

**CONCEPT OF CHAKSHUSHYA DRAVYA AND IT'S ACTION ON CHAKSHU (EYE)****Dr. Pallavi Kute<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. Pallavi Kute**

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

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**ABSTRACT**

Shalakyata Tantra is one among the eight clinical specialities of Ayurveda which deals with management of eye diseases including all other disorders of head and neck. Eye is one of the sensitive organ of human body and it's permanently exposed to different environmental agents. Various indigenous Chakshushya Dravyas are described in Ayurvedic literature both in Bruhatrayi and laghutrayi. Ayurveda has the concept of Chakshushya Dravya and other rejuvenating medicines that nourishes the damaged and weakened retinal tissue. Two types of Chakshushya Dravya are described in this nighantu, one is Chakshu – hitakara i. e. beneficial for eyes and other one Chakshu – roghahara i.e. used for treating eye disorders. These drugs are having antioxidants, neuroprotective, healing, adaptability and immunity enhancing properties.

**KEYWORDS:** Chakshushya Dravya, Chakshu(Eye), Vision, Netra.**INTRODUCTION**

Eye is considered as one of the prime sensory organ amongst all. Charaka as well as Susruta have described the causes of eye diseases and the broad aspect of treatment. Visual perception like all other sensory phenomena is dependent on the state of the mind and soul. Acharya Charaka has described this process as the conjuncture of soul mind and sense organ with the objects (CS.Su.11/20). In Ayurveda, Ophthalmology is the branch in emerging phase Chakshushya Dravya is very important and interesting topic in Shalakyatantra. Chakshu means Eye and Chakshushya means beneficial for eyes. So Chakshushya dravya means various herbs mentioned in Ayurveda used for benefit of eyes. Most of the herbs in Ophthalmology are described under the heading of Netrya and Chakshushya dravya.

**ChakshuUtpatti-**

चष्टेपश्यत्यनेनेतिचक्ष + चक्षे :शिञ्चउणा॥इतिउसि :सचशित्  
शित्वात्ख्यत्रादेशाभाव :दर्शनिन्द्रियम्

The root 'chaksh' with 'unadi' suffix 'us' in the absence of khyanjadesha forms the word chakshu, meaning darshanendriya or organ of sight.

**Nirukti / Definition:**

चष्टेरूपरूपवन्तंचप्रकाशयतीतिचक्षु :तञ्चोभयनयगोलकाधिष्ठानमेकमेवा॥(Cha. S.Su. 8/  
8 p. 56)

Chakshu is that sensual faculty situated in both the eye balls, which is responsible for vision.

**Synonyms**

Chakshu word has different synonyms The scientific meaning of each word as per Ayurvedic classics with their etymological derivations are as follows:

- Akshi: Ashu – to reach + “KtinKarane” pratyaya(Sabdakalpadrum)  
This means source of reaching of seeing.
- Chakshu: Chaksh – Darshane + “Sinch Karane” pratyaya (Vachaspatyam),  
Means which is responsible for sight.
- Drishti: Drish – to see + “KtinKarane” pratyaya (Sabdakalpadrum),  
Means source or tool with which one sees.
- Netra: Ni-to drive + “KtinKarane” pratyaya (Sabdakalpadrum).  
Means which takes or drives one towards knowledge.
- Nayana: Ni-to drive, to lead + “Karanelyut” pratyaya (Sabdakalpadrum).  
Means which drives towards the subject.
- Lochana: Loch – to see + “KaraneLyut” Pratyaya (Sabdakalpadrum)  
Means the tool with which one sees.

**Concept of Chakshuyendria in Ayurveda**

Eyes are most important among the five Jnanendriyas. Vata is said to be responsible for pravarthana (stimulation, activation) of the Indriya, where as pitta performs alochana (perception) of the Indriyaadhistana. Prana vayu and vyana vayu are specifically held responsible for vata karmas, alochaka pitta for darshana&, tarpakakapha for akshi tarpana SS. Su 21/14,

The role of alochaka pitta is of considerable importance in the visual perception. The alochaka pitta is situated in the antastharaka of the eye to receive the images. Bhela has envisaged two aspects of alochaka pitta, among which chakshuvaisheshika produces the knowledge of the characteristic form and colour of things. Buddhi vaisheshika, the other type of the same is responsible for concentration, response and cognition as it recalls the objects (Bhela Samhita S 4/4-5). Visual perception, like all other sensory phenomena, is dependent upon the state of mind and soul. Acharya Charaka has described this process as the conjuncture of soul, mind and the sense organ with the objects Cha. S.Su 11/20,p71).

### Chakshu and Chakshushya dravya

There are pancha indriyas (five sense organs) in the body. Sense organ of vision is Chakshurindriya

(Chakshu) is a sense organ consisting of teja mahabhuta. Its location is eye, object (artha) is vision and perception of it is chakshusha buddhi Perception depends on contact of sense organ with its subject. Chakshushya, means "strengthening the eyes"-(Chakshu means "eye" and ayushya means "rasayana" so it is literally a "rasayana for the eyes").

Chakshushya drugs pharmacologically further can be categorised as Netra Dahahara (reducing burning sensation. Netra Rujahara (analgesic action)-. Netra Shothahara(anti-inflammatory action) – Netra drudhikarana (maintains the power of vision) and Netrakanduhara (anti allergic action). Chakshushya dravya helps in Vranaropana (wound healing effect) and Antioxidant effect which prevent ageing of eye.

### List of Chakshushya dravya and Rasapanchaka

	Dravyas (Botanical Name)	Rasa	Guna	Virya	Vipaka	Dosha-Karmata
1.	<i>(Embllica Amalaki Officinalis)</i>	Pancharasa (Lavanavarjit)	Ruksha, Sheeta	Sheeta	Madhura	TridoshaShamak
2.	<i>Bibhitak (Terminalia Bellerica)</i>	Pancharasa (Lavanavarjit)	Laghu,Ruksha	Ushna	Madhura	Pitta-Kapha Shamak
3.	<i>Draksha (Vitis Vinifera)</i>	Madhura	Snigdha,Guru, Mradu	Sheeta	Madhura	Pitta-Kapha Shamak
4.	<i>Haritaki (Terminalia Chebula)</i>	Pancharasa (Lavanava rjit)	Laghu, Ruksha	Ushna	Madhura	Tridosha Shamak
5.	<i>Jalapippali (Lippia Nodiflora)</i>	Katu,Kashaya	Laghu	Sheeta	Katu	Tridosha Shamak
6.	<i>Jeeraka (Cuminum Cyminum)</i>	Katu	Laghu,Ruksha	Ushna	Katu	Kaphavat Shamak
7.	<i>Jeevanti (Leptadenia Reticulata)</i>	Madhura	Ruksha	Sheeta	Madhura	TridoshaShamak
8.	<i>Kakamachi (Solanum Nigrum)</i>	Tikta,Katu	Laghu	Ushna	Katu	TridoshaShamak
9.	<i>Bhringraj (Eclipta alba)</i>	Katu Tikta	Laghu Ruksha	Ushna	Katu	Kaphavata Shamak
10.	<i>Yashtimadhu (Glycyrrhiza Glabra)</i>	Madhura	Guru Snigdha	Sheeta	Madhura	Vatapitta Shamak
11.	<i>Shatavari (Asparagus Racemosus)</i>	Madhura Tikta	Guru Snigdha Picchala	Sheeta	Madhura	Vatapitta Shamak
12.	<i>Daruharidra (Berberis Aristata)</i>	Katu Tikta	Laghu Ruksha	Ushna	Katu	Vatakapha Shamak
13.	<i>Raktshali (Oryza Species)</i>	Madhura Kashaya	Snigdha	Sheeta	Madhura	Tridosh Shamak
14.	<i>Raktachandana (Pterocarpus Santalinus)</i>	Madhura Tikta	Guru Ruksha	Sheeta	Katu Refered Journal	Kapha Pitta Shamak
15.	<i>Pundarika (Nelumbo Nucifera)</i>	Madhura, Tikta, Kashaya	Laghu, Snigdha	Sheeta	Madhura	PittakaphaShamak
16.	<i>Peetaketaki (Pandanus odorotissimus)</i>	Tikta, Madhura, Katu	Snigdha, Guru	Ushna	Katu	Kapha Shamak
17.	<i>Nirgundi (Vitex Negundo)</i>	Katu, Tikta, Kashaya	Guru, Snigdha	Ushna	Katu	Kaphavata Shamak
18.	<i>Nimbapatra (Azardichata indica)</i>	Tikta kashaya	Laghu,Ruksha, Tikshna	Sheeta	Katu	Tridosh Shamak
19.	<i>Kataka(Phala)</i>	Madhura	Guru	Sheeta	Madhura	Vatakapha

	( <i>Strychnus Potatorum</i> )	Kashaya				Shamak
20.	<i>Kumari (Aloe Vera)</i>	Tikta, Madhura	Snigdha	Sheeta	Katu	Tridosh Shamak
21.	<i>Lashuna (Allium Sativum)</i>	Katu Madhura	Tikshna, Guru, Snigdha	Ushna	Katu	Kapha Shamak
22.	<i>Latakasturi (Hibiscus Abelmoschus)</i>	Tikta, Madhura	Laghu	Sheeta	Madhura	Pitta Shamak
23.	<i>Lavanga (Syzygium Aromaticum)</i>	Katu Tikta	Laghu Snigdha	Sheeta	Katu	Pittakapha Shamak
24.	<i>Lodhra (Symplocos Racemosa)</i>	Kashaya	Laghu	Sheeta	Katu	Pittakapha Shamak
25.	<i>Mudgaparni (Phaseolus Trilobus)</i>	Tikta	Laghu	Sheeta	Madhura	Tridosh Shamak
26.	<i>Karpura (Cinnamomum Camphora)</i>	Madhura Tikta	Laghu	Sheeta	Katu	Kapha Shamak
27.	<i>Punarnava (Boerhavia diffusa)</i>	Madhur Tikta Kashaya	Laghu	Ushna	Katu	Vatakapha Shamak
28.	<i>Manjistha (Rubia cordifolia)</i>	Tikta Kashaya Madhur	Guru Ruksha	Ushna	Katu	Kaphapitta Shamak
29.	<i>Shigru (Moringa oleifera)</i>	Katu Tikta	Laghu	Ushna	Katu	Kaphavataghna

## DISCUSSION

Chakshushya which mean strengthening the eyes; (Chakshu means Eye and Ayushya means Rasayana) so it is literally Rasayana for the eyes. Chakshushya dravyas should be having property of balancing all three dosha especially Pitta Kaphashamaka, Majority of Dravya are of with sheeta virya and Madhur Tikta and Kashaya rasa. Chakshu is the chief site of Alochaka Pitta but special protection is required against the Kapha, because Kapha Dosha is opposite to Teja Mahabhoot in reference to their Guna. So Chakshushya Dravyas should be Kaphashamak and Pittavardhak so Chakshushya Dravyas should be Kaphashamak and Pittavardhak, so Chakshushya Dravyas should be having property of balancing all the three Doshas especially keeping the Pitta Kapha Saamyas.

The function of Chakshureindriya is done by Alochaka Pitta, Degenerative changes in different organs due to oxidative stress may be controlled by Rasayana drugs with proven antioxidant activities. Various Chakshushya Dravyas mentioned in Bhavaprakash which are rich sources of macro and micronutrients like Sorbitol, Glucose, Fructose, Calcium, Zinc, Vit A, Vit C, Vit K, Vit B12, Vit D helps in maintaining normal function and structural integrity of the eye. So Chakshushya Dravyas, improves the functions, prevents the Age-related changes and helps in rejuvenating eye. In general all these Drugs mainly have Antioxidant, Immuno stimulant, Neuro protective and Anti-inflammatory property.

## CONCLUSION

The concept of Chakshushya is a unique contribution to the field of Ophthalmology, where it is used in drugs and diet beneficial for eyes and its related diseases are incorporated. Thus Chakshushya Dravyas mentioned in the Ayurveda has a gross area of actions which include drugs having preventive, therapeutic, nutritive and rejuvenating properties.

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