CONCLUSION
Conclusion

- Computers are now an integral part of our day.
- Computer is a heat factory, so excessive use of computer increases pittadoṣa in netra and Goghṛuta has Pitta pacifying properties so it is useful in CVS.
- As per Āyurvedic classics, Goghṛuta has properties as Snigdha, Gurū, oiliness, Mṛṛudu & thus pacifying the Pitta and Vatā doṣa Goghṛuta is Snehottama.
- As Goghṛuta is Snehottam, it reduces dryness in the eyes & increases TFBUT & Schirmer test 1. As it is Pitta Vaughan; it causes reduction in the headache, burning sensation & redness in the eyes.
- Goghṛuta is Cakṣuṣya & Rasayan. So it improves ocular strength & decreases Eye Fatigue.
- Lipophilic action of Goghṛuta, strengthens lipid layer of tear film. It increases Tear Film Break up Time and reduces Dryness. It has lubricating properties which are very useful in reducing dryness & burning sensation in computer vision syndrome.
- Cakṣuṣya property of Goghṛuta, strengthens ocular muscles. It results in development of pupillary reflex and good convergence mechanism. Because of this, patient gets relief from eye fatigue & headache.
- Because of these properties, Goghṛuta Aścotana has significant effect on all the parameters in CVS.
- Goghṛuta Aścotana, Moisol eye drop & Antireflection coating glasses have significant effect in all the parameters in CVS. But As compared to two control groups Goghṛuta Aścotana has more significant effect in Hedache, Dryness in eyes, Burning sensation in eyes, Eye fatigue, TFBUT & Schirmer test 1. In symptom Redness there is no significant difference observed between 3 groups & In itching ARC glasses and Moisol eye drop have more significant effect than Goghṛuta Aścotana.
- It was also analysed that in Trial Group On 120th day, there was no any significant recurrence seen in all parameters except Schirmer Test I. In Control Group1 on 120th day, there was significant recurrence seen in all the parameters except Eye
fatigue. In Control Group 2 on 120\textsuperscript{th} day, there was significant recurrence seen in all the parameters.

- As Moisol eye drop contains preservative, its long term use is not indicated. But as Goghruta is self preservative, it can be used for longer duration.
- In this study it was also observed Moisol eye drop has shorter duration of action than Goghruta Aścotana.