



Pathya Apathya and role of Dinacharya in Nethra Swasthya

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Abstract:

As Ayurveda gives much importance in maintaining health and prevention of diseases along with treatments of diseases. These *Dinacharyas* can be adopted in our day to day lives to protect the eye from diseases and improve the vision, by implementing improvised tailor-made techniques for day to day activities of present era. The *Acharyas* have armed us with proper knowledge to prevent and treat life style disorders related to eye diseases through explanation of *Pathya Apathya* and *Dinacharyas* which are practices of *Kriyakalpas*. Most of these practices are not being followed these days which leads to many *Nethra Rogas*. This can be corrected by re- implementing improvised versions of such practices in our daily life.

The word *Chakshu* means which illuminates the objects and enlightens the mind about its details. which is situated in two eyeballs. When we talk about *Pathya* and *Apathya*, the importance of the word *Chakshushya* is came upon. . The *Pathyas* have been explained by different authors in the heading of *Chakshushya Vargas* and the *Apathyas* have been explained as *Achakshushya*.

Keyword: *Nethra Swasthya, Pathya, Kriyakalpa, Eye health, Dinacharya, Chakshushya.*

Introduction:

Swasthya as most important concepts of *Ayurveda* and *Shalakyta Netra* explains the maintainance of health of the *Indriyas*. *Chakshure indriya* is most important of all *Gnyanndriyas*. Eye health well explained in *Sushruta Samhitha* and

Ashtanga Hrudaya ^[2] and also following *dinacharya*. *Chakshushya* means promotion of eye health. The *Nethra* is the *Sthana* of *Alochaka Pitta* ^[4] but it is unique because it is situated in the *Uttamanga* which is the *Sthana* of *Kapha*. ^[5] As we are facing many lifestyle disorders which can well prevented by following *Dinacharya*.

Maintainance of Eye health with Dinacharya

All the *Acharyas* have mentioned the mandatory practice of *Dinacharya* for health maintainance. Among these, Special mention of certain daily regimen is important. These are practices which can be done easily on a dailybasis.

Abhyanga(Oil massage)

Sarva Daihika Abhyanga -Whole body oil massage: The word *Drushti* *Prasadanis* mentioned in *Ashtanga Hrudaya* stating that daily oil massage to the body before taking bath is essential in maintaining and improving the vision.

Padabhyanga- The body massage with special importance to the head ears and feet have been given much importance by the mention of the two *Drushti Gata Nadis*; *Gandhari* and *Hastijhwaby* the *Acharyas*.^[6]

The *Abhyanga* can be followed on a daily basis with special importance to foot massage before taking bath.

Anjana -Collyrium (application of kohl)

There are basically 2 types of *Anjanas* mentioned in the classics. Them being *Sauviranjana* and *Rasanjana*.

Sauviranjana is a special collyrium, which is to be applied on a daily basis which makes the eyelids look unctuous and beautiful. It gives clarity of vision and the three colours of the eye are maintained properly, i.e., the health of the eye ball is maintained properly. As these actions indicate that this particular collyrium might increase the *Kapha Dosha*, eye being a *Pitta Sthana*, the *Acharyas* have mentioned about another collyrium.

Rasanjana -This is to be applied on a weekly basis to reduce the *Kapha* increased in the eye due to daily usage of *Sauviranjana*.

In our day to day life, we can practice the *Anjana Karma* which is a part of the *Kriyakalpa* by application of natural *Kajal* made from the soot of the lamp on a daily basis and application of *Daruharidra Anjana* on a weekly basis.

Snana-Bathing, special mention has been given to the usage of hot and cold water for bathing. The *Acharyas* have specifically mentioned that the usage of hot water is for the trunk and not for the head. Hot water over the head can prove detrimental to the eye health. This is clinically seen as most of the people in cold territories have a practice of pouring hot water for head wash. These particular people also end with poor eye sight. On a daily basis this is a simple practice which can be adhered to.

Eye wash -The *Acharyas* have given particular reference to eye wash during the daily regimen of brushing the teeth. Also the practice of *Kavala Gandusha* with cold water has been mentioned for better maintainance of health.

All these practices can be easily adhered to, for the prevention of eye diseases and the maintainance of eye health.

Pathyas Chakshushya Vargas:

Acharya Sushruta have given specific mention of milk and other diary products, stating that Cow's milk is the healthiest for the eye. The ghee and butter made out of cow's milk is imperative in eye health maintainance. The milk is to be taken at night before bed time for best results.

Vanga Sena Samhitha mentions *Triphala*, *Madhu*, *Ghritha*, *Yava* and *Shatavari* along with the practice of *Pada Abhyanga* for eye health maintainance.^[7]

Even particular mineral drugs have been mentioned as *Chakshushya*, if taken after *Shodhana* along with a combination of other herbal drugs in the form of *Rasayana*. *Swarna*(gold), *Abhraka*(Mica), *Tamra*(Copper), *Loha*(Iron)^[16] *Acharya Yogaratnakara* has given a detailed list of *Chakshushya Varga* as follows;

Food prepared with *Mudga*, *Yava*, *Rakta Sali*, soup of *Kulattha*, *Peya* and *Vilepi* prepared with *Purana Ghritha*, vegetables like *Surana*, *Patola*, *Karkotaka*, *Karavella*, *Punarnava*, *Markava*, *Kakamachi*, *Lodhra*, *Kumari*, *Draksha*, *Vara*, *Madhu*, *Chandana* and *Karpura*.^[8]

He has exclusively mentioned five vegetables - *Shaka Panchaka* as *Chakshushya*

1. *Jeevanti*
2. *Vastuka*
3. *Matsyakshi*
4. *Meghanada*
5. *Punarnava*

Among other food the following are the most beneficial for the eye *Rakta Sali*, *Godhuma*, *Mudga*, *Saindhava*, *Goghru*, *Go-Ksheera*, *Sita* and *Kshudra* mentioned as *Pathya* for the eyes.^[9]

Researches

Modern research has proved the effectiveness of *Triphala*, *Madhu* and *Ghritha* having significant role in the promotion of eye health.

Pyruvate and Vit-C found in *Amalaki* helps in inhibiting lens sorbitol levels thus reducing the formation of cataract.^[12]

Haritaki is Anti Cancerous, Anti diabetic, Antimutagenic innature *Vibhitaki* fruit extract showed antioxidative properties.^[13]

Clinical trial in senile cataract with instillation of honey in varying doses proved beneficial.^[14]

Aims_and_Objects:

Aim – To discuss the concepts of *pathya*-*Apathya* and *Dinacharya* for *netra swasthya*.

Objectives-

To understand the concepts of *Pathya*-*Apathya* and *Dinacharya* for *netra swasthya*.

To understand the concept of *netra swasthya* procedures in treatment of eye diseases.

To elaborate the ancient science and it's effects which replicate also in modern science.

Discussion:

The above mentioned practices and foods can be incorporated in our modern life to avoid lifestyle diseases as well as improve eye health. The practice of *Padabhyanga* has clinically proven to be effective in promoting eye health. The practice of *Anjana Karma* on a daily basis has been proven to show improvement in vision. The practice of *Kriyakalpas* have shown statistically and clinically significant results in promotion of eye health and as treatment for various eyediseases.

Conclusion:

The *Pathyas* and *Apathyas* mentioned are significantly accurate and can be practiced along with the daily regimen for promotion of eye health. Only slight changes have to be adopted to adapt these practices in our day to day activities. The prevention is greater than cure so all the practices need to be applied in today's world as the prevalence of life style based eye diseases is on the rise.

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