

**CONCEPT OF CHAKSHUSHYA DRAVYAS AND ITS MODE OF ACTION WITH
SPECIAL REFERENCE TO SUSHRUTA SAMHITA****Dr. Dhanashri Navale^{1*} and Dr. Chanadana Virkar²**¹PG Scholar 3rd Year, Department of Shalakyatantra, PDEAS College of Ayurved and Research Centre, Nigadi, Pune.²Guide and HOD, Department of Shalakyatantra, PDEAS College of Ayurveda and Research Centre, Nigadi, Pune 44.***Corresponding Author: Dr. Dhanashri Navale**PG Scholar 3rd Year, Department of Shalakyatantra, PDEAS College of Ayurved and Research Centre, Nigadi, Pune.

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ABSTRACT

Chakshurendriya means eyes are considered as most important sensory organ among other 5 sense organs. the main Aim of ayurveda is prevention of diseases and promotion of overall health. the concept of chakshushya dravya is mentioned by various acharyas. the term chakshushya means whatever hitkar for eye. chakshushya dravyas can helps to achieve good health of eye, strenghtning the eye. the preparations made from the chakshushya dravyas mentioned in ayurvedic samhitas can help in eye related disorders, overall eye health and for avoidance of some age related eye diseases. An attempt is made here to learn concept of chakshushya dravyas and its mode of action.

KEYWORDS: Chakshu, Netrarogas, Alochakpitta, Chakshushya.**INTRODUCTION**

Chakshurendriya means eyes are considered as most important sensory organ among other 5 sense organs. the main Aim of ayurveda is prevention of diseases and promotion of overall health.

The concept of chakshushya dravya is mentioned by various acharyaa. In the classical books of Ayurveda there is mentioning of Chakshushya dravyas for the healthy maintenance of eyes.

‘Chakshu’ means Darshanendriya’ i.e. organ of sense of vision And Chakshushya’ means which is beneficial for ‘Chakshu’.^[1] Chakshu is considered as one of the important sense organs in human body, which is composed of Panchamahabhutas and it is the seat of Alochakapitta.^[2]

In Ashtanga Hridaya, Acharya Vagbhata said that Netra is at risk with chance of afflictions of Kaphadosha.^[3]

Dalhana mentions - ‘Chakshushe Hitam chakshushy the term chakshushya means whatever hitkar for the eyes.

Chakshushya dravyas can helps to achieve good health of eye, strenghtning the eye. Dravyas having chakshushya properties are known for their ability to improve vision, strengthen the eyes and alleviate various ocular disorders.

AIMS AND OBJECTIVES

-To elaborate and discuss the concept of chakshushya dravyas and their mode of action.

MATERIALS AND METHODS

- Review of ayurvedic literature was conducted, classic ayurvedic literature, ayurvedic textbooks, previous studies, recent research writings, pubmed, scientific articles.

Chakshushya dravyas - According to**1) Raja Nighantu^[4]**

- 1 karpara
- 2 Raktachandan
- 3 Kasturi.
- 4 jeerak
- 5 Prapoundarika.
- 6 bhringraja
- 7 mudgaparni.

2) Vangasena^[5]

- 1 Triphala
- 2 Ghruta
- 3 Madhu
- 4 Shatavari
- 5 Mudga
- 6 Yava.

3) Yogratnakara^[6]

- 1 Ghruta

2 ksheera
3 Saindhava
4 Madhu
5 Jeevanti
6 Matsyakshi
7 Punarnava
8 Masha
9 triphala
10 Lodhra
11 meghanada
12 patola
13 Godhuma
14 Mudga
15 shaali
16 Sitaa.

7 kakamachi
8 karpura
9 latakaranja
10 lavangh
11 lodhra
12 mudgaparni
13 Nimbapatra
14 Nirgundi
15 Pundarica
16 Yashthimadhu
17 shatavari
18 punarnava
19 shigru
20 Bhringraja
21 Daruharidra.

4) Bhavprakash nighantu^[7]

1 Amalaki
2 Bibhitaki
3 Haritaki
4 draksha
5 jeeraka
6 jeevanti

5) SUSHRUTA SAMHITA^[8]

1 Amalaki
2 Bibhitaki
3 Haritaki
4 Ghrita
5 Ksheerasarpi.

Analysis of chakshushya dravyas

Sr. no.	Dravya Name	Rasa	Veerya	Doshghnata	Properties	Chemical Constituent
1	Amalaki	Pancharasa (lavan varjya)	Ushna	Tridoshghna	Deepan, Rasayana, Chakshushya ^[9]	Corilagin, Amino-acids - proline, Glutamic acid. Pharmacological Action- Anti-bacterial, Anti-inflammatory, Laxative ^[10]
2	Bibhitaki	kashay	Ushna	Tridoshgna	Chakshushya rasayana	Galic acid, Ellagic acid. Pharmacological Action- Anti-bacterial, Anti-inflammatory ^[11]
3	Haritaki	Pancharsa (lavan varjya)	sheeta	Kapha-pittahar	Chakshushya rasayana	Vit-c, Terchebin, Gallic acid
4	Grita	Madhura	sheeta	Vat-pittahara	Chakshushya Deepan, Balakara. ^[12]	Vit-A, Oleic acid, Cholesterol.
5	Ksheersarpi	Madhura	sheeta	Rkta-pittahar	Chakushya, Sangrahi, Netra-roghara, Netra-prasadak ^[13]	Vit-A, Palmitic acid, oleic acid.

Clinical utility of Chakshushya dravyas mentioned in sushruta Samhita

Dravya	Vyadhi	Formulation and mode of application
1. Triphala	1.Vataj Abhishyanda ^[14] 2.Timira	-Ghrita, Kashaya Mode of application- Paana
2. Ghrita	1.Anyotvata ^[15] 2.vataparyaya 3.Shushakashipaka ^[16] 4.raktabhishyanda 5.pittaj abhishyanda 6.timir ^[17]	-samkruta ghrita Mode of application- Poorvabhakta paana.
3. Ksheerasarpi	1. pittaj abhishyanda ^[18]	-ghrita Mode of application-Nasyaa

Mode of action of chakshushya dravyas

-Immune-modulatory action of drugs is an effective as well as protective approach in many eye disorders like allergic conjunctivitis, Dry eyes, ARMD, DR etc.

-Chakshushya drugs have properties of Anti-allergic, anti-inflammatory, analgesic which can helps to relive many symptoms of eye diseases like allergic conjunctivitis.^[19]

-Presence of glutathione and ascorbate does have Anti-aging action and does the physiological protection against the oxidative changes in lens and helps to maintain transparency of lens.^[20]

-Nutrients like Vit -A, B1, B2, B12, B6. VIT-D, b-carateoids in chakshushya dravyas, protect the eyes from free radical damage and prevent diseases like macular degenerations, blindness.^[21]

-The contents like polyphenols and tannins, anti-oxidant properties are responsible for radio-protecting ability in the diseases like - pterygium, cataract, catarrhalconjunctivitis.

-Presence of mineral-Zinc which helps storage of vit A, Important for treatment of bitot spot, xerosis, retinal disorders.

CONCLUSION

Netra is most important sense organ of human body.

According to ayurveda eyes are considered as essential for perception and overall health. eyes are mirror of overall body health.

76 types of diseases of eyes are mentioned by sushruta acharya. many of them are asadhya. so we need to focus on prevention of eye diseases and to promote the eye health.

Dravyas which are hitkara for netra by its nature, properties are called chakshushya dravyas. various formulations of those dravyas can helpful for overall eye health, formulations like-netra tarpana, netra-parishekha, netra-aschyotan etc.

Chakshushya dravyas are shothahar, tri-doshaghna, rakta-shodhak kandughna, vrana ropak in nature.

According to modern studies of these drugs having properties like anti-inflammatory, anti-ulcerative, anti-oxidant, anti-allergic which can help to relieves symptoms of diseases and avoidance of some diseases.

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