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TITLE

Concept of *Chakshushya* in the Materia Medica of Ayurveda

AUTHORS

**Tarkeshwar Sukhadev Wankhade*, Pravin Raghunathrao Joshi¹,
Suraj Laxmansingh Thakur², Mante G B³**

*Assistant Professor, Department of Shalakya, ¹Assistant Professor, Department of Dravyaguna, ²Assistant Professor, Department of Rasashashtra, ³Assistant Professor, Department of Panchakarma, G. S. Gune Ayurveda College Ahmednagar, Maharashtra, India

CORRESPONDING AUTHOR

Dr. Tarkeshwar Sukhadev Wankhade

Tathe mala, Gopal Dham, Pumping road, Bhutkarwadi, Ahmednagar 414001, Maharashtra, India

Email:

drtswankhade@gmail.com

QR Code



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ABSTRACT

BACKGROUND: Eye is considered as one of the prime sensory organ and is a vital necessity to take care of them by all means. All the *Acharya* of Ayurveda have mentioned various measures for maintaining the eye in healthy way which includes usage of diet and medicine judiciously. **AIM:** To identify and categorise various *Ahara* (diet), and *Aushada* (medicine) from the available literatures which are indicated to maintain the healthiness of the eye. **METHODOLOGY:** The present literary review has been undertaken to identify the above mentioned categories of substances which are wholesome (*Chakshushya*) and unwholesome (*Achakshushya*) for eyes or eyesight from the lexicons Charaka Samhita, Susruta Samhita and various *Nighantus*. **RESULTS:** The literary study reveals references of 105 single herbal drugs, 36 single mineral drugs and 97 *Ahariya Dravyas* (dietary substances) which are considered to be *Chakshushya*. Furthermore, the references pertaining to aspects of *Achakshushya Dravyas* are also incorporated. **CONCLUSION:** The concept of *Chakshushya* refers to those which are wholesome or beneficial to eyes or vision. *Chakshushya Dravyas* mentioned in the materia medica of Ayurveda has a gross area of actions which includes drugs having preventive, therapeutic, nutritive and rejuvenating properties.

Keywords: *Ahara Dravya, Aushada Dravya, Achakshushya, Chakshushya*

Introduction

Eye is considered as one of the prime sensory organ amongst all. [1] There are few discussions on the substances which are wholesome and unwholesome for vision in the lexicons of Ayurveda. Charaka as well as Susruta have described the causes for eye diseases and the broad aspects of treatment. Besides that, to maintain healthiness of eye various majors starting from *Ahara*, *Vihara* (activities) and *Aushadha* (drugs) are mentioned ethically by them. In current practice starting right from the school going age there are lots of children suffering from hypermetropic or myopic or and myopic and astigmatism problems among which dryness of eyes and epiphora as well as blinking of eyes is the common problem noted in them. Additionally there is very less awareness about normalcy of vision among the public. In this current scenario India will be a visionary disorder hub just as it is for diabetes in upcoming days.

The present topic mainly deals with collection of information regarding various *Ahara*, and *Aushada Dravyas* which are indicated to maintain the healthiness of the vision.

Materials and methods

The areas of the present review included the lexicons like Charakasamhita, Susrutasamhita and various *Nighantus*. The categorisation has been made on the basis of *Ahara*, and *Aushada Dravyas*. Further, *Ahara Dravya* is grouped into plant and animal origin and *Aushada Dravyas* are grouped into herbal and mineral origin drugs which are either indicated to be used in

single or in combination.

Observations

The literary search of substances indicated to possess *Chakshushya* action reveals a total 105 single herbal drugs, 36 single mineral drugs and 97 *Ahariya Dravyas*.

Chakshushya Dravya based on Rasa (Taste)

Generally, *Katu* (pungent), *Lavana* (salty) and *Amla Rasa* (sour) are considered as *Achakshushya* and *Madhura* (sweet), *Tikta* (bitter) and *Kashaya Rasa* (astringent) are considered as *Chakshushya*.

Aushada Dravya used as Chakshushya

Mainly the *Kakolyadigana*, *Parushakadigana* and *Salsaradigana* (groups of drugs) are considered as *Chakushya*. In specific *Triphala* (three Myrobalans) has been indicated in Ayurveda texts for cases of *Timira* (Cataract). Besides this, many drugs have been incorporated in Ayurvedic material medica as mentioned in table 1.[2-4]

Rasashartiya (metallo-mineral) Dravya - The metallo-mineral drugs possessing *Chakshushya* actions are listed in table 2. [4]

Achakushya Dravya

In the category of *Ahara Dravya*, *Patra shaka* (Vegetables relates to leaves), is considered to be non beneficial for eyes, which is contrary to the modern claim that green leafy vegetables are beneficial to eyes. This may be because majority of vegetables are having the capacity to cause *Abhishyanda* (those which causes

obstruction or blocks). While *Jivanti*, *Guduchi* and *Tanduliyaka* are considered as exceptionally best one.

Among *Aushada Dravya*, *Rajika* (*Brassica juncea* (L.) Czern., Family - Brassicaceae), *Atasitailam* (*Linum usitatissimum* Family - Linaceae), *Kusumbhataila* (*Carthamus tinctorius* L. Family- Asteraceae) and *Sarshapataila* (*Brassica nigra* L. Family - Brassicaceae) are considered to be non-beneficial.

Ahariya Dravya

The beneficial dietary food substances are tabulated in table 3.

Among the animal products various *Ghritha* (Ghee) are considered as *Chakushya* among which *Goghrita* (cow ghee) is considered as best one. *Navaneeta* (butter) of various animals are mentioned in this cow butter is considered as best one. In *Tailavarga* (group of oil), *Atasi* and *Kusumba* is considered as *Achakushya* (Not wholesome for eye) and *Tilataila* (Sesame oil) is considered as best for eye. Honey is also considered as good for eyes. [2]

Table 1: List of Aushada Dravya indicated as Chakushya

1	<i>Ajashrunji</i>	<i>Dhanwantari Nighantu, RajaNighantu</i>
2	<i>Amalakiphala</i>	<i>Dravyaguna samgraha, Kaideva Nighantu</i>
3	<i>Apakwakarpura</i>	<i>Kaideva Nighantu</i>
4	<i>Aswakshura</i>	<i>Dhanwantari Nighantu, RajaNighantu</i>
5	<i>Bana</i>	<i>Madanadi Nighantu</i>
6	<i>Bhadramunja</i>	<i>Bhavaprakash Nighantu</i>
7	<i>Bhrugaraja</i>	<i>Rajavallabha Nighantu, RajaNighantu</i>
8	<i>Bhustruna</i>	<i>Kaideva Nighantu</i>
9	<i>Chakushya</i>	<i>Dhanwantari Nighantu</i>
10	<i>Chandanadi varga</i>	<i>Dhanwantari Nighantu</i>
11	<i>Chandanatraya</i>	<i>Kaideva Nighantu</i>
12	<i>Dhanyak</i>	<i>Dhanwantari Nighantu</i>
13	<i>Drakasha</i>	<i>RajaNighantu, Bhavaprakash Nighantu, Kaideva Nighantu, Laghu Nighantu, Madanadi Nighantu, Madanpala Nighantu</i>
14	<i>Eraka</i>	<i>Kaideva Nighantu</i>
15	<i>Guduchi</i>	<i>Kaideva Nighantu</i>
16	<i>Gundra</i>	<i>Rajavallabha Nighantu</i>

17	<i>Gundramoola</i>	<i>Bhavaprakash Nighantu</i>
18	<i>Gunja</i>	<i>Kaideva Nighantu</i>
19	<i>Haritaki</i>	<i>Bhavaprakash Nighantu, Dhanwantari Nighantu, Kaideva Nighantu, Madanpala Nighantu, Rajavallabha Nighantu</i>
20	<i>Haritakipahala</i>	<i>Dravyaguna samgraha</i>
21	<i>Haritakiphalamajja</i>	<i>Dravyaguna samgraha</i>
22	<i>Hingu</i>	<i>Charaka, Madanpala Nighantu, RajaNighantu</i>
23	<i>Hingu, Jeeraka, Yavani, dhanyak</i>	<i>Dravyaguna samgraha</i>
24	<i>Indivara</i>	<i>RajaNighantu</i>
25	<i>Jalapippali</i>	<i>Bhavaprakash Nighantu, Kaideva Nighantu, Madanpala Nighantu</i>
26	<i>Jati</i>	<i>Dhanwantari Nighantu</i>
27	<i>Jeeraktraya</i>	<i>Kaideva Nighantu</i>
28	<i>Jeevnapanchamoola</i>	<i>Kaideva Nighantu, Dhanwantari Nighantu</i>
29	<i>Jirakatraya</i>	<i>Madanpala Nighantu</i>
30	<i>Jivanti</i>	<i>Bhavaprakash Nighantu, Dhanwantari Nighantu, Kaideva Nighantu, Madanpala Nighantu</i>
31	<i>Kakolydi gana</i>	<i>Sousruti Nighantu</i>
32	<i>Karanja</i>	<i>RajaNighantu</i>
33	<i>Karaveera</i>	<i>Dhanwantari Nighantu</i>
34	<i>Karkata</i>	<i>RajaNighantu, Rajavallabha Nighantu, Bhavaprakash Nighantu, Dhanwantari Nighantu, Kaideva Nighantu, Madanpala Nighantu</i>
35	<i>Kasturi</i>	<i>Laghu Nighantu, RajaNighantu</i>
36	<i>Kasturika</i>	<i>Dhanwantari Nighantu</i>
37	<i>Katak</i>	<i>Dhanwantari Nighantu, Kaideva Nighantu, Sarswati Nighantu, Madanadi Nighantu, RajaNighantu</i>
38	<i>Ketak</i>	<i>Bhavaprakash Nighantu</i>
39	<i>Kharpara</i>	<i>Laghu Nighantu</i>
40	<i>Kokila</i>	<i>Dhanwantari Nighantu</i>
41	<i>Krishna jeeraka</i>	<i>Dhanwantari Nighantu, RajaNighantu</i>
42	<i>Krishnajeeraka</i>	<i>RajaNighantu</i>
43	<i>Ksheera kakoli</i>	<i>Madanadi Nighantu</i>
44	<i>Kshudrachampaka</i>	<i>RajaNighantu</i>
45	<i>Kulala</i>	<i>Laghu Nighantu</i>
46	<i>Kumari</i>	<i>Kaideva Nighantu, Sarswati Nighantu</i>

47	<i>Latakasturi</i>	<i>Bhavaprakash Nighantu</i>
48	<i>Lavang</i>	<i>Kaideva Nighantu, Madanpala Nighantu, Dhanwantari Nighantu, Laghu Nighantu, RajaNighantu</i>
49	<i>Lodhra</i>	<i>Bhavaprakash Nighantu, Kaideva Nighantu, Rajavallabha Nighantu</i>
50	<i>Lodhradwaya</i>	<i>Madanpala Nighantu, RajaNighantu</i>
51	<i>Madhuka</i>	<i>Charaka</i>
52	<i>Madhuchista</i>	<i>Madanadi Nighantu</i>
53	<i>Mallika</i>	<i>RajaNighantu</i>
54	<i>Malti vrisha puspapatra</i>	<i>Rajavallabha Nighantu</i>
55	<i>Marjari</i>	<i>Kaideva Nighantu, Madanpala Nighantu</i>
56	<i>Mashaparni, mudgaparni</i>	<i>Rajavallabha Nighantu</i>
57	<i>Meshashrungi Meshashrungivishesh a</i>	<i>Madanadi Nighantu, Kaideva Nighantu, Paryaya ratnamala</i>
58	<i>Mudga</i>	<i>Rajavallabha Nighantu</i>
59	<i>Mudgaparni</i>	<i>Bhavaprakash Nighantu, Kaideva Nighantu, RajaNighantu</i>
60	<i>Nalika</i>	<i>Bhavaprakash Nighantu, Dhanwantari Nighantu, Kaideva Nighantu, Madanpala Nighantu</i>
61	<i>Nilotpala</i>	<i>Kaideva Nighantu</i>
62	<i>Nimba</i>	<i>Kaideva Nighantu</i>
63	<i>Nimbuka</i>	<i>RajaNighantu</i>
64	<i>Nirgudi</i>	<i>Kaideva Nighantu</i>
65	<i>Padmabeeja</i>	<i>Kaideva Nighantu, Madanadi Nighantu</i>
66	<i>Parushakadi gana</i>	<i>Sousruti Nighantu</i>
67	<i>Pathya majja</i>	<i>Rajavallabha Nighantu</i>
68	<i>Pattika lodhra</i>	<i>Dhanwantari Nighantu</i>
69	<i>Prapodarika</i>	<i>Bhavaprakash Nighantu, Sarswati Nighantu, Dhanwantari Nighantu, Madanadi Nighantu, Madanpala Nighantu, Nighantu shesha, Paryaya ratnamala, Rajavallabha Nighantu, RajaNighantu, Kaideva Nighantu</i>
70	<i>Pundra</i>	
71	<i>Punnaga, lamashuka</i>	<i>Madanadi Nighantu</i>
72	<i>Putranjeevaka</i>	<i>RajaNighantu</i>
73	<i>Putranjeevaka</i>	<i>RajaNighantu</i>
74	<i>Rajataruni</i>	<i>RajaNighantu</i>
75	<i>Raktakarveera, peeta karveera</i>	<i>Kaideva Nighantu</i>
76	<i>Raktashali</i>	<i>Bhavaprakash Nighantu</i>

77	<i>Raktotpala</i>	<i>Kaideva Nighantu</i>
78	<i>Rasona</i>	<i>Dhanwantari Nighantu, RajaNighantu</i>
79	<i>Rasona</i>	<i>RajaNighantu</i>
80	<i>Saindhava lavana</i>	<i>Dhanwantari Nighantu</i>
81	<i>Salsaradi gana</i>	<i>Sousruti Nighantu</i>
82	<i>Sarshapa taila</i>	<i>Dhanwantari Nighantu</i>
83	<i>Shabri lodhra</i>	<i>Rajavallabha Nighantu</i>
84	<i>Shatavari</i>	<i>Kaideva Nighantu</i>
85	<i>Shighru</i>	<i>Kaideva Nighantu, Madanadi Nighantu</i>
86	<i>Shobhanjana</i>	<i>Bhavaprakash Nighantu, Madanpala Nighantu, RajaNighantu,</i>
87	<i>Shrutashreni</i>	<i>RajaNighantu</i>
88	<i>Shukla jeeraka</i>	<i>Dhanwantari Nighantu</i>
89	<i>Shuklajeeraka, krishnajeeraka</i>	<i>Bhavaprakash Nighantu</i>
90	<i>Shwetamaricha (Shuksha, adra)</i>	<i>Dravyaguna samgraha</i>
91	<i>Swadutriphala</i>	<i>Dhanwantari Nighantu</i>
92	<i>Swetajeeraka</i>	<i>RajaNighantu</i>
93	<i>Swetajeeraka</i>	<i>RajaNighantu</i>
94	<i>Swetakantakarika</i>	<i>RajaNighantu</i>
95	<i>Swetalodhra</i>	<i>Madanadi Nighantu</i>
96	<i>Swrnajivanti</i>	<i>RajaNighantu</i>
97	<i>Tagara</i>	<i>Kaideva Nighantu</i>
98	<i>Triphala</i>	<i>Bhavaprakash Nighantu, Kaideva Nighantu, Madanpala Nighantu, Sousruti Nighantu</i>
99	<i>Udumbar</i>	<i>Kaideva Nighantu, Sarswati Nighantu, Nighantu shesha,</i>
100	<i>Vanakulattha</i>	<i>Charaka, Paryaya ratnamala</i>
101	<i>Vibhitak</i>	<i>Kaideva Nighantu, Madanadi Nighantu, RajaNighantu, Dhanwantari Nighantu</i>
102	<i>Vibhitaki phala</i>	<i>Rajavallabha Nighantu</i>
103	<i>Vishala</i>	<i>Rajavallabha Nighantu</i>
104	<i>Vrishikali</i>	<i>Madanadi Nighantu</i>
105	<i>Yastimadhu</i>	<i>Bhavaprakash Nighantu, Kaideva Nighantu, Madanadi Nighantu, RajaNighantu</i>

Table 2: List of *Rasashastriya Dravya* used as *Chakshushya*

1	Anjana	Dhanwantari Nighantu
2	Dhatukasisa	RajaNighantu
3	Gaireeka	Kaideva Nighantu, Madanpala Nighantu, Bhavaprakash Nighantu, Dhanwantari Nighantu
4	Kacha	Madanpala Nighantu
5	Kachalavan	Kaideva Nighantu
6	Kansya	RajaNighantu, Madanpala Nighantu
7	Karpari tuttha	RajaNighantu
8	Kasisa	Madanadi Nighantu
9	Kshurdashanka, Shambuka, Shukti	Kaideva Nighantu
10	Loha	Charaka, Kaideva Nighantu, Bhavaprakash Nighantu
11	Manashila	Charaka
12	Makshika	Dhanwantari Nighantu, Kaideva Nighantu
13	Mayura	Dhanwantari Nighantu
14	Mouktika	Bhavaprakash Nighantu
15	Nilanjana	RajaNighantu
16	Parad	Kaideva Nighantu, Madanpala Nighantu
17	Pravala	Madanpala Nighantu
18	Rasanjana	Dhanwantari Nighantu
19	Ratna	Kaideva Nighantu, Bhavaprakash Nighantu
20	Saidhava lavana	Rajavallabha Nighantu, RajaNighantu
21	Saindhava	Charaka, Dravyaguna samgraha
22	Saindhava lavana	Madanpala Nighantu
23	Samudraphena	Bhavaprakash Nighantu, Dhanwantari Nighantu, Madanpala Nighantu
24	Sarvakshara	RajaNighantu
25	Sauveeranjana	Charaka, Kaideva Nighantu, Madanpala Nighantu, Madanadi Nighantu
26	Shanka	Madanpala Nighantu, Dhanwantari Nighantu, Kaideva Nighantu

27	Suvarna	RajaNighantu, Kaideva Nighantu
28	Swajjikshra	Madanadi Nighantu
29	Swarnagarika	Bhavaprakash Nighantu
30	Swarnamakshika	Madanpala Nighantu, Bhavaprakash Nighantu
31	Taramakshika	Bhavaprakash Nighantu
32	Tuttha	Charaka, Kaideva Nighantu, Bhavaprakash Nighantu, Madanpala Nighantu
33	Tuvarimruta	RajaNighantu
34	Vanga	Bhavaprakash Nighantu
35	Yashad	Madanpala Nighantu, Bhavaprakash Nighantu
36	Yavakshara	Madanadi Nighantu

Table 3: List of *Ahariya dravya* used as *Chakshushya*

1	Aadhyamadhu	Bhavaprakash Nighantu
2	Ahulya	RajaNighantu, RajaNighantu, Rajavallabha Nighantu, Dhanwantari Nighantu, Bhavaprakash Nighantu
3	Ajanavaneeta	RajaNighantu
4	Ashwa	Kaideva Nighantu, Dhanwantari Nighantu, Bhavaprakash Nighantu
5	Aswa dadhi	Dhanwantari Nighantu
6	Aswi navaneeta	RajaNighantu
7	Atasi taila	Madanpala Nighantu, Bhavaprakash Nighantu, Kaideva Nighantu
8	Avikaghruta	Bhavaprakash Nighantu
9	Chakshutajabhaya m	Charaka
10	Bharmarmadhu, ar dhyamadhu	Kaideva Nighantu
11	Chanarotika	Bhavaprakash Nighantu
12	Dhanyaja taila	RajaNighantu
13	Dhaoshna dugdha	Madanpala Nighantu
14	Dharoshnadugdha	Kaideva Nighantu

15	<i>Dugdhajata navaneeta</i>	<i>Rajavallabha Nighantu</i>
16	<i>Dughotthanavaneeta</i>	<i>Bhavaprakash Nighantu</i>
17	<i>Ebhadugdha</i>	<i>Kaideva Nighantu</i>
18	<i>Gandupada</i>	<i>Kaideva Nighantu</i>
19	<i>Gavya ghruta guna</i>	<i>Rajavallabha Nighantu</i>
20	<i>Gavya, mahahisha, chagaghruta</i>	<i>Dravyaguna samgraha</i>
21	<i>Gavyadi dadhi</i>	<i>Madanpala Nighantu</i>
22	<i>Ghotak</i>	<i>Madanpala Nighantu</i>
23	<i>Ghotaka dadhi</i>	<i>Rajavallabha Nighantu</i>
24	<i>Ghruta</i>	<i>Madanpala Nighantu, Bhavaprakash Nighantu, Kaideva Nighantu, Kaideva Nighantu</i>
25	<i>Godugdha</i>	<i>Kaideva Nighantu</i>
26	<i>Goghruta</i>	<i>Dhanwantari Nighantu, Bhavaprakash Nighantu</i>
27	<i>Gonavaneeta</i>	<i>RajaNighantu</i>
28	<i>Haigaviyakaghruta</i>	<i>Bhavaprakash Nighantu</i>
29	<i>Hastidadhi</i>	<i>Dravyaguna samgraha</i>
30	<i>Hastini dugdha</i>	<i>RajaNighantu</i>
31	<i>Hastini dugdha</i>	<i>Madanpala Nighantu</i>
32	<i>Hastini paya</i>	<i>Dhanwantari Nighantu</i>
33	<i>Hastinidadhi</i>	<i>Kaideva Nighantu</i>
34	<i>Hastinidugdha</i>	<i>Bhavaprakash Nighantu</i>
35	<i>Jayani shaka guna</i>	<i>Rajavallabha Nighantu</i>
36	<i>Jivantishaka</i>	<i>Dravyaguna samgraha</i>
37	<i>Kaka</i>	<i>Madanpala Nighantu</i>
38	<i>Kalam dhanya guna</i>	<i>Rajavallabha Nighantu</i>
39	<i>Khanda</i>	<i>Rajavallabha Nighantu, Bhavaprakash Nighantu</i>
40	<i>Khandaguna</i>	<i>Dravyaguna samgraha</i>
41	<i>Kokila</i>	<i>Madanpala Nighantu</i>
42	<i>Ksheeraotthanavaneeta</i>	<i>Kaideva Nighantu</i>
43	<i>Kshuroluka</i>	<i>Dhanwantari Nighantu</i>
44	<i>Kukuuta</i>	<i>Madanpala Nighantu</i>
45	<i>Kukuutaka</i>	<i>Bhavaprakash Nighantu</i>
46	<i>Kulattha</i>	<i>RajaNighantu</i>
47	<i>Kulattika</i>	<i>Kaideva Nighantu</i>

48	<i>Kullatttha</i>	<i>Madanpala Nighantu</i>
49	<i>Kumbheera, karkata</i>	
50	<i>Kurma</i>	<i>Rajavallabha Nighantu</i>
51	<i>Kusumbha taila</i>	<i>Madanpala Nighantu, Bhavaprakash Nighantu, Kaideva Nighantu</i>
52	<i>Kuuukuta</i>	<i>Kaideva Nighantu</i>
53	<i>Kwathitajala</i>	<i>Kaideva Nighantu</i>
54	<i>Madhu</i>	<i>Bhavaprakash Nighantu, Dravyaguna samgraha, Kaideva Nighantu, Dhanwantari Nighantu, Madanpala Nighantu, Rajavallabha Nighantu, RajaNighantu</i>
55	<i>Mahisha ghruta</i>	<i>RajaNighantu</i>
56	<i>Mamsarasa</i>	<i>Dravyaguna samgraha, Rajavallabha Nighantu</i>
57	<i>Manush ghruta guna</i>	<i>Rajavallabha Nighantu</i>
58	<i>Manushi ksheera</i>	<i>RajaNighantu</i>
59	<i>Manushi paya</i>	<i>Dhanwantari Nighantu</i>
60	<i>Mastya</i>	<i>Rajavallabha Nighantu</i>
61	<i>Modak</i>	<i>Bhavaprakash Nighantu</i>
62	<i>Mudga</i>	<i>Dravyaguna samgraha</i>
63	<i>Mudhgodana</i>	<i>Kaideva Nighantu</i>
64	<i>Naari dugdha</i>	<i>Madanpala Nighantu</i>
65	<i>Naari ghruta</i>	<i>RajaNighantu</i>
66	<i>Naari stantottho navaneeta</i>	<i>RajaNighantu</i>
67	<i>Naaridadhi</i>	<i>Dravyaguna samgraha</i>
68	<i>Naarighruta</i>	<i>Bhavaprakash Nighantu</i>
69	<i>Naarighruta</i>	<i>Kaideva Nighantu</i>
70	<i>Navaneeta</i>	<i>Madanpala Nighantu, Dhanwantari Nighantu, Kaideva Nighantu</i>
71	<i>Parnamruga</i>	<i>Bhavaprakash Nighantu</i>
72	<i>Patrashaka</i>	<i>Kaideva Nighantu</i>
73	<i>Prasaha</i>	<i>Kaideva Nighantu</i>
74	<i>Purika</i>	<i>Bhavaprakash Nighantu</i>
75	<i>Rohita Fish</i>	<i>Charaka.</i>
76	<i>Ragashadava</i>	<i>Kaideva Nighantu</i>

77	<i>Rajeeka</i>	<i>Kaideva Nighantu</i>
78	<i>Rakta shali guna</i>	<i>Rajavallabha Nighantu</i>
79	<i>Raktashali</i>	<i>Dravyaguna samgraha</i>
80	<i>Sadya navaneeta</i>	<i>RajaNighantu</i>
81	<i>Sarpa</i>	<i>Madanpala Nighantu,</i> <i>Kaideva Nighantu,</i> <i>RajaNighantu, Paryaya</i> <i>ratnamala, Dhanwantari</i> <i>Nighantu</i>
82	<i>Sarshapa taila</i>	<i>RajaNighantu</i>
83	<i>Seeta khanda</i>	<i>RajaNighantu</i>
84	<i>Shaka sadharana guna</i>	<i>Rajavallabha Nighantu</i>
85	<i>Shali dhanya</i>	<i>Madanpala Nighantu</i>
86	<i>Shalyakadimamsaguna</i>	<i>Dravyaguna samgraha</i>
87	<i>Shardula</i>	<i>Kaideva Nighantu</i>
88	<i>Sharkara</i>	<i>RajaNighantu</i>
89	<i>Stree dadhi</i>	<i>Dhanwantari Nighantu,</i> <i>RajaNighantu</i>
90	<i>Stree Ghruta</i>	<i>Dhanwantari Nighantu</i>
91	<i>StreeDugdha</i>	<i>Bhavaprakash Nighantu</i>
92	<i>Taila</i>	<i>Kaideva Nighantu</i>
93	<i>Tambulasevana</i>	<i>Kaideva Nighantu</i>
94	<i>Tilataila</i>	<i>Bhavaprakash Nighantu</i>
95	<i>Ushtra</i>	<i>Kaideva Nighantu,</i> <i>Dhanwantari Nighantu,</i> <i>Madanpala Nighantu</i>
96	<i>Vadvadadhi</i>	<i>Dravyaguna samgraha</i>
97	<i>Vrintak</i>	<i>Kaideva Nighantu</i>

Discussion

Chaksushya is the term specially used in Ayurveda and the wholesome aspect incorporated relates to the Ayurveda pharmacology.

It is long standing process to understand *Chakshushya* and *Achakshushya* and is being tried to be incorporated using current medical technologies in the present review. *Acharya* Charaka has given a set of guideline related to the concept of *Chakshushya* and his aspect,s are considered to be based on research by means of having some reason to put forth it. Thus now it is upto the application of the same by the current day physician and scientists on how they wish to see the concept with their point of view.

The *Aharavarga* which indicates using *Navaneeta* and *Ghruta* is based on the nutritive aspects present in it, which is beneficial to eyes and is also said to increases *Majja* (bone marrow) which is beneficial to eye.

Either increased or decreased size of eye ball may cause astigmatism, hypermetropia and myopia. To support the views of *Agryasamgraha* (best suited medicine), *Triphala* is said to be of foremost importance in *Timiraghnanam* (ability to cure cataract).

Currently lots of *Shakavarga* (vegetables) are used as *Ahara* like *Palkya*, *Dhanyaka*, *Methika*, *Alocasia indica*, *Chanakashaka* etc. which is also a part of the further research to understand their utility in current status.

Pitta Vidgdhadusti (impairment of *Pitta* humour) is said to be the main cause in *Netra Roga* (eye diseases) like retinitis pigmentosa. Consuming food and medicine having *Amla Rasa* will increase the *Pitta* in the eye which is one part of the *Samprapti*. The majority of *Aushada Dravya* mentioned in table 1 like *Triphala* etc. are having *Kashaya*, *Tikta Rasa* which helps in breaking down the *Samptapti* (pathogenesis) of eye diseases as they are antagonist to *Pitta Dosha*.

Sira and *Kandara* (vessels and ligaments) are the *Upadhatu* (subpart) of *Rakta* (blood) as per Ayurveda, so to repair these damages various methodologies like *Ghrutapana* (drinking of ghee), *Nasya* (Nasal instillation of drugs), *Tarpana* (instillation of drugs in eyes), *Anajana* (application of collyrium) are followed. *Kataka*, *Lodhra*, *Padmaka* etc. drugs are used as cleansing agents of the eyes. *Yastimadhu*, *Jeevaniya Panchamoola*, *Prapondrika* etc. *Dravya* reduces increased *Pitta* and are also considered to be vision boosters/promoters.

There are many causes for blindness one among them is Vitamin A deficiency, which is the main cause of childhood blindness in developing countries. *Garjara*, *Karavellaka*, *Draksha*, *Shigru* etc. contains a large amount of 'vitamin A' in them. Intake of various fruits like Black Grapes, Pomegranate, banana, etc., and the vegetables like gooseberry, bitter gourd, snake gourd, elephant yam, green carrot, radish, small bringal, etc., which are rich in vitamin A has an effect on decreased risk of AMD. The beneficial effects of carotenoids are thought to be due to their role as antioxidants. Beta-Carotene may have added benefits due its ability to be converted to vitamin

A. [7,8]

Broadly two types of *Chakshushya* action can be elaborated as *Chakshu Hitakara* (preventive) and *Chakshur Rogahari* (curative). *Chakshu* is considered as main site of

Tejo Mahabhuta. Eye is also the abode of *Alochaka Pitta* and is the at threat from *Sleshma*. Thus most of the *Ahara Aushada Dravyas* indicated in the classics have *Kapha Pitta Shamaka* property. [9]

Sweet taste builds tissue, calms nerves and improves clarity of the sense organs eg. Honey, wheat, milk, fruits etc. Sour taste cleanses tissue and increases absorption of minerals. Improper use of the sour taste causes constriction of the eyes and blurring of vision eg. over usage of lime, lemon, vinegar etc. Improper or over usage of these tastes especially sour and salty is one of the leading factors contributing to the ocular diseases in the present era. [10]

Ghrta Manda (upper portion of ghee) which always remains in a liquid state is rich in unsaturated fatty acids, especially in omega-3 and omega-4, which are essential for vision. *Triphala* is a drug consisting of *Terminalia chebula*, *Terminalia bellerica* and *Emblica officinalis* in equal quantity. *Terminalia chebula* (*Haritaki*) is having the property of cleansing the micro and macro channels, pacifies all *Doshas* and is having an anti-aging property so it is advisable in cases of age related macular degeneration, senile cataract, retinal degeneration etc. *Terminalia bellerica* (*Vibhitaki*) is a best homeostatic. *Emblica officinalis* (*Amlaki*) is a powerful antioxidant and prevents ageing and degeneration. [10]

Honey is having most of the compounds like flavonoids, phenolic acids, ascorbic acid, tocopherols, catalase, amino acids, vitamins B1 B2, and B6, minerals, and enzyme which works together to give a synergistic, antioxidant, antibacterial and anti-inflammatory effects. [10]

Against nuclear and cortical cataract the dietary protein, vitamin A, vitamin B, niacin, riboflavin, and thiamine in milk appears to be protective. Breast milk is considered as the best drug for eye protection and ocular disorders. Based on metabolic effects breast milk contains lots of lutein and zeaxanthin, which is necessary for the maturation of fovea. [10]

In the management of surface inflammatory conditions of eye such as dry eye syndrome (DES) or Keratoconjunctivitis (KCS), the plant drugs such as *Berberis aristata* DC. and *Glycyrrhiza glabra* Linn. are attributed with potential anti-inflammatory, anti-allergic and wound healing actions backed by scientific evidences. [11]

Chakshushya drugs pharmacologically further can be categorised as *Netra Dahahara* (reducing burning sensation) - *Chandanasva*, *Triphala*, *Guggulu* etc., *Netra Rujahara* (analgesic action)- *Jatamansi*, *Aswagandha* etc. *Netra Shothahara* (anti-inflammatory action) - *Dasamoola*, *Triphala*, *Punarnava* etc., *Netradrudhikarana* (maintains the power of vision) -

Saptamruta Loha Nimba, *Netrakanduhara* (anti allergic action) - *Khadira*, *Manjistha*, *Vranaropana* (wound healing effect) - *Nimba*, *Karanja*, *Yastimadhu*, *Haridra*, *Daruharidra* etc. [11]

ISL (isoliquiritigenin), epigallocatechin gallate (EGCG), and resveratrol from *Draksha* (grapes) could be potential candidates to treat ocular diseases with neo-vascularization, such as exudative age-related macular degeneration and proliferative diabetic retinopathy. Catechins, Gallocatechin, epigallocatechin exerted antioxidative activities in tissues and suggesting as one can use potential drugs for oxidative ocular diseases associated with oxidative stress. [12]

Conclusion

The concept of *Chakshushya* is a unique contribution to the field of Ophthalmology, wherein drugs and diet beneficial for eyes and its related diseases are incorporated. The *Chakshushya Darvyas* mentioned in the materia medica of Ayurveda has a gross area of actions which includes drugs having preventive, therapeutic, nutritive and rejuvenating properties. Identifying the *Dosha Avastha* (stage of bodily humours) in both healthy and diseased individual and prescribing the appropriate diet or drug is at the discretion of the physician.

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