

CONCEPT OF AGNI IN THE TREATMENT OF REFRACTIVE ERRORS.

Refractive error is the second largest cause of treatable blindness worldwide. Genetic etiology of the disease remains poorly understood. Now a days lifestyle factors like use of junk food and hours of near work etc are also considered in the etiology.

Ayurveda considers agnimandya as the prime cause for all diseases. Improper diet, bad digestion etc leads to agnimandya and may cause malnourishment to optic tissues. So maintenance of agni forms the baseline of treatment in the management of refractive errors in ayurveda .

Abhisyandi guna plays a major role in eye diseases. Abhisyandi in eye is equated to ama in body with predominance of pichila guna. This Ama is formed by mandagni which form Rasaja and food indigestion which act on subcellular level and form disease. Ama is a toxin or pathogen ,responsible for aetiology of all diseases. Also eye is a pithasthana with predominance of ushnasnidha guna and sleshma is the chief opponent of pitha in netra . Agni is correlated with pitha and the type of pitha which is basically correlated with agni is pachakapitha. Pachakapitha directly participates in the digestion of food and support to and augments the functions of remaining pitas, present elsewhere in the body. Agni in Ayurveda is reflected in the concept of pitta of the system . Subha karma of agni are pakti, darshanam, prakrti, varnam, moha, harsha.

Agni plays a vital role in absorption of macro as well as micronutrients. Proper functioning of the digestive fire is evident from normal tone of the digestive system, circulatory system, strong immunity or resistance against diseases, proper tissue growth and body complexion. Due to mandaagni eyes do not receive proper nourishment and therefore fail to perform their functions properly. In majority of the cases with refractive errors the patient has either vishamaagni or mandaagni. So the first line of treatment in most of the refractive errors is agnideepana.