

# Insight of eyesight

Rumi said, “Everything that is made beautiful and fair and lovely is made for the eye of one who sees”. Eyes are most fascinating and delicate structures of our visual coordination. These organs provide vision. However, eyes sometimes face problems in vision and eyesight. EYESIGHT essentially refers to the physical attributes and performance of the many organic components involved in the visual system. 20/20 vision is a commonly quoted measure of normal vision, yet it simply describes the sensitivity of the eye to see fine detail in the distance. Unlike eyesight, VISION is a thought process, which emerges an understanding of what is seen, where it is and how to react to it. It combines information from many sensory systems to create a perception of reality. Vision describes a more dynamic and interactive process, essentially a whole information processing system developed through experience to gain understanding of the external visual space world.

The eyes are complex organs, with various components that must collaborate to produce clear vision. There are many different parts of the eye that help to create vision. Light passes through the cornea, the clear, dome-shaped surface that covers the front of the eye. The cornea bends-or refracts-this incoming light. The iris, the colored part of the eye, regulates the size of the pupil, the opening that controls the amount of light that enters the eye. Behind the pupil is the lens, a clear part of the eye that further focuses light, or an image, onto the retina. The retina is a thin, delicate, photosensitive tissue that contains the special “photoreceptor” cells that convert light into electrical signals. These electrical signals are processed further, and then travel from the retina of the eye to the brain through the optic nerve, a bundle of about one million nerve fibers. We “see” with our brains; our eyes collect visual information and begin this complex process. Complications or malfunctions in any of these eye parts basis several common eye disorders and conditions like Refractive Errors<sup>1</sup> (myopia (nearsightedness), hyperopia (farsightedness), astigmatism, presbyopia), Glaucoma, Cataract, Age-Related Macular Degeneration, Amblyopia, Diabetic Retinopathy, Retinal Detachment, Dry Eye Syndrome etc.<sup>2</sup> Most common of these is weak eyesight.<sup>3</sup> Weak eyesight is most often connected with either nearsightedness (called myopia) or farsightedness (called hyperopia). Factors like genetics, poor nutrition, aging and excessive strain on the eyes usually contribute to these conditions.<sup>4,5</sup> The most common symptoms of weak eyesight are blurry vision, frequent headaches and watery eyes.<sup>6</sup> Eyesight can be improved through eye exercises,<sup>7</sup> sunning and palming,<sup>8</sup> and acupressure/acupuncture<sup>9</sup> techniques. It can be improved through food like Ginkgo Biloba, Bilberry, Almonds, Carrots, Fatty Fish, Spinach, Eggs, Dairy, Nuts, Kale, Whole Grains, Oysters, Red Bell Pepper, Broccoli, Sunflower Seeds, Citrus Fruits, Beans and Legumes, Sweet Potato/Purple Sweet Potato.<sup>10</sup> There are a lot of supplements like zeaxanthine and lutein to improve the eyesight.<sup>11</sup> To conclude, there’s nothing like being able to see and take in all that the world has to offer. Likewise, a blind person asked God: Can there be anything worse than losing your eyesight?” He replied: “Yes, losing your vision”.

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## Conflict of interest

The author declares that there is no conflict of interest.

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