

Management of retinal diseases in Ayurveda

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Abstract

Retina, one of the most sophisticated nervous tissues, which receives blood circulation from the dual system central retinal artery and choriocapilleries are prone to many systemic as well as local diseases. The diseases manifesting in the retina mainly include those of congenital, vascular, degenerative and inflammatory. Many of the systemic diseases like diabetes, hypertension and viral diseases also lead to retinal complications. In Ayurveda, retina can be considered as the seat of *Alochaka Pitta* which performs its function with the help of *Pranavayu* and *Tarpaka Kapha*. So the harmonies of all these *Tridoshas* are essential to manage the retinal pathologies. Even though these *Doshas* are located in retina, the main base (*Vishesha Sthana* of *Doshas*) is not retina. In order to tackle the deep seated pathology, the *Moolasthan Chikitsa* of these *Doshas* should be performed. In Ayurveda, in terms of the visual disturbances, field defects and pathophysiology, many of the retinal diseases can be included under the twelve types of *Drishtigata Rogas*. As there is no common line of management for these types of diseases in Ayurveda, an attempt has been made to explain the management of retinal diseases treated as per Ayurvedic principles. In addition to *Snehapana*, *Virechana*, *Nasya* and *Netra Kriyakalpas*, the treatment modalities like *Ksheerabasthi*, *Yogabasthi*, *Rakthamokshana*, *Shirolepa* and *Moordha Tailas* are also essential to manage these retinal pathologies. In diseases like proliferative diabetic retinopathy, *Ksheeraseka* and *Ksheerabasthi* are highly useful while in macular degenerations, the role of *Yogabasthi* and *Shirobasthi* is beneficial to manage the underline pathology.

Keywords: Retinal diseases, *Drishtigata roga*, *Netra Kriyakalpa*

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