

Cataract and Homoeopathy: Review Article

Dr Sreevidhya J S

Associate Professor/HOD, Department of Obstetrics & Gynaecology, MNR Homoeopathic Medical College, Sangareddy, Telangana State

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ABSTRACT

Crystallin proteins in the lens partially unfurl and clump to cause age-related cataracts. Medical professionals and conventional healers have studied pharmacological cataract treatment for hundreds of years. Surgery is the only viable treatment at the moment. However, numerous homoeopathic and complementary treatments have been advocated as cataract treatments. This article explores homoeopathic treatments that are allegedly effective in treating cataract while also reviewing the state of knowledge regarding cataract.

Keywords: Homoeopathy, Eye, Cataract, Symptomatic.

INTRODUCTION

Cataract refers to the lens's opacity. Because it is an avascular structure, the lens cannot get inflamed. The most prevalent illness is a degenerative one that results in cataracts, or lens opacity¹. Both eyes may be affected by a cataract. The majority of the time, it is age-related and primarily affects the elderly. It can develop after surgery or trauma, or in extremely rare circumstances, it may be present at birth. The individual complains of photosensitivity and struggles with driving, reading, and face recognition due to vision impairment¹.

EPIDEMIOLOGY

According to a survey conducted by the National Programme for Control of Blindness and the World Health Organisation, there are currently over 22 million blind eyes in India, 80.1% of which are cataract-related. The incidence is

roughly 3.8 million each year. Cataracts are one of the most prevalent causes of visual impairment worldwide, and they can drastically lower patients' quality of life. More than 90% of the total Disability-Adjusted Life Years (DALY) are affected by cataract blindness².

PATHOGENESIS

Cortical lens fibres are the main area affected. Water droplets accumulating between the fibres cause hydration, which is followed by alterations in the fibres' colloid system. Proteins become denatured, coagulate, and eventually become opaque.

SIGNS & SYMPTOMS

- Vision that is cloudy, blurry, or dim
- Increasing nighttime vision challenges
- A sensitivity to glare and brightness
- Observing haloes surrounding lights
- Need for greater light for reading and other activities due to colours fading or bleaching
- Having double vision in just one eye
- Prescription for glasses or contacts changing frequently

Vision becomes hazy at first as a result of a cataract, which may only impact a small portion of the eye's lens. You might not be aware of any visual loss either. As it enlarges, more of your lens becomes clouded, which distorts the light entering the lens. It could result in further symptoms³.

TYPES OF CATARACT

1. Nuclear Cataract

The centre of the lens is affected by cataracts. Your reading vision may

temporarily improve due to a nuclear cataract, or it may result in increased nearsightedness. But as time goes on, the lens becomes a deep yellow, further obstructing your eyesight. The lens may even turn brown as it happens gradually. The ability to discern between colour hues may become more difficult with advanced lens yellowing or browning.

2. Cortical Cataract

lens edges that are impacted by cataracts. White, wedge-shaped opacities or streaks on the cortex's outer edge are the first signs of a cortical cataract. The streaks continue to the centre of the lens and block light from flowing through the centre as it advances progressively.

3. Posterior Subcapsular Cataract

Cataracts that have an impact on the lens's back side. In the beginning, posterior subcapsular cataract usually manifests as a tiny, opaque spot that develops directly in the light's path, close to the rear of the lens. This particular type of cataract frequently impairs your ability to read and lowers your vision in strong light. Additionally, at night, it produces halos around lights. Compared to other cataract kinds, it advances more quickly.

4. Congenital Cataract

Some people either get cataract during childhood or are born with them. They could be inherited or brought on by a uterine infection or trauma. This kind may also result from specific illnesses⁴.

RUBRICS OF CATARACT IN VARIOUS REPERTORIES

1. Kent Repertory
Eye-Cataract
2. Murphys Repertory
Eye Cataract
3. Complete repertory to homoeopathic materia medica diseases of the eyes by E W Berridge
Lens- Cataract

HOMOEOPATHIC MANAGEMENT

Homoeopathic medications help patients to avoid surgery and its side effects, which include infection, haemorrhage, and retinal detachment. Therefore, homoeopathic treatments for cataracts are advantageous for lens opacity and prevent the condition from worsening.

Causticum

Constant eye pain with a want to massage and touch them seems to relieve the strain inside. When blowing one's nose, the vision is blocked as though by gauze. Sparks and shadows in front of the eyes. motor agitations and cataract⁵.

Calcarea Flour

Cataract. Spots of opacity in the cornea. Keratitis. Sparks were flickering before the eyes. Aching in the eyes, Ameliorated by closure of eyes and pressure.

Phosphorus

Blue rings around the eyes, hollow. Lachrymation in the breeze. Cataract, opacities in the vitreous. The sensation that everything is misty or that something is tightly wrapped about your eyes. A green aura surrounds the candlelight. Black spots appear to float in front of the eyes. The patient improves his vision by shielding his eyes with his palm.

Silicea

Vision with specks. Objects appear to be pale. Aversion to light, particularly daylight, which is bright. Corneal opacity following smallpox. Cataract in office employees following foot sweat suppression. Corneal ulcers that are perforating or sloughing. Reading causes blurred vision; letters run together. Objects that appear to be in a fog⁶.

Senega

Lachrymation and staring. flickering; must regularly wash eyes. Dryness with the impression that it is too big for the orbits. The objects appear darkened. Vitreous

humour obstructions. encourages fragment absorption.

Euphrasia

Acrid discharge and catarrhal conjunctivitis. dull coryza with arid lachrymation. sharp, piercing pains in the eyes. watering eyes due to cataracts. corneal opacities following damage⁷.

Calcarea Carb

The primary symptom of cataracts that this medication treat is the perception of cloudy vision. Calcarea carbonica also helps those who experience floating black spots in front of the eyes and deteriorating vision⁸.

Conium

It reduces excessive tear production and keeps the eye muscles tight, making it a good choice for elderly people with cataracts.

Extreme light sensitivity, eye irritation, poor vision in low light, pink eye, perspiration, and other symptoms can also be treated with this medication⁹.

Platanus

It is an excellent cataract medication. best acts on children. Both acute and long-term cases, where tissue was destroyed and cicatricial contraction resulted in a noticeable deformity of the lid, were returned to nearly normal circumstances.

Mag Carb

Black mots before eyes. corneal transparency. Lenticular and cataract.

Natrum Mur

For those experiencing the early stages of cataracts, Natrum Muriaticum is advised. Particularly when gazing down, the eyes appear drooping because the eyelid muscles feel frail. This medication is advised in such situations. Additionally, this medication is administered to those who complain of seeing a gauze across their eyes and being unable to focus on specific items.

CONCLUSION

The most secure and organic method of treating cataracts is homoeopathy. Homoeopathic remedies can postpone or slow down the lens clouding process in the early stages of cataract development. Additionally, they aid in clearing up cataract-related vision haze. So we can avoid surgery and its negative consequences including bleeding, infection, and retinal detachment with homoeopathic treatment.

Declaration by Authors

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