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SHUSHKAKSHIPAKA - A STEEP INCREASE IN COVID19 LOCKDOWN

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Abstract:

As the world is going through a worst phase of pandemic of covid19 and its associated lockdown, the associated side effects have come into existence.

To curb an unknown virus which has increased the mortality and morbidity rates, the only measure was extensive lockdown. The virus travelled by droplets and close associations and gatherings. Lockdown would prevent social gatherings and would decrease its spread.

The companies, schools, colleges started online work, classes, meetings and interviews in order to keep the system moving. People including children started sitting in front of computers, mobiles, laptops and other VDUs for longer hours. Thus, it has invited a serious side effect on eyes and whole body.

Shushkakshipaka or Dry Eye Syndrome (DES) if we compare ⁽¹⁾ is one of the major side effect of covid19 crisis which has increased manifolds during this pandemic associated lockdown. Shalaky Tantra is the study of diseases of upper body above clavicle deals with its treatment and prevention. In *Sushruta samhita* there are 17 *sarvagata roga*, of which is one of the important disorder of whole eye.

Shushkakshipaka affects all parts of eye. It has been categorized as an *aushadha sadhya vyadhi* i.e. curable by medication. Detailed description is available in *Sushruta* and *ashtanga sangrah* along with its causative *doshas*, clinical features and management ⁽²⁾.

Keywords: *shushkakshipaka*, VDUs, Dry Eye Syndrome, DES, covid19

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