

PREVENTIVE PRINCIPALS OF SWASTHAVRITTA FOR NETRA RAKSHA

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ABSTRACT

In present era, this world is developing very fast, whether it is in the field of medicine or any other field. In this phase of development, People's are not able to give time for his own eye health so they suffered from different types of eye disorders. *Ayurveda* is not just a medical science, but it is a style of living. Ancient classics have also told that *Swasthavrutta Yoga, Naturopathy and Healthy diet* is important for every person's eye health and its healthy life. *In Ayurveda for prevention of Netrarogas, Drug therapy and Non drug therapy is described. Non Drug therapy includes Swasthavrutta & Yoga which provide strength to Jhayanedriya like Chakshurendriya, Shrotendriya, Gharendriya, etc. It can minimize the use of drug and also minimizes the side effects of drug therapy and improve the better eyesight. In this view, Swasthavrutta, Yoga i.e. eye exercise play an important role in maintaining the health of indivisual. Every person should follow Healthy diet and Naturopathy remedy for better improvement of vision.*

KEYWORDS: Netrarogas, *Swasthavrutta*,, *Sadvrutta*, *Yoga & Naturopathy*.

INTRODUCTION

The Ancient classics explain Swasthavrutta & Yoga. It is nothing but all activities of persons that are beneficial for human beings. The main aim of Swasthavrutta & Yoga is to maintain the health and prevention of diseases¹. It also focuses on maintaining a balance in various aspects of life, including diet, lifestyle, and mental well-being to prevent diseases and promote overall health. Prevention is often considered the most effective and cost- efficient approach to healthcare. In Netra rogas, Naturopathy and healthy diet also play the preventive measures for crucial role in maintaining eye health and reducing the risk of developing various eye diseases that can lead to vision impairment. The leading causes of blindness and low vision are primarily age-related eye diseases such as age-related Macular degeneration, Cataract, diabetic retinopathy, and Glaucoma² etc. For preventing these eye disorders and maintaining ocular health Dinacharya, Ritucharya, Yoga & specific therapies of Naturopathy are described in ancient text. Eye diseases can be prevented and good vision can be restored by following these methods in day-to-day life like Dinacharya, Ritucharya, Sadvritta, Yoga & Proper Healthy diet.

DINACHARYA^[3]

“Dine dinecharya, dinasyahvacharyadinacharya”

It means a daily routine of persons to do all day or the persons after waking up in Brahmanuhurta in the morning, and before going to sleep at night, the activities of whole day are called dinacharya.

BRAHMAMUHURTA^[4]: For the sake of his health, a healthy person should wake up in Brahmanuhurta considering whether the food taken in the previous night has been digested. Brahmanuhurta time is between 4 to 6 am. O₂ (oxygen) in the atmosphere in the morning easily mixed u with haemoglobin and form oxy-hemoglobin, which is responsible for tissue nourishment.

ANJANA (COLLYRIUM)^[5]: The procedure of application of collyrium on the lower eye lids from inner canthus to outer canthus and vice versa is called as Anjana. For a healthy person, Anjana Karma maintains a diseases free eye and it glows just like a bright moon in the clear sky. The application of medicines in the eyes dilates the blood vessels and this can enhance local blood circulation, providing nourishment to the eye tissues.

NASYA (NASAL ADMINISTRATION OF MEDICINE)^[6]: The procedure in which the medicated oils or herbal juices are instilled into the nostrils is called Nasya. According to Acharya Vagbata, it is advisable and good to practice daily from birth to death of a person. It prevents the disease of eyes, nose, ears and also causes Indriya Prasadana. The administration of drugs through Nasya (nasal drops), with potential absorption through mucous membranes, may facilitate entry of therapeutic compounds into general blood circulation. Antioxidant properties may help protect the eyes from oxidative damage.

DHOOMAPANA^[7]: (INHALATION OF SMOKE): Taking of medicated smoke either through the mouth or nose and releasing it through mouth called Dhoomapana, it is a very quick and effective treatment for kapharoga. To scrape the kaphadosha which is stuck to the srotas. Indriyas become activated and keen in their function with clarity and freshness of mind.

ABYANGA (OIL MASSAGE)^[8]: Acharya Vagbhatta mentions that oil massage on the body especially the massage over Shira, Shrivana and Pada leads to Drushti Prasadana and is essential in maintaining and improving the vision. In the head Among these, Gandhari and Hastijivha are associated with the left and right eyes, respectively. Gandhari is surrounding the Ida Naadi, extending from Pada, and ending in the left Netra. Similarly, Hastijivha surrounds the Pingala Naadi, extending from Pada, and ends in the right eye. This reflects the indicated network of Naadis believed to be connected to eye function in Ayurveda. Acharya Charak also mentions that Drushti Prasadana is obtained by foot massage.

MUKHA-ALEPA^[9]: Mukha Alepa is the procedure of application of herbal paste over the face and it helps to improve the eye sight. The ophthalmic branch of facial artery, facial nerve and trigeminal nerve are lying along the cheek and neck having branches to the eye. So, the procedure and the medicinal value of the procedure and the medicinal value of the Mukhalepa in turn affect the eyes.

PADATRA DHARAN^[10]: (USE OF FOOTWEAR) & PADA PRAKSHALANA (WASHING FOOT) Maintaining the hygiene of foot by wearing footwear and washing foot are mentioned for maintaining the health of Netra. The nerve endings in the sole are highly sensitive. The stimulation of these nerve endings reflects in eye through sympathetic and parasympathetic supply.

CHATTRA DHARANA^[11] (USE OF UMBRELLA): Drishti is Sheetasatmya and exposure to sunlight (UV radiation), dry heat, wind and dust etc. Alters the balance of Dosha in the eyes and causes diseases.^[18] The Sun's ultraviolet rays can increase the risk of cataracts and age related macular degeneration, if the eyes are exposed for a prolonged period. Using an umbrella protects the eyes by shielding them from environmental factors like Sunlight, heat, dust and it is considered as Chakshushya.

RATRI CHARYA: (NIGHT REGIMEN): It is advised that, after having the dinner one should wash the hands properly and then touch the eyes with moist fingertips. This may be mentioned to maintain the Sheetatva over the eye which is Satmya to the eyes. For the strengthening of vision, intake of Triphala with honey and ghee is explained.

SADVRUTTA^[12]: For maintaining the health of ghyananendriya and mana, one has followed the rules like proper interaction of sense organs, performing different actions after proper thoughtful analysis by his intelligence. A stable & harmonious equilibrium between Mana & his environment is needed to reduce man's vulnerability to mental & ocular diseases & to lead a more productive & satisfying life.

PATHYA- APATHYA FOR NETRA RAKSHANA^[13]

Food / Activities	Pathya	Apathya
<i>Shukadhanya</i>	Lohitakashali (red variety of rice), Sashtika, Yava (barley)	Germinated cereals / sprout
<i>Shimbidhanya</i>	Mudga (green gram) and other pulses	Kulattha, Masha
<i>Mamsa</i> (meat)	Flesh of birds, tortoise flesh, lobster, peacock	Matsya, Flesh of animals living in semi-arid tropics
<i>Shaka</i> (green vegetables)	Jeevanti (Leptadenia reticulata) karvellaka(Bittergourd), Solanum nigrum, Aloe vera, Unripe banana and redish, Pointed gourd, Allium sativum	Kalingakapatrasaka (Hoarrhaena antidysentrica)
Fruits	Dadima, Draksha, Amalaki, Vibhitka, Abhaya	Citrullus lanatus
<i>Dugdha</i> (milk)	Milk obtained in evening time, fresh butter obtained from churning of milk	Milk gotten in morning time
<i>Ghrita</i> (ghee)	Ghee prepared from Cow's and goat milk	Curd
Oils	Tilatail	Atasi(Linum usitatissimum) Kushmbhatil
<i>Rasa</i>	Sweet, Sita(sugar)	Amla, lavana, Katu, Kshara, Sour items like pickles in excess
Seeds	Kataka(strychnos potatorum), Chakshusya(Casia absus),	Sprouted paddy seed, Tilkut (Sesamum indicum)

	Sobhanjana(Moringa olifera)	
Salt	Rock salt	Other salt
<i>Sugandhi dravya</i>	Chandana, Karpura	Tambula
Food habit	Light and digestible quantity	Excessive intake of food
Posture	Recurrent palming	Sitting on heels, Sleeping in prone position, trauma on Apangamarma
Sleep	Timely & Sound night sleep	Habit of day sleep, Awaking in night
Drinks	Liquid drink (paya,vilaipi)	Excessive alcohol, Smoking
<i>Manasikabhavas</i>	Manonivritti (self-discipline)	Indulgence in fear, krodha (anger), shoka(sorrow)

ROLE OF YOGA IN NETRA RAKSHANA^[14]

Yoga: Purifying procedure like Pranayama, Asana, Netikriya and Trataka help to promote clear eye vision and prevent the dosasanchaya. In yoga asana palming, swinging and shifting movement of eyes & matsya asana may give relief to eyes and prevent the refractive errors and other problems.

Pranayama: Of the many benefits that pranayama has on the body, improving eyesight is one of them. Bhramari Pranayama. It involves imitating a humming bee, has positive effects on the eyes. The vibrations created in the body during pranayama help nourish the muscles of the eyes, among others. All kinds of pranayama benefit the eyes as they relax them and reduce the strain. Kapalbhathi involves specific breathing pattern. Kapalbhathi increases the blood supply to Urdhvjatrugata organs. Hence kaplbhati helps eyes as it increases oxygen supply and nutrition to the eyes & prevents eyes from kaphaja disorders.

Mudra: In Yoga, Mudras are used in conjunction with pranayama, generally seated in Padmasana Sukhasana, or Vajrasana, to stimulate parts of body involve with breathing and to affect the flow of Prana in the body.

Vaayu Mudra –It is beneficial for ersdicating feeling of heaviness in eyes.

Prithvi Mudra –Used for curing cataract problems in eyes slowly.

Varuna Mudra –It relief from burning sensation and Dry eyes.

Dhyaan Mudra –It is usefull in weak eyesight and retinal problems.

Aasana^[15]

Shirsasan and Singhasan: In this yoga for eyes, there is an increased blood-flow which helps in preventing macular degradation and other eye disorders.

Shavasana – It helps to relax all the muscles of body including eyes.

Shatakarma- ‘shat’ means six and ‘karma’ implies Action. It consists of the six purificatory procedures. It should be practiced when Medas and Kapha were in excess.

Trataka- it means to Gaze eye muscles, It increase the much vision so that even smallest particle in the dead darkness becomes visible. Trataka vitalizes vision by accelerating blood circulation in and around the area of the eyes, and also nturalizes eye infections by destroying the microbes through tears.

Neti^[16]- Neti is the process of cleaning tha nasal cavity, using either water or a catheter. Neti Cleanses the nasal Passage, Stimulates the sensory organs in the head, Stimulates tear ducts, Improves vision, Relieves headaches, Improves focus and Boosts memory power.

NATUROPATHY^[17] - Naturopathy play an important role in Netra raksha it imploys the benefits of natural ingredients and ailments to keep your eyes healthy.

Mud pack – Mud pack on eyes helpful in elimination dark circles around eyes. It gives relaxation to the eyes. It also relieves the allergy and inflammation of eyes.

Chromotherapy – It is method of treatment of diseases by using different colours of light. The light is applied by two methods.

External – By using light through different colour glasses.

Internal – By drinking the water charged with specific colour.

The effects and use of Purple colour in chromotherapy is it exerts a soothing effect on the eyes. It is used in the treatment of cataract & many eye disease.

CONCLUSION

Ayurveda gives careful consideration on staying away from the components causing diseased state. Giving emphasis on our daily routine and a few subtle changes in our lifestyle can result in optimum visual health. The prevention modalities encouraged in swasthvritha such as Anjana, Nasya, Snana, Padabhyanga, etc. Along with a few changes in behaviour at personal, family preventive practices are promoted as effective measures for maintenance of visual health and the prevention of ocular disorders in population. Selected Yoga, Asanas and Satkriyas etc are also said to be beneficial for the health of eyes. By including Naturopathy

and Ayurvedic visual health promotion and preventive measures as integral part of programmes to enhance community awareness may help to attain its strategy of 'Eye Health for All' & to free cataract surgeries through Government, NGO and private practitioner involvement.

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