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Ayurvedic approach on Dry Eye Syndrome

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ABSTRACT

Dry Eye Syndrome (DES) is one among the life style disorder in the present era. About 88% of people who use computers everyday suffer from this problem. DES is a complex of ocular and visual problem due to near work which is experienced during the use of computers, tabs, mobiles and television. Therefore, an Ayurvedic approach in understanding the *Samprapti* and management thereafter is hypothesized for DES.

Key words: Dry Eye Syndrome, Tarpana, Anjana, Seka.

INTRODUCTION

Computer has become common in today's society and is causing some serious health hazards, among which DES is one. DES is defined as a complex of ocular or visual problems which are experienced during and related to computer use. Symptoms of DES are dryness of eyes, eye strain, gritty feeling, pricking type of pain, photophobia, blurred vision, burning sensation and congestion of eyes.

DES has no direct reference in Ayurvedic classics; it can be correlated to symptoms of *Shushkakshipaka* of *Sarvagata Netra Rogas*. An Ayurvedic approach can be given on the basis of fundamentals of Ayurveda. *Nidana* and *Samprapti* can be understood by *Trividha*

Hetu's related to *Chakshurendriya*. The symptoms of DES are related to *Vata-Pitta Pradhana Tridosha* vitiation at *Chakshurendriya* leading to the *Sthanasamshraya* in *Netra*.

OBJECTIVES

Review of references directly related to *Shalaky Tantra* in *Sushruta Samhita Uttara Tantra* and *Astanga Hridaya Uttara Sthana*.

DISCUSSION

The symptoms of DES are dryness of eyes, eye strain, gritty feeling, pricking pain, etc.^[1] So, these symptoms are related to *Vata-Pitta Pradhanavyadhi* of *Shushkakshipaka*. *Shushkakshipaka* is one among *Sarvagata Netra Rogas* mentioned by *Sushruta* as well as *Vagbhata* under *Sadhyavyadhi's*, caused by *Vata* and *Pitta Doshas* having symptoms of *Gharsha* (gritty feeling), *Toda* (pricking type of pain), *Bhedha* (pain), *Upadeha* (membrane formation), *Krichronmeelana* (difficulty in opening and closing of eyelids), *Vishushkata* (dry), *Rukshadarunavarthma* (dryness of eyelids).^[2] These symptoms can be correlated with the symptoms of DES in modern system of medicine.^[3]

Shushkakshipaka is a disorder of eye characterized by difficulty while closing the lids because of *Darunarukshavarthmayatkunitam* (hardness and roughness of eyelids), *Avila Darshana* (blurring of

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vision), *Sudarunamyatpratibhodanam* (difficulty in opening and closing of eyelids).

According to *Acharya Vagbhata*, it is characterised by *Gharshana* (foreign body sensation), *Toda* (pricking pain), *Upadeha* (loss of clear vision), *Ruksha Daruna Varthma* (hardness and roughness of eyelids), *Krichra Unmeela Nimeela* (difficulty in closing and opening of eyelids), *Shushkata* (dryness), *Shoola* (pain) and desire for cold comforts.^[4]

The vitiated *Vata* and *Pitta Doshas* passing through *Sira's* gets accumulated in the parts of the eye like *Varthma*, *Sandhi's*, *Shukla Mandala*, *Krishna Mandala*, *Dristi Mandala* and manifests the disease *Shushkakshipaka*. *Dosha - Vata & Pitta; Dushya - Rasa, Rakta, Mamsa, Medha; Srotas - Rasavahasrotas; Srotodustiprakara - Sanga; Rogamarga - Madhyama; Adhistana - Shiras; Vyaktasthana - Netra* (all *Netra Mandalas*). Hence looking into the Ayurvedic treatment modalities, the drugs should have *Vata-Pittahara* properties.^[5] So, internally administration of medicated ghee of *Jeevaniyagana* drugs which plays a major role. Externally *Pariseka* (eye wash) with warm milk added with *Sanidhavalavana* are treatment for DES.^[6] *Saindhavalavana*, *Devadaru*, *Shunti*, juice of *Matulunga* boiled with ghee and added with breast milk should be used as *Anjana* (collyrium).^[7] Internally administration of *Draksha*, *Patola*, *Chandana*, *Guduchi* in the form of decoction is ideal to treat DES.^[8,9] *Aschotana* (eye drops) with *Darvi*, *Manjista* decoction can be administered.^[10,11]

According to *Sushruta*

Grithapana - Oral administration of ghee, *Tarpana* (nourishment of eyes) with medicated ghee prepared by *Jeevaniyagana Dravyas*, *Nasya* (nasal administration of medicated ghee / oil) with *Anu Taila* / any *Brimhanataila*, *Pariseka* with *Saindhava Lavana*, *Devadaru*, *Shunti*, *Matulunga Swarasa* mixed with ghee.

According to *Vagbhata*

Anjana with *Shunti*, *Stanya* mixed with ghee or *Anupamamsa* mixed with *Shunti* or *Saindhava Lavana*, *Devadaru* mixed with *Shunti*.

CONCLUSION

Computer has become an integral part of office equipment's. Because of the high use of computers there has been a considerable increase in visual problem leading to the risk of developing DES. So the application of *Tarpana*, *Aschotana* and *Seka* with *Vata-Pittahara Dravyas* constitutes the basic therapeutic approach in the management of DES.

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