



Yoga To Manage Eyes Problems

In modern society problem of eyes become common. We can see most of the people using spectacles or contact lenses. Glasses however do not cure the problem but it get worse through their use. There are so many factors to contribute bad eyesight including bad lighting, diet, mental and emotional stress, reading long, watching television, working in front of computer, office work, driving, toxic condition and ageing.

Our eyes are very delicate parts of our body, so it gets affected quickly. Common factors are either weakness of eyes muscles or overuse of eyes. Sometimes other health problems affects eyes like diabetes, headache, and migraine. After having eyes problem, even after taking medicine or wear spectacles, it is very difficult to solve the problem. In fact it is getting worse.

If we use the practices of yoga, then not only we can prevent our eye problems getting worse but also, we can improve our eyesight. Sometimes we can control our mental and emotional stress through eyes exercises. It requires patience and regularity because it will take time. Do not expect instant and quick improvement. Here are some practices:



1. Palming --- Rubbing both palms together until they become warm and then placing them on closed eyes for few seconds to feel the warmth and energy being transmitted from the palms into the eyes. Placing palms on eyelids absorb the energy and relax the eyes muscles. One can do it 5 to 10 times. This relaxes and revitalizes eyes muscles and stimulates the circulation of aqueous humour (the liquid runs between cornea and lens of the eyes). Palming also makes one alert and awake mentally by activating corresponding brain cells.



2.Blinking --- In sitting posture blink eyes quickly for 10 – 15 times and relax for few seconds. Doing this for few rounds is a very good practice to improve eyesight and relaxes the eyes muscles. People having defected eyesight blink their eyes irregularly and unnaturally due to anxiety and habitual tensions in the eyes. By practicing blinking consciously the blinking reflex smooth and natural. People who work long time in front of digital devices should do this practice frequently in between their work. This practice relaxes facial muscles too and reduces wrinkles from the face.



3.Sideways Viewing --- Gazing right and left for few times is useful for those who read constantly or work very close in office with the papers. This practice relaxes the tension of the muscles. This practice also prevents and correct squint.

4.Up and Down Viewing --- Looking at the ceiling and the floor for some time balances the upper and lower eyeball muscles. It can be done also by looking at eyebrow and nose tip.



5. Rotational Viewing --- Looking up, right, down, left clockwise and then reverse anti clockwise. Means rotating eyeball in circular movement from both sides for few rounds, restores balance in the muscles surrounding the eyes and improves coordinated activities of both eyeball.



6. Near and Distant Viewing --- Focusing eyes on near objects and then distant objects for sometimes. One can use finger (tip of the thumb), keeping in front at eye level. This exercise improves the accommodating and focusing power of the muscles. Especially for those who cannot see near and far objects clearly, helpful during driving car.



7.Trataka --- Trataka means gazing something for longer period without blinking. It can be done by gazing black spot or any symbol or picture or letter or candle flame. Doing with candle flame is also detox practice. This practice not only improves eye sight but also removes anxiety, stress, Insomnia, develops concentration and memory. It balances the nervous system and makes the eyes clear and bright

One should do practices either sitting on the floor (mat) or sitting on a chair but keeping spine upright and head still. One can do 10 to 20 times slowly without putting pressure on the eyes muscles. Practitioners can use our hands and fingers for viewing up, down, right and left. People can do these practices anytime and anywhere.

Precaution: All these practices are general so people can do regular as a preventive method and for relaxing eyes muscles but those suffering from any severe eyes ailments should consult doctor or experienced Yoga Therapist. Don't use contact lenses, while practicing.