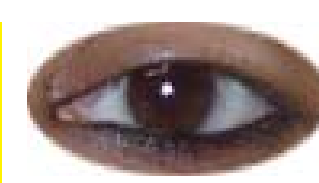
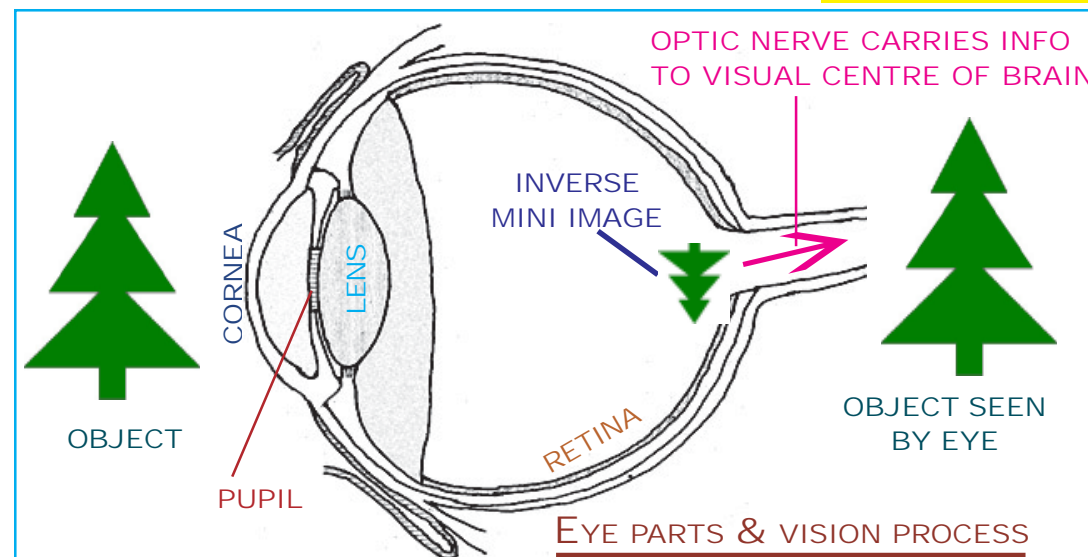




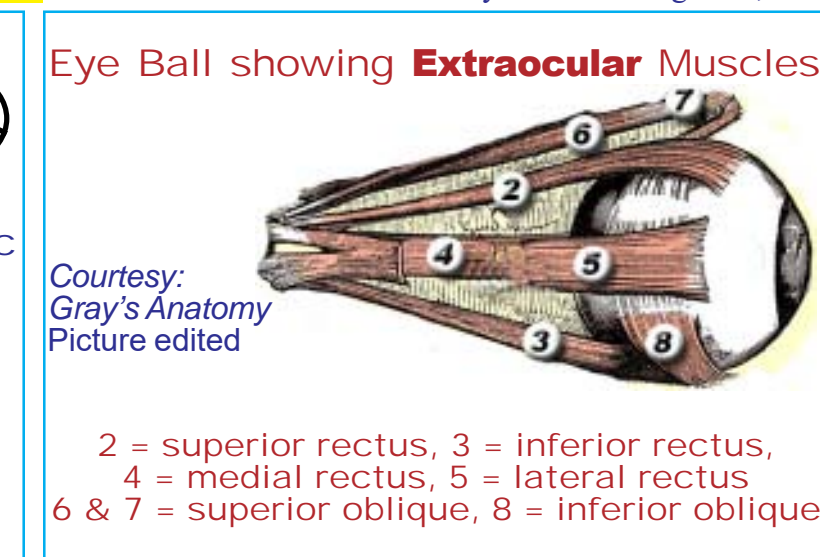
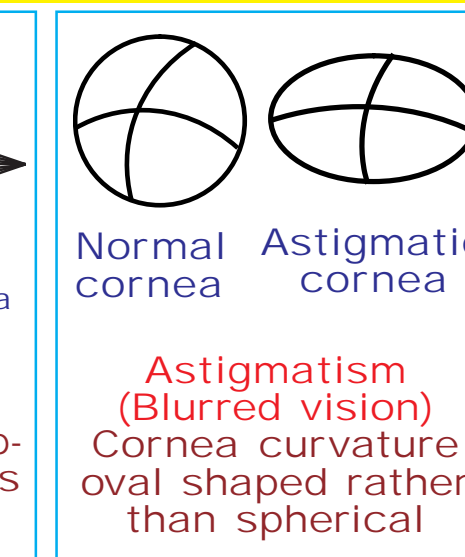
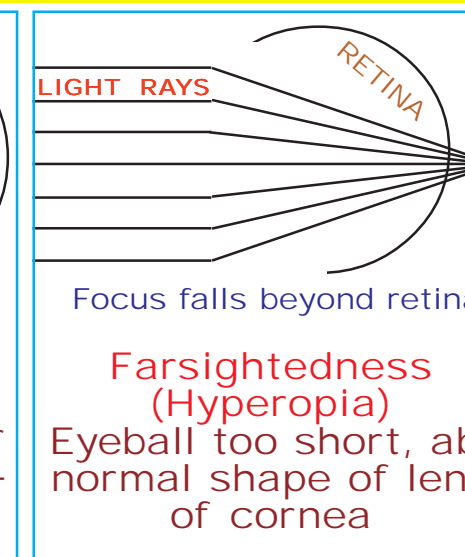
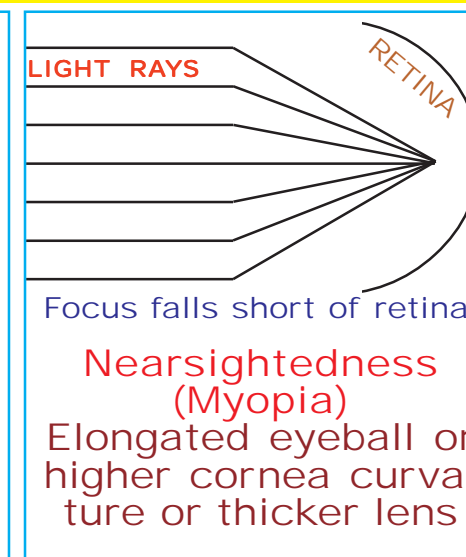
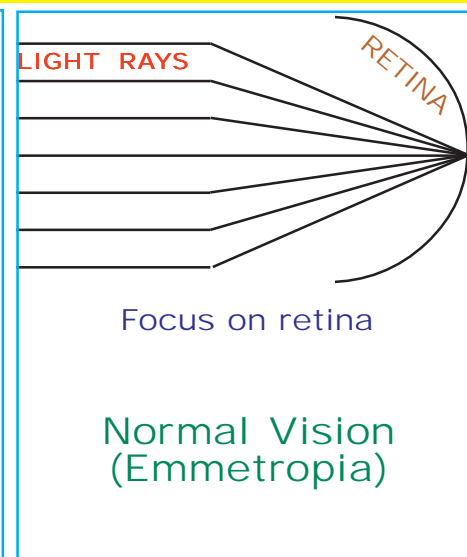
Eyes & Vision - CARE, RELIEF, REPAIR



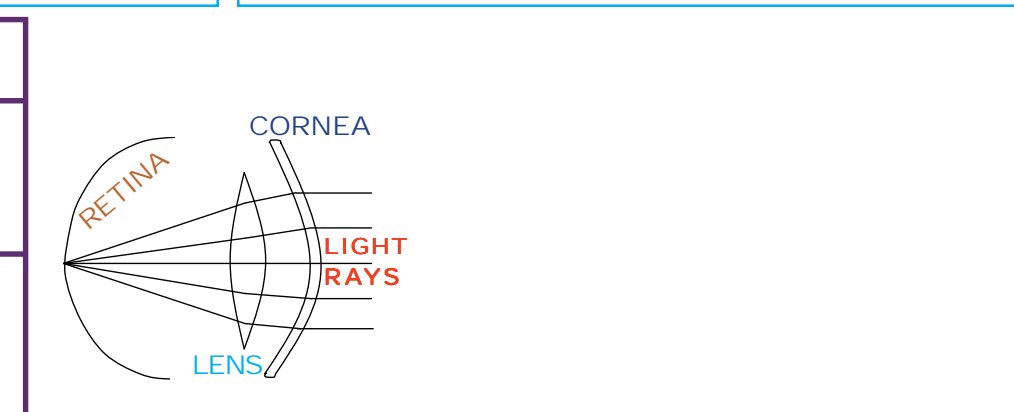
by Nirankar S. Agarwal, Ph.D.



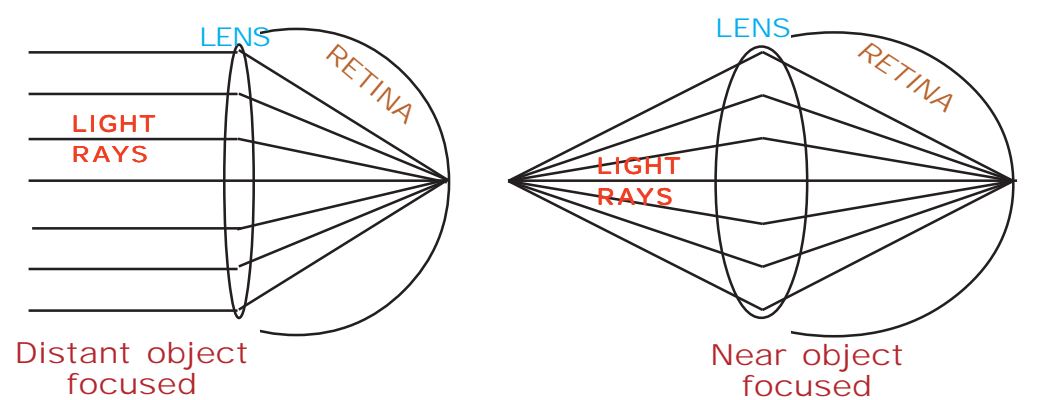
Light rays from object are refracted (bent) by cornea & lens to form a miniature inverse image on retina. Information of image is carried to visual centre of the brain where actual 'seeing' occurs.



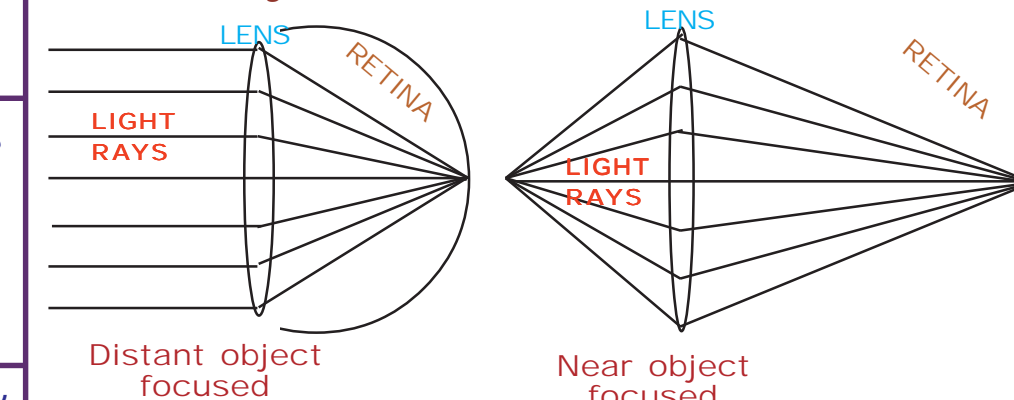
ORTHODOX VIEW	THE ISSUE	DR. BATES' VIEW
NO	ARE FOCUSING ERRORS CORRECTABLE?	YES [See appendix 2 of ebook "Eyes & Vision" mentioned below]
Cornea and lens	EYE FOCUSES WITH WHICH PARTS?	Cornea and lens
Focusing power of cornea fixed, eyeball shape fixed, focus adjusted by changes in thickness of lens.	HOW DO THE TWO VIEWS DIFFER?	Focusing power of lens fixed, focus adjusted by changes in length of eyeball and curvature of cornea.
Contraction & relaxation of ciliary muscle cause lens to become rounder and flatter.	WHAT DOES THE EYE DO TO CHANGE FOCUS ON NEAR AND FAR OBJECTS?	Extrinsic (Extraocular) muscles [see diagram above] superior & inferior oblique change eyeball length by squeezing eyeball; this changes cornea curvature also.
Since there is no known handle to manipulate the ciliary body muscle or to repair malfunction of the lens, and the elongated or rounded shape of eyeball in defective vision is deemed to be irremediable, external intervention (specs, etc.) is the only option.	WHAT IS THE IMPLICATION OF EACH VIEW FOR PROPER VISION?	Stimulation, relaxation, strength & flexibility enhancement of Extraocular muscles, and nerves, reducing stress of the visual center of brain, habituating the eye to 'seeing properly' and frequent blinking, should result in improvement and maintenance of vision.



Orthodox view : Lens thickness changes for focus on varying distances



Dr. Bates' view : Eyeball length & cornea curvature vary to focus on different distances



Practice Routines 1-7



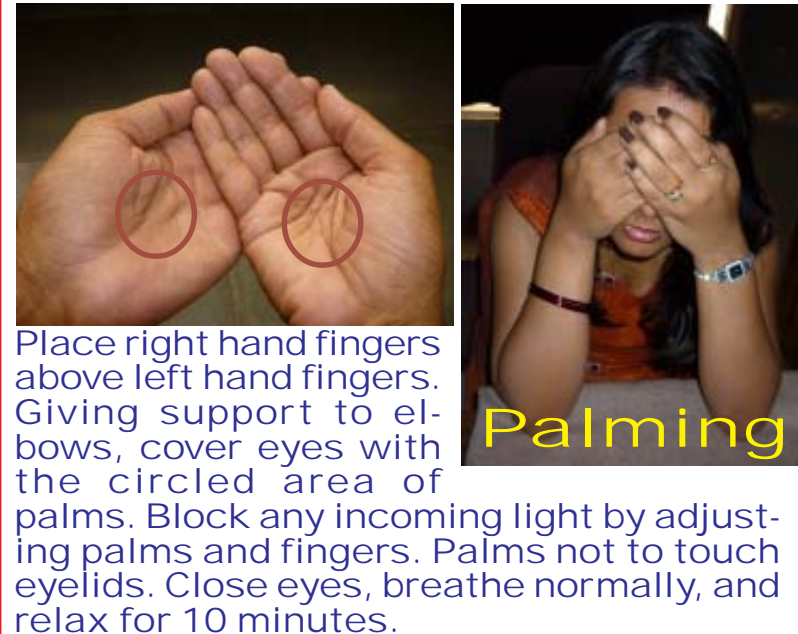
Honey Application: Apply lotus honey or pure organic honey [or Patanjali's *drishti* eyedrops] by glass rod or dropper.



Sway body to left & right, while gently flickering the eyelids to let tears escape. Face the sun if sunny.



Blinking in water: Fill mouth with water. Blink 40 times in clean, cool water.



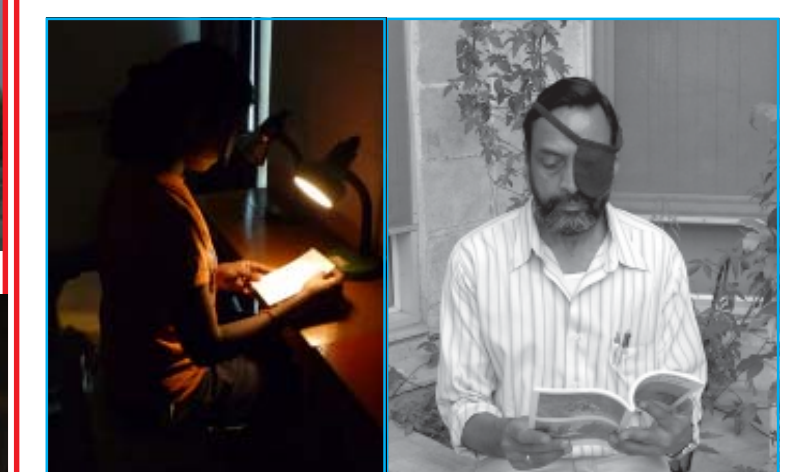
Palming: Place right hand fingers above left hand fingers. Giving support to elbows, cover eyes with the circled area of palms. Block any incoming light by adjusting palms and fingers. Palms not to touch eyelids. Close eyes, breathe normally, and relax for 10 minutes.



Ball-play: stand with feet about 30 cm. (1 foot) apart. Bounce ball on ground in front from right hand, catch with left hand and blink. Reverse.



Ball-play: toss ball at eye level from right hand to left hand, catch and blink. Reverse.



Reading fine-print: Find the smallest-print material you can read with both eyes. Read only with right eye in dim light (10-15 Watt bulb) for 2 minutes while blinking several times per line. Same with left eye. Finally with both eyes. Move your head as you follow the words. Repeat the above in normal light.



Chart-reading: Choose a letter that appears fuzzy. See same letter on hand-held chart. Close eyes; imagine the contours of the letter. Blink and then look at wall-chart. Repeat until letter is seen clearly.



Shifting & swinging relaxation: Swing head to the left and right in small arcs. Observe the bars moving in the opposite direction to the swing. Deliberately blink often. At home, instead of bars, observe window frame moving in the opposite direction against outside background while you swing your head. According to Dr. Bates, it provides considerable relaxation to the eyes.

Testimonials of Vision (focusing error) Improvement !!!

Inspired by Dr. Bates' hypothesis of vision, Dr. R.S. Agarwal, a disciple of Sri Aurobindo and the Mother, developed a series of routines, incorporating some from Dr. Bates' work, at Pondicherry in South India. 'School for Perfect Eyesight', a unit of Sri Aurobindo Ashram, continues Dr. Agarwal's work with vision improvement. Sri Aurobindo Ashram-Delhi Branch's 'The Mother's Integral Health Centre' began this program with help from Pondicherry School for Perfect Eyesight in 2005 with encouraging results over the past years.

- "... Rejected due to Myopic Astigmatism... I underwent the vision improvement course for one week and I was able to improve my vision from -2 to -1 and came in permissible range." - Lt. A.K.
- "Improved vision from 6/60 to 6/24 and secured a job in Indian Coast Guard." - V.M.
- "By doing the course [6 day] ... I can read chart from 15 ft ... which was started from 7 ft." - S.T.
- "I improved my eyesight from -6.8 to -4.25 in one month." - S.K.
- "My child's [power] was reduced 0.5 in one eye and another 0.25 in five days. [How can one believe that, but professionally checked by optometrist!]" - Mother of SG (9 years)
- "Honey application helped relieve my dry eyes a lot." - P.U., Pediatrician

How time consuming are these routines? And how expensive?

The expense is minimal. All one needs is a tennis ball, pure honey, two eye cups, two Snellen Charts, fine-print texts, and an eye patch or soft cloth. If frequent blinking (15-30 times/min.) has become habitual (takes about 10-12 weeks of daily practice), vision is likely to remain in a steady state by doing the following:
 * Honey treatment, blinking in water, and palming done in sequence at the same time (No. 1).
 * Boosting suppleness & strength exercises (No. 5) daily, but each set can be done separately whenever convenient.
 * Reading fine print daily whenever time permits.
 * If one wants to improve vision, however, more effort and time will obviously be necessary. All routines should then be practiced daily, if possible, in the order given.

Diet

Eat nutritionally balanced diet. Preferably organic foods. Amla and carrots are good for eyes.

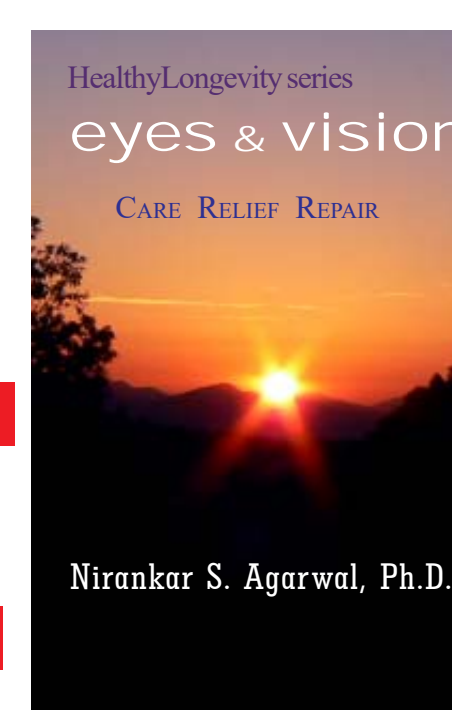
Caution : Before Lasik Surgery

Visit website: <lasikcomplications.com>

Eye tonic

- Soak 2-3 almonds overnight, peel and remove brown skin. Grate one almond at a time against a rough stone surface while adding drops of water to make a paste (similar to making sandalwood paste).
 - Pound to powder 7-9 WHITE PEPPER corns.
 - Pound crush 2 *munnakka* (large dried dark brown grapes) after removing seeds.
- Mix all three ingredients. Makes a tasty paste. Eat daily before breakfast. Anti-allergy. Improves eyesight.

Resource for Vision Improvement



Links for epub & mobile book:
 In Google search, type:
 "eyes & vision nirankar agarwal amazon"
 or
 "eyes & vision nirankar agarwal googleplay"

Nirankar Agarwal holds a Ph.D. in Chemistry from Lucknow University, India, and a M.B.A. from University of Wisconsin, USA. He has carried out research in medicinal chemistry related topics at several universities in Germany and USA. A member of Sri Aurobindo Ashram-Delhi Branch for over 30 years, he is involved with the Integral Eye Exercise Camps since 2005. A beneficiary of this paradigm, he does normal reading without glasses at the age of 74.

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5 Boost suppleness & strength of eye muscles & nerves

