APPLIED ASPECT OF AYURVEDA SIDDHANTA IN UNDERSTANDING OF COMPUTER VISION SYNDROME

Shetty Ranjith Kumar
1Asst.Professor, Dept. of Basic Principles, Sri Sri College of Ayurvedic Science & Research, Bangalore.

ABSTRACT:
Ayurveda has put forward Siddhanta that are eternal and can be applied to understand the new disease in all its aspects, in its diagnosis and treatment. Trividha hetu and Pancha lakshana Siddhanta are a few among those Siddhantas that are time tested and can be applied to understand any new disease irrespective of time. The Review of Literature consisting of Trividha hetu, Nidana Panchaka, Sadhyasadhyata, Chikitsa, Pathyapathya of Agantuja netra roga and Computer Vision Syndrome. In the present study Asatmendriyartha samyoga especially chakshurendriya Atiyoga i.e., excessive watching and working with computers for longer duration along with mithyaahara and vihara were the most common nidanas encountered in the manifestation of CVS.

Key words: trividha hetu, agantuja netra roga, computer vision syndrome.

INTRODUCTION: With the advent of time inevitable changes in food habits, lifestyles, occupational challenges and environment has led to the manifestation of new disorders. Computer Vision Syndrome is one among such disorders occurring in computer professionals characterized by complex eye and vision problems related to near work which are experienced during working with computers involving both ocular and non-ocular symptoms. The catastrophic effects of this disorder are low work performance, agony, extreme discomfort that hampers daily routine. Negligence towards it could cost ones career resulting in Physiospsychological upset and severe eye problems. The problem is grave according to American Optometric Association with an incidence in 75% -90% of employees working with Computers and more people are likely to suffer in the future due to rapid growth of jobs in IT sector in India. So it is the need of the hour to find a holistic solution to this problem. In the present context Computer Vision Syndrome is taken to explain it on the basis of Ayurveda Siddhanta i.e.; trividha hetu mentioned in Ayurveda samhitas to understand Agantuja netra roga.

REVIEW OF LITERATURE

Trividha hetu:1 Asatmendriyartha samyoga, Prajnaparadha and Parinama are the prime cause in the disease origin of shareerika and manasika. Among the trividha hetu, the asatmendriarthartha samyoga is related mainly to Pancha gnanendriya based on hinayoga, mithyayoga and atiyoga with their vishayas. The literal meaning of Asatmendriyartha is a state unfavorable for indriya with their vishaya. The word indriyartha is applied for gnanendriya only which are five in number viz (Shabda, Sparshadi, etc.).The hinayoga, atiyoga and mithyayoga of indriyas with their respective vishayas create unfavorable situation specifically to indriyas and thereby to the
body causing a disease. Among trividha hetu’s it is the nearest or immediate cause in the disease manifestation. Parinama in general means avastha or parivartana brought by the influence of kala. Acharya charaka had used the word ‘kala’ for parinama. Since ati, hina and mithya yoga of kala brings dosha vitiation in the shareera and causes vyadhi. In Ayurveda kala is also given importance and its explanation is found in many places in classics. The definition of prajnaparadha stating as the error of dhi, dhriti, and smriti resulting ashubhakarma of kaya, vacha and mana surpasses this limitation of merely intellectual error. The word ‘karma’ is used for prajnaparadha. The word karma has a very wide meaning indicating the karma of kaya, vacha and manasa as well as purvajanmakrita and sadyo janmakrita too. The word ashubhakarma in the definition states that disturbed state of dhi, dhriti, and smriti respectively. The hina, ati and mithya yoga of such karma causes vyadhiupatti. Thus prajnaparadha occupies an important place in trividha hetu.

Netraroga:

- **Hetu**: Ushna Abhitaptasya Jala Pravesha, Doorekshana, Swapna Viparyaya, Kopa, ShiroAbhigata, Vega vinigraha, Upasarga, Darshana ayoga, Darshana atiyoga etc.
- **Poorvarupa**: AvilaSamrambha, Ashru, Kandu, Upadeha, Shukapurnabham, Oosha, Toda, Ragayuktam, Sashoolam, vartma-kosheshu Guru.
- **Roopa**: Atiruja, Bahupicchila ashru, Upadeha, Toda, Bheda, Daha,Guruta, Kandu,Alparaga.
- **Samprapti**: The doshas are vitiated due to achakshushya nidana and enter the urdhwagata siras, lodge in the various parts of the eye and manifest as netrarogas.
- **Chikitsa**: Pittaabhisyanda, raktaabhishya anda and vataabhishyaanda chikitsa is to be followed in abhighbataja netra rogas with drugs having drushtiprasaddana properties, like Nasya, Aalepa,sngdha dravya which are drushti prasaada janana should be used.
- **Pathya**: Yava, Shastika, Mudga, Triphala, Yashtimadhu, Draksha, Jangalamamsa, Godugdha, Netra aschotana, Padabhyanga, Manasika santulana etc.

**Computer vision syndrome**:3,4

- **Aetiology**: Unsuitable environment and the improper use of eyeglasses or contact lenses along with that working at a computer is more visually demanding than doing other standard office work such as reading printed documents etc.
- **Clinical features**: Eye Irritation (Dry Eyes, Itchy Eyes, Irritated Eyes), Red Eyes, Blurred Vision (Distance Or Near), Headaches Light Sensitivity, Double Vision, Backache, Neck Ache, Muscle Fatigue, Eye Strain, Difficulty Refocusing the Eyes.
- **Aggravating factors**: Long working hours, Improper lighting conditions (bright overhead lighting or glare) Air moving past the eyes (overhead vents, direct air from a fan), Altered sleeping habits, Refraction errors, Age.
- **Treatment**
- **Medical**: Analgesics, Topical NSAIDs, Topical Steroids, Topical Cycloplegics,
Topical Anaesthetics, Sedatives/Anxiolytics.

- **Non-Medical:** Looking away from the computer screen and blinking periodically, Use of convergence and divergence exercises Use of bifocals, trifocals or any spectacles for protection of eyes, Viewing angle/Ergonomics, Anti-glare screens.

**DISCUSSION:** The disease CVS is caused due to working or seeing computer screens continuously for longer duration. Here watching computers is the etiological/causative factor for a disease manifestation; it gives rise to the disease and is a *karana* for a *vyadhi*. So in this disease Computer watching is the *hetu* or *nidana* for manifestation of CVS. Atidarshana, i.e. seeing very bright light or objects for long periods of time. Seeing for a long time those objects which are very near or very far, which are very minute, which are very bright and sparkling is *Mithya yoga*. Because of these reasons the patients may develop eye irritation, dry eye, red eye, vision problem etc. ocular symptoms. *Manasika prajnaparadha* can be seen in the patients of Computer Vision Syndrome as most of them are stressed from the nature of the job especially those working in software companies and call centre. *Vachika prajnaparadha* cannot be found in all the persons except call centers employees whose nature of job is voice based so have to answer and talk continuously while attending the calls. *Kayika prajnaparadha* can be seen in the patients of computer vision syndrome as most of them not taking care in regarding their position or posture during working hours as well as working in the same posture for hours together. By these causes patients may develop with headache, irritability, neck pain, and muscle fatigue etc. non-ocular symptoms. Exposure to cold in air conditioned atmosphere also aggravates *vatadi dosha* and increases the dryness in eyes as it’s not a natural atmosphere. It becomes a factor of *kala mithya yoga* i.e. Different from external natural environment and *atiyogai.e.*, *sheeta guna atiyoga* causing *dosha prakopa*. The duration of work can also be considered under *kala* i.e., more the duration the patient is exposed to computer work is more prone to develop Computer Vision Syndrome.

**CONCLUSIONS:**

- Ayurveda Siddhanta holds good to understand any new diseases in all aspects like computer vision syndrome.
- *Asatmendriyartha samyoga* of *chakshurendriya* like watching highly luminous, fast moving flashing colours for a prolonged time etc. have been mentioned in classics and has been validated in understanding the aetiological factors of CVS.
- All aspects of *prajnaparadha* play an important role in exacerbation of the symptoms.
- Duration of computer work as well as the environment of office is directly proportional to the severity of symptoms in CVS.

**REFERENCES:**


**Corresponding Author:** Dr. Ranjith Kumar Shetty, Asst. Professor, Dept. of Basic Principles, Sri Sri College of Ayurvedic Science & Research, Bangalore. E-mail: drranjithayu@gmail.com

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Declared