

Review Article

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AYURVEDA REVIEW ON EYE DISEASES; THEIR DIAGNOSIS AND MANAGEMENT

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Abstract

Shalakya Tantra is Ayurveda branch which deals with disease of ear, eye, throat and nose, etc. The eye is considered very important part of body which performs work of vision and due to sensitive nature eye needs great care. There are many pathological conditions which can affects health of eye due to the pollution, stress, nutritional deficiency and allergic conditions, etc. Glaucoma, uveitis, squint cataract, dry eye and conjunctivitis, etc. are common diseases of eye. Ayurveda suggested uses of formulation, cleaning measures and exercise, etc. for curing eye disorder. Consideration of *Pathya* and *apathya Aahara-Vihara* offers health advantages in case of eye diseases. *Ashtothana, Seka, Anjana, Netra Tarpana, Abhyanga, Pada Abhyanga, Shiro Dhara, Shiro Basti* and *Shiro Pichu*, etc. are also advocated for *Netra-Roga*. Present article summarizes Ayurveda and modern view on common eye diseases and their management.

Keywords: *Ayurveda, Shalakya Tantra, Netra, Eye, Diseases*

Introduction

Ayurveda is the oldest science of well being of human civilization; this science aims towards the health maintenance of human population and helps to cure diseases of various organs including management of *Netra Roga*. The disease of eye described as *Netra Roga* in Ayurveda and under the umbrella of *Shalakya Tantra* Ayurveda explored several approaches for preventing and treating diseases of eye. As per Ayurveda the eye mainly related with the function of vision (*Drishti*) which originates from *Tejas* thus *Alochaka pitta* govern functions of eye [1-4].

The *Netra roga* (eye diseases) many times arises due to the vitiation of *Doshas* and awful conducts of daily regimen thus life style measures play vital role towards the health restoration of eye. The environmental, genetic, constitutional, dietary and behavioral, etc. pattern may triggers pathogenesis of eye diseases such as; retinitis pigmentosa, glaucoma, optic neuropathy, squint cataract, dry eye and conjunctivitis, etc. These diseases possess symptoms of dryness, scratchy feeling, heavy eyelids, blurred vision, decrease focus, burning sensation, fatigue in the eyes and irritation in eyes, etc [4-7]. The eye disease such as; *Vataja Abhishyanda*, *Balasagrathita*, *Praklinna Vartma*, *Kaphaja Akshiroga*, *Shushkashipaka*, *Pakshmakopa*, *Shleshmaja Timira* and *Ajakajata*, etc. mainly arises due to the *Doshas* vitiation and indulgence in causative factors as depicted in **Figure 1**.

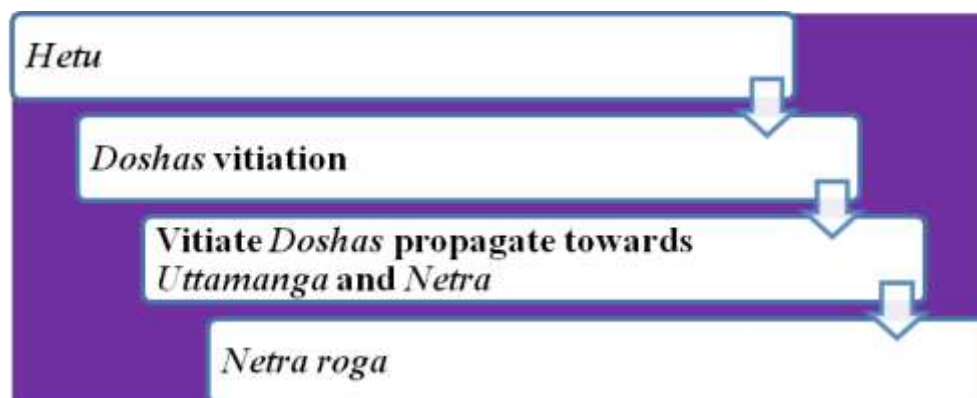


Figure 1: Samprapti of Netra roga

Ayurveda recommended herbs, formulation, life style regimen and exercise, etc. for the maintenance of health of eye. Ayurveda also explained various parasurgical/surgical

procedures for the treatment of *Netra roga*. The uses of *Yantra*, *Upyantra* and *Anushastra* in *Netra roga* also advocated for specific pathological conditions.

The local approaches of Ayurveda such as; *Ashtothana*, *Seka*, *Anjana*, *Tarpana*, *Abhyanga*, *Pada Abhyanga*, *Shiro Dhara*, *Shiro Pichu* and *Shiro Basti*, etc. are indicated to maintain health of eye and prevention of diseases related to the eye [7-9].

Similarly the modern science mentioned different approaches for the treatment of eye diseases, these approaches are; cataract surgery, glaucoma surgery, corneal surgery, retinal surgery, pediatric surgery and oculoplastic surgery, etc. The instrumental techniques also used in eye disorders such as; retinoscope, ophthalmoscope, perimetry and refractometer, etc.

Modern Diagnostic Approach for Eye Diseases:

- ✓ Ophthalmoscopy is used for the evaluation of problem in posterior segment of eye.
- ✓ Fluorescein angiography is used for the diagnosis of retinal lesions.
- ✓ Gonioscopy helps in diagnosis of angle of anterior chamber.
- ✓ Corneal topography is used for cornea curvature surface mapping, also used to diagnose marginal degeneration and keratoglobus.
- ✓ Tonometry is used to analyze intraocular pressure in glaucoma.
- ✓ Perimetry is used for visual field examination in glaucoma.
- ✓ Ultrasound biomicroscopy is used to visualize behind the iris.
- ✓ Optical coherence tomography is used to assess volume of retina and retinal thickness.
- ✓ Ocular surface staining is applied for the measurement of basal secretion of tears.

Role of Agni Karma:

Ayurveda described role of *Agni Karma* in *Netra Roga* mainly in *Vartmagata roga*. *Agni Karma* offers advantages in conditions like *Krichronmila*, *Paksmoparodha*, *Puyalsa* and *Alaji*. *Agni Karma* cures symptoms of painful eye disorders. The *Shalaka* dipped in heated liquids can be used for *Agni Karma*. The uses of hot needle recommended in *Paksmoparodha* and *Puyalasa*, etc. Paste of *Laksha rasa* can also be used on eye lashes; then

heated needle used to burn the *Romakupas*. *Agnikarma* is helpful to treat conjunctivitis (*Abhisyanda* and *Adhimantha*), in this approach the *Agnikarma* performed as last option above the eyebrows. The local thermo action and heat energy of *Agnikarma* increases tissue metabolism and helps to eliminate toxins thus provides curative relief in eye problems.

Role of Kshara Karma:

Kshara karma pacifies *Tridoshaja* disorders of eye, and relieves symptoms of *Arsho Vartma*, *Lagana*, *Pakshmakopa* and *Shushka Arshas*, etc. The *Kshara* prepared from *Gorochana*, *Pippali*, *Eranda bija* and *Gunja kshara*, etc. can be used in eye disorders. The *Shodhana*, *Shoshana*, *Lekhana* and *Ropana* properties of *Kshara* offers beneficial effects in eye disorders. The *Kshara* helps to remove sloughs from eye, offers antiseptic action, boost up wound healing process and causes chemical cauterization thus helps in many pathological conditions of eye.

Role of Raktamoksana:

Raktamoksana used in many disease of eye including *Puyalasa*, *Savarna sukla*, *Kaphaja timira*, glaucoma and conjunctivitis, etc. *Raktamokshan* can be performed in frontal eye area, in outer canthus with great precautions. *Raktamokshana* removes vitiated *Doshas*, purify blood, heal wound and boost up circulation process by cleaning blockage thus improves process of regeneration and tissue healing.

Role of Ayurveda Formulation:

- ✓ *Triphala Kashaya* or *Triphala Churna* with honey or ghee helps in *Pittaja* eye diseases.
- ✓ *Triphala* with sesame oil helps in *Vataja* eye diseases.
- ✓ *Triphala Kashaya* or *Triphala Churna* with honey helps in *Kaphaja* eye diseases.
- ✓ Drugs *Agnimantha*, *Aralu*, *Bilva*, *Patala*, *Eranda*, *Brihati* and *Gambhari*, etc. offers advantages in *Vataja Abhischyanda*. These drugs provide *Vata Shamaka*, antibacterial and anti-inflammatory properties thus pacify *Doshas*.

- ✓ The *Madhu Anupana* with *Go-Ghrita* helps to pacify *Vata* and *Pittaja* diseases in eye. These helps in *Raktaja Abhishyanda*. The cooling effect of *Madhu* and *Go-Ghrita* gives relief in burning sensation and itching.
- ✓ *Rasanjana Madhu Ashchyotana* offers beneficial effects in *Abhishyanda*. *Rasanjana Madhu Ashchyotana* improves symptoms of redness, edema, headache and burning sensation, etc.

Probable mode of action of Ayurveda drugs in *Netra-Roga*:

Ayurveda drugs penetrate into *Akshikosha Srotas*, *Shira Srotas* and *Ghrana Srotas* thus exerts action through deep routed tissue. *Ushna Virya* of Ayurveda formulation offers *Vata Shamaka*, *Vrana Ropana* and *Vedana Sthapana* properties thus eliminates morbid *Doshas* and toxins from the eye. The antibacterial action of Ayurveda drugs provides relief in microbial infection. The anti-inflammatory properties of drugs give relief in pain and burning sensation. The *Madhu* and *Go-Ghrita* provides soothing and calming effects thus relief eye strain. The ancient formulations help to cure blurred vision, strain and eye fatigue, etc [8-10].

***Pathya aahara*:**

- Grains such as *Yava*, *Godhoma*, *Shastika* and *Mudaga*, etc.
- *Ghrit*, vegetables, meat of animals of *Jangala desh*.
- *Dadima*, *Sita*, *Saindhava*, *Triphala*.
- *Draksha* and *Triphala*, etc.
- *Rasayan* therapy

Conclusion

Ayurveda described many pathological conditions associated with eye which mainly arises due to the etiological factors such as; pollution, stress and allergic conditions, etc. *Vataja Abhishyanda*, *Praklinna Vartma*, *Kaphaja Akshiroga*, *Pakshmakopa*, *Shleshmaja Timira* and *Shushkashipaka*, etc. are common eye diseases which mainly possess symptoms of itching, pain, irritation, burning sensation, blurred vision and redness in eye. Ayurveda

suggested uses of *Ashtothana*, *Seka*, *Netra Tarpana*, *Abhyanga*, *Anjana*, *Pada Abhyanga*, *Shiro Basti* and *Shiro Dhara*, etc. for the management of *Netra-Roga*. *Triphala Kashaya* helps in *Kaphaja* eye diseases, drugs like *Bilva*, *Patala*, *Agnimantha*, *Eranda*, *Gambhari* and *Brihati*, etc. provides relief in *Vataja Abhishyanda*. *Madhu* and *Go-Ghrita* pacify *Vata* and *Pittaja* diseases of eye. Ayurveda also advocated uses of *Rasayan* therapy for the management of eye disorders.

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