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Critical Analysis on *Chakshushya Varga*

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ABSTRACT

The word *Chakshushya* means promotion of Eye health. In present scenario, due to lifestyle modifications eye has become more susceptible to various ocular diseases. Hence prevention and promotion of ocular health plays a major role. Here an attempt is made to analyse the drugs mentioned by *Chakrapanidatta* in *Chakradatta's Chakshushya Varga*.

Key words: *Chakshushya Varga, Ocular health, Chakradutta.*

INTRODUCTION

Eye is one of the important among sensory organ. Hence it's rightly said as "*Sarveindriyanam Nayanam Pradhanam*". According to the recent statistics worldwide, there are 314 million people with visual impairment, of which 45 million come under blindness category and 269 million under low vision category. In India, 12 million people come under visual impairment category and 7 million come under blindness category.^[1] The major eye diseases that cause blindness are refractive errors, glaucoma, cataract, Age Related Macular Degeneration. Therefore regular consumption of *Chakshushya Varga Dravyas* prevent or slow down the manifestation of various ocular diseases. The *Chakshushya Varga Dravyas* are;

- *Triphala*
- *Ghrita* (Ghee)

- *Madhu* (Honey)
- *Yava* (Barley)
- *Padaabhyanga* (Foot Massage)
- *Shatavari*
- *Mudga*^[2] (Green gram)

Triphala

It contains *Haritaki, Vibhitaki* and *Amalaki*.

	<i>Haritaki</i>	<i>Vibhitaki</i>	<i>Amalaki</i>
Botanical Name	<i>Terminalia chebula</i> Retz.	<i>Terminalia bellarica</i> Roxb.	<i>Embllica officinales</i> Gaertn.
Family	Combretaceae	Combretaceae	Euphorbiaceae
Rasa	Kashaya Pancharasa except Lavana	Kashaya	Amla Pancharasa except Lavana
Guna	Laghu, Ruksha	Ruksha, Laghu	Laghu
Veerya	Ushna	Ushna	Sheeta
Vipaka	Madhura	Madhura	Madhura
Karma	Tridoshara, Rasayana, Chakshushya	Kaphapittahara, Chakshushya	Tridoshara, Raktapittahara, Rasayana, Chakshushya

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Chemical constituents

Gallic acid, Vitamin C, Ellagic Acid, Chebulic Acid, Bellaricanin, Beta-Sitosterol, Tannins and Flavonoids.

Pharmacological Action

Antioxidant, Anti-inflammatory, Anti-diabetic, Immune Modulator.

- Polyphenols present in *Triphala* acts as antioxidant.
- A study showed that *Triphala* when administered topically reduced the inflammation because of gallic acid in endotoxin induced uveitis.^[3]
- *Triphala* is a drug present in most of the ocular formulation.
- Daily eyewash with *Triphala Kashaya* (a decoction prepared by boiling *Triphala* powder in water) keeps eyes healthy.

Ghrita (Cow's ghee)

- *Rasa* : Madhura
- *Veerya* : Sheeta
- *Karma* : Vata-pittahara, Chakshusya.^[4]
- Its rich source of Omega 3 fatty acids - 1.447mg, Omega 6 fatty acids - 2.247mg and Vitamin A - 3069 IU, Vitamin E - 2.8mg and Vitamin K - 8.6µg.
- In absence of Vitamin A, ghee is considered as good source as food which keeps the epithelial tissues of the body intact, keeps the outer lining of the eyeball moist and prevents blindness.
- It prevents oxidative stress to tissues and helpful in preventing degenerative diseases including age related eye disease.
- Anti-inflammatory activity of ghee is useful in treating inflammatory eye diseases as an external application.^[5]

Madhu (Honey)

- *Rasa* : Madhura, Kashaya
- *Guna* : Ruksha
- *Veerya* : Sheeta

- *Karma* : Tridosahara, Chakshushya
- Chemical constituents : Flavonoids, Phenolic Acids
- Pharmacological Action : Antioxidant, Anti-inflammatory,
- Honey is mainly composed of fructose, glucose, small amounts of proteins, vitamins and minerals.
- Glucose oxidase present in honey is not only involved in the inhibition of pathogenic microbes but also participates in wound and burn healing. The hydrogen peroxide of honey plays important roles in inflammation, stimulation of tissue growth, and epithelialization.
- Polyphenols in honey has antioxidant property and gallic acid has the anti-inflammatory property.
- In one study, with topical application of honey as ointment, in 102 patients with non-responsive eye disorders, improvement was seen in 85% patients and in remaining 15% there was no disease progression.^[6]

Yava (Barley)

- Botanical name : *Hordeum vulgare* Linn.
- Family : Poaceae
- *Rasa* : Kashaya, Madhura
- *Guna* : Ruksha, Laghu
- *Veerya* : Sheeta
- *Vipaka* : Katu
- *Karma* : Kapha-pittahara, Raktapitta prasadaka
- Chemical composition : Sterols, Tocopherols - , Phenolic acid
- Pharmacological Activity : Antioxidant, Anti-inflammatory
- It contains Calcium, Phosphorous and Iron.
- Recent research study showed that tocopherols (vitamin E) delays the cataract formation and Age Related Macular degeneration(ARMD).^[7]

Padaabhyanga (Foot massage)

Regular practice of *Padaabhyanga* helps in *Drishti Prasadana* (Ocular rejuvenator). *Nadi Darpana* has enumerated 10 *Nadi's* (situated in head, among which *Gandhari* in left eye and *Hasti Jihwa* in right eye. *Gandhari Nadi* has the colour of the peacock's neck surrounding *Ida Nadi* and extends from *Pada* (foot) to the *Netranta* (end of eyes). *Hasti Jihwa* has the colour of blue lotus and surrounds the *Ida Nadi* in front and extends from feet to the head. Two *Nadis* namely *Pusha* and *Alambusha* spreads from toe towards the borders of the eye. In right side of the body, surrounding *Pingalandi* in front both *Pusha* and *Alambusha* traverses from sole and toe respectively towards end of eyes.^[8]

- It is advised that feet should be massaged with ghee once in three days.^[9]
- Regular foot massage nourishes the eye and alleviates *Vatadosha* and thus beneficial in neurological eye disorders.

Shatavari

- Botanical name : *Asparagus racemosus* Willd.
- Family : Liliaceae
- *Rasa* : Madhura, Tikta
- *Guna* : Guru, Snigdha
- *Virya* : Sheeta
- *Vipaka* : Madhura
- *Karma* : Vata-pittahara, Rasayana, Netrayamaya (cures ocular disorders)
- Chemical constituents : Sarsapogenin, Flavonoids like rutin.
- Part used is mainly root.
- Pharmacological action : Antioxidant, Anti-inflammatory, Cardio protective, Neurodegenerative, Immunostimulant^[10]
- It is rich source of Iron, Zinc, Calcium and Manganese.

- Steroidal saponins acts as potent immune stimulant.
- It is indicated in *Raktapitta* and thereby in turn useful in hypertensive retinopathy.

Mudga (Green gram)

- Botanical name : *Phaseolus aureus* Roxb.
- Family : Fabaceae
- *Rasa* : Kashaya, Madhura
- *Guna* : Laghu, Ruksha
- *Karma* : Kapha-pittahara, Netraprasadana
- Chemical constituents : Flavonoids, Phenolic Acids
- Pharmacological actions : Antioxidant, Anti-diabetic, Anti-hypertensive, Anti-inflammatory
- It has slow effect on blood sugar levels due to phenolic acid. Thus can be used daily by diabetic patients to avoid diabetes related eye complications.
- One cup serving of *mudga* provides 16 percent of the minimum daily recommended amount of iron, 15 percent of potassium, 11 percent of zinc, 10 percent of phosphorous, 24 percent of magnesium and 30 percent of manganese.
- It is rich in vitamin A, K, Niacin and Vitamin B6.
- It provides about 14 mg of vitamin C per cup, according to the USDA. This is nearly 25 percent of the daily value of vitamin C.^[11]
- Vitamin C acts as antioxidant and may reduce the risk of cataract, improves the capillary function in eye and relieves eye pressure related to glaucoma.
- Due to Anti-hypertensive activity, patients with hypertensive retinopathy can be advised to consume daily.

DISCUSSION

Chakshushya Varga Dravyas, improves the functions, prevents the age related changes and helps in rejuvenating the eye. In general, all these drugs

mainly have Antioxidant, Immuno stimulant, Neuroprotective, Cardioprotective, Anti-inflammatory property. They are rich in vitamins and minerals which are needed to protect the eyesight of an individual. Though most of the *Chakshushya* drugs doesn't contain Vitamin A which plays a major role in visual cycle, but they are still proven to be effective as they contain many trace elements which are beneficial for ocular health. They can be used as a single herb or in combination. They can be modified into various preparations to use externally as well as internally.

CONCLUSION

Chakshushya Varga Dravyas play a vital role in promoting ocular health. Due to its *Rasayana* property these drugs can be administered daily to healthy individuals and to those suffering with ocular diseases to prevent the complications. Effort should be made to include these *Chakshushya Dravyas* in National Control Blindness Programme.

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