



## Review Article

### REVITALISING VISION - AN AYURVEDIC PERSPECTIVE IN THE LIGHT OF YOGA

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#### ABSTRACT

The world of technology is evolving, and this has an unanticipated negative impact on people's health, regardless of their age, gender, or financial situation. These days, people rely increasingly on technology, frequently using video conferences and zoom meetings as well as other digital platforms for business. Academically, the usage of technology has begun with virtual classrooms and online study courses. While technology keeps us connected, it also has harmful impacts on human being. Digital addiction inhibits cognitive control during emotional processing and influences social interaction. Visual work is the need of an hour and it demands continuous focusing to see the pixelated characters clearly. It is crucial to prioritise eye health in order to maintain focus on digital wellbeing. Due to prolonged focus on screen, incorrect distance between the eye and screen, unsuitable placement of computer screens and postural instability leads to various ocular and extra ocular manifestations. The first line of action is to avoid these causal factors (*Nidana Parivarjana*) by minimising glare, frequent blinking, screen time reduction, and postural stability. However, yoga promotes self-regulation, which reduces the symptoms of addiction. Eye Yoga, which includes a variety of ocular exercises, *Yogic Asanas*, *Yogic Kriya*, and other preventive measures listed in classics, is seen to be a useful technique for resolving addictive behaviour. Since the digital revolution has completely changed every industry, including education and health care, efforts have been made to use *Ayurveda* and *Yoga* to improve the vision by routinely taking care of the eyes to prevent various ocular and extra-ocular ailments.

### INTRODUCTION

Digital revolution has made life easier nowadays. Video conferencing has become the new mode of holding meetings and conferences. Educational system has been upgraded to online classes and google classrooms. Playing video games, digital payments, watching television, working on laptop, tablet, mobile phones, computer for long hours with forward bending and unsuitable postures is required to get corrected. Excessive screen usage sends brain into addictive state and upsurge in symptoms of digital eye strain.

One can curb the duration of screen time and limit its usage through *Nidana Parivarjanameva Chikitsa*.<sup>[1]</sup>

*Nidana Parivarjana* helps in stoppage of progression of the disease by avoiding the causative factors in the form of *Ahara* (food)/*Vihara* (lifestyle) or both.<sup>[2]</sup> In relation to digital integration, *Nidana Parivarjana* can be done via reducing screen time, by adopting blinking technique and attaining proper posture while working on digital platform. Holistic approach through *Yoga* practise by stability of mind and self-regulation can keep digital wellbeing in focus. Eye *Yoga* is a way to increase the efficiency of extra ocular muscles through exercise, *Yoga Mudras*, *Yogasanas* and *Yogic Kriyas*.<sup>[3]</sup> Apart from this ocular health can be further maintained by following *Kriyakalpa* and dietetic supplements as preventive measures.

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## MATERIAL AND METHODS

The qualities of Ayurveda and *Yoga* are more accentuation to give prime significance to the eye care. Descriptions are reviewed and collected from different texts and research papers. Further discussion has been done on the conceptual part to put forth the perceptive in regard to anticipated title.

## AIMS AND OBJECTIVES

To avoid *Nidana* (causative factors) and integrate Eye *Yoga* to maintain vision.

## Discussion:

### *Nidana Parivarjana*

Blinking during screen time stimulates aqueous humour circulation by increasing the working efficacy of levator and orbicularis muscle that helps in nourishment of ocular tissues. [3] Postural instability or incorrect distance between the eye and screen results in muscular spasm that can be corrected by sitting in comfortable position and sitting straight. Limit the usage of screen time to reduce the strain on eyes by taking regular breaks in intervals from screens.

## Eye Yoga

### Eye roll movements

Raising eyeballs up to 12 o'clock. Hold them for a second, then lowering the eyeballs to six o'clock. This cycle is continued for 10 times, without blinking. Regular eye rolling improves muscle elasticity, allowing smoother eye movements and reducing the risk of eye fatigue.

### Palming

Palming has a vasodilatory effect on episcleral veins and triggers outflow of aqueous humour. Palms are rubbed together to generate heat and gently cover eyes with palm without pressing. This allows the eyes to relax in complete darkness, along with concentration on breathing and horizontal and diagonal eye movements are performed. [3]

### Yoga Mudras

*Yoga Mudras* are symbolic gestures that facilitate the flow of energy and often practiced with the hands and fingers. [4] Various *Yoga Mudras* have been enlisted in table no 1 mentioned below.

**Table 1: Yoga Mudras**

S.no	Yoga Mudras	Effect on Body	Technique
1.	<i>Vayu Mudra</i>	It reduces feeling of heaviness from eyes	Place thumb down index finger and keep remaining three fingers comfortably straight. Duration: Thrice a day before meals.
2.	<i>Surya Mudra</i>	It helps in improving vision	Fold the ring finger and press it with the thumb. One can sit in <i>Sukhasana</i> or <i>Padmasana</i> for this. Ensure palms are laying on knees and are facing the sky.
3.	<i>Varuna Mudra</i>	It gives relief from burning sensation and dry eyes	Join little finger with the tip of thumb and sit straight.
4.	<i>Prana Mudra</i>	It improves low vision and disturbed sleep	Touch the tip of little finger and ring finger to the tip of thumb. Keep two fingers straight. Duration: 15 min, thrice a day.
5.	<i>Dhyana Mudra</i>	For eye sight and retinal problems	The thumb and index finger are brought together gently while all the other fingers remain upright. Duration: 15 min, thrice a day.
6.	<i>Jalodhara Nasha Mudra</i>	It stops excessive tears	Place thumb down on little finger and keep all remaining three fingers comfortably straight. Duration: 15 min, thrice a day.

## Yoga Asanas

*Matasyasana, Sarvangasana, Shavasana and Surya Namaskar* can be practiced on a regular basis to alleviate *Alochaka Pitta* for maintaining visual acuity and function.<sup>[5]</sup>

## Yogic Kriyas

### Netikriya

*Hathyoga Pradipika* has highlighted the Importance of *Neti*.<sup>[6]</sup> *Netikriya* help to promote clear eye vision and prevent the *Dosasanchaya*.<sup>[7]</sup>

### Trataka

*Trataka* ease eye strain, improves blood circulation, enhances vision and positively influence cognitive processes.<sup>[8]</sup> A study has been conducted on the computer professionals who had complaints of Visual discomfort which included dryness; irritation, burning, redness, and photosensitivity were reduced with the practice of *Trataka* with a satisfactory improvement in their visual accuracy and perception.<sup>[9]</sup>

### Pranayama

*Bhramri Pranayama* calms mind. It increases stress tolerance, improves circulation & reduces the muscles tension. All these may have promotive action in the eye health.<sup>[10]</sup>

## Other Preventive Measures

The eye vision is primarily associated with *Tejas Guna* and as such vulnerable to *Kapha Dosa*.<sup>[10]</sup> Hence, the measures alleviating *Kapha* are beneficial for clear vision that includes *Kriyakalpa*.<sup>[11]</sup> *Acharya Sushruta* has mentioned five such *Kriyakalpa*– *Akshi Tarpana, Seka, Aschyotana, Putpaka* and *Anjana*. *Akshi Tarpana* (eye rehydration) strengthens the eyesight and increases blood circulation. It cools, lubricates and rejuvenates the eyes. *Putpaka method* involves pouring of lukewarm medicated *Swarasa* over the eye for stipulated period. It aims to nourish and rejuvenate tired, dry, rough, and injured eyes. *Seka* helps to deal with eye diseases like conjunctivitis, eye strain, watering eye, eye dryness, and blepharitis. *Netraprakshalna* (eye wash) maintains the corneal transparency and the arrangement of collagen fibres in corneal stroma.<sup>[12]</sup> *Anjana* (collyrium) is method of application of medicinal pastes/ powders to the inner part of lower lid either from *Kaneenika Sandhi* (inner canthus) to *Apanga Sandi* (outer canthus) or vice versa that can be used as preventive as well as curative measure.<sup>[11]</sup> *Nasya* (nasal application of drugs) nourishes the *Shringataka Marma* which is considered as seat of eye, ear, nose and tongue.

Other preventive measures such as *Padabhyanga* (application of oil over soles) pacifies *Vata dosha* and considered as *Chakshusya* as per Ayurveda.<sup>[12]</sup> The somatic sensory area in the cortex gets stimulated by performing *Padabhyanga*. *Padaprakshalan* (washing of feet) confers clear vision.<sup>[12]</sup> Stimulation of *Marma* (vital points) like *Apanga Marma, Avarta Marma, Shringataka Marma* on a daily basis keeps eyes healthy.<sup>[13]</sup> Further Consumption of balanced diet rich in nutrients including vitamin A, C, E, and omega-3 fatty acids are highly effective for eye health.<sup>[14]</sup>

## CONCLUSION

Emphasis on the comprehensive eye care is the need of an hour. Prolonged office duties, class room, meetings, watching TV programs and continuous computer work nowadays are part of faulty lifestyle. Person should make constant efforts to protect their eyesight. Ayurveda gives careful contemplation on staying away from the components causing diseased condition through *Nidana Parivarjana*. *Eye Yoga* and other preventive measures are found to be supportive in ocular health care.

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