



## COMMON EYE EXERCISES IN OPHTHALMIC PRACTICE

Jayakrishnan .A<sup>1</sup>, Praveen V.V<sup>2</sup> and Krishnaprabha A<sup>3</sup>

<sup>1</sup>Department of Shalakyta Tantra, Amrita School of Ayurveda, Kerala, India

<sup>2</sup>Department of Swasthavrittam, Amrita School of Ayurveda, Kerala, India

<sup>3</sup>Department of Kayachikitsa, Parul Institute of Ayurved, Parul University, Vadodara, Gujarat

### ARTICLE INFO

#### Article History:

Received 2<sup>nd</sup> April, 2018

Received in revised form 10<sup>th</sup>  
May, 2018

Accepted 25<sup>th</sup> June, 2018

Published online 28<sup>th</sup> July, 2018

#### Key words:

Eye Exercise, Netra Kriya Kalpas,  
Visual perception.

### ABSTRACT

Eye or Netra is the organ for visual perception. It is given at most importance among the pancha gyanendriyas. In addition to the ancient classical descriptions of netra kriya kalpas, the eye exercises are also given a great role in the prevention as well as managing the refractive errors like high myopia, hypermetropia, astigmatism and also presbyopia which are having no permanent solution except conservatory management like using spectacles.<sup>1</sup>

Eye exercises promotes regular tone to the eyeballs, uniform movements of the eye ball, proper visualization, uniform light perception, accommodation of lens, elimination of waste materials, adequate visual perception, hence giving a great support in the maintenance of health of eyeball.

Copyright © 2018 Jayakrishnan.A et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

### INTRODUCTION

Doctor William Horatio Bates (1860 - 1930), lecturer of ophthalmology; also the private medical practitioner spent his entire life on studying the functioning of the eyes and visual process. In 1919, he published the book entitled The Bates Method for Better Eye sight without Glasses in which he went so far that he disagreed with the generally accepted Helmholtz theory of vision (which in fact has prevailed until today). This theory is based on the thesis that the acute vision is conditioned by the small ciliary muscles located in the inside of the eye, which reputedly "control" the thickness of the lens. Helmholtz attributed them a main role in the process of accommodation. Doctor Bates came to the conclusion that the main accommodation tool is not the lens, but the external eyeball muscles responsible not only for the eyes movement, but also lengthening and shortening of the whole eye in its front-rear axle (in a similar way to the lens of the camera or binoculars). The experiments conducted by Bates proved that this theory was legitimate.<sup>2</sup>

He explained the clear seeing of near objects by the work of the two (external) oblique muscles flattening (lengthening) the eyeball (just as when sitting on a ball), and the process of seeing clearly the distanced objects – by the work of four (external) rectus muscles pulling ("shortening") the eye in the opposite direction.

#### Eye Exercises in General Practice

##### Breathing Exercises or Pranayama

Sit comfortably in a quiet room. Close the eyes gently and notice the rhythm of breathing. Inhale deeply through the nose and exhale slowly and evenly through the mouth continuously for three minutes. Do not over breath. Then open the eyes with out any external thoughts and feel relaxed.

##### Eye Wash or Netra Prakshalanam

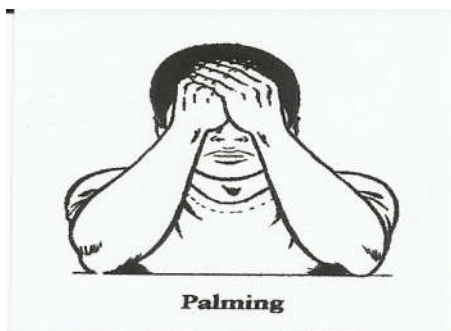
Luke warm water or cold filtered water or medicated decoctions should be taken in eye cups. The whole eye should be immersed in the cup and start blinking for 20 to 25 times very gently. The other eye should be done the similar procedure after the first, with a fresh eye cups and fresh medicine or water. This procedure cleans the eye and also strengthen the vision.

##### Palming Exercise

The hands are joined in cross and placed over the eyes, with palms over the eye and fingers over the forehead. It is done by resting the elbows on the table. It is done to reduce the stress and strain of the eyes. It gives relaxation to the eye muscles. With this procedure the out perception is stopped and mind concentration is increased. It is advised in a quiet room with comfort and deep breath.<sup>3</sup>

\*Corresponding author: Jayakrishnan.A

Department of Shalakyta Tantra, Amrita School of Ayurveda, Kerala, India



### Sunning Exercise

In this procedure, the sun is faced with closed eyes constantly to receive the wonderful source of energy, which increases the vitality of eyes and helps in increasing the blood circulation to the eyes which helps in relieving the discomforts of the eyes. While facing the sun the head should be moved side to side slowly.<sup>4</sup>

Note: Don't expose to fluorescent, infrared, UV Rays etc.



### Candle Exercise

1. In a dark room from 18'' distance, the blue flame of candle should be observed and gradually should move toward the candle up to 3'' distance and then come back gradually. Blink once on reaching the candle and coming back to the original place.
2. Read a paragraph or ten lines of a newspaper in the light of a candle. Blink once in the beginning and end of every line.
3. In the light of candle, the circles of the alphabets should be filled.
4. In candle light the buttons of different colours should be separated and grouped.

### Ball Exercise

1. Throw the ball to the ground and observe the bounce. Move the sight along the ball and blink when you catch the ball. This should be repeated for 50 times.
2. Toss the ball from one hand to other in a semi-circular position and move the sight along with the ball and blink when you catch it. This should be repeated for 50 times.

### Swinging Exercise

Stand in front of a window or a bar stand about a foot apart. Through the bars, see the distant objects by swinging the body like a pendulum, the movement should not be too slow or too fast. Swinging should be done for 10 times. Then the swing should be continued by closing the eyes, imagining the movement of a ball.

### Water Splashes

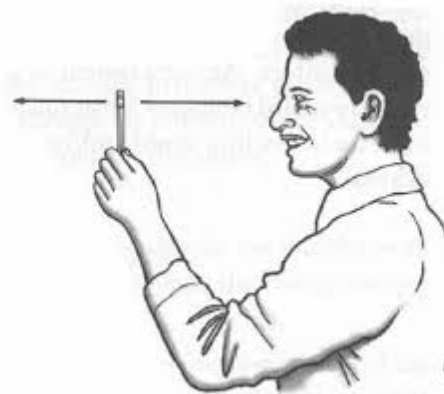
For a few seconds the cold water from a running tap should be sprinkled on to the face with closed eyes and should be allowed to dry by its own.

### Hot and Cold Compressors

Cotton pieces dipped in hot or cold water should be applied on closed lids, cheeks and face alternatively ending with cold packs.

### Near and Far focus

Hold the thumb 6'' away from the eyes. Gaze at the thumb and take a deep breath and focus on a distant object at a distance of 10 feet or more and take a deep breath. Repeat the procedure and relax. This provides clarity in vision.<sup>5</sup>

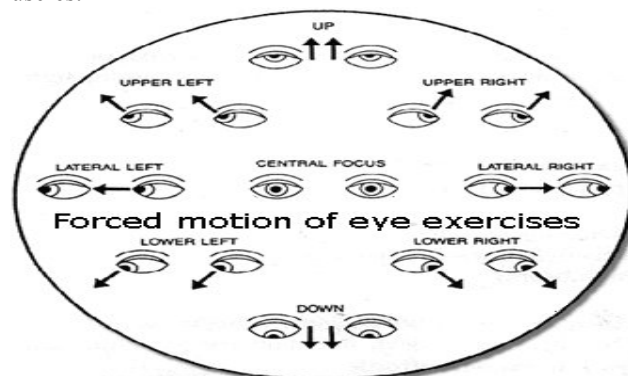


### Clock Rotation

Concentrate at the centre of the clock and gradually the sight should be shifted to 12 o'clock, then back to the centre, then to 1 o'clock and again come back to centre. Like this all the numbers should be observed. The blinking should be done when the sight reaches the number and centre place. This procedure strengthens the extra ocular muscles.<sup>6</sup>

### Eye Rolls

The eye balls must be rolled in clock wise direction slowly with eyes closed. This procedure strengthens the extra ocular muscles.



## CONCLUSION

Based on the condition of disorder and the strength of the patient, eye exercises should be properly planned and practiced. This procedures can be practiced by a healthy individual to restore his or her better vision and by a diseased to reduce the disease entity. Since eye exercises are going to considerably strain your eyes, it is good to invigorate them sometimes with a proper diet or medications. We do not mean to persuade you to consume everything you find at the

pharmacy, but advise to kindly read the guidelines below and perhaps use some of them for the health of your eyes. If you can devote to your eyes only 5 minutes a day, then practice for 5 minutes per day, and if you can practice for 1.5 hour daily, that is excellent. It is also important not to make too much exercises in the beginning. Start to increase gradually the time of practice bearing in mind the major importance of relaxation and devoting most of your time to relax. The more straining exercises to your vision should be used in moderation. Observe your body and especially the eyes. They will tell you when you do too much and need to take a break. If you feel that you have strained the vision, use one of the relaxation exercises (palming mainly). Vision exercises are not the same as weight room practice. This is more concerned about relaxation of muscles rather than strengthening. Understanding this is a key to success, and is not easy as the forms of dynamic and passive relaxation of vision and whole body are little known and seldom used in our culture.<sup>7</sup>

## References

1. A.K. Khurana – Ophthalmology, Published by New Age International (P) Ltd. 3<sup>rd</sup> Edition, Reprint 2005.
2. Bates eye exercises Wikipedia Google scholar.
3. Ruben M, Khoo CY. Contact lenses: Medical aspects. Singapore: PG Publishers; 1989
4. Norton TT. Animal models of myopia: Learning how vision controls the size of the eye. *ILAR J.* 1999;40:59–77.
5. McCarty CA, Taylor HR. Myopia and vision 2020. *Am J Ophthalmol* 2000;129:525-7
6. Bates eye exercises Wikipedia Google scholar.
7. *International Journal of Ophthalmology And Clinical Research*, available at <http://clinmedjournals.org>.

### How to cite this article:

Jayakrishnan .A *et al* (2018) 'Common Eye Exercises in Ophthalmic Practice', *International Journal of Current Medical And Pharmaceutical Research*, 04(7), pp. 3481-3483.

\*\*\*\*\*