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## Concept of Chakshusya Dravaya and its action on Chakshu (Eye)

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### Abstract:

The human eye is one of the most important and highly differentiated end organs which is mainly responsible for sense of sight. In Ayurveda the Shalaky Tantra is an important branch dealing with the diseases situated above the clavicle related with the disorders of eye, Ear, Nose and upper etc. In Ayurveda *Chakshushya Dravyas* used as a rejuvenating medicine that nourishes the damaged and weakened retinal tissue. Numerous *Chakshushya Dravyas* are described in Ayurvedic literature. *Chakshushya Dravya* can be described in two ways. one is *Chakshu-hitakara* i.e. advantageous for eyes and other one *Chakshu-roghahara* i.e. used for Chikitsa of eye disorders. *Chakshushya* drugs possess the special affinity to visual apparatus resulting in vision promotion, helps in bringing homeostasis in the eye, rejuvenates the eye structurally and functionally and thus protecting the eye from easily getting aggrieved by any disease. These drugs are having anti-inflammatory, antioxidants, neuroprotective, healing, adaptability, and immunity enhancing properties.

**Key words :** *Chakshusya dravaya, Chakshu (Eye), Vision, Netra*

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**INTRODUCTION:**

Visual perception like all other sensory phenomena is reliant on on the state of the mind & soul. Acharya Charaka has described this process as the conjuncture of soul mind & sense organ with the objects.(1) In Ayurveda, Ophthalmology is the division in developing phase *Chakshushya Dravya* is very important and interesting topic in *Shalakyatantra*. *Chakshu* means Eye and *Chakshushya* means useful for eyes. Protection of sight is one of the priorities of Shalaky Tantra and it explores disorders of eye with minute details. Loss of vision and refractive errors and other eye conditions is vividly described under *Drishti rogas*. In Ayurveda The dravyas which preserve & improve eye sight work as eye tonic is known as *Chakshushya Dravyas*.” *Chakshu* is site of *Alochak pitta*. These dravyas work on *Chakshuindriya* by its properties & *Doshghnata*. So *Chakshushya Dravya* means various herbs said in Ayurveda used for benefit of eyes. Most of the herbs in Ophthalmology are defined under the title of *Netrya* and *Chakshushya Drava*.

**Materials and Methods:** A compressive review of the available literature on eye and *Chakshushya Dravya* such as classical text of Ayurveda, and other compendium is done. Data is collected from various books, periodicals and papers published in the e-journal etc.

**Review on Chakshu****Chakshu Utpatti-** (2)

चष्टे पश्यत्यनेनेति । चक्ष + चक्षेः शिञ्च उणां । इतिउसिः स च शित् ।  
शित्वात् ख्यजादेशाभावः दर्शनेन्द्रियम् ।

The meaning of root ‘*Chaksh*’ and ‘*Unadi*’ suffix ‘*us*’ in the nonappearance of *khyanjadesha* forms the word *Chakshu*, meaning *Darshanendriya* or organ of sight.

**Nirukti / Definition:**(3)

चष्टे रूपं रूपवन्तं च प्रकाशयतीति चक्षुः ।  
तञ्चोभयनयगोलकाधिष्ठानमेकमेव॥ Cha. Su. 8/ 8

*Chakshu* is that sensual ability situated in both the eye balls, which is responsible for vision.

**Synonyms:**(4)

*Chakshu* word has many meanings. The scientific synonym of each word as per Ayurveda with their etymological derivations are given below:

- *Akshi*: *Ashu* – to reach + “*Ktin Karane*” *pratyaya* (*Sabdakalpadrum*)

This denotes source of reaching of seeing.

- *Chakshu*: *Chaksh* – *Darshane* + “*Sinch Karane*” *pratyaya* (*Vachaspatyam*),

Meaning: which is responsible for sight.

- *Drishti*: *Drish* – to see + “*Ktin Karane*” *pratyaya* (*Sabdakalpadrum*),

Meaning: source or tool with which one sees.

- *Netra*: *Ni-to drive* + “*Ktin Karane*” *pratyaya* (*Sabdakalpadrum*).

Meaning: which takes or drives one towards knowledge.

- *Nayana*: *Ni-to drive, to lead* + “*Karane lyut*” *pratyaya* (*Sabdakalpadrum*).

Meaning: which drives towards the subject.

- *Lochana*: *Loch* – to see + “*Karane Lyut*” *Pratyaya* (*Sabdakalpadrum*)

Meaning: the tool with which one sees.

**Concept of Chakshuyendria in Ayurveda**

Eyes are most important among the five *Jnanendriyas*. Vata is responsible for stimulation and activation of the *Indriya*,

where as pitta helps in *Alochana* (perception) of the *Indriya Adhistana*. *Prana Vayu & Vyana Vayu* are specifically reason for *Vata Karmas*, In *Netra*, *Alochaka Pitta* for *Darshana & Tarpaka Kapha* for *Akshi Tarpana*.(5) The study of *Alochaka Pitta* is of considerable importance in the visual perception. The *Alochaka Pitta* is placed in the *Antastharaka* of the eye to receive the images. Bhela has predicted two aspects of *Alochaka Pitta*, among which *Chakshu vaisheshika* produces the information of the characteristic form and colour of things. *Buddhi Vaisheshika*, the other type of the same is accountable for concentration, response and cognition as it recalls the objects. (6) Visual perception, like all other sensory phenomena, is dependent upon the state of mind and soul. Acharya Charaka has described this process as the combination of events of soul, mind and the sense organ with the objects. (7)

### **Chakshu and Chakshushya Dravya**

There are *Pancha Indriyas* (five sense organs) in the body. Sense organ of vision is

*Chakshurindriya (Chakshu)* is a sense organ consisting of *Teja Mahabhuta*. (8) Its location is eye, object (*Artha*) is vision and perception of it is *Chakshusha buddhi* Perception depends on contact of sense organ with its subject.

*Chakshushya*, means "improving strength of the eyes"-*Chakshu* means "eye" and *Ayushya* means "optimum nourishment to the dhatu(Rasayana)" so it is literally a "*Rasayana* for the eyes".*Chakshushya* drugs scientifically further can be categorised as *Chakshu Dahahara* (helps in reducing burning sensation. *Chakshu Rujahara* (helps in analgesic action)-. *Netra Shothahara* (helps in anti-inflammatory action) – *Chakshu Drudhi Karana* (maintains the power of vision) and *Chakshu kanduhara* (helps in antiallergic action). *Chakshusya Dravya* also has effect of *Vranaropana* (wound healing effect) and Antioxidant effect which prevent ageing of eye.

**Table no. 1 List of Chakshushya Dravya and Rasapanchaka(9) (10)**

1.	<b>Dravyas (Botanical Name)</b>	<b>Rasa</b>	<b>Guna</b>	<b>Virya</b>	<b>Vipaka</b>	<b>Dosha-Karmata</b>
2.	Amalak ( <i>Embllica officinalis</i> )	Pancharasa (Lavanavarjit)	Ruksha, Sheeta	Sheeta	Madhura	Tridosha Shamak
3.	Bibhitak ( <i>Terminalia bellerica</i> )	Kashaya	Laghu, Ruksha	Ushna	Madhura	Pitta-Kapha Shamak
4.	Draksha ( <i>Vitis vinifera</i> )	Madhura	Snigdha Guru, Mradu	Sheeta	Madhura	Pitta-Kapha Shamak
5.	Haritaki ( <i>Terminalia chebula</i> )	Pancharas (La vanavarjit)	Laghu, Ruksha	Ushna	Madhura	Tridosha Shamak

6.	Jalapippali ( <i>Lippia nodiflora</i> )	Katu, Kashaya	Laghu	Sheeta	Katu	Tridosha Shamak
7.	Jeeraka ( <i>Cuminum cyminum</i> )	Katu	Laghu, Ruksha	Ushna	Katu	Kapha Shamak
8.	Jeevanti ( <i>Leptadenia reticulata</i> )	Madhura	Ruksha	Sheeta	Madhura	Tridosha Shamak
9.	Kakamachi ( <i>Solanum nigrum</i> )	Tikta,Katu	Laghu	Ushna	Katu	Tridosha Shamak
10	Karpura ( <i>Cinnamomum camphora</i> )	Madhura,Tikta	Laghu	Sheeta	Katu	Kapha Shamak
11	Kataka (Phala) ( <i>Strychnos potatorum</i> )	Madhura, Kashaya	Guru	Sheeta	Madhura	Vata-Kapha Shamak
12	Kumari ( <i>Aloe Vera</i> )	Tikta, Madhura	Snigdha	Sheeta	Katu	Tridosha Shamak
13	Lashuna ( <i>Allium sativum</i> )	Katu, Madhura	Tikshna, Gu ru Snigdha	Ushna	Katu	Kapha Shamak
14	Latakasturi ( <i>Hibiscus abelmoschus</i> )	Tikta, Madhura	Laghu	Sheeta	Madhura	Pitta Shamak
15	Lavanga ( <i>Syzygium aromaticum</i> )	Katu, Tikta	Laghu, Snigdha	Sheeta	Katu	Pitta-Kapha Shamak
16	Lodhra ( <i>Symplocos racemosa</i> )	Kashaya	Laghu	Sheeta	Katu	Pitta-Kapha Shamak
17	Mudgaparni. ( <i>Phaseolus trilobus</i> )	Tikta	Laghu	Sheeta	Madhura	Tridosha Shamak
18	Nimbapatra ( <i>Azadirachta Indica</i> )	Tikta, Kashaya	Laghu, Ruksha, Tikshna	Sheeta	Katu	Tridosha Shamak
19	Nirgundhi ( <i>Vitex negundo</i> )	Katu, Tikta, Kashaya	Guru, Snigdha	Ushna	Katu	Kapha Shamak
20	Peetaketaki ( <i>Pandanus odorotissimus</i> )	Tikta, Madhura , Katu	Snigdha, Guru	Ushna	Katu	Kapha Shamak
21	Pundarika ( <i>Nelumbo nucifera</i> )	Madhura, Tikta , Kashaya	Laghu, Snigdha	Sheeta	Madhura	Pita-Kapha Shamak

22	Raktachandana ( <i>pterocarpus santalinus</i> )	Madhura,Tikta	Guru, Ruksha	Sheeta	Katu Refereed Journal	Pitta Shamak
23	Rakta Shali ( <i>Oryza species</i> )	Madhura, Kashaya	Snigdha	Sheeta	Madhura	Tridosha Shamak
24	Rasanjana ( <i>Berberis aristata</i> )	Katu,Tikta	Laghu, Ruksha	Ushna	Katu	Vata-Kapha Shamak
25	Shatavari ( <i>Asparagus racemosus</i> )	Madhura,Tikta	Guru, Snigdha Picchila	Sheeta	Madhura	Vata-Pitta Shamak
26	Yashtimadhu ( <i>Glycyrrhiza glabra</i> )	Madhura	Guru, Snigdha	Sheeta	Madhura	Vata-Pitta Shamak

## DISCUSSION

*Chakshushya Dravyas* should be having property of harmonizing all three dosha especially *Pitta Kaphashamaka*, Majority of *Dravya* are of with *Sheeta Virya* and *Madhur Tikta* and *Kashaya rasa*. The function of *Chakshurendriya* is done by *Alochaka Pitta*, Degenerative changes in different organs because of oxidative stress may be controlled by *Rasayana* drugs with proven antioxidant activities. (11) Several *Chakshushya Dravyas* mentioned in Ayurveda which are rich sources of micronutrients like Sorbitol, Fructose, Glucose, Calcium, Zinc, Vitamin A, Vitamin C, Vitamin K, Vitamin B12, Vitamin D, Helps in preserving normal function and physical integrity of the eye. So *Chakshushya Dravyas*, improves the functions, averts the Age-related changes and helps in rejuvenating eye. In general, all these Drugs mainly have Antioxidant, Antidiabetic, Immunomodulatory, Immunostimulant, Neuro protective and Anti-inflammatory property.

## CONCLUSION

*Chakshushya dravya* has *Rasayana Guna* help in restore to an active and restoring normal ocular function. The drug assumed to have the chemical constituents like vit C, carotene, riboflavin, magnesium, potassium. These constituents protect further degeneration of photoreceptor cells. Thus *Chakshushya Darvyas* described in the Ayurvedic literature has vast area of properties which includes drugs having, healing, nutritive, preventive, therapeutic, and rejuvenating properties.

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