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Geriatric ophthalmology & Rasayana - Ayurvedic perspective.

Mayuri Madanrao Jamunkar,

PG Scholar (Shalakyatantra)

Shalakyatantra (Netra roga) Dept. Tilak Ayurved college, Pune, Maharashtra.

**Corresponding author: mayurijamunkar123@gmail.com*

ABSTRACT:

Aging is the process of physiological psychological and social change in multidimensional aspects. As like the other structures of human body it is obvious and inevitable that the eye is also involved with various ailments leading to the manifestations of different ocular diseases in old age Among them important diseases are cataract, presbyopia, glaucoma, age related macular degeneration and diabetic retinopathy etc

The pathological lesions in old age according to the ayurvedic concepts are swabhavika vhyadhis and it is difficult to cure completely so with an intension delay the Aging process Acharya recommend to start Rasayana therapy in middle age. Rasayana becomes more treat full and effective if it is preceded with suitable panchakarma. Triphala churna is advisable to all patients with diminished vision along with the honey and ghruta in unequal quantity which act as a Rasayana.

As geriatric problems are not attributed to a single cause, the treatment should be planned according to stage of the disease

and the involved dosha on the basis of that we are treating the diseases by applying Classical ayurvedic measures along with kriyakalpa. Intake of Rasayana in middle of the age followed by panchakarma, adopting pratimarsha nasya, doompna, gandoosha and Anjana as din charya administration of medication in early stage of disease are helpfull in delaying or arresting senile ocular condition.

Keyword: Geriatric ophthalmology, ola age diseases & its prevention

INTRODUCTION: Age related changes in the eyes are Swabhavika vhyadhis but by delaying the process of aging using Rasayana in association with ophthalmic procedure will help a lot.

The deterioration of vision in the elderly is a major health care problem. Most of the eye ailments occuring in todays era are unfortunately lifestyle related. Long hours of work, travel, irregular food habit, entertainment like television and computer including smoking and drinking habit play their role in early stages ie young adults (between 30-45 years of age) These causes lead to degenerative and

regenerative diseases of the eye like early presbyopic changes, age related macular degeneration, diabetic retinopathy, glaucoma, early cataract formation, dry eye syndrome.

Success of treatment has been measured in terms of only arrest of vision loss rather than gain in vision. which suggests that the existing measures and technologies are not enough to solve these problems.

Ayurvedic drugs can enhance physiological status ie health promoting agents. Rasayana is the method to slow down the Aging process in human beings during degenerative phase of one's life.

Material and method:

One of the basic human right is right to see These are four major age related eye diseases are mainly-

Age related macular degeneration:

It is leading cause of blindness in patients over the age of 50 years. Macular degeneration is usually of old adult that results in loss of vision in center of the visual field because of damage to the retina.

Symptoms of the ARMD- Blurred vision, central Scotomas (shadow or missing areas of vision in center of visual field)

Prevention in ARMD-

- *Virechna, Nasya, Netradhara, Seka, Bidalaka, Tarpana, Anjana, Shiro Tarpana, Taila Shirodhara*
- Triphala churna - important medicine for eye health triphala strengthen muscle of eye and improve eye sight.
- Amalaki churna - it is anti aging tonic, Rasayana
- Yashtimadhu -. promote eye sight
- Bhringraj-chakshushya, rasayana

- Saptamruta Loha- it is an ayurvedic medicine in powder form containing iron, triphala yashtimadhu - balance pitta dosha prevent ARMD
- Amalaki Rasayana –
- Triphala ghruta

Glaucoma –

it is group of disorder which cause glaucomatous optic nerve damage that lead to direct vision loss as a result of increased IOP. present with symptoms of headache, heaviness in eye, decrease in distant vision and visual field especially peripheral vision.

According to Ayurveda, glaucoma is best correlated with condition like Adhimantha.

Rasayana gives strength to optic nerve hence restore vision.

Diet for prevention and cure of glaucoma should be rich in zinc, copper antioxidant, vit C, B, E, A

Daily use of Triphala, haritaki churna is very useful Yoga meditation is always helpful apart from this, Acharya Vagbhata described para surgical measures like dahan karma and jalauka (leech therapy)

Diabetic retinopathy - patient present with symptoms of diminished of vision, gradual vision loss, floaters, photophobia, scotomas in vision.

Stages of the D R (Diabetic Retinopathy) -

Non proliferative, proliferate DR

According to Ayurveda, diabetic retinopathy is not due to raised blood sugar level, actually it is due to pitta and tridosha dominance so pittashamak like shirodhara, netrasekam, bidalaka, aschyotana with pittashamak drug should be done

Presbyopia -

It is very common vision disorder that occurs and worsen as the person grows old. presbyopia results in the inability to focus up close objects.

Because of our lifestyle changes, more use of computer, watching TV, and lack of exercise, the eyes natural lens hardens and as a result the eye is not able to focus light directly on the retina but we care about eyes, light exercise, eye exercise, diet regulations, doing netra kriyakalpa like tarpana netra dhawana regularly and intake of netra Rasayana drug, we can arrest the Lens hardening earlier (before 40-45 years) and prevent degenerative process of eye.

Eye care:

- Eye is the most important sense organ in our body. Acharyas mentioned so many procedures and precautions for the protection of eye There is no special care mentioned for old age eye disorders.
- If we follow the daily regimens and treatment modalities, there is no need for special eye care in old age.

Dinacharya and Medicines :

Anjana , Abhyanga , Snana , Kayasodhana , Sirosodhana , Raktamoksham , Anjanam , Nasyam, Purana ghrutham , Thriphala , Sathavari , Padolam

Aharas & Viharas :

Birds meat, Jangala mamsam ,Draksha, Dadima, Amalki , Saindhav ,Sita Vasthu, Jeevantipatra, Sigrupatra , Nirgundipatra , tandul, etc. Padapooja ,Sekam , Udwarthanam , Lepamam , Abhyangam , Dhavanam

Apathyas :- Divaswapnam , Nisajagaram , Vidahi Vishtambhi bhojan ,Vegarodhanam , Ajeernam ,Adyasanam Sokham , Krodham

Avoid the nidanas:

Exposed to water when the body is being heated, Looking distant objects ,Faulty sleep, Constant weeping, Anger, grief , distress, Abhigatham, excessive sex , Excessive intake of vinegar, sour gruel, sours, horse gram and black gram, Suppression of urges, sudation, smoking, obstructed vomiting, excessive emesis , Suppression of tears and looking minute objects

Netra rogas

Out of the 76 diseases mentioned by susruthacharya and 94 by vaghbhadacharya, none of them is mentioned as the diseases of old age , All the diseases can occur in old age as well as in the younger age due to apathy aharaviharas and not following the daily regimes advised for the nayanendriya.

Old age netra rogas

Klishta vartma, Kruchronmeelanam, Nimesha, Vathahatha vartma, Pashmoparodha ,Pooyalasa, Pishtaka Arma , Thimira, Dhoomdarshi, Adimantha , Sushkashipaka

Age related diseases :- Cataract, Glaucoma, Macular degeneration, Diabetic retinopathy, Dry eye

Etiological factors: - Deficiency of Vit . A, C, E , Exposure to sunlight, U.V rays and radiation , Smoking , Ophthalmic complication of systemic diseases

Prevention of Age related eye diseases:- Vitamin A, C, E , Dietary antioxidants rich in carotenoids ,Fresh vegetables and fruits

Eye care in old age:

If any disease present, treat it ,Find out the prakruthi of the patient ,Find out the

doshic dominance in eye ,Assess the age related changes already present , Find out which structure of the eye is affected

Anjanam & prathmarsha nasyam:

It is having special importance in preventing the Age related eye diseases

- Abhyanga : Advised for drishtiprasada , Specially advised to apply in Shira ,Pada ,Karna
 - Tarpana :-In swastha person,Vata and pitta predominant diseases ,After Sodhana and Nasya karma
 - Putapakam :- It is advised after tarpana.
 - Dhoomapanam :-Advised to avoid the kaphavatha vikaras of urdhwanga ,Advised as Paschat karma after Nasya, Anjana, Putapaka, Tarpana.
 - Gandoosham : Thila thailam , Advised above 5 years
 - Mukhalepam: -Advised to restore the power of vision Only in day time ,Remove the medicine before drying
 - Sirolepanam: Advised in Shirorogas ,Shirokapalarogas , Netrarogas
 - Moordhathailam :Advised for indriyaprasadam , Evening is ideal time for moordhathailas especially sirodhara, pichu and sirobasti
 - Raktamoksham for eyecare : Jalookavacharanam , Siramoksham
- Management of old age eye diseases: Depending upon the predominance of dosha,

Depending upon the structures affected, Select best suitable kriyakrama or sashtra anusasthra karma at right time.

Probable treatment methods for eye care in old age

First ocular manifestation for aging is presbyopia, Due to ageing the lens is incapable of increasing its diameter and curvature to focus the near objects.

Presbyopia : Abhyanga with ksheerasarpis and mrudu sweda over the eye lids, Prathimarsha nasya with ksheerabala thailam , Shiro abhyanga with ksheerabala thailam , Tarpana with jeevaneeya gana ghrutham.

Thimiram:-Degenerative changes in the lens and the retina are very common along with the aging process, It can be delayed by various treatment methods.

Abhishyanthas: Inflammatory or congestive condition of different parts of the eye can occur due to apathya ahara yiharas or due to other systemic diseases.

Senile weakness of muscle: Snehanam-Vidaryadi ghritham ,Nasyam – Ksheerabala avarthi ,

Moordhathailam- Ksheerabala/ Dhanwanthara thailam, Tharpanam- Jeevaneeyagana ghritham tarpana.

Dry eye :- Dry and lusterless condition of the conjunctiva and cornea are seen more nowadays due to increased use of computer and exposure to dust, wind, sunlight etc.Can be prevented by- Snehana, Virechana, Nasya, Anjana, Tarpana

Normal eye in old age:

Thriphala ghrutham with varachoornam and honey, Anjanam with souveeranjanam and rasanjanam , Prathimarsha nasya with anu thail or jeevanthyadi nasya thail, Siroabhyangam with thriphaladi thail

Discussion:

on the basis of human rights it is right to see. The disease that affects geriatric eye sight includes ARMD, Glaucoma, cataract, diabetic retinopathy, presbyopia, entropion, ectropion, ptosis, floater.

Ayurveda procedures provide effective treatment with regard to akshitarpana, Anjana, rutucharya, din charya, diet regulation, panchakarma, yoga provides significant benefits which can slow down or arrest the Aging process of eye in human being during old age.

CONCLUSION:

Follow the dhinacharya, rithucharya, restrictions in ahara and vihara, panchakarma, chikitsa, rasayana, chikitsa and nethrakriyakramas advised for swastha, which will reduce ocular diseases and delay the Age related eye diseases. Anjana, prathimarsha, nasya and moortha thaila are having prime importance in preventing age related ocular changes.

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