

## CONCEPT OF DINCHARYA REGIMEN IN NETRASWASTHYA IN AYURVEDA

Dr. Rasika Bansod<sup>1\*</sup>, Dr. Rohan Bargad<sup>2</sup> and Dr. Anil Deshmukh<sup>3</sup><sup>1</sup>PG Scholar Dept. of Shalakyatantra, SST's Ayurved Mahavidyalaya, Sangamner.<sup>2</sup>Lecturer of Dept. of Shalakyatantra, SST's Ayurved Mahavidyalaya, Sangamner.<sup>3</sup>HOD of Dept. of Shalakyatantra, SST's Ayurved Mahavidyalaya, Sangamner.

\*Corresponding Author: Dr. Rasika Bansod

PG Scholar Dept. of Shalakyatantra, SST's Ayurved Mahavidyalaya, Sangamner.

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## ABSTRACT

Eyes are the finest gift of God to mankind; the world appears beautiful through the vision which they perceive through their eyes, without eyes the whole world appears dark, however rich or sophisticated they may be. Prevention is better than cure - Swastasya swastya rakshanam & aaturasya vyadhimoksha as mentioned in Ayurveda. It is the only science which gives maximum importance for the prevention of diseases. Ayurvedic classical texts such as Charaka Samhita, Sushruta Samhita & Astanga Sangraha/Hrudaya has elaborative description about prevention of eye diseases and also explained many vision care techniques such as Dinacharya, Nidana Parivarjana, Kriya Kalpas. As these information's are scattered, an effort has been made to compile all these measures, which helps to prevent diseases of Eyes.

**KEYWORDS:** Dinacharya, Chakshushya Rasayanas, Netra Kriya Kalpas.

## INTRODUCTION

The main aim of Ayurveda is to maintain the health of healthy person and to cure the diseased person. Thousands of years ago, It has been explained in Ayurveda that a man is said to be healthy (swasta) when his Doshas, Dhatu, Mala are in the state of equilibrium along with mental, sensory, spiritual pleasantness and happiness which also matches with the WHO definition of health, "Health is a state of complete physical, mental, social and spiritual wellbeing and not merely the absence of disease or infirmity". The Dinacharya or daily regimens explained by our Acharyas are a boon of Ayurveda to the mankind through which we can maintain our health and prevent the diseases with simple modifications. The importance of protection and preservation of eye health and vision is quoted by Acharya Vagbhata as "All efforts should be made by men to protect the eyes, throughout the life for the man who is blind this world is useless, the day and night are the same even though he may have wealth". According to WHO, global blindness due to eye diseases is increasing in an alarming rate. An estimated 253 million people live with vision impairment; 36 million are blind and 217 million have moderate to severe vision impairment. Overuse of computers in the modern era can lead to many diseases like computer vision syndrome, dry eye. 7 out of 10 children wear a corrective lens at very young age due to excess digital usage like mobiles, watching television, video games which are the main cause of school Myopia. Use of various eye cosmetics, hair dyes etc. that contain various chemicals can harm the eyes and can cause

visual impairment which is also explained in our classics. Inappropriate cleaning of the eyes may lead to allergic and infectious manifestations. Increased usage of junk foods and lack of proper nutrition leads to various metabolic diseases which in turn have adverse effects on eye. Preventive ophthalmology aims at providing an ophthalmologic service; identifying and preventing eye sight threatening ocular condition, to whoever (mass, large number) in the community at affordable costs. Dinacharyas regarding maintaining eye health are described under Swasta Chatushka Dinacharya Adhyaya by Charaka Samhita, Sushruta Samhita Chikitsa Sthana 24th chapter, Dinacharya Adhyaya by Vagbhata Acharya, Nityapravritti Prakarana in Yogaratnakara, Dinacharya Ritu Prakarana in Bhavaprakasha.

## AIMS AND OBJECTIVES

To bring together all the classical preventive measures for vision care. Dinacharya (Daily Regimen): Our Acharyas have specified daily regimen i.e. the do's everyone should follow from waking up in the morning till going to bed at night. Health depends on how one spends his day. One who wants to keep himself fit should follow this daily regimen. To maintain the health of the eyes our Acharyas have mentioned the following daily regimen.

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1. Netra prakshalana- Sushruta in his books has quoted netra prakshalana i.e washing the Eyes with medicated kashayas like Triphala kashaya; lodra kashaya daily will increase the efficacy of eyes. This clears the Lacrimal passage and rejuvenates the tear film over the conjunctiva and cornea.
2. Anjana pryooga- Daily after snana, one has to apply anjana to eyes. It is a method of applying medicated paste to lid margin from kaninika to apanga. Rasanjana and Souveeranjana with honey are used regularly as anjana. By this the accumulated kapha dosha can be taken out and helps to increase the blood circulation in the eyes and prevent the eye diseases
3. Shiro abhyanga- This is a procedure where oil is applied to head. This helps to improve the blood circulation to brain & scalp and thereby nourishes the cranial nerves & improves the visual perception. Shiro abhyanga nourishes all sense organs and also it is Drusti prasadhana
4. Padaabhyanga- Pada refers to foot, foot are the end organs of the body so the nerve endings are highly sensitive. If padaabhyanga is done, there will be stimulation of nerve endings and effects are seen in the eyes through sympathetic and parasympathetic supply. So padaabhyanga, padaprakshalana and padatran dharana (using footwear) helps to improve vision.
5. Vyayama- Acc to Ayurveda one has to practice vyayama and yoga to maintain the health of the body by yogasanas. The blood circulation to the organs can be increased and efficacy of organs can be achieved by Dhyana, pranayama, Trataka, the health of eyes can be achieved.
6. Snana- Generally all the sense organs get stimulated by snana. Hot water is advised for body wash and cold water is indicated for shirah snana. If cold water is used to shirah snana then it is considered as chakshushya.
7. Nasya karma- It is a procedure in which medicated dravyas are installed through the nasal cavity. It nourishes all the sense organs as nose is the gate way to head (Brain) & strengthens the nerves, vessels and Marmas. Mainly srungataka marma which is situated at the joining point of vessels from nasa, akshi, karna & mukha. It clears all the srotas from siras & helps to keep all srothas intact. It is of 2 types – Marsha, pratimarsha nasya.
8. Mukhalepa- Application of medicines to face in the form of paste is called mukhalepa. The facial artery, facial nerve and trigeminal nerve are passing along the cheeks having branches to eyes and even lepa will have an effect over bhrajaka and alochaka pitta and thus improve the vision.
9. Ahara, nidra and bramhacharya are considered as triyopasthambha in Ayurveda. If these are taken care properly then one can maintain and protect himself

from any diseases. Ahara plays a major role in maintaining the health of the eyes. Many of our classics have explained chakshushya aharas which can be taken regularly to maintain the vision. Susrutha has quoted that one who takes puran ghrita, shatavari, amalaki, patola, mudga, yava, shastika shali will not suffer from Timira vyadi. Shakha like shigru, fenugreek and fruits like Triphala, papaya, are advised as Pathya ahara. All food items which are sweet and bitter in taste are considered as chakshushya<sup>13</sup>. When analyzed in modern aspect these food items are rich in either vit –A, VIT-C, VIT-E, some are having antioxidant properties and rich in minerals. Thus helps to improve the vision.

10. Nidra- Sleep is one of the adharaneeya Vega, it should not be suppressed. If suppressed will lead to indriya vibramsha and becomes one of the nidana (etiological factor for eye diseases). Susrutha has mentioned “swapnaviparyaya”-irregular sleeping habits (day sleep, excessive sleep. Loss of sleep, untimely sleep) are one of the main cause for eye disorders. Sleep rejuvenates mind and body. Normally 6- 8hrs of good sleep is necessary for the normal function of the body. During sleep, the eyes are completely at rest and retain functional capacity. Disturbed sleep for more than 2-3days leads to many eye problems like burning of eyes, dry eyes, blurring of vision, change in perception of colour.
11. Rasayana: Eye diseases due to ageing process like cataract, ARMD, are inevitable but can be delayed by taking chakshushya rasayana. According to Ayurveda Samhitha, some of the drugs like Triphala, Amalaki, Yastimadhu, Swarnabhasma, etc with grutha and madhu are regularly administered in proper dosage to maintain the health of eyes. These drugs will slow down the process of ocular degenerations and improve the visual acuity. These are some of the daily regimen (do's) which should be followed by every individual to maintain the general health and also to protect our vision. Our Acharyas also highlighted to avoid some of the habits/behaviors, which are responsible for causing eye diseases. These habits are called as nidanas (causative factors of eye diseases). Ushnaabhitaptasya jala pravesha –alternate use of hot and cold temperature i.e immersing/bathing in cold water immediately after exposing to sun/heat, Excessive crying, always in anger or anxiety or in depression, any external injury to head /eyes, excessive intake of sour, fermented foods, kulatha, food items prepared from masha, Vegadharana (suppressing natural urges), inhalation of smoke or smoking habits, excessive Swedan to eyes, atiyoga of vamanadi shodhana therapies, observing very near or very far- distant objects for longer time, Bhavaprakasha opines that excessive intake of water and riding animals or vehicles fastly or for longer distance will lead to eye diseases. Many diseases can be prevented by following the above daily regimen properly and also by avoiding the causative

factors. These are another set of diseases which affects the individual but early detection and management of such disease with the kriya kalpas will help to prevent the further progression of the diseases. To maintain the health of eyes, our Acharyas have explained some tropical treatment to eyes called as Netra kriya kalpas like seka, Aschotana etc.

12. Seka- Medicated liquids are poured on closed eyelids in a thin & continuous stream from 4 inch height for a specific time.
13. Aschotana is the instillation of few drops of medicines to the open eye from a height of 2 angula. It is commonly known as eye drops. Bidalaka is the application of medicated paste to the outer surface of the eye lids.
14. Pindi is the modification of bidalaka. Instead of directly applying the pastes to the eyelid, they are packed in thick cotton cloth & are kept tightly over the eyelids.
15. Netra Tarpana is the procedure of holding the medicated ghee in the eyes for a speculated time. This nourishes the eyes and improves visual acuity. Kriya kalpas have a major role as a remedy for lifestyle induced diseases like Dry eye syndrome, Diabetic Retinopathy etc.

## DISCUSSION

The above mentioned practices and foods can be incorporated in our modern life to avoid lifestyle diseases as well as to improve eye health. This practice of above said Dincharya has been proven to show improvement in vision. The practice of kriyakalpas have shown statistically and clinically significant results in promotions of eye health and as treatment for various eye disease.

## CONCLUSION

Dincharya mentioned are significantly accurate and can be practiced along with rutacharya. Only slight changes have to be adopted to adapt these practices in our day to day activities. The prevention is greater than cure so all the practices needs to be applied in todays world to avoid the lifestyle disorders.

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