



EYE YOGA FOR BETTER EYESIGHT

Dr. Anagha H. Ghodke

Assistant Professor

Sanskrit Samhita Siddhant Dept

Government Ayurvedic College, Dharashiv. 9834066024

Abstract:-

Eye yoga is a mindful and holistic approach to eye exercises used to relax the mind and potentially help with eye strain, eye fatigue and discomfort. This article will discuss the eye yoga definition, eye yoga purpose, eye yoga benefits and eye yoga tips. The purpose of eye yoga is to relax the eyes, body and mind by focusing on the exercises. The potential benefit of eye yoga is that it may help relieve eye strain and fatigue. It may also help with digital eye strain, which is a type of eye strain caused by using a digital screen for a prolonged period of time. Some tips include not directly touching the eyes, finding a quiet place to perform the eye exercises and not performing the exercises as a substitute for regular eye tests. Common eye yoga exercises include palming, blinking and changing focus. Read on to find out more about eye yoga's benefits, effects and if this practice works.

Key word :- holistic, palming, blinking, fatigue

Eyes are very small part of our body, but they play very major role in our life. Eyes enable us experience the shape, the colour and the motion of our surroundings. They alert us to danger and the unexpected. All of us want to keep our eyes healthy for us along as possible. In ancient veda Tratak (त्राटक) योग technique is described. 100 years ago, Dr. William Bates was a Professor in Ophthalmology at the New York. According to his research, "The Eyes and Mind are related." He says, "Quiter the mind, better is the eyesight." The Bates Method is a natural, non-invasive and commonsensical method of enhancing vision and retraining the eyes to see properly using simple techniques to relieve strain and improve brain/eye coordination.

Today's digital age, we spend more time than ever staring at screens, which can lead to eye strain and fatigue. Fortunately, there are natural ways to improve your vision and alleviate eye discomfort. Eye yoga exercises are a holistic approach to eye health that can help you maintain clear and vibrant eyesight. In this article, we will explore the benefits of eye yoga exercises and provide you with a step-by-step guide on how to perform them effectively.

It is important to recognize that even though refractive errors may be hereditary and due to a structural change in the shape and size of the eyeball, cornea and lens, but there may be certain environmental causes at play, such as stress due to prolonged near work, reading and working on computers and other visual display devices. The environmental factors such as focusing stress and fatigue may benefit from eye Yoga. Eyes are very sensitive organ of our body. It is important in eye health is to adopt ways for the relaxation the internal eye muscles as well as external eye muscles for good eye health. Palming, Blinking, sun bath, rotational viewing and changing focus etc are the some important techniques for eye muscle relaxation.

1. General hint for eye care - -

- ⊙ Learn right blinking.
- ⊙ It is a Quick method to give rest to the eyes.
- ⊙ Also blinking keeps the eye moist. And cleans the eyes.
- ⊙ Keep your eyelids half closed, while reading or watching a distant object, even while looking upwards the upper eyelids should not be raised but only chin should move.
- ⊙ Turn your head in the direction in which you are looking.
- ⊙ Sunlight is best source of light. Take sunbath daily for 2-3 min. it should be on closed eyes, not opened eyes.

2. HINT FOR EYE CARE - -WHILE READING

- Hold the book at a distance from where it is seen best.
- The book /newspaper should be held under the chin so that the eyes are half closed.
- Do not let the sunlight fall directly on the book, you are reading.
- While reading in electric light, the light comes from the back and falls on the paper.
- Blinks once after read every line, read in a proper light
- Don't read in lying position or in moving vehicle.

3. EYE CARE WHILE WORKING WITH COMPUTER/WATCHING T.V.

- See that the screen is below your eye level.
- Have a comfortable distance between your eyes and computer screen.
- Blink frequently and normally.
- Do palming for 5-10 mint after working.
- Shift your glance from the computer screen to a distant object for 2 mint. after every 30-40 mints

Eye Yoga When to Start doing ?

There is no specific time or age you should start eye yoga, it can be done when you want to relax your eyes and body. Eye yoga can also be started to potentially relieve eye strain. Eye yoga should not be performed in place of proper treatment or eye care.

How to do Eye Yoga?

To do eye yoga, find a quiet space, select the eye exercises you wish to perform, perform them according to the instructions and focus on your breathing. Eye yoga exercises can be performed by anyone who wishes to experience the potential benefits. The steps for participating in eye yoga are listed below.

1. **Find a quiet place:** Find a quiet space where you can dedicate your full attention to the exercises for a few minutes.
2. **Select the eye exercises you wish to do:** Select the eye exercises that you wish to do during your eye yoga session. This could include palming, blinking, changing focus, rotational viewing or a combination of these exercises.
3. **Perform the exercises according to the instructions:** Perform each eye yoga exercise according to the instructions. For example, palming is typically performed for 5 minutes to receive the full effects of this exercise.
4. **Focus on your breathing:** It is important to focus on your breathing as you perform the exercises to ensure you are connecting to your body and mind. By practising these exercises mindfully, eye yoga can be a relaxing and enjoyable experience.

What are the basic techniques of eye Yoga?

1. Blinking

Blinking is a reflex function, However, in the current ergonomic practices, conscious blinking is a good idea since our blink rate reduces significantly when sitting in front of the computers, televisions or smartphones. Blinking redistributes the tear film and makes the eyes lubricated, it also provides the eyes some much-needed rest, therefore decreasing fatigue and strain.

The think and blink method is the cornerstone of principles for computer users, especially in patients with computer vision syndrome and dry eyes. The key is to repeat the exercise many times, throughout the day.

- **Slow Blink-** For 2 minutes, you must blink your eyes every 30 seconds, definitively closing them.
- **Quick Blink-** For 2 minutes, you must blink your eyes every 4 seconds, rapidly, for optimal benefit.

It must be performed several times during the day to achieve the best results.

2.Focus shifting

This exercise trains eye muscles while also working to improve your ability to focus.

How to try focus shifting

1. Stick your left hand out as far as it will go and raise your thumb in a thumbs-up posture.
2. Sit up straight with your eyes looking straight ahead. Focus your eyes on your thumb.
3. Move your arm slowly to your right as far as you can, with your eyes following your thumb.
4. Move your arm back in the other direction, following your thumb as far as your eye will go without moving your neck or chin.
5. Repeat this movement several times.

3. Eye rolling

Share on

This is another eye exercise meant to help with eye strain.

How to practice eye rolling -

1. Sit tall in your seat and take a deep breath.
2. Slowly look up to the ceiling, letting yourself focus above.
3. Roll both of your eyes so that you're looking all the way to your right.
4. Roll both of your eyes so that you're looking all the way down.
5. Roll both of your eyes so that you're looking all the way to your left.
6. Come back to looking at the ceiling, then look straight ahead and take a breath. Repeat several times before switching direction and moving your eyes counterclockwise.

5. Sun Treatment-

Sun light is necessary to normal eyes as it rest and relaxation.If it is possible ,start the day by exposing the closed eyes to the sun. Just a few minutes at a time will help. It is good to move the head slightly from side to side while doing this,in order to prevent straining.It strengthens the macula , soothing and relaxing the eyes .

5.Palming

You may want to finish your eye exercises with a few moments of palming, which are meant to calm you down and help you focus. It should be done after reading, working with computer, watching T.V.. Palming gives relaxation to the eyes and the mind, stimulates the circulation of aqueous humour.

How to practice palming

1. Rub your hands together to get them warm.
2. Place both hands over your eyes, as if you were going to play "peek-a-boo." Rest your fingertips on your forehead and don't let your palms touch your eyes — they should be slightly cupped away from your face, with your palms resting on or around your cheekbones.
3. Breathe in slowly and clear your mind. Try not to think about anything as you look into the darkness of your hands.
4. Repeat for several minutes as you take deep breaths in and out.

Conclusion : - Eye yoga involves eye movements that may strengthen the muscles in your eyes. eye Yoga that can help your eyes function better.Incorporating eye yoga exercises into your daily routine can be a game-changer for your eye health. These exercises are simple, effective, and can be done in just a few minutes. So, take a break from your screen, pamper your eyes, and enjoy improved vision naturally.

References :-

1. Better eyesight without glasses :- Dr.Bates
2. Swami Satyananda Saraswathi. A systematic course in the ancient tantric techniques of Yoga and Kriya. Munger, Bihar, India: Yoga Publications Trust
3. European Journal of Integrative Medicine :- Volume 73
4. Telles S.Naveen KV ,Dash M. :-Effect Of Yoga on self rated visual discomfort in Computer users : -.Face Med 2006

