



LIFE STYLE INDUCE OCULAR DISEASES, THERE PREVENTION AND CARE & RECENT ADVANCES IN SHALAKYA TANTRA

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ABSTRACT

The Shalakya Tantra is an Ayurvedic stream that addresses Urdhwajatru issues (body parts above the collarbone, such as the eye, ear, nose, and throat, among others). Shalakya Tantra, the potent branch of Ayurveda, which deals with the Urdhwajatru vikaras gives prime importance to eye diseases. Kriyakalpas, the specialized ocular treatment modalities, affirms the absolute necessity of unique approach towards netra rogas, thus highlighting the gravitates of eye and eye diseases. The probable mode of action and possible drug route of Kriyakalpas are yet to be explored. Shalakya Tantra uses a variety of Panchakarma and Kriyakalpas procedures to treat various EYE and ENT diseases.

KEYWORDS

Ayurveda, Shalakya tantra, Kriyakalp, Netra, Karna, Nasa chikitsa.

INTRODUCTION

A faulty lifestyle had been linked to many human illnesses. A faulty life style is proved to work at multiple levels to influence susceptibility to many diseases. Vision is the one important sense perception which suffers with a great deal of damage as a consequence to faulty life style. Smoking, alcohol consumption, high fat and sugar diet, junk foods, chronic stress prolonged exposure to bright light (computers etc) are few example which exert damage to eye. A few conditions which may occur due to faulty lifestyle are Age related macular degeneration (AMD), Cataracts, Glaucoma, Diabetic/ Hypertensive retinopathy, and Computer Vision Syndrome.

A FEW RESEARCHES DOCUMENTED THE ASSOCIATION OF LIFESTYLE CHOICES WITH OCULAR DISEASES. ASSOCIATING LIFESTYLE PRACTICES WITH EYE DISEASES

Smoking: Smoking is one leading cause associated with various eye ailments. It triggers the free radical generation, increases the oxidative stress and reduces antioxidant levels in the blood. This oxidative stress eventually disturbs the vision. Smoking is consistently associated with nuclear cataract. Data from the Physician's Health Study showed that stoppage of smoking decreased the risk of (any type) cataract and that, although risk did not revert to normal levels with cessation of smoking, limiting exposure seem to reduce the risk so that stopping at any time seem to be relatively beneficial.

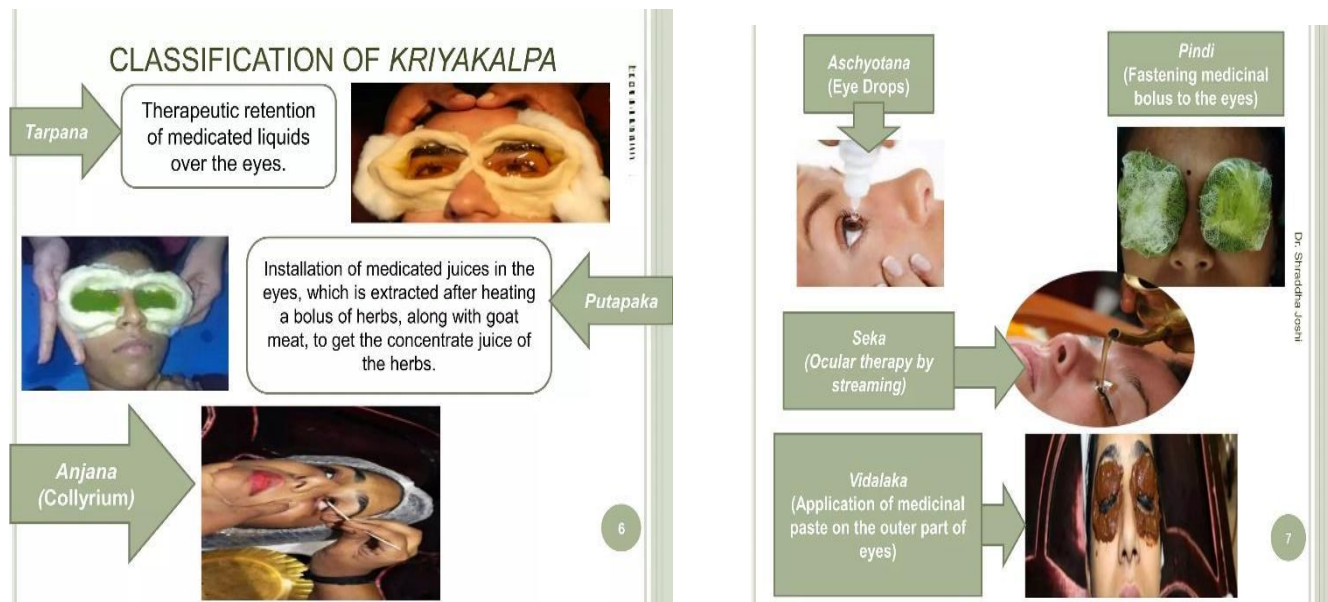
Heavy alcohol consumption: Alcohol consumption is found associated with cataract, although the level of intake usually is not specified. The investigators however found a modest protective effect of moderate drinking for any cataract. The data suggests a possible benefit to the lens by avoidance of heavy drinking. Alcohol is known to affect liver, which converts betacarotene into vitamin A which is essential for good vision. Intoxication also creates short term problems including night blindness, double vision, and accommodation paralysis (inability of eyes to bring both near and far images into focus).

High fat diet: A high fat diet harms the vision by clogging up blood vessels in the retina and the choroid which can reduce the flow of oxygen and nutrients necessary for vision; it ultimately leads to Atherosclerosis and limits the amount of oxygen and nutrient supply. Especially affected are the choroid blood vessels, which supply the retinal pigment epithelium (RPE). The RPE cells subsequently get damaged and die off. The photoreceptors, which are dependent on the RPE for their nourishment, eventually die off, resulting in vision loss. In Beaver Dam eye study, dietary intake of saturated fat was found to be associated with an 80% increased risk of AMD.

High-sugar diet: A high-sugar diet affects eye sight and contributes to cataract formation and Glaucoma. It affects through two sugar-related processes. The first is called glycosylation. Excess sugar molecules attach to the hemoglobin in the red blood cells. This makes it more difficult for the blood cells to deliver the oxygen necessary for metabolic processes to occur. The second, and more long-term problem, is vascular. When blood sugar levels fluctuate, they shock the mural cells (wall cells) in capillaries (tiny blood vessels).

Sr. No. General modalities of Shalaky Tantra

1	Aschyotana
2	Seka
3	Tarpana
4	Putapaka
5	Anjan
6	Bidalak
7	Pindi
8	Seka



According to current scientific research, diseases of the ear, eye, nose, and throat can be caused by a variety of etiological factors. These etiological factors include things like allergies, seasonal changes, microbial infections, water buildup in cavities, chemical injuries and side effects, etc Diseases like sinusitis, rhinitis, tonsillitis, chronic otitis, tinnitus, and laryngitis may be caused by these factors.

NATURAL REMEDIES RECOMMENDED FOR ENT-ISSUES

Tonsillitis can be treated with ginger, black pepper, and turmeric, among other things. For pharyngitis, ginger, black pepper, holy basil, and spearmint oil are helpful. For laryngitis, licorice, menthol, and spearmint oil are beneficials

KRIYA KARMAS

- Karna prakshalana
- Karna Dhupanam
- Karna Puranam
- Karna Avacuranam
- Pratimarsa Nasyam
- Nasal packing
- Kalk Lepa
- Dhuma pan
- Marsa Nasyam

AYURVEDA FORMULATIONS FOR ENT RELATED PROBLEMS

Manjishthadi anjan

Kumkumadi nasya

Mustadi kwath

Pathyadi gutika

Shadbindu taila

Kushthadi choorna

CONTEMPORARY CONCEPT OF EYE HEALTH

Proper eye health care helps slow down the processes associated with ageing such as macular degeneration, reduces likelihood of premature vision loss through strain and diseases. Vitamins A, E and C, Some minerals and supplements offer benefits for over all eye health by reducing the risk of cataracts and night blindness. Supplements such as carotenoids counteract the prolonged exposure to certain light.

CONCLUSIONS

Thus various lifestyle exposures are found closely associated with eye diseases. Their causes are pursued to be the result of metabolic changes influenced by processes of growth and aging. The prevention modalities advocated in Ayurveda such as Aschyotana, Anjana, Nasya, Netra panchamruta 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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