

**Clinical efficacy of Ayurvedic management in digital eye strain and visual fatigue**

Sunita Vijay Magar

Shalakyā Tantra Department, Mahatma Gandhi Ayurved College, Hospital and Research Centre (DMIMS) (D.U.)  
Salod, WARDHA, (M.S.) (INDIA)

**Abstract**

With the advancement of digital technology, many individuals suffer from physical eye discomfort, visual fatigue, dry eye after screen use for longer than two hours at a time. The Vision Council refers to this collection of symptoms as digital eye strain. The Vision Council's 2014 Digital Eye Strain Report suggests that nearly 70 percent of American adults experiences some form of digital eye strain due to prolonged use of electronic devices including desktop and laptop computers, smart phones, e-readers, television and videos. The study found that adults are most likely to experience digital eye strain in between 6 p.m. to 9 p.m. The number of people subjected to a significant amounts of on-screen work with digital eye strain and visual fatigue is currently increasing. Improper use of sense organs, violating the moral code of conduct, and the effect of the time are the three basic causative factors. No remedial measures for the cure of this pathology prevail in the domain of modern medicine except using ocular surface lubricants and computer glasses in spite of remarkable progress and advances in the field of modern ophthalmology. On the basis of critical analysis of the symptoms of Digital Eye Strain on *tridosha* theory of Ayurveda, it seems to be a *Vata-Pittaja* ocular cum systemic disease. *Jeevantyadi Ghrita* (orally), *Jeevantyadi Ghrita Netra Tarpana* (topically) and counseling regarding proper working conditions on computer were tried in 30 patients, suffering from Digital eye strain. In group I, where oral and local treatment was given, significant improvement in all the symptoms of Digital eye strain was observed whereas in groups II and III local treatment and counseling regarding proper working conditions, respectively, were given and showed insignificant results. The study verified the hypothesis that Digital Eye Strain from Ayurvedic perspective is a *Vata-Pittaja* disease affecting mainly eyes and body as a whole and needs a systemic intervention rather than topical ocular medication only.

**Keywords:** Digital eye strain, *Jeevantyadi Ghrita*, *Netra Tarpana*.

**Corresponding E-mail:** sunitamagar66@gmail.com