

Use Surma- Stay protected against harmful rays emitted by your computer and TV screens.

Kohl (Surma) is defined as an ultra-fine powder form to be used in the eyes whether it is black in color, white, red or grey etc., whether simply made out of Surma stone or combination of Herbs etc. with or without the Surma stone .Kohls/Kajals were first developed by healers in the ancient times for soothing and cleaning the eyes and to keep them healthy, beautiful and protected from various diseases.

Among Muslims, use of Kohl/Surma is described as “Sunnah” in Abu Dawud Tib. 14; and Trimidhi. Surma/Kohl is being used in many countries of the world especially among the Muslims, because its use is considered as Sunnah of the Prophet (PBUH). Our Prophet (PBUH) laid much stress on applying Surma/Kohl daily. It is our belief that we cannot argue about whatever our Prophet (PBUH) has commanded us to do- since it is always beneficial for the mankind; therefore we must apply Surma regularly with the same belief as our ancestors have been using it till present. Now people all over the world are switching over to herbal products. Similarly, people are using Kohl with the same confidence, because it was tried and tested by their ancestors. Researchers have confirmed that samples of Kohl found beside the Egyptian Mummies were made of the same Kohl stone which is used today, Fischer, Arch.Pharm, 9,230 (1982). Moreover recent tests in USA have confirmed that Kohls/Kajals manufactured and exported by Mohammad Hashim Tajir Surma, Pakistan are found to be non-irritant and non-toxic as per US Standards: FHSA/CPSC, since the company is complying with best-possible quality standards.

Eyes become very tired and start burning among people involved in prolonged reading, students focusing on multi-fonts notes, office goers, people involved in table-work, garment factory workers, computer users or over-viewing of T.V with less than standard distance from the screen, it is necessary that after every 15 – 20 minutes of continuous work take a break for a minute or two & stretch your neck and shoulders to relieve stress and slowly swing your head to your left and right while looking at the distant objects. This Exercise will relieve stress from your eyes and will not only tone up muscles around your neck but will also tone up muscles of your eyes resulting in relieving pressure from your eyes and thus enabling you in maintaining good eyesight. In case of continuous work for longer periods, it is advisable to walk around 30 – 40 steps to relax down your body muscles.

Regular use of Surma/Kohl protects the eyes from dust and pollution and keeps them cool and clear, and also helps relief tired eyes, eye stress, dry and irritated eyes especially among the youngsters due to (Computer Vision Syndrome, CVS) caused by continuous emission of short wavelength X-rays by the computer screen. Kohl/Surma also helps eyes counter electro-magnetic pollution and other forms of harmful environmental energy (Simmons & Ahsian, “The Book of Stones”).

Take proper diet. Add plenty of green vegetables and food rich in vitamin A, vitamin B2, vitamin C and vitamin D to your daily meals. Carrots and Fennel seeds are rich in vitamin A and are good for eyesight.

Some people believe that Kohl (Surma) should be used under conditions of tired, burning and watery eyes; this perception is absolutely subjective and wrong. Kohl should be used regularly as prophylaxis especially at bedtime, and its regular use should be developed as a healthy habit. This practice keeps the eyes clean & healthy and also maintains the eyesight.

The use of Kohl should be made familiar among the kids right from their childhood to prevent stress on their eyesight, as these days children are spending more hours using computers and watching TV. Kohls/Surma are prepared from very selective medicaments of Marine, Mineral and Herbal origin of which few examples are Pearls, Coral Reefs, Gem Stones (like Ruby, Emerald, Turquoise, Cornellion), Zinc oxide, Silver Leaves, may also contain Gold Leaves, Amorphous Black, and herbs like Mumeera (Coptis Root), Saffron (Crocus Sativus Linneaus), Chaksoo (Cassia Absus) & Neem (Melia Azalivecta Indica) etc. The medicinal values of each ingredient mentioned above are well-supported in literature for Herbal Medicines.

Remember! Never use ordinary Kohl / Kajal available in the market usually made of substandard materials prepared non-scientifically, unhygienically and may contain grit or cause irritation in the eyes. These substandard preparations if applied may cause reddishness of eyes and water running from the eyes which might be felt as normal to some people, but this is not so as this may lead to adverse effects on the eyes and can affect the eyesight ultimately, therefore never use any substandard Kohls / Kajals because of their cheap prices and easy availability in the market.

Eyes are the most precious gift of the nature and it's liable to all of us to protect this precious gift by following the TIPS as given below:

- Protect Eyes from glittering objects, glare of sun & high illuminations and high temperatures.
- Avoid reading in moving vehicle.
- Wash your Eyes with fresh water in the morning while opening and closing your eyes, repeat the same few times during the day.
- Look at the far objects while standing at some steep place.
- Preferably early morning bare feet walk on grass is good for sight, during this look at far objects while stopping for a few minutes.
- If late night reading or Table work is involved, there should be adequate light on the object and not on your Eyes; the light should either come from side or from the back.

- Avoid reading while lying down over bed or floor; one should always maintain a good posture while reading or working.

Regular application of finely-ground Kohl/Surma preparations to eyes gives the following benefits:

Clean & Sparkling Eyes: Regular use of Kohl/Surma will keep the eyes cool and clean from dust and pollution to which your eyes are exposed to during the day. It should be noted that after application of Surma at bedtime, in the morning, we may find some particles with Kohl collected at the corners of the eyes, this is all the dirt and dust particles & airborne substances that the Kohl has collected and this all is washed away while we wash our face, leaving our eyes clean and sparkling.

Ultra Violet Rays (UV) Protection: Even some Kohl / Surma preparations contain very valuable ingredients which have a property of protection from the glare of Sun, a natural way for UV protection.

Healthy Eyes: Some Kohl / Surma brands with the incorporation of high quality and unique ingredients can actually bring definite therapeutic effects while supplying nutrients to the cells, with healing properties, toning of muscles, maintain proper nerve & muscles functions, antioxidant, strengthening eyesight, ultimately resulting in the maintenance of healthy eyes and eyesight.

Relaxation from stress: Too much continuous stress on your eyes makes them feel burnt and tired, but regular use of a good quality Kohl/Surma with finest, hard-to-sought quality ingredients owning the properties to cool and relax down your eyes, thus easing out all the stress of a hectic day.

We urge you to always use a good quality Kohl/Kajal, which is suitably packed in clean containers, ultrafine-ground, free from grit, compatible and free from irritants and must not produce discharge from the eyes when applied.