



CRITICAL ANALYSIS OF DRISHTI IN AYURVEDA: A REVIEW

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ABSTRACT

Eye has been explained in *Ayurvedic* texts among *Panchgyanendriya* which perform the function of sight(vision). *Acharya Vagbhatta* stated that all human beings should always indulge in protecting their eyes until they wish to live. All the valuables of this world are useless if one is deprived of vision, as his day and night would only be dark.^[1] *Drishhti* has been explained by *Acharya Sushruta* which perform the function of sight (vision). He explained the word *drishhti* very accurately in his treatise *Sushruta Samhita*. *Drishhti* is very controversial word in *Shalaky Tantra* because a lot of meanings of *Drishhti* have been given in *Sushruta Samhita*. It consists of all the essential *dhatus* of internal eye ball. Beside being an anatomical structure it performs many functions. But *drishhti* can be simply called as functional unit of eye which performs vision.

INTRODUCTION

Shalaky tantra is one among eight branches of *Ashtang Ayurved* dealing with the diseases of supraclavicular region (*urdhavjatru*).^[2]

Under this *Shalaky tantra*, prime importance has been given to the eye due to its structure and function of vision. Eye is one among five sense organs which perform the function of sight (vision).^[3]

Eye consists of five type of *Mandala*, five type of *patala* and six type of *sandhi*. Out of the five *Mandala*, *drishhti mandala*^[4] has been described which is situated in innermost aspect of eyeball and with its context, type of *drishtigata roga* has been explained.

Drishhti word is very controversial, because of the presence of word *Drishhti* at different places in *Sushruta Samhita*.

In this review attempts have been made to clarify the meaning of word *Drishhti* from *Ayurvedic* and Modern point of view.

REFERENCES FOR DRISHTI IN AYURVEDA

Drishhti from anatomical point of view^[5]

- While explaining the shape /structure of eye, it has been called as *masoordalmatrantu* which explain the shape of *drishhti*.
- Appearance of *drishhti* has been described as glow like a lightening bug or that of minute particle of fire i. e *khadyotvisphulingabhasam*.

- *Drishhti* is said to be covered with *patala's i. e avritaam patlen*.
- Structure of *drishhti* has been explained s hole or aperture i. e *vivarakriti*.
- *Drishhti* is said to be *sheetasatmay*.
- The measurement of *drishhti* is described as 1/7th of *krishana mandala* and 1/9th of *taraka*^[6]
- The distance between the two *drishhti* (I. P. D) is 4 *angula i. e drishtiantra pramana*.
- *Drishhti* is said to lie concentrically to *krishana mandala*.
- While explaining the six *sandhi's* of eye, *krishnadrishtigata sandhi* has been explained.
- The thickness of all *patala's* is said to be 1/5th of *drishhti*.^[7]
- While explaining the features of *Hatadhimantha* protrusion of *drishhti* has been considered.^[8]
- While explaining the *sadhyatasadhyata* of *avranashukra* there is quotation *Drishte samipe n bhavtu* means the *avranashukra* which is close to *drishhti*.^[9]
- The above references proved the anatomical entity of *drishhti*.

| S. no | Feature for anatomical correlation | Probable modern correlation ^[10] | Reason to correlate |
|-------|------------------------------------|---|---|
| 1. | <i>Masoordalmatrantu</i> | Lens | Because lens is biconvex like <i>masoor dal</i> which is dicotyledon in structure |
| 2. | <i>Khadyotvisphulingabhasam</i> | Lens /foveal reflex | Because of bright pinpoint of light. |
| 3. | <i>Avritaam patlen</i> | Layers of cornea /eyeball | Because <i>patala</i> are different structures of eye |
| 4. | <i>Vivarakriti</i> | Pupil | Because of aperture like appearance |
| 5. | <i>Sheeta satmaya</i> | Eyeball | Because cold things are soothing for outer eyeball or lens |
| 6. | <i>Krishnaat saptam</i> __ _ | Pupil | Because of dimensions |

➤ **Drishhti from physiological point of view**

- While explaining *adhimantha* outcome it has been stated that *adhimantha* damages the *drishhti* in 6, 0, 7 or 5 days according to *vata pitta kapha* and *rakta* involvement.^[11]

- *Drishhti* serves the purpose of constriction and relaxation in dim and bright light.^[12]
- The above references prove *Drishhti* as physiological entity.

| S. no | Physiological point to correlate | Probable modern correlation | Reason for correlation |
|-------|---|--|--|
| 1. | <i>Hrinayaad drishhti</i> __ _ (<i>su. utt.</i> 6/20) | Vision /visual pathway ^[13] | Because glaucoma can cause permanent vision loss. |
| 2. | <i>Sankhuchyate</i> __ __ __ (<i>su. utt.</i> 7/31) | Pupil | Due to constriction & dilation in bright & dim light |

➤ **Drishhti from pathological point of view**

- Different diseases occur in different *patala* of eye as explained by *Acharya Sushruta*.
- **From *patalagata timir lakshnas*^[14]**
- In *pratham patala gata timir, avyakt lakshana* is seen.
- In *dvitiya patalagata timir, drishhti vihval lakshana* and *drishtigochar vibhramaat yatnavanapi chatyarth suchipasham n paschyati*” *lakshana* Is seen.
- In *tritiya patalagata timir, drishhti ranjan* is seen.
- In *chaturtha patalagata timir, rundhadi sarvato drishhti linganasha s uchyate* *lakshana* has been explained.

- While explaining the *doshik lakshana of linganasha* change in the colour of *drishtimandala* has been explained.
- In *pitta vidaghda drishhti*, change in colour of *drishhti* to *peet* is seen.
- In *nakulandhya lakshana chitrani rupaani diva paschyet* is seen.
- In *gambheerika, drishhti virupa* and *sankochana lakshana* is seen.
- In *animita linganasha, vaidurya varna drishhti* is seen.

| S. no | Pathological points to correlate | Probable modern correlation ^[15] | Reason to correlate |
|-------|---|---|--|
| 1. | <i>Avritaam patlen</i> | Layers of eyeball | Because different disease occur in different <i>patala</i> |
| 2. | <i>In pratham patala gata timir - Avyaktaani s rupani</i> (<i>su. utt.</i> 7/7) | Vision /lens | Because <i>avyakt lakshana</i> is considered as blurred vision or found in early stages of cataract. |
| 3. | <i>In dvitiya patala gata timir – Drishhti vihval</i> (<i>su. utt.</i> 7/8-10) | Vision/lens | Because this <i>lakshana</i> is seen in late stage of myopia or progressive cataract. |
| 4. | <i>Drishtigochar vibhramaat</i> | Vision /lens | Because this <i>lakshana</i> is seen in refractive error or progressive stage of cataract |
| 5. | <i>In tritiya patalagata timir – Drishhti ranjana is seen</i> (<i>su. utt.</i> 7/11-12) | Retina /lens /iris | |
| 6. | <i>In chaturthpatalgata timir – Rundhato sarvato drishhti</i> (<i>su. utt.</i> 7/16-18) | Vision /lens | Because <i>darshan shakti naasha</i> & it is seen in mature cataract condition. |
| 7. | <i>In doshika lakshana of linganasha –colour of drishhti mandala explained</i> (<i>su. utt.</i> 7/29-33) | Lens /papillary margin | Because of appearance of different colour of lens. |
| 8. | <i>In pitta vidaghda drishhti – peetbhavennarasya drishhti</i> (<i>su. utt.</i> 7/37) | Lens /retina | Because of cones dystrophy affecting the cones in retina it result in day blindness. |
| 9. | <i>Dhoomadarshi</i> (all things appear cloudy) | Lens | Due to foggy appearance of lens |

| | | | |
|-----|---|---------------------|--|
| | (su. utt. 7/39) | | |
| 10. | <i>Nakulandhya</i> (su. utt. 7/41) | Lens/retina | Because the cause of <i>nakulandhya</i> is peripheral cortical cataract. |
| 11. | <i>Gambheerika – drishti viroop & sankuchit</i> (su. utt. 7/42) | Vision /visual axis | Due to hampering of the function of 6 th cranial nerve |
| 12. | <i>Animita linganasha – vaidurya vrna drishti is seen</i> (su. utt. 7/44) | Lens | It is found in grade 3/grade 4 cataract. |

➤ **Drishti From Therapeutic Point Of View.**

- During the treatment of *linganasha*, *lekhana of drishti mandala* is performed so from this we consider *drishti* as lens.^[16]

CONCLUSION

- From the above references it is considered that *Drishti* can be correlated with different structure of eye which helps in vision. By comparing all the structures anatomically, physiologically, pathologically and therapeutically, it is concluded that *Drishti* is vision or visual pathway. Vision or visual pathway is described as when light fall on eye through cornea, from cornea light passes through the pupil. From there, it then hits the lens next light passes through vitreous humor. Finally light reaches the retina. Then from retina, optic nerve is responsible for carrying signals to the brain which turns signals into images. Because all these structures help in vision ultimately. So *Drishti* can be probably correlated with vision.

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