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Role of *Pratimarsha Nasya* in Preventing Computer Vision Syndrome: A Conceptual Study

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Abstract

Computer Vision Syndrome (CVS), also known as digital eye strain, is a common occupational health problem in the modern digital era. It presents with ocular fatigue, dryness, blurred vision, headache, and neck strain. Ayurveda describes the eye (*Netra*) as the most delicate sense organ (*Pratyakṣindriya*) and emphasizes preventive measures under *Dinacharya* and *Ritucharya*. *Pratimarsha Nasya*—the daily administration of medicated oil drops in the nostrils is mentioned in classical texts as a simple, safe, and highly beneficial practice for preserving ocular health, preventing *Urdhwajatrugata roga*, and nourishing the sense organs. This conceptual review aims to explore the role of *Pratimarsha Nasya* in preventing computer

vision syndrome (CVS), integrating modern ophthalmic understanding with Ayurvedic principles.

Keywords: Computer Vision Syndrome, Digital eye strain, Ayurveda, *Pratimarsha Nasya*, *Dinacharya*, *Urdhwajatrugata roga*, *Netra*

Introduction

Digital devices are indispensable in modern life, yet their excessive use has produced new health challenges. Computer Vision Syndrome (CVS) is recognized by the American Optometric Association as a group of eye and vision-related problems resulting from prolonged computer, tablet, e-reader, and cell phone use [1]. Studies report

prevalence between 50–70% among regular users (American Optometric Association).²

In the text of Ayurveda, Acharya Sushrut has explained Netra is the most delicate organ (*Sarvendriyānām Nayanam Pradhānam – Sushruta*). *Pratimarsha Nasya* is emphasized in *Charaka* and *Ashtanga Hridaya* as a daily preventive measure for eye, ear, and head disorders. *Pratimarsha Nasya* is the OPD-level Panchakarma, suitable for daily use as both **preventive Dinacharya** and **therapeutic support** for ocular and neurological health.

Literature Search

- Sources: Ayurvedic literatures viz. (*Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya*) and commentaries; modern biomedical databases (PubMed, Scopus, AYU Journal, AYUSHDHARA, JAAMS, IJAPR).
- Search Terms: “Computer Vision Syndrome,” “Digital Eye Strain,” “Nasya,” “Pratimarsha Nasya,” “Ayurveda and eye disorders.”
- Conceptual papers, review articles, classical text interpretations, clinical studies on CVS, and experimental/clinical research on Nasya therapy.

Computer Vision Syndrome: Modern Perspective

Pathophysiology:

- Reduced blink rate → From 15–20 blinks/min → ~5–7 during screen use → tear film instability, dry eye.
- Prolonged accommodation → eye strain and blurred vision.
- Blue light exposure → oxidative stress.

Risk Factors: Screen time >4 hrs/day, poor ergonomics, sleep disturbance.

Symptoms include:

- Eye strain (asthenopia)
- Dryness and burning
- Blurred or fluctuating vision
- Headache
- Neck and shoulder pain

Risk factors include reduced blink rate, improper ergonomics, high screen brightness, prolonged accommodation, and exposure to blue light.

Conventional Management

- Artificial tears, lubricants
- 20-20-20 rule (every 20 minutes, look 20 feet away for 20 seconds)
- Blue light filters, anti-reflective lenses
- Ergonomic corrections

While helpful, these measures offer only symptomatic relief and require regular compliance.

Ayurvedic Perspective

- CVS comparable to *Abhishyanda* (ocular inflammation/dryness) and *Netra Shushkata*.

- Causes: *Ati-darshana* (excessive visual strain), *Ati-prayoga* of eyes → *Vata-Pitta prakopa* in *Netra*.
- *Nidra-viparyaya* (sleep disturbance) also worsens symptoms (Ch.Su. 21/55).

Nidana (Causative Factors)

- *Ati-darshana* (excessive use of vision)
- *Ati-prayoga* of eyes with screens and gadgets
- *Nidra-viparyaya* (sleep disturbances due to screen exposure)

Samprapti (Pathogenesis)

- Excessive screen exposure → *Vata-Pitta prakopa* in *Netra*.
- Results in dryness (*Shushkata*), burning (*Daha*), fatigue (*Shrama*), blurred vision (*Avyakta Darshana*).

Comparable Conditions in Ayurveda

- *Abhishyanda* (ocular inflammation/dryness)
- *Netra Shushkata* (dry eye)
- *Shiro Roga* symptoms like headache

Pratimarsha Nasya: Concept and Classics

Definition

Administration of 2 drops of medicated oil in each nostril daily as part of *Dinacharya*.

Classical References

1. Charaka Samhita (Su.5/58):

Nasyena netra-shrotra-keshagra- vardhanam | shiraso rogan nasayati...

Nasya promotes strength of eyes, ears, hair, and prevents diseases of the head.

2. Ashtanga Hridaya (Su.20):

Pratimarsha Nasya can be done daily, in all seasons, even by the healthy; it prevents greying of hair, strengthens vision, and nourishes sense organs.

Nasya Karma—administration of medicated oils through the nasal route—is one of the **Panchakarma** therapies indicated for maintaining head and sense organ health. Among its variants, *Pratimarsha Nasya* (daily administration of a small dose of oil) is particularly suitable for preventive and promotive health.

Benefits

- Nourishes *Urdhwajatrugata Indriya* (organs above clavicle).
- Prevents *Shiro Roga*, *Netra Roga*, *Karna Roga*.
- Induces sound sleep (*Nidra*).
- Relieves dryness (*Shushkata*) and fatigue.

Commonly Used Oils

- *Anu Taila* – Tridosha balancing, strengthening sense organs.
- *Shadbindu Taila* – Anti-inflammatory, Vata-Pitta shamaka.
- *Goghrita* – Best for dryness and Pitta disorders.

Ayurvedic Mechanism

Ayurveda states that “**Nasa hi Shiraso Dwaram**” — the nose is the gateway to the

head. By this principle, substances administered through the nasal route directly influence the **Shiras (head)** and the sense organs. **Pratimarsha Nasya** provides gentle and continuous **snehana (unctuousness)** to the upper channels, thereby:

- Counteracting **Vata vitiation** responsible for dryness and strain.
- Pacifying **Pitta**, aggravated by excessive exposure to artificial light and heat.
- Supporting the integrity and clarity of **Alochaka Pitta**, the functional entity responsible for vision.

Thus, **Pratimarsha Nasya** serves as a preventive measure by nourishing ocular structures, reducing fatigue, and maintaining the balance of doshas.

Modern Mechanism

From a biomedical perspective, nasal administration of medicated oils exerts systemic and localized effects:

- **Tear film stability:** By stimulating parasympathetic pathways, it enhances lacrimal gland activity and maintains ocular surface hydration.
- **Improved circulation:** It promotes better blood flow in cerebral and ophthalmic regions, reducing strain and fatigue.
- **Biochemical action:** Oils such as *Anu Taila* and ghee possess documented **antioxidant** and **anti-inflammatory** properties, which protect ocular tissues from oxidative stress induced by prolonged screen exposure.

Together, these mechanisms create a comprehensive preventive framework for **Computer Vision Syndrome**, bridging classical Ayurvedic wisdom with modern scientific understanding.

Discussion

- CVS results from a mismatch between modern lifestyle demands and the physiological capacity of ocular tissues. Ayurveda anticipates such occupational hazards through the concept of *Asatmya indriyarthasamyoga* (improper use of senses). *Pratimarsha Nasya* emerges as a practical preventive tool.
- By daily lubrication of nasal passages, *Nasya* indirectly maintains ocular hydration and reduces oxidative stress. Its *Vata-Pitta shamana* action addresses dryness, strain, and heat-induced ocular disturbances. Modern physiology supports its action via neuro-ophthalmological and autonomic mechanisms.
- Given its ease, safety, and cost-effectiveness, *Pratimarsha Nasya* can be recommended for IT professionals, students, and digital workers. Future clinical research could evaluate measurable outcomes such as tear film break-up time, ocular surface disease index, and visual fatigue scores.

Conclusion

Computer Vision Syndrome is an emerging lifestyle-induced health issue. Ayurveda offers a preventive approach through

Pratimarsha Nasya, which acts by nourishing ocular structures, pacifying aggravated doshas, and maintaining functional integrity of the eyes. Regular use can be a simple, safe, and effective measure for professionals exposed to long hours of digital screens. *Pratimarsha Nasya* offers a holistic preventive approach against CVS, acting at both Ayurvedic and modern physiological levels. Daily use may reduce dry eyes, eye strain, and headaches while promoting ocular health. Incorporating this practice into routine **Dinacharya** could significantly benefit populations at risk of digital eye strain.

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