



**CSMSS AYURVED MAHAVIDYALAYA,
KANCHANWADI AURANGABAD.**

STATE- MAHARASHTRA - INDIA

TITLE:-

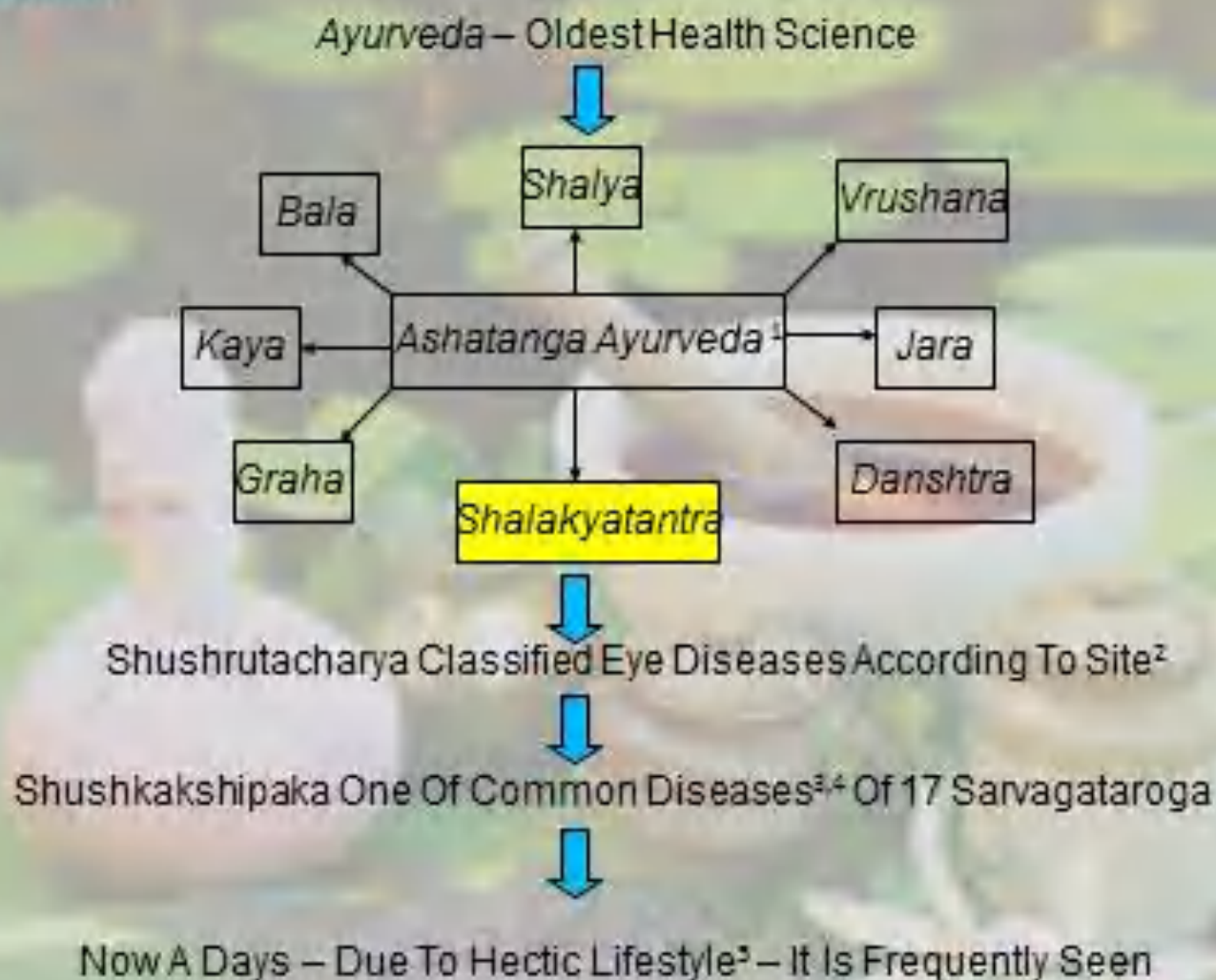
**LIFE STYLE DISORDER IN
SHALAKYATANTRA-
PREVENTION & MANAGEMENT**

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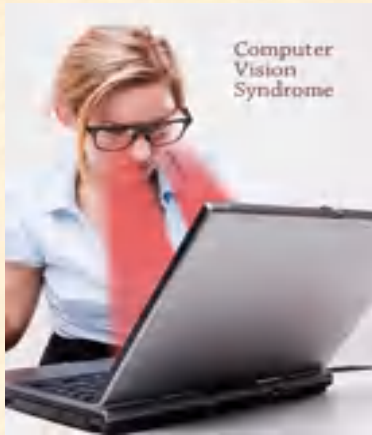
Introduction:-



INTRODUCTION

- Ayurveda has stated eye is the prime sense organ among the all sense organ.
- As eye is prime sense organ so all efforts should be made for strength of the eyes.
- Now a days every person is running after life's goal. Hence does not have time to think and act healthy life. Not able to follow exercise, dietetic rules and regulation. It may responsible to the life style disorder.
- Common life style diseases of Netra are Computer vision syndrome(Dry eyes), Diabetic & hypertensive retinopathy, ARMD.
- Among the many contribution of ayurveda Dincharya, Rutucharya, kriyakalpa are useful to restore eye health and proper vision.

COMMON LIFE STYLE DISEASES



CVS



DRY EYE



Hypertensive Retinopathy



Diabetic Retinopathy



ARMD



Computer vision Syndrome (CVS)

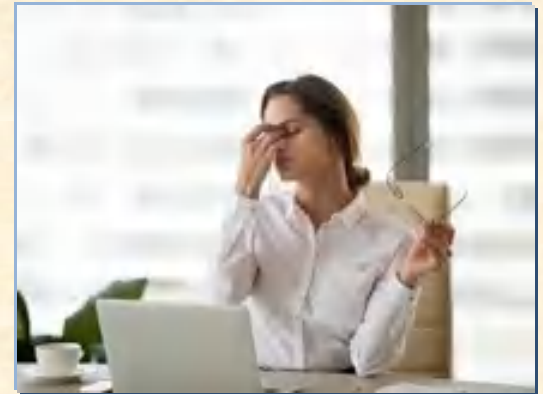
➤ CVS is a condition resulting from focusing the eyes on computer or other display device such as tablets, e-readers and smartphones for prolonged, uninterrupted periods of time.

❖ Etiological factors of CVS

- Working for number of hours continuously without break.
- Distance from screen
- Seating posture
- Illumination at work place.
- Infrequent blinking of eyes.

Sign and Symptoms of CVS

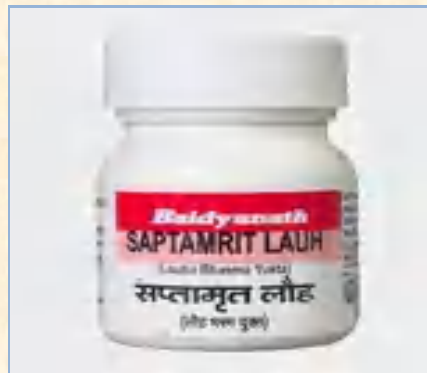
- Eye strain
- Headache
- Blurred vision
- Double vision
- Dry eyes
- Eye irritation
- Redness
- Neck or back pain.



With correlation with sign symptoms we co relate it with Shushkaakshipak of Sarvagata netraroga with predominance of Vata and pitta doshas

Treatment for CVS

- Kriyakalpa- Tarpan with Triphala ghrít or Jivaniyghrit, Shatavarighrit
- Internal medication
- Saptaamritlauha
- Avipattikarachurna
Shatavarichurna and Yashtimadhuchurna.



Formulation used for tarpan



Goghrit



Triphala Ghrit



Mahatriphaladi
Ghrit



Shatavari
Ghrit

Important Kriya kalpas

Parisheka/Seka
Aschyotana
Vidalaka
Pindika
Tarpana
Putpaka
Anajana



Diabetic Retinopathy and Hypertensive Retinopathy

Diabetes and Hypertension can cause secondary damage to the blood vessels of the retina.

Life style factor

- Improper diet at odd time (Vishamashan)
- Stress

❖ Preventive measures-

- Maintaining healthy weight by Yoga and eating well
- Comprehensive eye exam to monitor any changes.

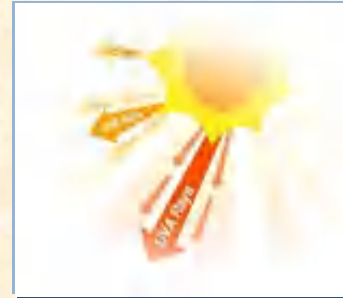


Age Related Macular degeneration (ARMD)

ARMD is the progressive deterioration of the macula that occurs with aging.

❖ Life style factor which can speed up the development ARMD

- Smoking
- UV exposure
- Poor diet and
- lack of exercise



❖ Prevention

To avoid these problems or slow down the process of ocular degeneration Ayurved advocates **Chaksyushya Rasayan therapy.**

General measures to prevent Ocular Life style Diseases

- Abhyanga
- Snanam (Bath)
- Nasya
- Kriyakalpa
- Padavyanga,
- Padaprakshalan and PadatranDharan
- Use of umbrella
- Nidra (Sleep) and Eye Health . for the eyes.
- Mana (Mind), Stress and Eye Health
- Yoga
- Trataka and NetiKriya



DISCUSSION

Present day lifestyle choices

- low activity level,
- sedentary lifestyle, and
- progressive weight gain

also contribute significantly to the risk of developing the metabolic syndrome ,which consequently have their ill effect on the most vital organ Eye.

LIFE STYLE FACTOR -AYURVED VIEW

The causative factors for eye diseases explained in the classical texts exactly fit the present day

Lifestyle practices which in turn generate eye diseases.

Eg.

❖ By food habits –

- Shukta aranaala, amla, kulattha, maasa, ushna, kshara, katu rasa predominant diet resembles (the spicy and junk foods)

❖ By Activities

- Swapnaviparyayaat (Night shifts),
- Atimadyapaana (Alcoholism),
- Dhumanishevana (Smoking),
- Atidravannapaana (cold drinks),
- Pratataekshana atideeptadarshana, atisameepa darshana (Spending long hours in front of computer)

- ❖ Manasika-
 - Kopa, shoka, klesha (Stress induced agony)
- ❖ Physical activity would be expected to have a beneficial effect on diabetic retinopathy

Prevention of Diseases is possible by

Lifestyle regulation

adopting Ayurvedic principles **Kriyakalpas**

(have a major role as a remedy for Lifestyle induced eye diseases.)

Eye diseases due to ageing process are inevitable but can be delayed by taking

Chaksyushya Rasayana

(Rejuvenation therapies for eyes).

CONCLUSION

Thus various lifestyle factor are found closely associated with eye diseases.

The prevention modalities advocated in Ayurveda such as

Tarpan ,

Aschyotana,

Anjana,

Nasya,

Yogasanas etc. along with a few positive life style modifications may help considerably reducing the impact of ocular diseases in general population.

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