



Review Article

A REVIEW LITERATURE OF *NETRA SWASTHYA UPAKRAMA*

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<p>Article info</p> <p>Article History: Received: 19-11-2022 Revised: 09-12-2022 Accepted: 28-12-2022</p> <p>KEYWORDS: <i>Netra swasthya, Dincharya, Rutucharya, Kriyakalpa.</i></p>	<p>ABSTRACT</p> <p><i>Shalakyatantra</i> is one of the important branches of Ayurveda dealing with diseases and treatment of organs situated above the clavicle. As it deals with sense organs it is a highly specialized one. One should always make all sincere efforts to protect the eyes and treat eye diseases as it is one of the important sense organs. Ayurvedic literature gives equal importance to the prevention of disease with a cure. <i>Acharyas</i> have explained various regimens and protocols for a healthy life in <i>Dincharya</i> (daily routine) and <i>Rutucharya</i> (seasonal routine). Some of these regimens can be considered to be designed especially for the well-being of eyes like <i>Anjana, Nasya</i>, etc. These therapeutic procedures are useful if done scientifically and followed the protocol. Sushruta has mentioned 76 eye diseases out of which treatable diseases are treated with systemic as well as local treatment. <i>Kriyakalpa</i> is one of the local treatments. Various therapeutic procedures which are formulated with different drugs and different routes of drug administration according to <i>Dosh, Satmya</i>, and <i>Kal</i> have been explained to avoid the diseased condition. Being a local therapeutic procedure, fast action and penetration of drugs through ocular tissue raises the importance of <i>Kriyakalpa</i> in ocular diseases. Likewise, various regimens explained in <i>Dinacharya</i> and <i>Rutucharya</i> are important to maintain ocular health to avoid ocular diseases.</p>
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INTRODUCTION

Ayurveda is found to describe ocular health and hygiene about certain factors like daily (*Dincharya*) and seasonal (*Rutucharya*) regimens. Procedures like *Kriyakalpa, Snana* (bath), *Padabhyanga* (foot massage with oil), *Nasya* (nasal route of drug administration), *Abhyanga* (oil massage), *Padatran Dharan* (footwear), *Dhoompana, Mukhlepa* (application of medicine on face), *Chhatra Dharan* (use of umbrella), *Nidra* (sleep), and *Vega Dharan* (suppression of natural urges) are important to retain ocular health. *Rutucharya* is also a very important aspect of preventive medicine as mentioned in the Ayurvedic texts. A faulty lifestyle has been linked to many diseases. Ayurvedic texts explain *Kriyakalpa* procedures for healthy eyes as well as for the treatment of various eye diseases.

Kriyakalpa is a combined word of two distinct concepts which are *Kriya* which means therapeutic procedure and *Kalpa* which means medicinal formulation^[1]. The action of *Kriyakalpa* can be correlated with *Panchkarma*. *Panchkarma* is used for *Sharir Parimarjan* which is the detoxification of the body and settling *Tridosha*. *Kriyakalpa* acts similarly locally. It settles the raised level of *Doshas* and improves the health of the eyes. Before *Kriyakalpa* whole body *Shodhana* with the help of *Panchkarma* is important, as that enhances the action and absorption of the drug.^[2] There are 7 numbers of *Kriyakalpas* in *Netra Vigyan* explained by different *Acharyas*. *Sushruta* mentioned 5 types of *Kriyakalpa*^[3]. *Sharangdhara* added two *kriyakalpa* into it named *Bidalaka* and *Pindi*.^[4]

Types of *Kriyakalpa* mentioned by different *Acharyas*-
Tarpana: The word means a feeling of satisfaction. In this procedure, medicated *Ghrta* is held over the eyeball with continuous blinking action of the eyes for a stipulated time according to the intensity and nature of aggravated *Dosha*.^[5]

Putpaka: This procedure is similar to that of *Tarpana vidhi*, except the drug used for this procedure is medicinal juice extracted with *Putpaka vidhi* instead of *Ghrta*.^[6]

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Ashchyotana: It is the instillation of drops on an open eye from 2 *Angula* height. The drops used may be in the form of *Kwath*, *Ksheera*, *Sneha*, or any *Dravadravya*.^[7]

Seka/Parisheka: with the eye closed, medicine is poured on the eye in the form of *Dhara* from the height of 4 *Angula*.^[8]

Anjana: In this procedure paste or powder of medicines is used and applied over the inner margin of the lower lid with the help of an applicator or fingertip. *Charakacharya* has described *Sauviranjana* or *Prasadan Anjana* which can be applied every day to prevent eye diseases and maintain ocular health. *Rasanjan* can be used once a week or 5th or 8th day. *Charakacharya* and *Vagbhat* suppose that the eye being a *Tejo pradhan* organ is endangered by *Kapha* because of the opposite qualities. *Kapha* vitiation in the eye becomes responsible for eye diseases. Hence keeping the eyes in good physiological condition, *Anjana* is advised.^[9]

Pindi/Kavalika: This is nothing but a medicinal bandage. The paste of medicine is tied by a cloth and this pack is bandaged over the eye.^[10]

Bidalaka: *Bidal* means cat's eye. In this *Kriyakalpa* paste of medicine is applied over eyelids and periorbital area except for eyelashes. The eye looks like a cat's eye hence called '*Bidalaka*'.^[11]

Other daily regimens for healthy eyes as given in texts are as follow-

Dhoompana: The process in which medicine fumes are inhaled through the nose or mouth and exhaled through the mouth. Those fumes go in the minute channels (*Sukshma srotasa*) and clean them in a way that accumulation of *Kapha* in *Srotasa* is prevented and ocular health is maintained. It is also mentioned that the fumes should be exhaled by mouth and if exhaled through the nose they may cause harm to the eyes. Apart from this *Dhoompana* is mentioned as a part of treatment for many ocular diseases like *Kaphotklisha*, *Kukunaka*, *Pakshmakopa*, *Kruchchronmilan*, *Abhishyanda*, etc.

Nasya: The process in which the route of drug administration is through the nasal cavity in the form of medicine oil, ghee, or powdered form. The drug acts on *Srotasa* through minute pores and drains out the *Kapha dosha* improving general ocular health.^[12] The nose acts as the door to *Uttamanga* i.e., head.

Padabhyang: Oil is best drug for *Vata dosha*. In *Padabhyanga*, oil is applied and massaged over the foot. *Charaka* says that *Padabhyanga* is *Drushti prasadaka*. The foot is supplied with sympathetic and parasympathetic nerves. When we apply oil on the foot the stimulated nerves are beneficial for ocular health.^[13]

Padatrandharan: Footwear should be used regularly. In *Ayurveda* according to *Acharyas*, *Padatrandharan* has the *Chakshushya* effect.^[14]

Nidra: Sound sleep is necessary for the eyes. Normally 6 to 8 hours of sleep is necessary. When the natural urge to sleep is held it leads to heaviness and fatigue in the eyes. Less than 6 hours of sleep leads to dry eye and asthenopic symptoms.

Vegedharan: Suppression of the urge of lacrimation leads to many eye diseases. Suppression of the urge to sleep causes heaviness of the eyes. It is always useful to avoid *Vegadharan*.

Bhavaprakash explained in his texts that intake of water in the morning through the nostrils improves vision and general ocular health.^[15]

Pathya Ahaar^[16]

Pathya ahaar is a diet that is beneficial for the eyes, food that keeps the balance of *Tridosha* and does not aggravate the disease.

1. Intake of *Puran*- Medicated ghee
2. Food prepared with *Triphala*, *Shatavari*, *Mudga*, *Patol*, *Yava*, *Rakta shali*
3. *Kulatha yusha*, *Peya*, *Vilepi*
4. Vegetables like- *Surana*, *Patola*, *Vartaka*, *Karkotaka*, *Karvellaka*, unripe *Mocha*, unripe *Mulaka*, *Punarnava*, *Markava*, *Kakamachi*, *Pattura*, *Kumarika*, *Draksha*, *Kustumbaru*
5. *Saindhava lavana*.
6. *Madhu* (Honey)
7. Breast milk, cow's ghee, cow's milk, *Sita*
8. *Godhuma*
9. *Shaka panchaka* (*Jivanti*, *Vastuka*, *Matsyakshi*, *Meghnada*, *Punarnava*)

Pathya Vihar

Seasons are classified by different features that express different effects on the body as well as the environment. The prime principle of the *Ayurvedic* system of medicine is preventive aspects can be achieved by a change in diet and practices in response to changes in the climate.

1. *Pitta* accumulates during the rainy season due to acidic conditions of the atmosphere and weak digestion. It is aggravated when the heat return in the *Sharada rutu*. According to *Vagbhat*, *Netra* is the main *Sthan* of *Alochak pitta*. As there is a *Prakop* of *Pitta dosh* in *Sharada rutu*, this aggravated *Pitta dosh* may affect the eyes and can cause eye diseases. *Virechana karma* is described as a preventive as well as a curative treatment for *Pitta dosh* in *Samhita*.
2. According to *Ayurveda*, *Kapha dosha* has increased during *Shishir rutu* and starts liquefying during *Vasant rutu*. According to *Vagbhat*, eyes predominant in *Tej mahabhoot*, they should be protected from *Kapha dosha*. Hence *Vaman karma* is advised as preventive therapy to be done in *Vasant rutu*.

Eye exercises

1. Deep breathing- Breathing exercise helps to increase concentration.
2. Neck exercises- These help in neck rigidity increasing nowadays in cell phone users.
3. Face massage- It increases blood circulation and provides nutrients and oxygen-rich blood to sense organs.
4. Palming- It gives relaxation to extraocular muscles

5. Tossing balls- Increases concentration and elasticity of muscles
6. Washing of eyes- Wash out dirt particles and helps in dry eyes
7. Shifting and swinging- This swinging eye movement is done to improve extraocular muscle action
8. Scale reading- In patients with presbyopia, scale reading improves near reading and accommodative power.
9. *Trataka*- This is a procedure explained in yoga as eye exercise to improve the accommodative power of the eye and delay presbyopic age.
10. Color buttons- Different colored buttons or pebbles are mixed and separated, this motivates cone cells.

CONCLUSION

We should always try to prevent eye disorders with a few efforts, adopt some routine activities, yoga, food habits, a few lifestyle modifications, *Acharya Rasayana*, etc. Diseases of the eye affect psychological and developmental well-being, hence affecting the quality of life. That is why *Netra swasthya* is a very important part of *Swastha vrutta*. These all measures of *Dincharya* and *Rutucharya* are found closely associated with ocular health. Also, *Dincharya* and *Rutucharya* with modified lifestyles may help considerably reduce the impact of ocular diseases in the general population. *Kriyakalpa* as a part of local therapeutics cure the disease but equally improves the health of the eyes.

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