

## The Impact Of Yoga Practices On Ocular Health And NetraRoga : A Review

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**ABSTRACT:** Ayurveda is one of the greatest gift to mankind. Ayurveda divided into 8 Branches, among this Shalakyatantra is one of the important branch. Eye is the most precious organ of the body. Ayurveda has given utmost importance to eye as an organ by quoting.

"SarvedriyaanamNayanamPradhaanam, So it is duty of every person to take care of his eyes.

In todays digital world,eyes are constantly exposed to screens,artificiallighting,and environmental stressors.This can lead to eye strain,dryness,blurred vision and other discomforts.While regular eye check-ups and a balanced diet are essential for maintaining eye health,Yoga can play a vital role in reducing eye fatigue and improving overall vision. Yoga for the eyes involves a series of gentle exercises that enhance blood circulation, relax eye muscles, and help reduce tension. In Ayurveda for prevention of Netrarogas Drug therapy and Non drug therapy is described. Non Drug therapy includes Yoga i.e. **Pranayam, Mudra, Aasanas, Shatkarmas like Trataka** which are helpful to prevent various eye diseases, helpful to provide strength to eyes and improvement of vision to some extent.These practices not only refresh your eyes but may also delay the onset of age-related vision problems.

**KEYWORDS:** Netraroga,Pranayam, Mudra, Aasanas, Shatkarmas

### I. INTRODUCTION:

Ayurveda, the ancient system of natural healing, originated in India and is considered one of the world's oldest medical sciences. Eye is an delicate sensory organ of our body.Now a days due to fast lifestyle and use of gadgets diseases of eye increasing.So most of the research in modern ophthalmology is going on developing surgical

techniques for every eye disease which is very costly and beyond the reach of common man.In Such a situations normal functions of eye maintained properly with proper diet and Non drug therapies like Yoga, Pranayama, Mudra, Aasana and Trataka, it can be helpful to prevent many eye diseases. It provide strength to the eyes and also improve vision to some extent.

**AIM & OBJECTIVES:** To access the impact of Yoga practices on ocular health and netraroga

**Yoga:** Yoga therapy may be defined as the application of yogic principles to a particular person with the objective of achieving a particular spiritual, Psychological or Physiological goal. Potential benefits from Yoga therapy includes stress reduction, Psychological well-being, Improved diet, and efficient functioning of bodily systems. Yoga therapy includes the educational teachings of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi.

**Pranayama:** Of the many benefits that pranayama has on the body, improving eyesight is one of them. Bhramari Pranayama<sup>(1)</sup>It involves imitating a humming bee, has positive effects on the eyes. The vibrations created in the body during pranayama help nourish the muscles of the eyes, among others. All kinds of pranayama benefit the eyes as they relax them and reduce the strain.

**Mudra<sup>(2)</sup>:**A Mudra Means seal, mark and gesture.

Defination- A mudra is a spiritual gesture, on energetic seal of authenticity employed in iconography and spiritual practice of Indian religions. In Yoga, Mudras are used in conjunction with pranayama, generally seated in Padmasana Sukhasana, or Vajrasana, to stimulate parts of body

involve with breathing and to affect the flow of Prana in the body.

**Vaayu Mudra:** Place thumb down index finger and keep all remaining three fingers comfortably straight. Do this 3 times a day before meals for 15 minutes to release Vayu from eyelids.

Uses- For eradicating feeling of heaviness in eyes and to prevent madarosis, useful for Eyelid problems.

**Prithvi Mudra** - Place the tip of the ring finger on the top of the tip of the thumb. – Sit straight with knees folded and palms started out on knees and practice this mudra facing east for atleast 10 min thrice a day.

Uses-To release the strain over eyes simultaneously prevent the degenerative conditions like presbyopia,cataract.

**Varuna Mudra-** Join your little finger to the tip of your thumb, keep others fingers comfortably straight. Sit in Dhyana posture and practice mudra without stretched palms placed on knees for 10-15 min, thrice a day.

Uses- It removes vitiated air from eye and gives relief from burning sensation and Dry eyes

**Jalodhara Nasa Mudra-** Place thumb down on little finger and keep all remaining 3 fingers comfortably straight. Practice this mudra 2-3 times a day atleast 15 min per session

Uses-useful in lacrimation, dry eye syndrome and digital eye strain

**Dhyaan Mudra-** The thumb and index finger are brought together gently while all the other fingers remain upright. Practice this in sitting posture as for above mudras for 15 min, thrice a day.

Uses- Due to over exposure to lights, pollution, television screens, and computers monitors in dark rooms, so retina becomes weak and people lose eye sight at young stage. So it is useful in retinopathy,maculopathy and prevents the eye strain.

**Prana mudra-**Touch the tip of little finger and ring finger to tip of the thumb. Rest 2 fingers comfortable straight.

Uses- Prana mudra activates life by activating dormant energy inside our body helps in diminished vision and improves sleep.

**Aasana**<sup>(3)</sup>

**Shirsasan( Headstand)-** Shirsasan involves a person to stand on their head with their feet pointed upwards. This inverted position, increases the flow of oxygenated blood directly to the brain and eyes, of course. Is this yoga for eyes, there is an indication helps in preventing macular degradation and other eyes disorders resulting in improved vision. This is one must try yoga for eyesight.

**Sinhasan(Lion pose)** - It requires the person to sit either in Padmasana and place their hands in front of their ankles. In this type of yoga for eyes, the body is leaned forward with the hip raised and the weight of the body is supported on the hands and knees. 1. The tongue is stuck out and stretched, the eyes are widened as much as possible. 2. This stretches the muscles of the face and helps the skin remain firm and prevents sagging. The widened eyes have their muscles stretched, which helps exercise them in a way that doesn't occur in normal day to day routine and keeps them functioning better.

**Shavasana-**Easiest to perform but most difficult to achieve effective form of yoga for eyes. Person is required to lie down on his back and relax the entire body focusing his attention on breathing without falling asleep. This helps relax all the muscles of body including eyes. After a busy day helps reduce the strain on the mind, body and the eyes.

**Shatakarma** : Shat' means six and "karma implies Action. It consists of the six purificatory procedures. It should be practiced when Medas and Kapha were in excess. Shatakarma includes 6 cleansing processes. 1) Dhauti 2) Basti 3) Neti 4) Trataka 5) Nauti 6) Kapalbhati.

**Kapalbhati** - Kapalbhati is one of shatkarmas i.e. yogic purification technique. Kapalbhati involves specific breathing pattern. It dries up all the disorders arising from the excess of kapha. Acharya Charaka says that kapha is pradhan dosha which irritates eyes or causing eye diseases<sup>(4)</sup>. Kapalbhati increases the blood supply to urdhwajatrugata organs. It also releases the srotorodha and decreases the kapha. Hence kapalbhati helps eyes as it increases oxygen supply

and nutrition to the eyes, it increases elimination of vitiated doshas, & prevents eyes from kaphaja disorders. - According to Yogic Literature, Hatha Yoga Pradipika, GhairandaSamhita Kapalbhathi is Kaphahara in nature. It protects eye from KaphajaVikara<sup>(5,6,7)</sup>

**Procedure-** Technique of kapalbhathi is to Sit in a comfortable meditation Asana. The head and spine should be straight with the hands resting on the knees in jnana mudra. - Close the eyes and relax the whole body. Exhale through both nostrils with a forceful contraction of the abdominal muscles. The following inhalation should take place passively by allowing the abdominal muscles to relax. Inhalation should be due to effortless spontaneous recoil of the abdominal muscles.

**Trataka-**Means to Gaze. There are three types of Trataka<sup>(8)</sup>

1. AntarTrataka 2. Madhya Trataka 3. BahyaTrataka

1. AantarTrataka- In this Trataka, concentrate in between two eyebrows or heart, navel or any other such internal organ with closed eyes.

2. Madhya Trataka - In this Trataka, concentrate on Bhrumadhaya (between two Eyebrows) or Nasagra (tip of Nose) or any near object made of metal or stone even on Om written on paper, or single dot in black colour, with open eyes.

3. BahyaTrataka- In this Trataka, concentrate on the distant object like moon rising sun or planets.

**Benefits of Trataka<sup>(9)</sup>**-Trataka vitalizes vision by accelerating blood circulation in and around the area of the eyes, By directing the gaze at the eyebrows center, the olfactory nerves and the optic nerves are stimulated, as a result the central and autonomic systems are awakened. There is a close relationship between the mind and vision, thus Trataka not only maintains the physical health of eyes but also helps in controlling the mind. It causes soothing effect on the cranial nerves, thus enabling the mind to become one-pointed.

## II. DISCUSSION:

Many of Yogic poses like Yoga, Aasana, Pranayama etc. are aimed at in improving the functioning of specific organ of our body. A lot of eye problem in later life are due to a loss of tone in the eye muscles. These muscles become rigid and this loss of elasticity reduces the ability of the lens of the eye to focus at different distances. It also causes the eyesight to become weaker. Secondly,

any eye stress present will tend to produce a general feeling of tension, due to eye's connection to the brain via the optic nerve. This eye tension produces an increase in the nerve impulses in the eye muscles. This increase in nerve impulses travels along the optic nerve and bombard the brain, causing a general feeling of tension and anxiety. These non-drug therapies (**Asana, Pranayama, Mudra, Kapalbhathi, Trataka**.) reduce the tension in eye muscles, as well as reduce general tension. They also tone the eye muscles up and keep them elastic. Thus, they improve functioning of the eyes and help to overcome various eye related problems and also useful in prevention of other diseases and delaying the aging process.

## III. CONCLUSION

In Literature, it is mentioned that nondrug therapies like Yoga, Mudra, Pranayama, Aasana&Trataka are much effective in Netraroga as it helps in maintaining the normal functions of eye. Along with a healthy diet and regular exercise, these therapies will help in protecting vision from the stresses of light, tension and environmental toxins. So, practicing these therapies regularly can go a long way in facilitating the normal functioning of eyes. In this paper an attempt has been done to access Yoga, Mudra, Pranayama, Aasana&Trataka which can be used as a part of Chikitsa (treatment) in Netrarogas as well as in the prevention of eye diseases which can occur in later stage of life.

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