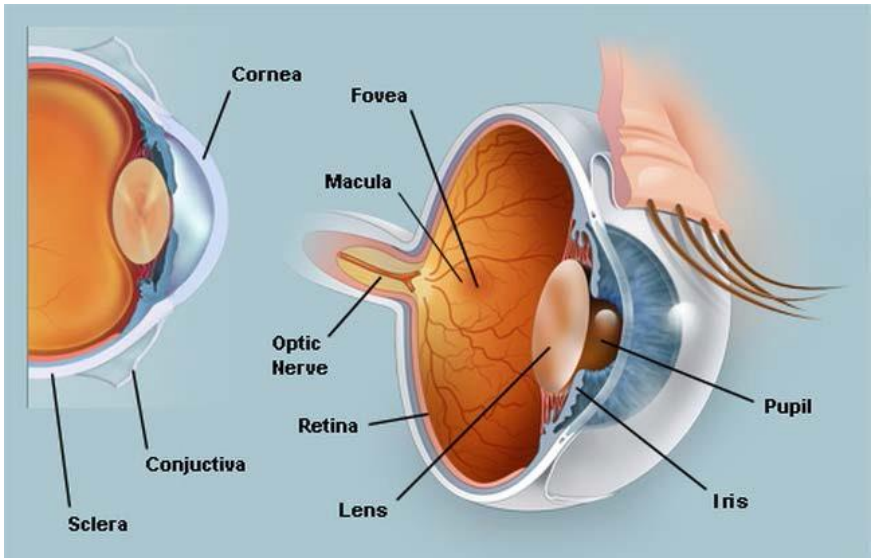


Eye

The eye is a slightly asymmetrical globe with a diameter of about an inch. The round shape of the eye is maintained by the pressure of the aqueous humour, a 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), and
- 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 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 with special light-sensing cells that are collectively called the retina. The retina converts light into electrical impulses, and 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 at the center of the retina and contains the fovea, a pit at the center of the macula that creates the clearest vision.

The colour of the eye is dependent on the amount and type of pigment in the iris. Multiple genes inherited from each parent determine a person's eye colour.

Functions

The eye works with the brain to provide us with vision. The cornea, lens and vitreous bend the light rays entering the eyes, refract and focus them on the retina. The resulting image on the retina is upside-down. The light rays are then converted to electrical impulses and transmitted through the optic nerve to the brain where the image is translated and perceived in an upright position.

Problems

Some common eye problems include:

Diabetic retinopathy

It is caused by changes in the blood vessels of the retina of diabetic patients.

Retinitis pigmentosa

Retinitis pigmentosa is the name given to a group of inherited eye diseases that affect the retina. It causes degeneration of photoreceptor cells in the retina. As these cells degenerate and die, patients experience progressive vision loss.

Macular degeneration

It is a disease that destroys the small central area of the retina that controls visual acuity.

Age related macular degeneration is a leading cause of vision loss among people aged 60 and above.

Glaucoma

Glaucoma is a disease caused by Increased Intraocular Pressure (IOP), resulting either from a malformation, or malfunction of the eye's drainage structures. If left untreated, an elevated IOP causes irreversible damage to the optic nerve and retinal fibres resulting in a progressive and permanent loss of vision.

Retinal detachment

A retinal detachment is a serious and sight-threatening event

that happens when the retina gets separated from its underlying supportive tissue. The retina cannot function when these layers are detached and unless it is reattached quickly, permanent vision loss may occur.

Myopic degeneration

Progressive myopia causes degeneration of the retina and retinal detachment, resulting in permanent loss of vision.

Infections

The eyes can get infected by bacteria, fungi or viruses. Their treatment would depend on the cause of the infection and may include compresses, eye drops, creams or antibiotics.

Dry eyes

This happens when your eyes can't make enough good-quality tears. You might feel a burning sensation, as if something was in your eye. In a few severe cases, extreme dryness can lead to partial loss of vision.

Floaters

These are tiny spots or specks that float across your field of vision. Most people notice them in well-lit rooms or outdoors on a bright day.

Causes

Symptoms

- Severe and sudden eye pain
- Recurrent pain in or around the eye
- Hazy, blurred or double vision
- Seeing flashes of light or sudden bright floating spots
- Seeing rainbows or halos around lights
- Seeing floating 'spider webs'
- Seeing a 'curtain coming down' over one eye
- Eye infections; symptoms may include redness, itching, swelling, discharge, pain or problems with vision
- Tired eyes

Eye Cleanse

Eyes are the most important of all sensory organs. We have described a few cleansing procedures here, however, unlike other cleanses, it is advisable to practice these under supervision.

Eye Cleanse using turmeric

(□□□□□) Take about 10gm of turmeric powder and dissolve it in cold water. Soak pieces of 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 so that they remain cool.

Do this for 20 minutes for three days.

This clears sclera and dissolves floaters in the eye. You will also notice immediate improvement in vision. Turmeric contains an antioxidant called curcumin, which has been found to prevent cataracts.



Benefits

- Relieves irritation after exposure to light (or lack of enough light in vision)
- Relieves stiffness or rigidity in eyes
- Relieves extreme dryness in eyes
- Cures injuries to the eye
- Helps treat diseases of the eye caused due to aggravation of Vata and Pitta
- Helps in correcting abnormal deviation of the eye ball
- Stops eye lashes from drooping
- Removes dirt in eyes
- Makes it easy to open or close eyes
- Cures cellulitis (acute orbital cellulitis) occurring in eyes
- Cures hyperaemia of conjunctiva conjunctivitis, Glaucoma, atrophy of the cranial nerves, inflammation of cornea and pacifies redness in eyes, tearing, pain, irritation and dirt.

Netra vasti (basti)

This is a special treatment in which the eyes are bathed in pure medicated cow ghee. This procedure takes 15 minutes and is very useful to treat conditions, such as dry eye syndrome, chronic conjunctivitis, corneal ulcer and glaucoma.



Ingredients

- Medicated cow ghee
- Flour

Procedure

Medicated ghee is filled in a flour compartment (vasti) created around the eyes and left in place for a fixed duration of time. This procedure nourishes and strengthens eyes and cures eye diseases.

Benefits

- Relieves strain from staring at the computer and TV screen for too long
- Helps in preventing early formation of cataract
- Reduces pain and burning sensation in the eyes
- Relaxes and cools eyes

Shiro-dhara

Shirodhara involves gently pouring liquids over the forehead and can be one of the steps involved in Panchakarma. The name comes from the Sanskrit words 'shiro' (head) and 'dhara' (flow).

Ingredients and tools (any of the following to be used):

- Ksheera Bala taila
- Karpasasthyadi tailam
- Chandanadi tailam
- Dhanwantharam tailam



- Narayana tailam
- Jal (water)
- Dugdha (milk)
- Shirodhara pot or shirodhara electric machine

Procedure

In this method, a continuous stream of warm medicated oil/herbal decoctions/medicated milk/buttermilk is poured on the forehead for 45 to 90 minutes. This procedure often induces a trance-like mental state, which profoundly relaxes the mind and body. It also helps in keeping the eyes healthy.

Benefits

- Strengthens the Central Nervous System (CNS) Strengthens our sensory organs, including eyes
- Reduces stress and anxiety
- Decreases hypertension

Shirovasti

Shirovasti or Shiro Vasti is a term comprising of two words, 'Shiro' meaning head and 'Vasti' meaning pooling of herbal oils and/or medicated liquids on the head.



Ingredients and tools

- Sesame oil (unless specified) or
- Taila (coconut oil or any herbal oil), or cow ghee.

Procedure

This is the most important of all external oil applications. Any of the above oils are heated to a lukewarm temperature and poured into a cap fitted over the head for 15 to 60 minutes per day (for seven days), according to the patient's condition.

Benefits

It helps the most in treating-

- optic atrophy,
- deafness,
- facial paralysis and diseases affecting the cranial nerves.

Home remedies

Eyes that are perpetually dry or itchy due to allergies may benefit from a homemade eyewash. Some people also use homemade eyewashes to relieve tired or strained eyes, or to refresh eyes.

Water and salt

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

Green tea

This eyewash is a simple mixture of two parts of brewed green tea and one part of water. This remedy keeps the eyes cool and refreshed.

Aloe Vera juice

Freeze Aloe Vera juice and then mix a little cold water in it. Using a clean piece of cotton to apply this mixture over your eyes.

Warm milk and honey

Mix equal parts of honey and milk (make sure the milk is warm, not boiling) and stir until the honey dissolves completely in the milk. Use an eyedropper to drop 2-3 drops in your eyes several times a day. Alternatively, you can use this mixture as a compress.

Apple cider vinegar

Apple cider vinegar contains malic acid that helps fight bacterial infections. Mix one tablespoon of pure apple cider vinegar in a cup of water. Use a cotton ball to wash your eyes with this mixture.

Rose water

Rose water is very helpful in treating sore eyes. Take a cotton ball, soak it in rose water and place it over the eyes. This will provide immediate relief and relieve any burning sensations in nearly five minutes.

Note: None of these homemade products should be kept for more than a day or two. Since they do not contain added preservatives, they may introduce bacteria to the eye, if kept longer than two days.