

## ROLE OF TRATAKA AND NETRA PRAKSHALANA WITH AAMLAKI KWATHA IN THE MANAGEMENT OF MYOPIA: AN AYURVEDIC REVIEW

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### ABSTRACT

Myopia or short sightedness is that dioptric condition of the eye in which parallel rays of light from infinity come to a focus in front of the retina when accommodation is at rest. Primary symptom of myopia is blurred vision for distance the eyes. Myopia is a rapidly increasing refractive disorder characterized by defective distant vision due to axial elongation or refractive imbalance of the eyeball. Conventional management primarily focuses on optical correction without addressing functional ocular health. Contemporary management primarily includes corrective lenses and refractive surgery, which do not address the underlying functional disturbances. Ayurveda correlates myopia with the early stage of *Timira*, involving vitiation of Doshas affecting *Drishti*. Classical texts emphasize preventive and therapeutic measures for maintaining ocular health, including *Trataka* and *Netra Prakshalana*. *Aamlaki*, described as *Chakshushya* and *Rasayana*, is considered beneficial for vision. This review explores classical Ayurvedic references and the probable mechanisms of *Trataka* and *Netra Prakshalana* with *Aamlaki Kwatha* in the management of myopia. These interventions may

serve as safe, non-invasive adjunctive approaches for improving ocular function and visual comfort.

**KEYWORDS:** Myopia, *Timira*, *Trataka*, *Netra Prakshalana*, *Aamlaki*, *Ayurveda*.

## INTRODUCTION

Vision plays a vital role in daily functioning, and disorders affecting it significantly impact quality of life. Myopia (near-sightedness) is a refractive error in which distant objects appear blurred while near vision remains clear. Its prevalence is increasing globally, particularly among children and young adults due to prolonged near work and digital exposure. In *Ayurveda*, although myopia is not directly mentioned, its clinical features closely resemble the early stage of *Timira* described in *Sushruta Samhita*.

सिराभिरभिसम्प्राप्य विगुऽभ्यन्तरे भृशम् ।

प्रथमे पटले दोषो यस्य दृष्टौ व्यवस्थितः ।

अव्यक्तानि स रूपाणि सर्वाण्येव प्रपश्यति ।सु.उ.7/6-7

*Ayurveda* emphasizes protection and maintenance of eye health, as stated in *Ashtanga Hridaya*.

चक्षुष्यं सर्वदोषघ्नं वृष्यमामलकीफलम्कीफलम् ।सु.सू.46/143

Yogic practice *Trataka*, described in *Hatha Yoga Pradipika*, is considered beneficial for eye disorders. Similarly, *Aamlaki*, mentioned in *Bhavaprakasha Nighantu* as “*चक्षुष्या रसायनी*”, supports ocular nourishment.

Therefore, *Trataka* and *Netra Prakshalana* with *Aamlaki Kwatha* may provide a holistic and supportive approach in managing early-stage myopia.

## AYURVEDIC CONCEPT OF TIMIRA

In *Ayurveda*, *Timira* is a progressive disorder of vision described mainly in *Sushruta Samhita* (*Uttara Tantra*). It affects the *Drishti* (visual apparatus) due to vitiation of *Doshas* and leads to gradual impairment of vision.

सिराभिरभिसम्प्राप्य विगुऽभ्यन्तरे भृशम् ।

प्रथमे पटले दोषो यस्य दृष्टौ व्यवस्थितः ।

अव्यक्तानि स रूपाणि सर्वाण्येव प्रपश्यति ।सु.उ.7/6-7

When aggravated **Doshas (Vata, Pitta, Kapha)** travel through the blood vessels and enter deep inside the eye, and get lodged in the **first layer (Prathama Patala)** of the eye,

➤ The person starts seeing **all objects indistinctly or blurred.**

He can see things, but the vision is **unclear, hazy, or not sharply defined.**

➤ **Clinical Significance**

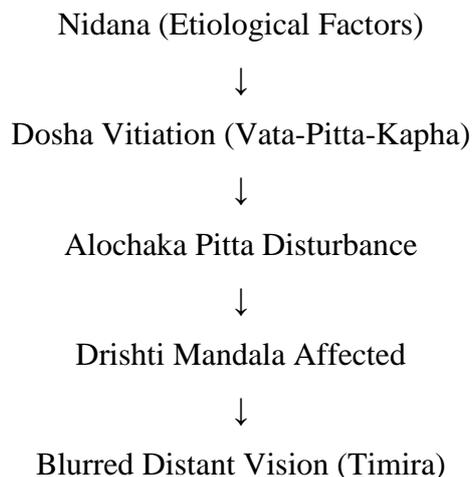
- This is the **early stage of Timira.**
- Vision is **not completely lost**, but clarity is reduced.
- It resembles **blurred vision or refractive error** in modern terms.

This stage resembles refractive errors like **Myopia.**

➤ **Samprapti (Pathogenesis)**

Vitiated Vata, Pitta, or Kapha enter the ocular structures and affect different layers (*Patalas*) of the eye. Timira progresses through four stages and, if untreated, may lead to *Kacha* and *Linganasha* (blindness).

**Flowchart 1: Samprapti of Timira.**



➤ **Dosha-wise Features**

- *Vataja* – Variable and unclear vision
- *Pittaja* – Burning sensation, yellowish vision
- *Kaphaja* – Heaviness, cloudy vision

Timira mainly involves disturbance of *Alochaka Pitta*, the subtype of *Pitta* responsible for vision.

### Ayurvedic Concept of *Trataka*

*Trataka* is a classical yogic cleansing and concentration technique described under *Shatkarmas* (six purification procedures) in *Hatha Yoga Pradipika*.

The classical reference states.

निरीक्षेत्रिश्रलक्ष्णं सूक्ष्मलक्ष्यं समाहितः ।

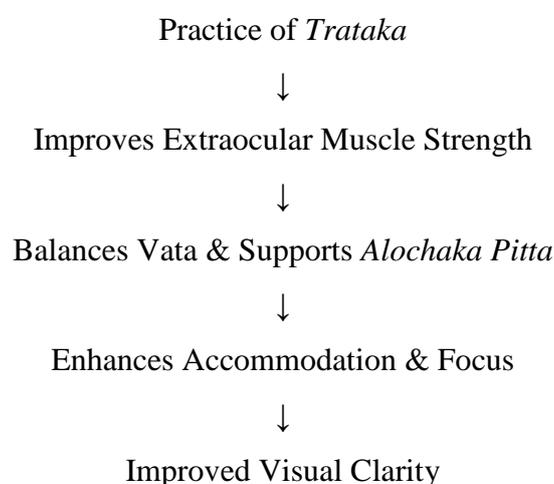
अनुसंपातपर्यन्तमाचार्येस्ताटकं स्मृतम् ॥ (ह. यो. प्र. 2/31)

Meaning: Steady gazing at a subtle object without blinking until tears appear is called *Trataka*.

### Role of *Trataka*

*Trataka* is a yogic practice described under *Shatkarmas* in *Hatha Yoga Pradipika*. It involves steady gazing at a fixed object without blinking until tears appear. From an Ayurvedic perspective, *Trataka* strengthens the *Drishti Indriya* and helps maintain the proper function of *Alochaka Pitta*, which is responsible for visual perception. It also balances Vata by improving neuromuscular coordination of the extraocular muscles. The tearing that occurs during practice helps clear minor Kapha accumulation from the ocular surface. Regular practice enhances concentration, improves accommodation power, reduces eye strain, and supports overall ocular endurance. Thus, *Trataka* acts as both a preventive and supportive therapy for visual disturbances resembling early *Timira*.

### Flowchart 2: Mechanism of *Trataka*.



### Role of *Netra Prakshalana*

*Netra Prakshalana* (eye washing) is part of daily eye care mentioned in *Sushrut samhita*, which emphasizes protection and maintenance of eye health. It helps remove dust, allergens,

and accumulated Kapha from the ocular surface, thereby maintaining clarity and comfort. When performed with *Amlaki Kwatha*, which is described as *Chakshushya* in Bhavaprakasha Nighantu, it provides additional benefits such as Pitta-shamana, Rasayana effect, and nourishment to ocular tissues. Netra Prakshalana reduces burning sensation, strain, and irritation while supporting tear film stability. Therefore, it serves as a simple, non-invasive, and preventive measure for maintaining visual health and managing early visual disturbances.

## DISCUSSION

Myopia, characterized by difficulty in distant vision, can be correlated in Ayurveda with the initial stages of *Timira*, particularly when the first patala is affected.

*Trataka*, one of the *Shatkriyas* described in *Hatha Yoga Pradipika*, is considered a yogic cleansing and strengthening technique for the eyes. From an Ayurvedic perspective, *Trataka* stabilizes *Vata*, enhances concentration, and supports the physiological functioning of *Alochaka Pitta*. Regular practice improves extraocular muscle coordination, accommodation power, and tear film stability. This may help reduce eye strain, improve focusing ability, and potentially slow the progression of functional myopia, especially in early or mild cases.

*Netra Prakshalana* with *Amlaki Kwatha* provides a complementary therapeutic approach. *Amlaki* (*Emblica officinalis*) is described as *Chakshushya* (beneficial for eyes) and *Rasayana* in classical literature such as *Charaka Samhita*. Its *Pitta-shamaka* and antioxidant properties help soothe ocular tissues, reduce inflammation, and maintain ocular surface health. Regular eye washing with *Amlaki Kwatha* may reduce *Kapha* accumulation, alleviate burning sensation, dryness, and fatigue associated with excessive visual work.

The combined approach of *Trataka* and *Netra Prakshalana* works on both functional and local levels. *Trataka* strengthens neuromuscular control and improves visual concentration, while *Amlaki Kwatha* provides local nourishment and Dosha balancing.

These interventions are more effective in early-stage, functional, or lifestyle-related visual disturbances. Further clinical trials are required to scientifically validate their efficacy and establish standardized protocols.

Thus, *Trataka* and *Netra Prakshalana* represent a safe, non-invasive, and preventive Ayurvedic approach in the holistic management of myopia.

## CONCLUSION

Myopia can be correlated with the early stage of *Timira*, where vitiated Doshas disturb *Alochaka Pitta* and cause blurred distant vision. *Trataka*, described in *Hatha Yoga Pradipika*, improves ocular muscle strength and visual focus, while *Netra Prakshalana* with *Aamlaki Kwatha*, supported by *Charaka Samhita*, nourishes and pacifies the eyes. the combined practice of *Trataka* and *Netra Prakshalana* offers a safe, cost-effective, and preventive Ayurvedic approach for the management of early or mild myopia.

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