



Review Article

EVALUATION OF *DINACHARYA* IN THE CONTEXT OF *NETRA*

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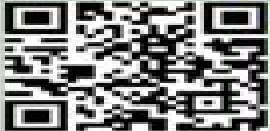
ABSTRACT

"Sarvaendriyam Nayanam Pradhanam" *Chakshurindriya* (eye) has been given utmost importance among all the sense organs i.e., nose, ear, eyes, tongue, skin by all the *Acharyas*. So, it must be protected wisely. Many eye disorders, including refractive errors, dry eye, computer vision syndrome, age-related macular degeneration, cataract, hypertensive retinopathy, diabetic retinopathy, and glaucoma, have been linked to the changing lifestyle of the modern era. This is especially with regard to the busy modern lifestyle and prolonged use of digital screens in our daily lives, from smartphone's to computers. The daily routine for eye care as explained in *Dinacharya* (daily regimen), involves a combination of preventive measures, therapeutic practices and lifestyle adjustments. These practices aim to balance the *Doshas* (internal energies) *Vata*, *Pitta*, *Kapha* associated with eye health. Ayurveda aims at prevention and cure of diseases and explains in detail the *Rutucharya*, *Dinacharya*, *Sadvritta*. In, eye care the *Dinacharya* (daily regimen) includes *Anjana* (collyrium), *Abhyanga* (massage), *Nasya* (nasal instillation of drugs), *Snana* (bathing), *Netraprakshalana* (eye wash), *Padabhyanga* (foot massage), *Padaprakshalana* (cleaning of foot), and *Padatra Dharana* (use of footwear), *Chhatra dharana*, *Netra Vyayama* (eye exercise). Due to hazardous lifestyle, many people are not taking proper care of own self's in the right way. Here, this review article explores the application of *Dinacharya* (daily regimen) principles specifically tailored for eye care, emphasizing a holistic approach to maintain ocular health.

INTRODUCTION

Ayurveda is the world's most oldest traditional science, which aims at "*Swasthasya swasthya rakshanam aturasya vikara prasamanam cha*" i.e., maintain the health status of the healthy and curing of the disease^[1]. For the maintenance of *Swastha* (health) *Dinacharya* (daily regimen), *Rutucharya* (seasonal regimen), *Ahara-Vihara* (food and lifestyle), *Sadvritta* (rules of good conduct), *Nidra* (sleep), *Adharanya-vegas* (suppression of natural urges) have been explained in detail. *Shalakya tantra* is one of the eight branch of *Ashtang Ayurveda*, and which specially deals with the diseases of head and neck region. *Sushruta* dedicated a significant portion of his work to *Shalakya tantra* in the *Uttaratantra*. The 26 chapters in the *Uttaratantra* cover a wide range of topics, including

the anatomy of the *Netra* (eyes), *Karna* (ear), *Nasa* (nose), and *Shirorogas* (head), as well as the diagnosis and treatment of related diseases, where he has given importance. In Ayurveda the sense organs are correlated with *Jnanendriya*'s among them *Chakshurindriya* is given the utmost importance. *Acharya Vagbhata*, says efforts must be taken by a man to protect his/her eyes for the blind person the day and night are both equal^[2]. *Dinacharya* (daily regimen), the *Nirukti* states "*Dine dine charya dinacharya*" the routine which should be followed daily. It is the perfect routine to keep our health in the maintained way. It emphasizes the importance of consistent daily regimen for overall well-being. Establishing a mindful and healthy routine "*Dinacharya*" (daily regimen) involves incorporating beneficial practices throughout the day, from morning to night. This regimen emphasizes simple yet effective practices to promote ocular well-being. From morning rituals that invigorate the eyes to mindful habits throughout the day, the *Netraroga Dinacharya* (daily regimen) encompasses hydration, nutrition, and protective measures against modern-day stressors like prolonged screen time. By

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