

# Yoga Ocular Exercises For Convergence Insufficiency and Binocular Vision Dysfunction

Optometry & Visual Performance 229 Volume 7 | Issue 4 | 2019, September

Article • Effect of Yoga Ocular Exercises on Binocular Vision Functions

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Palming relaxes and revitalizes the extraocular muscles and stimulates the circulation of the aqueous humor.

- Blinking exercises embolden the blinking reflex to become spontaneous, inducing relaxation of the extraocular muscles.
- Sideways viewing relaxes the tension of the extraocular muscles strained by constant near work, preventing and correcting squint (mostly phoria).
- Front and sideways viewing encourages the coordination of medial and lateral recti.
- Diagonal viewing balances the superior and inferior recti and superior and inferior obliques.
- Rotational viewing restores the balance in the extraocular muscles around the eyeball and improves the coordinated activity of the eyeball and its muscles.
- Preliminary nose-tip gazing encourages the accommodating and focusing power of the ciliary muscles.
- The benefits of near and distant viewing are similar to that of preliminary nose-tip gazing, but the range of movement is increased.
- Intense concentrated gazing balances the nervous system, relieving nervous tension, anxiety, depression, and insomnia, thus improving memory and helping to develop good concentration.
- Acupressure point stimulation in the palm gives relief to eye fatigue and helps in sound eye health.

## Using Other Pressure Points

Image titled Relieve Eye Strain with Reflexology Step 8

**Massage your knuckles.** Another place to massage is at the base of your three middle fingers--your ring finger, middle finger, and index finger. Use your thumb to massage where the knuckle meets your hand. You can also massage just above that knuckle, as well. Flip your hand over to massage on the other side, too. <sup>[8]</sup>

- Use a thumb roll to apply pressure. Press down using your thumb pad. Let it roll down or up the knuckle as you bend your thumb. Move about 1/8 of an inch up and down as you bend and straighten your thumb. <sup>[9]</sup>