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Eyes were greatly valued by ancient Indians & prime importance has been given for the protection of eyes. Manu says in his scripture that out of five senses, eye is considered as most precious organ. It is like the sun in the sky. Ācarya Vāgbhata says that as long as there is desire for living, so long all efforts should be made always by men to protect the eyes; because for the blind man, night and day are the same; all the things of this world are useless though he might have plenty of money.

In this present era, the human life style has been drastically changed. The human eye was designed for more of distance work and we sailed through centuries with minimal difficulties as the eyes could adapt to the changes in our near tasks. Computers are now an integral part of our day. The advancement in computer science has brought about a vast change in our lives that we can’t think computer less life.

Before the involution of computers, office work had involved various activities including typing, filing, reading, and writing. These activities require variety of changes in posture and vision, giving a natural “break” from the previous activity. A computer has combined these tasks to where most can be performed without moving from the desktop, this improves quality, production, and efficiency. In fact, it is estimated that the 75% of all jobs in the year 2000 involved computer usage.

The transformation from working in the open to working on paper has been gradual and not very stressful for our visual system. But the shift from papers to computers has been very rapid and strong. Eye could not adapt to the new demands put on it to work at near in front of computers for extensive hours and in extremely stressful environments. Inspite of these benefits user confront new problems at their work places. Because of working long hours in front of computer, vision and ophthalmic symptoms may develop. These have been collectively called as Computer Vision Syndrome (CVS).

According to national institute of occupational safety and health, CVS affects some 90% of the people who spent three hours or more a day on a computer. Computer users vision related problems are the most frequently reported health-related problems occurring in over 70% of computer users. They have concluded that CVS is a vision disorder that has been described as the number one occupational hazard of 21st century. Previous studies have estimated that the prevalence of CVS ranges between 64 and 90% among computer users.
It has been estimated that nearly 60 million people suffer from CVS globally and about one million new cases occur each year.\textsuperscript{3} Asthenopic symptoms in eye are responsible for much of the morbidity in CVS. Proper rest to its muscles is recommended to relieve the associated eye strain. A routinely recommended approach is to consciously blink eyes now and then. (This help to replenish the tear film) and look out the window to distant object or to the sky. Doing so provides rest to the ciliary muscles. One of the catch phrases is “20-20-20”. After every 20 minutes focus the eye on an object 20 feet away for 20 seconds.

According to modern medical science, artificial tear drops are useful in Computer Vision Syndrome. Dry eye is a major symptom that is targeted in therapy of CVS. The use of artificial tear drops can reduce the effects of dry eye in CVS.

Anti-reflection coating improves both vision through your lenses and the appearance of your eyeglasses. ARC coating eliminates the reflection of light from the front and back surface of eyeglasses. Todays modern antireflective coatings can virtually eliminate the reflection of light from eye glasses allowing 99.5\% entry of light in eye. So ARC coating glasses are also useful in Computer Vision Syndrome.

Many American’s are unaware of the benefits of anti-reflection coating. In Japan over 80\% of eyeglasses lenses includes ARC coating. In most European countries over 50\% of eyeglasses include ARC coated lenses. Yet in United States less than 25\% of eyeglass lenses have ARC coating applied.

But these artificial tear drops and ARC coating glasses have their own limitations and so no satisfactory treatment is available for Computer Vision Syndrome.

Computer vision syndrome is somewhat related to the Śuṣkākṣipāka in Āyurveda. Śuṣkākṣipāka is Vātpittajanya Vyāḍi. According to Āyurveda, Goghṛuta is Vāta pittaghna. It has the quality of Snigdha (oiliness). It is smooth, lubricating and nurturing. As there is no satisfactory treatment available for computer vision syndrome, Āyurveda, the ancient science of life can be of great help by its preventive and therapeutic principals.

To address this issue, I have chosen to perform clinical trials in Computer Vision Syndrome with Ayurvedic drug. The main objective of this study to find out a suitable preventive substance which has the ability not only to prevent the progressive damage but also to cure the condition.
In Āyurvedic Samhitas, different types of advices and procedures such as Kriyākalpas are suggested. Also eye care medicaments Śamana auṣadīs, Cakṣuṣya dravya and Rasāyanas etc are prescribed to preserve the vision, improve the hemostasis, ocular strength and to cure the eye diseases. In Śuṣkāśipāka ‘Vāta Doṣa’ is considered as prime factor so Śuṣkatā is the main symptom. Hence treatment must be strictly aimed to arrest the vitiated Vāta Doṣa in the eye.

Aścotana is one of the Kriyākalpas described in Āyurveda. In Aścotana procedure Ācarya have described use of snigdha and madhur rasātmaka dravya in Vātapittajanya Vyādhī. As Goghṛuta is vatta pittaghana, Cakṣuṣya and having properties of snigdha guṇa and is easily available. Goghṛuta was chosen for this clinical trial because

- Goghṛuta is used as a base for various formulations which have been extensively used for various eye diseases. So it is relatively safe than other Āyurvedic preparations.
- It is used for both local and internal administration in many forms for treating many of the ocular conditions.
- It acts as the best Rasāyana and Cakṣuṣya drug.
- Goghṛuta is also Rasāyana and Netrabalakāraka.
- Aścotana is the simplest and most convenient method of topical application. Application in form of eye drops makes the drug available for immediate use.

So, I have selected this topic in order to study the effect of Goghṛuta Aścotana in Computer Vision Syndrome.