

See discussions, stats, and author profiles for this publication at: <https://www.researchgate.net/publication/282002280>

# Eye Exercises for Healthy Eye

Article · September 2015

CITATIONS

0

READS

3,212

1 author:



[Rahul Pandey](#)

Javitri Hospital & Test Tube Baby Centre, Lucknow

15 PUBLICATIONS 0 CITATIONS

SEE PROFILE

Some of the authors of this publication are also working on these related projects:



Working on role of physiotherapy in ophthalmology [View project](#)



**Dr. Rahul Pandey (PT)**

**D.R.Opt. B.R.Opt. BPT, MPT (Pediatric)**

**Email. [dr.rahulpandey3@gmail.com](mailto:dr.rahulpandey3@gmail.com)**

**Mob. +91-8295640203, +91-7876856595**

**Bharat Multispeciality Hospital, Kurukshetra**

### **Eye exercises for healthy eye**

The great master Swami Vivekananda said that there are four main streams of yoga: Jnana Yoga, Raja Yoga, Bhakti Yoga and Karma Yoga. To use all these streams of yoga to build the personality. We are now going to focus on Eyesight Development or Eyesight Improvement. In late 60s the TV came afresh in Bangalore city and everybody was so fascinated, particularly the children glued themselves to TV forgetting all their sports outside. Went on watching 3 hours, 4 hours, 5 hours, 6 hours and movies after movies and as expected it started happening in 5 or 6 years, 1972-73 we started seeing most of these children wearing very thick glasses. We felt too bad. We said can we solve this problem? Many people said that we are not going to allow our children to watch the TV. That is no solution. This is when we started developing yoga module. The specialized techniques that yoga prescribes for eyesight improvement were selected from various yoga techniques. The precautions we have to take, norms that we have to follow were taken care. So we developed this module, integrated yoga module for eyesight improvement. We started giving that in Yoga Camps. One week camp, 15 days camp, one month camp and we started documenting the result whether really it is useful or not. The results were very fascinating. When

we have an average of 1000 or 1500 students, we have found that the eyesight can improve by one Diopter for short sight students with a practice of every day half an hour for one month. All these exercise can treat or cure untreatable eye problems like ARMD, Refractive error, Headache, Retinopathy etc; all these exercises can perform by any age group for good vision and healthy eye.

### **We will start from eye exercise for relaxation**

Ex. 1- Palming (eye concealing)- Eye relaxation can be achieved by closing and concealing the eyes with hands so as not to expose them to light. The exclusion of visual sensations itself is sometimes sufficient to achieve a deep relaxation. The closing and concealing of the eyes will not give the expected results if there is the accompanying mental stress. If you do palming in a perfect way, you are going to see a black field that you have not experienced before and cannot imagine or see something blacker, and at this moment, your vision will be correct. It will be enough to conceal the eyes for 30-60 seconds between the exercises and devote more time, from 10 to 30 minutes, to relaxation (for example when the sight is particularly tired). The palms should be set as to allow the eyes blink freely. If your sight is rested, you will found that your visual field is entirely filled with homogenous blackness. Some people will see the flashes of light, vibrating colors, greyness and other visual illusions. Visualize darkness and blackness. Breathe slowly through the nose (breathe in – breathe out). Feel the stretching of muscles and different parts of body (shoulders, hands, legs, thighs, feet, ribs, etc.) when inhaling and their contraction when exhaling.

Ex. 2- Light exposure (solarization) - Nowadays, in the time of domination of sunglasses, we are hardly accustomed to the intense light or its rapid change. It can hardly be rationally explained why we need to wear dark glasses on

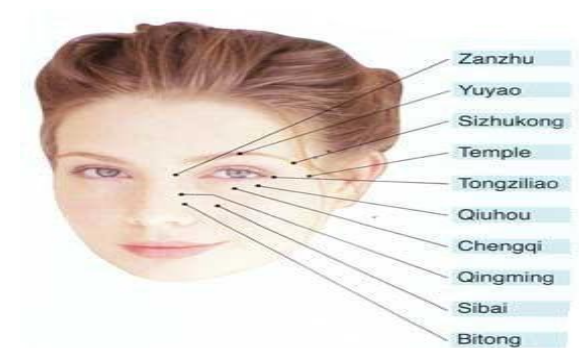
the nose in sunny days. For thousands of years, sunny days did not bother us at all, and also today, in many countries, the man behind dark glasses arouses common interest, if not laugh and pity. The process of adoption of proper responses to light is one of the basic methods in the art of conscious vision. For the eyes to see properly and remain in the state of unwinding and relaxation, the sunlight is indispensable. Stand or sit in a place where you can look into the sun. If it is an especially sunny day, looking at the brightly lit sky will suffice. When the weather conditions are unfavorable or there is no sunny place, use a lamp with the bulb of a minimum power of 100 Watt. Close the eyes and turn your face slowly to the sun, sky or bulb; Move your head slightly and slowly to the sides about 20-30 times. The constant head movement is very important not to allow too long exposure of only one retinal section. Too sunlight sensitive individuals are advised to begin sunbathing with turning their faces to the sky, instead of directly to the sun.

NOTE: Never open the eyes and look directly into the sun. It can cause a permanent damage to your eyes. Duration: 2-10 minutes. Repetitions: 2-5 times per day

Ex.3- Blinking- The large amounts of dust in the air gather also on the surface of our eyes, therefore the regular and unimpeded blinking is essential to purify and moisten the eyes. The individuals with a visual defect blink very rarely having a propensity to stare and goggle. On the other hand, those who use the sight in a natural way, blink frequently and with ease. Unfortunately, in the case of stress which bothers the people with a visual defect, there is a tendency to an irregular blinking and work of eyelashes under stress. Blinking further eliminates the harmful habit of staring. The functions and roles of blinking: smearing and cleansing of the eyes with tears, and a temporary passive rest (eye concealing) through exclusion

from exposure. Therefore, it is very important to blink as frequently as possible (every 1-3 seconds), which ensures moistening and relaxation of your eyes. Blink quickly and freely 6-10 times, and conceal the slightly closed eyes for a few seconds; Blink 10-20 times and conceal your eyes for a few seconds again. Duration: 1 minute. Repetitions: 2-10 times per day

E. 4 – Eye Massage- This exercise is aimed at improving the flow of energy in the eyeballs and head. It relies on the ancient Chinese tradition of acupuncture and is especially helpful when we begin to be tired mentally. If some of the pressure points are sensitive, it means that the energy flow is obstructed. The massaging movements allow the energy channels to open. The exercise should be performed with thumb pads or index fingers depending on which are easier to press a given point with. All the points of interest to us are marked on the figure, and their precise location can be easily identified since when pressed, they will give us strong pain. Each point should be gently massaged and pressed in order to clear the flow of energy. The pressure should not cause acute pain, but be gradually increased as we are massaging a point.



This article is not going to end and this is not enough exercises; we will discuss the other exercises and Yoga asanas for Vision improvement in next up-coming issues of this Magazine.