Eye Cleanse - I

Structure:
The eye is a slightly asymmetrical globe, about an inch in diameter. The round shape of the eye is maintained by the pressure of the aqueous humour. The aqueous humour is the fluid that fills the front chamber of the eye. The front part of the eye (the part you see in the mirror) includes:

- The iris (the pigmented part)
- The cornea (a clear dome over the iris)
- The pupil (the black circular opening in the iris that lets light in)
- The sclera (the white part)
- The conjunctiva (a thin layer of tissue covering the front of the eye, except the cornea)

Just behind the iris and pupil lies the lens, which helps to focus light on the back of the eye. Most of the eye is filled with a clear gel called the vitreous. Light projects through the pupil and the lens to the back of the eye. The inside lining of the eye is covered by special light-sensing cells that are collectively called the retina. The retina converts light into electrical impulses. The optic nerve carries these impulses to the brain. The macula is a small extra-sensitive area within the retina that gives central vision. It is located in the center of the retina and contains the fovea, a small depression or pit at the center of the macula that gives the clearest vision.

Eye color is created by the amount and type of pigment in the iris. Multiple genes inherited from each parent determine a person’s eye color.
Eye functions

An eye works with the brain to provide us with vision. When we look at an object, light rays are reflected from the object to the cornea, which is where the miracle begins. The light rays are bent, refracted and focused by the cornea, lens and vitreous. The job of the lens is to make sure the rays come to a sharp focus on the retina. The resulting image on the retina is upside-down. Here at the retina, the light rays are converted to electrical impulses which are then transmitted through the optic nerve, to the brain, where the image is translated and perceived in an upright position.

Eye Problems

Diabetic Retinopathy

It is caused by changes in the blood vessels of the retina of diabetic patients. In some patients, blood vessels may swell and leak fluid. In other people, abnormal new blood vessels grow on the surface of the retina.

Retinitis Pigmentosa

Retinitis pigmentosa (RP) is the name given to a group of inherited eye diseases that affect the retina. It causes the degeneration of photoreceptor cells in the retina. Photoreceptor cells capture and process light helping us to see. As these cells degenerate and die, patients experience progressive vision loss.

Macular Degeneration

Age related macular degeneration (ARMD) is a leading cause of vision loss at the age of 60 years and older. It is a disease that destroys your sharp, central vision.

Glaucoma

Glaucoma is a disease caused by increased intraocular pressure (IOP) resulting either from a malformation or malfunction of the eye’s drainage structures. Left untreated, an elevated IOP causes irreversible damage the optic nerve and retinal fibres resulting in a progressive, permanent loss of vision.

Retinal Detachment

A retinal detachment is a serious and sight threatening event, occurring when the retina becomes separated from its underlying supportive tissue. The retina cannot function when these layers are detached and unless it is reattached soon, permanent vision loss may result.

Myopic Degeneration

Patients with degenerative myopia typically complain of decreased vision, headaches and sensitivity to light. If retinal degeneration or detachment is present, patients may also report light flashes and floaters, which are associated with retina changes. Progressive myopia causes degeneration of retina and retinal detachment resulting in permanent loss of vision.
Eye Infections

Eyes can get infections from bacteria, fungi or viruses. Eye infections can occur in different parts of the eye and can affect just one eye or both. Symptoms of eye infections may include redness, itching, swelling, discharge, pain or problems with vision. Treatment depends on the cause of the infection and may include compresses, eye drops, creams or antibiotics.

Two common eye infections are:

- Conjunctivitis (pinkeye) is often due to an infection. Children frequently get it and it is very contagious.
- Stye is a bump on the eyelid that happens when bacteria from your skin get into the hair follicle of an eyelash.
Eye Cleanse - II

Ayurveda for Eye Cleanse

In ancient Ayurvedic texts, a number of cleansing procedures have been described and many of them are found to be effective in complete eye care. However unlike other cleanses given in this book, I advise to practice these cleanses in supervision of a trained healer initially.

1. Netra Tarpanam
This is a special treatment in which the eyes are bathed in pure medicated cow's ghee. This procedure takes 15 minutes.
It is very useful in conditions like dry eye syndrome, chronic conjunctivitis, corneal ulcer and glaucoma.

Benefits
- Relieves strain caused due to constant glaring at the computer and TV screen.
- Helps in preventing early formation of cataract.
- Reduces pain and burning sensation in the eyes.
- Offers a good relaxation and cooling effect to the eyes.

2. Nasya Kriya
“Nasa hi shirso dwaram”. According to Ayurveda, “the nose is the door to the head” and if medicated oil is dropped in each of the nostrils, it helps in cure of eyes, nose and other problems of the head. Nasya kriya or Nasyam involves the instillation of 2-5 drops of medicated oil in each nostril. Its impacts are very diverse. It removes mucous clogs, cleans and clears the head channels and also stimulates the brain cells and central nervous system.
It is highly beneficial in curing problems of the eyes. It is used to treat diseases like paralysis, Parkinson's disease, neck and nose, complex headache, acute sinusitis, diseases of the head Bell's palsy, arthritis and cervical spondylitis.
Oils used in Nasya kriya

1. Sahchar tail
2. Anu tail
3. Panchendriyavardhan tail
4. Panchgavya ghrit
5. Goghrit

Nasya Kriya is also a powerful rejuvenating therapy. Extended treatments give wonderful results for good health management. It stimulates the brain cells and promotes intelligence and memory power, prevents ageing, refreshes oral cavities and improves hair growth. The sensory organs become stronger, immunity builds up and the person becomes cheerful and brisk. Nasyam improves hearing and also the skin texture.

3. Shiro Dhara

In this, a continuous stream of warm medicated oil/herbal decoctions/medicated milk/buttermilk is poured onto the forehead for 45 to 90 minutes. This procedure often induces a mental state similar to a trance, which creates profound relaxation of the mind and body. Thus, it helps the health of the eyes in a direct manner. It deeply relaxes and revitalizes the central nervous system.

Benefits
- Strengthens central nervous system (CNS)
- Strengthens sensory organs including eyes
- Reduces stress and anxiety
- Decreases hypertension

4. Shiro Vasti

This is the most important of all external use of oil application. Certain lukewarm herbal oils are poured into a cap fitted on the head for 15 to 60 minutes per day according to the patient's conditions for a period of 7 days. Its effects are marvellous in neuralgia, hemicranias, optic atrophy, deafness, facial paralysis and all diseases affecting the cranial nerves.
This is highly effective for facial paralysis, dryness of nostrils, mouth and throat, severe headaches, burning sensation of head and other *vata* originated diseases. It is prescribed in clinical conditions like headache, earache, humming in the ear and ailments connected with *vata* in the head.

**Benefits**
- Reduces anxiety and stress
- Bestows liveliness to the organs - a clear voice and firm jaws and strength to the head
- Reduces dryness of the mouth and nose

**Home-made eyewash**

Eyes that are perpetually dry or itchy due to allergies may benefit from homemade eyewash; pinkeye caused by bacteria will not improve. Some people also use homemade eyewash as a way to relieve tired or strained eyes or to make eyes seems refreshed in those who are tired.

**Water and Salt**

A very simple recipe for homemade eyewash is to boil one cup of water with one teaspoon of salt. This liquid can then be used alone as both an eyewash and a nasal rinse.

**Green Tea**

This homemade eyewash is a simple mixture of green tea and distilled water. One adds two parts of brewed green tea to one part of water. This is thought to make the eyes feel refreshed and cooler if they are itchy or irritated.

**Cold compress**

Splash some ice cold water on your face and eyes. Then, take ice packs or ice cubes, wrap them in a clean cotton towel and place it on closed eyelids.

This helps relieve the eyelids and irritated eyes.

**Chamomile (बबूने का फल)**

Add 1 teaspoon of dried chamomile flowers to 1 cup of boiled water. Steep for 5 minutes, strain, let cool and use as an eyewash. You
can also make into a compress. Add 12 drops of tincture of chamomile to 1 cup of boiled water, cool and use as an eyewash.

**Goldenseal (पीत कंद)**

Make a solution using 2 teaspoons of the goldenseal to a cup of boiled water and use for a warm compress. It may also be used as eye drops, 2-3 drops, three times daily.

**Cucumber Slices**

Cut two slices of cucumber, place in ice cold water for 10 minutes and place them on your closed eyelids for 10 minutes. The cool cucumber soothes your eyes. Closing and resting your eyes also helps reduce soreness.

**Tea Bags**

Tea contains bioflavonoids that fight viral and bacterial infections and can help reduce inflammation. Put a moist green or black teabag on the affected eye for several minutes. Repeat several times a day. If your eye is swollen, moisten the teabag with cool water. The tannic acid in the tea will soothe the itching.

**Water**

Drink plenty of water throughout the day. Intake of extra fluids helps to keep the eyes hydrated. Coconut water is the best. Fresh lime water is also good.

**Chilled Spoons**

Place four metal spoons in a glass of ice water. When chilled, place one spoon on each eye. As the spoons warm, switch them with the spoons chilling in the glass of ice water. Continue until swelling subsides. The cool temperature of the metal spoons constricts the blood
vessels, which helps decrease redness and puffiness in the eye area.

**Aloe Vera Juice**
Freeze aloe vera juice and then mix with a little bit of cold water and using a clean piece of cotton, place this mixture over your eyes.

**Frozen Vegetables**
Wrap a bag of frozen vegetables in a thin towel so as you are able to feel the cold through it. Place it over closed eyes for 10 minutes.

**Castor Oil**
Purchase a clean dropper, wash it thoroughly with soapy water and rinse well. Suck 100-percent pure castor oil into the clean dropper. Administer one drop of oil into each eye. Repeat this three times a day or as needed. The castor oil will soothe the eye and reduce the swelling and redness.

**Warm Milk and Honey**
Honey has amazing anti-bacterial properties. Making an eyewash with warm milk and honey can help to soothe and treat conjunctivitis.

Use equal parts of both honey and milk, making sure the milk is warm (not boiling). Mix together the remedy and keep stirring until the honey becomes smooth in the milk. Use an eyedropper and drop 2-3 drops into your eye several times a day.
Alternatively, you can use this mixture as a compress. The anti-bacterial properties in the honey and the soothing effects of the milk will start to work immediately.

**Apple Cider Vinegar**

Apple cider vinegar contains malic acid and fights against bacterial infections.

Mix 1 Tbsp pure apple cider vinegar with a cup of water. Use this mixture to wash your eyes by using a cotton ball.

**Potato**

Grate a potato and place on the eye. It is an astringent and will help reduce the inflammation.

The potato may also be made into a poultice and placed over the eye for 15 minutes. Do this for three successive nights.

**Rose Water**

Rose water is very helpful when a person has sore eyes. The procedure is simple, just take a cotton ball soaked in rose water and place it over the eyes. This will provide immediate relief and most of the burning will be gone after about five minutes.

**Artificial Tears**

Artificial tears are a good way to lubricate your irritated eyes. Drops will soothe the eye and help flush it out. Add two drops of artificial tears twice a day. It will help moisten the eyes. However, do not use lubricating drops that contain preservatives for more than 3 to 4 times a day. You can also create your own saline solution by adding one teaspoon of table salt to a liter (or quart) of distilled water.

**Baking Soda**
Make a soothing eyewash by mixing 1/4 teaspoon of baking soda in 1/2 cup of water. Submerge your eye completely in the solution, doing your best to hold it open and roll it around for one full minute.

**Cold Bread**

Believe it or not, you can place cold bread on your eyelids and it will help reduce irritation, itchiness and inflammation.

**Fennel seeds (सौंफ)**

Fennel seeds are easily available. Boil them, cool the mixture and strain it. This can be used as an eyewash and is a good way to treat pink eye.

**Turmeric (हल्दी) the best home recipe**

Use this for best results. Take about 10 gm of turmeric powder and dissolve it in cold water. Soak eye gauze in this water and put a piece over each eye. Cover these with water soaked towels and put some ice cubes on the towels for continuous coolness to the eye. Do this for 20 minutes for 7 days. This clears sclera and dissolves floaters in the eye. Improvement in vision is immediately noticed. Turmeric contains Curcumin antioxidant which has been found to prevent cataracts.

**Note:** None of these homemade products should be kept for more than a day or two, since they have no natural preservatives and may introduce bacteria to the eye.

**Food for maintaining sight:**

1. **Fruits and Vegetables:**
   - Oranges, Strawberries, Grapefruit, Papaya, Green Peppers, Tomatoes, Spinach, Broccoli, Peaches, Carrots.
Fruits and vegetables are good sources of vitamin C and therefore are important for health of your eyes.

2. **Dark-leafy vegetables and Yellow fruits:**
   Dark-leafy vegetables are good source of Beta-carotene. These are also source of lutein and zeaxanthin. Orange and yellow-colored fruits and vegetables are also rich in Beta-Carotene.

3. **Vitamin E rich foods:**
   Vitamin E is essential for the health of retina and blood vessels. Vitamin E can be obtained through almonds, peanuts, eggs and sunflower seeds.

4. **Antioxidants:**
   Antioxidants in garlic are useful in preventing cataracts, as suggest preliminary studies.