

Efficacy of Homoeopathy in Managing Conjunctivitis/Pink Eye: Review Article

Dr. Sreevidhya JS¹, Dr. Tummala Aarathi Reddy², R Meghana³

¹Associate Professor, Department of Obstetrics & Gynaecology, MNR Homoeopathic Medical College and Hospital, Sangareddy, Telangana, India

²Assistant Professor, Department of Obstetrics & Gynaecology, MNR Homoeopathic Medical College and Hospital Sangareddy, Telangana, India

³Intern, BHMS, MNR Homoeopathic Medical College and Hospital, Sangareddy, Telangana, India

Corresponding Author: R Meghana

DOI: <https://doi.org/10.52403/ijrr.20230861>

ABSTRACT

The inflammation or infection of the conjunctiva is referred to as conjunctivitis. It is the most prevalent cause of eye redness in both general and emergency care. Conjunctivitis is the most common cause of eye redness and discharge.

Every day, many cases of conjunctivitis are reported in the national capital region. "Every day, we get at least 100 cases of conjunctivitis." Conjunctivitis cases typically increase seasonally, coinciding with flu season.

Homeopathic medications for conjunctivitis are extremely effective natural treatments.

They can effectively treat ocular discharges, edema, redness, and a gritty sensation in the eyes. Conjunctivitis can be treated quickly with homeopathic remedies. They shorten the disease's course if taken on time. They are completely safe to use and have no negative side effects.

Keywords: Pink Eyes, Conjunctivitis, Infection, Homoeopathy, Discharge.

INTRODUCTION

Conjunctivitis is a prevalent cause of eye redness and, a common complaint in emergency rooms, urgent care centers, and primary care clinics. It can impact persons of all ages, demographics, and socioeconomic backgrounds. In the United States, the annual cost of treating bacterial conjunctivitis is \$857 million^[2] Although

most cases of conjunctivitis are self-limiting and seldom result in vision loss, it is critical to rule out other sight-threatening causes of red-eye when testing for conjunctivitis.

The conjunctiva is the lubricating, translucent mucous membrane that covers the outer surface of the eye.^[3] It is divided into two parts: the "bulbar conjunctiva," which covers the globe, and the "tarsal conjunctiva," which lines the inner surface of the eyelid. Conjunctivitis is defined as inflammation of the conjunctival tissue, blood vessel engorgement, discomfort, and ocular discharge. It can be acute or chronic, infectious or non-infectious, and infectious or non-infectious. Acute conjunctivitis is defined as symptoms lasting 3 to 4 weeks from presentation (typically about 1 to 2 weeks), and chronic conjunctivitis is defined as symptoms lasting more than four weeks.

Conjunctivitis can be caused by a variety of infectious agents, but it can also be caused by systemic illnesses such as Reiter syndrome, Stevens-Johnson syndrome, keratoconjunctivitis sicca, nutritional deficiency (particularly vitamin A deficiency), and congenital metabolic syndromes (porphyria and Richner-Hanhart syndrome).^{[4][5]}

AETIOLOGY

A newborn with a clogged tear, conjunctivitis is the most common cause of

eye redness and discharge. Conjunctivitis can have infectious or non-infectious causes. The most prevalent cause of conjunctivitis is viral conjunctivitis, followed by bacterial conjunctivitis, while the most common non-infectious etiologies are allergy and toxin-induced conjunctivitis. Bacteria, viruses, fungi, and parasites can all cause infectious conjunctivitis. However, adenovirus is the most frequent infection in 80% of acute instances of conjunctivitis. Adenoviruses cause 65 to 90% of cases of viral conjunctivitis.^[6] Herpes simplex, herpes zoster, and enterovirus are also frequent viral pathogens.

Bacterial conjunctivitis is significantly more common in children than in adults, and the germs that cause it differ depending on the age group. The most prevalent causes in adults are staphylococcal species, specifically staphylococcal aureus, followed by Streptococcus pneumoniae and Haemophilus influenzae.^[7] In children, however, the sickness is more commonly caused by H. influenzae, S. pneumoniae, and Moraxella catarrhalis.^[6] N gonorrhoeae, Chlamydia trachomatis, and Corynebacterium diphtheria are other bacterial culprits. In newborns and sexually active adults, N gonorrhoeae is the most common cause of bacterial conjunctivitis.^{[8][3]} Non-infectious conjunctivitis is caused by allergens, toxins, and local irritants.

PATHOPHYSIOLOGY

Inflammation of the conjunctiva causes conjunctivitis. Infectious microorganisms or non-infectious irritants can cause this irritation. Injection or dilation of the conjunctival vessels occurs as a result of this irritation or infection, resulting in the typical redness or hyperemia and edema of the conjunctiva. The entire conjunctiva is affected, and discharge is common. The causative agent influences the discharge quality. Normal flora, such as staphylococci, streptococci, and corynebacteria, invade the surface tissues of the eye in bacterial conjunctivitis.

The principal defense mechanism against infection is the conjunctival epithelial coating. Any breach in this barrier can lead to infection.^[9] Secondary protection mechanisms include tear film immunoglobulins and lysozyme-mediated immunological reactions, conjunctival vasculature, and the washing effect of blinking and lacrimation.

CLINICAL FEATURES

- White of the eye or inner eyelid redness
- Conjunctiva swollen
- There were more tears than usual.
- Thick yellow discharge that crusts over the lashes, particularly after sleeping. When you wake up, your eyelids may become stuck shut.
- Eye discharge that is green or white
- Itching eyes
- Eyes are on fire.
- Vision distortion
- More light sensitive
- Swollen lymph nodes (usually caused by a viral infection)^[10]

DIAGNOSIS

A thorough eye examination can be used to detect conjunctivitis. Testing may include the following, with a focus on the conjunctiva and surrounding tissues: To ascertain the symptoms, when the symptoms originated, and whether any general health or environmental circumstances are contributing to the problem, a patient history is taken.

Your ophthalmologist can frequently diagnose conjunctivitis simply by inspecting your eye. He or she can typically tell whether the inflammation is caused by a viral or bacterial infection based on your symptoms. To confirm a diagnosis, he or she may do the following tests.^[16]

Slit lamp examination - Most of the time, doctors can diagnose conjunctivitis using a slit lamp, which is a microscope and a high-energy light beam.^[15]

A culture of the eyes, during this test, your doctor uses a cotton swab to collect a sample of the cells on the inside of your eyelids, which is then sent to a laboratory to be analyzed by a pathologist.^[15]

PREVENTION

- ✓ Frequently wash your hands with soap and warm water for at least 20 seconds. Wash them well before and after cleansing your infected eye or applying eye drops or ointment to it. If soap and water are not available, clean your hands using an alcohol-based hand sanitizer that contains at least 60% alcohol.
- ✓ Avoid rubbing or touching your eyes. This may aggravate your disease or spread it to your other eye.
- ✓ Wash any discharge from around your eye(s) multiple times a day with clean hands and a clean, moist washcloth or fresh cotton ball. •After using cotton balls, discard them. •Do not use the same eye drop dispenser/bottle for infected and non-infected eyes.
- ✓ Wash pillowcases, sheets, washcloths, and towels in hot water and detergent on a regular basis, and wash your hands after handling such items.
- ✓ Refrain from wearing contact lenses until your eye doctor indicates it's safe to do so.
- ✓ Clean eyeglasses, taking care not to contaminate items (such as hand towels) that may be shared by others.
- ✓ Clean, store, and change your contact lenses according to your eye doctor's instructions.
- ✓ Personal things such as pillows, washcloths, towels, eye drops, eye or face makeup, makeup brushes, contact lenses, contact lens storage cases, or eyeglasses should not be shared.
- ✓ Avoid swimming pools.^[14]

HOMOEOPATHIC MANAGEMENT

Homoeopathic treatments are extremely successful at treating and preventing conjunctivitis with no adverse effects. Some of the most essential cures are listed below:

1.Euphrasia

Euphrasia is a popular and efficient homeopathic remedy for conjunctivitis. Catarrhal conjunctivitis, eyes that water all the time, discharge of acrid materials, discharge that appears thick and excoriating, frequent propensity to blink the eyelids, and burning and swelling of the eyelids are all indications of Euphrasia.^[13]

2.Argentum Nitricum

Argentum Nitricum is an effective treatment for acute conjunctivitis. Other signs of this therapy include severe swelling of the conjunctiva, copious and purulent discharge from the eyes, and symptoms that worsen in hot weather and improve in cold weather.^[13]

3.Sulphur

When a patient's eyes are red and irritated, sulphur is frequently indicated as a treatment. With excessive tear generation, the white area of the eyes appears red or bloodshot. Sulphur is recommended when the eyelids appear constricted or crusted, and the patient becomes extremely sensitive to light and heat.^[13]

4.Belladonna

Belladonna is yet another powerful conjunctivitis treatment. Major symptoms of this cure include red eyes, swollen and bulging eyes, dry eyes with a burning feeling, the sensation that your eyes are half-closed, and puffy eyelids. ^[13]

5.Apis Mell

Apis mel is used to treat conjunctivitis when there is significant burning and stinging in the eyes. There is a great deal of edema in and around the eyes. The patient is normally devoid of thirst. Heat in whatever form, whether in summer or going out in the sun, exacerbates all difficulties.

6.Pulsatilla

Pulsatilla is a good conjunctivitis treatment with mucopurulent secretions. It is utilized when the eye discharge is thick and greenish

in color. There is also a lot of burning and itching in the eyes. The eyelids appear to be agglutinated. Any cold application or washing with cold water provides relief. The patient is normally devoid of thirst. Heat or summertime aggravation exists.

7.Aconitum Napellus

This is a useful therapy for individuals who have symptoms such as red and inflamed eyes, a dry and hot sensation, swollen, hard, and red eyelids, eyes that are very sensitive to light, and copious watering when exposed to dry or cold breezes.[13]

8.Rhus Tox

The medication causes oedematous swellings, redness, and acrid discharges. It causes a high proclivity for pus production. It is effective in scrofulous ophthalmias and is also useful in orbital cellulitis with severe light sensitivity, to the point where the eyes cannot be opened even at night. The ears are hot and scorching, causing pimples on the parts that have been bathed in them. A rush of tears upon removing the lids is a reliable indicator. The secretion is rather thin, and there is a lot of pain in the eyes, as well as spasmodic lid closure. It is similar to wet conjunctivitis and rheumatic iritis, with pain shooting from the eyes into the brain, and is worse at night and in rainy conditions.

9.Ruta Graveolens

Ruta graveolens works best for conjunctivitis when there is a feeling of a foreign body or dust particles in the eye. The eyes are constantly irritated, and it appears that something has become lodged in the eye. The eyes are swollen, red, and painful.

10.Allium Cepa

Allium Cepa is most effective for allergic conjunctivitis when the ocular discharges are bland, with sneezing and acrid nasal discharge, and the eyes are flushed and watery. There is a lot of searing and stinging lachrymation. Light sensitive. Better out in the open.

CONCLUSION

Homeopathy offers a wide range of applications in the treatment of conjunctivitis, both infectious and non-infectious, via increasing immunity. Homeopathy has been shown to be more beneficial in acute conjunctivitis, where symptoms like as redness, irritation, and discomfort are present. Acute conjunctivitis symptoms, recurrent conjunctivitis and chronic conjunctivitis can be relieved using homoeopathic remedies.

Declaration by Authors

Ethical Approval: Not Applicable

Acknowledgement: None

Source of Funding: None

Conflict of Interest: The authors declare no conflict of interest.

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How to cite this article: Sreevidhya JS, Tummala Aarathi Reddy, R Meghana. Efficacy of homoeopathy in managing conjunctivitis/pink eye: review article. *International Journal of Research and Review*. 2023; 10(8): 485-489. DOI: <https://doi.org/10.52403/ijrr.20230861>
