

An Easy Eye - Physiotherapy for the Better Functioning of all Organs of Human Body

Acharya Sennimalai Kalimuthu*

Director of center for Inner Studies, India

Abstract

The ancient spiritually elevated perfected persons intuitively found several eye breathing methods for mental, physical and spiritual progress and wellness. The eyes are the most important organs of the body. In this work, the author attempts to show that through eye physiotherapy, we can streamline heart beating and lengthen our lifespan.

Keywords: Eyes; Brain cells; Ear; Nose; Lungs; Heart; Nervous systems

One

Choose a good cotton mat. Keep your foot at forty five degrees. Inhale while slowly closing down your eyelids and exhale simultaneously opening your eyelids for twelve times. Then comfortably sit on the cotton mat such that your right leg facing the floor and the left leg at the back side of the right leg. Please note that the right feet and legs should not touch the left feet and legs. Keep your right palm on the right leg and the left palm at your left leg. Inhale and exhale as mentioned above for twenty three times.

Then slowly raise and keep your right palm at your right knee and the left palm at the right knee and repeat the same practice for seven times.

After this, slowly take your right palm gently up and put it at the right side, adjuring the right thigh. The palm must face the sky. Repeat this same process with your left palm also. Then repeat the same method for seven times.

After doing this, come to the previous position, i.e. stand up on the cotton mat. Then continue the same practice as narrated first for twelve times and then sit down comfortably on the cotton mat. This time the left leg must face the floor and the right leg should be behind the left leg. This is very important. Then redo all the practices as explained previously.

Benefits

This simple eye practice prevents loss of energy through eyes and the holes of hair of the skin. Also, this technique absorbs cosmic energy and stores it with bio-energy. Besides this, this method activates and streamlines all the tissues of the brain, organs of lungs, heart nostrils, ears, and the rest of the organs. The performer feels freshness, calmness, focus, concentration and peace of mind. Surely, this practice cures all kinds of mental agonies, worries and restlessness.

Two

Lock your right nostril with your right thumb and inhale through the left nostril and exhale. Release the right thumb and lock your left nostril with your left thumb and inhale through your right nostril and exhale. If the exhalation through the left nostril seems to be harder than the exhalation of the right nostril, it means that the breathing is functioning through the right nostril and vice versa. This is the law of nature.

You sit on the cotton mat and watch and determine through which

nostril the breathing is taking place. Then close eyelids and breathe in and out slowly through the nostril which is felt not harder but easier.

Now focus your attention at this nostril and inhale and exhale for twenty times.

After this, keep your attention on the other nostril and breathe in and out for twenty times slowly.

After this simple practice, the practitioner can test the breathing by keeping the fingers at the bottom of the nostrils. Surely, the breathing normally begins to function equally in the left and right nostrils.

Benefits

This simple eye-physiotherapy technique calms the mind and offers total and full peace of mind simultaneously awakening all the cells and organs of the body. One can easily experiment and verify these two marvelous eye breathing physiotherapy.

Third

Breathing is the master of aging. If you breathe faster, your lifespan will be shortened. When you breathe slower, your longevity will be increased. Science proved that tortoises live for nearly 400 years through their four or three time's breathings per minute. Also, the faster breathing paves the paths for all physical and mental complaints and drawbacks.

Sitting comfortably on the cotton mat then close down your eyelids. Slowly inhale, open your mouth and exhale with little force and close down your mouth. Now inhale and exhale slowly watching the breathing. Certainly this too simple technique decreases the speed of breathing dramatically obtaining the doer full peace of mind and much longevity.

Benefits

Freedom from all mental and psychological ailments, bliss and

***Corresponding author:** Acharya Sennimalai Kalimuthu, Director of center for Inner Studies, India, E-mail: kaalaamra@gmail.com

Received: 23-Jul-2024, Manuscript No: jnp-24-142883; **Editor assigned:** 25-Jul-2024, Pre-QC No: jnp-24- 142883(PQ); **Reviewed:** 07-Aug-2024, QC No: jnp-24-142883; **Revised:** 09-Aug-2024, Manuscript No: jnp-24- 142883(R); **Published:** 16-Aug-2024, DOI: 10.4172/2165-7025.1000734

Citation: Acharya SK (2024) An Easy Eye - Physiotherapy for the Better Functioning of all Organs of Human Body. J Nov Physiother 14: 734.

Copyright: © 2024 Acharya SK. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

enlightenment. Besides this, the lifespan of the practitioner is increased.

Discussion

During the development of the body, the first organ to develop from the embryo is the heart. Development of the heart begins in the third week of the gestation period, a complete heart with 4 chambers is formed in week 7. So cardiovascular system is the first organ system to develop during organogenesis [1]. The heart forms from an embryonic tissue called mesoderm around 18 to 19 days after fertilization. Mesoderm is one of the three primary germ layers that differentiates early in development that collectively gives rise to all subsequent tissues and organs [2]. The first system to develop due to the growing embryo's ever-increasing metabolic demands is the cardiovascular system. Initially, simple diffusion of necessary nutrients is sufficient but eventually becomes inadequate to supply oxygen and nutrients. Cardiac development is a complicated interplay of molecular communication, ensuring the proper formation of structures and spatial configuration changes in the appropriate timing. Interference with this process, whether genetic or environmental, leads to the formation of congenital heart diseases [3]. The heart is the first functional organ that develops in humans and all other vertebrate embryos. The heart first begins to beat by week 4 of development. During the beginning stages of development, the embryo forms a trilaminar disc that matures into the looped heart along with its 5 regions [4,5].

"But Eye development occurs in the human embryo from approximately the third week through the tenth week of gestation. Ocular tissues are of mesodermal and ectodermal origin. The retina, ciliary body, optic nerves, and iris are derived from neuroepithelium [6]. Your heart's electrical system tells your heart when to contract and when to relax to keep your blood pumping regularly. The instructions to contract and relax are carried by electrical signals. The electrical signals are sent from the sinus node which is known as your heart's natural pacemaker [7].

The sinus node generates an electrical stimulus regularly, 60 to 100 times per minute under normal conditions. The atria are then activated. The electrical stimulus travels down through the conduction pathways and causes the heart's ventricles to contract and pump out blood [8]. The sinus node continuously generates electrical impulses, thereby setting the normal rhythm and rate in a healthy heart. Hence, the SA node is referred to as the natural pacemaker of the heart [9].

The above nine quotes are proven medical science truths. So, for the heart beat and pump, the sinus node's electrical generation is essential and inevitable. But what makes a sinus node to generate electrical stimulus? No answer!

Faster actions/exercises make the heart beat more and more. For example, when we run our cells require more energy to work, so they need more oxygen which is provided by the blood. To increase oxygen level the blood has to be pumped faster and so our heart beat rate increases.

The most effective way to achieve a lasting lower heart rate is to do regular exercise. A 2018 meta-analysis Trusted Source found that regular exercise could consistently lower resting heart rate. Although any kind of exercise can be helpful, the authors suggest that yoga and

endurance training may be the most beneficial [10].

So, a brief analysis of the above statements and findings validate that slow breathing is the best way for our heart's longer duration of life which implies more longevity to the practitioner. The author's three eye cum breathing techniques slows the speed of the breathing and also slows the speed of heart beating which is the foundation stone for spiritual bliss, enlightenment and longer lifespan.

Conclusion

The ancient Tamil spiritual masters found that the eyes can indirectly control the rest of the human organs. We cannot control the heart beating directly. But we can streamline the heart functions by eyes and breathing. This is the both heart and brain of this work. The author is seventy four years old and does not have any institutional support. The author has randomly tested the above three eye breathing methods locally with fruitful results. The author desires to spread this knowledge through this publication so that humanity will get benefits. Also, the research community will carry our further studies for the further development and advancement of these simple practices.

There is a number of modern scientific sophisticated equipment to scan the functions of several human organs. Various laboratory tests, X-rays, scanning etc. Similarly, A-scan biometry, also referred to as A-scan, utilizes an ultrasound device for diagnostic testing. This device can determine the length of the eye and can be useful in diagnosing common sight disorders.

King developed the SISRI-24 instrument to measure spiritual intelligence according to his definition and construct. Yosi Amram and Christopher Dryer developed the Integrated Spiritual Intelligence Scale (ISIS) to measure their construct of spiritual intelligence.

Numerous instruments have been developed to assess spirituality and measure its association with health outcomes. The author appeals to the research community to subject the above three yogic/physiotherapy techniques for verification and validation for more and more studies and advancement.

References

1. <https://www.eurostemcell.org/heart-our-first-organ>
2. <https://open.oregonstate.edu/aandp/chapter/19-5-development-of-the-heart>
3. <https://www.ncbi.nlm.nih.gov/books/NBK537313/>
4. Kidokoro H, Yonei-Tamura S, Tamura K, Schoenwolf GC, Saijoh Y (2018) The heart tube forms and elongates through dynamic cell rearrangement coordinated with foregut extension. *Development* 145: dev152488.
5. Yu Z, Tang PL, Wang J, Bao S, Shieh JT, et al. (2018) Mutations in Hnnpa1 cause congenital heart defects. *JCI Insight* 3: e98555.
6. <https://www.ncbi.nlm.nih.gov/books/NBK482496>
7. <https://www.bhf.org.uk/informationsupport/how-a-healthy-heart-works>
8. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/anatomy-and-function-of-the-hearts-electrical-system>
9. <https://www.ncbi.nlm.nih.gov/books/NBK459238>
10. <https://www.medicalnewstoday.com/articles/321310#ideal-rates>