

ASSESSMENT OF NETRA ROGA NIDANA TO PRESENT LIFE STYLEChampavathi P¹, Sumitra T Gowda²¹PG Scholar, ²Prof & HOD,Department of Shalakya Tantra, Government Ayurveda Medical College,
Bengaluru, Karnataka, India**ABSTRACT**

Among all *indriyas* (sense organs), *nayana* (eye) is *pradhana* (utmost). Special care and concern should be taken to protect it. Major eye disorders have been estimated at 27 million from the world and 7 million from India. Majority of eye problems are due to the faulty use of eye with modern life style. If the causative factors are not addressed this can lead to more serious disease. Stopping the causative factor itself is a treatment. Thus assessment was made to invest knowledge of ancient science for fulfilling the growing demand of mankind in new era. Any knowledge in our literature if assessed to present life style, it becomes easy for understanding, analysing and treating diseases. When it is assessed the path of application gets flourished as a science. As prevention is better than cure, here is a try to analyse *netraroganidanas* (causative factors of eye diseases) to present life style and make it easy for everyone to understand and modify in life style.

Keywords: *Netra roga, Nidana, Present life style, Dosha*

INTRODUCTION

Eye is the major part of *shalakya tantra* (branch of Ayurveda which deals with the structures present above the neck), there is a list of common *nidanas* explained by our *Acharyas* for all eye diseases. *Nidana* is a causative factor – if these causative factors are not addressed, it may lead to serious disease. Stopping the causative factor itself is a treatment. If one understands the causative factors in detail, then it is easy to understand the involved *dosha*. Understanding the strength of the causative factors will help to understand what kind of strength of treatment is required. If causative factors are understood to present life style, then it is easy for a doctor to analyse disease and convey about its effects. Thus an attempt is made to analyse all *netraroganidanas* to present

life style.

Each *nidana* is explained in detail with subtitles i.e Present era, Probable vitiation of *Dosha* and Probable Diseases. The topic Present era explains the faulty use of eye and other faulty life style practices related to particular *nidana* in present era, which affect the eye directly or indirectly. Probable vitiation of *Dosha* heading explains the probable vitiation of *dosha* due to practice of that particular *nidana*. And the Probable Diseases gives an idea about the probable disease that might occur from following particular *nidana*.

Various *nidanas* explained by *Acharya sushruta* and its assessment to present life style are as follows;

1. *Ushnabitaptasyajalapraveshath* (Immersing in cold water immediately after

getting exposed to heat/sun.)

- ❖ Sudden change in *taapa* (temperature) will lead to weakness of the bondage in eye muscles and tissue integrity will be spoiled.
- ❖ Present era – Bathing / drinking cold water immediately after exposure to heat, entering into AC compartment soon after exposure to heat/sun, pouring cold water on head after playing out door games.
- ❖ Probable vitiation of *Dosha – Pitta*.
- ❖ Probable Diseases – *Abishy-
anda*(conjunctivitis),photo keratitis.

2. Doorekshanath (Looking at very distant objects regularly for a longer time.)

- ❖ Looking at very distant objects regularly for a longer time leads to strain produced on ciliary muscles leading to distortion in accommodative capacity of the lens.
- ❖ Present era - Drivers, shooters, archery, working with telescopes.
- ❖ Probable vitiation of *Dosha -
Vataprakopa*
- ❖ Probable Diseases – Hypermetropia, presbyopia.

3. Swapanaviparyaya (Abnormal sleeping habits)

- ❖ Abnormal sleeping habits (*diva swapna / nisi jagarana*). *Div* *swapna* (sleeping during day time) causes *Kaphaprakopa* leading to *snigdatha* (moistness) and *Ratrijagarana* (night arousal)causes *Vata* and *pitta prakopa* leading to *rukshatha* (dryness).
- ❖ Present era: Night shifts, sleeping late night, night out parties.
- ❖ Probable vitiation of *Dosha–Tridosha*
- ❖ Probable Diseases - Styte, periorbital puffiness, nystagmus, dry eye, *netras-rava* (epiphora), hyperaemia.

4. Prasakthasamrodhana (Continuous weeping for longer duration and for several days)

- ❖ Continuous weeping causes excessive stimulation to lacrimal gland by which the gland secretes more fluids which washes away all the nutrients and bacterio static activity of conjunctival sac. Later the conjunctival sac and lacrimal apparatus loses the stamina against foreign body and diseases.
- ❖ Probable vitiation of *Dosha – Vata*
- ❖ Probable Diseases -Xerosis and diseases of lacrimal apparatus.

5. Kopa and shoka (Excessive anger and grief)

- ❖ Getting anger and grief is a *dharani-yamanasikavega* (emotional factors which has to be controlled). These *manasikavega s*(emotional factors) will impact the equilibrium of *doshas* as *kopa* increases *pitta* and *soka* increases *vayu*.During anxiety attacks, our body gets a rush of adrenaline resulting in dilated pupil. When pupils are dilated, blurriness can be noticed as a reaction to unnecessary extra light entering eye.
- ❖ Probable vitiation of *Dosha – Pitta* and *vata*
- ❖ Probable Diseases – Sub conjunctival haemorrhage and *vatajanetrarogas* (eye diseases caused by vitiation of *vatadosha*).

6. Klesha (Stress)

- ❖ Stress, suffering pain, trouble vitiates both *shareeraja* and *manasajadoshas* (physical and mental exhaustion) leading to eye diseases.
- ❖ Probable vitiation of *Dosha – Vata*
- ❖ Probable Disease – *Vatajanetrarogas*.

7. Abhighaatha (Trauma)

- ❖ Minute irritating injuries or contusion injuries or perforating injuries cause a great loss to the eye.If improper eye care is not taken blindness follows immediately.Non only eye injury affects eye, also injury to other structures like Skull base fracture leads to Retro

- bulbar and retinal bleeding, Cranium injury leads to retina and vitreous imbalance.
- ❖ Present era: chemical injuries, occupational hazards, accidents.
 - ❖ Probable vitiation of *Dosha – Sarva-dosha*
 - ❖ Probable Disease - Corneal abrasions, corneal erosion, retinal detachment, dislocation of lens, cataract.
- 8. Atimaitihuna (Excessive sex)**
- ❖ Excessive indulgence in sex results in *dathukshaya* (depletion of bodily tissues), *Shukradathukshaya* leading to *poorvadathukshaya* leading to deprived nourishment to eyes.
 - ❖ Probable vitiation of *Dosha – Sarva-dosha*
 - ❖ Probable Diseases – (HIV) sunken eyes, infective eye diseases, *netraabishyanda*, cytomegalo virus retinitis.
- 9. Shukthaaranaalamlanishevana (Alcoholic beverages)**
- ❖ *Suktha* and *aranala* are *sandhanadravyas* (drugs produced by fermentation) have properties opposite to *ojas* (immunity) with toxicating action. Most of *amladravyas* (sour drugs) are harmful to eyes.
 - ❖ Present era: Many are addicted to alcohol, bakery items which are prepared from fermentation.
 - ❖ Probable vitiation of *Dosha– Pitta* and *raktha*.
 - ❖ Probable Diseases – *Pothaki* (trachoma), *kumbheeka* (chalazion), cytomegalo virus retinitis.
- 10. Kulatthamashanishevana (Excessive use of horse gram and black gram)**
- ❖ *Kulattha* has *gunas* (properties) like *Laghu* (light), *vidahi* (burning), *kashaya rasa* (bitter taste), *katupaka* (pungent) and *ushnaveerya* (hot potency). Excessive use of *kulattha* causes *dathukshaya*.
 - ❖ Probable vitiation of *Dosha – tri-doshaprakopa*
 - ❖ Probable Diseases – *tridosha-janetrarogas*.
 - ❖ *Masha* has *gunas* Opposite to *kulattha* like *madhura rasa* (sweet taste), *madhuravipaka*, *guru* (heavy) and *snigdha-gunas* (unctuous properties).
 - ❖ Present era: eating food like idly, dosa, etc regularly in excess quantity.
 - ❖ Probable vitiation of *Dosha – Kaphavruddi*.
 - ❖ Probable Diseases – *Kaphajanetrarogas*
- 11. Vega vinigraha (Suppression of natural urges)**
- ❖ Suppression of *jrumba* (yawning), *asru* (tears), *hikka* (hiccups), *pratishyaya* (rhinitis) and *ksudha* (hunger) all these leads to *netrarogas*. Suppression of urges causes strain to eye leading to weakness of tissues.
 - ❖ Present era: class room, working under boss, meetings.
 - ❖ Probable vitiation of *Dosha – Tri-dosha*
 - ❖ Probable Diseases – *Tridosha-janetravikaras*.
- 12. Atisweda (Excessive sudation to eye)**
- ❖ Only *mrudhusweda* (mild fomentation) is advised in *netrarogas*. In diseases like *timira* (cataract), *swedana* is contraindicated.
 - ❖ Present era: working in coal mines, cooking.
 - ❖ Probable vitiation of *Dosha - Pitta* and *raktha*
 - ❖ Probable Disease – *Pittajaabhisshyanda* etc
- 13. Dhoomanishevanath (Excessive exposure to smoke)**
- ❖ Excessive exposure to smoke and other pollutants.

- ❖ Present era: smoking, carbon dioxide from vehicles, factories.
- ❖ Probable vitiation of *Dosha - Vata* and *pitta*
- ❖ Probable Diseases - Cataract, macular degeneration, uveitis.

14. **Chardhirvighatath (Suppressing the urge of vomiting)**

- ❖ Suppressing the urge of vomiting/ nausea causes strain to eyes.
- ❖ Probable vitiation of *Dosha – Vata*
- ❖ Probable Diseases – Eye lesions(*kusta*)

15. **Vamanathiyogath(Excessive vamana therapy)**

- ❖ Excessive *vamana* therapy causes “*Akshiorvyavruthi*”(protrusion of eye ball).
- ❖ Probable vitiation of *Dosha – Vata* *vruddi*, *kapha* and *pitta kshaya*.
- ❖ Probable Diseases – Retinal detachment, sub conjunctival haemorrhages.

16. **Bhashpagrahath (Suppressing tears during grief)**

- ❖ Vitiated *vayu* obstructs the *doshas* to produce diseases in *asruvahasrotas* (lacrimal apparatus).
- ❖ Probable vitiation of *Dosha – Kapha* and *vata*
- ❖ Probable Disease – Epiphora, blocked tear duct.

17. **Sukshmanireekshanath(Watching minute objects for longer duration)**

- ❖ This causes strain to ciliary muscles and lens.
- ❖ Present era: working with computers, reading.
- ❖ Probable vitiation of *Dosha – Vata*
- ❖ Probable Disease – Dry eye syndrome, accommodation problem.

DISCUSSION

Nidanagives knowledge of the disease, so understanding the *nidana* has its prime importance in diagnosing and treating the disease. Here we have tried to analyse *netraroganidanans* explained by Acharya

sushrutha, there are few more *nidanans* explained by different authors as well. All these analysis can be printed over flex and fliers, so that it is easy for a layman to understand and know what the mistakes he is doing in his routine life style and he can consult the doctor and make changes. Just following these *nidanans* will not to lead diseases directly, it gives prodromal symptoms first, then disease. If the above said *nidana* is followed once or twice may not lead to disease stage but if any of the above said *nidanans* practiced for longer duration excessively will lead to diseases. If the person is following the same lifestyle and they do not change it, they will have a disease related to that particular practice and if it is not corrected, then recurrence of disease seem to be common.

CONCLUSION

Day and night are similar for a blind person and all the wealth in the world seems to be of no use. Hence to lead a desired life, one should always try to protect the eyes. As analysis, becomes easy for everyone to understand and protect the eye from different diseases. “*nayanorakshathirakshithaha*” (protect your eyes in turn they will protect you).

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