

# Role of Ayurvedic Interventions in the Management of Presbyopia: - A Case Study

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**Abstract:** *Presbyopia is a physiological, age-related decline in near vision due to gradual loss of lens elasticity, making close work like reading difficult. In Ayurveda, this condition can be correlated with Timira and age-related Dristi Vikriti, where ocular tissues undergo degeneration. Conventional treatment primarily relies on corrective lenses, but Ayurvedic approaches aim to nourish ocular tissues, support visual function, and slow degenerative changes. This case study explores the impact of local and systemic Ayurvedic therapies—Chakshushya Basti, Shatavari Ghrita Nasya, and Triphala Ghrita Tarpana—on near vision and ocular comfort, with structured follow-up monitoring.*

**Keywords:** Presbyopia, Ayurvedic eye therapy, Chakshushya Basti, Shatavari Ghrita Nasya, Triphala Ghrita Tarpana, Dristi Vikriti

## I. INTRODUCTION

Presbyopia is a natural, age-associated condition characterized by reduced accommodative ability of the crystalline lens, usually manifesting after 40 years of age. Patients commonly report difficulty reading small text, eye strain, and intermittent headaches during prolonged near tasks.

Ayurvedic literature describes similar age-related ocular changes under the concepts of Timira and Dristi Vikriti. These conditions are linked to imbalance of Vata and Pitta Doshas and depletion of Rasadhātu in the eyes. Contributing factors include aging, continuous near work, excessive screen exposure, and nutritional deficiencies.

Ayurvedic management aims to strengthen ocular tissues, improve visual function, and delay degenerative processes through targeted local and systemic therapies.

## AIM

To evaluate the effectiveness of Ayurvedic therapies in enhancing near vision and reducing ocular discomfort in presbyopia.

## OBJECTIVES

- Improve near vision and accommodative efficiency
- Reduce eye fatigue and strain
- Monitor the sustainability of improvements over follow-up

## CASE REPORT

Patient Details: 48-year-old male

Chief Complaints:

Difficulty reading small print

Eye strain and occasional headaches during near work

Progressive near vision deterioration



**History:**

Long hours of reading and screen use  
Age-related visual difficulties for 6 months  
**Clinical Findings:**  
Near vision: N8 at normal reading distance  
Mild dry eye symptoms  
No other ocular pathology  
**Ayurvedic Assessment:**  
Dosha: Vata-Pitta predominance  
Signs of Dristi Dhatu depletion

**MATERIALS AND METHODS**

**Therapeutic Interventions:**

**Chakshushya Basti (7 days):**

A medicated oil-based enema administered to nourish ocular tissues and balance Vata-Pitta Dosha.

**Shatavari Ghrita Nasya (5 days):**

Nasal administration of medicated ghee to enhance ocular nourishment strengthen optic nerves, and support visual function.

**Triphala Ghrita Tarpana (7 days, 3 cycles):**

Local ocular therapy where medicated ghee is retained over the eyes to rejuvenate cornea, lens, and surrounding ocular structures.

**Dietary and Lifestyle Recommendations:**

Adequate sleep and regular rest for eyes  
Eye exercises to maintain accommodation  
Diet rich in fresh fruits and vegetables

**Lifestyle Restrictions:**

Avoid excessive screen exposure and prolonged near work  
Limit exposure to harsh sunlight without protection

**AYURVEDIC PROPERTIES OF THE THERAPIES**

**Therapy**

Rasa/Virya/Action

Potential Benefits

Chakshushya Basti

Sheeta, Snigdha, Vata-Pitta Shamaka

Nourishes ocular Dhatus, enhances lens flexibility

Shatavari Ghrita Nasya

Madhura, Sheeta, Rasayana

Strengthens optic nerves, supports visual function

Triphala Ghrita Tarpana

Tikta-Kashaya, Sheeta, Vranaropana

Rejuvenates cornea and lens, reduces eye strain

**PROBABLE MODE OF ACTION**

Chakshushya Basti: Systemic absorption via rectal administration delivers nutrients to ocular tissues while pacifying Vata-Pitta Dosha.



Shatavari Ghrita Nasya: Nutrients reach ocular tissues through nasal olfactory channels, supporting optic nerve function and improving near vision.

Triphala Ghrita Tarpana: Prolonged ocular contact enhances hydration, elasticity, and clarity of cornea and lens.

### **FOLLOW-UP OBSERVATIONS**

Day

Clinical Findings

Day 0

Near vision N6, difficulty reading small text, eye strain

Day 7

Reduction in eye fatigue, slight improvement in near vision (N5)

Day 15

Improved reading comfort, near vision N4, decreased strain

1 Month

Sustained improvement, patient satisfied, no adverse effects

### **RESULTS**

The patient showed progressive improvement from the first week. By day 15, near vision and reading comfort had improved noticeably, and eye strain had reduced significantly. These benefits persisted at one-month follow-up, with no side effects reported.

### **DISCUSSION**

Presbyopia results from age-related stiffening of the lens and decline in accommodative power. Ayurvedic therapies targeting Vata-Pitta balance and ocular nourishment may complement conventional management. The combination of systemic Basti, nasal Nasya, and local Tarpana helps rejuvenate ocular tissues, improve near vision, and alleviate visual fatigue.

### **II. CONCLUSION**

This case study suggests that Ayurvedic interventions—Chakshushya Basti, Shatavari Ghrita Nasya, and Triphala Ghrita Tarpana—can enhance visual comfort and near vision in presbyopia. These therapies are safe, patient-friendly, and may help delay age-related visual decline. Larger studies are recommended to further validate the deterioration

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