



## 7

## YOGA FOR EYE SIGHT IMPROVEMENT

Staring in front of a screen, be it television, computer or smartphone can lead to issues of vision and stress on the eyeballs. Thus it important to protect your eyes at all times, especially during summer. A majority of eye-related problems occur due to poor functioning of the eye muscles. If you want a healthy eyesight, you need to start a routine that helps to relax your eyes and strengthen the eye muscles. Deep relaxation of the eyes is achieved through Shavasana. For those with the short sight, various Kriyas, Asana, Pranayama, Shavasana are recomposed. In the lesson you will learn about some exercises that will help improve eyesight and strengthen the eye muscles.



### OBJECTIVES

After studying this lesson, you will be able to:

- use the proven ancient techniques of yoga for taking care of eyes, and
- select and perform best eye yoga exercise to improve eyesight.



## 7.1 PRACTICES FOR EYESIGHT IMPROVEMENT

Eyes are very sensitive organ of our body. It is important in eye health is to adopt ways for the relaxation the internal eye muscles as well as external eye muscles for good eye health. Palming, winking, blinking etc. are some other important eye relaxation techniques which you are going to learn, along with some Asanas and Pranayama.

### PREPARATION FOR EYE EXERCISES

Starting position: Dandasana

Sit in any Vajrasana or Padmasana position.

### I. UP AND DOWN OR VERTICAL MOVEMENTS

#### Practice

- Open your eyes with a few blinks.



Fig. 7.1

- Gently move your eyeballs up-down, up-down, up-down. Continue this for seven rounds (counting mentally).
- Move your eyeballs smoothly and continuously.
- Try to avoid jerky movements and keep your head steady.
- Practice at your own pace. After completion bring the eye balls to the centre and close the eyes.
- Do simple palming by making a cup of the palms and placing the palms on the muscles around the eyes.
- Enjoy the movements of the eyeballs. Smile while doing this practice.

**Notes**



## **II. RIGHT AND LEFT OR HORIZONTAL MOVEMENT OF EYEBALLS**

### **Practice**

- Gently open your eyes with a few blinks.
- Gently move your eyeballs right-left, left-right continue for such seven more rounds. Move your eyeballs smoothly and continuously. Observe and feel the changes going on. Try to avoid jerky movements and keep your head steady. Maintain a smile on the face. Relax the facial muscles. Practice at your own pace.
- After completing ten rounds gently stop the practice and bring the eye balls to the centre close your eyes.



Fig. 7.2

- Rub your palms against each other, form a cup of your palms and cover your eyes.
- Practice simple palming. Do not touch the eyelids with your palms directly. Relax your eye muscles completely for a while.
- Feel the warmth and darkness in your eyes. Make sure that your eyes are totally in dark.
- After sufficient relaxation, gently remove your hands.
- Feel the cool sensation around the eyeballs. Relax for a few seconds. Do not open your eyes immediately.

### **III. DIAGONAL MOVEMENT OF EYEBALLS (TWO DIRECTIONS)**

#### **Practice**

- Open your eyes with a few blinks.
- Gently move your eyeballs to extreme right-up and then to extreme left-down; left-down to right-up; right-up to left-down; continue this for seven rounds.



**Notes**

- Move the eye ball smoothly and continuously to extreme right-up and extreme left-down positions, try to avoid jerky movements and keep your head steady.
- Practice at your own pace.
- After completing ten rounds gently stop the practice bring the eyeballs to the centre and close your eyes.
- Rub your palms against each other, form a cup of your palms and cover your eyes.
- Press and release during palming.
- As you inhale deeply, press the palms around the eyes.
- As you exhale completely, release the pressure, continue four more rounds, count mentally. Do not press the eyeballs with your palms directly.
- Relax your eye muscles completely.
- After completing five rounds, gently bring your hands down.
- Feel the cool sensation around the eyeballs.
- Relax for a few seconds. Do not open your eyes immediately.

#### **IV. ROTATION- CLOCKWISE AND ANTICLOCKWISE**

##### **Practice**

###### ***Clockwise movement***

Now, let us proceed to rotational movement of the eyeballs.

- Open your eyes with a few blinks.



- Gently move your eyeballs to the left-up, right-down; left-up-right-down; left-up-right-down; continue for another seven rounds count mentally.
- Move your eyeballs smoothly and continuously according to your own pace in clockwise.
- Try to avoid jerky, sudden movements and keep the head steady.
- After completing ten rounds gently stop practice bring the eye balls to the centre and close your eyes.
- Rub your palms against each other, form a cup of your palms and cover your eyes.
- Give constant pressure while palming. Press constantly around the eyeballs with your palms. Inhale deeply and exhale completely. Do not press the eyeballs. Relaxes your eye muscles completely.
- After completing five rounds of deep slow breathing, gently bring your hands down.
- Feel the cool sensation around the eyeballs. Relax for a few seconds. Do not open your eyes immediately.

***Anti-clockwise movement***

- Now, proceed to anti-clockwise rotation of the eyeballs.
- Open your eyes with a few blinks.



**Notes**

- Gently move your eyeballs in anti-clockwise direction – right-up-left-down; right-up, left-down; right-up-left-down; continue to move your eyeball smoothly and continuously at your own pace in anti-clockwise. Try to avoid jerky sudden movements and keep your head steady.
- After completing ten rounds gently stop practice bring the eye balls to the centre and close your eyes.
- Rub your palms against each other, form a cup of your palms and cover your eyes.
- Give constant pressure during palming.

## **V. PALMING - Eye Relaxation Technique**

3 stages of palming.

### ***(i) Simple palming***

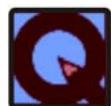
- Rub the palms against each other and keep the palms around the eyes in such a way that the mountings of the palms are around the eye without touching the eye ball. Give mental instructions to relax the eye muscles.

### ***(ii) Press and release palming***

- Rub the palms against each other, place the palms around the eyes. While inhaling press the palms around the eye and while exhaling release the pressure without releasing the contact.

***Palming with bhramari***

- Rub the palms against each other, place the palms around the eyes. While inhaling press the palms around the eye, while exhaling produce humming bee sound. Feel the vibrations around the eye. Relax the eye and all muscles around the eye deeply.
- Follow it up with hand cup palming and hold

**INTEXT QUESTIONS 7.1**

Fill in the blanks :

1. To do eye exercises you need to begin with \_\_\_\_\_ and sit in \_\_\_\_\_.
2. While doing eye exercises move the eyeballs \_\_\_\_\_.
3. You must open the eyes \_\_\_\_\_ with a few \_\_\_\_\_.
4. In simple palming do not \_\_\_\_\_ the eyelids.
5. During eye exercise move the eye balls at your own \_\_\_\_\_.  
.
6. While \_\_\_\_\_ press the palms around the eye and reduce pressure on eyes when \_\_\_\_\_.
7. Palming is an eye \_\_\_\_\_ technique.
8. Palming of eyes can be done on \_\_\_\_\_ stages.



## **WHAT HAVE YOU LEARNT**

Yoga asanas are known to improve the functioning of our organs. Yoga also includes a series of exercises that can improve the functioning of our eyes. Some of the yoga exercises are as simple like blinking, and yet so powerful, making the eyes healthier and stronger.



**Notes**

Preparatory Practices - Up and down or vertical movements, right and left or horizontal movement of eyeballs, diagonal movement of eyeballs (two directions, rotation- clockwise and anticlockwise and palming. Besides these there are some more yogic exercises that help to take care of our eyes, they are:

The Three stages of Palming

- (i) Simple Palming.
- (ii) Press and Release Palming.
- (iii) Palming with Bhramari.



## **TERMINAL QUESTIONS**

1. Explain the preparatory practices recommended for eye sight improvement module?
2. What are the benefits of preparatory practices of the eyes?
3. Describe the procedure of virtual eye movement exercise.
4. Briefly explain the method of doing Press and Release Palming.



## **ANSWERS TO INTEXT QUESTIONS**

### **8.1**

1. Dandasana, Vajrasna
2. Smoothly.
3. gently, blink
4. touch.
5. pace
6. inhaling, exhaling.
7. relaxation.
8. three.