



CONCEPT OF SWASTHVRITTHA IN NETRA ROGAS

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ABSTRACT

Ayurveda's primary goal is to maintain the health of the well-affected individual and treat the diseased person appropriately. Ocular problems are quite widespread in the current scenario as a result of numerous environmental variables, sedentary, stressful, and poor lifestyle choices. Because of the way of life people lead today—which includes using cigarettes, alcohol, tobacco, junk food, electronic cigarettes, televisions, computers, and mobile phones—eye damage is occurring at a young age. Hence, *Dinacharya* (daily routine) and *Rutucharya* (seasonal routine) are the fundamental regimen recommended by *Ayurvedic Aacharyas* to maintain equilibrium between *Tridosha*, *Agni*, *Sattu Dhatu*, and *Trimala* which allows an individual to preserve their health in relation to *Desha*, *Kaal*, and *Rutu*, making it crucial to maintain ocular health in order to prevent ocular diseases. Some of these regimens can be considered to be designed especially for the well-being of eyes like *Anjana*, *Nasya*, etc. These therapeutic procedures are useful if done scientifically and followed the protocol. In this article an effort is made to explore *Netra Swasthyakar Upakrama* mentioned by various *Aacharya* and its importance in routine life.

KEYWORDS: *Ayurveda*, *Dinacharya*, *Rutucharya*, *Netra Swasthyakar Upakrama*.

Aim of *Ayurveda* is mentioned as ‘*Swasthasya Swasthya rakshana*’ and cure of disease. Health preservation is one part of the aim of *Ayurveda*. Various references from the text at various chapters are mentioned about the same aim. *Acharya Charak* has mentioned as preventive measures should be followed by which one can avoid occurrence of disease which may occur in future.^[1]

An individual is considered healthy in *Ayurveda* when their *Agni*, *Doshas*, and *Dhatu*s are in balance and they experience mental, sensory, and spiritual well-being. It is rightly said by *Acharya Vagbhatta* in *Ashtanga Samgraha* “For a blind person though he is rich, day and night are equal and entire world seems to be useless” so man should make consistent efforts to protect eye sight.^[2] *Ayurveda* deals with the curative as well as preventive approach about the health status maintenance. Therefore some lifestyle strategies are given in *Ayurveda* are *Dinacharya* (regimen in daily lifestyle), *Ritucharya* (seasonal regimen), *Sadvritta* (good moral conducts) etc. *Dinacharya* is one of these preventive principles of *Ayurveda*.

DINACHARYA (DAILY REGIMEN)

Under *Dinacharya* maintainance of vision and eye health is vividly described in *Charak Samhita*, *Sutrasthana Swatha Chatuska*, *Sushruta Samhita Chkitshasthana* 24th chapter *Anagatabadhpratishedhaneeya Adhyaya*, *Astanghrudaya Uttarstan* 13th chapter and *nityapravruttikara bhava* in *Yogratnakar*; *bhavaprakash purva khanda* 5th chapter *Bhaisjyarnavali* in *Netrarogadhikar Adhyayas*. While *Charak* starts daily regimen with *Anjana*, *Sushruta* advised for *Netraprakshalan* (eye wash) with *Lodhra* (*Symplocos racemosa*) *Kashaya* (decoction).

Acharya Vagbhatta has given sequence of *Upakrama* to be followed routinely as *Dinacharya* which is as follows.^[3]

1. *Pratarutthana* – Waking up at *Brahmya Muhurta*
2. *Shauchavidhi* – Evacuation of *Mala-Mutra*
3. *Dantadhavana* – Brushing teeth
4. *Anjana* – Application of medicine over the margin of lower eyelids
5. *Navan* – *Nasya* – Administration of medicated oil / Ghee through nostrils.
6. *Gandusha* – Holding decoction in the oral cavity

7. *Dhoomapana* – Inhalation of medicated smoke through nose and its exhalation
8. *Tambool-Sevana* – Eating *Tambool Patra* (leaves) with other ingredients having medicinal properties.
9. *Abhyanga* – Oil application over the body / parts of body.
10. *Vyayama* – The physical exercise in adequate amount.
11. *Udvardana* – Application of medicated *Choorna* all over the body.
12. *Snana* – Taking bath.
13. *Sadvritta-Aacharana* – following basic protocols while interacting in the society.

Health promotion by using procedures indicated in daily regimen- *Dinacharya*

Life style is described in *Dinacharya* for prevention and promotion of health. Every act of a routine is supposed to be protective for health and should not be a cause of a disease. Wholesome daily regimen is one of the most important preventive measures in *Ayurveda*.

Indication For *Netra*

Care of eyes should be taken daily. *Ayurveda*'s guidelines for it are mentioned in *Charaka Sutrasthana*.^[4]

Anjana^[5] – Procedure as *Anjana* is useful for prevention of *Khaphaj roga*. It enhances the capacity of eyes, improves vision *Aschyotan* procedures are said to be performed daily.

Application of medicine over the margin of lower lid of both the eyes is known as *Anjana*. There are two types of *Anjana* mentioned to maintain physiology of eyeball and hence to improve vision.

(i) *Souviranjana* – It is advised to be used daily. It is mentioned in the routine to be followed after *Dantadhavana Upakrama*. It is said as *Hitakar* (beneficial) for eyes. It acts locally and prevents individual from eye diseases by boosting local immunity and maintaining physiology of eyeball and its coats.

(ii) *Rasanjana* - Advised to use after every 7 days. The purpose is to evacuate excessive *Kapha Dosha*. Excessive *Kapha Dosha* is considered as an enemy for the eye because it is the most common causative factor in developing eye diseases according to *Ayurveda*.

Nasya (Navan)^[6,7,8]: Routinely medicine is when administered through the nostrils, it is defined as *Nasya* or *Navan*. The drug acts on *Srotasa* through minute pores and drains out the *Kapha dosha* improving general ocular health. It prevents diseases of eyes, nose, ears and strengthen the body parts above neck region. After *Anjana Upakrama*, *Nasya* is to be done routinely. For daily use, *Anu Taila* is mentioned in the commentary given by *Arundatta Acharya* for *Navan Upakrama*. *Pratimarsha nasya* is procedure in which oil drops are

administered in each nostril. It should be performed daily twice a day.

Some eye diseases like *Timira*, *Krucchavbodh*, *Krucchonmilan* etc. can be treated with *Nasya* as a treatment which is beneficial to improve visual acuity and strengthen muscles of eyeball.

Gandush^[9]: Lukewarm decoction with medicated properties is asked to hold in the oral cavity known as *Gandush*. It is indirectly beneficial to restore eye health. It removes excess of *Kapha Dosha* and prevents from diseases of oral cavity & strengthens *Indriyas* (special senses). It is asked to be followed after *Nasya* procedure in daily routine.

Dhoomapana^[9]: *Dhoomapana* is a procedure in which medicated smoke is inhaled & then exhalation is done. It is also responsible to remove excess of *Kapha Dosha* and it also balances *Vata* because of which diseases of eyes can also be prevented. Practice of *Prayogika Dhoomapana* regularly helps to cure pain in eyes and discharge from the eyes caused due to morbid conditions.^[10] *Dhoompana* is mentioned as a part of treatment for many ocular diseases like *Kaphotklishhta*, *Kukunaka*, *Pakshmakopa*, *Krucchchonmilan*, *Abhishyanda*, etc.

Abhyanga^[11]: Application of medicated oil to all over body is called as *Abhyanga*. *Acharya Vagbhata* advised *Abhyanga* to be done daily to achieve *Drushti Prasadana*. It means daily external application of oil done all over body enhances *Drushti* (Visual acuity).

Padabhyanga^[12,13]: *Ayurveda* explains that development of *Pada* (foot) and *Netra* (eyes) both have same origin from *Vaikarika Ahamkara* (modified source of creation) and *Rajas Ahamkara* (passionate source of creation), and both develop at same month in intrauterine life. Thus, because of their same origin any therapy on *Pada* can positively affect *Netra*. *Acharya Vagbhat* identified 4 major *Nadis* (Channels or nerves) in feet which connect to eyes, help to maintain good eyesight and relieve eyestrain when subjected to soothing therapies like *Padabhyanga*.

Padabhyanga pacifies the *Doshas* (The three basic elements of body *Vata*, *Pitta* and *Kapha*) through the *Nadis* reaching the *Netra* thereby nourishing and soothing them.

Padatrandharan^[14]: Footwear should be used regularly. In *Ayurveda* according to *Acharyas*, *Padatrandharan* has the *Chakshushya* effect.

Snana^[15]: Taking bath with moderately cool water is beneficial to give strength to the eyes. It removes all impurities from body & refreshes the individual.

Vegedharan^[16]: Suppression of the urge of lacrimation leads to many eye diseases. Suppression of the urge to sleep causes heaviness of the eyes. It is always useful to avoid *Vegadharan*. *Bhavaprakash* explained in his texts that intake of water in the morning through the nostrils improves vision and general ocular health.

Other Practices of *Dinacharya*: Wearing turban over the head good for eyes. Holding umbrella is also having *Chakshushya* effect.

RATRICHARYA (NIGHT REGIMEN)

In maintenance of health, *Ratricharya* is of utmost importance. Intake of *Madhu* and *Ghrta* along with *Triphalachurna* enhances vision.^[17] Application of *Rasanjana* is advised once in 5-8 days which helps to clear vision.

SADVRITTA: The principles of good conducts (*Sadvritta*) aim to preserve all dimensions of health. Observance of *Sadvritta* simultaneously fulfils two objectives – maintenance of positive health and control over sense organs.^[18] Counseling contributes a main role towards the prevention. It involves encouraging the adaptation of eye health promoting behaviors and discouragement of behaviors that damage the eye health.

PATHYA AHAAR^[19]

Pathya ahaar is a diet that is beneficial for the eyes, food that keeps the balance of *Tridosha* and does not aggravate the disease.

Intake of *Puran*- Medicated ghee/ Food prepared with *Triphala*, *Shatavari*, *Mudga*, *Patol*, *Yava*, *Rakta shali*/ *Kulatha yusha*, *Peya*, *Vilepi* /Vegetables like- *Surana*, *Patola*, *Vartaka*, *Karkotaka*, *Karvellaka*, unripe *Mocha*, unripe *Mulaka*, *Punarnava*, *Markava*, *Kakamachi*, *Pattura*, *Kumarika*, *Draksha*, *Kustumbaru*/ *Saindhava lavana*. *Madhu* (Honey)/ Breast milk, cow's ghee, cow's milk, *Sita*/ *Godhuma* / *Shaka panchaka* (*Jivanti*, *Vastuka*, *Matsyakshi*, *Meghnada*, *Punarnava*).

PATHYA VIHAR

Seasons are classified by different features that express different effects on the body as well as the environment. The prime principle of the *Ayurvedic* system of medicine is preventive aspects can be achieved by a change in diet and practices in response to changes in the climate.

1. *Pitta* accumulates during the rainy season due to acidic conditions of the atmosphere and weak digestion. It is aggravated when the heat return in the *Sharada rutu*. According to *Vagbhat*, *Netra* is the main *Shan* of *Alochak pitta*. As there is a *Prakop* of *Pitta dosh* in *Sharada rutu*, this aggravated *Pitta dosh* may affect the eyes and can cause eye diseases. *Virechana karma* is described as a preventive as well as a curative treatment for *Pitta dosh* in *Samhita*.

2. According to *Ayurveda*, *Kapha dosha* has increased during *Shishir rutu* and starts liquefying during *Vasant rutu*. According to *Vagbhat*, eyes predominant in *Tej*

mahabhoot, they should be protected from *Kapha dosha*. Hence *Vaman karma* is advised as preventive therapy to be done in *Vasant rutu*.

DISCUSSION

In *Ayurveda* it is stated that, prevention is better than cure. Methods to protect the health and promote it are wholesome daily regimes as ideal timings of sleep, wholesome diet with proper time and *Ahara vidhi*, balanced and positive mental and intellectual activities, seasonal guidelines for *Aahar-vihar* and purification methods. Daily procedures such as *Nasya*, *Anjan*; *Abhyang*, *Vyayam* have great importance in preventive and promotion of health. Though these procedures are mentioned to be followed routinely, some contraindications are also mentioned in classical texts by *Acharya*. One can modify the lifestyle with the simple intervention through conduct of *Dinacharya* for the benefits and maintenance of eye health. By reviewing texts in aspect of applied aspect for longevity of life, it is found that the guidelines about life style which mainly described as what to do and what should avoid *Dinacharya*, *Rutucharya* at physical, mental, social, spiritual level have great importance, A step to avoid unwholesome aahar-vihar and to follow wholesome is most important for prevention and promotion of health.

CONCLUSION

A routine which one can set for himself makes his lifestyle. In today's era the eye disorders like computer vision syndrome, refractive errors are common. In such cases the power of eye itself, eye muscles, and vision acuity should be maintained properly. For this purpose individual can restore *Netra Bala* with these *Upakramasor* procedures mentioned in *Dinacharya*. Therefore prevention from other eye diseases also will be possible. The preventive principals of *Ayurveda* such as *Anjana*, *Nasya*, etc *Dinacharya* procedures, *Kriyakalpas* like *Aschyotana*, *Tarpana* etc, *Rasayana* and *Yoga*. along with positive life style modifications may help considerably in reducing the impact of ocular diseases in general population.

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