



REVIEW STUDY OF THE NETRA W.S.R. to ASHRU AND ASHRUVEGA

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ABSTRACT

We all convey our emotions in different ways through distinct facial expressions. There are expressions on the body as well. These physical manifestations take the shape of bodily cravings or reflexes. According to *Ayurveda*, *Vegas* are explained as different passions (natural drives) in the human body. Some impulses are necessary for the body's well-being. Some are non-suppressible (*Adharniya*) and some are suppressible (*Dharniya Vegas*). *Dharniya Vegas* appears as *Krodha* (angry), *Shoka* (sorrow), *Lobha* (greediness) and *Adharniya* in form of *Mutra* (urination), *Purish* (defecation), *Nidra* (sleep) etc. are explained in different texts. There are several literatures that discuss things like *Mala Mutra Tyaga* (defecation), *Nidra* (sleep), etc. Because some natural desires are tied to how the body works physiologically, suppressing them might result in a pathological condition.^[1] Such *Adharniya Vegas* have been explained by the *Acharaya*. One of these is the tear reflex, or *Ashru Vega*. None of the *Acharyas* provided a precise information of how *Ashru* is formed in the *Ayurvedic* literature. In order to clarify the notion of *Ashru* and its *Vega* based on fundamental *Ayurvedic* principles, there is an insufficiency of facts.

KEYWORDS: *Adharniya Vega*, *Netra*, *Ashru*.

INTRODUCTION

The nervous system-controls *Vega* which are produced by the body when it wishes to expel undesired bodily contents. This is a technique used by the body to maintain "balanced mind body wellness." If these functions are stifled, the build-up of waste materials in the body causes stress and issues of neurological system, which in turn cause a variety of illnesses. *Adharniya Vega* also lists *Ashru Vega*, whose suppression results in various diseases.^[2,3,4]

According to definition, *Ashru* remains as covering of the *Netra*.^[5] It has a transparent, non-viscous consistency, and watery according to its synonyms. In this context, a term is said that *Akshivita* or *Netravita* is the *Mala* (excrement) of *Majja Dhatu*.^[6,7,8]

It is a physiological secretion that lubricates the eyeball and is thin, greasy, and white. Eye's dryness, discomfort, lightness, and numbness at the site are symptoms of a deficit secretions.^[9,10] As per modern science also, Dry eye occurs when there is an inadequate tear volume or function, resulting in an unstable tear film and ocular surface disease so, the tear film is responsible to-

- Protect and lubricate the eye providing good optical surface
- Reduce the risk of eye infection
- Keep the surface of the eyes smooth and clear.

In *Ayurveda*, *Ashru* can be divided into three broad categories:

1. *Vyapta Ashru*- *Ashru* cleans the ocular surface, which is the eye's outer layer. The eye is moistened by *Sleshaka* and *Tarpaka Kapha* through lacrimal secretions. It refers to the regular lacrimation that continuously secretes basal tears throughout the day. It originates from lacrimal glands, which are found in the conjunctival fornices.
2. *Ashru Vega* - *Ashru Vega* is indicated by *Ashru* (tears) produced in flow in reaction to psychological stimuli, such as during intense joy or sorrow.^[11] Reflex secretion is mentioned as extra tear secretion. In reaction to eye discomfort, it frequently serves to wipe the eyes. In response to a background of impulses to the cornea and retina, the major lacrimal gland produces it. Additionally, psychic tears may occur in reaction to intense internal feelings of sadness, love, exhilaration, or pleasure. Tears may also be triggered by laughing or yawning.

3. *Ashru Srava* - According to symptoms of *Vataja Abhishyanda*^[12], *Dushika in Kaphaja Abhishyanda*^[13], and as a result of using Anjana under situations that are not recommended, several types of *Ashru-Srava* have been reported as a characteristic of numerous eye illnesses.^[14]

ROLE OF DOSHA

1. *Kapha*: *Ashru* is originated from this, so *Ashru* shows *Kapha* like properties, and provides lubrication and immunity.
2. *Vata*: According to *Acharya Bhavamishra*, *Vyana Vayu* enters the eye through *Sira* and deposits *Akshivita (Mala of Majja)* in eye.^[15]

The spreading of tear film occurs as eyelids blink. The eye's opening and shutting are controlled by *Vyan Vayu*, who is responsible for distributing *Ashru*.

ROLE OF DHATU

Ashru has a watery nature, it is possible that *Rasa Dhatu* is present where *Ashru* originated.^[16] Similar to *Rasa Dhatu's* bodily activities, it serves the same purpose in the eye. It fixes damage and gives the outer tunics nourishment. This theory is supported further by the fact that dryness and roughness of the eyes are symptoms of *Vataja Jwara* and *Vataja Pandu*, where *Rasa Dhatu* is the main *Dushya*.^[17,18,19] Even the aqueous discharges from the eyes and other discharges from mucosal surfaces have been referred by *Acharya Sharangdhara* as the *Mala of Rasa Dhatu*.^[20,21]

Given the roles of *Meda Dhatu* and the characteristics of *Meda Sara Purusha*, it is likely that *Meda Dhatu* also has a connection to the *Snehana* of the eyeball. Eyeball lustre is lost in *Meda-Kshaya*.^[22] The lids contain two *Tarun-Asthis*, as well. These *Tarun-Asthis* are the likely structures from which the *Majja Mala (Akshi-Sneha)* is ejected because *Asthi* is the seat of *Majja Dhatu*.^[23,24]

As its clear from above that *Rasa, Meda* and *Majja Dhatus* are responsible for formation of *Ashru*. The tear film coating the eye also has three distinct layers, from the most outer surface which may be correlated as-

1. Lipid layer- lipoidal Secretions of *Meda Dhatu*
2. Aqueous layer- water secretions of *Rasa Dhatu*
3. Mucous layer- secretions as *Majja Dhatu, Mala* in form of *Akshivita*.

ROLE OF PANCHMAHABHOOT

Tear film ensures the well-being of the cornea by providing a high-quality refractive surface. It's obvious that *Ashru* still keeps in touch with the *Netra's Krishna* (Cornea) and *Sita* (Sclera with Conjunctival Covering) components. It is seen as outermost *Tejo-Jalashrita's patala*. *Acharya Sushruta* says that *Jala Mahabhoota* is the source of the *Sita* portion. Additionally, *Ashru* is derived from *Rasa Dhatu*, who's the major *Panchbhautic* constitution is *Jala*.^[25] The theory put forward was that *Jala Mahabhoota* is essential for *Ashru*.

Anatomical structure related to *Ashru*^[26,27]

1. There are two *Ashru Vahini Dhamani* (one in each eye).
2. Another structure associated with transmigration of *Ashru* is the *Ashru Margas* referred in the description of '*Srava Rogas*'.

DISCUSSION

Dosha and *Dhatu* equilibrium in humans is required to maintain the health of each organ. By recognizing *Dosha - Dhatu* for a particular organ, one may obtain the health of the relevant organ via balancing the elements. Using the same concept, the equilibrium of the elements is essential for clear vision. *Ashru* is crucial for the proper performance of eyes. It has a supremacy of *Jala Mahabhoota* and is derived from *Kapha Dosha* and *Rasa, Meda, and Majja Dhatu*. These are distributed after creation with the help of *Vyan Vayu*. So, the equilibrium of *Kapha* and *Vyan Vayu* should be maintained. There is basal secretion in normal condition however during the *Vega* (desire to weep or grieve) arises reflex or emotional tear.

Suppressing this *Ashru Vega* can cause *Pratisyaya* (Rhinitis), various types of *Akshi Rogas* (eye illnesses), *Hridya Roga* (cardiac trouble), *Aruchi* (anorexia) & *Bhrama* (giddiness, illusion). According to contemporary science, those who experience the inherited condition familial dysautonomia also feel unable to cry tears and has very limited capacity to handle severe situations. Suppressing tears increase stress levels and contribute to diseases aggravated by stress, such as high blood pressure, heart problems and peptic ulcers.^[28]

In the management of these symptoms *Swapna* (sleep), *Madhya* (medicated alcohol), *Priya Katha* (pleasant stories, hearty discussions and interactions with near and dear ones) is indicated. After knowing the importance of *Ashru Vega*, one should not suppress it.^[29]

CONCLUSION

An essential physiological secretion for maintaining eye health is *Ashru*. The eye is working to detoxify itself in order to protect itself. Due to any annoyance or a few psychological triggers sufficient for *Ashru Vega* to turn on. It is well acknowledged that the only during reflex tearing does the primary lacrimal gland release water and electrolytes. *Ashru Vega* then protects not just from physical and psychological harm to the eyes but also from other impacts.

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