

A Review Literature on Nimesh W. S. R. Blepharospasm

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ABSTRACT:

The word Nimesh indicates excessive movement of eye lid. which occurs due to vitiated Vayu permeate Sira responsible for opening and closure of the lids, there will be frequent blinking movements. Nimesh can be correlate with the Blepharospasm on the basis of the sign, symptoms, complication, and prognosis. Blepharospasm is abnormal contraction or twitch of the eyelid. Because of some drugs can induce Blepharospasm, such as those used to treat Parkinson disease, as well as sensitivity to hormone treatments. Blepharospasm can also be a symptoms of acute withdrawal from benzodiazepine dependence. Prolong used of benzodiazepines can induce Blepharospasm. It can also come from abnormal functioning of the brain basal ganglia, simultaneous dry eye and dystonias such as meige syndrome, stress, anxiety, and fatigue are also known to cause Blepharospasm. It is need of hours to overcome this condition so that patient should live normal routine life. Nimesh mainly caused due to vitiation of Vata Dosha. though Sarpi panaand Netra Tarpan is useful acc. to acharyas. Also Nasya Karma any with Goghrita is effective. with this background present study has been intended to evaluate the combined efficacy of various treatment modality in the management of Blepharospasm.

Keywords: Nimesh, Blepharospasm, Nasya, Tarpan.

I. INTRODUCTION:

Nimesh Is one of the varmagatrogas. Total 21 varmagatrogas explained by Acharya Sushruta. Nimesh indicates the excessive movement of eye lid. This is cause due to the vitiation of the of Vata Dosa. When vitiated Vata enters in Nimesini Sira situated in the eye lids there will be excessive movement of the lid. Usually there will be acute pain in any Vata dominated disease. This is an exception, according to Acharya Vagbhata, Nimesh is a painless increased blinking due to the aggravated Vayu. It is correlated with the Blepharospasm. [1] Essential Blepharospasm is an uncommon but distressing idiopathic disorders that often present in the sixth decade. It is characterized by progressive bilateral involuntary spasm of

orbicularis oculi and upper facial muscles. In severe cases Blepharospasm may temporarily render the patient functionally blind. Common precipitants include stress and bright light with alleviation by relaxation and talking. It does not occur during sleep. Medical treatment with a great variety of drug has been reported to ameliorate specific type of Blepharospasm, but their efficacy is disappointing. Botulinum toxin injection afford relief in most patient by temporary paralysis of the injected muscles; typically, repeat injection are required every 3 months. Common but temporary adverse side effect include ptosis, lagophthalmos, dry eye and occasionally diplopia. Though Nimesh is a Asadya Vyadhi according to Ayurveda but this Ayurvedic line of treatment can be helpful for such type of condition. In this literary review an attempt has been made to summaries the correlation between Nimesh with special reference to Blepharospasm and to study its Ayurvedic treatment modalities as per classics.

Definition of Nimesh by various acharyas are

The word Nimesh indicates excessive movement of eye lid.

[2] ACC. To Acharya Sushruta When vitiated Vayu permeates Sira responsible for opening and closure of the lids, there will be frequent blinking movements. This disease is called as Nimesh.

[3] ACC. To Madhav Nidan The vitiated Vayu will enter the Nimesini Sira situated in Netra Sandhi, to increase the movement in a disease called as Nimesha.

Acc to caksusyena (madhukosh) The vitiated Vayu enters Nimesini Sira and permanently get seated in it to increase the lid movement in this incurable condition.

Usually there will be acute pain in any Vata dominated disease. This is an exception,

[4] according to Acharya Vagbhata, this is painless increase blinking due to the aggravated Vayu.

[5] According To Acharya Charaka Vyan Vayu is the inspirator of the eye lid movement. According to Atanka Darpana Vyan Vayu is responsible for such movement.

व्यानः निमेषादीक्रियः सदा (च.चि. २८/९)

In eyelids Basic Dosha or Sthanik Dosha is Kapha. So Kapha dominant structure is vitiated by Vata so function is not happening well. So we have to back the function of eyelids to its normal. Movement is the function of Vata. So Nimish is the Disorder of Vata consent with eyelids. Closing and opening of eyelids is relate to Vyan Vayu (उत्क्षेपनअपक्षेपणादिक्रिया is the function of Vyan Vayu) So is there is vitiation of Vyan Vayu, it will affect the normal functioning of movement of eyelids.

[6]Nidan:

Nimesh is caused by vitiation of vata dosha. there are two types of nidanas, one is general i.e. vata vitiating nidanas and visheshnidanas that affect Netra specifically.

Ushnabhitaptasyajalapraveaha-Immersing in cold water immediately after Getting exposure to heat or sun a fine balance is maintained between ushna and sheeta in the eye. Any deviation to this will produce abhisyaanda this sirobhisyaanda may lead to netrasyaanda.

Durekshanat: looking at very distant objects for a long duration. This comes under both Atiyoga and Mithyayoga of the eye.

Swapnaviparyay: Abnormal sleeping habits like day sleep (diwa swap) and alert at night (Nishi jagrana). Vigil during night will increase rukshata and sleep during day time causes snigdghata in excess.

PrasaktaSanrodana: Continuous weeping for several days: Weeping is associated with tears disturbing asrumargas.

Kop-Shok: anger and grief: these mental conditions will impact the equilibrium of doshas as kopa (anger) increase pitta and soka (grief) increases Vayu.

Klesha: pain, anguish, distress, trouble.

Abhigat: Trauma: many eye diseases are produced due to injuries to the eye and neighbouring structures.

Atimaithun: excessive sex results in the reduction of body tissues. The indriyas derive their nutrition from body tissues and eye will be deprived of this nourishment.

Shukta-arnalnishevanat: Alcoholic Brewer ages: shukta, and aranala are produced by fermentation. They have Tikshna, ruksha properties with intoxicating action. Most of the sour food items are harmful to the eyes.

Kulatthamasha: the horse gram has the properties like laghu, vidahi, katupaka, and ushnavirya; it

reduce body tissues. The black gram has properties opposite to kulatha and Madhur rasa, Madhur vipak, guru, snigdha gunas increase kapha and dhatus. **Sweda:** Excessive sudation to eye: swedan is contraindicated for the patients suffering from timira. It may also produce pittaja and raktaja diseases.

Dhoomanishevan: Excessive exposure to smoke and other pollutants.

Chardivighat/vamanatiyoga: suppressing of the urge to vomit or indulging in excessive vaman therapy skin diseases are produced due to the suppression of nausea which may extend to the eyes. The excessive vaman can even cause the expulsion of eyeball. vaman karma is strictly contraindicated in the timir disease.

Bashpagraha: suppressing the tears during grief: vitiated vayu obstructs the doshas to produce disease in asruvahastrotas.

Sukshma nirikshana: watching minute objects for long duration.

Other triggering factor for Nimesh are- Exposure to dust and smoke, Infection,

Mental stress, Lack of sleep or wrong hours of sleep, Prolong constipation, Use of refrigerated food stuffs, Tobacco and side effects of some modern medicine.

[7]Samprapti: Due to the above causative factor, there is vitiated Dosha specifically Vyan Vayu, which is move through the Netranadi i.e. Nimishini Sira and accumulated in eyelids which causes involuntary blinking of eyelids, this condition is known as Nimesha.

Sampraptighatak:

dosha -vata specifically vyanvayu

udbhavsthana- nimishinisira

Adhithana – vartma

[8]Lakshana :

Chalaytiavartmani (excess movement of eyelids)

Nimeshounmeshanahmuhumu (repeated closure and opening of eyelids)

Aruk/pidarahitam (painless condition of eyelids)

AYURVEDIC MANAGEMENT:

Chikitsa is done according to predominant vitiated dosha. In case of predominant of vata, vatahara treatment is used.

Snehapana: it is ingestion of Sneha. [9]Gogrita, yashtimadhugrita, jivantyadigrita are used.

Abhyanga: It is detoxifying and therapeutic cellular therapy that uses warm oil to enter deeply into the cells and remove vitiated Dosha. It prevents Vata aggravation, exertion, body nourishment and

promotes sleep. Tail used for abhyanga are Tila tail, dashmoola tail etc.

[10]Basti: It is called Ardhachikitsa. Classically Basti is advocated to be administered in diseases of Vata Dosha predominance. Drug administered in Basti reaches upto Nabi Pradesha, Kati, Parshwa and Kukshi region then due to the Veerya of the Basti Dravyas churns the vitiated Dosha, spreads the oleation all over the body and churned Doshas remove them from there location and vitiated Dosha eventually eliminated along with Purisha. Dashmoola tail basti, dashmoolkadha basti, tila tail basti is used.

Nasya: In Nasya Aushadhi riches to brain via nasal root and acts on higher center of brain controlling different neurological, endocrinal and circulatory function and thus showing local as well as systemic effect. The nose is the door to consciousness and the pathway to our brain this treatment beneficial to not only the nose but also cleanses Urdhvanga also helps in Vata, lower the anxiety, insomnia and nourished all Indriyas.

Specifically Bruhan Nasya are indicated in Nimesh because there is aggravation of Vata dosha and Bruhan Nasya are indicated in Vata disorders, anxiety, and insomnia etc. anu tail, Goghrita etc are used.

Tarpana: The drug used in Tarpana procedure is the combination of Ghrita and decoction of medicine, hence the drug can easily cross the corneal epithelium and endothelium. Also due to more contact time the active component of drug used in Tarpana will be absorb. It enters deeper layers of Dhatus and cleans every minute part.

Also it helps to nourish eyes, increase blood circulation to the affected, get rid of Dosha imbalances, strengthens the muscles in the area and helps to improve eyesight. it is an excellent soothing, relaxing eye treatment to rejuvenate eyes and surrounding tissues. Triphalagrita, mahatriphalagrita, jivantyadigrita are used.

Shirodhara: Shirodhara specifically advice in Vata Dosha aggravation because it cause insomnia anxiety stress pain etc. It also having relaxing Soothing and calming effect on the body and. It helps to improve sleep quality manage insomnia lessen anxiety and reduce the stress.

Rasayana: Rasayana is an Ayurvedic rejuvenation therapy which helps in maintenance and promotion of health. It boosts the immune system and keeping away from diseases and prevent against ill effects. Rasayana brings about the normalcy of Rasa Dhatu and thereby maintain other Dhatus in equilibrium for a longer period.

Pathya apathya: patient need to use of Garlic, Ajwain, Hinga will helps to control the symptoms and cold food items, staple food, wrong timing of food and sleep, fast food, tobacco, alcohol, mental frustration, and working on computer screen for longer hours will aggravate with the symptom and should be discourage.

II. CONCLUSION:

Ayurveda gives careful consideration on staying away from the component causing disease state.

In Ayurveda preventive practice are promoted as effective measure for maintenance of visual health and the prevention of ocular disorders.

In modern science therapies and treatments available for Blepharospasm are botulin toxin are not satisfactory and much expensive treatment and having various side effect.

In Ayurveda Nimesh is correlate with Blepharospasm in symptomatology.

Ayurvedic panchakarma therapies like Snehan, Swedan, Basti, and Kriyakalpa therapies like Nasya, Tarpan, Shirodhara, and Rasayan therapy can help to regulate vitiated Doshas and provide nourishment and strength to ocular tissue.

Ayurvedic therapies have minimal side effects. so that Snehan, Swedan, Basti, Tarpan, Shirodhara etc procedure is helpful in management of Nimesh.

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