering
- Burning
- Redness of congestion
- Features of inflammation

4) *Parishek*:

Prishek is the procedure of pouring the liquid medicine very slowly to open eye from a height of 4 *angula*. It is indicated in severe affections i.e. in acute condition of eye disease to reduce symptoms and signs[18].

5) *Anjana*:

Anjana is procedure of applying medicinal pastes or powders to the inner side of lower lid, either by fingertip or with an applicator. *Anjana* is indicated when *doshas* are fully manifested and are localized in the eye[19].

The pre-requisites to apply *anjana* are:

1. Disease should be clearly manifested indicating *doshdusti* and *adhistana*.
2. The body should be free from *amadoshalakshana*.
3. The features of *doshdusti* are limited only to the eye.

Anjana is done only after initial features of *doshas* are settled down. These *pakwalakshanas* are complete absence of exudates, scratching, swelling, dull look, redness of congestion. If *anjana* is applied many of the above conditions, there is a risk of aggravation of these symptoms, suppuration of eyeball and blurring of vision.

6) *Pindi*:

It is also called *kavalika*, indicated in *abhisyandha*, edema and ocular pain.

7) *Bidalak*:

It is indicated in the early stage of eye disease to stop further aggravation.

Discussion

According to Ayurveda any disease is due to imbalance of *Tridoshas* *Vat*, *Pitta*, *Kapha*. Today's busy life, change in the lifestyle, improper diet, inadequate exercise, unhealthy surrounding and excess use of digital devices are responsible for this imbalance in the *Tridosha* and many diseased conditions of Eye.

The new science of circadian medicine is suggesting that our genes have literally lost their ability to hear the natural circadian cycle of nature, while *Ayurveda* has touted the importance of a connection with nature from millennia. So our *Acharyas* clearly mentioned the *Dincharya*, *Rutucharya*, *Pathya*, *Ahar* and *Vihar*, to stay healthy and prevent from diseases.

Everyone should follow this daily regimen and have the knowledge of proper diet and treatment modalities mentioned above to improve the eyesight and to stay away from the eye disease,because amongst the all senses eye is the supreme sense.Without the EYE we cannot see this beautiful world.

Conclusion

All the literatures like *Bruhatrayi*and *Laghutrayi* thoroughly mentioned the beneficial daily regimen for better eyesight.*Acharyas* also describe *pathya,ahar,vihar,annadravya* and some special *chakashushyadravyas*not only for the diseased condition but also for the healthy one.The *Kriyakalpa* procedures are specially designed to deal with the eye diseases.

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