

NETRA ROGA NIDANA - SPECIFIC CAUSES OF EYE DISEASES ACCORDING TO AYURVEDA**Amandeep Singh***

Assistant Professor, Department of Shalakya Tantra, Government Ayurvedic Medical College, Akhnoor, Jammu.

***Corresponding Author: Amandeep Singh**

Assistant Professor, Department of Shalakya Tantra, Government Ayurvedic Medical College, Akhnoor, Jammu.

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ABSTRACT

As Eyes are termed as an pradhana Inderiya according to Acharya Sushruta, So its much important to know the factors causing any disease in it. Maximum of eye problems are due to the excessive use of eyes with abrupt life style. The causative factors plays an important role in prognosis of any disease. Preventing the causative factors itself acts as a treatment. Thus assessment of ancient science is done to explore the cause of eye disease. The knowledge in our literature if assessed properly present life style makes it easier to understand, analyze and treating the diseases. When it is assessed the path of application gets flourished as a science. As prevention is better than cure its important to know the cause or nidana make it easier to understand and modify the current life style.

KEYWORDS: Netra roga, Nidana, Present life style.

Eye is the major part of Shalakya tantra (branch of Ayurveda which deals with the structures present above the neck), Nidanans explained by our Acharyas for all eye diseases helps us in understanding the root cause of eye diseases. Nidana is a causative factor – if these causative factors are not taken seriously, it may lead to 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 causative factors helps to understand treatment required for a disease. Thus an attempt is made to analyse all Netra roga nidanas. Probable vitiation of Dosha heading explains the dosha involved in a particular disease.

Various nidanas explained by Acharya Sushruta and Its explanation

1. Ushnabitaptasyajalpraveshath

Immersing in cold water immediately after getting exposed to heat/sun, A fine balance of temperature is maintained in the eye. Any sudden changes will produce disease (Abhisyanda). E.g. Bathing/drinking coldwater 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. Dosha involved – Pitta.

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

It is an classical example of Atiyoga and Mithyayoga of the eye, focussing at very distant objects regularly for a longer time leads to strain on ciliary muscles leading to disturbance in accommodation capacity of the lens. E.g,

Guards on watch towers, Drivers. Dosha involved – Vata Prakopa.

3. Swapanaviparyaya

(Abnormal sleeping habits) abnormal sleeping habits (Diva swapna/Nisi jagarana). Diva swapana (Sleeping during day time) causes Kaphaprakopa leading to snigdatha (Moistness) and Ratrijagarana (Night arousal) causes Vata and pitta prakopa leading to rukshatha (Dryness).

E.g. People working in night shifts, sleeping late night or arousing late in the morning. Dosha involved – Tridosha vitiation.

4. Prasakthasamrodhana (Continuous weeping for several days)

Continuous weeping causes excessive stimulation of lacrimal gland by which the gland secretes more tears which drains away all the nutrients and bacterio static contents of conjunctival sac by which conjunctival sac and lacrimal apparatus loses their antimicrobial activity against foreign body and diseases.

Dosha involved – Vata

5. Kopa and Shoka (Excessive Anger and Grief)

These emotional factors affects the equilibrium of doshas as kopa increases pitta and shoka increases vayu. During anxiety episodes, our body gets increased secretion of adrenaline resulting in pupil dilatation. When pupils are

dilated, blurred vision occurs as a result of extra light entering the eye.

Dosha involved – Pitta and Vata

6. Klesha (Stress Pain, Anguish, Trouble)

According to Yoga darshana 5 types of klesa are explained. Avidya, Asmita, Raga, Dwesha, Abhinivesa. All these factors results in stress and strain which leads to eye diseases. Dosha involved – Vata.

7. Abhigraha (Trauma)

Minute irritating injuries or contusion injuries or perforating injuries causes a great impact on eye. If improper eye care is not given timely visual loss may occur immediately. Not only eye injury affects eye, also injury to other structures like Skull base fracture leads to Retrobulbar and retinal bleeding, Cranium injury leads to retina and vitreous imbalance. E.g. Blunt injuries directly to the eye, chemical or thermal burns, Accidents. Dosha involved – Sarva dosha.

8. Atimithuna (Excessive sex)

Excessive sex results in the reduction of body tissues. The Indriyas derive their nutrition from body tissues and eyes will be deprived of the nourishment. Dosha involved – Sarva dosha.

9. Shuktharanalanishevana (Alcoholic beverages)

Excessive intake of food prepared after fomentation have Tikсна, ruksa properties with intoxicating action. E.g. - Alcohol intake, Bakery items.

Dosha involved – Pitta and Rakta.

10. Kulatthamashanishevana (Excessive use of horse Gram and Black gram)

Kulattha has properties like laghu (Light), vidahi (Burning), kashaya rasa (Bitter taste), katupaka (Pungent) and ushnaverya (Hot potency). Excessive intake of kulattha causes dathukshaya. The black gram (Masa) has properties opposite to kulattha and has Madhura rasa, Madhura vipaka. Guru – snigdha gunas increases kapha and Dhatus.

Dosha involved – Tridosha prakopa.

11. Vega vinigraha (Suppression of 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.

Dosha involved – Tridosha prakopa.

12. Atisweda (Excessive sudation to eye)

Only Mrudu swedana (Mild fomentation) is advised in netrarogas. In diseases like timira (Cataract), swedana is

contraindicated. E.g - Coal mine workers, Glass factory workers, Cook working in restaurants, hotels.

Dosha involved - Pitta and Rakta

13. Dhoomanishvanath (Excessive exposure to smoke)

Excessive exposure to smoke and other pollutants causes irritation, foreign body sensation, epiphora etc in the eyes. E.g – Pollutants, smoke or ladies cooking food on woodfire.

Doshas involved – Vata and Pitta.

14. Chardhirvighatath (Suppressing the urge of vomiting)

Suppressing the urge of vomiting/ nausea causes strain in eyes.

Dosha involved – Vata

15. Vamanathiyogath (Excessive vama therapy)

Excessive vama therapy causes “Akshiorvyavruthi” (Protrusion of eye ball). Dosha involved - Vatavruddi, kapha and pitta kshaya.

16. Bhashpagrahath (Suppressing tears during grief)

Vitiated vayu obstructs the doshas to produce diseases in asruvahasrotas (Lacrimal apparatus).

Doshas involved – Vata and Kapha

17. Sukshmanireekshanath (Watching minute objects for longer duration)

It causes strain to ciliary muscles and lens. E.g.- Computer workers, tailors, continuous reading minute words, Dosha involved – Vata

DISCUSSION

Nidana explains the disease, so getting the nidana has its prime importance in diagnosing and treating the disease. Here its an effort to analyse netraroga nidanas explained by Acharya Sushruta, there are few more nidanas explained by different authors as well. By getting some knowledge about these nidanas a person gets some information about what the mistakes he is doing in his routine life style and he can consult the doctor and make changes. By following these nidanas 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 nidanas 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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