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## ***Chakshushyadravya* Guidelines for Health Promotion of Eyes**

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### **ABSTRACT**

There are many topics in our *ayurveda* classics about which we have limited knowledge like *Chakshushya dravyas*. There are various *Chakshushya dravyas* are described in Ayurvedic literature both in *Bruhatrayi* and *Laghutrayi*. *BhavprakashNighantu* is one among these *Samhitas* of *laghutrayi*. This *nighantu* mainly deals with *Dravyaguna*. The reason behind choosing *BhavprakashNighantu* for the study is its *karmapradhanya*. Two types of *chakshushyadravyas* are described in this *nighantu*, one is *Chakshuhitakaraka* i.e. beneficial for eyes and other are *Chakshurogahara* i.e. used for treating eye disorders. How these *Chakshushyadravyas* are doing their work on *Chakshurindriys* is not mentioned by any author. Here in present article, we will attempt critical analysis on *Chakshushyadravyas* and their line of action on the basis of *Rasapanchaka*. In the generation of 4<sup>th</sup> antibiotic, *chakshushyadravyas* will defiantly help in the protection of eye diseases or prevention of eye disease from common man to general practionar.

### **KEYWORDS**

*Chakshu, Chakshushyadravyas, BhavprakashNighantu*



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## INTRODUCTION

Ayurveda is a science of life which includes eight branches:<sup>1</sup>*Kaychikitsa* (internal medicine), *Balroaga* (Pediatrics), *Graharoga* (Psychiatry), *Urdhawangchikitsa* (ENT Ophthalmology), *Shalyatantra* (surgery), *Danshtra* (toxicology), *Jara* (Geriatric medicine), and *Vrish* (Aphrodisiac). In Ayurveda, Ophthalmology is a branch in developing phase *Chakshushyadravya* is very important and interesting topic in *Shalakyatantra*.<sup>2</sup>*Chakshu* means *Darshanendriya*.<sup>3</sup>*Chakshushya* means *chakshushehitakari*, *Chakshushyelochanayhitam* i.e. beneficial for eyes. *Dravyaguna* is a branch of Ayurveda related with the medicine of herbal origin. So *chakshushya dravya* means various herbs mentioned in Ayurveda used for benefit of eyes. Most of the herbs in Ophthalmology are described under the heading of *Netra* and *Chakshushya dravya*. There are so many *dravyas* coming under this heading according to *Bruhatrayi*, *Laghutrayi* and other authors. In this article we will mainly discuss only those *Chakshushya dravyas* which have been told by *Bhavprakash*. *Nighantu* are collection of information regarding different medicinal plants and their properties. *Bhavprakash Nighantu* is an important *Nighantu* of

*Dravyaguna*. *Nighantu* are collection of information regarding different medicinal plants and their properties. Here we will discuss the mode of *Chakshushya dravyas* on the basis of *Rasapanchaka*.<sup>4</sup>*Chakshuis* brief side of *TejaMahabhuta* and it remains there in the form of *Aalochaka pitta* and it is evident that the main opponent for *Chakshu indriya* is *Sleshma* or *Kapha*.<sup>5</sup>The function of *Chakshu indriya* is carried by *Aalochaka pitta*. So exposure to all *sheeta virya dravyas* and condition should be avoided because they will vitiate the *kapha*. *Ushna virya dravyas* should be good for *Chakshu*. But this is not as simple as it looks. Virtually *pitta* causes *Indriyabalahrassa* due to its *aadankarak* property while *kapha* is *indriyabalavidhikaraka* due to its *visargakarak* quality. Both these things seen contrary to each other. First we will see the *Bhavprakashokta Chakshushyadravyas* in brief, including some *dravyas* which are included in specific disease of the eye.

1. **AAMALAKI**- used in
  - All *netrarogaswarus* form applied into the eye
  - Blephritis: *Anjana*
  - Progressive myopia: internal use
  - Leaf juice used as eye drops in eye disorders

**Table 1** Rasa, virya, vipaka and doshaghata of chakshushya dravyas

NAME OF CHAKSHUSHYADRAVYA	LATIN NAME	RASA	VIRYA	VIPAKA	DOSHA GHNATA
<sup>7</sup> Aamalaki	Emblicaofficinalis	Pancharasa (lavanvarjit)	sheeta	madhura	tridosahara
<sup>8</sup> Bibhitaki	Terminaliabelle rica	Pancharasa (lavanvarjit)	ushna	madhura	tridosahara
<sup>9</sup> Draksha	Vitisvinifera	madhura	sheeta	madhura	Vata-pittaghna
<sup>10</sup> Haritaki	Terminaliachebula	Pancharasa (lavanvarjit)	ushna	madhura	tridosahara
<sup>11</sup> Jiraka	Cuminumcyminum	Katu	ushna	Katu	Kaphavataghna and pittakara
<sup>12</sup> Jivanti	Leptadenia reticulata	madhura	sheeta	madhura	tridosahara
<sup>13</sup> Kakamchi	Solanumnigrum	Tikta, katu	anushna	Katu	tridosahara
<sup>14</sup> Karpura	Cinnamonumcamphora	Madhura, tikta	sheeta	Katu	tridosahara
<sup>15</sup> Kumari	Aleovera	Tikta, madhura	sheeta	Tikta	Kapha-pittahara
<sup>16</sup> Lasuna	Allium sativum	Katu, madhura	ushna	Katu	Kapha-vatashamaka
<sup>17</sup> Latakaraja	Flibiscusabelmoschus	Tikta, madhura	ushna	Katu	tridosahara
<sup>18</sup> Lavanga	Syzygiumanomaticum	Katu, tikta	sheeta	Katu	Kapha-pittashamaka
<sup>19</sup> Lodhra	Symplocosreemosa	Kashaya	sheeta	Katu	Kapha-pittashamaka
<sup>20</sup> Mugdhaparni	Phaseolustrilobus	Tikta	sheeta	madhura	tridosahara
<sup>21</sup> Nimbapatra	Azadirachta indica	Tikta, kashaya	sheeta	Katu	Kapha-pittashamaka
<sup>22</sup> Nirgundi	Vitexnirgundo	Katu, tikta, kashaya	ushna	Katu	kaphavatashamaka
<sup>23</sup> Pundarika	Nelumbonucifera	Madhura, tikta, kashaya	sheeta	madhura	Tridosahara
<sup>24</sup> Rakta Chanadana	Pterocarpussantalinus	Madhura, tikta	sheeta	Katu	Kapha-pittashamaka
<sup>25</sup> Rasaanjana	Berberisaristata	Katu, tikta	ushna	Katu	Kapha-pittashamaka
<sup>26</sup> Shatavari	Asparagus recemosus	Madhura, tikta	sheeta	madhura	Vatapittashamaka
<sup>27</sup> Yashtimadhu	Glycyrrhizaglabra	Madhura	sheeta	madhura	Vaatapittashamaka

## 2. **BIBHITAKI**- used in

- Inflammatory Eye condition- Local application of paste
- Conjunctivitis-application of Anjana

## 3. **HARITAKI**- used in

- Use in eye disease

- Conjunctivitis- application on eye lids- Anti-inflammatory action

- Chakshushya- beneficial for sight

## 4. **JEEVANTI**- used in

- Used internally for Naktandhyata (retinitis pigmentosa)



- Application as an ointment in allergy due to *pitta*

#### 5. **PIPPLI**- used in

- Used in various eye disease as in Retinitis pigmentosa

- Used in *kaphaja* eye diseases

#### 6. **DARUHARIDRA (RASANGANA)** used in

- Used in burning sensation, watering of eyes and painful condition in conjunctivitis

- 250mg of *Rasangana* mixed with 20 ml of Rosewater is used as eyedrops

#### 7. **LODHRA**- used in

- Pain caused by *vata*
- In subconjunctival haemorrhage- acts as haemostatic

- In purulent conjunctivitis- decoction used as eye drops

#### 8. **SHATAVARI**- used in

- *Vataja* and *pittaja* eye disease
- In acute conjunctivitis having redness
- In dry eye syndrome and computer vision syndrome as *Netratarpana* with *shatavari* ghee

#### 9. **PUNARNAVA**- used in

- Used as *Anjana* along with milk in *netrakandu*

- Used along with ghee in corneal opacities
- Used along with honey in purulent conjunctivitis

- *Lekhana* property and anti-inflammatory property

#### 10. **YASHTIMADHU**- used in

- Used as *Anjana* in corneal opacities
- Decoction is used as eye drop in subconjunctivalhaemorrhage

## DISCUSSION

According to ancient research methodology, before establishing any theory, finding should be subjected through some sequential steps. The research work is done to draw some conclusion from the findings and results. To correlate these findings with results, discussion is required. *Aacharya Charaka* told ‘*Chakshustejomtasyavishesatsleshmatobhayam*’ means *chakshuis* the chief site for *Aalochakapitta*. Like the whole body and its different parts, eyes should also be protected from imbalance of all three *dosha*. But special protection is required against the *kaphadosha*, because *kaphadosha* is opposite to *Tejamahabhuta* inreference to their *guna* i.e. quality. So *chakshushyadravyas* should be *kaphashamaka* and *pitta vardhaka*. But *pittais aadankarak* and it will cause *Chakshuindriyabalahrassa*. So *chakshushyadravyas* should be having property of balancing all three *dosha* especially keeping the *pitta-kaphasamyai*.e.



*kaphashamaka* but without disturbing *pitta samyata*

Majority of *dravyai*.e. 18 are of with *shitavirya* and 8 *dravya* are with *ushnavirya* and 1 *dravya* with *anushnashita*. The *shitaviryadravyas* act as *pittashamaka*, where *Ushnaviryadravyas* can be used for *shamana* of vitiated *Kaphadosha*.

Among 27 *Bhavprakashoktatachakshushyadravya*, 13 *dravya* are *katuvipaka* while 13 are of *Madhuravipaka*.

*Katuvipaka* as *Kaphashamaka* whereas *madhuravipaka* is *pitta shamaka*.

In *BhavprakashoktaChakshushyadravyas*, 8 *dravyas* are *Trisoahashamaka*, 6 *dravyas* are *pitta-kaphashamaka*, 5 *dravyas* are *Kaphashamaka* and 8 *dravyas* are with different combinations

As per *doshashamaka*, most of *chakshushyadravyas* are *kapha* and *pittashamaka*. As per action on *doshas*, *Tridoshashamakadravyas* should be more *Chakshushya* than *Kapha pitta shamaka* than *kaphashamaka* and *pitta shamaka*

## CONCLUSION

On the basis of above dissection it is clear that *Chakshushyadravyas* should be *Pitta-Kaphashamaka*.

*Tridoshashamakadravyas* could be first

choice, followed by *Pitta-Kaphashamaka* than *Kaphashamaka* and in last *Pitta shamaka*. So these *dravyas* will do their action as *Kaphashamaka* without disturbing the *Pitta samyata* as in *Charakasamhita*. “*Shleshmaharakarmamhitadrushteheprasadanam*”. The precise mode of action of *Chakshushyadravyas* are not clear. As already mentioned by *BhavprakashNighantu* that being beneficial or being harmful depends upon the *DRAVYA* itself, not the properties e.g. *AMALAKI* and *LAKUCHA* having same properties become *tridoshashamaka* and *tridoshakopaka* respectively.

Phytochemical and pharmacological study of these *dravyas* should be done in future. Ayurveda, the ancient system of medicine gives valuable guidelines not only the treatment aspect but also in preventive line. So *chakshushyadravyas* written in Ayurvedic classics including *Bhavprakash* can be used for guidelines for promotion of ocular health.



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