

**Critical study on Preventing Non-Communicable Diseases in Netrasharir****Dr. Ashwini Mohite**

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**Abstract :**

*Non communicable Diseases are the major point of concern in today's era. The main reason for this non Communicable disease is Lifestyle Disorders. It occurs due to excess intake of Junk foods, Bakery food, Sedentary lifestyle, less exercise, excess stress at office. It affects young children as well as adults. This faulty lifestyle affects whole body including the precious organ eye. There is formation of Age related Macular Degeneration (AMRD), Hypertension and Diabetic Retinopathy. To prevent this, many preventive measures are described in Ayurveda like Swasthviritta, Sadviritta, Dinacharya, Rutucharya etc. So present study is an attempt to describe the preventive measures in Non Communicable diseases of Eyes.*

**Keywords :** Non communicable disease, lifestyle disorder, eye, Ayurveda

**Introduction :**

If we see the most part of our history, the main threats to human being were natural calamities, Communicable diseases, Malnutrition, injuries and childbirth complications. After a prolonged and successful battle against these problems, our health care system has been able to identify, prevent and overcome the aforesaid entities. As human succeed in conquering these entities and increasing lifespan, new problems have become significant like Hypertension, diabetes, cancer which can be termed as a non-Communicable disease in short. The peculiar cause for this non-Communicable disease is our lifestyle and so they can be termed as lifestyle disorders also.

Our day-to-day habits are mainly responsible for the formation of Life Style Disorders in Human beings. Disorders that are associated with choice of lifestyle such as heavy consumption of Junk foods, Bakery food, Processed food, Lack of physical exercise or Activity, stress at work place and other related factors have now begun to affect young adults as well as children. Non Communicable diseases have become the most dominant global public health challenge of the 21st century. Sixty-three percent of the annual global death toll and untold morbidity and disability caused

by Non-Communicable disease makes this entity a real public health problem. In India, 62% of all deaths and 55% of all disability-adjusted life years (DALYs) in 2016 were attributable to Non-Communicable disease. By this awareness, this risk of lifestyle disorders can be greatly reduced. So, it is must for everyone to focus on this situation and try to improve the quality of life.

Unfortunately, taking care of Eyes and preventive measures for eye diseases is area which we do not take seriously. The clinical conditions which may be seen due to wrong lifestyle are Age Related Macular Degeneration (ARMD), Hypertensive or Diabetic Retinopathy, Computer Vision syndrome due to prolonged use of Computers and many more. Our precious eyes can be preserved and they can be prevented from diseases by following some measures in daily life like Dinacharya, Ruticharya, Sadviritta, Swasthaviritta, Chakshushya Rasayana medicines. There is Relationship between Lifestyle and disease. Acharya Vagbhata mentioned that "all efforts should be made by man to protect the eyes, throughout the life; for the man who is blind, this world is useless. The day and night are the same even though he may have wealth." Acharya Charaka also mentioned that "if a person is endowed with all other sensory faculties, strength, beautiful appearance etc, but without

eyesight, he will be an useless as an any other insect.”

**Aim –**

To study the preventive measures from Non-Communicable Diseases in Netrasharir in detail.

**Material and Methods –**

Main Classical Ayurvedic texts are used. e.g. Charak Samhita, Sushrut Samhita, Ashtang Hrudya, Ashtang Sangraha. Many Ayurvedic Manuscripts are also used for this study. Various online databases, Articles, research materials are also used for this study as a source material.

**Discussion –**

Why should we concentrate on non-Communicable diseases in Netrasharir?

Sixty three percent annual death toll is caused by non-Communicable disease. Due to this, it is very much crucial to concentrate on this alarming issues. We can alter this situation by changing the sedentary lifestyle by including certain regimes of Dinacharya, Rutucharya and Sadvritta.

**Preventive view of Non Communicable disorders in Netrasharir –**

The eye diseases can be prevented and proper vision can be maintained for long time by following certain rules in daily life like

- 1) Chakshushya Rasayana medicines
- 2) Sadvritta
- 3) Swasthvritta
- 4) Dinacharya
- 5) Rutucharya

**Ageing, Eye diseases and Rasayana therapy-**

Acharya Sharangdhara said that, the normal vision becomes poor due to ageing at 6<sup>th</sup> decade in human. According to modern medicines, AMRD i.e. Age Related Macular degeneration, age related cataract occurs due to ageing and stress. It is caused by faulty day to day life. To prevent these problems and slow down this process of degeneration, Ayurveda suggests Chakshushya Rasayana therapy. The person who takes regular diet and regular intake of Triphala powder along with honey and ghrita in the night is always free from fear of eye diseases.

**Dinacharya (Daily Regime)**

Daily regime regarding maintenance of normal vision and pathya apathy in eye disease is greatly explained in classical Ayurvedic texts. Acharya Charaka started Dinacharya with Anjana while Acharya Sushruta advised for Eye wash (Netraprakshalan) with Lodhra kshaya. So Dinacharya can be described in following ways

- Netraprakshalan (eye wash)
- Anjana
- Abhyanga
- Snana (cold water bath)
- Nasya
- Mukhalepa
- Kaval and Gandoosha
- Padabhyanga
- Padatran dharan
- Padaprasnalana
- Nidra and Eye health
- Use of Umbrella
- Mana, Stress and eye health
- Yoga and Health
- Vegadharana

**Netraprakshalan (eye wash)**

Eye should be washed neatly with Kshirivriksha kashaya or mixing it with milk, Amalaki kadha (decoction) or with cold water to maintain the proper vision.

**Anjana**

Anjana means application of medicinal drugs along the inner surface of the eyelid. Sauveeranjana or Darvi Rasskriya can be mixed with honey can be applied in the eye for Kapha shodhana. So Anjana can be said as simple remedy in Dinacharya to prevent the eye disease. In case of burning in eyes, itching watering and pain in eyes, Srotonjana should be used regularly for application on eyes. This gives strength to vision and helps the eyes to withstand sunlight, heat and heavy wind and eye diseases.

**Abhyanga**

Abhyanga is a simple procedure in which oil is applied over head and body. The selective medicated oil which is chosen according to individual Prakruti can be best used to enhance the eyesight. It also prevent the ophthalmic disease. It



nourishes all sense Organs and also acts as 'Dtishtiprasadan'.

**Snana**

Generally, our sense Organs are refreshed with snana (bath). By this, the temperature mechanism is maintained and blood circulation is kept intact. There is guideline regarding bath that, hot water should be used for body bath and cold water should be used for head bath.

**Nasya**

Nasya is the procedure in which medicinal drugs are given through nasal cavity route to enhance the strength of the organs above the clavicle is called Nasya. Nasya has action on the srotas and it cleans the shirosrotas. So, accumulation of Vitiated Kapha dosha in the srotas of eyes can be prevented by daily application Pratimarsha Nasya.

**Mukhalepa**

Mukhalepa means application of Medicinal drugs on the area of face. Regular application of herbal paste to face will also improve eye sight. The facial artery, facial nerve and trigeminal nerve are lying along the cheek, having their branches to the eye. So, application of Mukhalepa of medicinal drugs has good effect on eyes also.

**Kaval and Gandusha**

If medicines are used in the oral cavity in the form of liquid and semi solid form are called Kaval and Gandusha. The ophthalmic branch of facial nerve lies along the cheek region. Medicines can be absorbed through mucus membrane due to pressure effect of the liquid medicine. The area of the eye region may get strengthened, stimulated and maintained the normal vision by Kaval and Gandusha.

**Padabhyanga, Padaprakshalan and Padastran dharan**

Foot is the lowest organ and it has highly sensitive nerve endings. The stimulation of nerve endings in foot has effect on eyes via sympathetic and Parasympathetic supply. Due to this, foot should be kept clean, abhyanga and footwear should be used to avoid physical injuries to the foot as padabhyanga, padaprakshalan and padastran dharan has Chakshushya effect.

**Nidra and Eye health**

Sleep rejuvenates the mind and body. Regular and sound sleep is necessary for proper

maintenance of vision. During sleep, eyes get complete rest and retains functional capacity. Normally 6-8 hours' sleep is necessary for adults. Inadequate sleep causes many eye disorders like floppy eyelid syndrome, dry eye, asthenopic symptoms, sudden vision loss after awakening becomes permanent, swelling of optic nerve, blurred vision, change in colour perception. If natural urge for sleep is suppressed, it causes heaviness in the eyes. Acharya Sushruta has mentioned 'Swapnaviparyat' is the one of factor responsible for eye diseases.

**Use of Umbrella**

Eyes has the risk of sunshine, heat, dust and smoke. It can be prevented by use of Umbrella.

**Mana , Stress and eye health**

A good balanced state of mind is necessary for normal vision because any sense Organ can take the knowledge of any object only in the presence of normal mind. Stress causes Secretion of hormones like cortisol and activation of hypothalamic pituitary area causes arteriole dilatation and venous constriction. So eye diseases like Central Serous Chorioretinopathy (CSR) is believed to be exacerbated by stress and corticosteroids use. The twitching of eyelid and dry eyes are other effect of oxidative stress. Hypertension induced by stress causes retinal vein occlusion and other vascular disorders of retina.

**Vegadharana**

Vegadharana means suppression of natural urges. In day-to-day modern lifestyle, people have tendency to suppress the natural urges due to various reasons like busy work schedule, frequent travelling and many other reasons. Acharya Vagbhata in Ashtnag Hruday has mentioned that suppression of tears cause heaviness in eyes and various diseases of eyes.

**Yoga and eye health**

Yoga specially Tratak and Netikriya improves vision and maintains eye health.

**Conclusion –**

The increasing Non-Communicable disease in today's modern lifestyle is the area where health care system should work effectively. To prevent this, health promotion is best remedy. Ayurveda give importance to maintenance of health which is the

prevention of disease. Various lifestyle measures are seen as closely related for occurrence of eye disease. Their causes are believed to be due to metabolic Changes influenced by process of growth and ageing. The preventive measures mentioned in Classical Ayurvedic text are Netraprakshalan, Anjana, Yoga etc along with few positive lifestyle changes may help in decreasing the impact of ocular disease in today's population.

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