

Role of Ayurveda in Healthy Vision: A Review

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Abstract—The ancient practice of Ayurveda, which is known as the science of life, offers a comprehensive and all-encompassing approach to maintaining health, including the health of the eyes. The teachings of this system lay a significant focus on the strategies of prevention, early diagnosis, and intervention through the utilization of herbal formulations, therapeutic techniques, as well as modifications in food and lifestyle. The purpose of this study is to investigate the Ayurvedic approach to maintaining healthy eyesight, with a particular focus on both preventative and therapeutic approaches to the treatment of disorders that are associated with vision. Important Ayurvedic treatments and herbal eye care products are also covered in detail.

Index Terms—Ayurveda, Healthy eyesight, Ayurvedic Treatments.

1. INTRODUCTION

One of the most important senses for human functioning, vision has a major impact on everyday activities, life quality, and general wellbeing. Due to factors like prolonged screen time, pollution, and bad lifestyle choices, the prevalence of vision-related conditions including myopia, hyperopia, cataracts, etc. has dramatically increased worldwide. The 5,000-year-old Indian medical system known as Ayurveda offers a therapeutic, preventative, and natural foundation for preserving and enhancing vision. In addition to treating pre-existing eye conditions, ayurvedic techniques offer a variety of preventative measures to guarantee long-term eye health. Ayurveda encourages harmony in the body's doshas by addressing the underlying causes of illness. It focuses on preserving the balance of Pitta dosha, which controls the function of the eye through its sub-dosha. Alochaka Pitta (Sharma, 2005)[1].

2. AYURVEDIC CONCEPT OF EYE AND VISION

In Ayurveda, the eyes are referred to as Netra, and their function is intricately tied to the Pitta dosha, particularly Alochaka Pitta. The eye is a delicate and complicated organ that needs special care and attention, according to Ayurvedic literature such as Ashtanga Hridayam and Sushruta Samhita [1]. The eye's structure, different eye disorders (Netra rogas), and other variables that contribute to a dosha imbalance and visual issues are all covered in this literature. The Shalakya Tantra, a specific branch of the Sushruta Samhita that focuses on head and neck disorders, including ocular health, contains a section on eye care [2]. The Sushruta Samhita is sometimes referred to as the oldest textbook of surgery and medicine. It describes the relationship between systemic health and the eye, how bodily imbalances can cause eye illnesses, and offers thorough explanations of how to avoid and cure these conditions.

3. PREVENTIVE MEASURES IN AYURVEDA FOR HEALTHY VISION

3.1 Dinacharya (Daily Regimen):

Ayurveda suggests a number of regular routines to preserve the health of the eyes:

- Nasal administration of medicinal oils, or Pratimarsha Nasya:

Nasya promotes clarity of vision by clearing the channels (Srotas) associated with the head, especially those that are connected to the eyes. Regular use of medicinal oils, such as Shadbindu Taila or Anu Taila, can enhance ocular nutrition and help prevent ocular degeneration (Sharma, 2005)[1].

- Anjana (application of collyrium): It is said that applying herbal collyrium (like Sauvira Anjana) to

the eyes can strengthen the muscles of the eyes, enhance visual acuity, and eliminate accumulated toxins. A frequent application for Rasanjana, a kind of Anjana, is to purify and enhance vision (Sharma, 2005) [1].

c. Netra Tarpana: In this treatment, medicinal ghee is gathered around the eyes in a specially made dough dam. In addition to reducing eye strain and nourishing the ocular tissues, Netra Tarpana is very useful in treating age-related degeneration, dryness, and refractive errors (Shastri, 2014) [4].

3.2 Ritucharya (Seasonal Regimen):

To keep the doshas in balance and avoid seasonal diseases, Ayurveda stresses adjusting one's food and lifestyle in accordance with the seasons. For instance, it is advised to stay away from hot places, spicy meals, and excessive sun exposure during the summer (the Pitta-dominant season) as they might worsen Alochaka Pitta and cause inflammation or eye discomfort (Sharma, 2005) [1].

3.3 Rasayana (Rejuvenation):

The goal of rasayana therapies, also known as rejuvenative treatments, is to fortify the body's systems and stop aging and deterioration. Certain Rasayana herbs, such triphala and amalaki (*Embolica officinalis*), are frequently used to improve eyesight and stave against age-related eye conditions. Triphala is valued for its capacity to purify and revitalize ocular tissues, while amalaki is a powerful source of Vitamin C, which is well-known for its antioxidant qualities (Mukherjee et al., 2019) [3].

4. AYURVEDIC THERAPIES FOR EYE HEALTH

Ayurveda outlines several therapies specifically designed to promote eye health and treat vision disorders, commonly referred to as Kriyakalpas in the field of Shalakya Tantra.

4.1 Kriyakalpas (Ocular Therapies):

a. Anjana (Collyrium): A herbal paste that is applied to the inside of the eyelids, Anjana is used to treat and prevent a number of eye conditions. Depending on the particular ailment, other forms of anjana, such as Sauvira Anjana and Rasanjana, are employed. They aid in detoxification, ocular strengthening, and vision improvement (Sharma, 2005) [1].

b. Aschyotana (Eye Drops): Conjunctivitis, dryness, and irritation are among the problems that can be treated with medicated eye drops. Commonly used formulas include triphala decoction and madhu (honey). According to Dash and Kashyap (2011), aschyotana is very useful for calming irritated eyes and minimizing dryness and irritation [2].

c. In Seka (Irrigation Therapy), a therapeutic herbal concoction is gently poured over the eyes. This treatment aids in the resolution of eye infections, discomfort, and inflammation. It helps with things like redness, eye strain, and conjunctivitis (Sharma, 2005) [1].

d. Pindi and Vidalaka (Eye Packs): To relieve symptoms including inflammation, eye strain, and dryness, herbal pastes are administered to the eyes or the areas around them. These packs are frequently utilized in situations involving significant eye strain or following extended screen time because of their cooling properties (Shastri, 2014) [4].

4.2 Panchakarma (Detoxification Procedures):

In Ayurvedic treatments, panchakarma therapies are essential for restoring doshic equilibrium and detoxifying the body. When it comes to treating eye problems, Virechana (therapeutic purgation) and Nasya (nasal delivery of pharmaceutical substances) are especially helpful. While Virechana removes toxins from the digestive system, balances Pitta dosha, and supports good vision, Nasya aids in cleansing the channels in the head, particularly those that are associated to the eyes (Dash & Kashyap, 2011) [2].

5. AYURVEDIC FORMULATIONS FOR HEALTHY VISION

5.1 Triphala:

Triphala, one of the most popular Ayurvedic formulas, is prepared from three fruits: Bibhitaki (*Terminalia bellirica*), Haritaki (*Terminalia chebula*), and Amalaki (*Embolica officinalis*). Triphala is particularly good for eye health and is well known for its restorative qualities. It may be used as an eye wash to cleanse and revitalize the eyes or taken orally as a Rasayana. Frequent usage of triphala prevents age-related degeneration and preserves visual acuity (Mukherjee et al., 2019) [3].

5.2 Saptamrita Lauha:

Triphala, Lauha bhasma (iron ash), and Yashtimadhu (*Glycyrrhiza glabra*) are all combined in this traditional Ayurvedic composition. Myopia, night blindness, and other refractive abnormalities can be effectively treated with it. It strengthens the ocular muscles, enhances circulation to the eyes, and nourishes the visual nerves (Sharma, 2005) [1].

5.3 Mahatriphala Ghrita:

In Netra Tarpana, Mahatriphala Ghrita, a herbal ghee concoction, is applied externally and consumed internally. It helps manage cataracts and other degenerative eye illnesses, improves visual acuity, and shields the eyes from oxidative stress (Shastri, 2014) [4].

5.4 Amalaki (Indian Gooseberry):

One of the strongest Rasayana herbs for preserving good vision is amalaki, which is well-known for its high vitamin C concentration and antioxidant qualities. It lowers inflammation, stops oxidative eye damage, and delays the onset of age-related eye conditions such as cataracts and macular degeneration (Mukherjee et al., 2019) [3].

6. MODERN-DAY RELEVANCE OF AYURVEDIC PRACTICES IN EYE CARE

Given the rising incidence of Computer Vision Syndrome (CVS) and other visual conditions linked to contemporary lifestyle choices, Ayurvedic treatments provide a safe, long-lasting, and efficient remedy. The symptoms of dry eyes and eye strain brought on by extended screen time can be reduced with regular use of Triphala eye wash, Netra Tarpana, and Seka. Furthermore, using Rasayana plants like triphala and amalaki strengthens the eyes and guards against oxidative damage brought on by stress and pollution. By nourishing the eyes and avoiding degenerative illnesses, Ayurvedic dietary suggestions, such as increasing the consumption of foods high in vitamin A, also support these therapies (Mukherjee et al., 2019) [3].

7. CONCLUSION

Ayurveda's comprehensive approach offers a tried-and-true foundation for managing and preventing eye

diseases. It provides a sustainable and natural approach to promoting long-term eye health by emphasizing cleansing, regeneration, herbal therapy, and lifestyle changes. From refractive errors to age-related macular degeneration, a number of ocular disorders can be prevented and treated using Ayurvedic formulations such as Triphala, Saptamrita Lauha, and Amalaki. The combination of contemporary ophthalmology and Ayurvedic medicine provides a powerful defense against the increasing incidence of visual impairments in the modern world.

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