



LIFESTYLE INDUCED OCCULAR DISORDERS AND ITS PREVENTION FROM AYURVEDA

Keshab Chandra Barman*

Department of Shalakyatantra (Eye, ENT & Dentistry) Govt. Ayurvedic College & Hospital Jalukbari, Guwahati-14, Assam

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ABSTRACT

According to WHO 60 to 80% of people in the world from both developed and developing countries lead sedentary lifestyle, making it one of the more serious yet insufficiently addressed public health problems of our time.

Physical inactivity, along increasing tobacco use and poor diet nutrition, are increasingly becoming part of today lifestyle leading to the rise to eye diseases such as cataract, glaucuma ARMD, Dr. HR etc. are now the leading causes of blindness is every part of world.

In Ayurvedic classics Sushruta has quoted numerable sedentary lifestyle exposures or behaviours which creates the various types ocular disease.

These diseases are entirely prevention the habit of maintaining a healthy lifestyle, including regular exercise and the diet and regimens ideally begins in childhood. Prevention of ocular ailments is possible by lifestyle regulation and adopting Ayurvedic principle.

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INTRODUCTION

Important views

मित्रं प्रीतिरसायनं नयनोरानन्दनं चेतसः

प्रात्रं सुखदुःखयोः सहभवेन्मित्रं हि तददुर्लभम् ।।

“A friend is an ambrosia of love to eyes and a rejoice to the heart. That friend who accompanies us even in delight and distress is indeed a rare one.”⁴

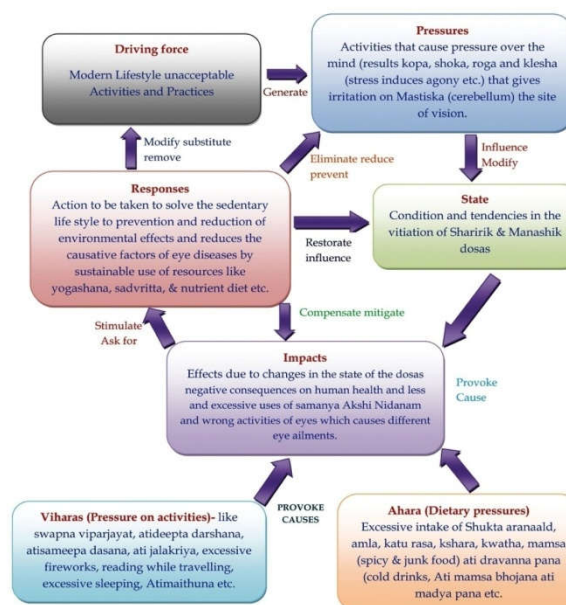
Chanakya in the Neetishatakaya quoted that “sarvendriyonamnayanampradhanam”. Acharya vagbhata also gives the importance of Darshendriya in his AstangaHridayam, uttaratantra chapter 13:98. Modern lifestyle all made a drastic changes in the normal human life and he is becoming more prone to the external hazards day by day. This in turn lead to a tranquil lifestyle with less uses of naturally available sources & activities with stress and strain made the human prone to many lifestyle ocular disorders¹. It was revealed that 90% of world blind live in developing countries and 85% of all visual is avoidable globally². Ayurveda, the Science of living beings emphasized that the three root causes (i.e. Pragyapardha, Asatamendriyarthasanyoga, Parinama etc.) of all systemic diseases including eye, due to less and excessive uses of aetiological factors of eye ailments including the Darshandriyarth (eye) Proper. Prevention of ocular ailments is possible by lifestyle regulation and adopting Ayurvedic principles³. Various KriyaKalpas, Yoga Sansas, Pranayamas,

Vyayamas mentioned in Ayurvedic classics for modification of life style by due inclusion of Ahara and Vihara can prevent a deal of ocular disease as seen in this review Article.

Aims and Objectives

Aims: Aims of this study is to attract the people towards the lifestyle regulation practice for preventing the various ocular disorders.

Following Graphic Explains the Association of Lifestyle Choises with Eye Diseases



*Corresponding author: Keshab Chandra Barman

Department of Shalakyatantra (Eye, ENT & Dentistry)
Govt. Ayurvedic College & Hospital Jalukbari, Guwahati-14,
Assam

Lifestyle Practices which in turn Generate the eye Diseases

Contributory Factors

Occupational Hazards

लोहानामतितप्तनां अग्निसूर्यादि तेजसाम् ।
(N.P. 4:7)

- Act of emitting heat from red molten metals.
- Act of emitting heat from fire.
- Act of radiance of the sun

Producing eye diseases

- Total lid burns
- Corneal burn
- Pterygium (arma)
- Conjunctivitis (abhishyanda)
- Blepharitis (krimigranthi)

Occupational hazards (Radiation pollution)

We are all exposed to various kind of radiation in our daily working life. In this regards our great scholars verse are important. As charaka says –

A) रुपाणां भस्वतां दृष्टिर्विनश्यति हि दर्शनात् ।
दर्शनच्चातिसूक्ष्मणां सर्वशश्चाप्यदर्शनात् ॥
(Ch.Sha. 1:121)

B) विलोकनाच्च रत्नानां स्वर्णानां च तथैव च ॥
(N.P.4:6)

C) सूर्यपरागानल विद्युदादिविलोकने नोपहते ।
(AH.13.97)

Other radiations like –

Laser therapy, computer uses, television watching, mobile phones using are the causes of various eye ailments.

Producing eye diseases

- UV rays of sub causes inhibition of mitosis and loosening of the epithelial layers (Photophalmia)
- Cataract due to radiation
- Retinal haemorrhage
- Mascular burn
- Solar retinitis
- Vitreous detachment

Personal Bad Habits (AtiyogaJalapraveshada)

Low temperature (cool) are as harmful to eye as high temperature (hot) occasionally in mountaineer or in snow storm/cool water the eye may show the following pathological lesions.

- Snow storm
- Immediate cold drink at excessive hot exposure
- Jumping in the cool water after hot exposure

Producing eye diseases

- Conjunctivalhyperaemia
- Corneal ulcer
- Swimming pool conjunctivitis
- Corneal opacity

Personal Bad Habits

Atyantamadyapanena (excessive alcohol drinking)

Excessive tobacco and Cigarette smoking

Producing eye diseases

- Ethyl alchoz lead to primary neurozonic degeneration affecting particularly the papilliomascular neurons.
- Tobacco and alcoholic amblyopia due to degeneration of papillio macular bundle in the nerve.
- Optic neuritis
- Optic atrophy
- Proptosis

Personal Bad Habits

Swapnaviparjaya (excessive sleeping)

Sleep act as rejuvenator of the body and mind. During sleep the eye is at complete rest and retains functional capacity.

- Excessive sleeping at day time.
- Night awakening

Producing eye diseases

- Ratrijagarana causes burning sensation, heaviness and Grittiness of the eye (eye strain i.e. Asthanopia)
- Blepharitis
- Hyperaemia
- Irritation of the eye
- Prolong reading of five print leads to R/E
- Sudden vision lost
- Swelling of optic nerve
- Changes in the colour perception.
- Floppy eyelid
- Dry eye syndrome

Abhigatacchirashyatam (injury to the cranial reason, impact hazards on eye)

- Impact hazards include flying objects, such as chip, fragments, particles, sand and dirt. These hazards typically result from the task like chipping grinding, machining, wood working etc. these objects as sparks are usually very small but can cause serious eye damage such as punctures.
- Head injury due to blunt force like impact of the force or blow, impact of tennis, hockey or cricket ball and accidental hazards.

Producing eye diseases

- Corneal abrasion
- Traumatic miosis
- Liberation of soft lenticular matter
- Iris rupture, prolapsed
- Hyperaemia
- Complete aniridia
- Choroidal rupture
- Eyeball rupture
- Iridodialysis

Environmental pollution causes eye disease

Pollution like

- Volcanic eruption
- Dust storm
- Industrialization
- Emission vehicle
- War
- Bom blast

Producing eye diseases

- Mucopurulent conjunctivitis (pittajaabhisandi)
- Dhoomadarshi (blurred vision)
- Corneal ulcer (swavranasukra)
- Hyperemia etc.

Effects of kshara (Alkali) on eye in dietary regimen

Excessive intake of kshara preparation in diet cause diminish if vision and blindness. (Cha.Vi.1:24).

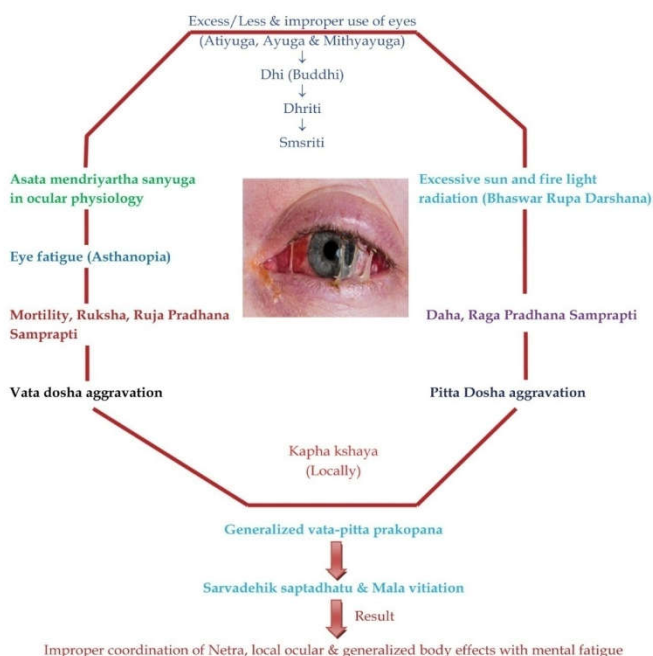
Excessive intake of katu and lavanarasas causes, difficulties in vision and epiphora.

Producing eye diseases

Effects of Kshara and Amla (chemical injury) on eye

- Alkali show deeper penetration and produces a more extensive damage in the cornea.
- Conjunctive hyperaemia followed by oedema (chemosis).
- The necrosed cornea may be covered by conjunctiva leading to the formation of pseudopterygium & extropion.

Over All Doshik Samprapties of Lifestyle Ocular Diseases: In today's modern lifestyle living, the eye is effected in the following ways.⁵



Preventive Strategies for Eye Diseases

Prevention of ocular diseases is possible by lifestyle regulation and adopting Ayurvedic Principle⁶.

How Can You Vase Your Eyes Naturally

- Steps to be taken individual level for controll the environmental hazards and its components (Air, Water, Soil).
- Steps to be taken individual level for elimination of Asatamendriyarthasanyuga (i.e. less/excessive uses of gyanendriyas).
- Steps to be taken individual level for follow up the parinama i.e. seasonal rules.

Preventive Strategy- I: Good environmental solution make your eyes healthy and functioning.

- By reducing air pollution, dhumra (fuel) and tapa (Ushnabhaptasha) which produces various eye diseases.
- Using less polluting fuel at home for domestic purpose.
- Reduction in bursting of crackers and display of firewood during festivals.
- Planting & protecting trees which purify air by converting CO₂ into oxygen during the process of photosynthesis which gives nutrition to our eyes.

Preventive Strategy II: A good personal hygiene promotes your visions naturally.

- The personal hygiene contains of Dinacharya (ideal lifestyle for a day), Ritucharya (Seasonal regimen), Sadvritta (ethical regimen).
- The general hygiene need to be improved and use of common towels, cosmetic, rods etc. be given up for preventing the diseases like Bacterial conjunctivitis, contact conjunctivitis etc.
- Wakeup early morning, act as a rasayana for ocular vision followed by pure oxygenated air and dust free environment.
- Daily regimen like eye was should be done thrice in a day with kashayadravyas for the elimination of dirty particles and purification.
- Daily application of sauviranjana, removed of dirty and relief from irritation, burning and pain, resistance to the heat of the sun and protection against common eye diseases and cooling effects on the eye.
- Rasayana, stimulates secretion of tears, cleanses the eye and removed excess accumulation of kaphadosha.

Preventive Strategy III: Steps to be taken for correct of your personal habits.

- Television should be watched at least from a distance of 10 feet.
- Never walk bare foot on hot road, in the summer use umbrella, sunglasses, while moving around.
- Adequate care should be taken to prevent direct exposure of eyes to sunlight and UV rays for reducing solar retinitis, macular burn and cataract rates.
- Avoid narcotics totally.
- Diet should have adequate proteins and vitamins.
- The toys of infant should be large and without fine details.
- Good visual habits include proper illumination, posture, adequate distance of the book etc. should be taught and insisted on a child should sit upright with light coming from the left side and the book should be at least 10

inches away from the eye for reducing pseudomyopia of the child.

Preventive Strategy IV

Yoga Exercises: Improve Eye sight.

Did you know

- Many eye disorder are related to the malfunctioning of the ocular muscle caused by chronic mental and emotional tensions. Yoga techniques for the help to improve various disorders related to defects in the eye muscles such as myopia and hypermetropia.
- We forget to blink when browsing long hours on out phone/laptop. Blinking and other simple exercise for the eyes make them healthier and stronger and just take a few minutes.
- Power of yoga exercise for your eyes: (i) Palming, (ii) Blinking, (iii) Changing focus of eyes from side to side simultaneously, (iv) Changing focus of eyes forward and sideways simultaneously, (v) Rotational viewing, (vi) Viewing upwards and down simultaneously, (vii) Preliminary nose tip gazing, (viii) Near and distant viewing.
- Regular practice of these yoga eye exercise helps to relax eyesight and facilitate the normal functioning of our eyes.

Preventive Strategy V: Yogasana Practices can prevent the eye diseases Naturally.

- Yogasana practice that can keep your eyes strong supple and brightness.
- Yoga tries to stabilize the activity of all 5 sense organs.
- Patanjali said- Yogasana is a stage in which all the activities of mind get stabilized.
- According to Bhagavad Gita, yogasana makes the person free from tensions and pain.
- The following yogasana can be practice for ocular health.

Curative Strategy I: The following KriyaKalpas are important for eye ailments.

- Tarpana
- Bidalaka
- Pindi
- Shirodhara
- Anjana

Curative Strategy II: The following Panchakarmas are important for eye ailments.

- Vaman
- Padaabhyanga
- Nasya karma
- Swedan karma

DISCUSSION

Lifestyle has changed from being an indicator of the overall well being of an individual to a cause of disease and now "lifestyle" has itself become an object of medical attention and thus the cause of concern. On keeping observation we find a close similarity between the NetraRogaNidanas and the lifestyle choices of the present era. The netraroganidanas (causative factors for eye diseases) explained in the classical textes exactly fit the present day Lifestyle choices which in turn generate eye disease. Improper use of the sour taste causes constriction of the eyes and blurring of vision. Eg. Over usage of lime, lemon, vinegar etc. Bitter guard. Pungent taste is good for the cleansing of the eyes as it increasing the watering of eyes if consumed directly.

CONCLUSION

All the causative factors of the eye should be avoided. Proper ocular hygiene to be maintain in day to day life (lifestyle). Don't use irritative cosmetics over your eyes which causes contact conjunctivitis. To eliminated the eye diseases from the society, we should take care on environment, climate & seasons. Eye diseases should be treated properly under a experience ophthalmologist.

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