

A clinical study on the efficacy of *Trātaka* Yoga in the management of *Thimira*

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Abstract

Thimira is a major disease affecting the *Drishti mandala*. It is a very common disease and passes through various stages of development challenging the eye sight and ultimately resulting in complete loss of eye sight known as *Linganasha*. The concept of the *patala* and its involvement in the *Drishtigatha roga* is similar to the refractive errors. *Trātaka* yoga is the practice of staring at an external object. It is a technique recommended by the ancient sages to improve the eyesight. It is both a sight purification and eye muscle strengthening process. To test the efficacy of this yoga, a clinical study was carried out in the Gampaha Wickramarachchi Ayurveda Teaching Hospital with the participation of 60 patients diagnosed with refractive errors of the eyes. They were divided into 2 equal groups. Both groups were given the same regimen of internal medicine. Additionally, the test group was given *Thrātaka* yoga exercises. All patients' visual acuity, near vision of both eyes and 16 other related symptoms were assessed before and after the treatment course of 2 weeks. The data analysis showed a significant improvement of the assessed parameters of the test group compared to the control group. A marked improvement of visual acuity and near vision without spectacles was also observed. Hence it was concluded that *Thrātaka* Yoga was successful in the management of *Thimira* in the sample group.

Keywords: *Thrātaka* yoga, *Thimira*

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