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## **Role of Ayurveda in Preventive Ophthalmology**

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### **Abstract**

All systems of medical science are of the opinion that “prevention is better than cure”. Every system of medicine has its own way to achieve this. Swasthasya swasthya rakshanam, along with the aturasaya vikara prashamanam is the main aim of Ayurveda. Ayurveda being the ancient medical science also emphasizes upon the preservation of the health of a healthy person along with alleviating the diseases. The eye is one among the important sense organs of the human body. When a person is endowed with strength, good appearance etc but without vision he will be as useless as insect and such person becomes burden for the society. Hence all efforts should be made to protect the health of the eyes through out the life. To achieve netra swasthya, acharyas have described Dinacharya, Ratricharya and Ritucharya in detail. Person should follow the daily and seasonal regimens with simple modifications in daily routine to maintain the health of the eyes.

**Key words :** Netra swasthya, Dinacharya, Ratricharya, Ritucharya.

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