

ROLE OF PANCHAKARMA IN NETRA ROGA

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Abstract:

One of the fundamental concepts of Ayurvedic management of diseases is to eliminate toxic materials (vitiated *doshas*) from the body to cure disease. Panchakarma is designed to eliminate toxic materials. Panchakarma is believed to purify or cleanse body tissues and bring harmony of *tridoshas* (*vata*, *pitha* and *kapha*), *manasa doshas* and obtain long lasting beneficial effects. Panchakarma is not only good for alleviating disease but also useful in maintaining excellent health. Acharyas have emphasised upon the importance of eye by quoting ‘*Sarvendriyanam nayanam pradhanam*’ which means among all *indriyas*, *nayanais* considered to be superior. Promotion of visual acuity was considered as one of the priorities in *Shalakya Tantra*. Eye is the seat of *Alochaka pitha*, *Tarpaka kapha* and all the physiological functions are maintained by *Vyana vayu*. The vitiation of these *doshas* causes visual impairment. Panchakarma helps in the elimination of these vitiated *doshas*. Based on the *dosha* predominance of *netra rogas*, different Panchakarma therapies were advised by the *Acharyas*. Panchakarma is not merely a *shodhana* therapy but also revitalizes the tissues. Many procedures and formulations have been described to cure the ophthalmic disorders. Acharyas have told that Panchakarma gives clarity and strength to sense organs and mind. Prevention of ocular diseases and preservation of ocular health has become essential, as changing life style has resulted in many eye diseases and brought miseries to daily life. Hence sincere efforts must be taken to maintain healthy vision.

Key words: Panchakarma, *tridoshas*, *netra*, *indriyas*, *shodhana*, ocular health, mind