

# A CURSE FOR EYESIGHT – CONCEPTUAL STUDY

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## ABSTRACT –

*Sadvrutta* is the key component of a healthy state of physical, mental and social life. To maintain healthy life style one should have to follow *Sadvrutta* as mentioned by our *Acharayas* in classical ancient texts. One who will follow the adequate *Sadvrutta* will never face any disease or any disturbance in the karma of various *Gyanendriya*. Our ancient *Acharyas* has mentioned various guidelines in the context of *Sadvrutta*, and one who will not follow these guidelines than he will surely face various disturbance in proper functioning of the body as well as *Gyanendriya*. Nasal hair plucking is the violence of one of the *Sadvrutta Niyama*, and it can also lead to visual acuity loss. Here we had made an approach to enlighten the possible adverse effect of nasal vibrissae plucking on visual acuity with the help of various textual sources.

**KEYWORDS** – Nasal hair plucking, *Sadvrutta*, Vibrissae plucking, Visual acuity.

## INTRODUCTION -

According to Ayurveda, any person who wants to live a healthy life, he must have to follow *Dincharya*, *Ritucharya* and *Sadvrutta Niyama* described by ancient *Acharayas*. Nasal hair plucking is also a violation of *Sadvrutta Niyama*, as they have said that 'Na *Nasayam krushniyat*'. Also *Acharya Bhavpraksah* have said that *Nasaromutpatan* leads to *Drushti Daurbalya*. According to ancient *Acharyas* nasal vibrissae plucking leads to decreased vision of the individuals' eye sight. For this we have gone through various anatomy books available in the Departmental library of *Shalaky Tantra*. From the available textual sources there is a need to enlighten the pathway of maxillary branch of Trigeminal nerve. Trigeminal nerve arises from the trigeminal ganglion (convex border) in petrous part of temporal bone which is a part of middle cranial fossa. It has three divisions named Ophthalmic nerve (v1), maxillary nerve (v2) and the mandibular nerve (v3). The ophthalmic division has three divisions which are known as Nasociliary nerve, lacrimal nerve and the frontal nerve. The ophthalmic nerve leaves the skull through superior orbital fissure. It carries general somatic afferent fibers that transmit sensory information to the CNS from structures of eyeball, the skin of upper face and anterior scalp, the lining of upper part of nasal cavity and air cells, and the meninges of anterior cranial fossa. The trigeminal nerve enters the cavernous sinus and emerges out of the middle cranial fossa through foramen rotunda. After leaving the middle cranial fossa it enters in the pterygo palatine fossa through its postero superior border. After entering in the pterygopalatine ganglion it gives two branches to the parasympathetic ganglion of the pterygopalatine fossa which is known as pterygopalatine ganglion. The branches to pterygopalatine ganglion are known as ganglionic branches. The branches are given in such a manner that it seems that a monkey is hanging downward from the maxillary nerve. The maxillary division of the trigeminal nerve passes superiorly to the pterygopalatine ganglion. After piercing the pterygopalatine fossa it leaves the fossa through infraorbital fissure. It runs in the infraorbital canal as a single branch but just before entering the infraorbital canal it gives a branch which is known as posterior superior alveolar nerve, which supplies the maxillary molars, as it enters the infraorbital groove it gives off another branch which is known as middle superior alveolar nerve, giving its innervation to the middle part of maxillary sinus and the maxillary premolars and their surrounding periodontium. From inside of infraorbital groove it gives off its third branches known as Anterior superior alveolar nerve supplying the anterior part of maxillary sinus and the anterior teeth of maxilla. Finally it emerges out on the face through the infraorbital foramen and terminates by dividing into palpebral, lateral nasal and labial branches. The nasociliary nerve of the ophthalmic branch gives off several sensory branches to the orbit and continues out through the anterior ethmoidal foramen, where it enters the nasal cavity and provides innervation for much of anterior nasal mucosa. It also gives off a branch which exits through the nasal bones to form external nasal nerve. It also gives some other branches e.g. long ciliary nerve, which are two or three in number. The long ciliary nerve provides sensory innervation to the eyeball and cornea. In addition they contain sympathetic cervical ganglion to dilator pupillae muscle. The sympathetic fibres to dilator pupillae muscle mainly travel in nasociliary nerve.

## Material and methods –

A detailed study has been carried out in the glimpses of library department of *Shalaky Tantra*, various articles related with the visual acuity and a thorough study of anatomical pathway of related nerve and its innervations.

## Discussion-

After going through various textual sources it is found that the Nasociliary division of ophthalmic nerve which is also a part of trigeminal nerve, supplies the lateral mucosa of the nasal cavity and the cornea and ciliary muscles of the eye along with dilator pupillae muscle. As the dilator pupillae muscle increases the pupillary aperture and thus allowing more amount of light to enter the eye. If someone pluck out the nasal vibrissae frequently, it will lead to continuous irritation of the ciliary muscles as well as dilator pupillae muscle of the eye. Continuous and chronic vibrissae plucking will lead to irritation of ciliary branch of the ophthalmic nerve as a result of which there will be loss of contraction power of ciliary muscles of the eye, finally leading to visual impairment or difficulty in clear vision. As chronic and frequent nasal hair plucking results in irritation of nasociliary nerve leading to the irritation and damage to loss of its ability to control ciliary muscles decreases with time and frequent nasal plucking. Due to loss of contraction power of ciliary muscle the power of accommodation of the eye decreases as a result of which there is finally vision impairment occurs.

## CONCLUSION-

After taking a keen look of textual anatomical sources it was found that the nasociliary branch of the ophthalmic nerve gets continuously irritated by nasal vibrissae plucking, as a result of which finally there is loss of contraction power of ciliary muscles which finally leads to power of accommodation resulting in visual acuity impairment. So nasal vibrissae plucking should be discouraged, which is not only a violation of *Sadvrutta* but also responsible for visual impairment.