

Pathya Apathya In Eye Health

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Abstract

In day to day life observations evaluated the efficacy of certain food practices and drugs to prevent the eye diseases. Some aspects of daily regimen are explained in the context of dincharya. Descriptions highlighting the effect of consumption of certain beneficial regimes (Pathya) and nonbeneficial drugs and practices (apthya) etc. are widely available in classics. Ancient texts have mentioned different aharvargas in which properties of each and every food items are mentioned. Using this knowledge we can maintain netraswasthya by proper selection of food items along with daily regimen.

Keywords: pathya, apathya, daily regimen.

Introduction

By repeated observations, ancients evaluated the efficacy of certain food practices and drugs to prevent the eye diseases. Descriptions highlighting the effect of consumption of certain beneficial regimes (Pathya) and nonbeneficial drugs and practices (apthya) etc. are widely available in classics.

Wholesome Diet

Fruits such as Amra, Draksha, Jambeera are said to have beneficial properties. Bhavmishra recommended goghrita, as well as mahishghrita.

Author of Raj Nighantu advises fresh butter milk and milk products of cow, elephant milk which are said to have beneficial quantities. And some oils such sarshapataila, Narikelataila are recommended.

Some honey like makshika and kshoudra varieties of honey, leafy vegetables such as punarnava, jivanti are prescribed to ensure good vision.

Shali wheat, mudgasaindhavalavana, karpooora, kathaka, karanja, lodhra, Nimba, Nirgundi, Amalki, Shiva (Haritaki), Manjishtha, Padmak, nisha, lavanga, JatiphalaPriyangu keeps the prolonged healthy vision.

Ancient ophthalmologists recommended Triphalaghrita, Madhu, yava, shatavari, mudga and padabhyanga as chakshushya group.

Ancient scholars prescribed some practice (i.e. vihar) which keeps the prolonged healthy vision.

a) Massage of feet (padaabhyanga)

Cha.S. 5/90-92, Cha.S.5/ 100

b) Use of foot wears (padukadharna)

As.Hrid.ut.C.16/64 Shar.sam.ut.khanda13/129.

According to yoga shastra there are two nadis (nerves) named as Gandhara and pusha which

supply nutrition to eyes and very intimately connected with feet.

c) Cold wate application: (Sheetambuprativasana)

Shar-sam.ut.khanda13/129. Keeping mouth full of cold water 2 to 4 times a day will keep the eye sight and ensure good vision.

d) SheetodakaSechana - Sharsam.ut.khanda 13/123

Instillation of few drops of cold water 3 to 4 times a day is beneficial to vision.

e) Panitalaasparsha- As.Hrid.S.C. Keeping the cold palms of washed hands after taking meals in contact with eyes will prevent timira forever.

f) Sheetodakashira snana - Cha.S.C.5/12- According to charka one should wash his body with warm water and cold water should be used for head bath. Warm water if daily used on the heads it lessens the eye sight.

g) Anjana (Applicaton of collyriu - As.Hrid.S.C.2/5 Regular application of anjana will protect the eye from dust, toxins sunlight and enhances the eyesight.

h) Shiroveshthana - Cha.S.s5/18-19 Vagbhatacharya advised Shrioveshthanam to protect head from trauma.

i) Nitya Sevaneeya Dravy- Shashtishali, mudga, saindhav, amkali, yava, antarikshajala, sarpi etc.

Effects of Harmful diet and practises:

Excessive consumption of alcohol (Madya) kanjika, suktha, chewing of beetle leaf and nut are contraindicated for eye problems fruits like kadali is said to have non beneficial. It is well known that unsuitable condition of illumination (mithya yoga) cause ocular discomfort, headache and eyestrain.

Ayurveda prohibited practices causing eye-strain such as working in dimlight. In very bright light, working at very minute object etc. is harmful to vision. The high intensity of light increases visual acuity becomes glare (Atiyoga) along with above, they advised to avoid exposure to toxic fumes (Dhooma) Day sleep (Diwaswap) consumption of unwholesome food.

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Susrutauttatantra Drushtigat Rogpratishede 17/55, PP.116

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