

# Eye care for computer users

It is said that “the face is the index of the mind and the eyes are the windows of the soul.” On a tangible level, eyes are only windows to the world.

Human eyes need care and attention. As years go by, the muscles around the eyes lose their tone. Eyesight becomes weak after the muscles around the eyes lose their elasticity and become rigid, thereby reducing the power to focus different distances. In addition, tension around the eyes affects the brain causing stress and anxiety.

Most of the work is done on computers, and there is usually no escape from it. It is a visually intensive task and, unfortunately, the work pressure and lifestyles do not give one the opportunity to be kind to eyes.

Yoga plays a significant role in promoting eye health. A yoga routine replete with, Yogic eye exercises strengthen the muscles of the eyes and thus help in curing many ailments of the eyes.

## **Exercise your eyes**

1. Blink eyes several times. While keeping eyes closed, roll the eyeballs both clockwise and anticlockwise and take a deep breath. Gradually open eyes while releasing breath. This exercise lasts for a minute and repeat it three times
2. **Look Away:** While working for long hours, look at distant objects either in office or outside. Looking at a distant object and then returning to task helps eyes focus better. Try taking such visual breaks for about five times in every two hour.
3. **Palming:** Sit straight at workstation and rub palms against each other till they become warm. Then, lightly cup eyes with your palms and relax for 60 seconds the warmth of palms helps soothe and relax tired eyes.
4. Splash water on your face with close eyes. This has an overall relaxing effect and one feel refreshed
5. Drink plenty of water. It helps reduce puffiness. A person is dehydrated, especially in an air-conditioned office, the body starts storing water as a defense mechanism.

6. Eat Healthy: Incorporate Vitamins A, C, and E on a daily basis. Pack a box of chopped carrots, cucumber and fresh fruits and munch in-between meals at the office