

## ***Kajal* and *Anjana* as a Preventive Eye Care Measure in Indian Culture: A Literature Review**

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This study examines the relationship between the Indian cosmetic item *Kajal*, and the Ayurvedic eye treatment, *Anjana*, and explores their similarities and differences. Women and girls have been using *Kajal* for eye beautification and maintaining eye health for ages. *Anjana*, the most significant Ayurvedic eye care measure, is mentioned under the *Netra Kriya Kalpa*, and there are three types of *Anjana* based on their action: *Lekhana*, *Ropana*, and *Prasadana*. This literature review was conducted by collecting information from traditional Ayurvedic texts (*Charaka Samhita*, *Susruta Samhita*, *Astanga Hridhya Samhita*, *Sarangadhara Samhita*, *Sarasankshepaya*), Google Scholar, PubMed, and Scopes. The findings indicate that *Kajal* is primarily used for cosmetic purposes in Indian culture, but the ingredients used for its preparation have medicinal properties such as anti-inflammatory, antimicrobial, antioxidant, sun protective, and anti-ageing properties. On the other hand, *Anjana* is mainly used to prevent and treat various eye diseases and is an essential part of the daily and seasonal regimens for maintaining healthy eyes. The review revealed that *Kajal* and *Anjana* have similarities and differences, and further research is required to explore their potential as preventive eye care measures and their potential for use in modern medicine. In conclusion, while *Kajal* is linked to Indian culture as a cosmetic item, it could also have indirect medicinal effects. Depending on the medicinal properties and actions of *Kajal*, it could be more related to the special *Anjana* type, *Netra Prasadana Anjana*.

**Keywords:** *Anjana*, Indian Culture, *Kajal*, *Netra Kriya Kalpa*, *Netra Prasadana Anjana*