

***Chakshushya Dravya* guidelines for health promotion of eyes**

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Abstract

Various *Chakshushya Dravyas* have been described in Ayurvedic literature both in *Bruhatrayi* and *Laghutrayi*. *Bhavprakash Nighantu* is one among these *Samhitas* of *Laghutrayi*. This *Bhavprakash Nighantu* mainly deals with *Dravyaguna*. Due to its *Karmapradhanya*, *Bhavprakash Nighantu* was selected for this study. Two types of *Chakshushya Dravyas* have been described in this *Nighantu*, one of which is *Chakshuhitakaraka* i.e. beneficial for eyes, the other one, *Chakshurogahara*, is used for treating eye disorders. However, the effect of *Chakshushya Dravyas* on *Chakshurindriyas* has not been elaborated by any author. The present study is a critical analysis on *Chakshushya Dravyas* and their line of action on the basis of *Rasapanchaka*. In the fourth generation of antibiotics, *Chakshushya dravyas* contribute in the protection of eyes and prevention of eye diseases.

Keywords: *Chakshushya dravya*, *Bhavprakash nighantu*, *Chakshu*
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