

॥ चाक्षुषोपनिषत् नेत्रोपनिषत् च ॥

.. chAkShuShopaniShat or netropaniShat ..

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चक्षुर्धाता दधातु नः । चक्षुर्नो धेहि चक्षुषे
चक्षुर्विख्ये तनूच्यः । संचेदं विच पश्येम ।
सुसंद्दशंत्वा वयं प्रति पश्येम सूर्य । विपश्येम नृचक्षसः ॥

ऋग्वेद १०-१५८

Let the motivator of the universe, Sun, along with mountains
and minerals,
make our eyes bright and safe. Oh, Sun, please provide our eyes
lustre and
our bodies with observational and universe grasping power.
Oh Sun, the giver of strength to eyes, please grant us the power
of
realizing the truth behind the perceptible objects.

The power of sight is due to the presence of Sun, and hence
Sun is given
primary importance for the betterment of the eye-sight.

(purUShasUkta in Rigveda also mentions चक्षोः सूर्यो अजायत.)

For improving eye-sight, the daily recitation of chakShuShopan-
iShat
and worship of sun or recitation of saurasUkta, sUryamaN-
Dalastotra
are recommended.

<ःर>

from dharmashAstrIya nirNaya written by late प. धुंडिराजशास्त्री
दाते
and श्रीबृहत्कवचसङ्ग्रहः

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