

ROLE OF SWASTHAVRITTA IN TO PREVENT DISORDERS IN NETRA

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ABSTRACT

The Acharyas have armed us with proper knowledge to prevent and treat life style disorders related to eye diseases through explanation of Pathya Apathy 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.

Keywords: Netra , Swastha Vritta etc



INTRODUCTION

Swasthya is one of the most important concepts of Ayurveda and the science of

Shalaky Tantra explains the maintainance of health of the Indriyas. The eye is explained as the most important among all the Indriyas, thus Acharyashave given utmost importance to eye health. Nethra Swasthya or eye health can be maintained by pertaining to the Chakshushya Vargasmentioned in the texts like Sushruta Samhitha[1]

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 daily basis. Abhyanga(Oil massage) Sarva Daihika Abhyanga

Whole body oil massage: The word Drushti Prasasada is 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

Ocular examination: Eyelids, conjunctiva, sclera, cornea and anterior chamber were normal in both eyes. Pupils were of normal size and of normal reaction. Both

lens had immature senile cataract (Grade- Cortical -1 by LOCS [Lens Opacities Classification System] III). Intra Ocular Pressure [IOP] by Schiötz Tonometry was 14.6 mmHg in both the eyes. Direct Ophthalmoscopy revealed Non Proliferative Diabetic Retinopathy (NPDR) with maculopathy in both eyes. RAPD (Relative Afferent Pupillary Defect) and Iris neovascularization was absent in both eyes. Dashavidha pareeksha (~Tenfold Examination): Prakriti of the patient was Vatapitta. Pitta pradhana tridosha vikriti such as Urdhwaga raktapitta (intra-retinal haemorrhages) was observed during the analysis. Satwa (~psyche), Sara (~excellence of tissues), Samhanana (~compactness of organs), Ahara shakti (~power of food intake and digestive functions), Vyayama shakti (~power of performing exercises), Satmya (~suitability) and Pramana (~measurements of body organs) of the patient were of Madhyama (~moderate) level. Ashtavidha pareeksha (~Eightfold Examination): Nadi (~pulse), Mutra (~urine) and Shabda (~voice) were Sadharana (~normal). Bowels were regular, Jihwa (~tongue) was Anupalepa (~non-coated), Sparsha (~touch) was Anushna sheeta (~normal temperature), Akriti (body built) was Madhyama (~moderate) and Drik (vision) was Heena (~diminished vision). Sroto pareeksha (~Examination of body channels): Raktavaha srotas (~blood circulating channels) is involved in this manifestation and the pathology is Vimarga gamana (~flowing abnormal or in opposite directions) that possibly manifested as haemorrhages in retina. Diagnostic assessment.

The line of management in Timira includes Snehana (~oleation), Rakta mokshana (~blood-letting), Virechana (~therapeutic purgation), Nasya, Anjana (~ocular ointment), Shiro basti (~retention of medicated oil over scalp), Basti (~therapeutic enema), Tarpana (~retention of ghee over eyes), Lepa (~medicated paste) and Seka (~ocular irrigation) that are to be followed repeatedly[14] of which Snehana, Virechana (koshta shodhana and shiro virechana), Nasya, Pratimarsha nasya and Takra dhara were followed in this case. It is said that, Snehana is to be preceded by Rookshana (~dehydrating) in conditions of Kaphamedo vridhi.[15] Considering Pitta pradhana vikriti of the patient, Koshta shodhana was done with Avipattikara churna. Koshta shodhana expels out accumulated Kleda (~moisture) from the body, which possibly helps in reduction of macular oedema. Moreover, as the features of Madhumehajanya timira are similar to Urdhwaga raktapitta; Koshta shodhana was used as Pratilomahara chikitsa. Snehana was done by administering Rasayana yoga along with Ghrita.

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