DOCTOR'S 1-Minute Eye Protocol : FIX Blurry Vision & Dry Eyes (Ayurveda-Approved) Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to Eye Strain

Right now as you are watching this video, your eye muscles are locked in one position. Your retinas are starving of blood flow. your optic nerve is flooded with artificial light.

So if you feel that your eyesight is getting weaker, you have blurry vision issues. or you have dry eyes problem then this is because of overworked eyes because modern lifestyle.

So today I am sharing with you this one minute simple exercise which is backed by neuroscience and has been used in Ayurvedic medicine for centuries that can help improve your eyesight improve the blood flow to your retinas, relax your eye muscles and can improve your focus and dry eyes problem.

And for this you don't need any expensive eye drops or any fancy gadgets. Just one minute of this exercise daily is going to support your eyesight. Hi, I am Dr.

Anshul Gupta, a former Cleveland Clinic functional medicine physician from US. I help people improve their chronic diseases by making personalized functional medicines plans.

First, let me explain to you what is happening with your eyesight, why you feel that it is getting weaker.

Why Modern Screens Affect Vision

or how you can improve your eyesight today itself. So the very first thing which is happening in modern day life is that we are staring at our screens for at least 8 to 10 hours on the daily basis, whether it is our laptops or our smartphones or the televisions we're watching on a daily base.

Whenever we are watching a screen, our eye muscles, specifically the ciliary muscles get locked in one position. When they get lock in position for an extended amount of time, they got exhausted.

And when we're doing this for hours each and every day, they start to become weak. These ciliary muscles in our eyes are responsible for keeping our eyesight in proper shape.

So this is the very first reason why our eye are getting affected in the modern day lifestyle. The second thing which is happening is exposure to the artificial light that we are going through on a daily basis.

This is called the blue light. Blue light coming from our screens damages our retinal cells and as we're doing it each and every day the amount of retinal cells which are being damaged increases.

That again affects our vision. Plus this blue light exposure interferes with our melatonin and cortisol balance. These are the two hormones which keep our brain as well as our eyes in good shape.

And when these are disrupted that affects the quality of our visions. The next reason is really astonishing. It is the light during sleep. A research study was done in University of Pennsylvania on 479 children.

What it showed was that children who slept in complete darkness had 10% chances of developing poor eyesight. Children who sleep with night lights had 34% chance of having poor eyesight.

And the children that slept with the room lights on had 55% of chances to develop poor eye sight. So it is very important to sleep in complete darkness so that you can save your eyesight.

And the last reason is that having a diet which doesn't support your eyes, that means the diet, which is low in xanthins, antioxidants, vitamin A, Vitamin E, as well as omega-3 fatty acids.

Sleep, Diet, and Eye Health

But here's the good news. You can do this simple exercise which relieves the strain on your eye, s which helps support you retinal health. as well as improves blood flow to your eyes.

So let me share with you this exact exercise and how to use it. What is this exercise I am talking to you about? This exercise is called palming, focus reset and blinking protocol.

It is a combination of neuroscience and Ayurvedic technique which has been there for a long time. So this exercise has three different steps. Let me demonstrate to you this exercises.

Step one is what we call as palming. For this simply you need to rub your hands for five seconds. Then you put these rub hands on your eyes. You only need do it gently.

you do not have to press them very hard. Now when you are putting these warm hands over your eyes, what is happening is the warmth improves the blood flow to your eye.

It relaxes your ciliary muscles as well as reduces the inflammation in your optic nerve. You need to keep these hands on your face for around 20 seconds.

you will instantly start feeling the warm going on in the eyes. This is an ancient method used in Ayurvedic medicine to improve your eyesight. Plus the modern research also supports the eye benefit of this exercise.

The step 2 is what I call as a focus reset.

One-Minute Eye Exercise Overview

For this what you need to do is that you take thumb of your hand and keep it around 10 inches away from your eye in front of you face. And first you really need focus on your thumb.

Once that is done then you look really far away outside the window or a faraway object. You need repeat this cycle for 10 times focusing on you thumb and then you focus far away to a different object.

When you are doing this, what is happening is that when you're focusing on your thumb, that's the time your lens gets thickened, your ciliary muscles get really strained.

But when your looking faraway, then your eye lens is thinned and your Ciliary Muscles relax.

Palming for Relaxation

So this far-away focus method has been proven in science to improve your eyesight because it improves the flexibility of your ciliary muscles that definitely supports your vision health.

After alternating it for 10 times you are done with step 2. Now let's move forward to the step 3. The step three is what I call as conscious blinking.

So for this you simply close your eyes and then you start blinking very slowly. keeping your eyes open and close. You do this for approximately 10 times.

When you are consciously blinking, you're spreading the tear film in your eye across your whole eyes. Research shows that when we are looking at a screen, we blink approximately 30% less as compared to when we are not

staring at a screen.

The blinking helps in lubricating our eyeballs that reduces the dryness in our eyes. As well as this tear film have several chemicals that supports our eye health as well reduces inflammation in eyes too.

Conscious blinking resets your blinking reflex as much as moisturizes your eyes all natural way. And this is it, it completes these three steps.

Focus Reset Exercise

Take a deep breath in and you are done. And that literally just takes one minute of your day to doing it. If you do it three to four times in the day, specifically when you're staring or working on your laptops for a long amount of time, this will reset your eyesight very quickly.

Now, what is the best time of doing this exercise? The best of the time doing these exercises is as soon as you wake up in morning. Do this exercises for one-minute all the three steps when wake-up.

that resets your vision in the morning itself. Then after that, during the day, whenever you are working with your laptops or looking at your phone screen or TV screens for more than two hours, take a break and quickly do this exercise once.

And the last time to do these exercises is before your bedtime. because again the strain accumulates in your eyes for the whole day and doing this quick one-minute exercise before your bedtime will reset your eye muscles will moisturize your I one more time and will improve the blood flow to your ice too so this is a simple one minute exercise that can improve your eyesight but along with this exercise if you will include foods which supports your i side you'll see amazing results so let me share which foods I'm talking about The first foods to include over here are carrots and beet roots.

Conscious Blinking for Dry Eyes

They are high in beta carotene as well as vitamin A. Both of these antioxidant compounds are needed for your photoreceptors in your eyes and research has shown low levels of vitamin a and beta-caroten can significantly impact your eyesight.

The second food to include over here are omega-3 rich foods, which includes fatty fishes. If you are vegan or vegetarian, your sources are chia seeds, flax seeds and walnuts.

These omega 3s reduces inflammation in your ciliary muscles. They also improves blood flow to your eyes. as well as enhances the production of tears in your eyes too, thereby improving your eyesight.

The next category of foods to include are leafy greens, whether it is spinach, kale, chard, lettuce or any other leaf green. Their reason being their high antioxidant compound called xanthins, quercetin and also lutein.

These antioxidants compounds Protect your eyes from the damage from light exposure to the screens that you are looking at on a daily basis. Plus you need to include foods which are high in vitamin C which includes your lemon, lime, oranges as well as amla which is called the Indian gooseberry.

Best Times to Do the Routine

Vitamin C protects your eye from oxidative damage thereby improving your eyesight. So these are the categories of food if you include on the daily basis.

They give you all the vitamins, minerals, as well as antioxidants to improve your eyesight, improves your tear production, and protects your eyes from the damage which the screen is causing to your eye.

Foods That Support Vision

So today I shared with you this simple one-minute exercise, which can literally help rejuvenating your vision, supporting your sight, improving your dry eyes, reducing inflammation in your So include this as a part of your routine because we all are straining our eyes each and every day because of our modern lifestyle.

So if you support your eyes, they are going to be your friends and you will see that your eye will continue to remain healthy on the long term basis. Add the foods which support you eyes and your going see amazing results.

I hope you like this video. If you do, please like and subscribe to my channel as well as share this information with others who can benefit from it. Until next time, take care.

Bye bye.