

A Review on Ayurvedic Approach to Age Related Changes in Netra

Dr. Chandana. P¹, Dr. Sushobhitha M¹, Dr. Kiran Kumar B. C²

¹Assistant Professor, Department of Shalakya Tantra,

SDM Institute of Ayurveda and Hospital, Bangalore, Karnataka, India

²Consultant Cardiologist, Department of Cardiology, Sparsh Hospital, Bangalore, Karnataka, India

ABSTRACT

Ageing changes occur in all the structures of the eye causing varied effects. An attempt to review the parameters of what is considered within the 'normal limits' of aging so as to be able to distinguish those conditions from true disease processes. Although the aging is unavoidable and is a natural phenomenon of life, Ayurveda has dedicated separate branch for aging changes and its management. Rate of aging is determined by one's biological, social, lifestyle, and psychological conditions and adversity of which leads to accelerated form of aging (Akalajajara or premature aging) which may cause some of the diseases like lids muscle weakness, increased or decreased lacrimal production, dryness in conjunctiva, thinning and pigment changes in sclera, raised intra ocular pressure, thinning and opacity of vitreous humor, increased thickness and opacification in lens, blood vessels changes in retina, less defined optic disc, lipofuscin deposits in macula and much more. An attempt is made to understand the treatment of such diseases with an Ayurvedic approach.

KEYWORDS: Netra roga, Jara, Ayurvedic approach

INTRODUCTION

Ageing changes occur in all the structures of the eye causing varied effects. An attempt to review the parameters of what is considered within the 'normal limits' of aging so as to be able to distinguish those conditions from true disease processes. An attempt is made to understand the age related changes in netra and its ayurvedic approach.

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SAMPRAPTHI OF JARA

In jara the dhatus will be in kshayavastha resulting in vatavidhi. It causes vishmagri. So the aharapachana does not occur properly leading to formation of ama. This ama results in dhatwagnimandya. So that the rasadidhatus does not get nourished properly leading to ojovikrithi. Due to which vyadikshamatva decreases and the person become more prone to diseases that is bahurogasambava.

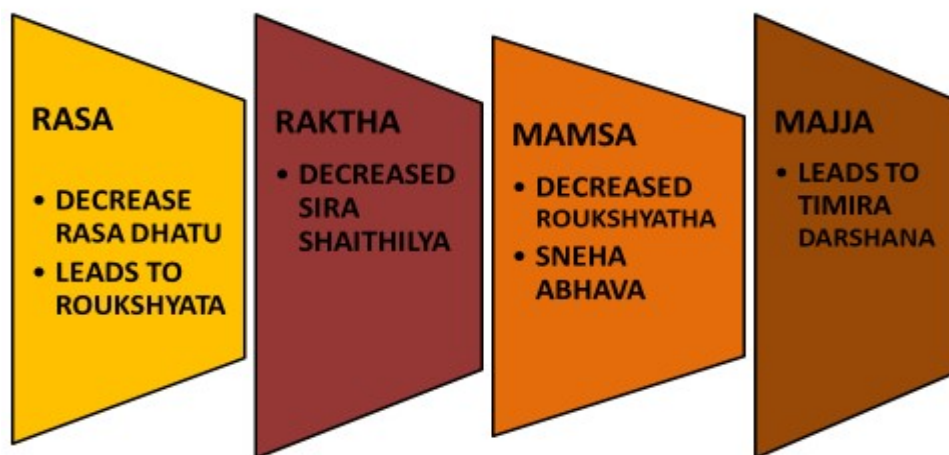
SAMPRAPTHI OF JARA



EFFECT OF JARA AND DHATU

The dhatukshayalakshanas can be also seen in akshi. In rasa and mamsakshaya there occurs roukshya. This roukshya is nothing but snehabava. Netra snigdhatha is mainly the function of medhodhathu. In rasakshyavastha the uttarotharadhatuvridhi does not occur. leads to medhodhatukshaya which results in roukshatha of netra. In majjadhatukshaya there occurs timiradarshana. Timira is considered as one among the vatajananatmajavyadhi. So this dhatukshayavastha causes vatavridhi owing to timiradarshana.

EFFECT OF JARA IN DHATHU



DOSHAS IN THE AGING OF EYES

Eye is the seat of alochaka pitta and tarpakakapha and all the physiological functions are regulated by vyanavayu. As the aging process increases, the diminution of tarpakakapha occurs resulting in the reduction of nourishment to all the dhatus in the eyes. This results in vatavridhi along with pitta dushti results in visual impairment.

DOSHAS IN THE AGING OF EYES

- EYE IS THE SITE OF



- DURING AGING



COMMON GERIATRIC DISEASES EYE LID

- **Ectropion** :-Eversion of lid margin due of loss of tone of orbicularis muscle is called as ectropion
- **Entropion**:-Inturning of lid margin degeneration of capsulopalpebral fascia and tissue weakening of orbicularis muscle is known as entropion

Line of treatment for ectropion and entropion:- Netra abhyanga, Sastikashalipindamrudusweda, Avagundana, Rasayana.

COMMON GERIATRIC DISEASES CONJUNCTIVA

- **Dry eye:** - Ageing leads to decrease in the secretions and decrease in the stability of tear film causing Dry eye

Line of treatment for dry eye: - Puranagrithapana, Swedana in the form of dhara, upanaha, sechana, Siramoksha, Anjana, Aschyothana, Snehabasthi, Snehavirechana.

COMMON GERIATRIC DISEASES CORNEA

- **XEROPHTHOLMIA:** - Vitamines A deficiency or defective absorption from the gut causes Structural changes in cornea leading to Lesion in the superficial layer of cornea called as Xerophthalmia

Line of treatment for xerophthalmia:-Rasayana, Snehana, Swedana, PrasadanaAnjana, Aschyothana, Snehabasthi, Shamanangasenhapaana.

- **ARCUS SENILIS:** -Annular LipidInfiltration in cornea in Periphery is known asArcus Senilis
- **Line of Treatment:** -SnehanaAnjana, SnehanaAschyothana, Rasayana

COMMON GERIATRIC DISEASES IRIS

- **IRIS ATROPHY:** - Depigmentation and Thinning of iris stroma is known asIris atrophy

LINE OF TREATMENT: -Rasayana, Snehanaanjana, Aschyothana, Tarpana, Putapaka

COMMON GERIATRIC DISEASESVITREOUS HUMOR

- **VITREOUS LIQUEFATION:** - Age related degeneration vitreous humor causes Viterious liquefaction leads to Synchysis

LINE OF TREATMENT: -Rasayana, Dincharya, Rithucharya.

COMMON GERIATRIC DISEASES AQUEOUS HUMOUR

- **GLAUCOMA:** - Thickening and sclerosis of tubecular meshwork Apposition of schlemm's canal causes Failure of aqueous outflow causes Decreased aqueous outflow leads Rise in intra ocular pressure leads to Glaucoma

LINE OF TREATMENT:- Purnagrithapana, Swedana in the form of dhara, upanaha, sechana, Siramoksha, Anjana, Aschyothana, Snehabasthi, Snigdhavirechana, Shamanangasnehapana with triphalaGritha.

COMMON GERIATRIC DISEASESLENS

- **CATARACT:** - Senility Causes Decreased Active pump mechanism and Reversal of Na⁺/K⁺ ratio causes Hydration of lens fibres and Denaturation of lens protein leads to cataract

LINE OF TREATMENT: - LekhanaAnjana, Shastra karma

COMMON GERIATRIC DISEASESRETINA

- **Age Related Macular Degeneration:** -sclerosis of the arteries deprives the sensitive retinal tissue further deprive oxygen and nutrient supply causes Functional thrive leads to Age related macular degeneration

LINE OF TREATMENT: -

- **DRY ARMD:** -Srotoshodhana, Rasayana, Udwarthana, Snehapana, NasyaAnjana, MoordhaTaila, Tarpana, Snehabasti.
- **WET ARMD:** -KaphaPittasamana, Srothoshodhana, Rasayana, Shirolepam, Shirodhara, Pratimarshanasya, Anjana, Tarpana.

CONCLUSION

Prevalence of eye disorders is increasing in present high- tech era. Adoption of modern lifestyle affected ocular health and brought miseries to human society. Ayurveda, the ancient medical gives a ray of hope to overcome these problems.A healthy lifestyle with proper maintance of daily regimen, dietary habit and avoidance of exposure to causative factors would be helpful towards better eye health. The impact of jara on the eyes are grave so prevention through proper shodhana, kriyakalpa, rasayana, pathyaapathya, yoga and pranayama plays an important role.

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