

## CONCEPTUAL STUDY OF RELATIONSHIP BETWEEN DRISHTI AND METABOLISM AN AYURVEDIC AND MODERN SCIENTIFIC PERSPECTIVES

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Article Received on  
05 June 2025,

Revised on 26 June 2025,  
Accepted on 16 July 2025

DOI: 10.20959/wjpr202515-37663



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### ABSTRACT

**Drishti:** In Ayurveda, Drishti refers to vision or the sense organ responsible for sight. It's intricately linked with the overall health of an individual. Ayurveda is a wide and deep science which itself is full of knowledge and many scientific facts. With time these facts have been established by the great pioneers of Ayurveda. Innumerable researches and experiments are going on in the field of Ayurveda but some controversies are still remaining. Drishti is one of the controversial terminologies in Shalaky Tantra and there are many concepts which have been given time to time and are still evolving. At some places Drishti is taken as a functional entity and at other places as a structural unit. It also appears to have both structural and functional properties in few contexts. In the present study attempts are made to see the concept of Relationship between Drishti and Metabolism An Ayurvedic and Modern Scientific perspectives.

## INTRODUCTION

Shalakya Tantra is one of the branch of Ayurveda which associated with disorders related to eye ear, nose and throat or disorders related to above clavicle region. The eye is very importante and sensitive part of body and responsible for visibility therefore the disease related to eye must be handled carefully. The line of treatment for the management of eye diseases is very specific or selected due to the hypersensitive and delicate nature of eye. The functions of human eye is not less than that of a camera. Proper efforts should be made in order to protect the eyes. Prakupit tridoshas vitiated by hetusevana goes through urdwagami sira of netra and produces darun netraroga. Netra is the site of Aalochak pitta. Proper eye care and eye wear at every stage of life is Important in order to avoid curable blindness and preventable blindness a part of global initiative 'Vision 2020' which starts from avoidance of causative factors itself.

**Metabolism:** Metabolism plays a crucial role in maintaining the health of various body systems, including the visual apparatus.

## AIM AND OBJECTIVE

**Aim:** The aim of this article is to explore the relationship between Drishti and metabolism from both Ayurvedic and modern scientific perspectives.

**Objective:** The objective is to understand the potential links between visual health and metabolic function, and to identify potential areas for further research.

## MATERIALS AND METHODS

### Ayurvedic Perspective

**Agni and Drishti:** According to Ayurvedic texts like the Charaka Samhita and Sushruta Samhita, Agni (digestive fire) influences overall health, including eye health. Impaired Agni can lead to the accumulation of toxins (Ama), potentially affecting Drishti. From an Ayurvedic perspective, Drishti is considered a reflection of the overall balance of the doshas. Imbalances in the doshas can lead to various eye problems, including refractive errors, dry eyes, and age-related macular degeneration. Ayurvedic texts the Charaka Samhita and Sushruta Samhita also describe the importance of eye care and vision therapy in maintaining overall health and well-being.

## Modern Perspective

**Metabolic Disorders and Eye Health:** Modern research highlights the impact of metabolic disorders, such as diabetes, on eye health. Conditions like diabetic retinopathy can significantly affect vision.

**Nutritional Factors:** Certain nutrients, like omega-3 fatty acids, lutein, and zeaxanthin, are essential for maintaining healthy vision.

Modern science has made significant progress in understanding the complex relationships between visual health and metabolism. Research has shown that visual impairment can have a significant impact on metabolic function, including changes in glucose metabolism and insulin sensitivity. Additionally, studies have also highlighted the importance of visual health in regulating circadian rhythms and sleep-wake cycles, which are critical for metabolic function.

## Relationship Between Drishti and Metabolism

**Impact of Metabolism on Drishti:** Ayurvedic principles suggest that impaired metabolism can lead to the accumulation of toxins, potentially affecting Drishti. Modern research supports this concept, highlighting the importance of metabolic health in maintaining healthy vision.

## Some examples are Discuss here

### Ayurvedic Perspective

According to Ayurveda, metabolic disturbances can lead to pancreatic damage and DM (Madhumeha) which further can leads to eye diseases which disturb drishti(vision) like Diabetic Retinopathy and Hypertention through the following mechanisms:

- 1. Agni Imbalance:** Agni (digestive fire) plays a crucial role in nutrient assimilation and metabolism. An imbalance in agni can lead to improper digestion, nutrient deficiencies, and metabolic disturbances.
- 2. Aama Accumulation:** Aama (toxic substances) can accumulate in the body due to improper digestion, leading to metabolic disturbances and pancreatic damage.
- 3. Dosha Imbalance:** An imbalance in the three doshas (Vata, Pitta, and Kapha) can affect pancreatic function and lead to DM. For example, Kapha imbalance can lead to insulin resistance, while Pitta imbalance can cause inflammation and oxidative stress.

**4. Srotas Blockage:** Srotas (channels) play a crucial role in nutrient transport and waste removal. Blockage of srotas can lead to metabolic disturbances and pancreatic damage.

### Modern Perspective

Metabolic disturbances can lead to pancreatic damage and diabetes mellitus (DM) through several mechanisms:

**1. Insulin Resistance:** When cells become resistant to insulin, the pancreas compensates by producing more insulin. Prolonged insulin resistance can exhaust the pancreas, leading to beta-cell dysfunction and impaired insulin secretion.

**2. Pancreatic Beta-Cell Dysfunction:** Beta cells in the pancreas are responsible for insulin production. Metabolic disturbances, such as glucotoxicity and lipotoxicity, can damage beta cells, reducing insulin secretion and contributing to DM.

**3. Inflammation and Oxidative Stress:** Chronic inflammation and oxidative stress can damage pancreatic tissue, impairing insulin secretion and contributing to DM.

**4. Genetic Predisposition:** Genetic mutations can affect pancreatic function and increase the risk of developing DM.

Hypertension (HTN) and diabetes mellitus (DM) can cause significant damage to the eyes, particularly the retina.

The effects of HTN and DM on the eyes

- Hypertensive Retinopathy: HTN can cause damage to the blood vessels in the retina, leading to:

- Retinal hemorrhages
- Cotton wool spots
- Hard exudates
- Papilledema

- Diabetic Retinopathy: DM can cause damage to the blood vessels in the retina, leading to

- Microaneurysms
- Retinal hemorrhages
- Hard exudates
- Neovascularization

- Macular edema

### **Ayurvedic Perspective**

**According to Ayurveda, HTN and DM can cause eye problems due to**

- Tridosha Imbalance: An imbalance in the three doshas (Vata, Pitta, and Kapha) can affect the eyes and lead to various eye problems.
- Rakta Dusti: Rakta dusti (blood impurity) can cause eye problems, including hypertensive retinopathy and diabetic retinopathy.
- Kapha-Pitta Imbalance: A Kapha-Pitta imbalance can lead to diabetic retinopathy, while a Pitta-Vata imbalance can cause hypertensive retinopathy.

### **Lifestyle Modifications**

Both modern and Ayurvedic perspectives emphasize the importance of lifestyle modifications in managing HTN and DM-related eye problems. These include:

- Dietary Changes: Eating a balanced diet rich in fruits, vegetables, and whole grains can help manage HTN and DM.
- Exercise: Regular exercise can help improve insulin sensitivity and reduce blood pressure.
- Stress Management: Stress management techniques, such as yoga and meditation, can help reduce stress and promote overall well-being.

By combining the strengths of both modern and Ayurvedic perspectives, individuals can adopt a comprehensive approach to managing HTN and DM-related eye problems and promoting overall eye health.

### **DISCUSSION**

The relationship between Drishti and metabolism is complex and multifaceted. From an Ayurvedic perspective, maintaining healthy Drishti is critical for overall health and well-being, including metabolic function. Modern science has also recognized the importance of visual health in regulating metabolic processes. Further research is needed to fully understand the relationships between Drishti and metabolism and to identify potential therapeutic targets for improving metabolic health.

## CONCLUSION

In conclusion, the relationship between Drishti and metabolism is a complex and fascinating area of study that want further research. By exploring the connections between visual health and metabolic function from both Ayurvedic and modern scientific perspectives, we can gain a deeper understanding of the intricate relationships between different physiological systems and develop new strategies for promoting overall health and well-being. The relationship between metabolism and Drishti is complex, involving both Ayurvedic and modern perspectives. Further research is needed to fully understand this relationship and explore potential therapeutic approaches.

Some recommended research papers and studies on the topic include:

- "A Conceptual Study of Drishti in Ayurvedic and Modern Point of View" by Dr. Kavita Rathore, Dr. Manish Choudhari, and Dr. Naresh Jain.
- "Bridging concepts of drishti: Shalakya tantra and modern science" by Aayush Soni et al.
- "Understanding Drishti in the lights of Netra Sharir and various Ocular disorders - A Review" by Ankur Tripathi et al.