

International Research Journal of Ayurveda & Yoga

An International Peer Reviewed Journal for Ayurveda & Yoga



Role Of *Dincharya* As A Preventive Aspect Of Eye Disorder – A Review

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VOLUME 4 ISSUE 7.

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Article received on 6th July 2021

Article Accepted 27th July 2021

Article published 31st July 2021

ABSTRACT: -

In present era due to changing lifestyle particularly in the busy modern life and wrong posture during reading, writing, watching TV, office work on computer has resulted in many eye disorders like dry eye, computer vision syndrome, age related macular degeneration, glaucoma, cataract, diabetic retinopathy, hypertensive retinopathy, refractive error etc. There are five sense organs i.e. eye, ear, nose, tongue and skin. Among these sense organs, *Ayurveda* given prime importance to the *Chakshurindriya* (eye) and says “*Sarvendriyaanam Nayanam Pradhanam*”. *Ayurveda* aimed in prevention and cure of disease, *Dinacharya* is one of the concept which helps to fulfill this aim of *Ayurveda*. In *Ayurveda* text given various daily regimen like *Anjana* (collyrium), *Padabhyanga* (Foot Massage), *Nasya* (Nasal application of drugs), *Snana* (Bath), *Netraprakshalna* (eye wash), *Netra Vyayamas* (Eye exercise), *Padaprakshalan* (Cleaning foot) and *Padatra Dharan* (Use of footwear), *Chhatra Dharan* (Use of umbrella) for prevention of eye disease as well as maintenance and promotion of eye health. Now a day people do not follow these daily regimen due to busy schedule and lack of awareness which leads to *Netra roga* (Eye disorder). Hence the aim of this review article is to spread awareness about *Dinacharya* for the maintenance of Eye health as well as prevention of eye disorder.

Key words- *Dinacharya*, Eye disorder, *Chakshurindriya*, *Netra rogs*, *Ayurveda*, Prevention



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How to cite this article: Gupta V, Marwaha N, Bansal C “Role Of *Dincharya* As A Preventive Aspect Of Eye Disorder – A Review” IRJAY. [Online] 2021;4(7): 90-95. Available from: <http://irjay.com> ; DOI: <https://doi.org/10.47223/IRJAY.2021.4712>

INTRODUCTION

Ayurveda is first and oldest medical science existing before human creation in the world. It is the science which focuses on the preventive aspect. *Dincharya* (daily regimen) is one of the principles mentioned in Ayurveda one should follow *Dincharya* leads to healthy and disease free life. *Dincharya* is a Sanskrit word made from two word *Din* means ‘daily’ and *Charya* means ‘practices’. Whatever practices or activities done by individual from waking up in the morning to till the sunset is called *Dincharya*. These *Dincharya* can be practices in our daily routine to protect eye disease as well as improve vision and eye health. Among all the sense organs eyes are considered to be very important and says “*Sarvendriyaanam Nayanam Pradhanam*” because of vision is important for social, Educational and Psychological development of a person. *Acharya Vagbhat* also given importance of eye and say Person should make constant efforts to protect their eye till the end of desire of life because of day and night are equal in blind person and entire world look like to be useless even he is wealthy and rich. ^[1] *Shalaky Tantra* is one of the eight clinical specialties of *Ashtanga Ayurveda*, in which detail description of eye diseases and their care and management has been described. Vision is also affected as consequence of faulty lifestyle. Smoking cigarette, tobacco, alcohol consumption, high fat diet and junk food, chronic stress, continuous exposure to bright light, working in computer for long time etc which causes damage to the eye, Age Related Macular

Degeneration (ARMD), Diabetic/ Hypertensive retinopathy, computer vision syndrome, cataract, Glaucoma, dry eye and many more. ^[2] For preventing these type of eye diseases and for maintaining the ocular health one should follow *Dincharya* in our daily life.

MATERIALS AND METHODS

The compendium and texts of ayurveda and other contemporary sources were explored and relevant information was collected and presented in organised manner.

RESULTS

Common *Samprapti* of *Netra Rogas* -

Due to *Nidan sevan* of *Netra Rogas*, *Doshas* get vitiated and vitiated *Doshas* move through the *Siras* (blood vessels) and reach the upper part of the body, upon reaching in the eye causes different type of eye disease. ^[3]

DINCHARYA

Ayurveda describes some daily regimen modalities for prevention and promotion of eye health and management of eye disorder.

Anjana - *Anjana* is a method in which the medicine is applied in muco-cutaneous junction (eye lid). There are two type of *Anjana* described, first is *Sauviranjana* which is applied on daily basis in day time second is *Rasanjana* which is applied at 5th and 8th day, at night time to evacuation of excess *Kapha Dosa* because the eye is *Pitta* predominant in nature and should be protected from *Kapha Dosa*. *Acharya Charaka* coated that gold and other metal ornaments are

cleaned by means of oil, cloths and hair brush similarly if we apply *Anjana* Regular basis clean the eye which make the eye shine like the bright moon in the clear sky. [4] Regular practices of *Srotoanjana* are found to be not only useful for good appearance of eyes but also removes burning sensation, itching, dirt, moistness and pain of eyes. Person who is on fasting, who has taken bath on head, who has tired after *Vaman karma* and travel, who is awoken at night and person with fever should not apply *Anjana*. [5]

Netraprakshalana (Eye wash)- Washing face and eyes with decoction of bark of *Kshiri Vraksha* or decoction of *Lodhra* (*Symplocos racemosa*), with *Amalaki* (*Embolica officinalis*) decoction or with cold water helps in maintaining the constant clear vision. [6]

Ushajalapana (Water intake in early morning & *Nasajalapana*)- Daily intake of water in early morning either mouth or through nose purify the whole GIT and ensure good vision. [7]

Snana (Bathing)- Bathing with cold water from the head always promotes eye health But bathing with warm water on head always makes unhealthy effect on eyes. Hot water is preferably for body bath and cold water for head bath. [8]

Padaprakshalan- Washing of feet with clean water is good for clear vision. [9]

Padabhyanga- Regular application of oil over soles is good for improving the vision.

Padatra Dharan- wearing of footwear is good for eye sight. [10]

Taking care of foot is also essential as foot is connected to the eye. [11] Hence, every person should practices regularly massage over soles with oil, washing them well & should use foot

wears for preventive and promotive health care of eye problems.

Nasya- In this procedure medicines or medicated oil are applied through the nostril is called *Nasya*. Nose is a natural gateway to brain, due to anatomical connection the medicine applied through the nasal cavity reaches at the “*Sringatak Marma*” which is the seat of all the centres of eye, ear, nose and tongue. [12] *Pratimarsha Nasya* is indicated in daily basis because of devoid of any complication and administered at any time. The finger should be dipped in oil and drop should be instilled into the nostril. Practices of *Nasya* in proper time mentioned in the text prevent the disease of eye, nose and ear. [13]

Use of umbrella - Use of umbrella protects the eyes from sun shine, heat, dust and smoke and it is good for eye (*chakshushya*). [14]

Dhoompana- Inhalation of smoke and exhalation is known is *Dhoompana*. *Dhoompana* has been instructed to be taken by both mouth and nostril. If it is taken out through nostril, then it is harmful for eye. [15] *Acharya Charak* described three types of *Dhoompana Prayogika*, *Snahik* and *Virechnik*. *Prayogika Dhoompana* is advised to use daily and it prevents disorders of head & neck region which are caused by *Vata* & *Kapha*. Daily practices of *Prayogika dhoompana* cure eye ache and discharge of eye. [16]

Abhyanga- Daily practices of *Abhyanga* is good for improving of vision. *Abhyanga* should be done specially to head, ear and feet. [17]

DICUSSION

The Ayurveda has two objectives “*Swasthasya swaasthyarakshnam aaturasya vikaara*

prashamnam cha” to maintain the positive health in the individuals who are healthy and to treat the persons who are suffering from disease. Ayurveda has given more importance on prevention of diseases. In current scenario nobody have time for self because of their fast life style. Wrong life style causes different life style related eye disorder that’s why principle of *Dinacharya* is more relevant in current era.

Anjana- In Ayurveda eye is predominantly associated with *Tejas Guna* and specially feared of being afflicted with *Kaphadosa*. Hence, the practices which alleviate *Kapha* are beneficial for clear vision. *Anjana* removes the *Kapha Dosas* and *Malas* from the eye and provide cleanness to eyes. When *Anjana* apply in Mucocutaneous junction which is highly vascular then potency of *Dravya* get absorb and reach in whole eye ball and maintain the eye health and cure the eye disease.

Abhyanga(Padabhyanga),Paadatradhaarana, and Padatradharana- As per Ayurveda literature, two *Siras* (vein) are situated in the centre of feet which are significantly connected to eyes. These transmit the effect of medications applied over the soles in the form of oil massage and promote the eye health and prevent the diseases. These veins vitiated by the accumulation of *Malas* (dirt, assault of soles by hard substance and stone) or over pressure bring about abnormality of eye.^[18] According to *Naadi Darpana* ten *Naadis* situated in head, out of this *Gandaari* and *Hastijihva* is related to left and right eyes, *Gandhari* surrounds the *Ida Naadi* extends from *Pada* and ends in left *Netra*. *Hastijivha* is surrounds the *Pingala Naadi* and extends from *Pada* and ends in the *Nethra* on the right side.^[19] That is the reason, our *Acharyas* have given more importance to *Paadatradharana*, *Padabhyanga*, and

Padatradharana.

Nasya- Nasa is described as the gateway of *Shirah*. thus the drug is administered through nostrils then drug reaches at *Shringataka Marma* (*Sira Marma*) and spreads in the *Murdha* (brain) reaching the *Marma* of *Netra* (eye), *Shrotra* (ear), *Kantha* (throat), *Shiramukha* (opening of the vessels, etc.). then by virtue of its potency scrape the morbid *Dosha* in Supraclavicular region and expels them from *Uttamanga*^[20]. *Sushruta* has defined *Shringataka Marma* as a *Sira Marma* formed by the union of *Siras* (blood vessels) supplying to nose, ear, eye & tongue. He further points out that injury to this *Marma* will be immediately fatal.^[21]

The olfactory nerve endings are present at cribriform plate of ethmoid bone, *Nasya dravyas* triggers the nerve endings of olfactory nerve and sends the message to the CNS and initiates the normal physiological functions of the eye. Lipid soluble substances have grater affinity for passive absorption through the cell walls of nasal mucosa. “The cilia of the olfactory cells and perhaps the portions of the body of the olfactory cells contain relatively large quantities of lipid materials.” Non- polar hydrophobic molecules diffuse through the lipid bilayer of the plasma membrane, into and out of cells. Such molecules include oxygen, carbon dioxide and nitrogen gases; fatty acids, steroids, and fat soluble vitamins. Vascular path transportation is possible through the pooling of nasal venous blood into the facial vein, which naturally occurs, at the opposite entrance, the inferior ophthalmic vein also pool into the facial vein. “The facial vein has no valves. It communicates freely with the intracranial circulation, not only at its commencement but also by the supra orbital veins which are connected with the ophthalmic vein. Hence *Nasya dravya* apply by

nostril its potency reach at eye by nervous path, diffusion and vascular path then prevent and promote the eye health and cure the eye disease. [22]

Dhoompan- *Prayogic dhoompan* use as a daily basis and regular practices of *Dhoompan* drain out *Kapha* from the *Sirah Prades* and also good for eye health.

Use of Umbrella - Use of umbrella protect the eye from dust, polluted air and water and sunlight thus prevent the disease of eye.

Netraprakshalana- Regular wash of eye by cold water and different *Kwath* (Decoction) describe in Ayurveda it maintain the eye hygiene thus prevent the disease of eye.

CONCLUSION

Prevention and promotion of eye health has become essential, as changing lifestyle particularly in the busy modern life has resulted in many eye disorders. Our ancient sages have also given prime importance to eye by considering it as the most vital sense organ among all sense organs. Prevention is better than cure so all the practices given in Ayurveda in *Dinacharya* chapter need to applied in daily life for the prevention and control of life style related eye disease. Principle of *Dinacharya* is more relevant in current era because of nobody has time even for them self due to hurry and running according to fast life-style. The essence of this review article is that we can not changed this trend of present time because of its demand of this era but we can be modified lifestyle by simple interventions of *Dinacharya* practices in our daily life.

Acknowledgment: Nil.

Financial Support: Nil.

Conflict of Interest: Nil

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