

AYURVEDIC APPROACH ON COMPUTER VISION SYNDROME

Sivbalaji K. Amaranth H. K Ashwini M. J.

Dept. of Shalakya Tantra, S. D. M. College of Ayurveda and Hospital, Hassan, Karnataka, India

ABSTRACT

Computer vision syndrome (CVS) is one among the lifestyle disorder in the present era. About 88% of people who use computers everyday suffer from this problem. CVS is a complex of ocular and visual problem due to near work which is experienced of ocular and visual problem due to near work which is experienced during the use of computer and television. Therefore, an *Ayurvedic* approach in understanding the samprapti and management thereafter is hypothesized for CVS.

Keywords: Computer Vision Syndrome, *Seka*, *Aksitarpana*, *Anjana*

INTRODUCTION

Computer has become common in today society and is causing some serious health hazards, among which Computer Vision Syndrome (CVS) is one. CVS is defined as a complex of ocular or visual problems which are experienced during and related to computer use. Symptoms of Computer Vision Syndrome (CVS) are dry eye, eye strain, and blurred vision, red eye, burning sensation, double vision and headache.

Computer Vision Syndrome has no direct reference in *Ayurvedic* classics; it can be correlated to symptoms of *Shushkakshipaka* of *Sarvaksiroga*. An *Ayurvedic* approach can be given on the basis of fundamentals of *Ayurveda*. *Nidana* and *Samprapti* can be understood by *trividha hetu's* (*astamya indriyatha samyoga, prajnapradha, parinama*) related to *chakshurendriya* (eye). The symptoms of CVS are related to *vata-pitta pradhana tri-dosa* vitiation at *chakshurendriya* leading to

the *sthanasamshraya* (lodged) in *netra* (eyes).

OBJECTIVES

Review of references directly related to *Shalakya tantra* in *Sushruta Samhita ut-tara* and *Astanga Hridayam utara sthana*.

DISCUSSION

The symptoms of CVS are irritated eyes, eye strain, blurred vision, red eyes, burning eyes, double vision and headache¹. So these symptoms are related to *vata-pitta pradhana vyadhi* of *Shushkakshipaka*. *Shushkakshipaka* is one among “*Sarvagata Netra Rogas*” mentioned by *Sushruta* as well as *Vagbhata* under *Sadhya Vyadhis*, caused by *Vata* and *Pitta Doshas* having symptoms of *Gharshna* (gritting sensation), *Toda* (pricking pain), *Bheda* (pain), *Upa-deha* (coating), *Krichronmeelan* (difficulty in opening and closing of eye lid), *Vishush-kata* (dryness), *Rooksha Daruna Vartma* (dryness of eyelids).² These symptoms can be correlated with the symptoms of CVS in modern system of medicine³.

Shushkakshipaka is a disorder of the eye characterized by difficulty while closing the lids because of *Daruna Rooksha Vartma Yat Kunitam* (Hardness and Roughness of the Eye Lid), *Avila Darshana* (Patient cannot see the Objects Clearly), *Sudarunam Yat Pratibhodanam* (Difficulty in Opening/Closing the Eye).

According to *Vagbhata* it is characterized by *Gharshma* (Foreign Body Sensation), *Toda* (Pricking Pain), *Upadeha* (Loss of Clear Vision), *Rooksha Daruna Vartma* (Hardness and Roughness of the Eye Lids), *Krichra Unmeela Nimeela* (Difficulty in Closing and Opening of Eye Lids), *Sushkata* (Dryness), *Shoola* (Pain), and desire for cold comforts⁴.

The vitiated *Vata and Pitta Doshas* passing through *Sira's* gets accumulated in the parts of the eye like *Vartma, Sandhis, Shukla Mandala, Krishna Mandala, Drusti Mandala* and manifests the disease *Shushkakshipaka*.

Dosha – Vata and Pitta, Dushya – Rasa, Rakta, Mamsa, Medha, Srotas – Rasavaha Srotas, Srotodruti Prakara – Sanga, Rogamarga – Madhyama, Adhistana – Shiras, Vyakta Stana – Nethra (all the *Netra Mandalas*). Hence looking into the Ayurvedic treatment modalities, the drug should have *vata-pitta* property⁵. So, internally administration of medicated ghee of *jeevainya gana drugs (jivaka, rsabhaka, meda, mahameda, kakoli, mudaparni, masparni, jivanti)* which has plays a major role. So, externally *pariseka (eye wash)* with warm milk added with *saindhava* are treatment for the eyes of CVS⁶. *Saindhava, devadaru, sunthi, juice of matulunga* boiled with ghee and added with breast milk should use as *anjana* (collyrium)⁷. Internally administration of *draksha,*

patola, candana, guduchi in the form of *ka-kshyam* is ideal to cure CVS^{8,9}. *Ascyotana* (eye drops) with *darvi, manjista kwatha* can be administrated^{10,11}.

According to Sushruta

Ghrita Pana – Oral administration of Ghee, *Tarpana* (nourishment of eyes) with *Gritha* which is prepared by *Jeevaniya Gana Dravyas.*, *Nasya* (nasal administration of medicated oil and ghee) with *Anutaila* or any *Brumhana Taila.*, *Parisheka* with *Saindhavalavana + Cold Milk. Saindhava Lavana + Devadara + Shunti + Matulunga Swarasa + Ghrita.*

According to Vagbhata

Anjana (collyrium) with - *Shunti + Stanya + Ghrita, Anupa Mamsa + Shunti or Saindhava Lavana Saindhava Lavana + Devadaru + Shunti.*

CONCLUSION

Computer has become an integral part of office equipments. Because of the high use of computer there has been a considerable increase in visual problems, leading to the risk of developing CVS. So, the application of *seka* and *aksitarpana* with *vatapittahara dravyas* constitutes the basic therapeutic approach in the management of CVS. Hence, it can be implemented in all places of computer utility.

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CORRESPONDING AUTHOR

Dr. Sivbalaji K.
PG Scholar,
Department of Shalaky Tantra
S. D. M. College of Ayurveda and Hospital,
Hassan, Karnataka, India
Email: balajisiva85k@gmail.com

Source of support: Nil

Conflict of interest: None Declared