

### Role of *Rasayana*, *Kriyakalpa*, *Swasthavritta Vichara* on Geriatric Ophthalmology- A Conceptual Study

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#### 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*<sup>1</sup>. 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.*<sup>2</sup>

### *Apathyas* :-

*Divaswapna, nisajagaran, vidahivishtambhibhojan, vegarodhana, ajeerna, adyasana, soka, krodha.*<sup>3</sup>

## 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, atimaitun* i.e. excessive sex results in the reduction of body tissues (*dhatukshya*), excessive intake of alcoholic beverages, 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 duration<sup>4</sup>.

***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 objects<sup>5</sup>.

All causative factors can be summarised as diet, regimen, *agantuj* i.e. traumaetc.

***Netrarogas***

*Sushrutacharya* mentioned the 76 diseases<sup>6</sup> 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, Dhoomdarshi, Adimantha, Sushkashipaka.*

**Age related eye diseases:** -Glaucoma, 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 AGE<sup>7</sup>**

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.

***Anjana<sup>8</sup> & 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*.

***Tarpan<sup>9</sup>:-*** Advised in *swasthavyakti*, *vata* and *pitta* predominant diseases, after *sodhana* and *nasyakarma*

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

***Dhoomapan:-*** 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. *Tilatailaca* 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 *shirorogas*, *shirokapalarogas*, *netrarogas*.

**Moordhataila:-**Advised for *indriyaprasadan*, evening is ideal time for *moordhatailas* 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 *kriyakrama* or *sasthraanusasthra karma* 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 *mrudusweda* over the eye lids, *pratimarshanasya* with *ksheerabalataila*,

*shiroabhyangawith* *ksheerabalataila*, *tarpanwith* *jeevaneeyaganaghrita*.

**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*, *moordhataila* -*ksheerabala tail*, *tarpana* - *jeevaneeyaganaghritatarpan*.

**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*, *pratimarshanasya* with *anu tail* or *jeevantyadinasya tail*, *Siroabhyangawith* *thriphaladi tail*, *thriphalaghrita* with *varachoorna* and *madhu*.

**CONCLUSION**

Follow the *dinacharya*, *ritucharya*, and follow the standards mention in *Samhita* about *ahara* and *vihara*, *panchakarmachikitsa*, *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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