

CRITICAL REVIEW ON GOGHRUTA PADABHYANG AND ITS CHAKSHUSYA EFFECT IN COMPUTER USER

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ABSTRACT

In the present era, people are affected with various disorders due to faulty lifestyle, due to lack of self-awareness & lack of time as well as increased use of electronic devices like computer, notepad, mobile phone etc. The lifestyle of human beings is completely changed and changing periodically. Now a day's computer is used all over the world, in all occupations. Long-time use of it causes direct-indirect effects on various body parts including eyes. According to "Ayurveda", the ancient science of life, Padabhyanga is beneficial for ophthalmic health (*Chakshusya*). Therefore, this present paper will focus on scientific exploration of the *Chakshushya* effect of *Gogrit Padabhyanga*. So, keeping the view of this problem in the present era, current review literature will be planned to discuss a certain daily regime which will not only help to reduce symptoms of diseases but will also help to analyse it's long term effects on the body.

Keywords: *Padaabhyanga, chakshushya, Gogrita, upakrama, Dinacharya*

INTRODUCTION

In this modern era of electronics and machines, the lifestyle of human beings is completely changed, and this lifestyle is changing periodically. The life of man has become very mechanical. As a result of this man is moving away from nature. Though Ayurveda is old and classical science above things are considered in it.

"Ayurveda" the science of life has observed all the changes and was proved to be much effective in each stage of change. Man has changed his habits of eating, sleeping, working, etc. Ayurveda is always in connection with the habits and rules of community. Unlike the modern system of medicine which aims mainly at

treating the diseases, Ayurveda not only investigates the aspect of diseases and cure but gives prime Importance to preventions of all factors within the Universe.

Ayurveda emphasizes the importance of the specific daily routine i.e. "*Dinacharya*" and seasonal regimen i.e. "*Rutucharya*" along with proper diet, drug, physical activities and good personal hygiene to achieve good physical as well as mental health i.e. "*Swasthya*". Everyone who wants to live a long and healthy life should follow the rules of conduct, Everyone who wants to live a long and healthy life should follow the rules of

conduct, which are mentioned as *Dincharya* rules and guidelines in Ayurvedic old classical texts. By following these rules and guidelines, one can maintain his health and can prevent diseases.

“*Abhyanga*” is a part of this *Dincharya* guidelines. According to Ayurveda man should apply (or massage) *Sneha* (oil or *ghrita*) daily all over the body. Vata is predominant in sense organs, which is in the skin. *Sneha* (oil or *ghrita*) massage is most beneficial for the skin; hence one should use it regularly. Ayurveda has specifically advised to apply *Sneha* on head, ear and feet but in today’s fast lifestyle it is not reliable to apply *Sneha* (oil or *ghrita*) all over the body. In such conditions, the massage with snehan dravyas should practice at least for the feet. Both they are the site of, *Padakarmendriya*, due to which one can walk and move up to the desired place. So, feet and soles get affected with dryness and heat at first. Feet gets stuffed into shoes that rub or socks that make them sweat. They have to totter on too high heels or squeezed. They must run, jump, kick, climb and carry us all our baggage everywhere we want to go. Not only our feet ignored and taken granted but nearly everyone thinks they are ugly or smelly. However, the truth of the matter is that feet can give more pleasure if massaged with sneha dravya almost every nerve ending in the body finishes up in each foot and entangled around a web of 38 muscles and 28 tiny bones. Therefore, feet are so strong but sensitive. If you massage them, you send waves of pleasure from toe to top; and can relax the entire body. A good foot massage can rid of aches, help keep fit flexible, healthy and happy, lighten your step and improves your mood.

We are living in a modern and technologically advanced environment where computer professions form the backbone. Therefore continuously working in front of the computer for several hours creates glare in the eyes from the illuminated computer screen this results in eye strain, eye pain, dry eyes, watering of eyes, blurred vision, headache and other complaints like Nidralpata, khandit Nidra, etc. Ayurvedic texts have laid upon some guidelines regarding the use of sense organs, for instance, excessive visualization of sharp objects or image is termed as atiyoga of

chakshurendriya whereas visualization of two small images strain the eyes is called heena yoga. This is a common similar situation observed by computer professionals, who spend more than 6 to 8 hours a day sitting in front of the computer screen. Since computer professionals form the backbone of the I.T industry. Which use the computer regularly and in this present electronics era most of the people use electronics devices like notepad, mobile phone, tablets, etc. hence I wish to put my humble efforts for prevention of ophthalmic complaints in computer users as well as non-computer users.

Aim and Objectives

1. To elaborate the concept of *Padabhyanga* and its *chakshusya* effect in individuals
2. To explain various eye problems in computer users and how *Gogrit Padabhyanga* is effective on these problems.
3. To discuss the effect of *Goghruta Padabhyanga* as a *upkrama* in *Dincharya* with reference to ophthalmic hygiene.

Material and Method

Material related to *Goghruta Padabhyanga* is collected from the ancient ayurvedic books and modern literature. The available literary information is analysed critically correlated with contemporary classical text for authentication.

Literature Review

Review of Literature Review of Literature

- 1) *Goghruta*
- 2) *Padasharir*
- 3) *Padabhyanga*
- 4) Ophthalmic Complained in Computer Users
Goghruta

Goghruta: Various Name of Ghee

Sanskrit – *Ghritham* **Hindi**- *Ghee* **Bengali** - *Ghee*, **Marathi** – *Tup*

Zoological Name: Butyrum departum **Family**: Herbivora

Synonyms: *Jeevaniya, Pavitra, Navaneetaja, Sarpi, Ajaya, Snehottama, Varasneha.*

Properties:

Rasa – *Madhura*

Veerya – *Sheeta*

Vipaka – Madhura

Guna – Yogavahi, Guru, Snigdha, Mridu

Doshagnata - Tridosha shamaka especially Pitta Vata shamaka.

Karma - Rasayana, Jeevaniya, Buddhi & smriti vardhaka, Chakshushy According to various samhitas goghruta have following properties

Ghruta is sweet, mild in action, soft, cold in potency, not increasing moisture in tissues, lubricating, relieves upward movement in the alimentary tract, insanity, epilepsy, colic, fever and distention of the abdomen mitigates vata and pitta, kindles digestive fire increases mammary, wisdom, intelligence, complexion, voice, beauty, the softness of vision, increases kapha, words off sins and inauspiciousness, destroy poisons.¹

Cow ghee promotes memory, intelligence, agni, ojas, kapha, and medas; alleviates vata, pitta, poison, insanity, phthisis, inauspiciousness and fever. It is Madhur rasa, Madhur vipaka, with cold properties; has a thousand potentialities and so if used properly according to prescribed method exerts thousand types of action².

Sarpi (Ghee), majja, vasa and taila are ideal among all fat and Ghee is the best, because of its ability to acquire the properties of processing (with adding of other drug etc.) is of sweet test not causing burning sensation during digestion and being in use since birth. In their preceding order they pitta and in their succeeding order, they mitigate other dosas.³

Goghruta is sweet after digestion cold in potency, mitigates vata, pitt and beneficial for eyes (vision) bestows strength and very good in properties.⁴

Ghee overcome vata by regular use due to sweetness, coldness and dullness because pitta is non sweet, hot and sharp.⁵

Administration of Goghruta (ghee) is best for those who are desirous of intelligence, memory, wisdom and good digestive capacity for those suffering tumours, sinus ulcer, warms, diseases of kapha, medas and vata origin.⁶

There are many names of ghrut in Sanskrit ajya, havis, sarpi etc. Cow ghee act as rasayana, madhura in taste, beneficial for eyes, increases agni, cold in potency, mild abhishyandi, increases complex, beauty, the lustre of skin, oja, beneficial for voice, increases memory,

medha, dharana shakti, life and the power. Goghrut also has Properties like guru, snigdha. Increases kapha and relieves poison, poorness, papkarma, pitta, vata, upward movement of vata, fever, unmada, shul, anaha, vrana, ghraha, kshaya, visarpa and raktaja vikara. Cow ghee especially beneficial for eyes also it increases virya, agni, is of madhur rasa, cold in potency. It relieves vata, pitta and kapha it increases memory, complexion, beauty and oja. It destroys poorness, pap karm, graham etc.⁷

In point of Dhanvantarinighantu, the properties of Goghruta are said to increase memory, interact, appetite, strength, life, shukradhatu and are beneficial for the eyes and can be used in children and elderly people. Goghruta increases the tone, the texture and the glow of skin. It is useful in diseased condition like shatkshina, visarpa, shastra and agnidagha, vishhara, beneficial for the eyes etc.⁸

According to Modern science, the chemical composition of Goghruta (Cow's butter) Ghruta is abundant in saturated fatty acids. It contains approximately 8% saturated fatty acids which make it easily digestible. The digestibility coefficient or the rate of adsorption is 96% which is better than any other animal or vegetable fat. It contains triglycerides, diglycerides, monoglycerides, phospholipids, contains beta-carotene 600 IU and Vitamin E which are known antioxidants. Butter is a rich source of easily absorbed vitamin A, needed for a wide range of functions, from maintaining good vision to keeping the endocrine system in top shape. Butter also contains all the other fat-soluble vitamins (D, E, and K2), which are often lacking in the modern industrial diet. Butter is rich in important trace minerals, including manganese, chromium, zinc, copper and selenium (a powerful antioxidant). Butter provides more selenium per gram than wheat germ or herring. Butter is also an excellent source of iodine. Butter provides appreciable amounts of short- and medium-chain fatty acids, which support immune function, boost metabolism and have anti-microbial properties; that is, they fight against pathogenic microorganisms in the intestinal tract. Butter also provides the perfect balance of omega-3 and omega-6 fats. Arachidonic acid in butter is important for brain function, skin health and

prostaglandin balance. Conjugated Linoleic Acid (CLA) when butter comes from cows eating green grass, it contains high levels of conjugated linoleic acid (CLA), a compound that gives excellent protection against cancer and also helps your body build muscle rather than store fat. Glycosphingolipids ... These are a special category of fatty acids that protect against gastrointestinal infections, especially in the very young and the elderly. Children given reduced-fat milks have higher rates of diarrhoea than those who drink whole milk Cholesterol Despite all of the misinformation you may have heard, cholesterol is needed to maintain intestinal health and for the brain and nervous system development in the young. Wulzen Factor ... A hormone-like substance that prevents arthritis and joint stiffness, ensuring that calcium in your body is put into your bones rather than your joints and other tissues. The Wulzen factor is present only in raw butter and cream; it is destroyed by pasteurization.

Pada Sharir Ayurvedic Aspect:

According to Ayurveda, both the feet are the site of padakarmendriya. Due to which one can walk, more to the desired place. Air or wind continuously exert (bring to bear) its drying effect on the skin. Feet and souls get affected by heat and dryness at first. Skin is the sense organ of touch and vata is predominantly in tactile sense organs hence it is important to massage the skin with Sneha (oil or ghrta). In Charak Samhita prakrut pada is described as, there are following structures in pada – 4 Kandas 2 Kurcha 2 Siras – which have a direct relation with eye Marma – talhriday, kshipra, kurcha, Gulpha. (ch. Sha. 8/51)

Modern Aspect:

The foot is an organ of support and locomotion (the power of motion place to place). Accordingly, the structure of the foot is modified. The great toe has lost mobility and its power of pretension (posing); the lesser four toes are markedly reduced in size; and the tarsal bones and the first metatarsal are enlarged to form a broad base for better support. The arches of the foot serve as elastic springs for efficient walking, running, jumping and supporting the body weight. Sole of foot: It consists of the following structures.

1] Skin – The skin of the sole is (like that of the palm) 1. Thick for protection; 2. Firmly adherent to the underlying planter aponeurosis; and 3. Creased (fold / wrinkle). These features increase the efficiency of the grip of the sole on the ground.

2] Superficial fascia - is fibrous and dense fibrous bands bind the skin to the deep fascia (planter aponeurosis) and divide the subcutaneous fat into small tight compartments, which serve as water-cushions and reinforce (support) the spring effect of the arches of foot during walking, running and jumping. The fascia is very thick and dense (impenetrable) over the weight bearing points.

3] Deep fascia - is specialized to form 1.the plantar aponeurosis in the sole. 2. The deep transverse metatarsal ligaments between the metatarsopharangeal joint and 3. The fibrous flexor sheaths in the toes. 18

4] Plantar aponeurosis Function: 1. It fixes the skin of the sole 2. It protects the deeper structures. 3. It helps in maintaining the longitudinal arches of the foot. Muscles of the first layer of the sole: 1. Flexor digitorum brevis. 2. Abductor hallucis. 3. Abductor digiti minimi. Muscles of the second layer of the sole: 1. Flexor digitorum accessorius. 2. Lumbricals. Muscles of the third layer of the sole: 1. Flexor hallucis brevis. 2. Adductor hallucis. 3. Flexor digiti minimi brevis

Padabhyanga

Abhyanga is a part of this upakrama. According to Ayurveda man should apply (or massage) Sneha (oil or ghrta) daily all over the body. Vata is predominant in sense organs, which is in skin. Sneha (oil or ghrta) massage is most beneficial for skin; hence one should use it regularly. Ayurveda has specifically advised to apply sneha on head, ear and feet.9

But in today's busy lifestyle it is not reliable to apply Sneha (oil or ghrta) all over the body. In such conditions, the massage with snehan dravya should be practiced at least for the feet. Vata dominates in tactile sensory organs and this sensory organ is lodged in the skin. The massage is exceedingly beneficial to the skin, so one should practice it regularly. Abhyanga should be resorted daily, it wards off old age, exertion and aggravation of vata, bestows good vision, nourishment to body, long life, good sleep, good and healthy skin.

Vagbhata concerned, both legs have “*nadis*” which is direct Relation of *pada* to Eyes. Oil, *ghrut* or *Lepa* applied on the *Pada* gives desirables effect on ophthalmic health.¹⁰

By massaging of oil or *ghruta* in the feet, coarseness, stiffness, roughness, fatigue and numbness of feet are alleviated in no time. Further delicacy, strength and firmness in feet, there is no occurrence of sciatica, cracking of souls and constriction of veins and ligaments.¹¹

Massages softness the skin, checks *kapha* and *vata*, promotes *dhatu*s and provides cleanliness, complexion and strength.¹² Massage of feet bring sleep, is a pleasing and beneficial for eyes, removes fatigue, numbness and softness of the skin of feet.¹³ *Padahyanga* imparts stability, induces sleep, alleviates fatigue, it is good for vision. It removes physical strain and numbness; also, it is good for the skin of feet. One who applies *Sneha* (oil or *ghrita*) regularly to his feet never gets any diseases. That means diseases run away like snakes from eagles. According to *Yogratnakar padabhyanga* is beneficial in diseases of the eye.

Modern View Massage of Feet:

Highly complex, the foot is made up of 26 separate bones connected by ligaments and controlled by dozens of muscles. Because of its anatomical complexity, it is easily injured. Due to many tendons and ligaments sprains are the most common injury. A sprains foot or ankle is an injury of these tissues. Tendons and ligaments can be kept pliable with preventive massage. Preventive massage can also make the muscles of the feet more pliable and less likely to tear. This is important in an area of the body where several small muscles undergo extreme stress. Tendons don't shorten with exercise, however the muscles they are attached to do shorten, causing the tendons to pull and sometimes tear at the muscles or bone attachment. Sometimes the pulling can initiate the tendon inside its sheath, creating swelling and scar tissue. The value of massage is that it's strengthened the muscles that pull on tendons, relieving the strain. The planter fascia, a broad band of connective tissue on the bottom of foot is a frequent source of pain and inflammation beneath the heel bone especially among distance runners. Keeping the planter

fascia flexible and the muscles of the arch loose greatly diminishes the risk of injury.

Ophthalmic Complaints In Computer User

The present literature is concentrated on *padaabhanga* as *upkrama* in *dincharya* & its *chakshusya* effects in computer users. Computer is a recent invention i.e. before three decades, so in *ayurveda* there is no information about computers and *ayurveda* had not mentioned its adverse effects on the eye. But while describing disorders of the eye (*netrarogas*), some *acharyas* mentioned the following points that can be similar with:

1) Observing very minute objects

2) *Bhasvaravastuviksanama*

3) *Mithyavihara*

On an average, more than 50% of the workforce now uses a computer or smartphone on the job and nearly 60 million people experience vision problems as a result. This condition is seen in the computer users. Although the American optometric association reports that approximately 14% of patients scheduled eye exams because of computer use, many individuals who suffer vision problems from computer use are not even aware that they have the condition. Continue use of computers can cause computer vision syndromes Computer vision syndrome is a term that describes eye related problems and the other symptoms caused by prolonged computer use. Our dependence on computers continues to grow; an increasing number of people are seeking medical attention for eye strain and irritation, along with back, neck, shoulder and wrist soreness.

The most common symptoms in computer users

- Eye strain/tired eyes

- Dryness of eyes

- Redness of eyes

- Burning of eyes

- Headache

- Sleeplessness

- Watering of eyes

People who spend more than 5 to 6 hours on a computer per day will experience symptoms of eyes. Not at all as many as 60 million people suffer from some degree vision problem. It is estimated that at least half of all computer users experience some or all the symptoms. Any

combination of these symptoms may be present. Causes of vision problems: - The causes of vision problems are due to poor workplace conditions, and improper work habits. Fixating the eyes for an extended period on the computer screen or poor lighting conditions that cause shadow across your work can cause eyestrain. Inherent problems such as refractive disorders and dry eyes are among the leading causes of computer users. Working at a computer is more visually demanding than doing other standard office work such as reading printed documents. Aspects of the computer video display such as screen resolution and contrast 26 image refresh rates and flicker, and screen glare as well as working distances and angles all may contribute to worker symptoms. In order to accomplish specific computer related tasks, frequent eye movements from work documents to the computer screen, or from the screen to the keyboard and back again are used. In addition, as the object being viewed changes, so does the need for a change in eye focusing to maintain a clear image. These changes occur repeatedly during computer work. As a result, individuals are unable to adequately focus on close work and computer screen without a proper spectacle lens correction. Problems occur or are aggravated by repeated movements. Human vision is not suited for starting at a computer screen. These problems are more noticeable with computer tasks than other near work because letters on the screen are formed by tiny dots called pixels, rather than a solid image. Since your eye cannot focus on them, you must constantly refocus to keep images sharp. Eventually you get repetitive stress of the eye muscles. This causes the eye to work a bit harder to keep the images in focus. It is difficult for the eyes to investigate all these dots and they must constantly focus and refocus. The human focusing system responds very well to images that have well defined edges with good contrast between background and any letters and symbols. The eyes react very differently to electronically generated characters than to printed characters on a page. Characters displayed on computer screens on video display terminals are made up of many small dots or pixels. Pixels are the result of an electron beam striking the phosphor coated rear surface of the screen. Each pixel is brightest in the

center with a very small aperture is passed across a pixel with the light amplitude being charted against the horizontal location. The pixel shows a bell shaped curved (Gaussian) while the same light amplitude graphs of a printed characters form an almost perfect square wave. The eyes have a very hard time focusing on the pixel character. They focus on the plain of the computer screen but cannot sustain that focus. They focus on the screen and relax to a point behind a screen a resting point of accommodation. (RPA) or dark focus. The RPA is different for every individual but for almost everyone it is further away than the working distance to the computer. The working distance is the distance from the computer users' eyes to the front of the screen. So the eyes are constantly relaxing to the RPA and then straining to refocus on the screen. A monitor is a dynamic signal in that the screen is constantly being "re-drawn" a monitor creates images on the basis of varying light intensity through a fix set of red, green and blue points. This result is less distinct edges and lower contrast. The illumination profile of points on a monitor is not sharp (bright to dark) but is somewhat rounded again reducing contrast. All above things are the causative factors of computer vision syndrome. 28 Symptoms of computer users in detail:-

1. **Dryness or Irritation of eyes** - Gritty, sandy sensation, burning, stinging and itching is all indication of dry eyes. Virtually (almost) anyone is prone to dry eyes although women get the condition more than the men and older people more often than younger people. Although blinking is a reflex we tend to blink less often when looking at a computer than when reading or performing other tasks. This turns to insufficient tear flow to the eyes. Everyone tends to stare at the computer and blink less about five times than the normal. According to studies staring and decreased blinking dry the eyes out. Office buildings tend to be dry environments that also reduce tearing. This causes our eyes to become dry and uncomfortable.
2. **Eye strain**- Eye Strain is more than just tired eye muscles. The constant flexing of the focusing muscles (ciliary's body) is what creates fatigue and generates burning and tired eyes. A lengthy period

is required for the problems to develop and for the individual to recover. Although vision disorder may occur as localized fatigue and subside after discontinuation of work, they often return the next day when work is resumed. Unlike other forms of localized fatigue, the visual system is not able to adapt to the conditions that cause fatigue so that it no longer occurs with regular exposure. Some vision problems may become over significant (considerable) over a period of time.

3. **Headaches** -Headaches are another of those „discomfort“ symptoms and are the primary reason most people seek an eye examination. They are also one of the most difficult maladies to diagnose and treat effectively. Visual headaches most often occur toward the front of the head (there are a few exceptions to this), occur most often toward the middle or end of the day, do not appear upon awakening, often occur in a different pattern on weekends than during the week, can occur on one side of the head more than the other, and other more general symptoms. IT workers most likely get tension-type headaches. These can be precipitated by many forms of stress, including anxiety and depression; numerous eye conditions, including astigmatism and hyperopia; improper workplace conditions, including glare, poor lighting, and improper workstation setup. If all obvious factors have been considered, medical management is in order, often starting with a complete eye examination. Preventive measures to avoid vision problems due to computer uses: Along with Ashcyotana there are certain other preventive measures you can take to reduce Computer Vision Syndrome when working on the computer. 30
- 1) Take breaks from your computer- Take 10 to 15 minutes to break every hour to reduce eyestrain. Look away from the computer screen every 10 to 15 minutes and focus for five to ten seconds on a distant object outside or down the hallway or get up and take a short walk.
 - 2) Blink frequently to moisturize your eyes- Taking frequent breaks allows normal blinking and better wetting of eyes. Artificial tears or eye drops that you can use during the day.
 - 3) Position of monitor-

Place the monitor 20 to 26 inches away from you. The monitor should be directly in front of you, not off to one side, not too high and not too low. You may need to raise or lower your chair. If you reposition your chair keep in mind that your arms should be parallel to the floor when you type and your feet should be flat on the floor or on a footstool. Finally, maintain good posture at your desk. Keep your back straight and your shoulders back.

- 4) Arrange light sources to minimize glare- Adjust the light sources in the room that minimizes the glare and becomes comfortable.
- 5) Placing of reference material- Place the reference material alongside and as close to the computer screen as possible to avoid frequent head and eye movements and focusing changes.
- 6) Use of computer lens- Depending on the individual's vision and the type of work, there are several options the type of lenses for the computer glasses. Single vision, bi-focal, tri-focal and progressive lenses are the main type of lenses prescribed for computer glasses. Most often a separate pair of glasses is needed for computer work in addition to the patients' dress glasses (general purpose glasses).
- 7) Use of computer tint- A computer tint (colour) is used to decrease the amount your eyes must focus on the characters on the screen. Lens tints provide added comfort for some computer users. Tint affects the perceived (noticeable) brightness and colour of the computer screen. They also filter out the unwanted effects of certain colours, which have been known to cause discomfort and eye strain for computer users. The most common tints used are beige (the PRIO tint) grey and pink.
- 8) Use of antireflective (AR) coating- Anti reflective coating cuts down glare coming from the computer screen, overhead lights and windows that cause over-focusing eyes strained and headache.
- 9) Use of prism- Prism is an additional type of correction (improvement) for eyes that are not working together as a team. When your eyes work independently of each other you suffer eye strain from trying to focus and prism can alleviate this problem (macular degeneration disease etc.) prism can move your vision more straight ahead

and allow the two eyes to work better together and will reduce eye strain. 32 Prevention of Eye diseases:- Ayurveda not only looks into the aspect of diseases & cures but gives prime importance to the prevention of diseases & hence maintains a state of equilibrium of all factors within the Universe. Ayurveda is considered for both maintaining & preserving health & treating the diseases. That is the basic & only aim of Ayurveda. "Prevention Is Better Than Cure." The saying is very important in the case of eye diseases. It is proved that about 80% of the knowledge we gain is through the eye. So, the eye directly influences the existence and status of a person in the universe. In short, the protection of the visual organ is not a necessity but also the responsibility of every individual. So, everyone has to be aware of the methods for the prevention of eye diseases. Various means for the maintenance of ophthalmic health: Besides *Aschyotna*, there are other preventive measures which can be grouped as 1) Simple medication 2) Habitual factors 3) Dietary factors 4) Prevention from external factors 33 1) Simple medication *Anjan, Nasya, Kavala & Gandusha, Dhumapana, Mukhalepa* are the procedures in *Dinacharya* which are beneficial to prevent ophthalmic health. 2) Habitual factors- *Abhyanga* (Application of oil on the whole body), *Snana* (bath), Reading habits, Sleep, wearing of footwear are the factors which affects ophthalmic health. Proper procedures are beneficial in the prevention of eye diseases. 3) Dietary factors- *Pitta* is the functional factor in the eye and so vitiation of it directly leads to diseases. The basic pathological change which brings out eye disease is *Abhisyamda*. In *abhisyamdakapha* also has a role. So, any food items which develop *abhisyamda* should be avoided for the prevention of eye diseases. A list of items good for the eye is given below Drinking water- Pure cold water is best for the eye. Grains, *Godhuma, Yava, & Mudga* are good for the eye. Sweet taste- sugar is best for the eye. Sour taste- *Dadima* is best for the eye. Salts- *Saindhava* should be selected for the eye. Ghee –Oil is good for health and for eyes instead of oils. 34 Fruits- generally

sour taste fruits are not good but *Amalaki* is an exception. Among the fruits black grapes as preferred for the eyes. *Amalaki* juice with sugar is good to drink in the summer season. 4) Protection from external etiological factors- External air is always polluted. It may contain dust, smoke, etc. and infective organisms since eyes are exposed to the external air, it should be protected from these dangerous factors. Use plane glasses during the journey especially on two-wheelers. This protects from dust, smoke, etc. Wear cooling glasses if there is photophobia. It will also protect from injuries of hot rays. After a journey always wash face & eye with clean & cold water. Don't read while traveling. Considering all above things, a person can keep eyes fit and healthy.

DISCUSSION

In the present era of technology, the use of a computer is increasing rapidly so care of eyes is of prior importance. Ophthalmic complaints are common in computer users as well as in the non-computer users, so the present study is designed to assess the effect of *Pa-daabhanga Upakarma*. The topic selected for review is used in Ayurveda from ancient times due to its utmost importance in *Dinacharya* as well as in ophthalmic problems. As the scope of this literature is to discuss the *chakshushya* effect of '*Goghrita Padabhyanga*' in *Dinacharya* and specifically in computer users. The persons using the computer regularly as well as not using the computer. A review of classical text reveals that numbers of procedures are mentioned for ophthalmic use. *Padabhyang* is a reliable procedure to do in the fast life and *Goghrita* is easily available in the market hence this *snehan dravya* was selected for the present study.

Probable mode of action of *Goghrita Padabhyanga*

This effect is achieved by *Vataghan* and *Pittaghan* property of *Goghrita*. In Ayurvedic text, it is elaborated as most of the ophthalmic problems are a result of vitiated *Pitta* and *Vata dosha*. According to the properties of *Goghrita*, we can consider the following action – The drug *Goghrita* contains mainly *Madhur rasa*, *Sheet virya* and *Madhur vipaka* due to which the vitiated *pitta* and *vata* is reduced. *Goghrita* has Best

Pittaghnya properties in all the *Snehan dravya* which helps in reducing Pitta and *vata Doshas*. It keeps a good balance of vitiated *Tridoshas*. In both computer users and non –computer users act by the *Rasayana* and *Chakshushya* property and give effect. In today's life use of computers is increasing rapidly and environmental pollution is also increasing, result of this is increasing ophthalmic problems. *Goghruta Padabhyanga* has found very useful in maintaining ophthalmic hygiene and prevention and curing ophthalmic problems. From all the above observations, it is confirmed that if *Padabhyanga upakrama* described in *Dinacharya* is done regularly, with *Goghruta*, it will help the people in improving their ophthalmic hygiene and preventing the ophthalmic diseases.

CONCLUSION

Padabhyanga Upkrama is commonly practiced in *Panchakarma* therapy. It has been also practiced traditionally in various Indian cultures since time immemorial. The practice of foot massage is also prevalent in different indigenous systems of medicine like traditional Chinese medicine, Acupressure Therapy, Reflexology, etc. *Padabhyanga* has both systemic and local beneficial effects. Ayurveda advocates *Padabhyanga* to perform as a part of daily routine in the morning. Whereas we can use it as a unique therapy for treatment of many local and systemic diseases both preventive and curative aspects. According to text, *Padabhyanga* is mainly helpful in the improvement of vision along with the management of the different ophthalmic problems. When we use *Goghruta* as *sneha dravya* in *padabhyanga* therapy is more beneficial than any other *sneha dravya* for ophthalmic health.

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