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## A Dual Approach To Ocular Asthenopia: Ayurvedic And Conventional Treatments''

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### ABSTRACT

Ocular asthenopia, commonly known as eye strain, has emerged as a significant concern in the digital age. The increasing reliance on digital devices has led to a surge in the prevalence of eye strain, affecting individuals' productivity, quality of life, and overall well-being. This issue has become even more pronounced since the COVID-19 pandemic, which further accelerated the widespread use of digital technology. As this trend continues, the incidence of ocular asthenopia is expected to rise, making it an urgent public health issue. Both *Ayurvedic* and conventional approaches provide valuable strategies for managing this condition. While conventional care offers immediate relief and effective symptomatic management, *Ayurvedic* practices offer a holistic approach to address the underlying causes of eye strain. Continued research and collaboration between these two paradigms present an opportunity to enhance treatment options and improve the quality of life for individuals affected by ocular asthenopia.

**Keyword :** Ocular Asthenopia, *Timira*, Digital Eye Strain

### INTRODUCTION

Ocular asthenopia characterized by discomfort, fatigue in the eyes, that arises from prolonged visual task such as reading for hours, working on digital devices or other activities requiring intense focus. Other causes like insufficient or excessive, glaring light can force eyes to work harder to see clearly causing strain, uncorrected refractive error, wearing outdated or poorly fitted glasses, poor posture while reading or performing close task, general physical & mental fatigue can contribute to eye strain. After covid 19 use of digital devices increased for multiple task like online classes, webinar, online shopping & use of social media. Similiar clinical features has been mentioned by *Acharya Sushruta* in *Drishtigata Rogas* mainly under *Dwitiya Patalgat Timira*

.According to *Acharya Sushruta*, there are 12 *Drishtigat Rogas*<sup>1</sup> (eye diseases), whereas *Vagbhata* categorizes a total of 27 such conditions<sup>2</sup>.

## MATERIALS AND METHODS

Study classical *Ayurvedic* texts, such as the *Sushruta Samhita*, *Ashtanga Hridaya*, *Charak Samhita*, *Hatha Yoga Pradeepika* alongside modern textbooks and clinical researches like Amal S Chandra et al A pilot study to assess the efficacy of mud eye pack in asthenopia , Monika jangra et al maintenance of ocular health by *Ayurveda* done on asthenopia so far in *Ayurveda, Yoga* and complementary medicine.

## ANALYSIS

Anomalies in ocular motility often lead to asthenopia, which is characterized by weakness or fatigue in the eyes, typically after prolonged near work. However, it can also occur following extended periods of distance viewing, such as watching a film or television. This condition is commonly observed in patients with convergence insufficiency, phorias, or other imbalances in the extraocular muscles, as well as in those with uncorrected refractive errors or incorrect refractive corrections, particularly for astigmatism, or early presbyopia. Symptoms typically include aching or burning sensations in the eyes, heaviness of the eyelids, and headaches.

This condition is sometimes accompanied by complaints of blurred vision or double vision after reading for about 20-30 minutes. The latter symptom is more specifically associated with convergence insufficiency<sup>3</sup>.

In all the causes of ocular asthenopia the accommodation process of eye and convergence affected.

In modern ophthalmology asthenopia is treated through methods such as refraction & ocular exercises designed to relax the extraocular & intraocular eye muscles.

similarly in *Ayurveda* & *Yoga* treatment like *Netrakriyakalpas* [*Ayurvedic* eye care therapies], *Dincharya* [Daily regimen] , *Tratak yoga* [*Ayurvedic* practice involving focused gazing on a fixed point or object to improve concentration , strengthen the eye muscles & reduce eye strain , *Nasya* [procedure in which medicated oil are applied through the nostril]

## YOGA

Yogic practices help reduce eyestrain and also strengthen the stamina of the eye muscles. Specifically, *Shatkriyas* such as *Trataka* and *Netikriyas* (including *Jalneti*, *Sutraneti*, *Rubberneti*, *Ksheerneti*, etc.) are beneficial in enhancing and stabilizing vision, thereby maintaining ocular health.<sup>4</sup> Yoga practices like **Trataka** (gazing at a fixed point) improve accommodation power and serve as preventive measures for maintaining good vision<sup>5</sup>.

## NASYA

It is the most popular procedure for managing *Urdhavajatrugata Vikaras*. The instillation of medicated oil or ghee drops into the nostrils is known as *Nasya*. *Abhijeet Taila Pratimarsha Nasya* has shown effective results in a clinical trial on CVS.<sup>6</sup>

## DINCHARYA

The *Ayurvedic Dincharya* (daily regimen) for maintaining optimal eye health includes practices such as *Netra Prakshalan* (eye wash) and *Anjana* (application of collyrium). These practices are designed to cleanse, nourish, and protect the eyes, promoting overall eye health and reducing strain.

### Do's

- Following daily regimen ( *Padabhyang, Anjana , Netra prakshalan* )
- Ocular exercise ( *Tratak ,sunning ,Palming* etc.)
- Follow ergonomic
- *Netra kriyakalpas* ( *Tarpan ,vidalaka* etc.)

### Don't

- ❖ Excessive use of digital devices ( *bhrishbhasvarchal* )
- ❖ Excessive near work( *sukshma Nirikshnat* )
- ❖ Irregular sleeping pattern( *sawpana viparyach* )
- ❖ Stress ( *Shoka* )

## DISCUSSION

To reduce the incidence of Digital Eye Strain, adopting *Ayurvedic* modalities that promote ocular health is essential, as these practices are effective treatment options in combating the condition. *Ayurvedic* modalities that promote ocular health, such as eye wash, collyrium, foot massage, *Kriyakalpa*, *Pranayama*, and *Yoga*, along with eye-rejuvenating herbs, can significantly help in reducing the effects of excessive screen exposure on the eyes. Both *Ayurvedic* and conventional approaches offer unique insights and strategies for managing ocular asthenopia. While conventional care provides immediate relief and effective symptomatic management, *Ayurveda* offers a deeper, more holistic approach to eye health by addressing the root cause of the condition. By integrating both systems, person can experience more comprehensive care that targets both short-term symptoms and long-term prevention as. Continued research and collaboration between these two paradigms hold the potential for improving the quality of life for individuals affected by ocular asthenopia.

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