

वायु ग्रहण -

Suppression of tear e.

↓  
vitiation of vata

↓  
obstruction of Asruvaha Srotas

↓  
eye disease

~~सूक्ष्म निरीक्षण~~

सूक्ष्म निरीक्षणान् -

observing minute things

↓

strain to the ciliary muscles  
and lens.

↓

eye disease





- Excessive use of Kulattha causes dhātu Kshaya.
- Masha causes Kapha vridhhi - Kaphaja netra rogas.

कैश विनिग्रह -

Suppression of natural urges like  
~~sin~~ Trimbha (yawning), hikka (hiccups) etc.  
 ↓  
 produces Udavarta (reverse movement  
 of vata)  
 ↓  
 causes eye strain → eye disease

अतिस्वेद - only mridu sweda is indicated  
 in netra rogas.

- excessive स्वेद causes pitta & raktaja vikara of netra.

दुमनिशेवनात् -

Excessive exposure to smoke and other  
 pollutants

छर्दि विनिग्रहान् -

suppression of urges of vomiting

↓  
 Udavarta  
 ↓  
 eye strain → eye disease

वमनान्निषेधात् -

Excessive vamana

↓  
 protrusion of eye ball

↓  
 eye disease

Line retinal detachment  
 subconjunctival haemorrhage

कोप & शोक → vataja vikara - due to  
vata vitiation  
↳ pittaja vikara - due to pitta vitiation

⊗ Anxiety → parasympathetic stimulation  
↓  
dilatation of pupil

श्रम → Stress - Physical and mental  
exhaustion  
↓  
vitiation of ~~the~~ Sharira  
and manasa doshas  
↓  
eye disease.

अभिघात → minute irritative injuries or  
contusion injuries or perforating  
↓  
not only eye injury, injury to  
the skull base # leads to  
retro bulbar and retinal bleeding

अग्नि संशुन - leads to dhātu kshaya  
↓  
↓ nourishment to eye.

शुक्त आरनाल, अम्ल, कुल्लस्य, मासा →

Sukta  
arnala  
amla } opposite to aśaś & toxic action  
↓  
harm to eyes.



# NIDANAS OF NETRA ROGAS

उष्णान्निनप्रस्य पल्पवेशान -

Cold exposure immediately after  
exposing to ~~cold~~ hot.

दुरेक्षणान् -

looking at very distant object  
for a long time.

↓  
Strain produced on ciliary muscles  
leading into distortion in accommodative  
capacity of lens.

स्वप्नविपर्ययाच्च -

Abnormal sleeping habit

Diwa swapna - Day sleep → kapha vitiation

Nishi jagarana - vata & pitta vitiation

प्रसक्तसरोदन -

Continuous weeping causes excessive stimulation to lacrimal gland by which gland secretes more fluid

↓  
Wash away nutrients, bacterostatic activity of conjunctival sac

↓  
Conjunctival sac and lacrimal apparatus loses the stamina against foreign body and disease