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 indriyartha 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 uttara and Astanga Hridhyam uttara sthana.

DISCUSSION

The symptoms of CVS are irritated eyes, eye strain, blurred vision, red eyes, burning eyes, double vision and headache. So these symptoms are related to vata-pitta pradhana vyadi 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), Upadeha (coating), Krichronmeelan (difficulty in opening and closing of eye lid), Vishushkata (dryness), Rooksha Daruna Vartma (dryness of eyelids). These symptoms can be correlated with the symptoms of CVS in modern system of medicine.
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 Gharshana (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 comforts.

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, Srotodruchi Prakara – Sanga, Rogamarga – Madhyama, Adhisthana – Shiras, Vyakta Stana – Nethra (all the Netra Mandalas). Hence looking into the Ayurvedic treatment modalities, the drug should have vata-pitta property. 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 CVS. Saindhava, devadar, sunthi, juice of matulunga boiled with ghee and added with breast milk should use as anjana (collyrium). Internally administration of draksha, patola, candana, guduchi in the form of kashyam is ideal to cure CVS. Ascotetana (eye drops) with darvi, manjista kwatha can be administered.

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 Saindhavalaavana + 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 + Devadar + 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.

REFERENCES

**CORRESPONDING AUTHOR**
Dr. Sivbalaji K.
PG Scholar,
Department of Shalakya 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