

YOGA THERAPY FOR EYE HEALTH :

A HOLISTIC APPROACH TO VISION WELLNESS
(2025)

Yoga therapy offers a natural way to support eye health and reduce vision-related issues like eye strain, fatigue, and myopia. Regular practice of yogic eye exercises, including palming, blinking, rotational viewing, near and distant focus, and trataka (candle gazing), can help strengthen the eye muscles and improve focus.

Breathing techniques such as Bhramari Pranayama (humming bee breath) and Anulom Vilom (alternate nostril breathing) enhance relaxation, reduce stress, and promote better blood circulation to the eyes. Simple asanas like Viparita Karani (Legs-Up-the-Wall Pose), Balasana (Child's Pose), and Shavasana (Corpse Pose) help in calming the nervous system, reducing eye tension, and improving overall well-being.

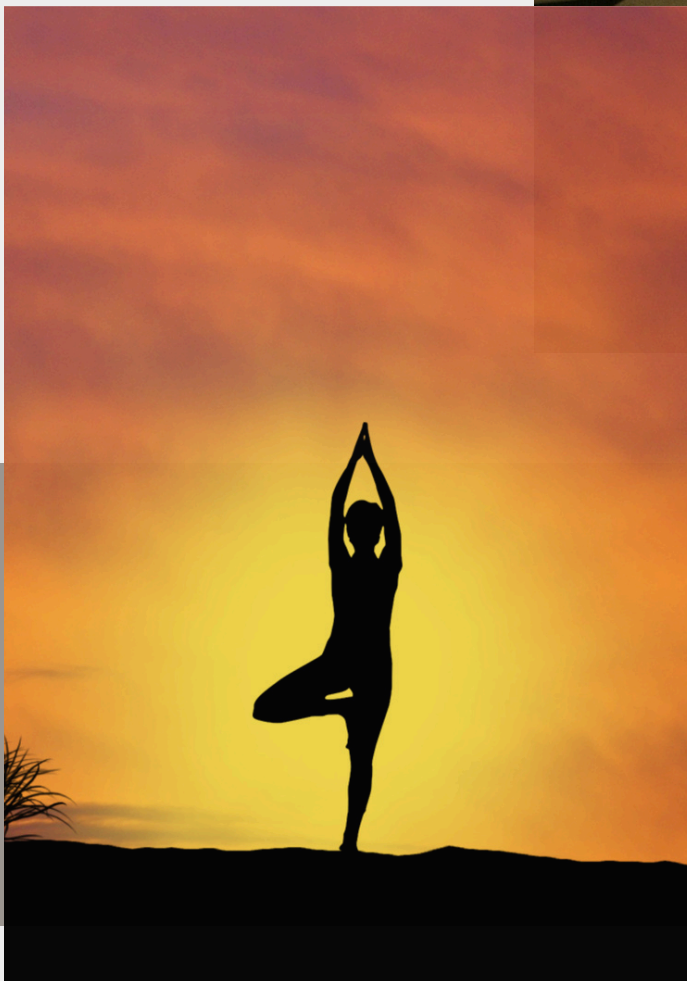
Reference:

Boopalan, D., Vijayakumar, V., Kumar, A. P., Ravi, P., Vanamoorthy, M. K., Kasi, M., & Kuppusamy, M. (2025). Yoga therapy for eye health and disease: A scoping review. *European Journal of Integrative Medicine*, 73, 102427.

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However, yoga teachers should be cautious while guiding students with eye conditions like glaucoma or high intraocular pressure (IOP). Inverted postures such as Sirsasana (Headstand), Sarvangasana (Shoulder Stand), and deep forward bends like Uttanasana and Halasana can raise IOP and should be avoided for those at risk .



Instead, gentle stretches, mindful blinking exercises, and pranayama should be encouraged. It is essential to create a safe, slow-paced, and relaxing yoga session, ensuring that students do not overstrain their eyes. By integrating these mindful yoga practices, instructors can help individuals maintain healthy vision, reduce digital eye strain, and enhance overall eye wellness naturally.