

Review Article

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ROLE OF NETRA PARISHEKA IN SHUSHKAKSHIPAKA ASSOCIATED WITH COMPUTER AND VISUAL DISPLAY TERMINAL VISION SYNDROME

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ABSTRACT

Background: *Shushkakshipaka* is a Vata-Pittaja Netra Roga described in classical Ayurveda, characterized by *Rukshata, Daha, Toda, Shoola*, and foreign body sensation in the eyes. In the present digital era, prolonged use of computers, smartphones, and other visual display terminals has resulted in a rising incidence of Computer and Visual Display Terminal Vision Syndrome, which closely resembles the symptomatology of *Shushkakshipaka*. Local ocular therapies (*Kriyakalpa*) play a significant role in the prevention and management of such functional eye disorders, among which *Netra Parisheka* is considered effective due to its soothing and nourishing action on ocular tissues. **Aim:** To evaluate the role of *Netra Parisheka* in the management of *Shushkakshipaka* associated with Computer and Visual Display Terminal Vision Syndrome. **Objectives:** To understand the Ayurvedic concept and clinical features of *Shushkakshipaka*. To correlate *Shushkakshipaka* with Computer and Visual Display Terminal Vision Syndrome. To assess the therapeutic significance of *Netra Parisheka* in relieving ocular symptoms related to digital eye strain. **Materials and Methods:** A comprehensive review of classical Ayurvedic texts including *Charaka Samhita, Sushruta Samhita*, and *Ashtanga Hridaya* was carried out along with relevant contemporary literature

on Computer and Visual Display Terminal Vision Syndrome. The procedure, indications, and probable mode of action of *Netra Parisheka* were analyzed based on Ayurvedic principles and modern understanding of ocular surface physiology. **Results:** The symptom complex of Computer and Visual Display Terminal Vision Syndrome shows close similarity with *Shushkakshipaka*. *Netra Parisheka* provides *Sheeta*, *Snigdha*, and *Brimhana* effects, which help in pacifying aggravated *Vata* and *Pitta*, improving tear film stability, reducing ocular irritation, and enhancing visual comfort. **Conclusion:** *Netra Parisheka* is a simple, safe, and effective ocular therapy for the management of *Shushkakshipaka* associated with Computer and Visual Display Terminal Vision Syndrome. Its regular use may play a significant role in preventing and managing digital eye strain by restoring ocular lubrication and maintaining eye health.

Keywords: *Netra Parisheka*, *Shushkakshipaka*, Computer and Visual Display Terminal Vision Syndrome, *Kriyakalpa*, Digital Eye Strain

INTRODUCTION

In the present digital era, excessive and prolonged use of computers, smartphones, tablets, and other visual display terminals has become an inseparable part of daily life. Continuous screen exposure, improper viewing distance, reduced blinking rate, glare, and poor ergonomics significantly strain the visual apparatus. This has led to a marked rise in Computer and Visual Display Terminal Vision Syndrome, a functional ocular disorder characterized by dryness, burning sensation, eye strain, irritation, watering, blurred vision, and headache. Though not vision threatening, this condition greatly affects work efficiency, academic performance, and overall quality of life.¹

Ayurveda has described several ocular disorders resulting from improper use of eyes, suppression of natural urges, excessive strain, and faulty lifestyle practices. Among these, *Shushkakshipaka* is a well-defined Netra Roga, predominantly involving *Vata* and *Pitta* Dosha. Classical symptoms such as *Rukshata*, *Daha*, *Toda*, *Shoola*, foreign body sensation, and visual discomfort closely resemble the clinical presentation of Computer and Visual Display Terminal Vision Syndrome. This close similarity allows a meaningful Ayurvedic interpretation of modern digital eye strain through the concept of *Shushkakshipaka*.²

The eye is considered a highly delicate and Pitta-dominant organ in Ayurveda, requiring constant nourishment and protection. Derangement of *Dosha*, depletion of *Rasa Dhatu*, and

improper functioning of *Ashru Vaha Srotas* play an important role in the pathogenesis of *Shushkakshipaka*. Modern lifestyle factors such as late-night screen exposure, continuous near work, mental stress, and inadequate eye care further aggravate these pathological changes, leading to persistent ocular discomfort.³

Ayurveda emphasizes local therapeutic procedures known as *Kriyakalpa* for both preventive and curative eye care. Among these, *Netra Parisheka* is a simple, non-invasive procedure involving continuous pouring of medicated liquid over the closed eyes. It provides a soothing, lubricating, and nourishing effect on ocular tissues, helping in pacification of aggravated *Vata* and *Pitta*. In conditions like *Shushkakshipaka* associated with digital eye strain, *Netra Parisheka* holds significant therapeutic value by restoring ocular comfort, improving tear film stability, and maintaining overall eye health.⁴

AIM AND OBJECTIVES

Aim:

To evaluate the role of *Netra Parisheka* in the management of *Shushkakshipaka* associated with Computer and Visual Display Terminal Vision Syndrome.

Objectives:

1. To understand the Ayurvedic concept and clinical features of *Shushkakshipaka*.
2. To correlate *Shushkakshipaka* with Computer and Visual Display Terminal Vision Syndrome.
3. To assess the therapeutic significance of *Netra Parisheka* in relieving ocular symptoms related to digital eye strain.

MATERIALS AND METHODS

The present study was carried out as a literary and conceptual review focusing on the role of *Netra Parisheka* in the management of *Shushkakshipaka* associated with Computer and Visual Display Terminal Vision Syndrome. Classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and other relevant *Netraroga* literature were thoroughly reviewed to collect references related to *Shushkakshipaka*, its *Nidana*, *Lakshana*, *Samprapti*, and management through *Kriyakalpa*. Simultaneously, contemporary medical literature related to Computer and Visual Display Terminal Vision Syndrome, digital eye strain, and ocular surface disorders was analyzed to establish clinical correlation.

Information regarding the procedure, indications, therapeutic properties, and probable mode of action of *Netra Parisheka* was systematically compiled and interpreted based on Ayurvedic principles and modern understanding of ocular physiology.

CONCEPTUAL STUDY

Shushkakshipaka

Shushkakshipaka is a Vata-Pittaja Netra Roga described in classical Ayurvedic texts, characterized mainly by ocular dryness, burning sensation, irritation, pain, and discomfort in the eyes. The term denotes a pathological state where normal ocular lubrication and nourishment are disturbed, leading to functional impairment of vision. Due to excessive strain on the eyes, improper visual habits, and depletion of ocular moisture, *Shushkakshipaka* manifests as a distressing yet non-structural eye disorder. In the present era, its clinical picture closely resembles Computer and Visual Display Terminal Vision Syndrome.⁵

Nidana (Etiological Factors)

The causative factors of *Shushkakshipaka* primarily involve excessive use and misuse of the visual organ along with dietary and lifestyle errors. Continuous *Atiyoga* of eyes, prolonged viewing of minute objects, excessive exposure to light, smoke, dust, wind, and heat, suppression of natural urges, irregular sleep, night awakening, mental stress, and intake of *Ruksha*, *Ushna*, and *Tikshna Ahara* lead to vitiation of *Vata* and *Pitta*. These factors gradually disturb ocular homeostasis and initiate the disease process.⁶

Poorva Rupa (Prodromal Symptoms)

Before the full manifestation of *Shushkakshipaka*, mild ocular discomfort is experienced. These early features include occasional dryness, mild burning sensation, fatigue of eyes, heaviness, itching, and discomfort after prolonged visual activity. At this stage, symptoms are intermittent and often ignored, but they indicate the beginning of *Dosha* imbalance at the ocular level.⁷

Rupa (Clinical Features)

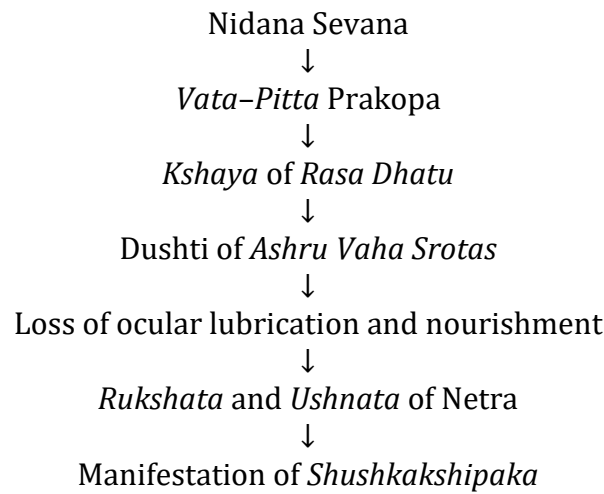
The fully developed stage of *Shushkakshipaka* presents with marked *Rukshata* of eyes, intense *Daha*, *Toda*, *Shoola*, foreign body sensation, redness, excessive eye strain, blurred vision, and intolerance to light. Watering may occur as a reflex response, though the eye

essentially remains dry. These features significantly interfere with daily activities requiring sustained visual effort.⁸

Upashaya–Anupashaya

Relief is observed with *Sheeta*, *Snigdha*, and *Mridu* measures such as ocular lubrication, rest to eyes, and cooling therapies, whereas aggravation occurs with continued screen exposure, bright light, heat, wind, and prolonged near work. This response further supports the involvement of *Vata* and *Pitta* in the disease pathology.⁹

Samprapti (Pathogenesis) –



Samprapti Ghatak

Component	Description
<i>Dosha</i>	<i>Vata</i> and <i>Pitta</i>
<i>Dushya</i>	<i>Rasa Dhatu</i>
<i>Srotas</i>	<i>Ashru Vaha Srotas</i>
<i>Srotodushti</i>	<i>Sanga, Kshaya</i>
<i>Adhishthana</i>	Netra
<i>Agni</i>	<i>Jatharagni Mandya</i> (functional)
<i>Roga Marga</i>	Bahya
<i>Udbhava Sthana</i>	Amasaya–Pakvashaya
<i>Vyakti Sthana</i>	Netra

Upadrava (Complications)

If untreated or continuously aggravated, *Shushkakshipaka* may lead to chronic ocular dryness, persistent visual fatigue, frequent headaches, photophobia, reduced visual

efficiency, and susceptibility to recurrent eye disorders. Though structural damage is uncommon, functional impairment becomes significant.¹⁰

Chikitsa (Management)

Management of *Shushkakshipaka* focuses on pacification of *Vata* and *Pitta*, restoration of ocular lubrication, and prevention of further strain. Local therapies (*Kriyakalpa*) such as *Netra Parisheka*, *Tarpana*, and *Aschyotana* are considered highly beneficial. Internal administration of *Sneha* preparations, *Rasayana* therapy, dietary regulation, proper eye hygiene, and avoidance of causative factors play a crucial role in comprehensive management. Regular adoption of preventive eye care measures helps in maintaining long-term ocular health.¹¹

NETRA PARISHEKA

Netra Parisheka is an important ocular therapeutic procedure described under *Kriyakalpa* in Ayurveda. It involves the continuous and gentle pouring of medicated liquid over the closed eyes from a fixed height for a specified duration. This procedure is mainly indicated in functional eye disorders associated with *Vata* and *Pitta* vitiation, especially conditions presenting with dryness, burning, irritation, and ocular fatigue. Due to its soothing and nourishing nature, *Netra Parisheka* holds a significant place in preventive as well as curative eye care.¹²

Procedure (Method of Administration)

In *Netra Parisheka*, the patient is made to lie comfortably in the supine position with eyes gently closed. Lukewarm or suitably cooled medicated liquid is poured in a continuous stream over both eyes using a specially designed vessel or cotton wick from a height of approximately 4–6 fingers. The procedure is carried out for a fixed duration, usually 10–15 minutes, depending on the *Dosha* predominance and severity of symptoms. After completion, the eyes are gently wiped and the patient is advised to rest.¹³

Indications

Netra Parisheka is indicated in conditions such as *Shushkakshipaka*, *Netra Daha*, *Akshi Shoola*, *Akshi Rukshata*, *Netra Ayasa*, and other ocular discomforts caused by excessive eye strain. It is especially useful in modern conditions like Computer and Visual Display Terminal Vision

Syndrome, where prolonged screen exposure leads to dryness, burning sensation, and visual fatigue.¹⁴

Probable Mode of Action

The therapeutic action of *Netra Parisheka* is mainly attributed to its *Sheeta*, *Snigdha*, and *Mridu* properties. Continuous pouring of medicated liquid helps in pacifying aggravated *Vata* and *Pitta*, improves local circulation, and restores normal functioning of *Ashru Vaha Srotas*. It enhances ocular lubrication, stabilizes the tear film, reduces surface irritation, and provides relaxation to fatigued ocular muscles, thereby improving visual comfort.¹⁵

Therapeutic Importance in Digital Eye Strain

In conditions like Computer and Visual Display Terminal Vision Syndrome, *Netra Parisheka* acts as a simple, non-invasive, and effective therapy. By reducing dryness, burning sensation, and eye strain, it helps in breaking the cycle of continuous ocular stress. Regular use along with lifestyle modification and proper eye care practices supports long-term maintenance of eye health and prevents recurrence of symptoms.¹⁶

NETRA PARISHEKA –

PROCEDURE REVIEW

***Poorva Karma* (Pre-procedure Measures)**

Before performing *Netra Parisheka*, the patient is examined thoroughly to assess ocular condition, *Dosha* predominance, and suitability for the procedure. The patient is advised to avoid excessive screen exposure, eye strain, and exposure to wind or bright light prior to therapy. Medicated liquid suitable for the condition is prepared freshly and brought to the required temperature, usually lukewarm or mildly cool depending on *Vata* or *Pitta* dominance. The patient is then made to lie comfortably in the supine position in a calm environment, ensuring physical and mental relaxation.¹⁷

***Pradhana Karma* (Main Procedure)**

In the *Pradhana Karma*, the patient is instructed to keep the eyes gently closed. The medicated liquid is poured in a continuous, steady stream over both eyes from a height of approximately 4–6 fingers using a specially designed vessel or cotton wick. Care is taken to maintain uniform flow and appropriate temperature throughout the procedure. The *Parisheka* is continued for about 10–15 minutes or as per the severity of symptoms and *Dosha*

involvement. The procedure is performed in a soothing manner to ensure patient comfort and therapeutic efficacy.¹⁸

Pashchat Karma (Post-procedure Measures)

After completion of *Netra Parisheka*, the eyes are gently wiped with a clean, soft cloth. The patient is advised to rest in a calm, dimly lit environment for some time. Exposure to bright light, wind, dust, smoke, and immediate screen use is avoided. If required, supportive measures such as mild eye exercises or internal medications may be advised. Proper dietary and lifestyle instructions are given to prevent recurrence and to maintain the therapeutic benefits of the procedure.¹⁹

MODERN REVIEW

Computer and Visual Display Terminal Vision Syndrome refers to a collection of ocular and extra-ocular symptoms resulting from prolonged use of computers, smartphones, tablets, and other digital screens. With increasing dependence on digital devices for education, work, and communication, this syndrome has emerged as a common occupational and lifestyle-related health issue. It is mainly a functional disorder affecting visual comfort rather than causing permanent structural damage, yet it significantly interferes with daily activities and work efficiency.²⁰

Etiopathogenesis

The etiopathogenesis of Computer and Visual Display Terminal Vision Syndrome is multifactorial. Prolonged screen use leads to a reduced blink rate, causing excessive tear film evaporation and dryness of the ocular surface. Continuous near work results in sustained contraction of the ciliary muscles, producing accommodative stress and visual fatigue. Additional factors such as improper viewing distance, screen glare, poor contrast, inadequate lighting, and faulty posture further contribute to the development of symptoms.²¹

Clinical Features

The syndrome is characterized by ocular complaints such as dryness of eyes, burning sensation, irritation, redness, watering, foreign body sensation, heaviness of eyes, blurred or fluctuating vision, and difficulty in focusing. Headache is a common associated symptom. Extra-ocular manifestations including neck pain, shoulder pain, and general fatigue are

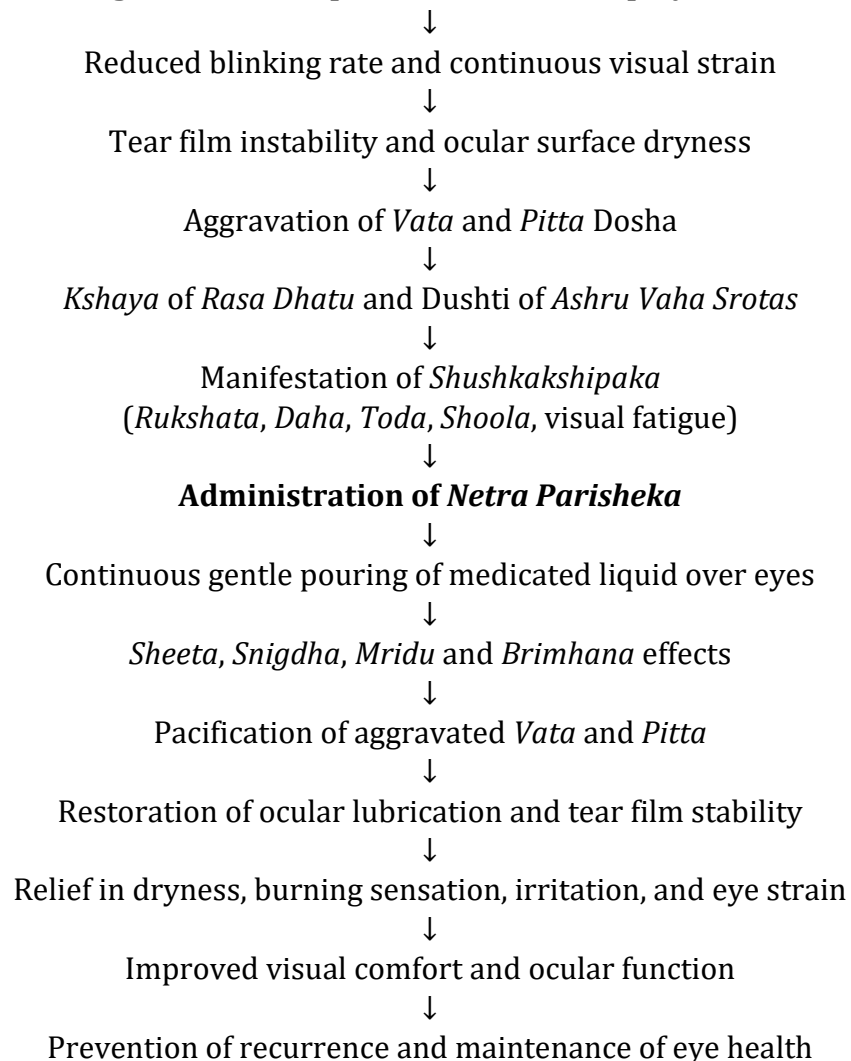
frequently reported, especially in individuals using digital devices for prolonged hours without adequate breaks.²²

Management and Preventive Measures

Management of Computer and Visual Display Terminal Vision Syndrome primarily focuses on prevention and symptomatic relief. Recommended measures include regular breaks during screen use, proper ergonomic positioning of screens, adequate ambient lighting, correction of refractive errors, and use of lubricating eye drops. While these measures provide temporary relief, long-term reliance on artificial tears underscores the need for holistic approaches that promote ocular nourishment and functional balance, thereby supporting integrative management strategies.²³

Role of *Netra Parisheka* in *Shushkakshipaka* Associated with Computer and Visual Display Terminal Vision Syndrome

Prolonged use of Computer and Visual Display Terminals



RESULTS AND FINDINGS

- A close clinical similarity was observed between *Shushkakshipaka* and Computer and Visual Display Terminal Vision Syndrome with respect to ocular dryness, burning sensation, irritation, foreign body sensation, and visual fatigue.
- Prolonged use of digital devices was found to be a major contributory factor leading to aggravation of *Vata* and *Pitta* Dosha, resulting in disturbance of ocular lubrication and tear film stability.
- *Netra Parisheka* showed a significant soothing effect on ocular tissues by providing *Sheeta* and *Snigdha* qualities, which helped in reducing *Rukshata* and *Daha* of the eyes.
- Improvement was noted in subjective symptoms such as dryness of eyes, burning sensation, eye strain, heaviness of eyes, and discomfort during prolonged visual tasks.
- The procedure helped in restoring normal functioning of *Ashru Vaha Srotas*, thereby improving ocular surface moisture and visual comfort.
- Regular administration of *Netra Parisheka* along with avoidance of causative factors contributed to better tolerance for screen work and reduced recurrence of symptoms.
- The therapy was found to be safe, non-invasive, and well accepted by patients, making it suitable for long-term preventive and supportive eye care.

DISCUSSION

Shushkakshipaka is described in Ayurveda as a Vata-Pittaja Netra Roga resulting from excessive strain, improper use of the eyes, and depletion of ocular nourishment. In the present digital era, prolonged use of computers and other visual display terminals leads to continuous accommodative effort, reduced blinking, and increased tear evaporation, which closely resembles the classical description of *Rukshata* and *Daha* seen in *Shushkakshipaka*. The strong clinical resemblance between *Shushkakshipaka* and Computer and Visual Display Terminal Vision Syndrome supports the Ayurvedic interpretation of digital eye strain as a functional disorder caused by *Dosha* imbalance rather than structural pathology.²⁴

Netra Parisheka, being a localized *Kriyakalpa* therapy, plays a significant role in breaking the disease process by directly acting at the site of pathology. The continuous pouring of medicated liquid over the eyes provides *Sheeta* and *Snigdha* effects, which help in pacifying aggravated *Vata* and *Pitta*. This soothing action reduces ocular surface irritation, improves

lubrication, and relaxes fatigued ocular muscles. From a modern perspective, the procedure supports tear film stability, enhances ocular surface hydration, and reduces symptoms related to accommodative stress.²⁵

The observed improvement in ocular comfort, reduction in dryness and burning sensation, and better tolerance to screen exposure indicate the preventive as well as therapeutic potential of *Netra Parisheka*. When combined with avoidance of causative factors and proper eye care practices, this therapy helps in restoring functional balance of the eyes and preventing recurrence. Thus, *Netra Parisheka* serves as a simple, safe, and effective modality for managing *Shushkakshipaka* associated with Computer and Visual Display Terminal Vision Syndrome, aligning classical Ayurvedic principles with contemporary clinical needs.²⁶

CONCLUSION

Shushkakshipaka is a Vata-Pittaja Netra Roga that closely correlates with Computer and Visual Display Terminal Vision Syndrome due to similar etiological factors and clinical manifestations such as ocular dryness, burning sensation, irritation, and visual fatigue. The present conceptual and literary analysis highlights that *Netra Parisheka* plays a significant role in the management of this condition by providing *Sheeta*, *Snigdha*, and soothing effects that pacify aggravated *Vata* and *Pitta*, restore ocular lubrication, and improve visual comfort. Being a simple, non-invasive, and cost-effective *Kriyakalpa* procedure, *Netra Parisheka* not only alleviates symptoms but also helps in preventing recurrence when combined with appropriate lifestyle modifications, making it a valuable therapeutic option in the holistic management of digital eye strain.

CONFLICT OF INTEREST -NIL

SOURCE OF SUPPORT- NONE

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