

Take Care of Your Eyes During Monsoon

Abstract: *Conjunctivitis is a common ailment of monsoon. It is one of the ailments most amenable to Homoeopathic treatment, when we get good characteristics and modalities.*

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CONJUNCTIVA:

The exposed part of the eyeball is covered by a delicate, thin, stratified mucus membrane which is reflected on to the inner surface of the eyelids. It is called conjunctiva, whose function is protection and lubrication.

CONJUNCTIVITIS:

Inflammation of the conjunctiva is called conjunctivitis which is also known by the name "pink-eye". It may extend into the Meibomian ducts (sebaceous follicle between the Cartilage and conjunctiva of eyelid), the canaliculi and the ducts of the lachrymal gland. It is more common in the monsoon months due to continued dampness than during the rest of the year.

ETIOLOGY:

It can occur in any age. It can be caused by a viral or bacterial infection, injury to eye or reaction to smoke or pollution. Common organisms which affect the conjunctiva are coagulase positive Staphylococcus, Koch-weeks bacillus which is a tiny Gram negative bacillus belonging to the haemophilus group and also known as Haemophilus, Aegyptius, Pneumococcus and Influenza bacillus. Besides these Adenovirus can also cause conjunctivitis sometimes in epidemic form. This disease usually occurs towards the end of the rainy season.

SYMPTOMS

- In the early stages, eyes may burn or itch. Discomfort and foreign body sensation due to engorgement of blood vessels.

- Redness in the white of the eyes. Red and swollen eyelids.
- Intolerance to light, and watering of the eye.
- Muco-purulent discharge from eyes.
- Sticking of eyelids in the morning after waking up.
- Slight blurring of vision.
- Coloured halos are perceived sometimes.

DIAGNOSTIC CRITERIA

- History of sticking together of the eyelids during sleep (agglutination)
- Conjunctival type of congestion
- Presence of muco-purulent discharge

TREATMENT

(A) PROPHYLACTIC

- Do not open your eyes deliberately to raindrops. They absorb atmospheric pollutants which could be dangerous for the eyes particularly in Industrial areas.
- During rainy season everybody should use rose water (one drop) morning and evening.
- Avoid exposure to known eye irritants such as dust fumes, sprays, cigarette, smoke, pollution.
- Prophylaxis against the good eye, if only one eye is affected – Infection of the good eye may be prevented by not touching the eye with one's own finger and by asking the patient to lie on the affected side, so that discharge from the affected eye may not come in contact with the good eye.
- Do not share towels, handkerchiefs or

wash clothes with an infected person.

- Wash your hands thoroughly after treating "pink-eye"
- Be sure the dropper is clean and does not touch the eye, eyelids or any surface. Eye drops are washed out by normal tears, so they will need to be replaced at least three times a day.
- Eat plenty of green and yellow vegetables and fruits, which are high in fibre and rich in Vitamin A and C.

(B) HOMOEOPATHIC (CURATIVE) REMEDIES

For its prevention and cure there are some medicines in the Homoeopathic system of medicine. In Homoeopathy the medicine which cures the certain epidemic or endemic can be safely used as a prophylactic medicine for the same.

1. **Aconite:** Red, inflamed (acute conjunctivitis). Feels dry and hot, as if sand in them (trachoma). Lids swollen, hard and red (blepharitis). Aversion to light (photophobia). Profuse watering after exposure to dry, cold winds, reflection from snow, after extraction of cinders and other foreign bodies.
2. **Ailanthus-glandulosa:** Conjunctivitis, with redness and inflammation extending around external canthus.
3. **Apis-mellifica:** Lids swollen, red, edematous, everted, inflamed; burn and sting (blepharitis). Conjunctiva bright red, puffy (conjunctivitis). Lachrymation, hot. Photophobia. Sudden piercing pains. Pain around the orbits. Serous exudation, edema, and sharp pains. Suppurative inflammation of eyes. Keratitis with intense chemosis of ocular conjunctiva. Better cold washing
4. **Argentum-nitricum:** Great swelling of conjunctiva (chemosis); discharge abundant and purulent. (esp. useful after the failure of *Puls.* Or *Merc-sol*, *Merc-cor*). Symptoms > by cold air or water.
5. **Belladonna:** Sudden, violent inflammation

in the optic nerve and in retina. Eyes red, fiery, burning, protruding. Orbital neuralgia; intense throbbing pain; photophobia; < motion, light, cold air exposure.

6. **Chamomilla:** Often for infants after exposure to cold while bathing and washing. The child cries much, has colic and green stools, therefore also useful during dentition.
7. **Digitalis-purpurea:** Chronic, a yellowish redness of the palpebral conjunctiva.
8. **Duboisinum:** Acute and chronic conjunctivitis. Blood vessels full and tortuous; pupils dilated, with dim vision. Pain over the eyes.
9. **Euphrasia-officinalis:** Acrid tears and profuse, acrid, thick and yellow discharge, blurring of vision, relieved by winking, coryza with burning and pain in the frontal sinuses, after exposure to cold and during the first stage of measles.
10. **Hepar-sul:** Conjunctivitis purulent; copious discharge. Eyes and lids red and inflamed. With suppurative tendency; throbbing in and around eye; great sensitiveness of affected parts to touch; pain > by external warmth.
11. **Merc-sol:** Inflammation of cornea (Keratitis). Excessive sensitiveness of eyes to glare and heat of fire, such as in a foundry. Burning pain; black floaters. Copious, excoriating, burning flow. Pains, at night and in damp weather.
12. **Pulsatilla:** Thick, profuse, yellow, bland discharges. Itching and burning in eyes. Profuse lachrymation and secretion of mucus. Lids inflamed, agglutinated. Sub-acute conjunctivitis, with dyspepsia; worse, in a warm room.
13. **Rhus-tox:** Oedematous swelling of lids; hot gushing lachrymation; formation of pus; eyelids feel heavy and stiff; pain < at night, esp. after midnight; warmth relieves.