

**ANALYSIS OF NETRA ROGA NIDANA WITH RESPECT TO PRESENT SCENARIO**

\*Abhilash, \*Amith C. H. and \*\*Dr. Prakruthi G.

\*UG Scholar., \*\*HOD & Associate Professor

Department of Shalaky Tantra, Sri Paripoorna Sanathana Ayurveda Medical College Hospital and Research Centre, Arjunabettahalli, Nelamangala.



\*Corresponding Author: Abhilash  
UG Scholar., Department of Shalaky Tantra, Sri Paripoorna Sanathana Ayurveda Medical College Hospital and Research Centre, Arjunabettahalli, Nelamangala.

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**ABSTRACT**

“*Sankshepathaha Kriyayogo Nidana Parivarjanam*” - The *Ayurveda* science always emphasizes the importance of *nidana* in the genesis of any *roga*. The above-mentioned *shloka* also signifies in simplest form that any *roga* can steer clear of in our life, if we avoid *nidana* primarily. In the diagnostic process of *roga pariksha*, which encompasses the five essential elements, *nidana* holds paramount significance, hence being elucidated as the foremost component. *Netra* is one among the *indriya* and it got phenomenal importance by our *acharyas* because of its role in human day today life (*Nayana Pradhanam*). Special care is must needed for its normal physiological activities. Majority of human beings are suffering with eye diseases because of their unawareness regarding simple causative factors that can cause deadliest disorders. It is astonishing that even after thousands of years, the *nidanas* told by our *acharya's* are highly applicable for our generations which can easily applicable to the present-day activities. As prevention is better than cure, *Ayurveda* always give first preference to prevention rather than cure. In this article we are going to analyse and ascertain how our *acharyas* explained *nidana* which are prevalent for present scenario.

**KEYWORDS:** *Netra, Netra roga, Netra roga nidana.*

**INTRODUCTION**

Eye is considered to be *Sarvashresta indriya* among all because of its importance in our life.

Many *acharyas* gave enormous output for the protection of eye. WHO also instructed to all nations about the avoidance of cause which can significantly reduce the disease related to eye.

It is researched that many of the eye diseases can easily avoided if we follow the proper measures. Today is the trend for *Ayurveda* but in upcoming days *Ayurveda* is

necessity for world and it is sunshine for Health Sector. By analysing *nidana* explained in our *grantha's* let's understand in what manner they are helpful in present day scenario. In *Nidana Panchaka*, *nidana* is mentioned first because, any disease can take place by particular *nidana* only. So, avoiding those causes we can easily prevent diseases. By analysing these *Netra roga nidana* it is helpful for treatment modality and prevention of disease in upcoming days by creating awareness regarding this. It is necessary to impart its essence in present days understanding for the betterment of mankind w.r.to vision.

*Nidana's explained by different acharyas*<sup>[1,2,3,4,5,6,7]</sup>

Causative factors	Vid	Su	Dal	Vag	MN	YR	GN	NP
<i>Teekshna Anjana in atiklishta netra</i>	✓	-	-	-	-	-	-	-
<i>Vata-atapa nishevana</i>	✓	-	-	-	-	-	-	-
<i>Rajo-dhuma nishevana</i>	✓	✓	-		✓	✓	✓	-
<i>Keeta makshika mashaka sparshadi-abhita</i>	✓	-	-	-	-	-	-	-
<i>Saleela kreeda</i>	✓	-	-	-	-	-	-	-

<i>Jagara</i>	✓	-	-	-	-	-	-	-
<i>Atilanghana</i>	✓	-	-	-	-	-	-	-
<i>Parishrama-Klanta</i>	✓	-	-	-	-	-	-	-
<i>Bhaya</i>	✓	-	-	-	-	-	-	-
<i>Diwakara, agni, chandra,graha, nakshatra prekshanath</i>	✓	-	-	-	-	-	✓	✓
<i>Kramanurupa prekshana</i>	✓	-	-	-	-	-	✓	-
<i>Ushnabhi taptasya jalapravesha</i>	-	✓	-	-	✓	✓	✓	-
<i>Doorekshana</i>	-	✓	-	-	✓	✓	✓	-
<i>Swapna viparyaya</i>	-	✓	-	-	✓	✓	✓	-
<i>Prasakta samrodhana</i>	-	✓	-	-	✓	✓	✓	-
<i>Kopa</i>	-	✓	-	-	✓	✓	✓	-
<i>Shoka</i>	-	✓	-	-	✓	✓	✓	-
<i>Klesha</i>	-	✓	-	-	✓	✓	✓	-
<i>Abhigata</i>	-	✓	-	-	✓	-	✓	✓
<i>Atimaitihuna</i>	-	✓	-	-	-	-	-	-
<i>Shukta aranala nishevana</i>	-	✓	-	-	-	-	-	-
<i>Amla nishevana</i>	-	✓	-	-	-	-	-	-
<i>Kulattha nishevana</i>	-	✓	-	-	-	-	-	-
<i>Masha nishevana</i>	-	✓	-	-	-	-	-	-
<i>Vega vinigraha</i>	-	✓	-	-	✓	✓	✓	-
<i>Atisweda</i>	-	✓	-	-	✓	✓	✓	-
<i>Dhooma nishevanath</i>	-	✓	-	-	✓	✓	✓	-
<i>Chardhirvighatath</i>	-	✓	-	-	✓	✓	-	-
<i>Vamana atiyogath</i>	-	✓	-	-	✓	✓	✓	-
<i>Bhashpa nigrahath</i>	-	✓	-	-	✓	✓	✓	-
<i>Sukshma nireekshana</i>	-	✓	-	-	✓	✓	-	-
<i>Avakshira shayana</i>	-	-	✓	-	-	-	-	-
<i>Uchrita shira shayana</i>	-	-	✓	-	-	-	-	-
<i>Jwara abhitapa</i>	-	-	✓	-	-	-	-	-

<i>Padapeedana</i>	-	-	-	✓	-	-	-	-
<i>Atidravana pana</i>	-	-	-	-	-	✓	-	-
<i>Atimadhya pana</i>	-	-	-	-	-	✓	-	-
<i>Atisheeghra yana</i>	-	-	-	-	-	-	-	-
<i>Rutu viparyaya</i>	-	-	✓	-	✓	✓	✓	-
<i>Shiro abhitapa</i>	-	-	-	-	-	-	-	-
<i>Maloshna sankatanam</i>	-	-	-	✓	-	-	-	-
<i>Dravaahara</i>	-	-	✓	-	-	✓	-	-
<i>Jwaropatapa</i>	-	-	✓	-	-	-	-	-
<i>Ushna and guru ahara</i>	-	-	✓	-	-	-	-	-
<i>Vidahi</i>	-	-	✓	-	-	-	-	-
<i>Teekshna ahara</i>	-	-	✓	-	-	-	-	-
<i>Asatmya</i>	-	-	✓	-	-	-	-	-
<i>Viruddha ahara</i>	-	-	✓	-	-	-	-	-
<i>Atikshara</i>	-	-	✓	-	-	-	-	-
<i>Atisheeta</i>	-	-	✓	-	-	-	-	-
<i>Tailabhyanjana varjanath</i>	-	-	-	-	-	-	-	✓
<i>Bahubharanam</i>	-	-	-	-	-	-	-	✓
<i>Abhyanjanenitanthena</i>	-	-	-	-	-	-	-	✓
<i>Sa kampe na ati karmana</i>	-	-	-	-	-	-	-	✓
<i>Meha</i>	-	-	-	-	-	-	-	✓
<i>Granthi</i>	-	-	-	-	-	-	-	✓

[*Vid-Videha, Su-Sushruta, Dal-Dalhana, Vag-Vagbhata, MN-Madhava Nidana, YR-Yoga Ratnakara, GN-Gada Nigraha*]

Let us start discussing about each *nidanans*:

***Teekshna Anjana atiklishta netra*** - Applying *Teekshna Anjana* to patients who are already tired due to wind, sun etc.,

*Acharya Sushruta* contraindicated *Anjana* in *shrama, vegavaroda, krodha, jwara, shirodosha*, if we neglect these and apply *Anjana* definitely it leads to different diseases.<sup>[8]</sup> There will be vitiation of *Tridosha* and

expected diseases are *Sira jala, Sira pidaka* and *Sira harsha*.

***Vata-atapa nishavana***: Exposure to wind and sun

Farmers, Traffic police, other field workers will be exposed to wind and sunlight regularly which can hamper the *Vata* and *Pitta dosha*. Sometimes exposure to wind may contain micro-organisms which can even cause several infective eye diseases. We can see the diseases like *Pinguecula, Arma (Pterygium), Abhishyanda (Conjunctivitis)* etc.,

**Keeta damsha** – Insect bite, **Sparshadibhi abhivata** - Contact with toxic materials

Arthropod venom is often complex mixture of proteins. Centipedes, millipedes, hymenoptera, scorpion etc., bites can cause localised pain, erythema, edema, vesicle formation, toxicity.

Especially hymenopterans insect sting causes Corneal stromal edema, Chemosis, Conjunctivitis, Uveitis, Iris atrophy, Cataract, Lens subluxation, Optic neuritis etc.,

**Sparshadibhi abhivata** may be contact with ambient particular matter or it may be liquid, aerosols or vapours in the workplace or home. Exposure to pesticides can cause ocular surface damage, itching hyperemia, photophobia, blurred vision, foreign body sensation. Cosmetics and sunscreens can cause itching, hyperemia, photophobia. Air pollutants like carbon monoxide, carbon dioxide and nitrogen dioxide, ozone etc., can cause inflammation, dry eye, photophobia, corneal disorders. There will be vitiation of *Tridoshas*.<sup>[9,10,11]</sup>

**Salila Kreedha** – Water games

Not wearing water glass during summer can cause contaminated water injury to eye which can lead to many infective eye diseases.

**Ati langhana** - Excessive fasting

Excessive fasting that too without water significantly causes many changes in ocular physiology like fluctuation of IOP, decreased tear secretion and ocular blood flow. There will be less nutrition supply to retina there by lacking in metabolic demand which can hamper the normal physiology of eye. Furthermore, some people will extend fasting for more duration which can cause dehydration leading to choroidal and retinal thickness. *Vata dosha* will become aggravated.<sup>[12]</sup>

**Parishrama, klanta, klesha**: Different types of stress

Both *shareerika* and *manasika doshas* will be affected by *parishrama, klanta, klesha* causing different eye diseases. Stress if it persists for long time may cause elevated eye pressure, Blurriness of vision with increased adrenaline rush.

Stress and fatigue have direct relation with eye strain and hormonal imbalance. These are having many psychological adverse effects on body along with eye. The fatigue may be mental or physical, absolutely damaging the normal physiology of the eye.

By vitiating the *Vata dosha* it can cause Eye strain, Blurriness of vision, Ocular surface disorder, Floaters, Photophobia, Glaucoma, Tunnel vision. Further the *manasika doshas* can also aggravate the existing eye diseases like Glaucoma, Optic neuropathy.<sup>[13]</sup>

**Diwakara agni chandra graha nakshatra prekshanath** - Visualizing stars, eclipse, sun gazing, bright objects

There will be vitiation of *Pitta dosha* causing many vascular eye diseases. Diseases like Macular scar, Solar retinopathy can occur.<sup>[14]</sup>

**Ushnabhi taptasya jalapravesha**: Immersing in cold water immediately after getting exposed to heat or sun

A fine balance of temperature and circulatory system is maintained in the eye, any sudden changes will produce diseases which can be caused due to the circulatory disturbances.

Present day conditions –

- Entering into swimming pool after exposing to scorching sunlight.
- Bathing or drinking cold water/cold drinks immediately after exposure to heat.
- Entering to AC compartment soon after exposure to heat.
- Pouring cold water on head after playing outdoor games.

There will be vitiation of *Pitta dosha* causing diseases like *Abhishyanda* and other *Pittaja netra rogas*.

**Doorekshana**: Looking at very distant objects regularly for longer time period

This can abruptly cause strain to the ciliary muscles there by affecting the accommodation capacity of lens. Continuous staring can also cause reduction in blinking rate which can later affect the tear film mechanism. In the present-day scenario driver, shooters, archery, telescope users can be considered as the vulnerable people.

There will be vitiation of *Vata dosha* causing diseases like *Timira* (Hypermetropia, Presbyopia), *Shushkakshipaka* (Dry eyes).

**Swapna viparyaya**: Abnormal sleeping habits

*Diwaswapna* causes *Kapha prakopa* leading to *snigdghata* (Unctuousness) and *ratrijagarana* causes *Vata prakopa* leading to *rukshata* (Dryness) of *netra*. Now a days there is increase disturbance in working pattern which includes more of night shifts or change in shifts of duties more often. Sleep deficiency led to a general deceleration in reaction times and a rise in omission errors for both peripheral and foveal stimuli.<sup>[15]</sup>

Adding to this there may be variation in food intake pattern also which may affect *Pitta dosha*.

There will be vitiation of *Tridosha* based on *ratrijagarana* or *diwaswapna* causing many *netra rogas* like *Timira* (Myopia), *Shushkakshipaka* (Dry eyes), *Adhimantha* (Glaucoma).

**Prasakta samrodhana:** Continuous weeping for longer duration and for several days

Continuous weeping causes excessive stimulation to lacrimal gland by which the gland secretes more fluids which washes away all the nutrients and bacteriostatic activity of conjunctival sac will be affected. Later the conjunctival sac and lacrimal apparatus loses the stamina against foreign body and diseases. The person can also feel eye strain which can be considered as causative factors of other eye diseases.

This can be considered as *Manasika nidana* which is having an impact on *Sharirika doshas* also. *Vata dosha* will be affected and causes diseases like *Abhishyanda* (Conjunctivitis) or any other eye infections, *Shushkakshipaka* (Dry eyes).

**Kopa, shoka and bhaya:** Excessive anger, grief and fear These three are *dharaniya manasika vega* (emotional patterns which has to be controlled).

In presence of anxiety attacks our body gets a rush of adrenaline, resulting in dilated pupil. When pupils are dilated, blurred vision can be noticed as a reaction to unnecessary extra light entering eye.

These *dharaniya manasika vegas* like *kopa, shoka, bhaya* causes vitiation of *Pitta* and *Vata* respectively. The associated diseases are *Timira* (Blurriness of vision), *Arjuna* (Sub conjunctival haemorrhage) or other *Pitta Vataja netra rogas*.

**Abhighata:** Trauma

Trauma to the eyes may cause structural deformity with significant damage functionally also. Injuries related to adjacent structure of eyes may also cause damage to the eye like retrobulbar injuries, skull injury etc., which may even cause vision loss.

In the Present-day scenario RTA, Chemical injuries, Occupational hazards can be considered as a causative factor for different *netra rogas*. Commonly seen diseases encountered are Sub-conjunctival hemorrhage, Corneal foreign bodies, Dislocation of lens, Retinal detachment etc., in these conditions there will be vitiation of all the *doshas* along with *Rakta*.

**Atimathuna:** Excessive sex

Excessive indulgence in sex results in the *Dhatukshaya* (depletion of bodily tissues). *Shukradhatukshaya* can lead to deprivation of nourishment to eyes. Variation in the hormonal activities leads to meibomian gland dysfunction leading to instability of tear film thereby hampering the immune system in the eye causing many diseases.<sup>[16]</sup>

In the present-day scenario, we can consider sexually transmitted diseases like Herpes, Syphilis, HIV etc., There will be vitiation of all the *Tridoshas*.

**Teekshna, ushna, katu, shukta aranala nishevana:** Alcoholic beverages

*Shukta, aranala* are nothing but the fermented products which are having *ruksha, ushna, katu* and *teekshna gunas*. The histamines present in the alcoholic beverages leads to allergic reactions in the eyes. The diseases related are Dry eyes, Diplopia.<sup>[17]</sup> There will be vitiation of *Pitta* and *Rakta dosha*.

**Kulattha-masha nishevana:** Excessive use of Horse gram and Black gram

The *vidahi* (Burning), *kashaya rasa* (Bitter taste), *katupaka* (Pungent) and *ushnaveerya* (Hot potency) of *kulattha* can lead to *Dhatu kshaya* and also it is rich in pentosan which can cause inflammation in the eyes. The black gram (*Masha*) has properties opposite to *kulattha* and has *madhura rasa, madhura vipaka, guru – snigdha gunas* which can aggravate *Kapha* and other *Dhatu*s. The oxalates present in *masha* can increase the oxidative stress which can interfere in the transport of glutathione.

**Vega vinigraha:** Suppression of urges

The *vegas* related to *netra rogas* are *mutra* (urination), *vata* (flatus), *vit* (stools), *jrumbha* (Yawning), *ashru* (Tears), *hikka* (Hiccups), *pratishyaya* (Rhinitis) and *ksudha* (Hunger).

*Mutra vega dharana* causes *shirashula*, *Vata* and *Vit nigraha* causes *shiroroga* and *drushti vikara*, *Jrumbha vega nigraha* causes *shiroroga* and *akshi gourava*, *Kshawathu vega dharana* causes *shiroshula* and *indriya dourbalya*, *Bhaspa nigraha* causes *akshi roga*. Due to controlling the urges there will be exertion of pressure on the globe which can damage the vasculature in the eyes causing hemorrhages in *Shukla* or *Drishti mandala*. Even though *Tridosha* are involved, specifically *Vata dosha* will be hampered. The vitiated *Apana Vayu* will move in *urdhwagata siras* afflicting the *Prana* and *Udana Vayu* which is having direct impact on physiology of *netra*.

**Atisweda:** Excessive sudation to eye

*Acharya Charaka* says sudation is contraindicated for eyes and if at all it is necessary only *mridu sweda* has to be given with all precautions by covering lids by *padma* or *utpala*.<sup>18</sup> *Pitta dosha* will be aggravated leading to *Pittaja netra rogas*. We can see this in coal mine workers, welders, farmers who works longer duration in farms in sunlight etc.,

**Dhoomanishvanath:** Excessive exposure to smoke

Excessive exposure to smoke and other pollutants causes irritation, foreign body sensation, epiphora in the eyes. Continuous exposure can even damage the conjunctiva, cornea and retina causing respective diseases. Continuous exposure to pollutants can increase the oxidative stress in the ocular surface leading to many ocular diseases. In the present scenario the pollution caused by automobiles or large industries can contribute adverse effect to ocular health.<sup>[19]</sup> There will be vitiation of *Vata* and *Pitta dosha*.

**Chardhirvighatath:** Suppressing the urge of vomiting and **Vamanatiyogath:** Excessive *vamana* karma

Suppressing the urge of vomiting/nausea causes strain in eyes. The strain caused on the abdominal cavity in turn exerts the pressure on thorax and thereby to head. The accumulated *doshas* will not be eliminated and also the pressure will cause the minute vasculature damage in the eyes causing different *Vataja*, *Kaphaja netra rogas* and also vascular eye diseases.<sup>[20]</sup> There will be involvement of *Vata* and *Kapha doshas*. The diseases include Subconjunctival hemorrhage, Retinal hemorrhages. Even excessive *vamana* therapy causes “*Akshiorvyavruithi*” (Protrusion of eye ball).

**Bhashpa nigrathath:** Suppression of tears

There will be imbalance in the lacrimal apparatus mechanism caused due to vitiated *Vayu* which can obstruct the *ashru*. This obstruction of *ashru* can cause diseases of lacrimal apparatus or tear film. There will be vitiation of *Vata* and *Kapha dosha*.

**Sukshma nireekshanath:** Watching minute objects for longer duration

The ciliary muscles and lens will be strained leading to imbalance in accommodation thereby causing refractive errors. There will be vitiation of *Vata dosha* primarily. Now a days people who are working in front of system for longer duration, tailors are coming across early cataract or refractive changes.

**Kramanurupa prekshana** - Continuously seeing moving objects

Playing computer games, traffic police, travelling, videographer are the people who witness the above said *nidana* frequently. Continuously seeing moving objects generally causes eye strain, this eye fatigue mainly causes decrease in blinking affecting tear film mechanism and causing dry eye syndrome, irritation to eye. The expected diseases are Squint, Nystagmus, etc.,

**Avakshira Shayana** -Sleeping in head down position, **Uchrita shirashayana** - Sleeping with head elevated

Sleeping on working table, in bus while travelling can affect blood vessels or optic nerve. Variations in cerebral blood flow could be a potential factor contributing to the structural and functional alterations in the eye. It may end up in Optic neuropathy, Retinal vein occlusion etc., There will be vitiation of *Vata* and *Pitta dosha*.

Use of high pillows, using sofa, travelling in semi sleeper buses, sleeping with head elevated position for longer duration can cause fluctuation in the IOP and also there will be vascular disturbances in the head including eyes. It may further lead to the *Adhimantha* (Glaucoma), Optic atrophy. There will be vitiation of *Vata dosha*.

**Jwara Abhitapa** – Associated with fever

Increased temperature in all over body directly affects *Indriya -Nayana*. There will be vitiation of *Pitta dosha*. The fever which is caused by virus such as Fibola, HHV-6, LASV, Nipah, Riftvalley fever have direct relation with ocular diseases significantly.<sup>[21]</sup>

**Padapeedana** – Strain on foot/sole

Not wearing slippers, working coal mines without shoes uncomfortable foot wear, excessive cycling, wearing high heels can have direct relation with vision. The *nadis* related to *netra* will be affected and vitiates *Vata dosha* causing *Timira*.<sup>[22]</sup>

**Atidravnnapana** – **Bahu ahara** - Drinking excessive fluid / having excessive food

Excessive hydration is associated with some ocular diseases and it is a proven fact. Tear fluid osmolarity may be an effective marker of systematic hydration status. There will be increase in the extra cellular fluid in the body which can exert the pressure on vessels leading to vitiation of *Kapha* and *Pitta dosha*. The patient may end up with the disease like CME, CSR etc., excessive intake of food definitely causes *amotpatti* leading to *Kaphavridhi*. This can end up in *srotorodhana* which can cause different *netra rogas*.<sup>[23]</sup>

**Atisheegrayana** - Travelling very fast

Riding fast with speed blow air directly comes in contact with eyes, this may affect ocular surface and may cause irritation, photophobia, tear film imbalance. There will be early degenerative changes in conjunctiva. Even the dust containing microorganisms can cause many ocular infective diseases. *Vata dosha* will be aggravated.

**Ritu Viparyaya** - Seasonal variation

Consuming *Ushna Dravyas* in *Ushna Ritu* causes *Pitta Prakopa* leading to *Pittaja netra rogas* and consuming *Sheeta Dravyas* in *Sheeta Ritu* causes *Kapha Prakopa* leading to *Kaphaja netra rogas*. Variation in environmental factors such as humidity, temperature and

wind speed are known to influence the anatomy and physiology of eyes. Cornea and conjunctiva are more sensitive for the environmental changes leading to many diseases like Dry eye, Conjunctivitis etc., There will be vitiation of *Tridoshas*.

**Shiroabhitapa** – Exposure of head to excessive heat

Traffic police, constructors, drivers, street vendors, daily wages workers can encounter this as a *nidana*. The increased temperature in *Shira* has direct effect on *netra*, there will be vitiation of *Vata* and *Pitta dosha*. The blood vessels can get damaged causing vascular eye diseases.

**Asatmya and Viruddha ahara**- Unwholesome food

Consuming *Asatmya ahara* leads to *amotpatti*. Because of this there will be *Kapha Vriddhi* leading to *Srotorodha*. The *Doshas* will affect the *Urdhwa Siras* and affects the *netra* causing many eye diseases. There will be vitiation of *Tridoshas*.

**Tailaabhyanjana Varjanath** - Avoiding oil to head

Most of the ocular diseases are caused due to eye strain. There will be severe vitiation of *Vata dosha* and to combat that *taila abhyanga* is advised. *Nitya shiro abhyanga* is advised as a part of *Dinacharya* by our *Acharya* where in it does *Indriyaprasadana*. It has proven that application of oil for head and doing massage effectively relieves eye strain and stress and also it helps for avoiding mental fatigue.

**Bahubharanam** – Carrying heavy weight on head

Coolie works are inevitable to carry heavy weight on their head. There will be raise in IOP and also chances of rupture of blood vessels. There will be vitiation of *Tridoshas* causing different *netra rogas* like *Adhimantha* (Glaucoma), Retinal detachment etc.,

**Abhyjanenitanthena** – Excessive oil massage

This can be considered as in *Kapha Prakruti* person indulges in excessive oil massage can lead to increase in *snigdghata, picchilata* in *netra* affecting balance between the *Doshas*. We can expect *Kaphaja netra rogas* in such people.

**Sa kampe na ati karmana** –Working continuously on moving/vibrating objects

Specific factory workers who visualises moving/vibrating objects will end up in getting severe eye strain which can cause different diseases on exerting the eye as discussed above.

**Meha** - Diabetic mellitus

*Prameha* have direct relationship with the diseases of eye as an *upadrava*. Ophthalmic complication of hyperglycemia is most profound in cornea and retinal. 70% of the diabetes suffer from corneal complications collectively called Diabetic keratopathy. Diabetic keratopathy, Diabetic retinopathy, Diabetic choroidopathy are the major complications of diabetes. There will be vitiation of *Kapha* and *Medo Dhatu* affecting different *Patalas*.<sup>[24]</sup>

**Granthi** - Glandular disorder w.r.to glands of eye

Infection of Meibomian, Zeis gland may cause interruption to normal functioning of eye. If we consider swelling around the eye- Blepharitis, Chalazion, Corneal ulcer, Cellulitis, Lacrimal gland blockage are some of the important hindrances for normal functioning of eye. There will be vitiation of *Vata* and *Kapha dosha* along with *ashru granthi*.

#### Understanding of *Netra roga nidanas* based on *Saptavidha dukha*

<i>Saptavidha dukha</i>	<i>Netra rogas</i>
<i>Adi bala Pravrutta vyadhis</i> (Hereditary diseases) – The diseases produced due to the defects in <i>shukra</i> or <i>shonita</i> .	<i>Adhimantha, Naktandhya</i> etc., Glaucoma, Retinitis pigmentosa etc.,
<i>Janna bala pravrutta</i> (Congenital diseases) - These diseases are the result of improper food of the expectant mother.	<i>Jatyandha, Anophthalmia</i> – absence of eyeball, microphthalmia – small eye etc.,
<i>Dosha bala pravrutta</i> – <i>Ahitakara ahara</i> - <i>Ushna, kshara</i> and <i>katu rasa ahara</i> <i>Ahitakara vihara</i> – <i>Hina, ati</i> and <i>mithya yoga</i> of <i>chakshurendriya</i> <i>Ati Yoga</i> : Looking into the illuminating and bright objects for long duration. <i>Ayoga</i> : Not seeing at all or completely avoiding vision. <i>Mithya Yoga</i> : Looking into the very near or very far away objects, fearful awe striking, terribly prodigious, hateful, frightful, monstrous, alarming sights. Causes vitiation of <i>Doshas</i> in <i>Amashaya</i> or <i>Pakwashaya</i>	<i>Puyalasa</i> – Dacryocystitis, <i>Abhishyanda</i> – Conjunctivitis, <i>Anjananamika</i> – Styte etc.,
<i>Sanghata bala pravrutta</i> - They are external injuries causing diseases. They can be either trauma or bites of animals or birds. It can be <i>Shastrakruta</i> – due to any instrument or <i>Vyalakruta</i> – due	Traumatic eye injuries, <i>Nayanabhighata</i>

to any insects or animal bite.	
<i>Kala bala pravrutta</i> - Seasonal diseases may be due to the effect of proper seasons or irregularity of the seasons.	<i>Abhishyanda</i> – Conjunctivitis
<i>Daiva bala pravrutta</i> - They are either due to the attack of super human powers or contagious diseases produced due to microbes.	<i>Abhishyanda</i> – Conjunctivitis <i>Krishnagata rogas</i> - Keratitis
<i>Swabhava bala pravrutta</i> – Age - related degenerative changes.	<i>Kalaja – Timira</i> – Presbyopia <i>Akalaja – Timira</i> in children – Myopia

## DISCUSSION

*Nidana*, being pivotal in the pathogenesis of various diseases, occupies a central role, prompting a detailed examination herein, focusing primarily on the prominent *nidana* of *netra* as expounded by our esteemed *acharyas*. *Ayurveda*, our venerable science, consistently underscores the dual imperatives of prevention and cure for ailments, a principle we expound upon comprehensively in this discourse, elucidating all aspects of *netra nidanas* pertinent to the general populace. In the present era, where myriad individuals are inadvertently or intentionally exposed to these *nidanas*, heightened awareness of these causal factors holds the promise of reducing the incidence of avoidable ocular maladies, thereby fostering a healthier societal milieu. The dissemination of information pertaining to the lesser-known facets of diseases within communities stands as a potent means to significantly diminish their prevalence. Furthermore, lifestyle modifications assume paramount importance in the realm of disease prevention. Moreover, for enhanced comprehension, we propose categorizing the aforementioned *nidanas* systematically.

### 1. Aharaja Nidana (Dietary Factors)

- *Pitta Prakopakara Ahara*: Foods that aggravate *Pitta* such as *shukta*, *aranala*, *amla*, *kulatta*, *madhya*, *kshara*, *ushna*, *teekshna*, *katu ahara*.

- *Kapha Prakopakara Ahara*: Foods that aggravate *Kapha* such as *masha*, *dravannapana*.

- *Tridosha Prakopakara Ahara*: Foods that aggravate *Tridosha* such as *viruddha* and *asatmya ahara*.

### 2. Viharaja Nidana (Lifestyle Factors)

- *Vata Prakopakara Vihara*: Activities that aggravate *Vata* such as *doorekshana*, *sukshma nireekshana*, *vididha rupa prekshana*, *shranta*, *klanta*, *atisheegrayana*, *atimaithuna*, *padapeedana*, *swapna viparyaya*, *vega vinigraha*, *avakshira shayana*, *uchrita shirashyana*, *atilanghana*, *taila abhyanjana varjana*.

- *Pitta Prakopakara Vihara*: *Ushnabhitaptasya jalapravesha*, *rajo-dhooma nishevana*, *shiro abhithapa*.

- *Kapha Prakopakara Vihara*: Factors such as *swapna viparyaya*, *abhyanjanenitanthena*, *chardi vighata*.

- *Tridosha Prakopakara Vihara*: Like *bhaspanigraha*.

### 3. Manasika Nidana (Psychological Factors)

- Psychological factors including *prasakta samrodhana*, *bhaya*, *shoka*, *klesha*, *kopa*, *klanta*.

### 4. Agantujaja Nidana (External Factors)

- External factors like *abhighata*, *salila kreedha*, *keeta damsha*, *sparshadibhi abhigata*, *nakshatra kramana*,

*graha ativikshana*, *chandra graha*, *diwakara agni tejasa ativikshana*.

### 5. Bheshaja Nidana (Therapeutic Factors)

- Therapeutic interventions such as *atisweda*, *Teekshna Anjana* in *atiklishta netra*, *vamana atiyoga*, *chardi vighata*.

### 6. Nidanarthakara Rogas (Diseases Caused by Causative Factors)

- Diseases caused directly by the aforementioned causative factors, including *jwara abhitapa*, *granthi*, *meha*.

### 7. Aupasargika Roga (Contagious Diseases)

- Contagious diseases produced by factors like physical contact, eating together and sleeping together, sharing the cosmetics or garlands like *abhishyanda*, *krimigranthi*.

## CONCLUSION

The eye stands as a vital organ within our body, demanding our utmost care and protection against any adversities that may compromise its well-being. Without maintaining the health of our eyes, the attainment of optimal overall health remains unattainable. This significance is underscored not only by modern understanding but also by the profound wisdom of our *acharyas*, as elucidated in their timeless texts. Emphasizing *nidana parivarjana* as the cornerstone of treatment across various diseases, its applicability extends seamlessly to the realm of *netra rogas*. By diligently avoiding the causative factors, we pave the way towards cultivating a society characterized by robust health and vitality. Only through such concerted efforts we can envision a world where the clarity of our vision is unclouded by the burden of disease.

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