

# Conceptual Review on Padabhyang as Chkshuhya Effect in Types of Asatmyendriyarth Samyoga in Computer User- Non-Computer User

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## Abstract

In 21th century, everybody is attracted to computer which is the knowledge bank and emerges the profession. This computer causes visual and ocular symptoms arising due to the long time and improper working on computer. *Ayurveda* can help you to relieve eye strain, regain glow, and contributes to rejuvenate your eyes and also make them capable of bearing the day by day stress which is caused by excessive uses of computer.

In current scenario nobody have time for self because of their fast life style. Wrong life style causes different life style related eye disorder that's why principle of *Dinacharya* is more relevant in current era. Our ancient sages have also given prime importance to eye by considering it as the most vital sense organ among all sense organs. Prevention is better than cure so all the practices given in *Ayurveda* in *Dinacharya* chapter need to applied in daily life for the prevention and control of life style related eye disease. Principle of *Dinacharyoukt padabhyanga* is more relevant in current era because of nobody has time even for them self due to hurry and running according to fast life-style. The essence of this review article is that we cannot changed this trend of present time because of its demand of this era but we can be modified lifestyle by simple interventions of *Dinacharyoukt padabhyanga practices* in our daily life.

**Keywords:** Padabhyanga, dincharya, mode of action of padabhyanga, computer user

## INTRODUCTION

We are living in a modern and technologically advanced environment where computer professions form the backbone. Therefore continuously working in front of the computer for several hours creates glare in the eyes from the illuminated computer screen this results in eye strain, eye pain, dry eyes, watering of eyes, blurred vision,& headache etc. Ayurvedic texts have laid upon some guidelines regarding the use of sense organs, for instance, excessive visualization of sharp objects or image is termed as atiyoga of chakshurendriya whereas visualization of two small images strain the eyes is called heena yoga. All these lead to Dosha vaishmya and hence produce disease in eye. Vata, Pitta and Kapha i.e. tridoshas are

involved in this disease. Ocular symptoms like eyestrain, double vision, squinting for better vision, eye fatigue and extra ocular symptoms like neck, shoulder and back pain are due to vata dosha. Redness of eyes is due to pitta dosha and itching eye is due to kapha dosha. The symptoms are mainly from either drishtigata or sarvagata netraroga. Vata-Pitta doshas play a key role to produce symptoms like burning eye and headache. So we can say eyes disease as vata-pitta pradhan tridoshaja vyadhi. Acharya Charak emphasized that the kapha dosha is the main apprehensive subject related to eye as it is the place of teja.

This is a common similar situation observed by computer professionals, who spend more than 6 to 8 hours a day sit-ting in front of the computer screen. Since computer professionals form the backbone of the I.T industry. Which use the computer regularly and in this present electronics era most of the people use electronics de-vices like notepad, mobile phone, tablets, etc.

Ayurveda the science of life has not only investigates the aspect of diseases and cure but gives prime Importance to preventions of all factors within the Universe. Ayurveda emphasizes the importance of the specific daily routine i.e. “*Dinacharya*” along with proper diet, drug, physical activities and good personal hygiene to achieve good physical as well as mental health i.e. “*Swasthya*”. Everyone who wants to live a long and healthy life should follow *Dinacharya* rules. By following these rules and guidelines, one can maintain his health and can prevent diseases. “*Abhyanga*” is a part of this *Dinacharya* guidelines. hence one should use it regularly. Ayurveda has specifically advised to apply *Sneha* on head, ear and feet but in today’s fast lifestyle it is not reliable to apply *Sneha* (oil or *ghrita*) all over the body. In such conditions, the massage with snehan dravyas should practice at least for the feet. In ayurvedic literature there is description of *padabhyanga* in management of eye disease .

Ophthalmic complaints are common in computer users as well as in the non-computer users, so the present literature study to assess the effect of *Pa-daabhanga Upakarma*. The topic selected for review is used in Ayurveda from ancient times due to its utmost importance in *Dinacharya* as well as in ophthalmic problems. As the scope of this literature is to discuss the *chakshushya* effect of *Padabhyanga*’ in *Dinacharya* and specifically in computer users. The persons using the computer regularly as well as not us-ing the computer. A review of classical text reveals that numbers of procedures are mentioned for ophthalmic use. *Padabhyang* is a reliable, & easy cheap procedure to do in the fast life .

### **Aim and Objectives**

1. To elaborate the literature on *dincharyoukta Padabhyanga* and its *chakshusya* effect in individuals
2. To explain various eye problems in computer users and how *Padabhyanga* is effective on these problems.
3. To discuss the effect of *Padabhyanga* as a *upkrama* in *Dinacharya* in eye disease

### **Material and Method**

Material related to *dincharyoukta Padabhyanga* is collected from the ancient ayurvedic books and modern litera-ture. The available literary information is analysed crit-ically correlated with contemporary classical text for authentication.

## Literature Review-

### Common *Samprapti* of *Netra Rogas* -

Due to *Nidan sevana* of *Netra Rogas*, *Doshas* get vitiated and vitiated *Doshas* move through the *Siras* (blood vessels) and reach the upper part of the body, upon reaching in the eye causes different type of eye disease.

### Ophthalmic Complaints In Computer User-

The present literature is concentrated on *padaabhangas* as *upkrama* in *dincharya* & its *chakshusya* effects in computer users. Computer is a recent invention i.e. before three decades, so in ayurveda there is no information about computers and ayurveda had not mentioned its adverse effects on the eye. But while describing disorders of the eye (*netrarogas*), some acharyas mentioned the following points that can be similar with: Observing very minute objects, *Bhasvaravastuviksanama* & *Mithyavihara*.

On an average, more than 50% of the workforce now uses a computer or smartphone on the job and nearly 60 million people experience vision problems as a result. This condition is seen in the computer users. Although the American optometric association reports that approximately 14% of patients scheduled eye exams because of computer use, many individuals who suffer vision problems from computer use are not even aware that they have the condition. Continue use of computers can cause computer vision syndromes. Computer vision syndrome is a term that describes eye related problems and the other symptoms caused by prolonged computer use. Our dependence on computers continues to grow; an increasing number of people are seeking medical attention for eye strain and irritation, along with back, neck, shoulder and wrist soreness. People who spend more than 5 to 6 hours on a computer per day will experience symptoms of eyes.

### Dincharyoukta *padabhyanga*-

*Dincharya* is a Sanskrit word made from two words *Din* means 'daily' and *Charya* means 'practices'. Whatever practices or activities done by individual from waking up in the morning to till the sunset is called *Dincharya*. These *Dincharya* can be practices in our daily routine to protect eye disease as well as improve vision and eye health. Among all the sense organs eyes are considered to be very important and says "*Sarvendriyaanam Nayanam Pradhanam*" because of vision is important for social, Educational and Psychological development of a person.

### Concept of *Padabhyanga*:

According to acharya charak *Padabhyanga* helps in sound sleep, it is pleasant to body, and it is *Chakshushya*. *Abhyanga* means the application of *Sneha*, mainly plain or medicated, according to body constitution, age, season, particular disease and atmosphere. It should be applied in the *Anuloma* direction. Applying *Abhyanga* to the sole part of foot is called *Padabhyanga*. It is one of the prophylactic principles mentioned in Ayurveda *dinacharya*.

### Procedure of *padabhyanga*-

#### PURVAKARMA –

Preparation of the patient. The patient is thoroughly examined the *prakriti*. And *vikriti* are documented in detail. The disease is also examined. Materials needed for treatment are collected. *Taila*, Stove, bowls. Vessels, water etc

### PRADHAN KARMA

Procedures were carried out in supine, lateral, and prone position of patient. Clean the feet surface with Luke warm water and herbal soap gently. Wipe it out nicely with soft cotton towel sit in comfortable position. Apply the oil to one of the feet for lubrication. Start with gently rubbing to the base of great toe squeezing with thumb with continuation of next toe. Allow proper pressure and massage with using palms and thumb of hand. Next apply slight pressure and oil in between toes. Stretch and pull the big toe gently and rub each side of nails. Now, next massage to base at calcaneus region in circular motion with gently pressure. Also allowed massage and apply oil on dorsum of foot along ankle joint in circular and linear pattern respectively. During massage used each steps like a. Stroking, Ankle Rotation, Pivoting, Kneading, Finger, walking, Pulling and Squeezing, Sliding and Arch pressure.

### PASHATA KARMA –

The oil is erased and given a hot water dip, Alternatively hot salt water is given for foot .

### PADABHYANGA BENEFITS-

By *Padabhyanga*, coarseness, roughness, fatigue and numbness of feet are alleviated in no time. Further, delicacy, strength and firmness in feet, clarity of vision are attained and *Vata* is pacified. By massage of oil in feet, there is no occurrence of sciatica, cracking of sole and constriction of veins and ligaments.

### DISCUSSION & CONCLUSION -

#### Mode Of Action Of Padabhyanga-

The soles of the feet are said to have *Marma* points, which in turn stimulates the *Indriyas* (sense organs). Thus massage is very important to lead a healthy life and to create a healthy society. In benefits of Padabhyang (Foot massage), our ancient acharyas described that it helps to improve our vision and also told that there is link between Pada (foot) and Netra (Eye). Both these can be considered as two poles of our body and still drug instilled from one pole or Abhyang (Massage) applying from one pole i.e Pada can reach to other pole i.e Netra. In nadi vigyana, nadi darpana it has been quoted that there are 10 nadi (Nerves) in head among which 2 are related to eyes Gandhari- surrounds Ida nadi (Type of nerve), which extends from paada and ends in left eye. Hsatijihwa- surrounds Pingala nadi (Type of nerve), which extends from paada and ends in right eye. Acharya vagbhata also mentioned, 2 siras (Vessels) situated in the centre of foot which is connected to the eyes (Ashtanga Hridaya, Uttarasthan, 2000, p.956, 834). During padabhyanga, these nadi's are stimulated and leading to chakshusya effect. As per Ayurveda Pada and Netra both have its origin from Vaikarika- modified source of creation and Rajas Ahamkara-passionate source of creation (Sushruta Samhita, Sharirasthan, 2009, p338) also both develop at same month in intrauterine life (Sushruta Samhita, Sharirasthan, 2009, p352). Thus by applying therapy on Pada we can have its effects on Netra because of their same origin. The science of reflexology states that the sole of feet has connections with various organs of the body. Hence proper foot massage at respective site on the foot with specific oils prevents and cures diseases. According to the science, various organs like heart, lungs, kidney, brain, intestines all can be stimulated by feet massage. Padabhyanga, even though a small procedure the benefits of this procedure is broad spectrum i.e., from locally to systemic effect. So, padabhyanga as a part of procedure for the prevention of disease and promotion of health. As the scope of this literature is to discuss the *chakshushya* effect of '*Padabhyanga*' in *Dinacharya* and specifically in computer users. The persons using the computer

regularly as well as not using the computer. A review of classical text reveals that numbers of procedures are mentioned for ophthalmic use. *Padabhyang* is a reliable & easily available procedure to do in the fast .

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