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Review Article

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Nidana and Chikitsa of Netrarogas w.s.r. to the role of Ayurveda Drugs

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Abstract

Shalaky Tantra is department of Ayurveda which deals with treatment of diseases located above the neck area. This branch works around diagnosis and treatment of the diseases of head, eyes, ears, nose and throat. *Shalaky Tantra* associated with *Urdhwangchikitsa* that offer treatment of *Indriyas*. This branch helps to cure diseases of eye and in this regards many herbs and classical Ayurveda formulations were advised for curing *Netrarogas*. The causative factors of eye diseases (*Netraroganidanas*) need to be avoided for preventing diseases of eye. Therefore the knowledge of causative factors is very important so one can avoid them. *Vataprakopa*, *Swapanaviparyaya*, *Diva swapn*, *Kaphaparakopa* and *Ratrijagarana*, etc. are major causes of *Netrarogas*. *Triphala Kashaya*, *Triphala churna*, *Amla* and *Shatavari*, etc. are natural drugs which offers health benefits in eye problems. Considering these aspects present article described *Nidana* and *Chikitsa* of *Netrarogas*.

Keywords: *Shalaky Tantra*, *Ayurveda*, *Netrarogas*, *Nidana*, *Chikitsa*

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1. Introduction

Shalakyatantra is branch of Ayurveda that deals with the area present above the neck. This branch described some diagnostic and therapeutic measures for curing diseases of head, eyes, ears, nose and throat. There are

many factors which are responsible for the diseases of area above the neck. (1-3) The avoidance of such type of causative factors helps to prevent such types of diseases. The some causative factors (*Nidana*) of *Netrarogas* are depicted in **Figure 1**.



Figure 1. Causative factors (*Nidana*) of *Netrarogas*

2. Causative factors of *Netrarogas* as per the modern science:

- ✓ Alcoholic beverages
- ✓ Suppression of natural urges
- ✓ Excessive sudation to eye
- ✓ Excessive exposure to smoke
- ✓ Suppressing the urge of vomiting
- ✓ Suppressing tears during grief
- ✓ Watching minute objects for longer duration

3. *Nidanas* of *Netrarogas*:

Dushnabitaptasyajalapraveshath means exposure to diversified climatic conditions; this may causes weakness in the eye muscles and also affects tissue integrity. The excessive hot or cold climatic condition leads vitiation of *Pitta Dosha* which further results diseases like *Abishyanda* and photo keratitis.

Doorekshanath means putting stress on eye may produces muscle distortion associated with vitiation of *Vata Dosha*, these all further leads conditions like Hypermetropia and presbyopia, etc.

Swapanaviparyaya means abnormal sleeping habits including *Diva-Swapna*, *Ratrijagarana* this condition along with *Kaphaprapakopa* may leads *Rukshatha* and *Netrasrava*.

Prasakthasamrodhana means continuous weeping (sorrow and shock) may causes stimulation of lacrimal secretions which may increase susceptibility towards the foreign body and microbial infections. In such types of condition the vitiation of *Vata Dosha* affects disease resistance power of lacrimal fluids.

Kopa and Shoka means excessive anger and grief causes *Dharaniyamanasikavega*, these *Manasikavega* affects equilibrium of *Doshas* and increases *Vayu* which further causes dilation of pupil and blurriness, vitiation of *Pitta Dosha* in such condition may causes haemorrhage and *vatajanetrarogas*.

Abhighaatha means trauma which can cause irritation and even loss to the eye or vision. The trauma or injury may lead partial and complete blindness. (3-7)

4. Symptoms of Eye Problems:

- Blurred vision
- Redness in eye
- Light sensitivity
- Red & watery eyes
- Reduced vision
- Itching and irritation in eye

5. Ayurveda formulation for *Netra Roga*:

✚ ***Bilvadi Yoga***

Bilvadi Yoga offers good effects in *Vataja Abhishyanda*. The major ingredients of formulation are *Bilva*, *Aralu*, *Patala*, *Agnimantha*, *Gambhari*, *Eranda* and *Brihati*, etc. which offers anti-inflammatory, antibacterial and *Vata Shamaka* effects. This drug can penetrate *Akshikosha Srotas*

and *Shira Srotas* thus relieves diseases associated with eye and head region. The *Vedana Sthapana* property helps in condition like *Vataja Abhishyanda*.

✚ ***Rasanjana Madhu Ashchyotana***

Rasanjana Madhu Ashchyotana is ***Rasanjana*** (extract of *Berberis aristata*) which is considered good for *Netra Abhishyanda*. This formulation improves symptoms of redness, edema, headache and burning sensation, etc. This formulation pacify vitiated *Dosha*, gives cooling effect, remove toxins, imparts antiseptic and antibacterial properties thus relieves conditions like *Netra Abhishyanda*.

✚ ***Triphala Kashaya and Triphala Churna***

Triphala powder with honey or ghee provides many health benefits for improving health of eyes. ***Triphala*** relieves *Pittaja* eye diseases. ***Triphala*** with sesame oil can be used for *Vataja* eye diseases and ***Triphala*** with honey can be used for *Kaphaja* eye diseases. ***Triphala kashaya*** improves strength of muscles of eye thus boost vision power. ***Amlaki*** present in ***Triphala*** act as a sources of vitamin C which helps to prevent cataract.

✚ ***Coriander*** possesses Vitamin B along with other nutrients, improves vision and offers health benefits if consumed with honey.

✚ ***Haritaki*** is considered good for the improvement of eyesight and rectification.

✚ ***Vibhitika*** boost up level of hemoglobin in blood and improves eye sight.

✚ ***Gotu Kola*** provides health benefits in dry eyes, it cleanses the passages of eyes when used in *Nasya* therapy through the nostril and helps to cure dry eyes.

✚ ***Chandana*** is good for dry eyes, it along with other remedies helps to treat irritation of eye and reduces dryness of eyes.

6. Diets for *Netra Roga*

Spinach is leafy vegetable that replenish body, offers antioxidants property, supply nutrients like vitamin A and C which helps to maintain health of eye.

Milk as a source of riboflavin prevents chances of cataracts; it is rich in vitamin A thus maintain health of eye.

Carrots as source of vitamin A improves vision power of eye and supply nutrients which are important for maintaining health of eye.

Citrus fruits like oranges and lemon are rich in vitamin B-12 and beta-carotene thus helps to maintain eyesight and boost strength of eye muscles.

Almonds contain Vitamin E that improves overall health of eye and prevent eye from degenerative disorders.

Madhu and ***Go-Ghrita*** considered good for dry eye and prevent strain of eye, imparts soothing effects and maintain antibacterial action of eye fluid. (7-10)

7. Conclusion

Shalaky Tantra is Ayurveda stream which offers diagnostic and therapeutic measures for relieving disorders of head, eyes, ears, nose and throat. *Shalaky Tantra* works for *Urdhwangchikitsa* and helps to improve health of *Indriyas*. This branch provides many approaches for managing diseases of eye (*Netrarogas*). These types of disease mainly occur due to the various types of causative factors including *Vataprakopa*, *Swapanaviparyaya*, *Diva swapn*, *Kaphaprakopa* and *Ratrijagarana*, etc. Blurred vision, redness in eye, light sensitivity, red & watery eyes, reduced vision, itching and irritation in eye, etc. are major symptoms of eye problems. Ayurveda drugs like *Triphala Kashaya*, *Amla*, *Shatavari*, *Bilva*, *Aralu*, *Patala*, *Agnimantha*, *Gambhari*, *Eranda*, *Brihati* and *Triphala churna*, etc. are drugs which provide health benefits in eye problems.

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Conflict of Interest

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