

LIFE STYLE DISORDER RELATED TO NETRA

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ABSTRACT

Lifestyle as well as occupation is a major factor thought to influence susceptibility to many diseases including eye. Some of the faulty lifestyle exposures like smoking, alcohol consumption, fat and sugar rich diet, chronic eye strain etc. and occupation like heavy use of computer, VDT, Farmer, Delivery Boy etc are notably associated with the risk of developing eye diseases. An relation between such defective life style and subsequent eye diseases was reviewed from *Ayurvedic* and biomedical literature and corresponding prevention measures were searched. *Ayurveda* is found to possess rich information about the lifestyle leading to healthy living & to prevent occupational life style disorder and also the preventive strategies in general. For eye diseases,

a few daily regimens like *Aschyotana* (Eye Drops), *Anjana* (Collyrium), *Nasya* (Nasal Administration of drugs), *Abhyanga* (Oil massage), *Snana* (Bath), *Padabhyanga* (Foot massage with oil) are promoted as good measures for the maintenance of eye health. Various *Yogasanas* and *Pranayamas* are also said to be beneficial for the same cause. A practice of such simple techniques along with suitable modification to lifestyle by due inclusion of diet and exercise can prevent a great deal of ocular diseases as is seen in this review.

KEYWORDS: Life style Disorders, V.D.T, *Aschyotan*.

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INTRODUCTION

Shalakya Tantra is one among the Astang Ayurveda. It deals with disease of Supra Clavicular organs and its management. Like all other modern practices that have a separate branch of specialization for different genres of work, the concept of *Ayurveda* also entails this kind of classification and there are mainly eight branch within the science. Under these eight broad headings there are numerous other areas of specialization and this level of demarcation and differentiation makes the science one of the most organized and systematic ones. The five sensory organ are located in the supra clavicular region. The ancient Vedic literature by sages has clearly laid out instructions to maintain health as well as fighting illness through therapies, herbal medicines, dietetics and exercise. The five Senses aid in understanding of our environment and the surroundings. The five Senses simplify the world around us as we can understand and comprehend whatever happens around us. In this way, we can appreciate ourselves and better understand our environment and surroundings.

“नेत्रप्रधानंसर्वेन्द्रियाणाम्” said *Lord Shree Krishna* to his friend *Arjuna* in *BhagvatGeeta*, which means Eye are the precious gift given to human beings by the Almighty. Leaving anatomy aside, eyes are perhaps the most important part of a human body. In *Ayurveda*, *Acharya Vagbhatta* has mentioned the importance of the eye by quoting a beautiful verse.

One should always strive hard to protect the eyes and to preserve the vision so long he desires to live a happy and healthy life. Because for a blind person day and night are same and this world is of no use in spite he has a lot of wealth.^[1] The eyes are said to be most important than all other sense organs.

Life Style diseases characterize those diseases whose occurrence is primarily based on daily habits of people and are a result of an inappropriate relationship of people with their environment. People are predisposed to various diseases based on their way of living and occupational habits. They are preventable, and can be lowered with changes in diet, life style and environment. The onset of these life style disease is insidious, they take years to develop and once encountered do not lend themselves easily to cure. The main factors contributing to the life style diseases are Bad Food Habits, Physical Inactivity, Wrong Body Posture And Disturbed Biological Clock.

Here we will discuss some of the life style disorders related Netra. They are as follow.

Dry eye syndrome is a multi factorial disease of the tear film and ocular surface that results in symptoms of discomfort, visual disturbance, and tear film instability with potential damage to the ocular surface. It is accompanied by increased osmolarity of tear film and inflammation of the ocular surface.

It can be co related with *Shushkakshipaka*. Dry eye syndrome (DES) is one of the most frequently encountered ocular morbidities. Twenty-five percent of patients who visit ophthalmic clinics report symptoms of dry eye, making it a growing public health problem and one of the most common conditions seen by eye care practitioners. The causative factors for D.E.S are Excessive computer use, Pollution, Auto Immune Disease, Air Conditioners, Dry Environment, Contact Lenses, Aging, Hormonal Disturbances, Contact Lens, Blepharitis, Lasik, Anti Depressant, Specific Preservatives in Topical Medication. Most of the causative factor are related with occupation & life style. With the minor changes in behavioral changes in daily regimens make life free from dry eye syndrome. That's why it can be considered as Occupational life style disorder. The clinical features are Non Specific Ocular Discomfort, Irritation, Itching, Soreness, Burning, Or Occasional Blurring of Vision.

Pterygium is a wing shaped fold of conjunctiva encroaching upon the cornea from either side within the inter palpebral fissure. It is noncancerous lesion that usually grows slowly throughout life. It may even stop growing after a certain period. It can be compared with *Arma* in *Ayurveda*. The Causative Factors are Sun (UltraViolet Rays), Dry Heat, High Wind, Abundance of Dust. Generally labor worker, factory worker, coolie, farmers come across with all these factors. By using some of the preventive aids, one can prevent the disease to lend. Due to this characteristic features it can be considered as occupational life style disorder. The Clinical Features are Unilateral Or Bilateral, Triangular fold, Asymptomatic, Cosmetic Intolerance, Visual Disturbances i.e. Corneal Astigmatism, Diplopia. The complications are Cystic degeneration, Infection, Neoplastic Changes Rarely.

Computer Vision Syndrome (CVS) is a complex of eye and vision problems related to near work which are experienced during computer use. The Causative Factor are Uncorrected spectacle power, Inappropriate glasses for computer use, Difficulty in eye co ordination at near work, Strain on the muscles of the eye due to work style, Decreased blink rate or tear function, Glare and reflections from the monitor and surroundings, Poor workstation setup or improper use of workstation, Job nature and stress. Generally the people are used to work on computer without specific spectacle for computer use And those person doesn't go under

regular eye check up. The working area is congested and due to uneven position of monitor causes stress on eye which diminishes the work efficiency physically as well as mentally. They used to complete the target by continuous work for many hours on VDT that additions the mental stress. Constant work on VDT reduces the blink rates that increases the evaporation rate. They collectively cause computer Vision Syndrome. The Clinical Features are Eyestrain, Headaches, Blurred vision, Difficulty in changing focus, between far and near, Dryness of eyes, Irritated eyes, Tired eyes, Redness, discomfort, Neck, shoulder and backache can also be related to the way we use our eyes at the computer. By understanding the patho physiology of CVS, it can be inferred that by changing some of the work pattern on VDT reduces the chances of developing CVS.

Glaucoma is not a single disease process but a group of disorders characterized by a progressive optic neuropathy resulting in a characteristic appearance of the optic disc and specific pattern of irreversible visual field defects that are associated frequently but not invariably with raised IOP. It can be co related with *Adhimantha* in *Ayurveda*. With the advancement of our life style we have become dependant on technology and gadgets which directly have an impact on health. Heavy computer use could be linked to glaucoma, especially among those who are myopic which can lead to blindness if not treated. The person are classified as heavy computer users are more likely to be hypermetropia or myopia. Around a third of these persons have suspected glaucoma. Upon further analysis, heavy computer use, suspected glaucoma and short-sightedness appeared to be interlinked.

ARMD is a non-hereditary degeneration involving the Choriocapillaris, bruch's membrane, retinal pigment epithelium and photoreceptors. Most common cause of permanent central visual loss in the elderly. One of the leading cause of blindness in the world. Among the risk factors for ARMD, Age, Smoking, Hypertension, Dietary factors, sun light exposure are main factors. These can be avoided by changing the life style.

Diabetes mellitus is a common disease and it results in generalized macro- and micro vascular complications. The findings of Non proliferative diabetic retinopathy are Micro aneurysms, Retinal Hemorrhage, Edema, Hard Exudates, Cotton wool spots, Venous abnormalities, Intra Retinal Micro Vascular, Dark blot hemorrhage. The proliferative diabetic retinopathy develops in more than 50% of cases. It occurs after 25 yrs of onset. As we know that the by doing dietary and behavioral changes, one can minimize the chances of occurring diabetic retinopathy.

Treatment Protocols

The whole treatment can be divided into two headings.

1) Preventive Aspect

Dincharya: In Ayurvedic classics, various *Charya* like *Anjan*, *Netra Prakshalan*, *Dhumpana*, *Abhyanga*- *Shirobhyanga*, *Udgharshan*, *Mukhalepa*, *Nasya*, *Padapuja*, *padatra Dharana*, *Chhatra Dharan*, *Ushah pana* etc are advocated.

The *Anjana* which is prepared from various *Dravyas* were categorized into 3 types as per its pharmacological action & its form. This can be practiced daily. It eliminates the *Doshas* from eyes.^[2] It clears the *Mandal & Tarak*.^[3] *Netra prakshalan* is a procedure in which healthy eye are washed gently with cold water which makes vision strong.^[4] *Dhumapana* relieves the *Akshi Shula*.^[5] The Tail massage on head strengthens the *Indriya* (Sensory organs including Eyes).^[6] *Udgharshan* stimulates the function of the *Indriya*.^[7] *Shirah Snan* (Head bathing) with cold water is always advisable in healthy person. The *Mukhalepa* (Application of medicinal fine powder on face) makes the vision strong. The *Nasya Karma* prevents the *Chakshu Vikar* (Refractive errors).^[8] The *Pada Prakshalan* (Cleaning of foot) nourishes the eyes.^[9] *Padabhyanga* improves the vision.^[10] The *Padatra Dharana* (Foot Wear) is always advisable for maintenance of the vision.^[11] One should always use umbrella for protection of vision.

Rutu Charya: Due to climatic changes, many changes occur in physiology of eye of eye which may lead to many disease. When one *Ritu* is completed and another one is commenced, the changes in atmosphere trigger off many ailments. For getting rid out of these, *Acharya* has mentioned *Ritu Charya* under the heading of *Ritu Sandhi*. One should follow these for prevention of *Netra Roga* in various *Ritu*.

Yoga Pranayam: *Tratak Adi Kriya* and *Anulom Viloma Adi Pranayam*, *Gyaan Adi Mudra* and *Shirshasan Adi Asan* are practiced for preventive purpose.

2) Curative Aspect

Panchakarma: There are 5 *Karmas* (*Vaman*, *Virechan*, *Nasya*, *Basti* & *Rakta Moskahan*) which are also helpful in the management of Life style disorders related to *Netra*. As we know that all these procedures are purifactory. They purify the body from various *Dosha* which cause *Agnimandya*. The *Agnimandya* is considered as the key factors for the

occurrence of the disease especially *Netra Roga*. In our day to day life, we used to take junk food, cold drinks, bad dietary food habits. These all cause *Agnimandya* ultimately lead to *Netra Roga*.

Virechan and *Nasya Karma* are advisable in the management of *Arma* (Pterygium).^[12] *Bastikarma* and *Nasya* are described as line of treatment for *Shushkakshipaka*.^[13] All the karma except of *Vaman* is advisable in the management of *Adhimantha* (Glaucoma). More or less all the *Panchkarma* procedures can be done for the management of Occupational life style disorders.

Kriyakalpa: The 7 procedure exclusively used for the management of various *Netra Roga* is called as *Kriya Kalpa*. They are *Tarpana*, *Putapaka*, *Aschyotan*, *Anjana*, *Seka*, *Pindi* and *Bidalaka* used in the management of life style disorders.

DISCUSSION

The life style disorders are insidious which can be easily prevented by following the *Dincharya*, *Rutu Charya*, *Yoga & Pranayam*. But once it goes in full speed, it can't be easily cured. Keeping this in mind, "prevention is better than cure" should be followed. Daily *Abhyanga*, *Snana*, *Dhumapana*, *Nasya* strengthen the eye which keeps the disorders far. Some of the sitting habits, dietetics habits, sleeping habits also helpful in preventing the eye from disease. In each *Rutu*, there is at plus or minus level, there is changes in atmosphere. For overcome from these changes, *Rutu charya* are helpful. Whenever life style & occupational disorder related to *Netra* occur, *Panchkarma* And *Kriyakalpa* are helpful in treating the disease.

CONCLUSION

The person is suffering from his habits which are bad in the terms of food & behavioral. In spite of this, he is knowingly or unknowingly habituated for same. If one change his habits can prevent many disease to lend. For preventing it, physician can't advise to leave his occupation but with rationale changes in his sitting posture, living and food habits, one can get rid out of this. This study concludes that the approach based on fundamentals of Ayurvedic system of medicine not only gives relief to the life style disorders, but it prevents also.

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