A clinical study on the efficacy of Trātaka Vga in the management of Thimira

Pramodani MPN¹ Peiris KPP²
¹Gampaha Wickramarachchi Ayurveda Institute, university of Kelaniya
²Department of Shalya Shalakya, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka

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 Lingamasha. 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 Trātaka 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 Trātaka Yoga was successful in the management of Thimira in the sample group.

Keywords: Trātaka yoga, Thimira

e-mail: nadeeka.mpnp@gmail.com