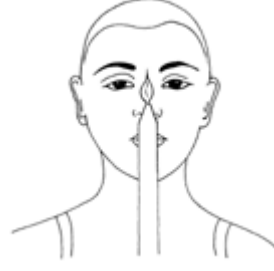


Trataka Kriya



Cure for: Tratakas is beneficial in the treatment of myopia (nearsightedness).

In yoga, four exercises have been prescribed for strengthening weak eye muscles, relieving eye strain and curing of eye disease. They are known as 'Trataka', which in Sanskrit means 'Winkles gaze at a particular point.' or looking at an object with awareness.

Description: The four tratakas are:

1. Dakshinay jatru trataka in which, with face forwards, the eyes are fixed on the tip of the right shoulder;
2. Vamajatru trataka, in which the eyes are fixed on the tip of the left shoulder;
3. Namikagra trataka, in which the eyes are focused on the tip of the nose, and
4. Bhrumadhya trataka, in which the eyes are focused on the space between the eyebrows.

Method

1. These exercises should be practiced from a meditative position like padmasana or vajrasana.
2. The gaze should be maintained for as long as you are comfortable, gradually increasing the period from 10 to 20 and then to 30 seconds.
3. The eyes should be closed and rested after each exercise.

Note: Persons with acute myopia should perform the tratakas with their eyes closed.