



## International Research Journal of Ayurveda & Yoga

Vol. 5 (1),156-161, January, 2022

ISSN: 2581-785X;<https://irjay.com/>

DOI: <https://doi.org/10.47223/IRJAY.2022.5123>

### Importance of *Pathya Chakshushya Dravya* in *Netravikara*

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#### Article Info

##### Article history:

Received on:12-11-2021

Accepted on: 07-01-2022

Available online: 31-01-2022

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#### ABSTRACT:

Eye is considered as one of the prime sensory organs and is a vital necessity to take care of them by all means. All the Acharya of Ayurveda have mentioned various measures for maintaining the eye in healthy way which includes usage of diet and medicine judiciously. There are many topics in ayurveda classics about which we have limited knowledge like *Chakshushya dravyas*. There are various *Chakshushya dravyas* are described in Ayurvedic literature both in *Bruhatrayi* and *Laghutrayi*. *Bhavprakash Nighantu* is one among these Samhitas of *laghutrayi*. This deals with *Dravyaguna*. The reason behind choosing *Bhavprakash Nighantu* for the study is its *karmapradhanya*. Two types of *chakshushya dravyas* are described in this *Nighantu*, one is *Chakshu hitakaraka* i.e., beneficial for eyes and other is *Chakshu rogahara* i.e used for treating eye disorders. How these *Chakshushyadravyas* are doing their work on *Chakshurindriys* is not mentioned by any author. Here in present article, an attempt for critical analysis on *Chakshushyadravyas* and their line of action on the basis of *Rasapanchaka* is made.

**Keywords:** *Chakshushya dravya, Ashruvaha srotas, Ashruvahasroto vikara, Netrya Dravya*

#### INTRODUCTION

*Chakshurendriya* (eye) is considered as the *jnanendriya* (sensory organs) and is of prime importance in the living being, but still find very limited information about the *chakshushya* (improves vision health) and *netrya dravya* (Beneficial for eyes). In case of *srotas* (channel) also *Ashruvaha srotas* (Lacrimal apparatus) is one of the areas which has been highlighted very less in the classics and is also limited. *Ashruvaha srotas* (Lacrimal apparatus) plays

an important role in maintenance and cleansing of the eye. With the increasing environmental pollution and to the continuous exposure of the eyes to the dust, pollution and other causative factors for prolonged duration results in the *Ashruvaha srotovikara* (Disorders of Lacrimal apparatus). Even there could be congenital problems also. *Ashruvaha srotas* (Lacrimal apparatus) is one among the *anukta srotas* (less or not explained) as per the classics.<sup>1</sup> There is very less explanation and terms related to these *ashruvaha srotas* (Lacrimal apparatus) are still not



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clear.<sup>2</sup>*dusti* (vitiation) of these can be understood and treated based on *sroto dusti lakshana* (symptoms of vitiation) mentioned by *Charaka*.

1. *Atipravrutti* (excess in both quality and quantity)
2. *Sanga* (obstruction)
3. *Siranam granthi* (vascular defect)
4. *Vimarga gamana* (movement in opposite direction)

Hence the medicaments or the herbs that intend to use in the *Ashruvaha srotovikara* (Disorders of Lacrimal apparatus) can be effectively adopted in treatment based on the *Rasapanchaka* of these herbs acting on the type of the *srotodusti* (vitiation of channel). There are many modern tools available to treat these conditions. But these conditions can be effectively treated when give a combined approach with allopathic treatment and *Ayurveda therapies* in these conditions Even though classical texts have not directly mentioned the herbs that act on *ashruvaha srotas* but they have mentioned many *chakshushya* (improves vision health) and *netrya dravyas* (Beneficial for eyes) which can be effectively adopted in treating the *ashruvaha srota vikaras* (Disorders of Lacrimal apparatus), if we have the thorough knowledge of their *gunakarma* (properties).

Among the various classical texts *Bhavaprakasha Nighantu* (Table 1) of Medieval period is the one which has mentioned various medicinal plants based on the *Gunakarma* (properties) as *Chakshushya* improves vision health) or *netrya* (Beneficial for eyes) and *chakshushyarogahara* (cures eye disorders).

In this article an attempt is made to highlight the drugs mentioned in *Bhavaprakasha Nighantu* with respect to the *chakshushya* (improves vision health) and *netrya dravyas* (Beneficial for eyes) and that can be used in *ashruvaha srotovikara* (Disorders of Lacrimal apparatus). The obtained data is presented as per /*netrya* and *chakshushya rogahara* (cures eye disorders) action with respect to herbal, mineral and animal origin drugs which belong to the different vargas (chapter wise classification). *Chakshushya Dravya* According To Different Acharyas (Table 2)

## DISCUSSION

Out of 426 drugs mentioned in *Bhavaprakasha Nighantu* it was observed that 50 drugs have been mentioned as beneficial to the eyes and *Chakshushya rogahara* (cures eye disorders). It is notable that no drug has been specifically mentioned as effective against *ashruvaha srotovikara* (Disorders of Lacrimal apparatus). But as

*Ashruvaha srotas* (lacrimal apparatus) is a part of *Netra* (eye), these *chakshushya* (improves vision health) and *netrya dravya* (can also be considered to be suitable to be used in *Ashruvaha srota vikara* (Disorders of Lacrimal apparatus) and moreover these *chakshushya dravya* (improves vision health) are known for their multifaceted therapeutic action. The *chakshushya* (improves vision health) and *netrya dravya* (Beneficial for eyes) mentioned in *Bhavaprakasha Nighantu* can be used in the treatment of *ashruvaha srota vikara* (Disorders of Lacrimal apparatus) by incorporating these herbs in the formulations or as single drug in the *netra kriyakalpa* (ophthalmic procedures), according to the condition. To use these drugs in *Ashruvaha srota vikara* (Disorders of Lacrimal apparatus) understanding the pathology occurring in *Ashruvaha srotas* is important. The pathology occurs in *Ashruvaha srotas* (lacrimal apparatus) by either of the following

**1. *Atipravrutti* (excess in both quality and quantity) –** there will be increased amount of *ashrusrava* from the *akshi* (eyes). In this condition the *kriyakalpa* like *seka* can be done with the *sheeta guna* (Cold property) *dravya*. *Seka* (poring of medicated liquid over the closed eyes) is indicated in the inflammatory condition like *pitta*, one among *tridosha* (humours) and *rakta dosha* vitiation. *Vidalaka* (application of herbal paste over eyelids) can also be adopted in this condition. Whereas in the excessive lacrimation condition *Shrangadhara samhitha* mentions use of *Nichula* (*Barringtonia acutangula* Gaertn) . The fruits of *Nichula* (*Barringtonia acutangula* Gaertn) is rubbed in water and applied as collyrium. It is an excellent remedy for checking lacrimation.<sup>9</sup>

**2. *Apravrutti /ishad pravrutti* (less in both quality and quantity)**

It could be due to *Bhashpavegavarodha* (obstruction in tears flow channel) there could be *Pratishyaya* (rhinitis), *Akshiroga*, *Aruchi* (anorexia), and *Brama* (giddiness) etc. It can also be due to *Dosha sanga* (obstruction by the humours) and *Ama* (metabolic toxins). In this condition, the *seka* (poring of medicated liquid over the closed eyes), *Vidalaka* (application of herbal paste over eyelids), *aschyotana* (eye drops) as well as internal administration of the medicaments prepared with the *Ushna* and *teekshna dravya* can be done.

**3. *Siranam Granthi* (vascular defect)-**

Formation of the *arbuda* (tumour) and obstruction in the *granthi* (any swelling) of *Ashruvaha srotas*. Here surgical invasion is required

#### 4. *Vimargamana* (movement in opposite direction) –

Change in the normal path of the *ashrugati* (tears flow) in *ashruvaha srotas* (Lacrimal apparatus) is called as *vimarga gamana* (movement in opposite direction). Here *Kriyakalpa* (ophthalmic procedures) with internal medication of *chakshushya dravya* (improves vision health) can be adopted<sup>10</sup>. The recent researches on these drugs have highlighted the pharmacological properties such as Anti-inflammatory, Antioxidant, antibacterial, antifungal, rejuvenate, anti-ageing properties.

#### CONCLUSION

The concept of *Chakshushya* is a unique contribution to the field of Ophthalmology, wherein drugs and diet beneficial for eyes and its related diseases are incorporated. The *Chakshushya Darvyas* mentioned in the materia medica of *Ayurveda* has a gross area of actions which includes drugs having preventive, therapeutic, nutritive and rejuvenating properties. Identifying the *Dosha Avastha* (stage of bodily humours) in both healthy and diseased individual and prescribing the appropriate diet or drug is at the discretion of the physician.

In *Bhavaprakasha nighantu* find the drugs acting on eyes being classified on the basis of action and properties under two main category/heading such as *Chakshushya /netrya* (Beneficial for eye) and *chakshushya roghara* (cures eye disorders). *dravya*. On looking into the properties and pharmacological properties

of these drugs we find that they are having multifaceted action and thus can be effectively adopted in the formulation or as single drug either in the *Kriyakalpa* (ophthalmic eye procedures) or as internal medicine in the treatment of the eye disorders and lacrimal apparatus.

**Acknowledgements:- Nil**

**Conflict of Interest – None**

**Source of Finance & Support - Nil**

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**How to cite this article:** Mohandudwe, Katti A “Importance Of *Pathya Chakshushya Dravya* In *Netravikara*”

IRJAY.[online]2022;5(1);156-161

Available from: <https://irjay.com>;

Doi : <https://doi.org/10.47223/IRJAY.2022.5123>

**Table 1: *Chakshushya*(improves vision health) and *Netrya dravya*(Beneficial for eyes)of *Bhavaprakasha Nighantu***

Sl.no	Name	Lat. Name	Rasa	Veerya	Vipaka	Doshaghnata
1.	<i>Amalaki</i>	<i>Emblica officinalis</i>	<i>Pancha Rasa</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Netrya, Chakshushya</i>
2.	<i>Bibhitaki</i>	<i>Terminalia Bellirica</i>	<i>Pancha Rasa</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Netrya, Chakshushya</i>
3.	<i>Haritaki</i>	<i>Terminalia Chebula</i>	<i>Pancha Rasa</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Netrya, Chakshushya</i>
4.	<i>Draksha</i>	<i>Vitis Vinifera</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Chakshushya</i>
5.	<i>Jeeraka</i>	<i>Cuminum Cuminum</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Chakshushya</i>
6.	<i>Jeevanti</i>	<i>Leptadenia Reticulatae</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Chakshushya</i>
7.	<i>Kakamachi</i>	<i>Solanum Nigrum</i>	<i>Katu</i>	<i>Anushna</i>	<i>Katu</i>	<i>Netrahitam</i>
8.	<i>Karpura</i>	<i>Cinnamon Camphora</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Chakshushya</i>
9.	<i>Latakaranja</i>	<i>Fibiscus Abelmoschus</i>	<i>Tikta, Madhura</i>	<i>Ushna</i>	<i>Katu</i>	<i>Chakshushya</i>
10.	<i>Lavanga</i>	<i>Sizygium Aromaticum</i>	<i>Katu tikta</i>	<i>sheeta</i>	<i>katu</i>	<i>Netrahitam</i>
11.	<i>Lodhra</i>	<i>Simplocus Recemosa</i>	<i>Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Chakshushya</i>
12.	<i>Mudagparni</i>	<i>Phaseolus Triobus</i>	<i>Tikta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Chakshushya</i>
13.	<i>Nimbapatra</i>	<i>Azadirachta indica</i>	<i>Tikta, Kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Netrya</i>
14.	<i>Nirgundi</i>	<i>Vitex negundo</i>	<i>Katu, tikta, kashaya</i>	<i>Ushna</i>	<i>katu</i>	<i>Netrahitam</i>
15.	<i>Pundarica</i>	<i>Nelumbo nucifera</i>	<i>Madhura, tikta, kashaya</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Chakshushya</i>
16.	<i>Yashtimadhu</i>	<i>Glycyrhiza glabra</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Chakshushya</i>
17.	<i>Shatavari</i>	<i>Asparagus recemosus</i>	<i>Madhura</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Akshishulahara</i>
18.	<i>Punarnava</i>	<i>Boehavia diffusa</i>	<i>Madhura, tikta, kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Netrashothahara</i>
19.	<i>Shighru</i>	<i>Moringa pterigosperma</i>	<i>Katu, tikta,</i>	<i>Ushna</i>	<i>Katu</i>	<i>Chakshushya</i>
20.	<i>Bhringaraja</i>	<i>Eclipta Alba</i>	<i>Katu, tikta</i>	<i>ushna</i>	<i>katu</i>	<i>Kustha, Netra, Akshi Rogartinuth</i>
21.	<i>Mudga</i>	<i>Vigna Radiata</i>	<i>Madhura, kashaya</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Chakshushya</i>

**CHAKSHUSHYA DRAVYA ACCORDING TO DIFFERENT ACHARYAS:-**

<i>Dravyas Name</i>	<i>Raja Nighantu</i> <sup>3</sup>	<i>Rasa Ratna Samuchhaya</i> <sup>4</sup>	<i>Yogaratanakara</i> <sup>5</sup>	<i>Charaka</i> <sup>6</sup>	<i>Sushruta</i> <sup>7</sup>	<i>Vagbhata</i> <sup>8</sup>
1.Amalaki	×	×	√	√	√	√
2.Bibhitaki	×	×	√	√	√	√
3.Haritaki	×	×	√	√	√	√
4.Raktachandana	√	×	×	×	×	×
5.Lavanga	√	×	×	×	×	×
6. Prapoundarika	√	×	×	×	×	×
7.Yawa	×	×	×	×	√	√
8.Shatavari	×	×	×	×	√	√
9.Mudga	×	×	√	×	×	×
10.Jeevanti	×	×	√	×	×	×
11.Matshyakshi	×	×	√	×	×	×
12.Punarnava	×	×	√	×	×	×
13.Masha	×	×	√	×	×	×
14.Lodhra	×	×	√	×	×	×
15.Patola	×	×	√	×	×	×
16.Shali	×	×	√	×	×	×
17.Draksha	×	×	×	×	√	√
18.Dadima	×	×	×	×	√	√
19.Karavellaka	×	×	×	×	√	√
20.Shighru	×	×	×	×	√	√
21.Swarna	×	√	×	×	×	×
22.Abhraka	×	√	×	×	×	×
23.Tamra	×	√	×	×	×	×
24.Vanga	×	√	×	×	×	×
25.Yashada	×	√	×	×	×	×

26.Loha	×	√	×	×	×	×
27.Swarna Makshika	×	√	×	×	×	×
28.Kasisa	×	√	×	×	×	×
29.Srotanjana	×	√	×	×	×	×
30.Yashtimadhu	×	×	×	√	×	×
31.Ksheera	×	×	√	×	√	√
32.Ghrita	×	×	√	×	√	√
33.Madhu	×	×	√	×	×	×
34.Saindhava	×	×	√	√	√	×