

# Effect of Yogic Eye Exercises on Chronic Neck Pain with Visual Complaints: A Narrative Review

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## **ABSTRACT**

Chronic neck pain is a common problem that is frequently accompanied by visual problems like eye strain, hazy vision, and headaches. These symptoms are commonly associated with poor posture, cervical spine dysfunction, and muscular stress. This narrative review aims to examine the effects of yogic eye exercises on chronic neck pain and related visual problems, exploring their potential to alleviate pain, reduce visual discomfort, and enhance overall health and well-being. Databases were searched on PubMed and EMBASE. The articles published in English from January 2014 to January 2025 were screened. Out of 155 articles identified in

various databases, duplicate articles were removed, and five met the qualifying criteria. Eligible studies will consist of randomised controlled trials, cohort studies, and observational studies that evaluate the impact of yogic eye exercises (such as palming and eye rotations) combined with other yoga practices on chronic neck pain and visual complaints. Yogic eye exercises and other yoga practices show potential in treating chronic neck pain and visual issues. However, more research is needed to standardise protocols and confirm long-term benefits.

**Keywords:** Cervical spine, Poor posture, Yoga.