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Tratak Yoga and its Effects on Glaucoma

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Introduction

Glaucoma is the second most leading cause of preventable blindness according to WHO statistics. It is found that the prevalence of Glaucoma is 3% in people above 40 years and it is 10% above 70 years of age [1]. Glaucoma results in damage to the cells in optic nerve called retinal ganglion cells [RGCs] leading to loss of vision and irretrievable blindness. Elevated Intra Ocular Pressure damages the retinal ganglion cells. Multiple factors such as family history, diabetes, obesity, stress, hypertension, high myopia has a positive association with Glaucoma [2].

Tratak kriya

According to Yogic principles of Ayurveda, the ancient Indian science of health, the helps in in upholding ocular health. Tratak kriya is a meditation technique that encompasses staring at a single point without blinking until tears begin to flow. Yogic literatures claim that the Tratak kriya was found to be effective in treatment of many eye diseases [2]. The staring continuously at a small object such as the candle flame that is placed at a few feet away from eyes or a distant object grounds to alternate

relaxation and contraction of ciliary muscles of eye. In glaucoma patients, this effect results in improved outflow of aqueous humor reducing the intra Ocular Pressure.

Conclusion

Tratak kriya can be used as a non-pharmacological agent for treating glaucoma by reducing IOP and stress related disorders which will prove the quality of life (QoL) in glaucoma patients. More research is essential to prove this least studied Yogic therapeutic intervention.

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