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REVIEW ARTICLE

Vision-Enhancing Herbs from ancient Ayurveda text *Bhava Prakash Nighantu*: Scientific Appraisal on Natural Ocular Health Solutions

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ABSTRACT

Ayurveda, the ancient science of life, holds a vast repository of medicinal knowledge, meticulously documented in classical texts such as Bhava Prakasha Nighantu. Among the numerous therapeutic categories described in this compendium, *Chakshushya dravyas* (ocular therapeutics) form a pivotal group, specifically targeting the prevention and management of ocular disorders. With the increasing prevalence of visual impairments caused by aging, environmental stress, and lifestyle factors, these time-tested remedies offer valuable insights into holistic ocular care. This review explores the extensive list of *Chakshushya dravyas* classified in Bhava Prakasha Nighantu, which includes herbs, minerals, animal-derived substances, and other formulations traditionally recommended for maintaining eye health. The plant-based remedies, categorized under *Haritakyaadi*, *Karpooradi*, *Guduchyaadi*, and *Pushpa Vargas*; exhibit antioxidant, anti-inflammatory; and rejuvenate properties, aiding in the prevention of oxidative stress-induced ocular degeneration and infections. Mineral-based substances from the *Dhaatu Varga*, such as *Suvarna* (Gold) and *Yashada* (Zinc), are noted for their contributions to retinal health and tissue repair. Animal-derived products, including milk (*Dugdha Varga*) and *ghee* (*Ghrita Varga*), are revered for their nourishing and lubricating properties, effective in conditions like dry eye syndrome. In addition, formulations such as medicated oils (*Taila Varga*) and honey (*Madhu Varga*) are extensively utilized in traditional ocular therapies, including *Anjana* and *Tarpana*. While these remedies have been extensively employed in traditional medicine, modern pharmacological studies validate their efficacy. This integration of traditional wisdom with contemporary evidence highlights the relevance of *Chakshushya dravyas* in addressing the global burden of ocular diseases. However, further clinical trials and pharmacological investigations are imperative to standardize these remedies for broader applications.

1. INTRODUCTION

The eye, an intricate sensory organ, is essential for human interaction with the external world. In today's era, ocular health faces challenges from lifestyle changes, environmental pollution, and extensive digital screen exposure, collectively termed "digital eye strain."[1] Modern ophthalmology offers advanced diagnostic and therapeutic solutions, yet there is growing interest in integrative approaches to optimize ocular health.[2] Ayurveda, the traditional Indian medical system, offers a wealth of knowledge, including the concept of *Chakshushya dravyas* – herbal drugs known for their eye-protective properties.[3] Bhava Prakasha Nighantu, a 16th-century Ayurvedic pharmacological text by Bhavamishra, highlights numerous *Chakshushya dravyas* for preserving vision, treating ocular disorders, and addressing age-related degeneration.[4] Herbs such as *Triphala* (*Terminalia chebula, Terminalia bellirica, Emblica officinalis*), *Yashtimadhu* (*Glycyrrhiza glabra*), and *Amalaki* (*Phyllanthus emblica*) contain bioactive compounds with antioxidative, anti-inflammatory, and neuroprotective effects.[5] Modern research corroborates their potential in combating oxidative stress, a major factor in cataracts, glaucoma, diabetic retinopathy, and macular degeneration. For example, *Amalaki*, a rich source of Vitamin C, scavenges free radicals, protecting the lens and retina, while *G. glabra*'s flavonoids exhibit anti-inflammatory properties beneficial for uveitis and other inflammatory eye conditions. Advances in

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pharmaceutical technology, such as phytosome-based delivery systems and nanocarriers, enhance the bioavailability of these herbal actives, enabling targeted delivery to ocular tissues.[6] This integration of traditional wisdom with cutting-edge technology offers a promising framework for addressing the global burden of ocular disorders. Unlike conventional therapies targeting specific disease mechanisms, *Chakshushya dravyas* adopt a holistic approach by balancing *Doshas* (bio-elements) and strengthening *Dhatus* (tissues), promoting overall ocular resilience. This aligns with modern preventive medicine, emphasizing wellness alongside disease management. This article seeks to evaluate the therapeutic potential of *Chakshushya dravyas* in Bhava Prakasha Nighantu, exploring their pharmacological mechanisms and relevance in modern ophthalmology. Bridging traditional Ayurvedic insights with contemporary research underscores the significance of integrative approaches in managing ocular health challenges globally.

2. MATERIALS AND METHODS

This review is based on the detailed descriptions of *Chakshushya dravyas* provided in Bhava Prakasha Nighantu. The primary text was studied, and its listings were classified into therapeutic categories. Literature from modern pharmacological studies was reviewed to correlate the tradition.

3. RESULTS

3.1. Plant-Based *Chakshushya dravyas*

3.1.1. Haritakyaadi Varga

This group comprises 15 botanicals such as *Abhaya* (*T. chebula*), *Bibhitaka* (*T. bellirica*), and *Triphala*, which are renowned for their antioxidant and anti-inflammatory properties. *Triphala* is extensively studied for its role in preventing oxidative stress-related ocular degeneration and supporting retinal health. *Ajmoda* (*Trachyspermum ammi*) and *Jeeraka* (*Cuminum cyminum*) possess antimicrobial properties, making them effective against infections. *Lodhra* (*Symplocos racemosa*) and *Rasanjana* (a preparation of *Berberis aristata*) are known for their wound-healing and soothing effects on irritated eyes. Such a diverse range of actions highlights their collective potential in managing ocular conditions such as conjunctivitis and dryness [Table 1].

3.1.2. Karpooradi Varga

Substances such as *Karpoora* (*Cinnamomum camphora*), *Rakta Chandana* (*Pterocarpus santalinus*), and *Lavanga* (*Syzygium aromaticum*) are highlighted for their cooling and anti-inflammatory effects, making them useful in soothing ocular inflammations and reducing irritation caused by environmental factors. *Karpoora* also shows antimicrobial and analgesic properties, supporting its use in eye disorders with inflammatory components [Table 2].

3.1.3. Guduchyaadi Varga

This group features rejuvenate herbs such as *Guduchi* (*Tinospora cordifolia*), *Shatavari* (*Asparagus racemosus*), and *Jivanti* (*Leptadenia reticulata*). *Guduchi*'s adaptogenic and immune-modulatory effects are significant in chronic ocular conditions such as diabetic retinopathy. *Shatavari* and *Bhringaraja* (*Eclipta alba*) are nourishing and rejuvenating, aiding in the prevention of degenerative ocular diseases and dryness-related conditions [Table 3].

3.1.4. Pushpa Varga

Swarna Jaatika (*Jasminum auriculatum*) and *Yuthika* (*Jasminum sambac*) are known for their astringent and anti-inflammatory properties. Their soothing effects are beneficial in managing eye strain and mild inflammations. This group's inclusion reflects the Ayurvedic emphasis on harnessing floral extracts for ocular health [Table 4].

3.1.5. Phala Varga

The *Phala Varga* in Bhava Prakasha Nighantu highlights fruits with therapeutic potential for promoting and preserving ocular health. Among these, *Kataka* (*Strychnos potatorum*) and *Draksha* (*Vitis vinifera*) are explicitly described as beneficial for the eyes (*Netryam* and *Chakshusya*), signifying their importance in maintaining vision and treating ocular disorders [Table 5].

3.1.6. Dhanya Varga

The Dhanya Varga highlights plant-based foods for systemic and ocular health. *Rakta Shaali* (red rice) is nourishing (*Balya*), cooling (*Sheeta*), and easy to digest (*Laghu*), with *Chakshushya* (eye-enhancing) properties that support vision through nutrients such as anthocyanins, iron, zinc, and B vitamins. *Mudga* (green gram), being light (*Laghu*) and cooling (*Sheeta*), strengthens and nourishes the eyes (*Netrya*), reduces inflammation, and prevents dryness. Rich in proteins, folate, magnesium, lutein, and zeaxanthin, these staples offer a practical, natural approach to promoting eye health [Table 6].

3.1.7. Shaaka Varga

The *Shaaka Varga* emphasizes plant-based remedies for ocular health, as detailed in Bhava Prakasha Nighantu. *Brihat Loni* (*Portulaca quadrifida* Linn.) is known for its soothing and anti-inflammatory properties, aiding in managing *Lochana roga* (eye diseases). *Madhu Shigru Pushpa* improves visual clarity, nourishes (*Ropanam*), and pacifies *Kapha* and *Pitta doshas*, making it beneficial for dryness and irritation. *Laghu Mulakam* (*Raphanus sativus* Linn.) is light (*Laghu*) and pungent (*Katu*), helping to clear obstructions and alleviate chronic ocular conditions such as tearing and swelling. *Kaseru* (*Scirpus kysoor* Roxb.), with its cooling and astringent (*Kashaya rasa*) properties, calms aggravated *Pitta* and *Kapha doshas*, making it effective for inflammatory and infective eye conditions. [Table 7]

3.1.8. Kritaanna Varga

Masha Purikaa, *Mudga Modaka*, and *Yava Saktava* emphasize the importance of dietary interventions in maintaining and improving ocular health. Yava (barley) is considered light (*Laghu*), cooling (*Sheeta*), and detoxifying (*Shodhana*). *Yava Saktava*, made from barley flour, is known for its ability to balance all three *Doshas*, especially *Kapha*, and cleanse bodily channels (*Srotoshodhana*). Its role in ocular health includes reducing congestion, clearing obstructions in the ocular vessels, and enhancing visual acuity [Table 8].

3.2. Mineral-Based *Chakshushya dravyas*

3.2.1. Dhaatu Varga

This category includes metals and minerals such as *Suvarna* (Gold), *Yashada* (Zinc), *Lauha* (Iron), and *Tutham* (Copper sulfate). These substances are traditionally processed to render them safe for therapeutic use. Zinc and iron are integral to retinal health, aiding in the prevention of conditions such as night blindness and age-related macular degeneration. *Suvarna* and *Lauha* are believed to strengthen the ocular tissues and improve overall vision, reflecting Ayurveda's holistic approach to maintaining eye health [Table 9].

3.3. Animal-Derived Substances

3.3.1. Mamsa Varga

The *Mamsa Varga* (meat category) described in Bhava Prakasha Nighantu lists specific animal-based products with significant ocular benefits (*Chakshushya* properties). Although not commonly emphasized in contemporary Ayurveda practice, these substances reflect the ancient Ayurvedic approach to addressing ocular health through diverse therapeutic means. *Vana Kukkuta* is described as nourishing (*Balya*) and light (*Laghu*), with properties that enhance overall physical strength and vitality. Wild poultry meat is a rich source of high-quality protein, essential amino acids, and micronutrients such as zinc and iron. Horse meat is regarded as light (*Laghu*) and heat-producing (*Ushna*). Its ability to nourish and improve strength aligns with its classification as *Chakshushya*. Although not commonly consumed in most cultures today, horse meat is a rich source of heme iron, essential fatty acids, and bioavailable proteins. *Matsya*, particularly those from freshwater streams (*Nirjharaja*), are considered *Drik Kara* – agents that improve vision. Fish is light (*Laghu*), unctuous (*Snigdha*), and nourishing, making it beneficial for the eyes. Freshwater fish is a rich source of essential fatty acids (particularly Omega-3s), proteins, and fat-soluble vitamins such as Vitamins A and D [Table 10].

3.3.2. Dugdha Varga

Milk from various sources (cow, goat, and elephant) is described as nourishing and cooling for the eyes. Cow's milk, for example, is rich in essential nutrients that help soothe inflamed eyes and combat dryness [Table 11].

3.3.3. Ghrita Varga

Ghee, especially *Gavya Ghrita* (cow ghee), is lauded for its lubricating and nourishing effects. It is a key ingredient in therapies like *Tarpana* (therapeutic oleation) and is effective in managing dryness, reducing inflammation, and improving ocular strength [Table 12].

3.3.4. Navanita Varga

Navnita, derived from cow's milk, is traditionally recognized for its cooling (*Sheetala*), unctuous (*Snigdha*), and rejuvenating (*Rasayana*) properties. Ayurveda regards it as a natural remedy for alleviating Pitta and Vata imbalances, which are often implicated in ocular disorders such as inflammation, dryness, and degeneration. Butter is rich in fat-soluble vitamins such as Vitamin E and D, which act as antioxidants and protect ocular tissues from oxidative stress. Oxidative stress is a key factor in the development of cataracts, age-related macular degeneration (AMD), and diabetic retinopathy.

3.3.5. Mutra Varga

Gomutra (cow urine) is traditionally believed to possess anti-inflammatory and detoxifying properties. Although its application in ocular disorders is limited and controversial, it highlights Ayurveda's experimental and holistic outlook on medicine.

3.4. Other Substances

3.4.1. Taila Varga

Til taila abhyanga, medicated oils, such as those prepared with *Triphala* or *Yashtimadhu*, are used in external therapies like *Anjana* (collyrium) to alleviate dryness, redness, and infections. These oils help restore ocular lubrication and maintain tear film integrity.

3.4.2. Madhu Varga

Honey's antimicrobial and anti-inflammatory properties are widely recognized. It is used in combination with other substances as a natural remedy for eye infections and for enhancing the absorption of medicinal preparations in the conjunctiva [Table 13].

3.4.3. Ikshu Varga

Khanda, as described in the *Ikshu Varga* of Bhava Prakasha Nighantu, holds significant potential as an ocular therapeutic agent. Its dual role as a nutritional and hydrating substance aligns with its classification as *Chakshusya*. Sugar-based solutions could be explored for their potential in hydrating and soothing the ocular surface, particularly in conditions like dry eye syndrome.

4. DISCUSSION

Ocular health is an essential aspect of overall well-being. The rise in visual disorders due to lifestyle changes, digital strain, and aging underscores the need for effective preventive and therapeutic measures.[7] Bhava Prakasha Nighantu, a classical Ayurvedic text, highlights numerous *Chakshushya dravyas* that are claimed to possess beneficial effects on vision and eye health. These remedies are categorized based on their therapeutic properties and sources, including plant-based, mineral-based, and animal-derived substances. This review systematically examines the *Chakshushya dravyas*, emphasizing their relevance in contemporary ophthalmic care. In recent decades, the rising incidence of ocular disorders, such as cataracts, glaucoma, diabetic retinopathy, and AMD, has necessitated the exploration of integrative approaches for prevention and management.[8] Bhava Prakasha Nighantu, an authoritative Ayurvedic text, offers a detailed classification of *Chakshushya dravyas* – natural substances beneficial for eye health. The pharmacological effects of *Chakshushya dravyas* have been partially validated by modern research. For instance, *Triphala* demonstrates potent antioxidant activity, protecting against cataract formation and retinal damage.[9] *Guduchi* and *Shatavari* have shown to possess adaptogenic and neuroprotective properties, useful in managing diabetic retinopathy.[10] *Rakta Chandana* exhibits anti-inflammatory effects, corroborating its traditional use for soothing eye inflammations. Zinc and iron supplementation is essential for retinal function and preventing degenerative diseases.[11] The *Haritakyadi* Varga of Bhava Prakasha lists potent herbs like *Triphala* (a combination of *T. chebula, T. bellirica,* and *P. emblica*), which are widely studied for their antioxidant and anti-inflammatory properties.[12] Modern studies confirm that *Triphala*'s rich polyphenol and flavonoid content scavenges reactive oxygen species (ROS), reducing oxidative stress – a key factor in cataracts and retinal degeneration. *Triphala* has also demonstrated protective effects on corneal endothelial cells and retinal ganglion cells in experimental studies.[13] *Guduchi* (*T. cordifolia*), a prominent herb in the *Guduchyaadi Varga*, exhibits immune-modulatory and anti-inflammatory effects, supported by its content of alkaloids and terpenoids. It has been shown to mitigate retinal damage caused by hyperglycemia, making it a promising candidate for managing diabetic retinopathy.[14] Similarly, *Shatavari* (*A. racemosus*), with its saponins, aids in ocular hydration and prevents dryness, aligning with its Ayurvedic role in preventing conditions like dry eye syndrome. The *Dhaatu Varga* highlights substances such as *Suvarna* (Gold) and *Yashada* (Zinc).[11] Processed gold formulations, such as *Swarna Bhasma*, are traditionally credited with enhancing vision by rejuvenating ocular tissues. Modern research indicates that gold nanoparticles exhibit anti-inflammatory properties, potentially useful in retinal diseases.[15] Zinc, an essential micronutrient, is scientifically proven to support photoreceptor function and protect against oxidative damage in the retina.[16] Clinical studies have validated zinc supplementation in delaying the progression of AMD.

The *Dugdha Varga* (milk) and *Ghrita Varga* (ghee) are emphasized for their nourishing properties. Ghee, especially medicated with *Triphala*, is used in *Tarpana* therapy, a traditional oleation procedure for treating dryness and inflammation. Modern research on cow ghee indicates its lipid profile can strengthen the tear film and reduce ocular surface inflammation, making it relevant for dry eye syndrome.[17] *Madhu* (honey) is extensively used in Ayurvedic eye therapies for its antimicrobial and wound-healing properties. Scientific studies corroborate its efficacy in treating bacterial conjunctivitis and enhancing corneal healing post-injury.[18] *Taila Varga* (medicated oils) finds application in external therapies such as *Netra abhyanga* (ocular massage), *Murdhni taila* (overhead oleation), and *Nasya* (nasal errhine therapy), alleviating morbid *Doshas* and strengthening ocular tissues.[19] Free radicals are implicated in major ocular disorders such as cataracts and AMD. Antioxidants in *Triphala*, *Amalaki*, and *Guduchi* combat oxidative stress by neutralizing ROS. Herbal compounds like curcuminoids in *Haridra* (*Curcuma longa*) and berberine in *Daruharidra* (*Berberis aristata*) modulate pro-inflammatory pathways (NF-κB), reducing ocular inflammation. Zinc and Vitamin C, present in *Yashada* Bhasma and *Amalaki*, respectively, support retinal health and collagen integrity.

5. CONCLUSION

The *Chakshushya dravyas* detailed in Bhava Prakasha Nighantu exemplify the synergy of Ayurvedic wisdom and modern science in ocular health management. Herbs such as *Triphala*, *Yashtimadhu*, and *Amalaki* possess antioxidant, anti-inflammatory, and neuroprotective properties, demonstrating efficacy in conditions such as cataracts, glaucoma, diabetic retinopathy, and dry eye syndrome. Modern advancements, including nanotechnology and phytosomal formulations, have enhanced their bioavailability and therapeutic impact. These herbal formulations align with Ayurveda's holistic approach, addressing Dosha balance and nourishing ocular tissues, thereby supporting both prevention and management of ocular diseases. Their relevance is increasingly recognized in addressing oxidative stress and age-related visual impairments. In conclusion, *Chakshushya dravyas* present significant potential for integrative ocular healthcare. While their traditional benefits are well-documented, rigorous clinical studies are required to validate their safety, efficacy, and role in evidence-based modern medicine, paving the way for innovative therapeutic applications.

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This study is not required ethical clearance as it is a review study.

10. CONFLICTS OF INTEREST

Nil.

11. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

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Table 1: *Chakshushya dravya* in haritakyaadi varga

S. No.	Dravya	Botanical name	Indication	Reference
1.	*Abhaya*	*Terminalia chebula* Retz.	*Akshi roge*	B. P. Ni. 1/20
2.	*Bibhitaka*	*Terminalia bellirica* Roxb.	*Netra hitam*	B. P. Ni. 1/37
3.	*Triphala*	Three myrobalan	*Chakshushyam*	B. P. Ni. 1/43
4.	*Ajmoda*	*Apium graveolens* Linn.	*Netra aamay haret*	B. P. Ni. 1/71
5.	*Jeeraka*	*Cuminum cyminum* Linn.	*Chakshushya*	B. P. Ni. 1/85
6.	*Shatapushpa*	*Anethum sowa* Kurz.	*Akshi roga nut*	B. P. Ni. 1/91
7.	*Tumbaru phala*	*Zanthoxylum alatum*	*Akshi roga nashayet*	B. P. Ni. 1/115
8.	*Samudraphena*	*Sepia officinalis*	*Chakshushya*	B. P. Ni. 1/119
9	*Yashtimadhu*	*Glycyrrhiza glabra* Linn.	*Chakshushya*	B. P. Ni. 1/146
10.	*Manjishtha*	*Rubia cordifolia* Linn.	*Akshi roge*	B. P. Ni. 1/191
11.	*Daruharidra*	*Berberis aristata* DC.	*Netra roga nut*	B. P. Ni. 1/202
12.	*Rasanjana*	*Berberis aristata* DC.	*Netra vikara nut*	B. P. Ni. 1/204
13.	*Lodhra*	*Symplocos racemosa* Roxb.	*Chakshushya*	B. P. Ni. 1/216
14.	*Rason*	*Allium sativum* Linn.	*Netrya*	B. P. Ni. 1/222
15.	*Saindhava*	*Sodii chloridum*	*Netryam*	B. P. Ni. 1/241

Table 2: *Chakshushya dravya* in *Karpooradi Varga*

S. No.	*Dravya*	Botanical name	Indication	Reference
1.	*Karpoora*	*Dryobalanops camphora* Colebr.	*Chakshushya*	B. P. Ni. 2/2
2.	*Latakasturi*	*Hibiscus abelmoscheus* Linn.	*Chakshushya*	B. P. Ni. 2/9
3.	*Gandha Maarjara*	*Viverra zibetha* Linn.	*Netryam*	B. P. Ni. 2/10
4.	*Rakta Chandana*	*Pterocarpus santalinus* Linn. f.	*Netra hutam*	B. P. Ni. 2/17
5.	*Aguru*	*Aquilaria agallocha* Roxb.	*Akshi rogaghna*	B. P. Ni. 2/22
6.	*Saral dhoopa*	*Pinus longifolia* Roxb.	*Akshi roga hara*	B. P. Ni. 2/27
7.	*Tagara (Pinda)*	*Valeriana wallichii* DC.	*Akshi roge*	B. P. Ni. 2/29
8.	*Saral niryasa*	Oleo resin of *Pinus longifolia* Roxb.	*Akshi roge*	B. P. Ni. 2/47
9.	*Lavanga*	*Syzygium aromaticus* Linn. Merr. & L. M. Perry	*Netra hitam*	B. P. Ni. 2/58
10.	*Nalika*	Controversial drug	*Chakshushya*	B. P. Ni. 2/130
11.	*Prapaundarika*	Controversial drug	*Chakshushya*	B. P. Ni. 2/131

Table 3: *Chakshushya dravya* in *Guduchyaadi Varga*

S. No.	*Dravya*	Botanical name	Indication	Reference
1.	*Jivanti*	*Leptadenia reticulata* W. & A.	*Chakshushya*	B. P. Ni. 3/51
2.	*Mudgaparni*	*Phaseolus trilobus* Ait.	*Chakshushya*	B. P. Ni. 3/54
3.	*Karvira*	*Nerium odorum* Soland	*Netrakopa apaham*	B. P. Ni. 3/83
4.	*Nimba patra*	*Azadirachta indica* A. Juss.	*Netryam*	B. P. Ni. 3/95
5.	*Shigru beeja*	*Moringa pterygosperma* Gaertn.	*Chakshushya*	B. P. Ni. 3/110
6.	*Nirgundi (Shveta pushpi)*	*Vitex negundo* Linn.	*Netra hitam*	B. P. Ni. 3/114
7.	*Gunja*	*Abrus precatorius* Linn.	*Netraamayahara*	B. P. Ni. 3/127
8.	*Shatavari*	*Asparagus racemosus* Willd.	*Netrya*	B. P. Ni. 3/186
9.	*Asthisanhaara*	*Vitis quandrangularis* Wall.	*Akshiroga nut*	B. P. Ni. 3/227
10.	*Kumari*	*Aloe barbadensis* Mill.	*Netrya*	B. P. Ni. 3/229
11.	*Bhringaraja*	*Eclipta alba* Hassk.	*Netra arti nut*	B. P. Ni. 3/241
12.	*Kaakamaachi*	*Solanum nigrum* Linn.	*Netra hitam*	B. P. Ni. 3/247
13.	*Meshashringi*	*Dolichandrone falcata Seem.*	*Akshi shula nut*	B. P. Ni. 3/254
14.	*Aakashvalli*	*Cuscuta reflexa Roxb.*	*Akshi amayapaha*	B. P. Ni. 3/259
15.	*Jala pippali*	*Phyla nodiflora* (Linn.) Greene	*Chakshushya*	B. P. Ni. 3/295

Table 4: *Chakshushya dravya* in *Pushpai Varga*

S. No.	*Dravya*	Botanical name	Indication	Reference
1.	*Swarna Jaatika*	*Jasminum grandiflorum* Linn.	*Akshi arti nut*	B. P. Ni. 4/28
2.	*Yuthika*	*Jasminum auriculatum* Vahl.	*Akshirogapaham*	B. P. Ni. 4/30
3.	*Swarna Ketaki*	*Pandanus odoratissimus* Roxb.	*Chakshushya*	B. P. Ni. 4/43

Table 5: *Chakshushya dravya* in *Phala Varga*

S. No.	*Dravya*	Botanical name	Indication	Reference
1.	*Kataka*	*Strychnos potatorum* Linn.	*Netryam*	B. P. Ni. 6/108
2.	*Draksha*	*Vitis vinifera* Linn.	*Chakshushya*	B. P. Ni. 6/110

Table 6: *Chakshushya dravya* in ***Dhanya Varga***

S. No.	*Dravya*	Botanical Name	Indication	Reference
1.	*Rakta shaali*	*Oryza sativa* Linn.	*Chakshushya*	B. P. Ni. 9/15
2.	*Mudga*	*Phaseolus radiatus* Linn.	*Netrya*	B. P. Ni. 9/38

Table 7: *Chakshushya dravya* in *Shaaka Varga*

S. No.	*Dravya*	Botanical Name	Indication	Reference
1.	*Brihat Loni*	*Portulaca quadrifida Linn.*	*Lochana roge*	B. P. Ni. 10/22
2.	*Madhu Shigru Pushpa*		*Akshi hitam*	B. P. Ni. 10/50
3.	*Laghu Mulakam*	*Raphanus sativus Linn.*	*Nayanaamaya naashanam*	B. P. Ni. 10/102
4.	*Kaseru*	*Scirpus kysoor Roxb.*	*Nayanaamaya naashanam*	B. P. Ni. 10/113

Table 8: *Chakshushya dravya* in ***Kritaanna Varga***

S. No.	Dravya	Indication	Reference
1.	*Masha Purikaa (Ghrita pakva)*	*Chakshushya*	B. P. Ni. 12/50
2.	*Mudga modaka*	*Chakshushya*	B. P. Ni. 12/130
3.	*Yava saktava*	*Netraamayapaha*	B. P. Ni. 12/168

Table 9: *Chakshushya dravya* in *Dhaatu Varga*

S. No.	Dravya	Latin/English name	Indication	Reference
1.	*Suvarna*	*Aurum*	*Netryam*	B. P. Ni. 8/11
2.	*Ranga/Vanga*	*Stannum*	*Chakshushya*	B. P. Ni. 8/31
3.	*Yashada*	*Zincum*	*Chakshushya*	B. P. Ni. 8/33
4.	*Lauha*	*Ferrum*	*Chakshushya*	B. P. Ni. 8/41
5.	*Suvarna Maakshika*	Copper pyrite	*Chakshushya*	B. P. Ni. 8/60
6.	*Taara Maakshika*	*Iron pyrite*	*Chakshushya*	B. P. Ni. 8/64
7.	*Tutham*	*Copper sulfate*	*Chakshushya*	B. P. Ni. 8/68
8.	*Kaansyam*	Bell metal	*Netra hitam*	B. P. Ni. 8/71

Table 10: *Chakshushya dravya* in *Mamsa Varga*

S. No.	Dravya	Latin/English Name	Indication	Reference
1.	*Vana Kukkuta*	Wild poultry meat	*Chakshushya*	B. P. Ni. 11/63
2.	*Ashwa*	Horse meat	*Chakshushya*	B. P. Ni. 11/87
3.	*Matsya (Nirjharaja)*	Freshwater fish	*Drik kara*	B. P. Ni. 11/128

Table 11: *Chakshushya dravya* in *Dugdha Varga*

S. No.	*Dravya*	Latin/ English Name	Indication	Reference
1.	*Hastini dugdha*	Elephant milk	*Chakshushya*	B. P. Ni. 13/22
2.	*Naari dugdha (Nasya & Ashchyotana)*	Human milk	*Chakshu shulaghna*	B. P. Ni. 13/23
3.	*Ratrau*	Milk at bed time	*Chakshu hitam*	B. P. Ni. 13/39

Table 12: *Chakshushya dravya* in *Ghrita Varga*

S. No.	*Dravya*	Botanical Name	Indication	Reference
1.	*Gavya ghrita*	Cow ghee	*Chakshushya*	B. P. Ni. 17/4
2.	*Aja ghrita*	Goat ghee	*Chakshushya*	B. P. Ni. 17/8
3.	*Aavi ghrita*	Sheep ghee	*Chakshushya*	B. P. Ni. 17/11
4.	*Stri ghrita*	Human ghee	*Chakshushya*	B. P. Ni. 17/12
5.	*Vadva ghrita*	Hoarse ghee	*Netrarogaghna*	B. P. Ni. 17/13
6.	*Haiyanveen*	Ghee produced in 1 day	*Chakshushya*	B. P. Ni. 17/15
7.	*Purana ghrita*	One-year-old ghee	*Timirapaham*	B. P. Ni. 17/16

Table 13: *Chakshushya dravya* in *Madhu Varga*

S. No.	Dravya	Botanical Name	Indication	Reference
1.	*Madhu*	Honey	*Chakshushya*	B. P. Ni. 21/2
2.	*Pinga varna maakshika*	Honey resembling oil	*Netraamaya hara*	B. P. Ni. 21/8
3.	*Aarghya madhu*	Honey from yellow bee	*Chakshushya*	B. P. Ni. 21/19