

## **AYURVEDIC WAY TOWARDS PREVENTION OF EYE DISORDERS W.S.R. TO OVERUSE OF COMPUTERS**

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### **ABSTRACT**

Prevention is better than cure. This saying is very important in the case of eye diseases. Eyes hold a special status among all the senses because only eyes can appreciate & perceive this beautiful world. Protection of visual organ is not only a necessity but also a responsibility of every individual.

**KEYWORDS:** Computers, eye disorders, prevention.

### **INTRODUCTION**

According to Sushrutacharya the causative factors of Netra Roga are as follows.

These are mentioned in Sushrut Uttartantra 1/26, 27.

#### **1.Ushnabhitaptasya**

When body is too hot, vessels are dilated & if body temperature is suddenly dropped, the vessels constrict & vasculature is damaged. These cause circulatory disturbances in retina which in turn leads to eye diseases.

#### **2.Doorekshanat**

Seeing distant objects for long duration distorts vision & always brings strain to the eye.

#### **3.Swapna Viparyayat**

Working in night shifts, attending late night parties etc. results in abnormal sleeping patterns resulting in hyperemia, tearing, eye strain, headache etc.

**4. Prasakta Samrodana, kopa**

Emotional stress vitiates sharirik & manasika doshas resulting in parasympathetic stimulation & excessive lacrimation

**5. Abhigata**

Injuries to the head & eye by vehicular accidents, trauma caused due to varied & fast moving gadgets have lead to injuries resulting in blindness.

**6. Shuktaranalaml**

Among six rasas, amla is more prone to eye diseases. Vidahi, ushna ahara vitiate pitta, especially the teekshna, ushna & laghu properties. Pitta being the functional factor of the eye. Any vitiation always leads to eye diseases

**7. Vega vinigraha**

Suppression of urges directly vitiates vata which in turn develops various types' diseases. Among these 14 urges nidra & ashru are directly connected with the eye. Suppression of lacrimal gland & thereby moistening the eye.

Today rate of eye diseases have been increasing & it is due to adopting modern & fast life style. Increasing use of computers, televisions & other radiation equipments results a lot of burden on our eyes that results in eye strain, dryness, loss of vision, headache, burning eyes, light sensitivity distorted vision etc.

The invention of computers could be considered as one of the most magnificent technological developments and a useful contribution of human brain to the mankind. Computers have made our life easy, decreased the quantity of man power at many fronts and have increased the quality of work. Failure of internet facilities for a few hours or a technological upset of the systems will put all our work in array. But the use of computers, desktops and laptops in various work areas has been maximized to the level of overuse in the current decade. This excessive dependence and overuse of computers have introduced many a health problems amidst us. Internet has undeniably become an important element of our life & so the computers. Without these, we find it hard to survive. But spending too much time of time online or using computers doesn't help either. The increased use of computers in the work place has brought about the development of a number of health concerns. Many individuals who work at a computer, report a high level of job related complaints including ocular

discomfort. The level of discomfort appears to increase with the amount of computer use. Visual discomfort & related symptoms occurring in computer workers must be recognized as a growing health problem.

A study carried out by a research group suggested that out of 10000 people spending long hours working on computers, 500 developed peripheral vision abnormalities & 165 had glaucoma. Glaucoma is an eye disorder that can lead to blindness, if not treated. Statistics further reveal that over 30 million computers are used throughout the United States. The number is growing steadily & so the health problems associated with the prolonged use of computers.

Many individuals who work at a computer, experience eye related discomfort and/ or visual problems. However, based on current evidence it is unlikely that the use of computers causes permanent changes or damage to the eyes or visual system. This report will review the factors relating to eye & vision problems associated with computer work & provide recommendations for prevention or reducing their development.

Our eyes and vision were designed for viewing distance as hunters and gatherers, and not for ongoing near work as required by regular computer use. As a result, Computer Eye Strain is becoming one of the major eye complaints heard by eye doctors today.

## CAUSES

- Short distance between the screen and the eyes
- Improper lighting in the work area: Excessive bright light entering the work area like that of a sunlight through the windows & having too many lights and bulbs.
- Excessive glare: Glare from the walls like that from a bright white painted wall and reflections on the computer screen may cause eye strain.
- Bad postures at work.
- Reduced average blinking: Research works at Japan have shown that computer users blink lesser times while working on computers thus reducing the average blinking time and are thus at risk of having a transient or short term dry eyes.
- Visual demands of computer work
- Radiation emitted by computers

**SYMPTOMS**

- Eye Strain
  - Dryness or burning of the eyes
  - Blurring of vision
  - Increase in Myopia or increase in near sightedness
  - Worsening of far sightedness
  - Difficulty in perceiving colors
  - Double vision
  - Nausea-discomfort in the stomach with an urge to vomit
  - Headache
  - Difficulty in concentrating
  - Excessive fatigue or tiredness
  - Neck, shoulder and back pain
  - Glaucoma: Studies in Japan have shown that long term exposure to computer screen puts us in the risk of developing Glaucoma, especially in those having Myopia in longer terms. Glaucoma refers to a group of diseases which ultimately damage and destroy the optic nerve and hence the vision.
  - Poor eye coordination
- Vision problems experienced by computer operators are generally only temporary & will decline after stopping computer work at the end of the day. However some workers may experience continued impaired or reduced visual abilities, such as blurred distance vision, even after work.

**AYURVEDIC PREVENTIVE HEALTHCARE MEASURES**

Prevention is always better than cure. Even the Ayurveda strongly emphasizes on the preventive aspects rather than curative measures. As said “Sankshepataha Kriya Yogoh Nidana Parivarjanam” i.e the best remedy for any problem is the avoidance of the causative factors. But in this case the causative factor i.e. exposure to computers cannot be avoided as a whole but some rearrangement at the work place can be effectively planned so as to prevent the problems. The below said measures can be adapted:

Eyes are rightly regarded as windows to the soul & the precise meaning of this phrase would mean that you can look into the eyes of an individual & decipher the nature of the soul. It is

highly vital to recognize & practice the supportive Ayurveda Eye care Tips for healthy & longevity of the eyes.

### **1.Shodhana**

The purifactory measures so as to detoxify the body are the primary resorts for general well being and also for the restoration of health of the eyes in this context Nasya- Nasya karma is believed to be best suited for the Eye & ENT ailments. Nasya karma is the procedure of instilling medicines through the nasal orifice. The nasal orifices are believed to be the entrance of the head. The medicine instilled through them easily penetrates the sringataka & spreads to the siras (arterioles) of head (Shira), eyes (Netra), Ears (Shrotra), throat (Kanth) & expels out the impurities. Pratimarsh nasya of Panchendriya vardhana taila – two drops in each nostril at night is beneficial.

### **2.Sthanika Chikitsa or Local treatments for the eye**

1. Triphala Eye Washing - Daily Triphala Eye Washing by plastic eye washer at evening. Eyes need to be washed with cold triphala kwath. This is also suggested that prior to this act, the mouth be filled with water. This would make the eyes to be protruding out & better cleansing of the same could be accomplished.
2. Netra tarpan- Netra tarpan cools, lubricates & rejuvenates the eyes & also improves the inner vision by clearing out the subtle channels associate with inner & outer perception. This helps to relax itchy & dry eyes. It helps to bring back brightness & clarity to the eyes. Netra tarpan with Triphala Ghrut is beneficial.
3. Anjan – Applivation of medicine to the internal surface of lid margin is called anjan. Netranjan keep the eyes clean & eye vision sharp.
4. Tratak- Daily at morning is beneficial for eyes

### **3.Other Treatments**

1. Rest Breaks –To prevent eye strain try to rest your eyes when using the computer for long periods. Rest your eyes for 15 minutes after two hours of continuous computer use. Also for every 20 minutes of viewing, look into the distance 20 seconds to allow your eyes a chance to refocus
2. Blinking- To minimize your chances of developing dry eye when using a computer make an effort to blink frequently. Blinking keeps the front surface of your eye moist.
3. Padabhyanga- Rubbing the soles of the feet with oil or ghee regularly

4. Shiro Dhara: Pouring in stream of medicated oils or decoctions or milk over the forehead and scalp
5. Shiro Vasti: Pooling of medicated oils or ghee over the head within the constructed leather chamber.
6. Shiro Abhyanga: Massaging the head gently with the medicated oils
7. Shiro Pichu: Keeping a cotton swab soaked in medicated oil on the crown of the head and tying a bandage over it so as to keep it in position for a few minutes
8. Sneha Panam: Regular oral consumption of medicated oils or ghee in metered doses

#### **4. Shamana Chikitsa**

Oral Medicines to balance the disturbed doshas and also effective in establishing eye health and also to strengthen them.

Eg: Triphala Ghritam, Sukumara Ghritam, Dhanwantaram Ghritam, Drakshadi Gritham, Amalaki Rasayanam, Brahma Rasayanam, Chyavanprash, Punarnava Mandooram, Saptamruta Loham, Navayasa Loham, Ashta varga Kashayam etc

#### **5. Rasayan**

Daily Triphala churn 5gm with 1tsf honey & half tsf cow ghee at night act as rasayan for eyes.

#### **6. Ahara {Diet}**

Use in adequate: Apples, sprouted peas, raw carrots, vegetable soups, green leafy vegetables, plenty of water, honey water, coconuts etc

Don't use: Carbonated and refrigerated eatables and drinks, caffeinated drinks, fried foods, junk foods, smoking etc

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