

Yoga for eyes.

Many people are wearing glasses or contact lenses. But the truth, hidden by oculists, is that glasses do not actually cure sight, but on the contrary, worsen it, making you more and more dependent on this device.



The reason for the deterioration of vision:

- use of glasses and contact lenses and change them to more powerful lenses over time
- artificial poor lighting
- prolonged use of computer
- long watching TV or video
- unbalanced diet
- muscle atrophy due to long office and study hours
- mental and emotional stress
- ageing

How to help avoid the effects of visual impairment factors?

Lighting should be natural and straightforward.

Balance nutrition that affects not only eye health, but also the whole body.

Exclude heavy, indigestible, fatty, spicy foods, as well as canned, processed, pre-packaged and unhealthy foods. A vegetarian diet or at least a reduction of non-vegetarian food is recommended.



Contrary to popular belief, long periods of reading are not detrimental to the eyes, while the mind and eyes relax at the same time. If there is tension, then even a short period of reading can strain your eyes. Try to develop the ability to read with a relaxed awareness and an even posture.

If you have mental or muscular tension in the eyes, then before you start reading, follow the sashankasana for a few minutes. This asana calms the mind and relaxes the muscles of the eyes.



Use lenses and glasses as rarely as possible.



Remove glasses and lenses during leisure, practice, rest. This will help the eyes to adjust their focus and function naturally.

Use glasses or lenses only as needed: driving a car, not long reading important documents, etc. ...

Walking barefoot on grass, sand, earth, wood flooring, stones during sunset or early morning at dawn has a beneficial effect on vision, as there is a direct connection between the soles of the feet and the brain. Especially

recommended to walk barefoot after long use uncomfortable shoes.

Sunbathe at dawn and dusk with your eyes closed.

Ultraviolet rays soothe and relax the eyes.

For those suffering from diseases such as glaucoma, trachoma and cataracts associated with functional defects in the muscles of the eyes, it is recommended to practice Yoga for the eyes only under the supervision of an experienced specialist.

Exercises are also shown for people suffering from chronic mental and emotional stress.

These simple exercises will facilitate various disorders associated with eye muscle problems such as myopia and hyperopia, presbyopia and strabismus, night blindness.

Exercises for the eyes should be practiced regularly and patiently.

Do not expect instant results of treatment or improvement.

It takes time for the sight to recover.

However, you will feel better after the first week of practice.

What is important is the whole life style in general, for the healing of vision. Many people who have adopted a yogic lifestyle, gradually reduced the power of the lenses, and as a result, abandoned them altogether.

Preparation for the practice of Yoga for the eyes.



Before starting the practice it is recommended to spray clean cold water on the face with open eyes.

Put some water in your palms and splash water on your face with open eyes.

Repeat splashing water on your face 3-10 times, and then begin the exercises.

This procedure stimulates the blood supply and tones.



Contraindications.

Do not exercise if you have recently had surgery on your eyes (if more than six months have passed since the operation, proceed with the exercises carefully) or if you have retinal detachment. If you have a high degree of myopia, start with a small amount of exercise and gently.

Those who suffer from serious illnesses or disorders, such as glaucoma, trachoma, cataract outflow, retinal artery or vein thrombosis, or conjunctivitis, should perform eye yoga only after consulting a specialist. Eliminate inverted asanas and kunjla (the cleansing practice of Shatkarma) if you suffer from such diseases.

Tips on doing yoga for the eyes.

Exercises should be performed strictly in a certain sequence given. Start practicing exercises one by one, increase the number of exercises and repetitions according to the capabilities of your body.



Do not strain, as this will lead to moisturising and tired eyes.

If you feel tired muscles of the eyes or fatigue, stop the exercise.

Practice Yoga for the eyes in the morning and / or evening.

The most important thing is that during practice the body and mind are completely relaxed and calm.

The muscles of the face, eyebrows, eyelids should remain completely relaxed while practicing the movement of the eyeballs.

After eyeball movements or eye fatigue, blink, it relaxes and moisturises the eyes.

After each practice, do the palming exercise with your eyes closed and rest for at least a minute.

It is strictly forbidden to use glasses and lenses during exercise.