

## Scope and role of dietary and daily regimen in prevention of life style eye disorders: a literature study

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### Abstract

Ayurveda is a holistic healing science that emphasizes the importance of healthy lifestyle in preventing disease. Faulty lifestyle (diet and behavior) are major factors leading to many diseases. Smoking cigarette, tobacco, alcohol consumption, high fat and junk food, lack of exercise, chronic stress, prolong exposure to bright light, working in computer for long time etc. may also increase the risk of developing certain diseases, (diabetes mellitus, cardiovascular and kidney disease, cancer etc.) Vision is also affected; among them ocular disorders are more prevalent in modern era, like Age Related Macular Degeneration, Diabetic and Hypertensive Retinopathies, Computer Vision Syndrome, Dry Eye Syndrome and Infectious eye diseases. For preventing from this type of eye diseases as well as maintaining ocular health, wealth of details are found in various types of classical texts of Ayurveda. Among them *Dinacharya* (daily regimen), *Ritucharya* (seasonal regimen), specific ocular therapies (*Kriyakalpa*) and various type of *Chakshushya* and *Rasayana* drugs, special types of *Pathya Apathya Vidhi* are useful to maintain ocular health and improve vision. Publicity of these techniques using appropriate media would benefit the general population by giving more confidence on Ayurveda practices, thus preventing from various types of lifestyle eye disorders. In the present study, daily regimen, *Kriyakalpa*, *Pathyapathya*, *Chakshusya* and *Rasayana* are described in detail.

**Keywords:** Life style eye disease, daily and dietary regimen, prevention, Ayurveda  
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