

RASAYANA AN ADJUVANT THERAPY IN NETRA ROGAS

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ABSTRACT

RASAYANA is a unique branch of ayurveda, the word rasayana has two words with in it they are ' **RASA** ' (nutritive elements) and '**AYANA** '(gaman) which means transformation of rasa. charaka stating importance of rasayana quotes “ **DEHA INDRIYA BALAM PARAM**” rasayana improves the metabolic process and it is the best way of attaining excellent rasadi dhatus , most of the ocular conditions such as myopia, hypermetropia, dry eye syndrome, cataract ARMD , xerophthalmia and optic neuropathies comes under broad umbrella of TIMIRA , It can be managed by the use of rasayana yogas which gives promising results. In rasayana sneha dravya as a basic component exhibiting affinity towards ocular tissue, makes the cell membrane permeable for active and passive mechanism for executing normal bio transformation process.

Rasayana mentioned in the context of the netra rogas by the virtue of chakshushya property not only helps in correcting the pathology but also promotes the cellular regeneration and immunomodulatory effect.

Keywords : Rasayana importance , Netrarogas,