



NETRA RASAYANA

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ABSTRACT

Eye is the main Indriya among all the indriyas. It is given utmost importance among all the indriyas Eye is one of the most important sense organs among all the senses: 80% of what we perceive comes through our sense of sight.

Good vision contributes to improved learning, comprehension, athletic ability, better driving skills and better quality of life.

For the man who is blind, this world is useless, the day and night are the same, though he may have wealth.

The appropriate use of Chakshushya Rasayana Dravyas will help to maintain the health of the Netra and prevents age related eye disorders.

KEY WORDS- Netra, chakshushya, Rasayana

INTRODUCTION

“Sarvendriyanam Nayanam Pradhanam”⁽¹⁾ Eye is the main indriya among all the indriyas. It is given utmost importance among all the indriyas, 80% of what we perceive comes through our sense of sight.

According to physiology eye health starts to deteriorate in 6th decade (51 – 60 yrs)⁽²⁾ but now a days due to over exposure to cell phones, computer screens and due to faulty lifestyle, we are proponing that age.

Faulty visual practices can now be determined as the common aggravating factor for many diseases like cataract, glaucoma, age related macular degeneration, dry eye, retinal vein occlusion disease, retinopathy, etc

Now a days the major causes of blindness are cataract, corneal scarring and retinal diseases (ARMD) which are age related⁽³⁾

Rasayana is classified in swasthasaurjaskara and aturasyavikaraprashamam⁽⁴⁾

So, we should focus more on preventive aspect

AIMS AND OBJECTIVES

1. To explore the classical Ayurveda and related literature for understanding the fundamental concept of Rasayana and its effecting Netra Roga.
2. To compile rasayana formulations mentioned in the classical Ayurvedic text books which are beneficial for Netra Roga.

MATERIALS AND METHODOLOGY

Rasayana which can be adopted in netra are, Rasayanas for preventive purpose, Achar rasayana & Naimittikarasayana 1) Swasthya rakshanartha rasayana 2) **Achara rasayana**– Based on conduct and behavior. 3) **Naimittika Rasayana** - To be used in person suffering from specific disease Naimittikarasayana is not the specific medical treatment for particular diseases, but it is used as adjuvant along with the specific management of disease



Table no. 1

<u>Netra Formation</u> ⁽⁵⁾	
Muscular portion	Prthvi + rakta + agni
Krishna bhaga	Vata
Ashrumarga	Akasha, akasha – jala
<u>Netra patala</u> ⁽⁶⁾	
Pratham patal	Tejojalashrit
Dwitiya patal	Mamsashrit
Tritiya patal	Medashrit
Chaturthapatal	Asthyashrit

Rasayanas for preventive purpose (Table no. 2)

Chyavanprasha	(Balamindriyam) strengthens eye sight ⁽⁷⁾
Asanrasa siddha dugdha	(indriyavardhan) -increases eye sight
Amalaki Brahma Rasayanam	(IndriyaBalaprada) strengths eye sight ⁽⁸⁾
LauhadiRasayanam	(AtiBalendriyam) – strengthens eye ⁽⁹⁾
Amalaka Rasayanam	(IndiyabalaSamudhita) - strengthens eye ⁽¹⁰⁾
HaritakiRasayana	Indriyabalam - strengthens eye ⁽¹¹⁾
Amalaka Ghrita	(SthirendriyamAtibalendriyam) ⁽¹²⁾
<u>Aayu Vardhan yoga</u>	Bijaka sara + agnimanthakwatha + masha + chittrak moola kalka + 1/4 th amla rasa + madhu + ghee, Phala shruti - should have it for 3 months - Drishti like eagle
Bhringarajadichurnam	(vimalendriya) – strengthens eyes
Amruta vartika	Chakshulakshayorjanadarshanam - strengthens eyes
Dhatri-tiladi yoga	(Vimalendriya)
AmbunasyaRasayana	DrushtiJanana – improves eyesight
DhatryadiRasayana –	Vimalendriya
Gandhakakalpa	Prafulla netra
Gandhakrasayan	Divya Drishti

Triphala -Triphala is the best rasayana for eye disorders.

Triphala is a wonderful formulation which is used in different forms in almost all the Netra Rogas. Being Kapha-pittaghna Chakshushya and Rasayana it helps to nourish the eye. Being antioxidant, it acts as a free radical scavenger which is helpful in the maintenance of transparency of the lens fibers. It reduces intraocular pressure by virtue of its purgative action. Vitamin C helps to maintain the normal level of glutathione which is necessary for normal metabolism of the lens. The content of poly phenols and tannins are responsible for radio-protecting ability in the diseases like pterygium, cataract and catarrhal conjunctivitis is Presence of cystine helps to repair the protein present in the lens and zinc helps to store vitamin-A in retina.

ACHAR RASAYANA

Anjana _Sauviranjanam should be done every day, Rasanjana should be used once a week by this the accumulated kapha dosha can be taken out and it helps to increases the blood circulation in the eyes and prevent the eye diseases.⁽¹³⁾

Gandusha– (Netra-Hitam) beneficial for eyes

Abhyanga - Drushtiprasadan

Padabhyanga⁽¹⁴⁾, **Padatranadharan**⁽¹⁵⁾ – (Chakshushya)- According to Dalhana, there are four major nadis that cross from the foot to the eyes, hence any treatment for the pada tala directly affects the eyes. Since both the feet and the eyes are in the same region of the cortex, area II, according to physiology, the somatic sensory area in the brain may be stimulated by padabhyanga. This stimulation may affect the eyes, improving their functionality and lowering eye strain.

Vyayama⁽¹⁶⁾ - Acc to Ayurveda one has to practice vyayama and yoga to maintain the health of the body by yogasanas. The blood circulation to the organs can be increased and efficacy of organs can be achieved by Dhyana, pranayama, Trataka, the health of eyes can be achieved.



Snana - Generally all the sense organs get stimulated by snana. Hot water is advised for body wash and cold water is indicated for shirahsnana. If hot water is used for headbath its adversely affects the hair & eyes and cold water to shirahsnana is considered as chakshusa.

Navana, Nasy Mode of action - Following mucous membrane absorption. Via the inferior ophthalmic veins, there is direct pooling into the brain's venous sinuses. The extra ocular muscles and the actual eye are nourished by this medication, which is absorbed in ophthalmic veins. Additionally, antioxidant properties play a role in sustaining tissue growth..

Shirobhyanga-This is a procedure where oil is applied to head. This helps to improve the blood circulation to brain & scalp and there by nourishes the cranial nerves & improves the visual perception. Shiro abhyanga nourishes all sense organs and also it is Drustiprasadhaka.

Mukhalepa- Application of medicines to face in the form of paste is called mukhalepa. The facial artery, facial nerve and trigeminal nerve are passing along the cheeks having branches to eyes and even lepa will have an effect over brajaka and alochaka pitta and thus improve the vision.

Nidra - Sleep is one of the adharaneeya Vega, it should not be suppressed. If suppressed will lead to indriyavibramsha and becomes one of the nidana. Susrutha has mentioned “swapnaviparyaya”-irregular sleeping habits are one of the main causes for eye disorders. Sleep rejuvenates mind and body.

KRIYAKALPA

The drugs that given by kriyakalpa procedures can cross the blood aqueous, blood vitreous and blood retinal barriers to reach the target tissues of the eye. The topical drugs can reach there and achieve higher bio-availability.

Mode of Action: -The medicines are absorbed through srotasa via shringatakamarma in the cranial region will expel vitiated doshas. The procedures like tarpana, putapaka, seka, ashchyotana, anjana, pindi, vidalaka and all other kriyakalpas are aimed at improving netrabala.

NAIMITTIK RASAYANA

Here are few examples of naimittikrasayana mentioned (Table no. 3)

Mahalakshmvilasras	(Akshirogavinashayet)
UshasiJalapana	Akshiroga
Rutuharitakirasayana	(Netra roga haram)
Amalakirasayana	Timira
Shivagulika	Akshiroga
Kharparakhyarasayana	Sarvanetraroga-hara
Triphalaambu	Drushtijanan
Madhu haritaki	Netra roga hara
Narasimha churna	Andhyatava hara

If a person consumes Purana Ghrita, Triphala, Shatavari, Patola, Mudga, Amalak, Yava every day then the person will not have fear of dreadful Timira(can be corelated to blurred vision)

Payasa prepared from Shatavari alone; or that prepared from Amalaka or Yava-Odana mixed with ghee, consumed followed by drinking Triphala Kashaya cures timira. Leaves of JivantiSunisannaka, Tanduliyaka, VastukaMulakapotika and meat of birds are all good for eyesight. Leaves of PatolaKarkotaka, Karavella, Vartaka, Tarkari, Karira&Shigru cooked with ghee is chakshushya (strengths eyes)

General action of rasayana:- Degeneration is the process of a tissue or organ's cells deteriorating and losing their specific function. As oxidative stress, which produces free radicals, primarily oxygen-free radicals known as reactive oxygen species, plays a significant role in the development of degenerative eye illnesses (ROS). Age-related macular degeneration, cataracts, premature retinopathy-thy, uveitis, keratitis, and ocular inflammation are all caused by this ROS. Antioxidants found in RasayanaDravya inhibit the creation of free radicals and the oxidation process, hence preventing the ailments listed above.

The Rasayana medication contains superoxide dismutase, which catalyses superoxide radicals' dis-mutation into regular molecular oxygen. creating new tissue to replace the old. Additionally, the Rasayana medication has immunomodulatory properties that



guard against a variety of primary and secondary eye conditions. Since amla is a component of the majority of Rasayana medicines, they are high in vitamin C, which helps to maintain a normal level of glutathione, which is essential for the lens's regular metabolism. Rasayana medications contain tannins and polyphenols that function as radio-protective agents, reducing the risk of pterygium, cataract, and catarrhal conjunctivitis development. The lens protein can be repaired thanks to cysteine found in Rasayana.⁽¹⁷⁾

DISCUSSION

Few studies are being coated which shows good effects of rasayana in eye problems

1) "Chakshushya effect of rasayanachurna on refractive errors a case study"⁽¹⁸⁾

In this study patient consumed rasayanachurna (Amalaki, Gokshura, Guduchi) for about 2 years. This study shows positive effect of *Rasayanachurna* on myopia.

In this study symptoms of the subject related to myopia like Double vision, Haziness, Glare or Haloes around bright lights without using spectacles, has remained same (i. e severe) after one year and the after another one year it has been decreased from severe to moderate. And symptoms like headache, eye strain without using spectacles, it has been decreased after six months and remained same at the end of two years.

2) "Comparative study of "Haritaki" & "Hrutu-Haritaki-Rasayana" with Special reference to vision."⁽¹⁹⁾

In this study 2 groups were made and Haritaki + Pippali & Hrutuharitaki + Pippali were given for 2 months

Subjects with specific refractive errors i.e. between 0 to ± 2 , Without any severe diseases were included, *Rutu-Haritaki* was much more superior than plain *Haritaki* in terms of Refractive Errors, visual acuity and dryness of eyes.

3) "Clinical study of Amalaka rasayana in patients suffering from age related macular degeneration"⁽²⁰⁾

Amalaka rasayana was found to be effective in improving vision in dry ARMD and helps to stabilise the condition in wet ARMD. No recurrence was observed during 3 years of study.

CONCLUSION

Not only chakshshyarasayana, but all the Rasayana dose poshan till dhatu level, Aseye is made of panchamahabhuta and saptadhatu as mentioned above rasayana does poshan of each and every part of eye and will eventually improves functioning and delays early degeneration of eye and protects from age related disorders. We can also co-relate like utpadana is function of shukra dhatu, rasayana does poshan till shukra dhatu, so only rasayana does regeneration till degenerative changes at retinal level, according to charaka shukra sara purusha has good vision. This review attempts to summarize the various facts about effect of rasayana in netra.

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