

OUR EYES

“RELAX AND SEE”



SCHOOL FOR PERFECT EYESIGHT

(Sri Aurobindo Ashram)

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The more the mind
is quiet, the more the sight
is good.

Blessings



"The more the Mind is quiet, the more the sight is good."

The Mother

7

1 SEVEN TRUTHS OF NORMAL SIGHT

1. Normal sight can always be demonstrated in the normal eye, but only under favourable conditions.
2. Central Fixation: the letter or part of the letter regarded is always seen best.
3. Shifting: the point regarded changes rapidly and continuously.
4. Swinging: when the shifting is slow, the letters appear to move from side to side, or in other directions, with a pendulum-like motion.
5. Memory is perfect. The colour and background of the letters, or other objects seen, are remembered perfectly, instantaneously and continuously.
6. Imagination is good. One may even see the white part of letters whiter than it actually is, while the black is not altered by distance, illumination, size, or form of the letters.
7. Rest or relaxation of the eye and mind is perfect and can always be demonstrated.

When one of these seven fundamentals is perfect, all are perfect.

2 INTRODUCTION

All the eye-specialists of the world believe that there is no cure for refractive errors such as myopia and hypermetropia and that there are no effective preventive measures.

Even today, in the days of advanced science, what some ophthalmologists wrote two hundred years ago about the incurability of visual defects is still considered a law. We are so greatly hypnotised by the firm statements of the old authorities that we do not care to undertake any experimentation or research on the subject. If anyone comes forward to demonstrate that visual defects can be improved without glasses, we doubt and reject his explanation.

Nowadays, we find that the mind of man is under severe strain. Hence, all types of visual defect are occurring.

To correct visual defects glasses are prescribed. It is a fact that glasses help to relieve headaches and watering of eyes and enable people to see both distant and nearby objects clearly. Their use in many cases is imperative. But it is also true that glasses do not check further deterioration and that the power of glasses required continues to increase. We sometimes find that fast deterioration of eyesight and the development of some serious complications are not prevented by wearing glasses. Therefore, these types of defects are increasing among the educated classes in spite of present medical advancement.

We would like to point out here that mental relaxation is the key to success in improving eyesight. The School for Perfect Eyesight, Pondicherry-2 is trying to give proper eye-education and mental relaxation to correct visual defects.

For relaxation of mind and eyes a few exercises are shown here. The results are very encouraging.

3 COMPOSITION OF EYEBALL

The eyeball is a sphere nearly an inch in diameter. It is protected by the four converging bony walls but unprotected anteriorly where the corneal window lies.

The larger white and opaque part of the anterior section of the eye is called the sclera.

The cornea sits over the sclera in a watchglass-like manner and is transparent. It allows light to pass through to the pupil, which is the central opening in the iris.

The retina is the innermost coat of the eye and acts like the film of a camera. However, unlike the film of a camera, which is sensitive at all points, the retina is more sensitive at one particular point. This is called the central spot and is the size of a pinhead. The objects focussed at this spot appear best. The image which falls on this spot is carried to the brain by the optic nerve.

4 PROBLEMS RELATING TO THE EYES

1. Headaches
2. Defective vision.

It is a known fact that headaches are due to misuse of the eyes while reading, writing, sewing and watching films. But these headaches are temporary and would not arise if the eyes were properly educated.

It is a fact that many people suffering from myopia get headaches when they use the glasses prescribed for distance to view nearby objects. These headaches can be avoided by not using the glasses for close work and by practising some relaxing exercises. Headaches also appear due to the incorrect prescription of the glasses. In some cases colds, fevers and constipation can be the cause of

headaches. In these circumstances the opinion of a doctor treating such disorders should be sought.

5 DEFECTIVE VISION

There are two types of defective vision:

1. Refractive error
2. Organic error.

It has been found that all types of refractive error are due to strain. If the strain is removed, the error of refraction will be minimised.

Refractive errors fall into three groups:

1. Myopia
2. Hypermetropia
3. Presbyopia.

Let us discuss these three refractive errors in detail.

5-1 Myopia

Myopia is also known as short-sightedness. In this case, vision is usually very good for objects which are seen close, but very dim or blurred for objects at a distance of ten feet or more from the eyes.

The focal length of the normal eye is about twelve inches. It diminishes as the degree of myopia increases.

The eyeball is elongated and this elongation depends on four factors:

1. Heredity
2. Age
3. Height
4. Strain.

It is found that if parents have myopia, their children are likely to get myopia at a very early age and this

becomes progressive myopia because it is influenced by the three other factors mentioned above. In such cases the rapid increase in myopia may be accompanied by much discomfort, pain, and loss of vision. In advanced cases many are unable to see clearly even with very strong glasses.

EXERCISES TO REDUCE MYOPIA

There are seven or eight exercises for the treatment of myopia. If they are done correctly they will help to relieve pain and discomfort and will improve vision.

These exercises are:

1. Sun treatment

This exercise is very important and everybody should practise it. The right way to do this exercise is to sit or stand facing the sun with the eyes closed and then swing the body gently from side to side like a pendulum for two to five minutes. Morning and evening are the best times for sun treatment.

This treatment becomes more effective if honey is applied with a glass rod. This gives better results and relieves strain and pain more quickly.

2. Washing

After the sun treatment, go into the shade and wash the eyes with ordinary or saline water. To wash the eyes, take an eye-cup, fill it with water, dip your right eye inside and blink gently ten times. This should then be repeated for the left eye. After washing, the eyes should be gently wiped.

3. *Palming*

Palming is a most important exercise and all should practise it to get relief from pain and fatigue. Palming is done by covering the closed eyes with the palms of the hands so that no light passes through. Children should be advised to palm regularly, so that they can work better. If it is done often it is one of the best methods for relieving strain and discomfort and gives relaxation.

4. *Reading fine print in candle-light and in good light:*

Reading fine print or photographically reduced print is a very good exercise for myopia and causes no discomfort.

The fine-print booklet must be placed below the chin and should be read at the distance from which it is seen best. This distance will vary for every individual. Blink twice in each line and shift the head along the line. This is to be done for two to five minutes. It should be done in candle-light and then in good light. If any pain or discomfort is felt, the reading may be avoided.

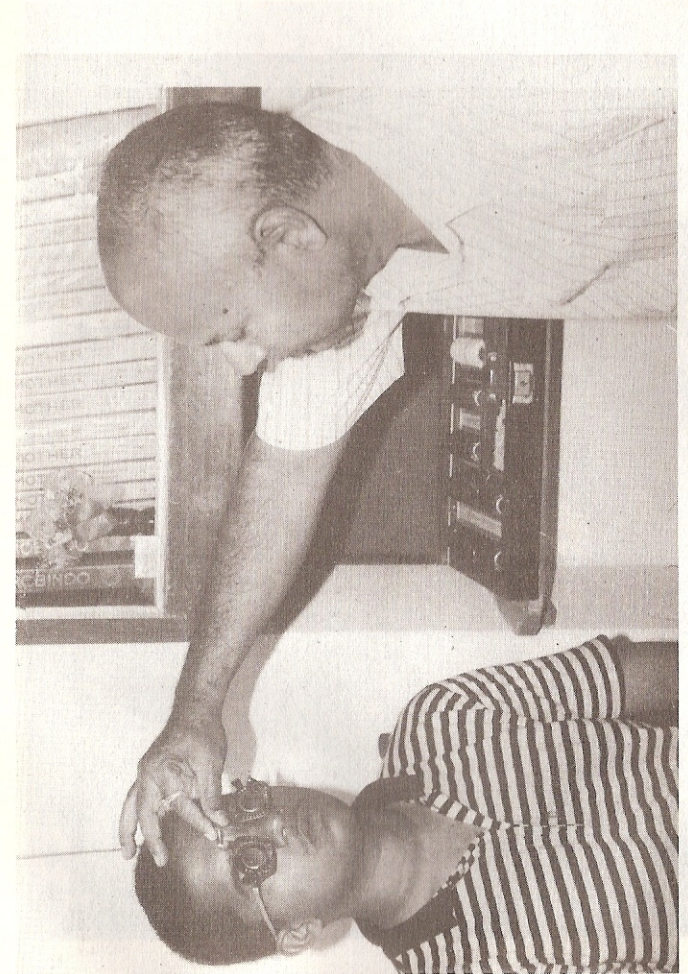
5. *Swing*

This exercise is done before a window with vertical iron bars. Stand with the feet apart and sway gently from side to side like a pendulum. In doing so one should look beyond and through the bars, and blink at each end. It should be done for five to ten minutes.

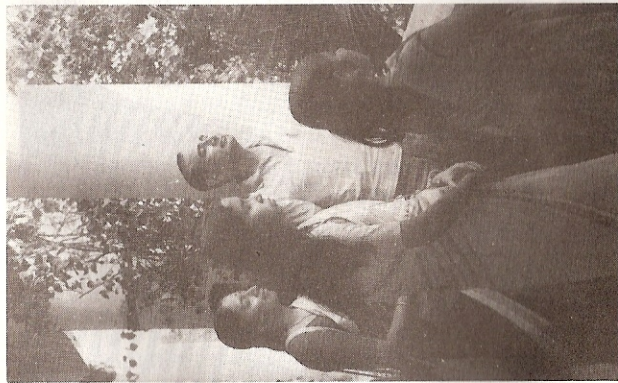
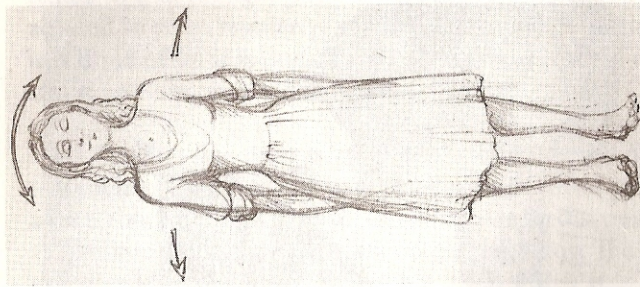
6. *Game of ball*

This exercise improves the accommodating ability of the eyes. It helps to form the blinking habit. It is done by throwing the ball from one hand to the other. One should follow the ball's movements and blink after each catch. This should be done for ten minutes.

Children like to play for a longer period and should be



EYE TESTING



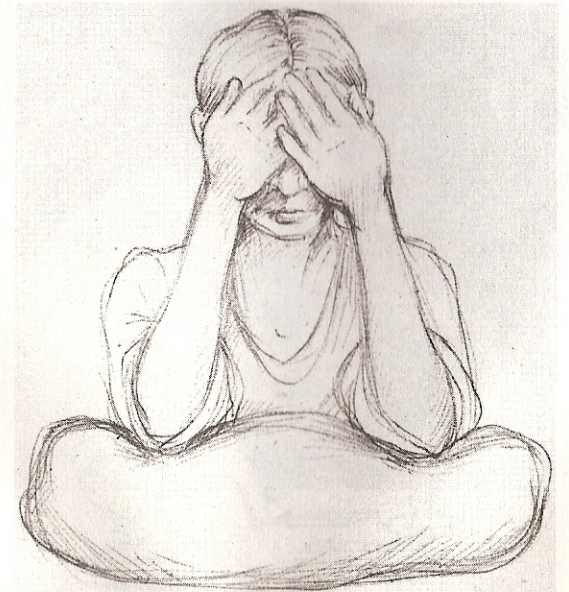
SUN TREATMENT



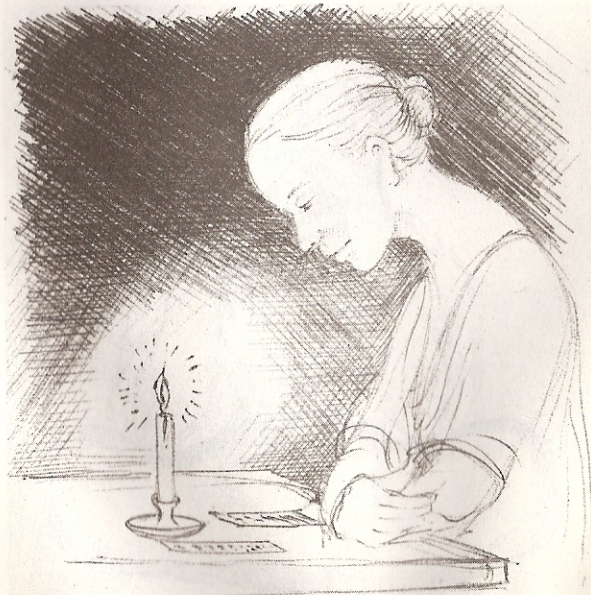
SUN TREATMENT IN ARTIFICIAL LIGHT



WASHING



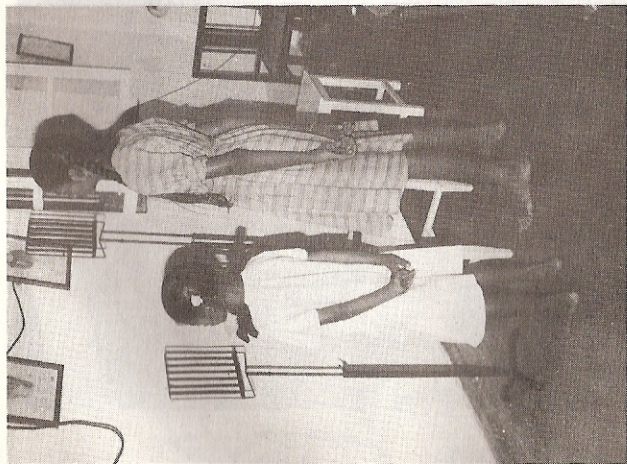
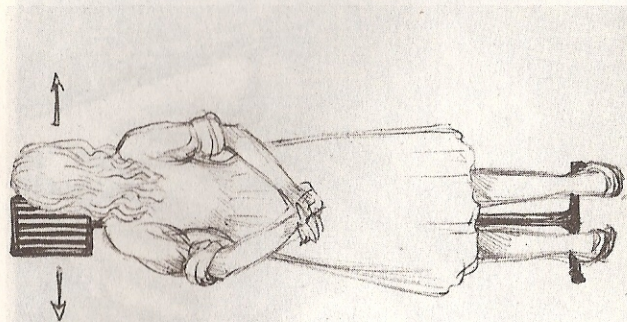
PALMING



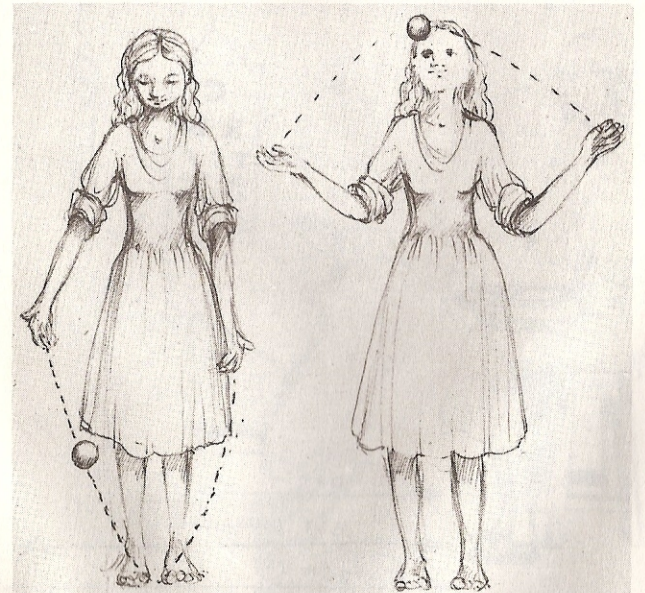
READING BY CANDLE-LIGHT



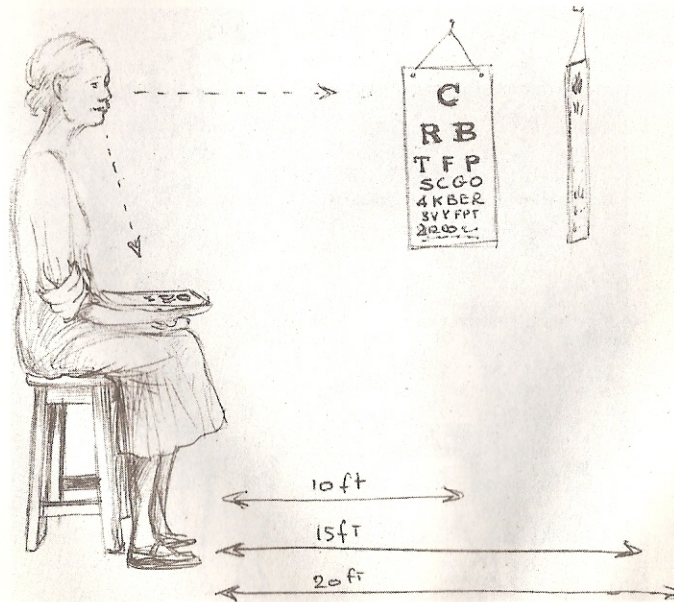
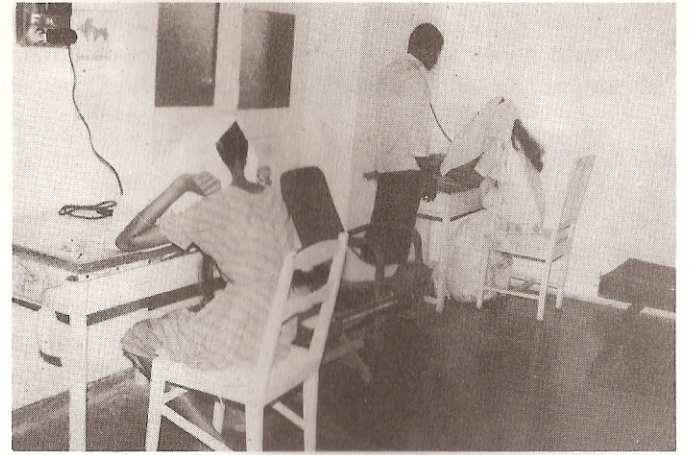
READING BY CANDLE LIGHT



SWING



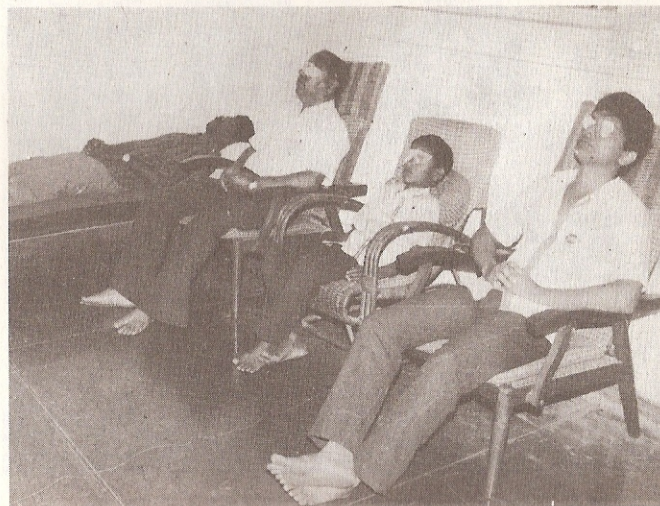
GAME OF BALL



DISTANT CHART READING



VAPOUR



COLD PACK

allowed to do so.

After practising for several days the vision improves, giving full relaxation. It is to be noted that all can practise this exercise.

7. Distant chart reading

This is where memory becomes a help to the eyes. Two identical charts are used. One of them is hung on the wall and the other is held by the patient.

The patient reads with blinking the distant chart. When he is unable to do so, he looks at the chart in his hand and then keeps his eyes closed for half a minute. Then with gentle blinking, he looks at the distant chart and tries to make out the letter without straining or squinting. After some time the patient is with the help of the memory able to visualise the letter and the distant objects, which he previously was unable to see.

8. Vapour and cold pack

A bowl of water is heated to form steam and a few drops of eucalyptus oil are dropped in. Lean over the bowl and blink in the rising vapour for a minute or two. Then take two clean handkerchiefs, dip them in ordinary cold water and place them over your closed eyes. Leave them like that for ten minutes.

Those suffering from sinus troubles should avoid taking the cold pack.

All these exercises take about 35 to 40 minutes to complete.

52 Hypermetropia and Presbyopia

Hypermetropia and presbyopia are the two other refractive errors. Both require convex lenses. However, the former appears at an early age and requires the same

power of lens for both distant and close work. Presbyopia, on the other hand, comes at a later age and requires lenses of different powers for distance and close work.

1. *Hypermetropia*

In this refractive error a person has some problem in seeing distant objects, but has greater difficulty in seeing objects nearby.

The method of Relax and See is also helpful in cases of hypermetropia. Children should practise these exercises everyday for two to three months to end their need for glasses.

The exercises for hypermetropia are:

1. Sun treatment
2. Palming
3. Following the white space between the lines
4. Game of ball
5. Vapour and cold pack.

One cannot expect good results if these exercises are not taken seriously.

2. *Presbyopia*

This generally comes after the age of 40 and affects the vision of nearby objects. To correct this error convex lenses are prescribed.

Here are a few exercises which are helpful to presbyopics:

1. Sun treatment
2. Palming
3. Reading the fundamentals and following the white space between the lines
4. Vapour and cold pack.

ORGANIC ERRORS

Organic errors are errors which lenses fail to improve vision because the organ has become diseased.

Some organic errors are:

1. Cataract
2. Squint
3. Nystagmus
4. Glaucoma
5. Detachment of retina
6. Retinitis pigmentosa.

Cataract

It is generally found that a cataract starts after the age of 55 years and may progress slowly or rapidly in the course of time. Here the lens of the eyeball becomes opaque so that light cannot pass through. If the cataract is at an early stage, further deterioration can be prevented by performing these exercises:

1. Sun treatment
2. Palming
3. Staring at a candle flame
4. Vapour and cold pack.

However, if the cataract is at an advanced stage and the vision is very poor even with glasses, it should be operated upon. This operation is very simple and need not be feared.

Squint

Whenever there is no harmony between the two eyes a squint develops. In a squint there is no binocular vision and the person sees with only one eye.

There are two main types of squint commonly found:

1. Convergent squint
2. Divergent squint

The squint can be corrected to a certain extent by the relaxation exercises. These should be performed with an eye-patch over the good eye so as to strengthen and train the muscles of the defective eye.

Nystagmus

The involuntary movement of the eyeball is known as nystagmus. Glasses are prescribed, but it is found that they do not help to stop the movement of the eyeball and that vision remains unchanged. However, if the exercises mentioned below are performed, vision will certainly be improved and the movement of the eyeball greatly reduced.

The exercises are:

1. Sun treatment
2. Palming
3. Candle concentration
4. Game of ball
5. Vapour and cold pack.

It should be remembered that one has to practise for a long period to achieve good results.

Glaucoma

The common symptoms of glaucoma are hardness of the eyeball and the appearance of a halo around lights. In glaucoma the pressure of the eyeball rises beyond normal and sometimes gets out of control. If the pressure is very high the eye has to be operated upon, otherwise the eyesight will be lost.

In the early stages of glaucoma a few exercises are advised:

1. Sun treatment
2. Palming
3. Universal swing
4. Game of ball
5. Cold pack

Detachment of retina and retinitis pigmentosa cannot be helped significantly by the method of Relax and See. It is better to contact an eye-doctor for advice and treatment.

In sum, it is advisable that all should follow the method of Relax and See to improve their vision.