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## ***Aschyotana* - A Precautionary Measure to Combat Dryness Caused as a Result of Computer Vision Syndrome - A Review**

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### **ABSTRACT**

With the evolution of gadgets and information being available at the tip of fingers hereby thanking to smart mobile phones, computer and laptops a lot more has changed. They have become the part of our daily life because of which there's a lot more pressure on eyes yielding to ocular distress resulting in dryness, eye strain, irritation, blurred vision, etc. which in whole are termed as Computer Vision Syndrome (C.V.S).

Eyes are considered to be of prime importance to human as they are the source of knowledge intake and they add colour and beauty to our boring lives. Its hard to imagine life without being able to see properly. So hereby in order to maintain the efficacy and efficiency of eyes throughout the phase of gathering knowledge or being available on digital platform to attain or share information personal or professional we have thought of aschyotana of amalaki siddha jala as a precautionary measure followed by a drop ghruta instillation. Amalaki and ghruta are rasayana as known to majority.

### **KEYWORDS**

*C.V.S, Eyes, Aschyotana, Amalaki, Ghruta*



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## INTRODUCTION

Most precious of all sense organs are the “EYES.” They are the phenomenal gift of the lord to us, the humans to enjoy the beauty and admire it. But with the evolution of gadgets and information being available at the tip of fingers hereby thanking to smart mobile phones, computer and laptops a lot more has changed. The basic screen exposure time has increased. Since they have become the part of our daily life, there’s a lot more pressure on eyes yielding to ocular distress resulting in dryness, eye strain, irritation, blurred vision, etc. which in whole are termed as Computer Vision Syndrome(C.V.S). Moreover the increase of air pollutants has acted as oil to the fire by abruptly causes eye disorders. There are always three basic factors behind all health problems these are

1. Improper use of eyes.
2. Moral code of conduct.
3. The effect of time.

Acharya Sushruta in uttartastra has quoted the causes of netra roga as

उष्णाभितप्तस्य जलप्रवेशद् दूरेक्षणात् स्वप्नविपर्ययाच्च।

प्रसक्तसंरोदनकोपशोकक्लेशाभिघातातामैथुनाच्च।।

शुक्तरनालाम्लकुलत्थमाषनिषेवणाद्वेगविनिग्रहाच्च ।

स्वेदादथो धूमनिषेवणाच्च छर्दीविघाताद्ब्रमनतियोगात्।

वाष्पग्रहात् सूक्ष्मनिरीक्षणाच्च नेत्रे विकारांजनयंति दोषाः

॥(सु.ऊ.१/२६ -२७)

Due to sudden change in temperature of environment, seeing too far objects or too near objects, less hours of sleeping, due to crying, injury or excessive coitus, overuse of food items like kullatha, masha etc, due to vega-avrodha, excessive smoking, less amount of blinking, seeing a very minute object for long period of time all these leads to cause eye disorders and most of the nidanas are also accountable for C.V.S.(Computer Vision Syndrome)<sup>1</sup>.

Sign and symptoms which are very much in relevance to Computer Vision Syndrome.

तत्राविलं शीतं संसर्म्भमश्रुकण्डूपदेहवत्।

गुरूषातोदरागाद्यैर्जुष्टं चाव्यक्तलक्षणैः । सशूलं वर्त्मकोषेषु शूकपूर्णाभमेव च।।

विहन्यमानं रूपे वा क्रियास्वक्षि यथापुरा । दृष्ट्वैव धीमान् बुध्येत दोषेणाधिष्ठितं तु तत्।।

(सु.ऊ.१/२१-२३)

Increase in turbidity, swelling of peri orbit occurs, eyes are full of tears,itching, increase of exudates, feeling of heaviness, burning, pricking pain redness etc changes in the functioning and efficacy of eyes is only noticed by an intelligent person who knows about the aggravated dosha<sup>2</sup>.

**Essentiality to study** – like a pandemic it has erupted. A lot of research work has been done . The treatment found for it consists of mere ocular lubricants or internal medication etc which is likely to cause more damage to the system then renewing



or overcoming the loss and hence causing adverse health effects on the patient's health.

## AIMS AND OBJECTIVES

To get relief from sign and symptoms of computer vision syndrome.

**Why Amalaki?** Amalaki is quoted as rasayana by various Acharyas and been referred to as chakshushya by many.

अम्लं समधुरं तिक्तं कषायकटुकं सरम् चक्षुष्यं सर्वदोषघ्नं  
वृष्यमामलकीफलम्।

हन्ति वातं तदम्लत्वात्पित्तं माधुर्यशैत्यतः ॥ (सु.सू.४६/१४३)

Amalaki is panchrastamaka i.e it contains five rasa except the lavana rasa.it is described as Chakshushaya and Sarvdoshaghanam<sup>3</sup>.

Ghruta is also been given the equivalence of rasyana and hence taken here.

**ASCHYOTANA** – आश्च्योतनं सर्वाक्षिरोग्घ्वाद्य  
उपक्रमः। (अ.सं.सू.३२/३)

Aschyotana as per Ashtang sangraha is aadi (first) upkrama to be followed in any of the eyedisorders<sup>4</sup> and being easy to perform at home, person can do it whenever required with some assistance.

## Formation of Amalaki siddha jala for aschyotana.

Two2 spoons of Amalaki powder is boiled in 2 glass of water reduced to one glass and then sieved through four layered cotton

cloth in to a sterile vessel or bottle with dropper.

## Method

Person is made to lie down in supine position with eyes open wide.

With the help of dropper around 10-12 drops of amalaki siddhajala are poured per eye.

**Duration-** 4-5 days.

**Holding time-** 100 vaka matra i.e 2.5 minutes approx.

**Precautions** – the amalaki siddha jala must not be too hot neither too cold.

After cleaning eyes plain ghruta should be instilled which must be non granular in consistency (should be free flowing).

## Why ghruta?

To overcome the utter dryness caused and to increase the lipid proportion of tear film which will help to conserve the water of tear film hence subsiding the dryness. Moreover rikshta is a feature of vata hence to pacify vata ghruta is used here.

## DISCUSSION

Ayurveda has always been a boon to man hence we have come up with this precautionary protocol to combat dryness of eyes caused as a result of prolonged exposure to computer screens and led screens which is almost everybody's friend these days. It cannot be removed out of



once life to cure the subsequent problems caused by it but what we can do is just enhance the efficiency and efficacy of eyes without doing much of hustle bustle. This is solely our view of preventing the upsurge of this pandemic called Computer Vision Syndrome.



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