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Importance of *Trataka* in *Netraswasthya*

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ABSTRACT

Ayurveda is divided into 8 branches, among this *Shalakyatantra* is one of the most important branch had describe the importance of eye, without which a life is miserable. “*Sarvedriyaanam Nayanam Pradhaanam*”. Eye is the most precious organ in the body. So, it is the prime duty of every person to take care of his eyes. Now a days, due to busy life style people don't have time to think and act for the healthy life and unable to follow proper *Sadvrutta palan*, dietetic rules and regulations. It may be responsible for etiopathogenesis of visual disorders. In such situations normal functioning of eyes can be maintained optimum with proper diet and therapies like Yoga, Pranayama and *Trataka*. It can be helpful to prevent multiple eye diseases. Yoga, Meditation and Diet Contributes much important role in *Netraswasthya* and also to cure various eye diseases allied with drug therapy. *Trataka* is one of the *shatkarmas* which is very powerful and useful to attain mental and physical balance. *Trataka* is one of the useful yogic Purification in *Netraswasthya*.

Key Words *Trataka, Netra, Netraswasthya, Netraroga*

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INTRODUCTION

Ayurveda is the most ancient amongst all science. *Ayurveda* has 8 Branches, among this *Shalakyatantra* is one of the important branch which describes the importance of eye, without which any life is miserable. “*Sarvendriyaanam Nayanam Pradhaanam*”. Eye is the most precious organ in the body. Hence it is the priority of every person to take care of his eyes.

Now a days due to fast lifestyle and covid era new normal life like work from home, online classes, diseases of eyes are increasing day by day due to excessive use of multiple audiovisual

interactive screens like laptops, computers and smart phones. In such situations normal functioning of eyes can be maintained optimum with proper diet and therapies like *Trataka*. It can be helpful in maintaining *Netraswasthya* and also to prevent many eye diseases. Thus *Trataka* can be used as a part of *chikitsain netrarogas*. *Trataka* word itself means “to look”/“to gaze” at one point or object. There are mainly three types of *Trataka*- *Antar Trataka, Madhya Trataka, Bahya Trataka*. You should be very well aware not only of benefits, contra-indications and precautions of *Trataka*.

REVIEW ARTICLE

AIM & OBJECTIVES

To assess role of *Trataka* in *Netraswasthya* and *Netraroga*.

Trataka-

Ancient text of *Hatayoga* describes six methods to bring about purification called as *Shatakarma*, *Trataka* is one of them. *Trataka* literally translated means to Gaze. *Trataka* is method of meditation. It is tool to remove the disturbances in mind.

“*Nirikshennishchaldrusha sukshmalakshya samahitaha*

Ashrusampatparyant macharyesTratakam smrutam” H.P.2/31

According to *Hathayog Pradipika*, *Trataka* means gazing continuously at one point with the mind or eyes, keeping eyes open, till they start watering without blinking.

There are three types of *Trataka*.

1. *Antar Trataka*
2. *MadhyaTrataka*
3. *Bahya Trataka*

- *AantarTrataka* (Internal *Trataka*) - In this *Trataka*, concentration is made in mind between two eyebrows or heart, navel or any other such internal organ with closed eyes.

- *Madhya Trataka* (external *Trataka*) - In this *Trataka*, concentration is made on *Bhrumadhya* (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.

- *Bahya Trataka* (external *Trataka*) - In this *Trataka*, concentration is made on the distant objects like moon, rising sun or planets.

Types of external and internal *Trataka*:

A. Bindu Trataka (Trataka on a point) and Trataka on an idol (murti Trataka)

Trataka on a point is focusing one's concentration on a small point. *Trataka* on an idol is concentrating it on an idol (*Murti*), Mainly the gaze is stabilized which ultimately leads to increased concentration.

B. VartulTrataka (Trataka on a circle)

Concentrate on a circle.

C. Parigh Trataka (Trataka while moving the gaze along the circumference of a circle)

First move the eyes gradually along the circumference of the circle in the clockwise direction and then anti-clockwise direction, nine to ten times, commencing from the top.

D. Valay Trataka (Trataka on a spiral ring)

Look at the spiral ring for one to two minutes.

E. BhintaTrataka (Trataka on a wall): Do *Trataka* on a wall with stains or with faded paint for about two minutes

F. MahaTrataka (Trataka on vast objects): *MahaTrataka* means doing *Trataka* on vast objects. This increases the power of concentration.

G. Jyoti Trataka (Trataka on a flame):

It is most powerful and effective, if someone does *Trataka* on a *jyoti*.

When to do Trataka?

REVIEW ARTICLE

- *Trataka* can be done at any time, but more preferably with an empty stomach is ideally practiced.
- The most suitable time is between 4-6am in the morning after *asan* and *Pranayama* practiced.
- *Trataka* can be done even at late night just before going to bed.

Precaution

- Choose a dark and quiet room.
- The lamp light must be steady and at eye level.
- Avoid movements of body.
- *Trataka* should gaze up to 2 min maximum and slowly increase time of the practice.
- People with any refractive errors should retain their glasses while practicing *Trataka*.

Benefits of *Trataka*

- *Trataka* is useful in maintaining *Netra swasthya*.
- *Trataka* relieves eye strain and associated headache by reducing the tension in eye muscles.
- *Trataka* improves vision by accelerating ocular blood circulation hence it is beneficial in Myopia, Astigmatism and early stages of Cataract.
- The eye muscles generally act asymmetrically thus produce eye strain, which further aggravates vision troubles. The regular and systematic practice of various eye exercises like *Trataka* can correct all these vision troubles.
- The eyes become more clear and bright.

- *Trataka* strengthens the eye muscles.
- *Trataka* not only helps to maintain the physical health of eyes but also controls the mind.
- It causes a soothing effect on the cranial nerves, thus enabling the mind to become one-point oriented.
- *Trataka* develops concentration and will power. Since it activates *Adnya chakra*, which is an excellent preparation for meditation.
- Removing anxiety and fatigue.
- Therapeutic in depression, Insomnia, Stress.

Contraindications:

- People having glaucoma should not practice *Trataka*.
- Never do it if you have eye problems like any ocular infections.
- Migraine.
- Epilepsy.
- *Trataka* should be avoided in any ocular surgery as this practice will cause pressure to the eye muscles.

DISCUSSION

Eye is the most precious organ in the body. So, it is the priority of every person to take care of his eyes. *Trataka* is one of the *shatkarmas*. *Trataka* is one of the useful *yogic* Purification in *Netraswasthya*. Now a days due to fast lifestyle and covid era-new normal life like work from home, Online classes, diseases of eye increase day by day by excessive use of multiple

REVIEW ARTICLE

audiovisual interactive screens like laptops, computers, and smart phones. In such situations normal functioning of eyes can be maintained properly with *Trataka*. With increasing age many eye problems are due to a loss of tone in the eye muscles. These muscles become rigid and this loss of elasticity reduces the accommodative power of eye. It also causes the eyesight to become weaker. *Trataka* vitalizes vision by accelerating blood circulation in and around the area and also by strengthening the eye muscles. *Trataka* increases efficiency of extra ocular muscle by forcing them to work and enhances the metabolism of rods and cones through the mechanism of dark and light adaptation. Any eye tension present will tend to produce a general feeling of tension, due to eye's connection to the brain via the optic nerve. This increase in nerve impulses travels along the optic nerve and bombard the brain, causing a general feeling of tension and anxiety. *Trataka* reduces tension in eye muscles and they also tone the eye muscles and maintain their elasticity.

By directing the gaze at the eyebrows center, the olfactory nerves and the optic nerves are stimulated as a result, the central and autonomic nervous systems are awakened. There is a close relationship between the mind and vision, thus *Trataka* not only maintains *Netraswasthya* but also helps in controlling the mind.

CONCLUSION

Trataka is one of the *Shatkarama* which works on the connection between the eye and the mind. Regular practice of *Trataka* acts on our optic region, purifies the eye and it strengthen the eye muscles. *Trataka* is much effective in *Netraswasthya* as it helps in maintaining the normal functions of eye. *Trataka* will help in protecting vision from the stresses of light, tension and environmental toxins. It is an optimistic finding that low cost, a non-pharmacological, relaxation technique can improve the quality of vision. In this paper it was attempted to access use of *Tratakain Netraswasthya* as well as in the prevention of *Netrarogas*.

REVIEW ARTICLE

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