

# AYURVEDIC PRACTICES TO STRENGTHEN VISION NATURALLY

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1

## OIL YOUR SCALP

Regular oiling with a good herb enriched Ayurvedic oil dissipates aggravated Pitta from the scalp. It soothes the brains, relaxes the eyes and improves vision.



2

## BALANCE TEMPERATURE

Avoid subjecting the body to temperature extremes like working in a very cold / hot environment. In a cold environment, ensure the body stays at a normal temperature by wearing a light jacket / shawl.



3

## TAKE A BREAK

For every hour of computer work, take a break. and take a walk. This relaxes the eye muscles, ensures they do not go dry, and also relaxes neck and shoulder muscles. Use the washroom as needed - do not suppress natural urges



4

## EAT RIGHT TO BALANCE PITTA+VATA

Aggravated Pitta and Vata weaken eye sight and eye fatigue. Choose the right foods and follow ayurvedic guidelines when planning meal timings, foods, etc



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## NIGHT SKY GAZING

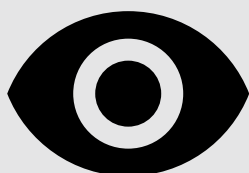
Controlled screen time, an electronic cut off after dark and night sky gazing are excellent tools to improve vision. Ensure you limit your use of laptops, and screens post 8 pm. Switch off radiating devices at night. Spend atleast 30 minutes gazing at the night sky.



6

## PADA ABHYANGA

A regular Pada abhyanga nourishes the eyes and strengthens and improves vision. Choose a good abhyanga oil that is suitable for your constitution that is enriched with the right ayurvedic herbs for this.



7

## EYE CARE

Ayurveda recommends application of ayurvedic herb enriched kajal (collyrium) and regular practice of eye washing to cool, relax and cleanse the eyes. Eye washing should be done on waking up & after meals.