



Review Article

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**A CRITICAL REVIEW ON MYOPIA AND ITS CORRELATION WITH *DRISHTIGATA ROGA* IN AYURVEDA**

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**ABSTRACT**

**Background** Myopia is one of the most common refractive errors worldwide and is characterized by the inability to see distant objects clearly due to the focusing of light rays in front of the retina. The increasing prevalence of myopia, especially among children and young adults, has become a major public health concern due to excessive near work, prolonged digital screen exposure, reduced outdoor activities, and genetic predisposition. In Ayurveda, visual disorders are extensively described under *Drishtigata Roga*. Although myopia is not directly mentioned in classical texts, its clinical manifestations closely resemble conditions involving vitiation of *Vata* and *Pitta Dosha* affecting the visual apparatus. Understanding the correlation between myopia and *Drishtigata Roga* may provide valuable insights into preventive and therapeutic approaches based on Ayurvedic principles. **Aim** To critically review myopia and establish its correlation with *Drishtigata Roga* described in Ayurveda. **Objectives** To study the concept of myopia from modern medical literature. To review Ayurvedic descriptions of *Drishtigata Roga*. To analyze the probable correlation between myopia and Ayurvedic ocular disorders. To explore Ayurvedic principles relevant to the prevention and management of myopia. **Materials and Methods** Classical Ayurvedic texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, and relevant commentaries were reviewed. Modern ophthalmology textbooks, peer-reviewed journals,

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and published research articles on myopia were analyzed. Comparative evaluation was performed to establish correlations between modern and Ayurvedic concepts. **Results and Discussion** The pathogenesis of myopia can be interpreted through Ayurvedic principles involving *Dosha*, *Dhatu*, and *Srotas* dysfunction. Ayurvedic preventive measures and ocular rejuvenation therapies may contribute to maintaining visual health and reducing progression of refractive errors. **Conclusion** Myopia can be conceptually correlated with certain forms of *Drishtigata Roga* described in Ayurveda. Integrative understanding of both systems may support comprehensive approaches for prevention and management of visual disorders.

**Keywords** Myopia, *Drishtigata Roga*, Refractive Error, *Netra Roga*, *Timira*, Ayurveda

## INTRODUCTION

Vision is one of the most important sensory functions necessary for daily activities and quality of life.<sup>1</sup> Refractive errors constitute a significant proportion of visual impairment worldwide, among which myopia is the most prevalent condition. The burden of myopia has increased dramatically in recent decades, especially among school-going children and young adults.<sup>2</sup>

Myopia, commonly known as nearsightedness, is a refractive disorder in which parallel rays of light entering the eye focus anterior to the retina while accommodation is at rest. As a result, distant objects appear blurred whereas near objects are seen clearly. Genetic susceptibility, environmental factors, prolonged near work, excessive use of digital devices, and reduced outdoor exposure have been implicated in its development.<sup>3</sup>

Ayurveda provides a comprehensive understanding of ocular anatomy, physiology, pathology, and therapeutics under *Shalaky Tantra*. Visual disorders are classified under *Netra Roga*, among which *Drishtigata Roga* specifically affects visual function. Ancient Ayurvedic scholars have described various disorders causing diminution or distortion of vision, which can be correlated with modern ophthalmic conditions.<sup>4</sup>

Although myopia is not specifically named in Ayurvedic classics, several manifestations described under *Timira* and other *Drishtigata Roga* resemble the clinical features of myopia. Therefore, a critical review of classical concepts and modern understanding is essential for establishing a scientific correlation and exploring Ayurvedic perspectives for prevention and management.<sup>5</sup>

## AIM AND OBJECTIVES

### Aim

To critically review myopia and its correlation with *Drishtigata Roga* in Ayurveda.

### Objectives

- To review the modern concept of myopia.
- To study *Drishtigata Roga* described in Ayurveda.
- To correlate myopia with Ayurvedic ocular disorders.
- To evaluate Ayurvedic preventive and therapeutic approaches.

## MATERIALS AND METHODS

The present review study was conducted through an extensive literary survey of Ayurvedic classical texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Bhavaprakasha*, and relevant commentaries. Modern ophthalmology textbooks, research journals, review articles, and electronic databases were also reviewed. Comparative analysis was performed to understand similarities and differences between the modern concept of myopia and Ayurvedic descriptions of *Drishtigata Roga*.

## CONCEPTUAL STUDY – AYURVEDIC REVIEW

### *Netra* in Ayurveda

Ayurveda considers the eye as one of the most important sensory organs responsible for perception of visual objects. The eye is regarded as the principal seat of *Alochaka Pitta*, which governs visual perception and interpretation of light.<sup>6</sup>

### Importance of Vision

Classical texts emphasize the preservation of eyesight as an essential aspect of healthy living. Protection of vision through proper diet, lifestyle, and therapeutic interventions has been strongly advocated.

### Concept of *Drishti*

*Drishti* refers to the visual apparatus responsible for perception of form, color, and distance. Any pathological change affecting *Drishti* results in impairment of vision and is categorized under *Drishtigata Roga*.<sup>7</sup>

***Drishtigata Roga***

Ayurvedic classics describe several diseases affecting the visual mechanism. These disorders involve disturbances in visual acuity, perception, and image formation.

Major *Drishtigata Roga* include:

- *Timira*
- *Kacha*
- *Linganasha*
- *Doshandha*
- *Nakulandhya*
- *Ratrandhya*

**Concept of *Timira***

*Timira* is characterized by progressive impairment of vision resulting from vitiation of *Dosha* affecting ocular structures.<sup>8</sup>

**Clinical Features**

- Blurring of vision
- Difficulty in distant vision
- Indistinct perception of objects
- Distorted image formation
- Visual fatigue
- Reduced visual clarity
- These manifestations resemble symptoms observed in myopic individuals.

**Table no. 1 Role in Visual**

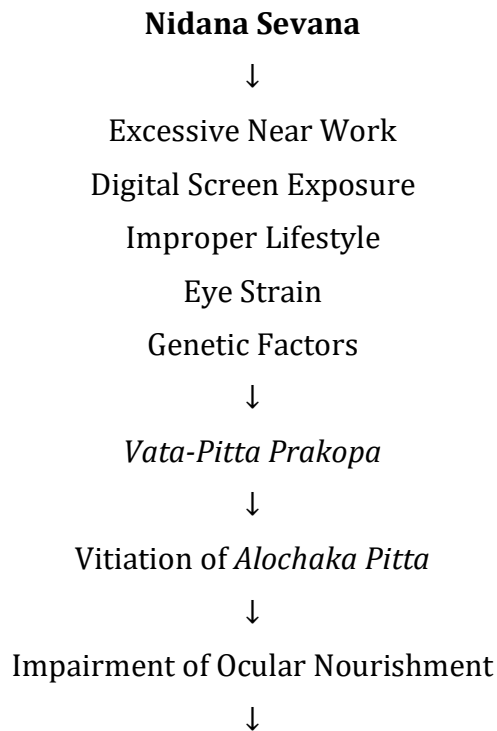
Category	Component	Role in Visual Disorders
	<i>Vata Dosha</i>	Causes degeneration and functional impairment.
		Produces instability in ocular tissues.
		Responsible for defective image perception.

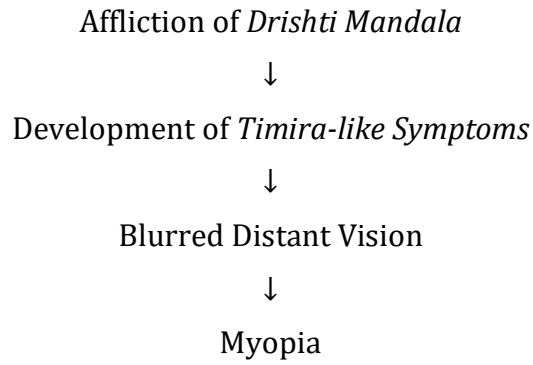
Role of <i>Dosha</i>	<i>Pitta Dosha</i>	Affects visual processing.
		Disturbs <i>Alochaka Pitta</i> .
		Leads to altered visual acuity.
	<i>Kapha Dosha</i>	Produces heaviness and obstruction.
		Causes clouding and reduced transparency.
	<i>Rasa Dhatu</i>	Provides nourishment to ocular tissues.
		Supports retinal and vascular integrity.
	<i>Mamsa Dhatu</i>	Maintains structural support.
	<i>Majja Dhatu</i>	Contributes to neural functions associated with vision.

### Correlation of Myopia with *Timira*

The early stage of *Timira* involving visual blurring and inability to appreciate distant objects can be correlated with myopia. Vitiating *Vata Dosha* affecting *Drishti Mandala* may contribute to altered visual perception analogous to refractive abnormalities.<sup>9</sup>

### SAMPRAPTI





## MODERN REVIEW

### Definition of Myopia

Myopia is a refractive condition in which parallel rays of light focus in front of the retina while accommodation is relaxed, causing blurred distant vision.<sup>10</sup>

### Epidemiology

Myopia has emerged as a global health concern. Its prevalence is increasing rapidly, especially in East Asian countries and urban populations. Increased educational demands and digital device usage have contributed significantly to this trend.<sup>11</sup>

**Table no. 2 Classification**

Basis of Classification	Type of Myopia	Description
Based on Degree	Low Myopia	Less than -3.00 Diopters
	Moderate Myopia	-3.00 to -6.00 Diopters
	High Myopia	Greater than -6.00 Diopters
Based on Etiology	Axial Myopia	Due to elongation of the eyeball.
	Curvature Myopia	Due to increased corneal curvature.
	Index Myopia	Due to changes in refractive index.
	Positional Myopia	Due to altered lens position.

## **Etiological Factors**

### **Genetic Factors**

Positive family history significantly increases risk.

### **Environmental Factors**

- Prolonged reading
- Excessive screen exposure
- Reduced outdoor activity
- Educational stress

### **Lifestyle Factors**

- Poor visual habits
- Inadequate lighting
- Sleep disturbances

### **Clinical Features**

- Blurred distant vision
- Squinting
- Headache
- Eye strain
- Visual fatigue
- Frequent change of spectacles

### **Diagnosis**

#### **Visual Acuity Assessment**

Determination of distant vision.

#### **Refraction**

Measurement of refractive error.

#### **Retinoscopy**

Objective evaluation of refractive status.

#### **Fundus Examination**

Assessment of retinal health.

### **Complications**

- Retinal detachment
- Glaucoma
- Cataract
- Macular degeneration
- Choroidal neovascularization

### **Management**

#### **Optical Correction**

- Spectacles
- Contact lenses

#### **Pharmacological Methods**

- Atropine therapy

#### **Surgical Procedures**

- LASIK
- PRK
- SMILE

#### **Preventive Measures**

- Increased outdoor activity
- Limiting screen exposure
- Visual hygiene practices

### **PATHOGENESIS**

Genetic Predisposition + Environmental Factors

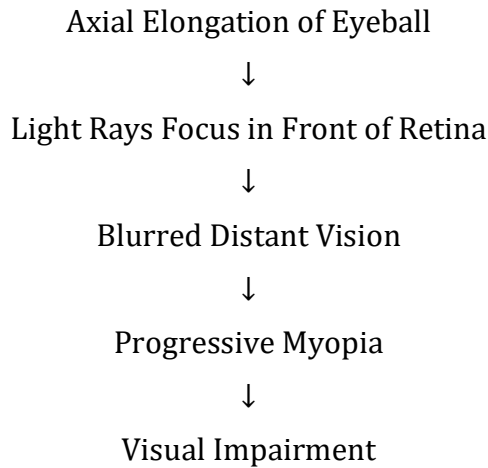
↓

Excessive Near Work

↓

Continuous Accommodation

↓



## RESULTS AND FINDINGS

- Myopia is the most common refractive error affecting distant vision.
- Early-stage *Timira* demonstrates symptoms similar to myopia.
- *Vata* and *Pitta Dosha* play major roles in visual dysfunction.
- *Alochaka Pitta* disturbance can explain altered visual perception.
- Excessive visual strain acts as a common etiological factor in both concepts.
- Ayurvedic literature emphasizes preventive eye care through *Dinacharya* and *Rasayana* measures.
- Ocular therapies described in Ayurveda aim to nourish and strengthen visual structures.
- A conceptual relationship exists between myopia and *Drishtigata Roga*.

## DISCUSSION

Myopia is a multifactorial refractive disorder resulting from complex interactions between genetic and environmental factors. The growing prevalence of myopia has highlighted the importance of preventive strategies and early intervention to preserve visual function and reduce long-term complications.<sup>12</sup>

Ayurvedic literature provides a detailed description of visual disorders under *Drishtigata Roga*. Although the exact term myopia is absent in classical texts, the symptomatology of early *Timira* closely resembles the clinical presentation of myopia. The involvement of *Vata*

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*Dosha* affecting visual pathways and *Alochaka Pitta* disturbance provides a logical Ayurvedic interpretation of the disease process.<sup>13</sup>

The holistic approach of Ayurveda emphasizes maintenance of ocular health through proper diet, lifestyle regulation, ocular hygiene, and rejuvenative therapies. Preventive measures such as *Netra Tarpana*, *Anjana*, *Nasya*, and *Rasayana* may contribute to preservation of vision and enhancement of ocular function. Further clinical studies are required to validate these correlations and evaluate the therapeutic efficacy of Ayurvedic interventions in myopia.<sup>14</sup>

## CONCLUSION

Myopia is a rapidly increasing visual disorder that significantly affects quality of life and visual performance. The clinical manifestations of myopia exhibit considerable similarity with early stages of *Timira* described under *Drishtigata Roga* in Ayurveda. The pathogenesis can be interpreted through *Vata-Pitta Dosha* involvement and impairment of *Alochaka Pitta*. Ayurvedic principles offer a comprehensive framework for understanding visual disorders and emphasize preventive eye care, lifestyle regulation, and ocular rejuvenation therapies. Integrative research may further strengthen the correlation between modern ophthalmology and Ayurvedic concepts, providing broader opportunities for holistic visual healthcare.

**Conflict of Interest** -Nil

**Source of Support**- None

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