

ROLE OF AYURVEDA IN PREVENTING CATARACT**Anjali*¹, Gunjan Sharma², Aditi³ and Poonam Bamola⁴**

¹Assistant Professor Dept. of Shalaky Tantra Mai Bhago Ayurvedic College Muktsar,
Punjab, India.

²HOD & Prof. PG. Dept. of Shalaky Tantra Rishikul Campus, Uttarakhand Ayurveda
University, Haridwar, Uttarakhand, India.

³Assistant Professor PG. Dept. of Shalaky Tantra Rishikul Campus, Uttarakhand Ayurveda
University, Haridwar, Uttarakhand, India.

⁴Assistant Professor Dept. of Shalaky Tantra, SGT Ayurvedic College Gurugram, Haryana,
India.

Article Received on
11 Jan. 2018,

Revised on 31 Jan. 2018,
Accepted on 20 Feb. 2018

DOI: 10.20959/wjpr20185-11248

Corresponding Author*Dr. Anjali**

Assistant Professor Dept. of
Shalaky Tantra Mai Bhago
Ayurvedic College Muktsar,
Punjab, India.

ABSTRACT

Visual impairment can limit people's ability to perform everyday tasks and can affect their quality of life and ability to interact with world. Senile cataract is one of the leading cause of blindness. Till date no accepted medical treatment is available for cataract. Effective surgical procedures are available for treatment, but besides the requirement of highly trained personnel, the problem of post-operative complications, cost of surgery and high number of people requiring surgery pose a substantial economic burden. Efforts to ease the cataract burden will be of great social and health economic benefit. *Ayurvedic* ophthalmology aims at individual and the community level protection of eyes. In this

article an attempt has been made to explore the procedures for prevention of age related cataract by means of *Dincharya* (*Netra prakshalan, Anjana, Nasya, Nidra*) healthy diet, Eye exercise and by means of *Rasayna*.

KEYWORDS: *Dincharya* (*Netra prakshalan, Anjana, Nasya, Nidra*).

INTRODUCTION

Eyes are the most precious organ in the body. Blindness is a lack of vision. Vision loss refers to the partial or complete loss of vision. The vision loss may happen suddenly or over period of time. Globally the major causes of visual impairment are uncorrected refractive errors,

cataract and glaucoma. Visual impairment can limit people's ability to perform everyday tasks and can affect their quality of life and ability to interact with world. Cataract, mainly Senile cataract is one of the major cause of blindness in world. A cataract is a clouding of the lens in the eye that affects vision.^[1] A cataract can occur in either or both eyes. It cannot spread from one eye to the other. Despite extensive research being done throughout the world, unfortunately the triggering factors leading to cataract formation are not known. Even today benefit of surgery has extended to more people, still some means of preventing and delaying cataract is required to reduce the prevalence and toll of the disease. It has been estimated that delaying the development of cataract by 10 years would reduce the number of cataract surgeries. It is always desirable to avoid surgery because complications and unsatisfactory visual adjustment still occur in some cases. Most common cause of Cataract is age related and UV rays. We can not avoid UV radiation. But it is possible to avoid its side effects by applying Kajal or *Anjana* as told by *Acharyas*. Another Important factor for cataract is Senility, as Senile Cataract is most common type of Cataract. Our *Acharyas* had already described many methods to delay ageing. So Cataract can be prevented.

Basic principle of *Ayurveda* is to protect health and prolong life. Management of preventable and curable blindness according to ancient science is important. According to *Ayurveda* to maintain a healthy and disease free life should follow a *dinacharya*.^[2] Healthy diet, eye exercises plays major role in giving strength to the eyes. In addition to various *Ayurvedic* medicines for prevention of diseases, *Ayurveda* also recommends a number of anti ageing supplements or foods called *Rasayana*.^[3]

DINCHARYA

Dinacharya has already been explained by our *acharyas* in *Charak Samhita Sutrasthan Swatha chatuska*^[3], *Sushruta Samhita Chkitshasthan* 24th chapter^[4], *Astanghrudaya uttarsthana* 13th chapter and *pathya, apathy* in eye diseases described in *Yogratnakar, Bhaisjyarnavali* in *netrarogadhikar adhyayas*. So the daily regimen can be summarized in a more practicable way as follows.

- 1) *Netraprakshalana*^[5] (Eye Wash): washing eyes with decoction of *Lodhra* (*Symplocos racemosa* Roxb.) or with *Amalaki*.
- 2) *Anjana* (Collyrium) *Anjana* is a method in which the medicine is applied along the inner surface of the eye lid. *Souveeranjana* or *darvi rasa kriya* can be mixed with honey can be applied in the eye for *kapha sodhana* as eye is *pitta* predominant in nature and should be

protected from *kapha dosha*.^[6] So daily practice of *Anjana* as *Dinacharya* is best simple ophthalmic medication to prevent eye disease.^[7]

- 3) *Nasya*- The procedure in which, medicines are applied through the nasal cavity to nourish the organs above the clavicle called *Nasya*. Due to anatomical communications the medicine applied through the nasal cavity reaches all the areas, particularly strengthens the “*Sringatak Marma*^[8]” (cavernous sinus) which is the seat of all the centers of eye, ear, nose and tongue. So that accumulation of vitiated *kapha* in the *srotas* of the eye can be prevented by daily application of *Pratimarsh Nasya*.^[9]
- 4) *Nidra*(Sleep) and Eye Health Sleep rejuvenates the mind and body. Sound sleep is absolutely necessary for the eyes. During sleep, the eye is at complete rest and retains functional capacity. Normally 6-8 hours of sleep is necessary for a normal adult. Sleep deprivation leads to many eye. When natural urge of sleep is hold it leads to *Akshigaurabam*(heaviness and fatigue in eyes). In the context of etiological factors responsible for eye diseases Sushruta has mentioned “*Swapnaviparyayat*”^[9] (faulty sleep).

Role of Diet-(*Hitakara Aahara*) - Proper food is an important factor in growth and development of human. The improper food or deficiency of nutrition will lead to several eye diseases.

Mudga (*Phaseolus radiates*, Linn.)- Antioxidant, source of vitamin A.

Shatavari (*Asparagus racemosus*) Balances *vata* and *Pitta dosha*, anti ageing property, improve vision.

Ghee- Balances *Tridosha*, acts as good *Rasayan*, rich in antioxidant, improve strength of eye.

Madhu- Antioxidant, anti inflammatory, anti bacterial, it protect eyes from macular degeneration, it's regular.

Role of Eye Exercise

Palming, Distant and near focusing, Rotational movements of eye will help to improve blood circulations to eyes. So oxygen supply, nutritional supply to the eyes is increased. These exercises will strengthen the muscles of eyes and maintain vision level.

Yoga and Eye Health

Yoga especially *Shat Kriya's* like *Trataka* and *Neti Kriya* may help to improve vision and maintain the eye health. *Hathayoga Pradipika*^[10] and *Gheranda Samhita*^[11] clearly mention that accepting procedures like *Trataka* and *Neti Kriya* helps to improve vision and prevent the diseases of eye.

Role of Rasayana

In addition to various *Ayurvedic* medicines for prevention of diseases, *Ayurveda* also recommends a number of anti ageing supplements or foods called *Rasayana*. As per *Sarangadhra*^[12] due to normal ageing process vision becomes poor in 6th decade of life. According to modern medicine Age related Cataract is disease which occur due to ageing and oxidative stress in day to day life process. To avoid these problems or slow down the process of ocular degeneration *Ayurved* advocates *Chakshushya Rasayan* therapy. The person who follows regular diet and regularly takes *Triphala* powder along with honey and *Ghee* in the night is always free from diseases of eye.

According to *Charaka Samhita*, a person undergoing rejuvenation therapy attains longevity, memory, intellect, freedom from diseases, youth, excellence of luster, complexion and voice, excellent potentiality of the body and the sense organs, *Vak-siddhi*^[13] (i.e. what he says comes true), respect and brilliance. The means by which one gets the excellence of *Rasa* (the nourishing fluid which is produced immediately after digestion etc.) is known as *Rasayana*^[14] or a rejuvenation therapy.

Chakshushya, means "strengthening the eyes"-(*Chakshu* means "eye" and *Ayushya* means "Rasayana" so it is literally a "Rasayana for the eyes").

Aim of Rasayana Therapy

Rasayana chikitsa boost *Ojus* and immune system. *Ojaswi* is used to describe those people who keep good health in all stages of life. *Rasayan chikitsa* is supposed to nourish blood, Lymph, flesh, adipose tissue and semen and thus prevent freedom from Chronic degenerative disorders and senility. *Rasayan* improves metabolic processes which result in best possible Biotransformation and produce best quality body tissue, delay senility and prevent other diseases.

Benefit of Rasayana

A person undergoing rejuvenation therapy attains longevity, memory, intellect, freedom from disease, youth, excellence of luster, complexion, voice, excellent potentialities of the body and sense organs. The mean by which one gets the excellence of *Rasa* is known as *Rasayana* or a Rejuvenation therapy. A part from excellence of *Rasa*, individual is endowed with psychic excellence like sharp memory etc by virtue of rejuvenation therapy.

CONCLUSION

The main objective for pharmacological treatment is to delay the lens opacification process, reduce morbidity. *Ayurveda* prefers to prevention of any disease than cure. Cataract is caused by reversal of Na⁺ K⁺ pump, reduced oxidative reaction and denaturation of lens proteins^[15] due to ageing. *Dinacharya*, Healthy diet, eye exercises plays major role in giving strength to the eyes. It keeps eyes healthy and provide normal functioning. *Rasayans* are anti ageing supplements that delay ageing and thus all these factors can keep our eyes healthy, delay ageing. Senile cataract is a disease which occurs by natural ageing process. Taking *Rasayana* is helpful to increase the immunity of person and to delay ageing. Basic principles of *Ayurveda* are helpful here for management. *Ayurveda* delays ageing effects in eye, rejuvenates the eyes, improve function of eye And thus can delay senile cataract. So by following *Dinacharya*, Healthy diet, eye exercises and *Rasayan* from Young age, we can prevent Cataract and keeps our eyes healthy.

REFERENCE

1. Khurana AK 4th ed New Delhi New Age International Pvt. Ltd; 2007 Comprehensive Ophthalmology p. 181.
2. Sastri Kasinath, Charak Samhita, Vidyotini Hindi Commentary, Sutrasthana 5 Choukhamba Sanskrit Pratisthan, Editon Reprint, 2012.
3. Sastri Kasinath, Charak Samhita, Vidyotini Hindi Commentary, Sutrasthana 5-8, Choukhamba Sanskrit Pratisthan, Editon Reprint, 2012.
4. Jadavaji Triakumji Acharya, Sushruta Samhita, Chikitsasthana 24, Dalhana commentary, choukhamba surbharati prakashan, Edition-Reprint, 1994.
5. Jadavaji Triakumji Acharya, Sushruta Samhita, Chikitsasthana 24/15-16, Dalhana commentary, choukhamba surbharati prakashan, Edition-Reprint, 1994.
6. Sastri Kasinath, Charak Samhita, Vidyotini Hindi Commentary, Sutrasthana 5/16, Choukhamba Sanskrit Pratisthan, Editon Reprint, 2012.

7. Sastri Kasinath, Charak Samhita, Vidyotini Hindi Commentary, Sutrasthan 5/16, Choukhamba Sanskrit Pratisthan, Editon Reprint, 2012.
8. Jadavaji Trijumji Acharya, Sushruta Samhita, Dalhana commentary, Sharirsthana 6/27, choukhamba surbharati prakashan, Edition-Reprint, 1994, Page.No. 291.
9. Jadavaji Trijumji Acharya, Sushruta Samhita, Dalhana commentary, Uttarantra 1/25, choukhamba surbharati Prakashan, Edition-Reprint, 1994, Page.No.494.
10. Hathayoga Prdipika. 2 Upadesha. 30. Netikriya.
11. Gheranda Samhita. 1 Upadesh. 55. Trataka kriya.
12. Sharangdhara Samhita Purva khanda 6/62, Hini vyakhya, Edition 2006, by.
13. Dr. Brahmananda Tripathi, published by Choukhamba Surbharati Prakashana, Varanasi.
14. Sastri Kasinath, Charak Samhita, Vidyotini Hindi Commentary, chikitsa sathana, Choukhamba Sanskrit Pratisthan, Editon Reprint, 2012.
15. Khurana AK 4th ed New Delhi New Age International Pvt. Ltd; 2007 Comprehensive Ophthalmology p. 188.