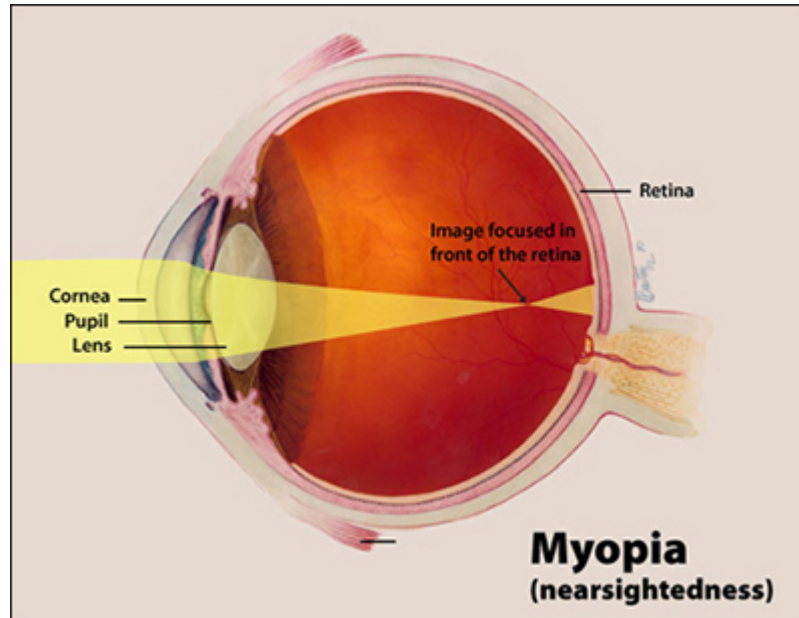


Herbal Remedies for Myopia, Ayurvedic Treatment

 planetayurveda.com/library/myopia-nearsightedness/

Ayurvedic Treatment of Myopia



Introduction

What is the first thing we usually notice in almost everyone? Yes you are right, eyes are the first thing we notice when we meet someone. Eyes are not only organ of vision in human body, they are essential source of knowledge and main feature of facial beauty too. Eyes are very important part of human body. Eyes are main source of connection between external and internal world. Great mountains, beauty of rivers, depth of oceans, beauty and wonders of world worth meaningless to a blind person. Sources of entertainment, books, games and movies are nothing who is deprived of eyes. These days excessive exposure to ultraviolet rays, hard flash lights, excess use of modern devices, stressful and disturbed life style cause numerous eye disorders. Myopia, hypermetropia, astigmatism, presbyopia are some of very common examples of eye related disorders.

About Myopia

Difficulty to see distant objects is known as myopia. It is also called shortsightedness or nearsightedness. People with myopia has trouble to see far objects. In this defect parallel rays from distant object make focus in front of retina and image looks blurred. It is one of the most common eye problem in recent time.

Causes of Myopia

Main cause of myopia is defect in refractivity of eyes. It also results in debility of nervous system, cold and constipation. Most common cause of this disorder is lack of nutritious diet and bad reading habits. Certain health problems also causes this defect. People who are suffering with diabetes are also more prone to myopia. It is very common defect seen these days but it is manageable too.

Symptoms of Myopia

- Objects that are far situated looks blurred.
- Person needs to close eyelashes to see clearly.
- Constant headache due to excessive strain.
- Rubbing of eyes.
- Continuous squinting.
- Blinking of eyes excessively.
- Difficulty in reading books.
- Difficulty to see vehicles while driving usually at night.

Risk Factors and Complication

- Family history
- Excessive reading
- Environmental factors
- Decreased quality of life
- Eyestrain
- Other eye related disorders

Myopia & Ayurveda

Ayurvedic term used for myopia is "निकट दृष्टि दोष ". According to Ayurveda alochak pitta is responsible for vision of eyes. Alochak pitta also governs our eyes. It absorbs color and pictures and produces them as visual impressions. When alochak pitta is in its balance gives clear and bright image. Tarpaka kapha is responsible for the lubrication of eyes. Prana vata is responsible for movements and blinking of eyes. Imbalance of all the dosha are responsible for causing this eye defect. Aggravated and vitiated pitta is responsible for various vision related disorders. Due to vitiated alochak pitta, improper diet and lack of nutrition to dhatus of eyes cause this problem. All these factors produce toxins in body and block channels due to which proper nutrition is not reached to optic tissues.

Herbal Remedies for Myopia by Planet Ayurveda

Planet Ayurveda offers effective herbal remedies like Amalaki Rasayan, Youth Restora, Angel Eye Vitale & Bilberry Capsules for ayurvedic treatment of myopia (nearsightedness). We provides 100 percent pure and natural products. All of them are free from side effects and are safe to use. And they are formulated by MD Ayurveda doctors. All of the medicines from the house are made without the addition of chemicals or additives or preservatives in it.

1. Amalaki Rasayan

Amalaki rasayan is another herbal formulation to cure eye defects. Main ingredients used in this herbal supplement is amalaki (*emblica officinalis*). It is also called Indian gooseberry and amalaki Rasayan is formulated after a specific process.

Different properties of *Emblica officinalis* are:-

- Guna (Quality) – Light and Dry (Laghu and Rookash)
- Energy (Virya) – Cooling (Sheet)
- Post digestive qualities (Vipaka) – Sweet (Madhur)

Amla is small to medium size deciduous tree. It has small feather like simple leaves. Flowers of the tree are small, round and greenish yellow in color. Fruits of the plant are light green in color with smooth and hard in appearance. Fruit ripen in the month of autumn. Amalaki rasayan capsules are great source of vitamin C. it is very beneficial for the patients of myopia.

DOSE - 2 capsule twice daily after meals.

PACK - We provide pack of 60 capsules.

2. Youth Restora Capsules

This herbal formulation is wonderful blend of various herbs.

Herbs used in this formulation are:-

- Bhumi amla – *Phyllanthus niruri*
- Grape seeds – *Vitis vinifera*
- Green tea – *Camellia sinensis*
- Cow colostrum – *Bovine colostrums*

It is wonderful blend of herbs having anti-oxidants. It gives great results for the sufferers of eye disorders. It improves natural immunity. It helps to maintain youthful state of body. The anti-oxidants of green tea and grape seeds extract not only clear the free radicals from blood, but also helps to clear blockage. Cow colostrum boosts our immunity level.

DOSE - 1 capsule twice daily after meals.

PACK - We provide pack of 60 capsules.

3. Angle Eye Vitale

Angel eye vitale is another herbal supplement that gives wonderful results for the sufferers of eye defects. It is basically mineral and vitamin rich herbal formulation for eyes. Main ingredients of this formulation are vitamin A, vitamin C, beta carotene, vitamin E, zinc, copper, lutein, zeaxanthin, astaxanthin and bilberry. All these elements gives proper nutrition to eyes.

DOSE - 1 capsule twice daily after meals.

4. Bilberry Capsules

Main herb or fruit used to prepare this herbal supplement is bilberry (*Vaccinium myrtillus*). Bilberry is annual shrub with small fruit, bluish black in color. Ripe and dried fruit are used to prepare medicines. Bilberry is very effective to cure eye sight related defects like myopia, night blindness, diabetic retinopathy, glaucoma and cataracts. It contains anthocynosides and rich source of vitamin A, C, E, K, magnesium, zinc and iron. This 100% pure natural supplement which maintains balance of dosha, dhatu and malas in our body contains no added chemicals and preservatives. It also contains high anti-oxidants. In short we can say that this herbal product of planet Ayurveda is nutritional bonanza for eyes.

DOSE - 1 capsule twice daily after meals.

Diet and Lifestyle

- Strictly avoid pungent and sour food.
- Avoid eye strain.
- Try to walk barefoot on dew covered grass in the morning.
- Try to wear sunglasses to protect eyes from ultraviolet radiation.
- Never read while lying on bed and in dim light.
- Avoid to sit very close to television and computer screens.