

A clinical study on Computer Vision Syndrome

Ganga MP¹, Narayan Bavalatti², Manjusha R²

Department of Shalakyatantra, Nadiad, Gujarat, India

Department of Shalakyā, All India Institute of Ayurveda, Gautampuri, Sarita Vihar, New Delhi – 110076, India

Abstract

Computer has become a household gadget in the present era, found in almost all aspects of life and its convenience has brought with it the disadvantages as with any invention of human civilization. With progressive increase in the usage of computers, the term Repeated Stress Injury (RSI) has found place in the contemporary medical science. The incidence of Computer Vision Syndrome is as high as 50%-90% among the employees of computer profession. Computers have increased the work efficiency, communications and have opened access to information like never before. Despite these contributions to the society, prolonged exposure to Video Display Terminals (VDT's) has been the cause of a visual and ergonomic disorder called "Computer Vision Syndrome" (CVS). Symptoms of Computer Vision Syndrome are caused by ocular (ocular-surface abnormalities or accommodative spasms) and / or extra ocular (ergonomic) etiologies. It is out of question to verify the existence of similar condition of "Computer Vision Syndrome" in ancient documents, as the ailment is the consequence of modern invention. But there is a room to understand the disease from Ayurvedic perspectives and to methodically apply Ayurvedic remedies for the modern ailment. In this clinical study on "Computer Vision Syndrome", a total number of 55 patients were registered and out of these, 53 patients completed the whole treatment. The general observations and the effect of therapy quoted include the data of 53 patients who have completed the entire course of treatment. Oral administration of *Saptamrita Lauha* tablets, 500 mg BD/day with unequal quantity of *Madhu*, *Ghrita* and *Triphala* eye drops one drop in each eye, 4 times/day for 30 days has found to be effective in the management of CVS.

Keywords: Computer Vision Syndrome, *Triphala* eye drops, *Saptamrita Lauha*

Corresponding E-mail: gangupatil2001@rediffmail.com