Role of Rasayana, Kriyakalpa, SwasthavrittaVichara on Geriatric Ophthalmology- A Conceptual Study

Kishor Madhukar Yadav* and A.P. Vaijwade

1,2Dept. of Shalakyatantra (Netrarog) G.A.C.H. Nanded Maharashtra, India

Abstract

Aging is the process of physiological, psychological and social change in multidimensional aspects. The eye is also involved with various ailments leading to the manifestations of different types of ocular diseases in old age. Among them important diseases are presbyopia, glaucoma, cataract, retinopathy i.e., ARMD etc. According to the Ayurvedic concepts the pathological lesions in old age are swabhavjanyavyadhis. It is hard to cure them entirely. So it is intended to delay the aging process. In the middle age Acharya’s recommended to start rasayana therapy as it enhanced the physiological processes & immunological status. It provides optimum nourishment to dhatus and thereby provides indriyabala. Rasayana can stabilise the aging process, increase the longevity and increase physical as well as mental strength by destroying the disease process. It becomes more effective if it is preceded with suitable panchakarma. The basic concepts such as chakshushya – which is major contribution of our science, can play role in preventing such changes among ocular components.

As the geriatric problems are not attributed to a single cause, the treatment should be planned according to the stage of disease and involved dosha. On the basis of that we are treating the disease by applying classical ayurvedic measures along with kriyakalpas. Intake of rasayana in middle age followed by panchakarma, adopting dinacharya, administration of medication in early stage of disease are helpful in arresting the senile ocular conditions.

Keywords

Geriatric ophthalmology, Dinacharya, Rasayana, Old age diseases & its prevention

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INTRODUCTION
Care of eye in old age alone will not prevent all the ocular diseases. Eye care should be started in the younger age itself; age-related changes in the eye are swabhavjanya vyadhis. Geriatric diseases are hard to cure completely. It is also the biggest challenge to modern science. Independent of doshik status triphala is advisable to all patients with diminished vision, along with madhu and ghrita in asamanmatra which acts as rasayana. Acharya also advised different methods of administration of triphala. By delaying the process of ageing using rasayanas in association with ophthalmic procedures will help a lot.

AIMS AND OBJECTIVES
To study the role of rasayana, kriyakalpa, swasthavrittavichara on Geriatric Ophthalmology

DISCUSSION
Eye care
As we know that eye is the most important sense organ in our body. Acharyas mentioned so many procedures and precautions for the protection of eye. There is no special care mentioned for old age eye disorders.

If we follow the daily regimens and treatment modalities, there is no need for special eye care in old age.

Dinacharya and Aushadhi :
Anjana, Abhyanga, snana, kayasodhana, sirosodhana, raktamokshan, nasya, puranghrita, triphala, satavari, patol.

Aharas & Viharas :
Jangalamansam, birdsmeat, amalki, draksha, dadima, saindhav, nirgundipatra, jeevantipatra, sigrupatra, tandul etc. Padapooja, seka, udwartana, lepana, abhyanga, dhavana.

Apathyas :
Divaswapna, nisajagaran, vidahivishtambhibhojan, vegarodhana, ajeerna, adyasana, soka, krodha.

AVOID THE NIDANAS
According to Sushrutacharya:-
Immediately after getting exposed to heat or sun avoid immersing in cold water, looking at very distant objects for long duration, irregular sleeping habits, continuous weeping for several days, anger and grief, distress, trauma i.e., abhighata, atimaithun i.e. excessive sex results in the reduction of body tissues (dhatukshya), excessive intake of alcoholic breweries, the horse gram (kulath) and black gram (masa), suppression of urges (vegavinigraha), excessive to sudation to eye (swed), excessive exposed to
smoke and other pollutants (dhoomnishevan), obstructed vomiting, excessive emesis, suppression of tears and looking minute objects for long duration⁴.

**Bhavaprakasha :-**
Avoid exposure to dust and smoke, travelling very fast, abnormal climatic changes, exposure of head to excessive heat.

**Yoga Ratnakara :-**
Excessive intake of liquid, alcoholism.

**AcharyaVidheh :-**
Bites of insects etc, contact of toxic material, visualising illuminated objects like sun, fire, moon, planets, stars etc when the eye is tired, seeing continuously the moving objects⁵.

All causative factors can be summarised as diet, regimen, agantuj i.e. trauma etc.

**Netrarogas**
Sushrutacharyamentioned the 76 diseases⁶ and 94 by Vagbhatacharya, none of them is mentioned as the diseases of old age. All the diseases can occur in old age as well as in the younger age due to apathy aharaviharsevana and not following the daily regimes advised for the nayanendriya.

**Old age netrarogas:-**
Klishtavartma, Kruchronmeelana, Nimesha, Vathahathavartma, Pashmoparodha, Puyalasa,Pishtaka, Arma, Timira, Dhoodmarsh, Adimantha, Sushkashipaka.

**Age related eye diseases**:-Glucoma, Cataract, ARMD, Diabetic retinopathy etc.

**Etiological factors**:- Deficiency of Vit. A, C, E, exposure to sunlight, U.V rays and radiation, Smoking, ophthalmic complication of systemic diseases

**For prevention of age related eye diseases**:-Vitamin A, C, E, dietary antioxidants which are rich in carotenoids, Fresh fruits and vegetables.

**FOR EYE CARE IN OLD AGE⁷**
According to Ayurveda, disease should be treated in following way- first find out the prakruti of the patient. Find out the doshic dominance in eye. Assess the age related changes already present and find out which structure of the eye is affected.

**Anjana⁸ & pratimarshanasya:**-It is having special significance in preventing the age related eye diseases.

**Abhyanga:**-Advised for drishtiprasadan, especially advised to apply to shira and pada.

**Tarpan⁹:**- Advised in swasthavyakti, vata and pitta predominant diseases, after sodhana and nasyakarma

**Putapak:**- Advised after tarpan karma.

**Dhoompan:**- Advised to avoid the kaphavatavikaras of urdhwanga, advised as
paschatkarma after nasya, anjana, putapaka, tarpan karma.

**Gandoosha:** Advised for patient having age above 5 years. *Tilatalacan* can be used for this procedure.

**Mukhalep:** Advised to restore the power of vision only in day time. Remove the medicine before drying.

**Sirolepa:** Advised in shiroragas, shirokapaloragas, netrarogas.

**Moordhataila:** Advised for indriyaprasadan, evening is ideal time for moordhatalas especially sirodhara, pichu and sirobasti.

**Raktamokshan for eyecare:** *Jalaukavacharan, siravyadha.*

**Management of old age eye diseases:** It is depending upon the predominance of dosha, the structures affected. Select the best suitable kriyakramaor sasthraanusasthrafarma at right time.

**Probable treatment methods for eye care in old age**
First ocular manifestation for aging is presbyopia, due to ageing the lens is incapable of increasing its diameter and curvature to focus the near objects.

**Presbyopia:** *Abhyanga* with *ksheerasarpis* and *mru dusweda* over the eye lids, *pratimarthanasaya* with *ksheeralatalataila,* shiroabhnyangwith *ksheerabalatalaila,* tarpan with jeevaneeeyaganaghrita.

**Timira:** Degenerative changes in the lens and the retina are very common along with the aging process, it can be delayed by various treatment methods.

**Abhishyandhas:** Inflammatory or congestive condition of different parts of the eye can occur due to apathy aharaviharas or due to other systemic diseases.

**Senile weakness of muscle:** *Snehana-vidaryadighrita, nasya - ksheerabala, moordhatala –ksheerabala tail, tarpana – jeevaneeeyaganaghritatarpan.

**Dry eye:** Dry and lusterless condition of the conjunctiva and cornea are seen more nowadays due to increased use of computer and exposure to dust, wind, sunlight etc. it can be prevented by- *snehana, virechana, nasya, anjana, tarpan karma.*

**Normal eyes in old age**
*Anjana with souveeranjana and rasanjana, pratimarthanasaya with anu tail or jeevantyadinasaya tail, Siroabhyangawith thrphalaladi tail, thrphalaghrta with varachoor and madhu.*

**CONCLUSION**
Follow the *dinacharya, ritucharya*, and follow the standards mention in *Samhita* about *ahara* and *vihara*, *panchakarmacikitsa, rasayanachikitsa* and *netrakriyakramas* advised for *swastha*, which will not only reduce the ocular diseases but also delays the age related ocular changes.

*Anjana, pratimarshanasya* and *murdhatail* are having key importance in preventing age related ocular changes. *Chaksusya-rasayana* approach represents an alternative measure to age related ophthalmic conditions.
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