

ETIOPATHOLOGICAL CONSIDERATION OF NIDAN PACHAKA IN NETRA ROGA
AND THEIR MANAGEMENT THROUGH SHALAKA APPROACHESDr. Pratik Pandurang Gaikwad*¹ and Dr. Swapnil Pandharinath Gunjal²¹Associate Professor, Matoshree Ayurved College and Hospital, Karjule Harya Takali Dhokeshwar, Ahilyanagar, India.²Associate Professor, Shalakyatantra Dept., Bhimashankar Ayurved College, Manchar District, Pune, India.

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ABSTRACT

Eye is the very crucial and sensitive organ of body, responsible for vision and perception. In Ayurvedic concepts, the three *Doshas* are held to be the cause of the body's normal functioning. If these become vitiated due to different causative factors (*Nidanas*), they can give rise to diseases, including those of the eyes. Different *Nidanas* have been mentioned in classical texts, describing the pathogenesis of ocular disorders. Ayurvedic treatment regimens for eye diseases are very precise, dictated by the sensitive nature of the eye. Both Ayurveda and contemporary medical sciences have advocated several interventions to maintain the eyes' health, such as herbal compounds, specialized devices, therapeutic techniques, and physical exercises to enhance or maintain vision. The assessment of causative factors which are responsible for *Netra roga* is very important to plan correct treatment strategy. The avoidance of such factors also helps to prevent *Netra roga*. *Shalaky Tantra* provides a variety of Ayurvedic therapies for eye health which includes *Anjana*, *Netra Tarpana*, *Ashchotana*, *Pindi*, *Vidalaka*, *Nasya Karma*, *Avagunthana*, *Shiropichu* and *Shirodhara*, etc.

KEYWORDS: *Ayurveda*, *Netra roga*, *Shalaky Tantra*, *Nidanas*, *Doshas*.

INTRODUCTION

The eye is amongst the most important and complex organs of the human body. In the context of eye diseases (*Netra Roga*), the role of *Nidanas* is most important. It not only helps in knowing the causative factors of eye diseases but also facilitates the diagnostic process required for their proper identification and treatment. It is necessary to have a profound knowledge of *Nidanas* for proper disease management. The *Nidana Panchaka* system not only aids in diagnosis but also opens the door for *Nidana Parivarjana*, or the prevention of causative factors, a root principle in the prevention of diseases. This preventative method is most useful in limiting the occurrence of eye diseases. Major preventable causes of *Netra Roga* are *Doorekshanat*, *Swapnaviparyaya*, *Kopa*, *Shoka*, *Klesha*, *Abhighata*, *Vegavarodha*, *Chhardivighraha*, *Dhoomanishevana* and *Sukshmanirikshanat*, etc.^[1-4]

Nidana

The *Agneya* attributes of *Pittavardhaka Ahara* which may disrupt ocular health. These foods are usually of *Katu* and *Amla Rasa*, *Teekshna*, *Vyavayi*, *Visada*, *Sara Guna*, *Ushna Veerya* and *Katu Vipaka*. These factors trigger *Daha*, *Paka* and *Raga* as clinical presentations of ocular inflammation. Overconsumption of *Shukta* and *Aranala* can cause allergic reactions in the eye.

Consumption of excessive *Amla Ahara* triggers *Akshibruva Nikochana*, causing strain on the muscles and spasmodic eyelid movements. *Vidahi Ahara* can interfere with energy metabolism and induce inflammation. Excessive use of *Teekshna*, *Kshara*, *Katu* and *Ushna* drugs increases pH of the body, which can change ocular pH and result in structural injury.

Vatakara Vihara results in an increase in *Ruksha & Khara Guna*, leading to *Shoshana*, *Pranavata* and *Vyana Vata* disturbance, and impairment of *Indriya Grahana Shakti* which leads to several eye conditions including *Timira*, *Shushkakshipaka*, *Abhishyanda* and *Balasagrathita*. *Viharaja Nidana* which is responsible for *Netra Roga* includes *Doorekshanat* (persistent staring at distant things), *Sukshmanireekshanat* (extended concentration on tiny objects), *Vividha Roopa Prekshana* (ongoing vigilance towards diverse types of objects) and *Sakampenapi Karmana* (application of vibrating tools).^[4-6]

Seasonal eye disorders can arise if *Rutucharya* is not observed. For example, consumption of *Pitta-aggravating* food and behavior during *Varsharutu* can lead to *Abhishyanda*. Heat can induce hyperplasia of conjunctival epithelium, which can extend into the subepithelial tissues. Cold temperatures can narrow

blood vessels and reduce corneal metabolism. Both conditions can decrease tear film stability and visual acuity, leading to uncomfortable dry eyes.

Manasika Nidana such as *Bhaya*, *Shoka*, *Krodha* and *Klesha* vitiate *Doshas*, results in disease. *Vata Prakopa* is brought about by excessive crying, fear and sorrow. *Pitta Prakopa* is caused by intense anger. These mood states interfere with physical as well as mental equilibrium leading to the direct problems related to the eye or nerve damage ultimately affecting functioning of eye.^[5-7]

Agantuja Nidana includes exogenous trauma or environmental factors which can cause eye diseases or even blindness if they are not properly treated. These include *Abhighata*, *Salilakreeda*, *Keetamakshika Sparshadibhi*, *Chandragraha*, *Nakshatra Kramana* and *Ratnanam Vilokana*, etc. These all factors can hurt the retina and affects vision capacity.

Nidanarthakara Roga includes certain systemic disorders which serve as causes of eye diseases. Eye problems are caused by systemic inflammation and heat due to conditions such as sunstroke or high fever, symptoms are

redness, burning and *Timira*. *Granthi* can lead to puffiness around the eyes and *Meha* cause diabetic retinopathy which compromises the retina eventually.^[6-8]

Ayurveda Approaches

Ayurveda, in the section of *Shalakya Tantra*, is aimed at treating several disorders of the eyes such as *Pakshmakopa*, *Abhishyanda*, *Adhimantha* and *Puyalasa*. Among the therapeutic interventions used, *Kshara Karma* is a treatment that comprises application of alkaline solutions which is significant in the management of *Tridoshaja* ocular diseases. It is particularly useful in eyelid diseases like *Lagana*. The *Kshara* has various therapeutic effects such as *Shodhana*, *Ropana*, *Shoshana* and *Lekhana* which help in the removal of toxins, slough, and pus, as well as promoting healing of wounds around ocular tissues.

Raktamokshana is another crucial intervention used in eye diseases like *Puyalasa*, *Arma*, *Savarna Shukla* and *Kaphaja Timira*, etc. *Raktamokshana* is usually done close to the frontal area of the eye or at the outer canthus. The specific treatments are depicted in **Figure 1**.

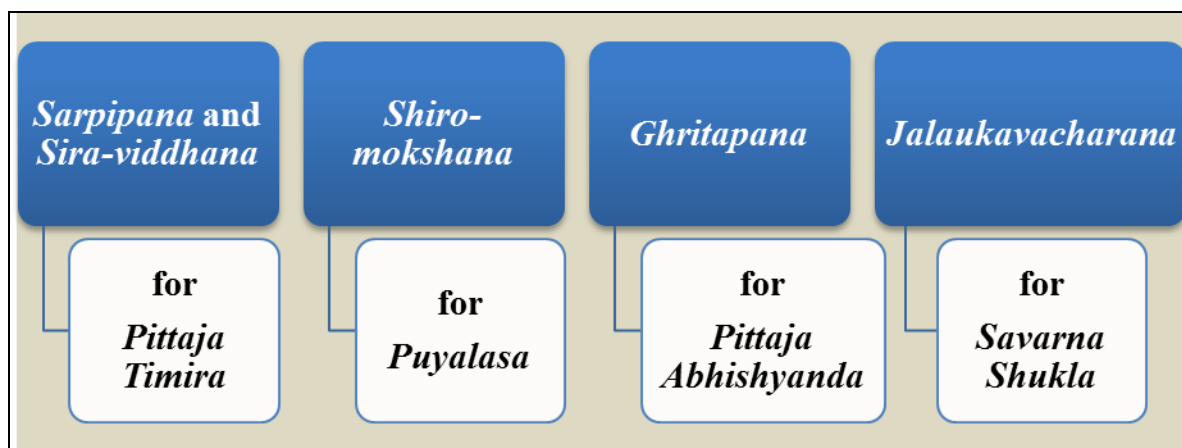


Figure 1: Various approaches of Ayurveda for managing Netra Rogas.

Jalaukavacharana is advised for *Pothaki*, while *Sira-viddhana* and *Jalaukavacharana* are necessary for *Raktaja Abhishyanda*. The principle of *Nidana Parivarjana* or the avoidance of contributing variables such as excessive stress, unsanitary surroundings and inadequate sleep, etc. also helps to resist pathogenesis of *Netra Rogas*.^[7-9]

Ahara's dietary recommendations include regular eye workouts, meals high in vitamin A, omega-3 fatty acids, antioxidants and adequate water. To nourish the eyes, lessen dryness and relieve weariness, rejuvenating treatments like *Netra Tarpana* (applying medicated ghee around the eyes) and *Netra Basti* (forming a dough ring around the eye and filling it with warm medical substances) are also recommended. *Netra Dhara* reduces inflammation and irritation by gently applying oils or herbal decoctions to the eyes. *Doshic* imbalances

affecting the head and senses are corrected via *Nasya Karma*, which involves administering therapeutic oils or powders via the nose. Additionally, using Ayurvedic supplements such as *Triphala*, *Amla*, *Haridra*, *Guduchi* and *Turmeric* promotes ocular strength and general eye health, while *Swedana* reduces swelling and pain.

Shamana Aushadhi

In the treatment of *Netra Roga* numbers of internal preparations are used to calm the *Doshas* and maintain ocular well-being. *Triphala Guggulu* is routinely used for inflammatory eye diseases and is involved in systemic cleansing. *Punarnavadi Kashaya* is useful in *Shopha* and is used in *Kapha-Vata* predominant eye diseases. *Triphala Churna* is an eye rejuvenator and improves vision. *Saptamrita Lauha* is used in conditions like *Timira*, night blindness and eye strain, etc. *Chandraprabha Vati* nourishes eye function in systemic

ailments like diabetes, which usually impair vision. In case of *Pitta* dominant eye diseases *Patolakaturohinyadi Kashaya* is indicated because it has anti-inflammatory action. *Vasant Kusumakar Ras* is administered in the management of diabetic retinopathy and other degenerative conditions of the eye, due to its *Rasayana* effect.^[8-10]

CONCLUSION

A thorough understanding of *Nidana* is necessary for assessing the causes of eye disorders. *Nidanas* can either function alone or in combination to induce *Dosha Prakopa*. Assessing a disease's *Samprapti* and determining its *Sadhya-Asadhyata* helps to create successful treatment strategy. Rejuvenating therapies such as *Netra Tarpana* and *Netra Basti* eliminate dryness and remove fatigue. *Netra Dhara* alleviates irritation and inflammation by softly applying oils or herbal decoctions to the eyes. The *Nasya Karma* heals *Doshic* disturbances that impact the head and senses. Additionally, ocular strength and overall eye health are enhanced by internally taking Ayurvedic supplements such as *Amla*, *Guduchi* and *Haridra*, etc. *Netra Dhara*, *Nasya* and *Swedana* along with the concept of *Nidana Parivarjana* help to prevent unhealthy eye tissues and sensory abnormalities.

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