



ETIOLOGICAL PARAMETERS OF OPHTHALMIC DISORDERS IN AYURVEDA

Dr. Pradeep Kumar Prem*

PG Scholar, Department of Shalaky Tantra, Government Ayurvedic College & Hospital, Patna 800003 (Bihar) *Corresponding Author

Dr. (Prof.) Kumari Uma Pandey

Professor & HOD, Department of Shalaky Tantra, Government Ayurvedic College & Hospital, Patna 800003 (Bihar)

ABSTRACT People rely on their eyes to see the surroundings and hence able to take appropriate action against senses received from the world around them. These are one of the first things that a person notices to another and are liable to communicate information before words are spoken. In Ayurveda eyes are considered as the pradhana Inderiya and comprises major part of Shalaky Tantra, a branch of Ayurveda which deals with the structures present above the neck. It needs specific care and concern to take for its protection because in general if the causative factors are not addressed properly at proper time the aetiology can lead to several disorders. So, it is important to discuss the elemental parameters or factors involving ophthalmic disorders in human beings. Causative factors explained by our Acharyas for all eye diseases helps us in understanding the root cause of eye diseases. While our daily lives if these causative factors are not taken seriously, it may lead to several of ophthalmic discomfort or disease and hence stopping the causative factor itself considered to be its treatment. Hence by understanding the causative factors in details, make easy to understand the pathology or status of involved dosha, it ultimately helps to understand the diagnosis and required treatment pathway or procedures that needed to resolve the abnormality.

KEYWORDS : Indriya, aetiology, ophthalmic disorders, dosha

INTRODUCTION

The eyes considered to be windows to the soul allow us to connect with our surroundings and hence able to take appropriate action against senses received from the world around us. It helps to maintain the sharpness of our mind and hence provides awareness to take proper action or even save us against danger around us. These are one of the first things that a person notices to another and are liable to communicate information before words are spoken. It is proved that about 80% of the knowledge we gain is through the eyes. It is a source of direct knowledge. In Ayurveda Acharya Vagbhatta says that "For a blind person though he is rich, day and night are equal and entire world seems to be useless", so a person should need to take consistent efforts to protect their eyes¹. Acharya Sushruta called it as Pradhana Indriya. At present due diverse environmental factors, sedentary, stressful and faulty life style eye disorders are quite common even many people not aware about their eye sight until they not feel any difficulty in daily life. Once a people become blind, there is no therapy is much more effective to restore vision. According to World Health Organisation (WHO) an estimate of about 314 million peoples visually impaired worldwide, of which 45 million are blind². Hence it seems to be necessary that eyes need specific care and concern to take for its protection because in general if the causative factors are not addressed properly at proper time the aetiology can lead to several disorders. So, it is important to discuss the elemental parameters or factors involving ophthalmic disorders in human beings. The causative factors explained by our Acharyas for all eye diseases helps us in understanding the root cause of eye diseases. While our daily lives if these causative factors are not taken seriously, it may lead to several of ophthalmic discomfort or disease and hence stopping the causative factor itself considered to be its treatment. Hence by understanding the causative factors in details, make easy to understand the pathology or status of involved dosha, it ultimately helps to understand the diagnosis and required treatment pathway or procedures that needed to resolve the abnormality³.

DISCUSSION

Eyes are considered as pradhana indriya, part a major part in Shalaky Tantra a branch of Ayurveda which deals with the structures present above the neck regarding their health status⁴. As important as discussed above one should make it important to know the factors affecting health of eyes. By understanding the causative factors, one should can easily understand the pathological behaviour of involved dosha, it ultimately helps to understand the diagnosis and required treatment pathway or procedures that needed to resolve the abnormality. The causative factors or Nidana explained by our Acharyas for all eye diseases helps us in understanding the root cause of eye diseases. If these causative factors are not taken seriously, it may lead to disease. Stopping the causative factor itself is a treatment. So, understanding the causative factors in detail, make easy to understand the aetiology involved dosha which ultimately helps to understand treatment

required for a disease. Various nidanas denoted in Ayurveda, measures to be much helpful in maintaining eye health conditions can be explained as follows⁵;

Ushnabitaptasyajalapravesath

(Immersing in cold water immediately after getting exposed to heat or sun) Sudden change in temperature affects the compact bondage of eye apparatus that ultimately influences the normal coordination of the eye muscles and tissue integrity within the eyes.

Bathing or entering cool climate or drinking cold water immediately after exposure to heat or vice versa make disturbance to the homeostatic pitta dosha which ultimately leads to several eye disorders.

Probable vitiation of Dosha – Pitta.

Probable diseases – Abshyanda (conjunctivitis), photo keratitis.

Doorekshanath

(Looking at very distant objects regularly for a longer time)

Looking at very distant objects regularly and for a longer time leads to strain produced in ciliary muscles of the eyes which ultimately leads to discomfort or distortion in accommodative capacity of the lens.

Probable vitiation of Dosha - Vataprakopa

Probable diseases – Hypermetropia, presbyopia.

Swapanaviparyaya

(Abrupt or abnormal sleeping habits)

Abrupt or abnormal sleeping, improper or untimely sleeping habits causes vitiation of Kapha dosha and similarly Ratrijagarana (night arousal) causes vitiation of Vata and pitta dosha.

Probable vitiation of Dosha – Tridosha

Probable diseases - Sty, periorbital puffiness, nystagmus, dry eye, epiphora, hyperaemia.

Prasakthasamrodhana

(Continuous or long time weeping for several days)

Continuous or long term weeping causes excessive stimulation to lacrimal gland which secretes more fluids due to which the nutrients and bacteriostatic activity of conjunctival sac get washed off.

Probable vitiation of Dosha – Vata

Probable diseases - Xerosis and diseases of lacrimal apparatus.

Kopa and shoka

(Excessive anger and grief)

Getting anger and grief is a manasikavega or emotional factors which

has to be controlled for a normal body status and hence normal health condition. These manasikavegas will impact the equilibrium of doshas, excessive kopa and soka ultimately vitiated the pitta and vata respectively.

Probable vitiation of Dosha – Pitta and vata
Probable diseases – Sub conjunctival haemorrhage and vataja netrarogas (eye diseases caused by vitiation of vata dosha).

Klesha (Stress)

Stresses or suffering from mental distortion, pain or trouble make us exhausted both physically as well as mentally that ultimately leads to several disorders to eyes also.

Probable vitiation of Dosha – Vata
Probable disease – Vataja netrarogas.

Abhighaatha (Trauma)

Eyes are so critically emphasized to its sensitivity so its protection measures important values as even a minute injury or contusion injuries or perforating injuries cause a great loss to the eye. At present chemical injuries, occupational hazards, accidents measures to be major factors that noted to these disadvantages.

Probable vitiation of Dosha – Sarvadosha
Probable disease - Corneal abrasions, corneal erosion, retinal detachment, dislocation of lens, cataract.

Atimaithuna (Intense sexual activities)

Excessive indulgence in sexual activities can results in depletion of body tissues which ultimately affect the nourishment strategies of eyes.

Probable vitiation of Dosha – Sarvadosha
Probable diseases – sunken eyes, infective eye diseases, netraabishyanda, viral retinitis.

Shukthaaranalamlanishhevana (Alcoholic beverages)

Suktha and aranala are sandhanadravyas the drugs produced by fermentation, have properties opposite to ojas (immunity) with toxic action.

Probable vitiation of Dosha – Pitta and raktha.
Probable Diseases – Pothaki (trachoma), kumbheeka (chalazion), viral retinitis.

Kulattha-mashanishhevana

(Excessive use of horse gram and black gram)
Kulattha having the properties like Laghu (light), vidahi (burning), kashaya rasa (bitter taste), katupaka (pungent) and ushnaveerya (hot potency) causes dathukshaya on excessive use.

Probable vitiation of Dosha – tridoshaprakopa
Probable Diseases – tridoshajanetrarogas.

Masha has the properties opposite to kulattha like Madhura in rasa, madhuravipaka, guru (heavy) and snigdha guna.

Probable vitiation of Dosha – Kaphavrudhi.
Probable diseases – Kaphajanetrarogas

Vega vinigraha (Suppression of natural urges)

Suppression of jrumba (yawning), asru (tears), hikka (hiccups), pratishyaya (rhinitis) and ksudha (hunger) all can cause strain to eye which leads to weakness of the eyes tissues following eye disorders.

Probable vitiation of Dosha – Tridosha
Probable diseases – Tridoshajanetravikaras.

Atisweda

(Excessive sudation or hot warming to eye)
In general, only mild swedana or sudation is allowed in for eyes warming or needy eye disorders. In diseases like timira (cataract), swedana is contraindicated.

Probable vitiation of Dosha - Pitta and raktha
Probable Disease – Pittajaabhisheya

Dhoomanishvanath (Excessive exposure to smoke)

Excessive exposure to smoke and other pollutants leads to irritation or several chemo sensitive disorders to the eyes.

Probable vitiation of Dosha - Vata and pitta
Probable diseases - Cataract, macular degeneration, uveitis.

Chardhirvighatath (Suppressing the urge of vomiting)

Suppressing the urge of vomiting or nausea causes strain to eyes muscles.

Probable vitiation of Dosha – Vata
Probable diseases – Eye lesions (kusta)

Vamanathiyogath (Excessive vamana procedures)

Excessive vamana therapy causes eye balls to get protruded of eye which ultimately creates strains the eye interior.

Probable vitiation of Dosha – Vatavrudhi, kapha and pitta kshaya.
Probable Diseases – Retinal detachment, sub conjunctival haemorrhages.

Sukshmanireekshanath

(Watching minute objects for longer duration)
Excessive watching or intense observation of minute objects causes strain to ciliary muscles and lens apparatus which leads its disorders.

Probable vitiation of Dosha – Vata
Probable disease – Dry eye syndrome, accommodation problem.

CONCLUSION

By visualising surrounding or observing conditions through eyes a person take appropriate action against senses received from the world around them. Also, while communicating its society these are one of the first things that a person notices to another and are liable to communicate information before words are spoken. Hence for a person, eyes comprise one of the prime organ for humans lives. In Ayurveda eyes are considered as the pradhana Inderiya. Acharya Vagbhatta in his Ashtanga Samgraha says that “For a blind person though he is rich, day and night are equal and entire world seems to be useless”. Hence the health status of eyes considered to be most important, if the factors affecting eye health not detected or not managed properly, may lead to several of ophthalmic discomfort or disease and hence stopping the causative factor itself measures its health goal.

REFERENCES

1. Tripathi Brahmananda Editor (Reprint ed.), Ashtanga Hridayam of Vagbhatta (Hindi commentary), Uttarasthana 13/98. New Delhi: Chaukhambha Sanskrit Pratishthana 2014. p.977
2. <http://www.cdc.gov>
3. Dalhana Editor (Reprint ed.), Sushruta Samhita of Sushruta (Nibandhasangra commentary), Uttara Tantra 1/25. Varanasi: Chaukhambha Orientaliya Granthamala 2001. p.608
4. Dalhana Editor (Reprint ed.), Sushruta Samhita of Sushruta (Nibandhasangra commentary), Sutra Sthana 1/2. Varanasi: Chaukhambha Orientaliya Granthamala 2001. p.5
5. Dalhana Editor (Reprint ed.), Sushruta Samhita of Sushruta (Nibandhasangra commentary), Uttara Tantra 1/26-27. Varanasi: Chaukhambha Orientaliya Granthamala 2001. p.609