

Review of *Chakshushya Aahar Dravya*

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Abstract

Changes in life style and dietary habits have resulted in many eye disorders in the present era. Hence preservation of ocular health and prevention of ocular disorders have become essential. As per Ayurveda, *Aahar* (diet) is considered in *Trayopstambha*, which is necessary for restoration of life. *Aahar Rasa* nourishes all *Dhatus*. Hence proper diet is a key factor for healthy *Dhatu*, *Indriya* (including *Chakshurendriya*) and body. In Ayurvedic texts, while describing causes of eye diseases, importance has been given to dietary factors. *Chakshushya Dravya* possesses the capacity to protect, restore and regenerate eyesight. *Aahar Dravya* are substances which can be included in daily food. In Ayurvedic literature, *Aahar Dravya* are classified in a detailed manner e.g. *Shuk*, *Shimbi*, *Shaka*, *Phala Varga* etc. Useful diet for eyes is also described as *Chakshushya*, *Netrahitkar*, and *Netraroghar*. Generally, green vegetables, carrots, papaya, sprouts are considered as healthy foods for eyes. But according to Ayurveda, all leafy vegetables are *Achakshusya* except *Sakapanchaka*. Also, sprouts (*Virudhak*) are not beneficial for eyes. Fruits other than papaya mentioned in Ayurvedic texts are beneficial to eyes. In this paper, information of *Chakshushya Aahar Dravya* described in Ayurvedic literature is reviewed. Further new researches on composition, pharmacological actions of these *Dravya* available in online sources have been reviewed. An Attempt has been made to compare our ancient knowledge with that of present era.

Keywords: *Chakshushya*, *Aahar Dravya*

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