



THE ROLE OF ALOCHAKA PITTA W.S.R. TO EYE SIGHTS

Vinod Kumar Meena¹, Rajesh Kumar Sharma², Dinesh Chandra Sharma³

¹P.G. Scholar, P.G. Dept. of Kriya Sharir, DSRRAU, Jodhpur, Rajasthan, India

²Professor & H.O.D., P.G. Dept. of Kriya Sharir, DSRRAU, Jodhpur, Rajasthan, India

³Associate Professor, P.G. Dept. of Kriya Sharir, DSRRAU, Jodhpur, Rajasthan, India

Corresponding Author: vinod55522@gmail.com

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ABSTRACT

Dosha, Dhatu, and Mala comprise the foundation of the body. The balance of these entities indicates a healthy condition, and any imbalance will result in a variety of disorders. The distinct functions performed by each Dosha at different locales have been highlighted by discussing the various Sthana of each Dosha. Dosha subtypes, location, and function have also been discussed. Pitta is classified into five types: Pachaka, Ranjaka, Sadhaka, Alochaka, and Brajaka. Akshi is supposed to be the Vishesh Sthana of Alochaka Pitta. The major function of Alochaka Pitta is considered to be Rupa Grahana, which is in charge of eyesight. Photoreceptors are specialized cells that initiate the process of converting light rays to nerve impulses. Photoreceptors are classified into two types: rods and cones. Rods enable us to see in low-light conditions, such as moonlight. Because rods do not give colour vision, humans can only perceive black, white, and all degrees of grey in between in low light. Cones, which produce colour vision, are stimulated by brighter lights. There are four distinct opsins in the human retina, three in the cones and one in the rods (rhodopsin). Small differences in the amino acid sequences of the various opsins allow the rods and cones to absorb distinct hues (wavelengths) of incoming light. Photopigments react to light in a cyclical manner. Alochaka Pitta's functions are connected to those of photopigments, phytochemicals, and neurotransmitters, which are responsible for vision.

Keywords: Alochaka, Pitta, Shareera, Kriya,

INTRODUCTION

Life begins with a fertilized ovum. Vata, Pitta, and Kapha are the elements of all cells, including sperm and ovum, which combine to form a new person. Dosha is an individual's natural temperament or Prakriti, as well as the autonomous capacity to cause sickness. Dosha is in charge of the body's development, maintenance, and protection during its physiological state. Doshas are classified into three types: Vata, Pitta, and Kapha.¹ Maharshi Sushruta dubbed it "Tristhuna" because, much as a building is built on pillars (Sthuna), the body is built on this Tristhuna. When Vata, Pitta, and Kapha are imbalanced, they generate sickness; when they are balanced, they sustain perfect health. Body equilibrium and hormone. Pitta signifies the body's energy, heat, or fire and carries out fire-like processes in the body. The Pitta is a kind of dosha found in the body. Agni is in charge of digesting and metabolism. Pitta has the upper hand. Mahabhuta Agni Dahana's activities, for example, Pachana cannot exist in the body until Pitta.² Pitta promotes excellent eyesight and digestion. The food consumed and its metabolism. It keeps the body temperature regular, regular hunger, thirst, and appetite creation and complexion, as well as body lustre intellect, bravery, enjoyment, and the body's softness.³ Alochaka Pitta refers to the Pitta that is in charge of eyesight. Alochaka Pitta allows us to observe, perceive, and analyse things. Alochak Pitta's seat is Drishti, or vision. Drishti denotes vision, or the ability to see and understand things around us in the appropriate way.^{4,5} The pigments of the retina, namely rhodopsin, iodopsin, and melanin, depict Alochaka Pitta. The retina's rods and cones are important for colour vision, as well as the perception of form and brightness. Rods and cones are visual sensors that transfer energy into electrical potentials via chemical reactions.⁶ Dosha, Dhātu, and Mala together constitute the foundation of the body.⁷ The balance of these entities indicates a healthy condition, and imbalance will result in numerous disorders.⁸ Normally, Dosha will conduct their own functions, and each Dosha will have its own distinct place. The distinct role performed by each Dosha at different

locales has been highlighted by discussing the various Sthana of each Dosha. Dosha subtypes, location, and function have all been discussed.⁹ Diverse authors have different perspectives on the Sthana of distinct Doshas. Later authors have added some additional Dosha Sthana. For example, ears are in the Vata region; umbilicus, eyes, and skin are in the Pitta position; and Kloma, nose, and tongue are in the Kapha area.¹⁰ Pitta is classified into five types: Pachaka, Ranjaka, Sadhaka, Alochaka, and Brajaka. Akshi is supposed to be the Vishesha Sthana of Alochaka Pitta. The major function of Alochaka Pitta is considered to be Rupa Grahana, which is in charge of eyesight. Our eyesight is regarded as the most important of the five senses of perception: sight, hearing, smell, taste, and touch. Our eyes are indispensable for comprehending the world in which we live. They capture light impulses as visual impressions and pass them on to the brain for further processing. The classical texts frequently emphasize how important our eyesight is and that we should well protect and care for our eyes throughout life. While western medical systems often study the eyes from an isolated point of view, in Ayurveda the focus is on the holistic approach, considering the predominant Doshas, the Dhatus (body tissues), and the Agnis (digestive fire). Particular care is dedicated to the digestive fire, since improper digestion of consumed food can result in a buildup of Ama (toxins), affecting all physiological systems. In general, the eyes are related to Pitta Dosha. Each Dosha has five Su doshas, each with its own set of functions and organ systems. Alochaka Pitta Dosha is the Su dosha in charge of the eyes. Alochaka Pitta functioning properly enables good eyesight, correct perception, and remembering of prior pictures.

In the classical texts, the main reasons for eye diseases are enumerated as an unhealthy lifestyle, lack of sleep, suppression of physical needs such as sneezing or yawning, and high exposure to dust and smoke.

AIMS & OBJECTIVES

To understand the functions of Alochak Pitta

To study eyesight

MATERIALS & METHODS

The Bruhatrayi were scrutinized regarding the references for the concept of the Alochaka pitta. Later, physiological aspects of the eye with reference to the sense of vision were studied in modern physiology books. Later, a supportive correlation was done between Ayurvedic and modern views.

TYPES OF ALOCHAK PITTA-

Acharya Bhela described two types of Alochaka Pitta.

1. Chakshu Vaisheshika Alochak Pitta
2. Buddhi Vaisheshika Alochak Pitta

CHAKSHUR VAISHESHIKA ALOCHAK PITTA

This Alochaka Pitta component is restricted to the eye, i.e., just the anatomical eye. After these components have been coordinated, visual perception occurs.

Chakshuindriyaartha - When we see the objects

Chakshuindriya - Organ of visual perception, all components of the anatomical eye involved in perceiving the image of the object.

Manas - The mind discriminates between the visual objects which are beneficial and those which are harmful.

Ahankara - Egoism of an individual will impart dominance and claim to perceive things.

Buddhi - Intellect judges if the information should be accepted or not.

Atma - The soul will experience the perception after being associated with the mind.

BUDDHI VAISHESHIKA ALOCHAK PITTA

In the brain, this Alochaka Pitta component is situated behind the eyes. It is situated between the brows in the Sringhataka areas. It notices the minute and remarkable things created by the Atma (consciousness). Pitta's contribution to vision makes it possible to keep the information collected in mind. Memorizing previous experiences allows for the creation of fictional events that appear to have already occurred in the present and future occurrences that are likely to occur. Expresses the ideas that it has kept and acquired. It stimulates in the newborn baby the desire and method of breast milk sucking as if taught by someone. Give the yogis access to pratyahara power.11

OVERALL FUNCTIONS OF ALOCHAKA PITTA

There are two elements that are crucial to the way Alochaka Pitta works. Among its elements is Chakshur Vaisheshika. Pitta Alochaka is restricted to the eye. It aids in the perception of the visible items. It aids in object recognition and knowledge of numerous facets.

The second component of vision Pitta located between the eyebrows in the region of Sringhataka represents the central controls of vision, located in the frontal area of the brain. As a result, it is easier to remember and recall visual information later on through memory, imagination, and focus.

PHYSIOLOGY OF VISION IN THE MODERN ASPECT

The sequence of events that take place during visual perception is known as the visual process. During the visual process, an object's image is focused on the retina, producing a visual sense of that item. The rods and cones of the retina transform the energy in the visual spectrum into electrical potentials when an image of an item in the environment is focused on the retina. The cerebral cortex produces the experience of vision when rod and cone impulses from the eye travel via the optic nerve. The visual receptors, also known as photoreceptors or electromagnetic receptors, are found in the retina. Rods and cones serve as visual receptors. They enable colour perception and the perception of clear, vivid pictures. Rods are primarily used in the detection of motion and are highly sensitive to low light. The photosensitive pigment in rod cells is called rhodopsin. A chromophore and a protein known as opsin make up this substance. Opsin present in rhodopsin is known as Scot opsin. The chromophore present in the rod cells is called retinal. Retinal is present in the body as retinal 1, or 11-cis retinal. Porphyrins, iodopsin, and cyanopsia are the three forms of photosensitive pigment found in cone cells. Cone cell photopigment is a conjugated protein that consists of a protein and a chromophore. Photopsin is a protein found in cone pigment. The nervous system's visual or optic route carries impulses from the cerebral cortex's retinal vision centre.

PHYSIOLOGY OF VISION IN AYURVEDA

The Vata and Pitta doshas are the foundation of Ayurveda's theory of visual physiology. Light (Prakasha) possesses Sookshma Guna, which allows it to travel through several layers of the retina to the photoreceptors. The Vata Chala Guna is in charge of the photochemical activity in the retina. Due to the Vata Chala Guna, electrons are in motion. The intensity of electrons' movements rises when light strikes them. Ushna Guna of Prakasha and Pitta along with Chala Guna of Vata is responsible for altering the cis form of the retina into trans form. The body's supporting and structural components are known as dhatu. The retina can be thought of as a Dhatu because it is the structural component that provides the function of vision. The retina can be compared to every Dhatu based on many functions, however, Rakta dhatu is directly compared to the visual process.

DISCUSSION

There are five types of Pittas namely Ranjaka, Pachaka, Alochaka, Sadhaka, and Brajaka. The Akshi is vishesh sthana of Alochaka Pitta. Alochaka Pitta is responsible for rupa Grahana. Broadly speaking, the eyes are associated with Pitta Dosha. Each Dosha has five Subdoshas, each having specific functions and associated with certain organ systems. The Subdosha responsible for the eyes is called Alochaka Pitta Dosha. Well-functioning Alochaka Pitta ensures good vision, correct perception, and recollection of images from the past. In the classical texts, the main reasons for eye diseases are enumerated as: an unhealthy lifestyle, lack of sleep, and suppression of physical needs from the age of forty, Alochaka Pitta usually becomes weaker gradually, which can lead to impaired eyesight and other eye problems during the second half of life. Then ailments like strained, dry, or burning eyes come up, especially in people who spend extended periods at computers and screens, who drive a lot, or who live in cities with high levels of air pollution. Let's look at this in connection with the Doshas: Dryness of the eyes may be related to Vata Dosha. Red, burning eyes indicate an excess of Pitta Dosha. People with Pitta imbalance also tend to experience burning sensations in other areas of the body,

such as heartburn in the stomach and oesophagus. And an excess of Kapha Dosha can manifest as deposits in and around the eye.

The eyes are intimately connected with the liver, which is why yellow eyes can be seen in severe liver disorders. If the liver is overburdened and Pitta Dosha stagnates or rises sharply, the eyes are good indicators, providing helpful clues for diagnosis.

CONCLUSION

Alochaka Pitta is a subtype of Pitta which is responsible for the eyesight and thinking process. Alochaka Pitta enables us to see things, perceive and analyze them. Alochaka Pitta's seat is the Drishti or vision. Vision, also known as Drishti, is what allows us to see and understand the world around us. Due to their resemblance in location and function, the pigments of the retina, rhodopsin, and iodopsin, can be closely associated with Alochaka Pitta in current science. Alochaka Pitta translates electrical impulses into a vision that the brain can comprehend and read. It does this by interpreting the visual inputs of light and colour. Information is processed and assimilated.

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