

CONCEPT OF CHAKSHUSYA AHARA AND VIHAR TO PREVENT MYOPIA IN CHILDREN¹*Dr. Deepti Sharma and ²Dr. Shivkant Sharma¹PG Final Year Scholar, ²Assistant Professor

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ABSTRACT

Eye is primary sense organ and vital necessity to take care of them by all means. All the *Acharyas* of *Ayurveda* have mentioned various measures for maintaining the eye in healthy way which includes *ahara* and *vihar* etc. Now a days life style changes, food habits, environmental pollution, industrial and occupational hazards as well as the increased / injudicious use of systemic & topical medicines made the prevalence of many ophthalmic diseases very commonly, myopia is one of them. We attempt critical analysis on *Chakshushya dravyas* and their line of action on the basis of mode of action. In the present era, *chakshushya dravyas* will definitely help in the protection of eye diseases or prevention of eye disease from common man to general practitioner. In this article a brief review on *chakshusya ahara, vihar* for prevention of myopia in children.

KEYWORDS: Chakshusya Ahara, Myopia, Vihar.**INTRODUCTION****What is myopia?**

Myopia is also called nearsightedness or shortsightedness. In simple terms, a person with myopia can not see clearly in the distance but they can see objects clearly that are nearby or a short distance away. Thus the condition is also called near-sight (nearsightedness) or short-sight (shortsightedness).

Small children fairly universally develop good vision. When they reach their school years, some of them develop blurred distance vision as their eyes become myopic. Here are some random reasons.

If both parents are myopic then children is more prone to be myopic.

Major cause of myopia in children

Genetic inheritance
Too little sunlight exposure
Too little physical activity
Poor diet

Sign and Symptoms of Myopia

Blurring of distant vision
Epiphora
Eye strain
Headache

ROLE OF CHAKSHUSHYA**What does *chakshusya* mean?**

Anything which is good for health of *Chakshu*(eye) is *Chakshushya*.

As per *Bhavaprakasha* the drugs that are *Chaksushya* and *Indriya balapradha* can be advocated as *Rasayana* in order to arrest the progression of already existing disease and prevent occurrence of new disease which forms the Comprehensive discipline of positive health.

Tridosha shamaka
Kapha pitta shamaka
Kapha shamaka
Pitta shamaka

In this order *dravyas* should be selected

The various *chakshusya dravyas* mentioned in our classics are rich sources of Macro and micro nutrients like - sorbitol, glucose, fructose, glycogen, mucoprotein, calcium, zinc, glutathione, vitamin A, vitamin E, Vitamin C, Vitamin K, Vitamin B1 B2 B6 B12, Vitamin D which helps in maintaining normal function structural integrity of the eye.

HOW TO MANAGE MYOPIA

Eat a nutrient-dense diet.
Eating whole foods.
Balanced diet is the best way to obtain more of the vitamins your eyes need.

These include carotenoid antioxidants like lutein, and zeaxanthin, vitamin C, A and E, as well as zinc and essential fatty acids.

All of which support eye development and help protect aging eyes.

BEST FOODS TO EAT TO PROTECT YOUR EYES AND VISION

Green leafy vegetables

Spinach, kale, swiss chard, etc.

These provide lutein and zeaxanthin, which have anti-inflammatory effects.

Other foods that supply these nutrients

Broccoli, organic corn, free-range egg yolks and tropical fruits like papaya.

Yellow- and red-fleshed fruits and vegetables

Carrots, sweet potatoes, pumpkin, butternut/winter squash, tomatoes, cantaloupe, apricots and red bell peppers.

Foods high in vitamin E

Sunflower seeds, almonds and avocados.

Vitamin c-rich foods like

Guava, kiwi, oranges, berries and greens like kale.

Zinc-rich foods

Lamb, grass-fed beef, pumpkin seeds and chickpeas.

Foods high in vitamin

Egg yolks, liver, grass-fed butter and cod liver oil.

Omega-3 fatty acid foods

Salmon, sardines, trout, walnuts and flaxseeds.

SOME DAILY REGIMENT TO PREVENT MYOPIA

- Spend enough times outdoors & in the sun
- Limit eye strain
- Limit your daily exposure to computers, phones, and other devices that give off blue light and force your eyes to focus.
- Relax your eyes by closing them, doing eye exercises, walking outdoors, napping, or doing something relaxing like yoga or stretching.
- Stay physically active
- Walk bare feet on grass for 20 minutes

SOME CHAKSHUSYA DRAVYA MENTIONED IN AYURVEDA

Acc. to raja nighantu

Kharpara, raktachandana, kasturi, lavanga, prapoundarika

Acc. to vngasena

Triphala, ghrita, madhu, yawa, shatavari, mudga

Acc. to yogaratnakara (netra:434,435)

Ghrita, meghanada, ksheera, patola, saindava, godhuma, madhu, mudga, jeevanti, sitaa, matsyakshi, shaali, punarnava, masha, triphala, Lodhra

Acharya sushrutha & vagbhata: (a.S.U16/30)

Triphala, shatawari, ghrita, shigru, ksheera, yawa, dadhima, patola, draksha, kaaravellaka, amalaki.

Rasa ratna samucchaya

Swarna, abhraka, tamra, vanga, yasada, loha, swarna makshika, tuttha, Kharpara, kasisa, srotanjana, swarna gairika, kapardika, khati

CHAKSHUSHYA VIHARA MENTIONED IN AYURVEDA

- Adequate amount of sleep
- Anjana (Souviranjana, Rasanjana)
- Padabhyanga
- Padatra-dharana
- Chatradharana
- Netra prakshalana
- Palming
- Trataka

CONCLUSION

Nutrition, what we eat on a daily basis, affects many aspects of our health. Eating is something that we all do and our choices in an industrialized society are many. It is recognized that many choices are not healthy for us and there is a fairly well supported theory that a person's diet may affect their development of myopia. The possibility is that by eating the correct foods one may reduce the risk of becoming myopic.

Nutrition is certainly important for many ocular structures, from proper tear production to protect against dry eye to support of the functioning of the macula to help prevent macular degeneration

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