

IMPORTANCE OF NON- DRUG THERAPY IN NETRAROGA**Dr. Priyanka Sarwade¹ Dr. Manju Jadhav² Dr. Shilpa Dhote³ Dr. Sachin Tale⁴**^{1,2}PG Scholar, ³Associate Professor, ⁴PG Scholar (Swasthavrutta)

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ABSTRACT

Ayurveda is one of the greatest gifts of the sages of an ancient India to mankind. In *Ayurveda*, diseases are divided into two groups i.e. *sharirika* (physical) and *mansika* (related to mind). In *mansika rogas*, it is important to control on mind, whereas *Pranayama*, *Asana*, *Trataka* plays an important role in control on mind. Also Yoga is beneficial in age related conditions and delaying aging process. Now-a-days due to fast lifestyle, diseases of eye increases day by day by excess use of laptops, computers and smart phones etc. In such a situation, if normal functions of eye maintained properly with **NON-DRUG THERAPY** like *Yoga*, *Mudra*, *Pranayama*, *Aasana & Trataka*, then it can be helpful to prevent many eye diseases. Thus, this Non-drug therapy can be used as a part of *chikitsa* (treatment) in *Netraroga* (diseases of eyes); hence the importance of Non- Drug therapy in *Netraroga* has been discussed in present review article.

Keywords: *Ayurveda*, *yoga*, *Pranayama*, *Asana*, *Trataka*, *Netraroga*.**INTRODUCTION**

Ayurveda is one of the oldest scientific medical systems in the world with a long record of clinical experiences¹. In *Ayurveda*, diseases are divided into two groups i.e. *sharirika* (physical) and *mansika* (related to mind)². In *mansika rogas*, *Aatma* and *mana* are involved. In mental disorders, it is important to control on mind, whereas *Pranayama*, *Asana*, *Trataka* plays an important role in control on mind. Also *yoga* is beneficial in age related conditions and delaying aging process.

Eye is the most precious organ in the body. So, it is the duty of every person to take care of his eyes. Among all *urdhawajatrugataavayava* (organs above the neck such as eyes, nose, mouth, ear, head etc.) eye is organ whose anatomy, diseases

and their treatment are described in Uttara-tantra of *SushrutaSamhita*³. In *Netraroga* (diseases of eyes) drug therapy as well as non-drug therapy is described. *Pranayama*, *Mudra*, and *Shatkarmaslike Trataka* are useful in *Netraroga*. Now-a-days due to fast lifestyle, diseases of eye increases day by day by excess use of laptops, computers and smart phones. Most of the research in modern ophthalmology is going on developing surgical techniques for every eye disease which is very costly and beyond the reach of common man. In such a situation, if normal functions of eye maintained properly with non-drug therapy like *Yoga*, *Mudra*, *Pranayama*, *Aasana & Trataka*, then it can be helpful to prevent many eye diseases. Thus these Non-drug therapy can be used as a part of *chikitsa* in *netrarogas*

which are useful to provide strength to the eyes & also helpful in improvement of vision to some extent.

Aims & Objectives

To access the non drug therapy as a part of *chikitsain Netraroga*

Methodology: Non-drug therapy likes *Yoga, Mudra, Pranayama, Aasana & Trataka* are beneficial in *netraroga* as follows –

PRANAYAMA

1. *Bhramari Pranayama*-⁴

Procedure-⁴

- Sit straight in a quiet room with closed eyes.
- Place index finger on both ear cartilage (Tragus).
- Take a deep breath in & breathe out with gently pressing on the cartilage in and out with fingers, making a loud humming sound like a bee.⁴

Benefits-⁴

- It is very effective in instantly calming down the mind.
- Excellent breathing exercise for meditation and mind concentration enhances.

Bhramari Pranayama



MUDRA-⁶

1. *Prithvi (Surya) Mudra yoga*⁶

Procedure-⁶

- Place the tip of the ring finger on tip of thumb or alternatively, bent down the ring finger to touch palm & press it with thumb.

- Effective in Mental tension, agitation, hypertension, migraine, paralysis, high blood pressure and heart diseases.
- It has immediate positive effect on ears, nose, eyes and mouth.⁴

2. *Bhastrika Pranayama*-⁵

Procedure-⁵

- Sit in comfortable *aasana* like *padmasana, siddhasana or sukhasana*. Spinal cord must be straight.
- Take the breath inside as deep as possible to fill the lungs and then exhale out completely to evaluate lungs.
- Breathe in and out with equal force.
- The breath should be filled in lungs up to the diaphragm, not in stomach.
- Repeat this procedure.⁵

Benefits-⁵

- It helps in improving metabolism.
- It is an important breath exercise in *yoga & pranayama*.
- It refreshes body & mind.
- It has a regenerating and rejuvenating influence upon the whole body & improves memory.
- Circulation is stimulated; increased blood supply to the head improves eyesight and hearing.⁵

- Extend all the fingers and keep them comfortably straight as possible.

Benefits-⁶

It is used for curing Cataract problems in eyes slowly without need of any medicine.

2. *Gyan Mudra*-⁶

Procedure-⁶

- The Thumb and index finger are brought together gently while all the other fingers remain upright.
- Practice this in same sitting posture as for above *mudras* and for 15 mins. Thrice a day till eye sight improves.

Benefits-⁶

- It is used for weak eye sight & Retina problems. Due to over exposure to lights, pollution, television screens & computer monitors in dark rooms, Retina becomes weak & people lose eye sight at young age.⁶

3. Varuna Mudra⁶

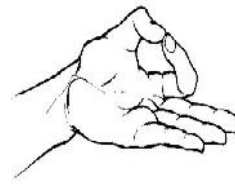
Procedure-⁶

- Join little finger to the tip of thumb.
- Keep other fingers comfortably straight.
- Sit in *dhyana* posture.



Prithvi Mudra

Gyan mudra



Varuna mudra

Vayu Mudra



AASANA-

Halasana & sarvangaasana are useful in *netraroga*.

1. Halasana-

Procedure-⁷

- Keep the legs straight or may be the estimated pressure to the organs is not accomplished.

- Practice this for 15 mins. Thrice a day.

Benefits-⁶

- It is useful for burning and dry eyes, if eyes are exposed to pollution, dust, sunlight, television, computer; they lose water and becomes dry.
- It removes bad air from eyes and gives relief.⁶

4. Vayu Mudra-⁶

Procedure-⁶

- Place thumb down on index finger and keep all remaining three fingers comfortably straight.
- Do these 3 times a day before meals for 15 mins, to release the hair from eyelids and free them.

Benefits-⁶

- It is useful for eradicating feeling of heaviness on eyelids, to prevent eyelid hair loss.
- It is useful for eyelid problems¹¹

- Within this location head, shoulders, toes as well as arms must relax on the floor.
- The chin pressed on *jalandhar bandha*.⁷

Benefits-

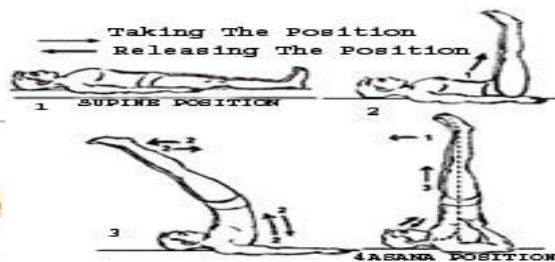
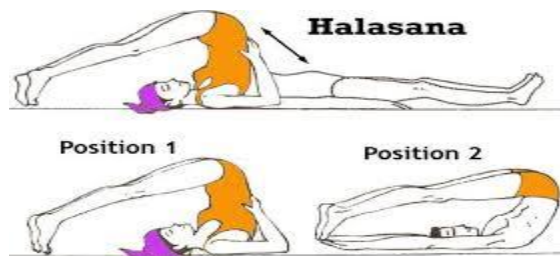
1. It clears constipation and stomach disorders.
2. It improves memory power.

3. As more blood flows to face, the face dazzles and kept young.⁸

2. *Sarvangaasana*-⁹

Procedure-

- Exhale and inhaling start raising both the legs upward and stop when they make angle of 90 degree with the floor.
- Attend the *uttanpadasana* posture.
- Exhaling raise the waist and push the legs backward over the head.
- Support the waist with both the hands, using hands get the legs waist and back in one straight line and stabilize them in this position.



Sarvangaasana

Stretch the toes towards the sky.

- Keep the sight on the toes.
- Continue normal breathing.⁹

Benefits¹⁰

- This pose improves the complexion and the overall condition of the skin of the face.
- It improves the health of the salivary glands.
- Improves the functioning of the eyes and ears and stimulates and refreshes the brain.¹⁵

TRATAKA-

There are three types of *Trataka*-¹¹

1. *Antar Trataka*
2. *Madhya Trataka*
3. *BahyaTrataka*

1. *AantarTrataka*-

In this *Trataka*, concentrate in between two eyebrows or heart, navel or any other such internal organ with closed eyes.¹¹

2. *Madhya Trataka*-

In this *Trataka*, concentrate on *Bhrumadhaya* (between two Eyebrows) or *Nasagra*(tip of Nose)or any near object made of metal or stone even on Aumwritten on paper, or single dot in black colour, with open eyes.¹¹

3. *BahyaTrataka*-

In this *Trataka*, concentrate on the distant object like moon, rising sun or illumined planet etc.¹¹

Benefits of *Trataka*-¹²

- Bring better clarity to mind

- Removing anxiety, headache and fatigue.
- Helps to get better sleep.
- Therapeutic in depression.
- Provides stress relief.
- Enhances self- confidence, patience and willpower.
- This practice makes the eyes clear and bright.
- It balances the nervous system, relieving nervous tension.
- It improves the memory and helps to develop good concentration and strong willpower.
- This is an excellent method for clearing accumulated complexes, problems and suppressed thoughts from the mind.
- Focuses the mind.
- In case of eye ailments such as eye-strain, astigmatism and even early symptoms of cataract a black dot should be used.¹²



Trataka

DISCUSSION

Many of *Yogic* poses like *Yoga*, *Aasana*, *Pranayama* etc. are aimed at improving the functioning of specific organ of our body. Every function of human body decline 5% in every 10 years. A lot of eye problem in later life are due to a loss of tone in the eye muscles. These muscles become rigid and this loss of elasticity reduces the ability of the lens of the eye to focus at different distances. It also causes the eyesight to become weaker. Secondly, any eye tension present will tend to produce a general feeling of tension, due to eye's connection to the brain via the optic nerve. This eye tension produces an increase in the nerve impulses in the eye muscles. This increase in nerve impulses travels along the optic nerve and bombard the brain, causing a general feeling of tension and anxiety. These non-drug therapies reduce the tension in eye muscles, as well as reduce general tension. They also tone the eye muscles up and keep them elastic.¹³. Thus, they improve functioning of the eyes and help to overcome various eye related problems and also useful in prevention of other diseases and delaying the aging process.

CONCLUSION:

In Literature, it is mentioned that non-drug therapies like *Yoga*, *Mudra*, *Pranayama*, *Aasana* & *Trataka* are much effective in *Netraroga* as it helps in maintaining the normal functions of eye. Along

with a healthy diet and regular exercise, these therapies will help in protecting vision from the stresses of light, tension and environmental toxins. As we grow older, and hopefully wiser, we can direct a soft, insightful gaze at the world, learning to see self and other as one. So, practising these therapies regularly can go a long way in facilitating the normal functioning of eyes. In this paper an attempt has been done to access *Yoga*, *Mudra*, *Pranayama*, *Aasana* & *Trataka* which can be used as a part of *chikitsa* (treatment) in *netrarogas* as well as in the prevention of eye diseases which can occur in later stage of life.

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