

EFFICACY OF GO GHRITATARPANA IN THE MANAGEMENT OF COMPUTER VISION SYNDROME: A CASE REPORT

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ABSTRACT

We are living in the era of advancement, where every second is a pioneer of development. Computers are now an essential part of our day to day life. Focusing the eyes on a computer for uninterrupted periods of time has been the cause of a compilation of vision and ophthalmic symptoms, which are collectively termed as Computer Vision Syndrome (CVS). Symptoms of CVS include headache, blurred vision, eye strain, dry eyes, irritated eyes, double vision, and difficulty refocusing the eyes. *Shushkakshipaka*, almost similar entity, has been described in *Ayurvedic* texts which match the clinical picture of CVS. Despite of recent progression in ophthalmic medicine; there is no eternal solution for this debility. Tear substitutes are the only treatment modality with modern medical science. The duration of action of these tear substitutes is variable only providing temporary relief. "Ayurveda" is primarily aimed at prevention of disease & promotion of positive health. A case report of Computer Vision Syndrome successfully treated with *GoghritaNetraTarpana* has been presented here. *GoghritaTarpana* proved to be an efficient measure that can be used as a promising, potent and safe treatment of CVS.

Keywords: *Shushkakshipaka, Kriyakalpas, Akshi-Tarpana.*

INTRODUCTION

Technologies and inventions have revolutionized the modern era. In modern age, with booming techno world, the computers have extended their reach to everyone from children to adults. There is no field untouched by computers today. The increased use of computers in the workplace has brought about the development of a number of health concerns. Focusing the eyes on a computer for un-

interrupted periods of time has been the cause of a compilation of vision and ophthalmic symptoms, which are collectively termed as Computer Vision Syndrome (CVS). Symptoms of CVS include headaches, blurred vision, eye strain, dry eyes, irritated eyes, double vision, and difficulty refocusing the eyes.

Eye disorders are much more important than any other physical disability, since the loss of

vision tantamount to the obliteration of the world.

According to national institute of occupational safety and health, CVS affects some 90% of the people who spent three hours or more a day on a computer. Torrey (2003) and Graney(2011) have shown that computer users' vision related problems are the most frequently reported health-related problems occurring in over 70% of computer users. They have concluded that CVS is a vision disorder that has been described as the number one occupational hazard of 21st century.

Previous studies have estimated that the prevalence of CVS ranges between 64 and 90% among computer users^[1]. It has been estimated that nearly 60 million people suffer from CVS globally and about one million new cases occur each year^[2].

The branch of *Shalakyatantra* is one among *Ashtang Ayurveda*, which specializes in the treatment of *Urdhvajatrugata* (Part of the body above clavicle and sternum manubri) *Rogas*^[3]. In *Uttatantra* of *SushrutaSamhita*, first 19 chapters have been dedicated to the prevention and cure of eye diseases, which signifies the importance of *Netrarogavigyan*. *Shushkakshipaka*^[4], almost similar entity, has been described in *Ayurvedic* texts which matches the clinical picture of CVS. *Shushkakshipaka*, caused by *Vata* and *Pitta doshas*^[5] is mentioned as *sadhyavyadh* iand classified under *Sarvagatanetrarogas*.

Local therapeutic procedures for eye have been grouped under *Kriyakalpas*^[6] by *Acharyas* and among them; *Akshi-Tarpana* is the foremost procedure which provides *Vata-*

shamaka effect to the eyes along with providing nourishment.

Acharya Vagbhata has suggested *Sheeta*, *Snigdha* and *Santarpana Chikitsa* in light, electric and heat exposure ocular conditions^[7]. As per ancient texts, *Goghrita* is *Snigdha*, *Guru*, *Mrudu* & thus pacifying the *Pitta* and *Vatadosha*. Thus, *Goghrita* was selected for *Akshi-Tarpana* in the management of CVS.

CASE REPORT

Type of study: Observational single case design.

A male patient aged 42yrs, presented at OPD of *Netraroga (Shalakyadepartment)*, Gaur Brahmin Ayurvedic College, Rohtak, Haryana. He complained of eye strain, dryness in eyes, burning sensation in eyes and on and off headache since one year. He was taking allopathic treatment for the same since 2 months but got no significant relief. Patient was stable. All vital parameters were within normal limits. On Eye examination he had distant corrected visual acuity 6/6 and near vision N6.

MATERIALS & METHODS

PROCEDURE

Poorva Karma –

- *Shodhanakarma* with *Haritaki*: 05 g with lukewarm water for 3 days.
- *Nasya* with *Anutaila* for next 3 days
- *Sthanika Abhyanga* & *Mriduswedana*

Pradhan Karma –

- *Tarpana Kriyakalpa*

Luke warm *Ghrita* in liquid state was poured in an enclosure built around the eyes out of black gram flour, till the level of eye lashes

with eyes closed. Patient was asked to open & close the eye intermittently & steadily.

Pashchat Karma-

- *MriduSwedana*
- *PradhamanaNasya* with *KatphalChurna*
- Patient was instructed not to get exposed to sunrays and dust for few hours.

Patient was advised to take precautions while working in front of computer as well as some lifestyle modification was also recommended.

DURATION

Tarpana with plain *Goghrita* was performed in 3 sittings of 7 days each with an equal interval of 7 days (non-interventional period) between each sitting.

RESULTS

After 1st sitting of *Tarpana*, he had marked relief in symptoms of dryness and burning sensation of eyes. He had mild relief in eye strain.

After 2nd sitting, he had no complaints of dryness and burning sensation in eyes, marked relief in eye strain was noticed.

After 3rd sitting, there was complete relief of the symptoms.

However, only mild improvement was reported in Headache.

DISCUSSION

Focusing the eyes on a computer for uninterrupted periods of time has been the cause of CVS. It has no direct mention in *Ayurvedic* classics but it can be correlated to symptoms of *Shushkaakshipakof Sarvagata-Netravyadhi*, caused by *VataandPitta doshas*.

Goghrita is *Snigdha, Guru, Mrudu* thus it is efficient in pacifying *Vata* and *Pitta doshas*. It has lubricating properties which is beneficial in main symptom of CVS i.e Dry Eyes.

The *Ghruta* has the quality of entering into minute channels. Hence, when applied in the eye, it enters into deeper layer of *Dhatu*s and strengthens & nourishes every minute part of eye. *Ghruta* contains vitamin A, D, E, K and carotene in it. Vitamin A and E are antioxidants and vitamin A also keeps the outer lining of the eyeball moist.

CONCLUSION

- 1) COMPUTER VISION SYNDROME is caused by focusing the eyes on computer for uninterrupted periods of time which reduces the blinking rate of a person and due to this tear flow across the eyes is reduced which results in dryness.
- 2) On the basis of this case study it can be concluded that, *Tarpanakarma* with plain *Goghrita* could be an efficient measure concerning symptoms of CVS with potential outcomes.
- 3) No adverse drug reactions were reported in this case, so *Tarpanakarma* is safe in the management of CVS.
- 4) Life style modifications are obligatory in the management of CVS.

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