



## Common Eye Disorders and Their Homoeopathic Management

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### Abstract

This article is an attempt of explaining the commonly diagnosed eye disorders by using basic repertories and indications of some commonly prescribed homoeopathic medicines. Eye disorder are common in people of all age group. Eye diseases are basically an impairment or abnormal functioning of eye which leads to visual disturbances. Most of the eye complaint causes blurred vision whereas severe cases may leads to blindness. Homoeopathic medicine has great role in preventing and managing the complications with help of some great remedies along with a repertorial approach which make us able to be useful in each and every case we deal in our daily practice and give relief to all of them.

**Key word-** Eye disorders, Repertory, Homoeopathy

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**Received – 15/04/2020**

**Revised- 14/6/2020**

**Accepted – 20/06/2020**

### INTRODUCTION

Eye diseases are known to adversely affect the quality of life. Geographical location, accessibility of facilities and socio-economic status of an individual play a role in occurrence of eye diseases. According to International classification of diseases established by World Health Organization (WHO), The vision of patients was categorized into

- No visual impairment
- Visual impairment
- Severe impairment
- Blindness.

**How to Cite this Article-** Singh AK., Sharma S., Kuntal R., Garg V. Common Eye Disorders and Their Homoeopathic Management. TU J. Homo & Medi. Sci. 2020;3(2):38-42

Here we have listed some of the commonest eye disorders such as Conjunctivitis, Stye, Glaucoma, Cataract with their therapeutic approach from well-known commonly used repertories.

### 1. Conjunctivitis

Conjunctivitis is a condition involving inflammation of the conjunctiva. It is classically defined as conjunctival hyperemia associated with a discharge which may be watery, mucoid, mucopurulent or purulent. Classified into infective, chlamydial, viral, ophthalmia neonatorum and granulomatous conjunctivitis with clinical signs as congestion, chemosis, subconjunctival hemorrhages, discharges, eye irritation, photophobia, continuous teary eyes.

### 2. Stye

Stye is an acute suppurative inflammation of lash follicle and its associated glands of Zeis or Meibomian, most commonly to children and young adults having metabolic factors like Diabetes Mellitus, chronic debility, excessive intake of carbohydrates, alcohol intake, which acts as predisposing factors. It can come up with acute pain associated with swelling of lids, mild watering and photophobia. Hot compresses 2-3 times a day are very useful in cellulitis stage. In

cases having recurrent styes, homoeopathy medicines have done wonders.

### 3. Glaucoma

A group of disorders characterized by cross productive progressive optic neuropathy resulting in a characteristic appearance of the optic disc and a specific pattern of irreversible visual field defect that are associated frequently but not variably with raised intraocular pressure thus intraocular pressure is the most common factor but not the only risk factor. Classified as

- a) Congenital/development glaucoma
- b) Primary adult glaucoma
- c) Secondary glaucoma may be present with lachrymation, photophobia and blepharospasm, corneal signs as oedema, corneal enlargement, tears and breaks in Descemet's membrane.

### 4. Cataract

Cataract these are cloudy areas that develop in the eye lens. A healthy lens is clear like a camera's light passes through it to your retina, the back of your eyes where image is processed. Cataract, thus, may occur either due to formation of opaque lens fiber (congenital & developmental cataracts) or due to degenerative process leading to opacification of the normally formed transparent lens fibers. (acquired). When patient feels only surgery is the left

option, homoeopathy can heal and help the patient efficiently.

### **Different Repertorial Approach In Eyes Disorder-**

#### **1. Kent Repertory<sup>2</sup> Chapter Eyes**

**Cataract:** Calc; Calc.f; Caust; Mag-C; Sil; Sulph

**Glaucoma:** Phos; Prun; Spig, Sulph

**Inflammation Conjunctiva:** Acon; Alum; Apis; Arg-n; Ars; Bell; Calc; Calc.s; Carb-s; Euph; Rhus-t; Sulph

**Styes:** Carbs; Con; Graph; Lyco; Puls; Sepia; Staph; Sulph

#### **2. Murphy Repertory<sup>3</sup> chapter Eyes**

**Cataract-** Calc; Calc-f; Caust; Mag-c; Phos; Sil; Sulph; Carb-an; Sec

**Glaucoma-** Gels, Acon, Bell, Bry, Phos, Phys, Rhus-t, Spig

#### **3. Bogers Repertory<sup>4</sup> Chapter Eyes**

**Glaucoma-** Osm, Phos., Pul.

**Cornea-Opacity Or Cloudiness-** Arg-n; Aur; Bell; Calc-c; Chel; Con; Euphr; Mag-c; Op

#### **4. Boriecke Repertory<sup>5</sup>- Eyes**

**Cataract-** Calc.fl; caust.; ciner.; euphrasia.; Naph.; Phos.; Sil.; Thiosin

**Glaucoma-** Acon; Bell; Eser.; Gels.; Osm.; Physost.; Spig.

**Styes-** Agar.; calc. pic.; Hep.; Puls.; Sep.; Staph.

### **Homoeopathic Therapeutics**

**Aconitum napellus:** Aconite patient have Red, inflamed Eyes. It Feels as if dry and

hot, as if sand in them. The Lids are swollen, hard and red. Photophobia with profuse watering after exposure to dry, cold Winds, reflection from snow, after extraction of cinders and other foreign bodies.

**Argentum nitricum-** Argentum have marked effects on swollen Inner canthi and redness of eyes. Spots before the vision causing blurred vision in warm room. Marked medicine for Purulent ophthalmia. Great swelling of conjunctiva; discharge abundant and purulent. Chronic ulceration of margin of lids; sore, thick; swollen. Patient unable to keep eyes fixed steadily. Eye-strain from sewing; worse in warm room. Severe aching, tired feeling in eyes. better closing or pressing upon them. Useful in restoring power to the weakened ciliary muscles. Effective in parietic condition of ciliary muscle. Acute granular conjunctivitis. Opacity of cornea. Seen Ulcer in cornea.

**Apis mellifica-** Marked upper lids swollen, red, edematous, everted, inflamed; burning and stinging pain. Apis work good in Conjunctivitis where eyes look bright red and puffiness is marked. Lachrymation hot and cannot bear light (Photophobia). Patient feels sudden piercing pains. Pain around orbits. Serous exudation, oedema, and sharp pains are characteristics. Suppurative inflammation

of eyes. Keratitis with intense chemosis of ocular conjunctiva. Staphyloma of cornea following suppurative inflammation. Recurrent Styes, also prevents their recurrence.

**Arsenicum album-** Severe Burning in eyes, with acrid lachrymation. Lids are red ulcerated, scabby, scaly, granulated. Oedema around eyes. External inflammation, with extreme painfulness; burning hot and excoriating lachrymation. Useful in Corneal ulceration. Intense photophobia is usually seen; better external warmth. Ciliary neuralgia, With fine burning pain. The patient having intense unquenchable thirst.

**Belladonna-** Belladonna has marked congestion and throbbing is characteristics with deep pain in eyes on lying down. Pupils are dilated (Agnus). Eyes feels swollen and protruding, staring, brilliant; conjunctiva red; dry, burn; photophobia; shooting in eyes. Exophthalmos. Ocular illusions; fiery appearance. Diplopia, squinting, spasms of lids. Patient has Sensation as if eyes were half closed. Eyelids swollen. Fundus congested.

**Cineraria martima-** Has some reputation in the cure of cataract and corneal opacities. It is used externally, by instilling into the eye one drop four or five times a day. This must be kept up for several

months. Most effective in traumatic cases and help in visionary troubles.

**Euphrasia** - Beautiful medicine in Catarrhal conjunctivitis; discharge of acrid matter. The eyes water all the time. Acrid lachrymation; bland coryza is the keynote of euphrasia. Discharge is thick and excoriating (Mercur has thin and acrid). Burning and swelling of the lids. Frequent inclination to blink. Free discharge of acrid matter. Sticky mucus on cornea; must wink to remove it. Pressure in eyes. Little blisters on cornea. Marked results in Opacities, Rheumaticiritis, Ptosis.

**Silicia terra-** The angles of eyes affected. Marked swelling of lachrymal duct. Aversion to light, especially daylight; it produces dazzling, sharp pain through eyes; eyes feels tender to touch; much worse when closed. Patient having confused Vision; letters run together on reading, Styes, severe Iritis and irido-choroiditis, with pus in anterior chamber. Deep perforating or sloughing ulcer of cornea. Often having abscess in cornea after traumatic injury. Cataract in office workers. After-effects of keratitis and ulcus cornæ, helps in clearing the opacity.

**Staphysagria-** Severe Heat in eyeballs, dims spectacles. Helpful in recurrent styes. Chalazæ (Platanus). Eyes sunken, with blue rings marked. Margin of lids itch. Affections of angles of eye,

particularly the inner Lacerated or incised wounds of cornea. Feels bursting pain in eyeballs of syphilitic.

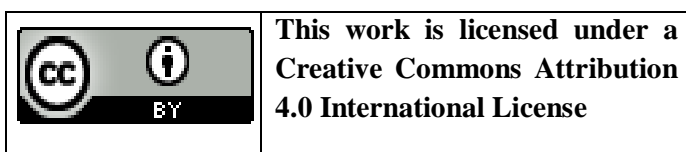
**Syphilinum-** Chronic, recurrent, phlyctenular inflammation of cornea; successive crops of phlyctenular and abrasions of epithelial layer of cornea; photophobia is intense, lachrymation profuse. Lids swollen; pain intense at night; ptosis. Tubercular iritis. Diplopia; one image seen below the other. Feeling of cold air blowing on eye.

#### CONCLUSION:

The eyes and our visual system work hard every second we are awake, weaving a seamless visual reality from a dizzying array of light based impulses. We take vision for granted but our eyes are one of the most amazing. The role of homoeopathy in this aspect is definitely promising as it focuses on a man as a whole. It not only focuses on the diagnosis of disease but also focuses on constitution of person and medicine is prescribed on the basis of this constitution will get different medicines for their disease and this is the beauty of homoeopathy.

**Conflict of Interest: None**

**Source of Support: Nil**



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