

Our sense of vision is amazing. Did you know that:-

- We process approximately 22 frames of visual information per second?
- It is believed up to one half of our entire brain is involved indirectly or directly with visual processing?

But for many of us the muscles of the eyes are overworked and strained, and certainly as we age the eye muscles generally become more rigid as they lose their elasticity, compromising our eyesight.

Also, according to Ayurveda when Vata Dosha is paramount our eyes are never still, darting quickly around and when Pitta Dosha is paramount there will be an overwhelming intensity of focus, often shown in a concentrated hard stare. Meaning when the eyes are relaxed both Vata and Pitta are brought into a better state of balance. We could look at this in terms of the Gunas, which characterize our psychology, and here relaxed eyes will help to reduce the Guna of Rajas, where typically there is a feeling of being overly agitated, unsettled, irritated etc.

Fortunately in yoga there are many ways of relaxing, revitalizing and strengthening our eyes; some examples are:

- Tratakem as a kriya where we do not blink
- Eye bag placed over eyes (sheet cut up & lentils or rice inside is a cheap option).
- Sliced cucumber over eyes (cooling and soothing)
- Massage of feet (increased effect with sesame oil & herbs or coconut oil)
- Downwards pressure placed between eyebrows
- Performing eye exercises

For instance: with head held still and spine erect, perform 6 repetitions of each of the following:-

- Look up and down
- Look side to side
- Look diagonally
- Circle eyes both ways
- Look to thumb then far distance
- Palming with warm hands

You may know of some more?