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Homoeopathic approach in the treatment of blunt eye injury with traumatic ptosis: A case report at Dr. Batra's

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Abstract

Ocular trauma is a common cause of visual impairment worldwide, often resulting from accidents or sports-related injuries. Millions of people experience eye injuries each year, which can lead to complications such as blurred vision, eyelid trauma, retinal damage, and traumatic mydriasis. Conventional management often involves surgical intervention or strong medications, which can be stressful for patients, especially children and sensitive individuals. Homeopathic treatment offers a gentle and holistic approach, focusing on reducing pain, inflammation, and psychological distress while supporting the body's natural healing mechanisms. This paper presents a case managed at Dr. Batra's clinic, highlighting successful recovery and symptom relief using homeopathy, thereby avoiding invasive procedures.

Keywords: Ocular trauma, blurred vision, homeopathy, traumatic mydriasis, non-surgical management

Introduction

Ocular trauma refers to any injury to the eye or its adnexa caused by blunt or penetrating forces. Common causes include sports injuries, accidents, falls, and workplace hazards. Symptoms may include pain, swelling, blurred vision, eyelid drooping, pulsation in the eye, mydriasis, and retinal damage such as commotio retinae. Complications can range from temporary discomfort to permanent vision impairment if left untreated. Management requires careful assessment of both physical and emotional factors, as trauma can induce anxiety, anticipatory behavior, and stress, affecting overall recovery. Homeopathy provides a patient-centered approach, aiming to relieve pain, restore eye function, and improve mental well-being while minimizing the need for surgical interventions.

Case Profile

The patient, originally from Himachal Pradesh and currently residing in Chandigarh, comes from a humble family; his father works as a cab driver, and he himself is employed in a shop. One day, while playing cricket with friends, he sustained an injury to his right eye from a ball. Although he regularly played cricket on his days off, this time he experienced blurred vision and severe pain following the incident.

His family immediately took him to the hospital, where investigations were carried out as advised by the doctor. He was diagnosed with blunt trauma to the eye, accompanied by ptosis and traumatic mydriasis. The patient had a strong fear of injections and potent medications. On the advice of his uncle, his father brought him to Dr. Batra's Chandigarh clinic for care.

When he first visited the clinic, the patient was in considerable pain and discomfort. However, he did not express this to his father to avoid causing him stress. On discussing the incident, he explained that he was fielding when the injury occurred. Additionally, he had been preoccupied with distressing thoughts since that morning—his landlord had informed them that the house they were living in had been sold, and they needed to vacate. This worry distracted him, and during the game, the ball struck his eye severely.

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Physical Generals

Diet	Veg	
Appetite	Normal	
Desire	Ns	
Aversion	Ns	
Thermal Reaction	Hot	
Thirst	Increased Cold Water	
Stools	Normal	
Urine	Pale	
Perspiration	Profuse	
Sleep	Restful	
Dreams	Ns	

Mental Generals

The patient is calm and hardworking, supporting his father in running the family. He is shy, introverted, and does not openly express his emotions. Among three siblings, he is responsible and obedient. However, he is anxious and impatient, often becoming anticipatory over minor things. For example, in school, he struggled to answer questions he knew due to anticipation, and he frequently seeks help when making decisions independently.

Past History

Was once hospitalized in the childhood as was diagnosed with stomach infection.

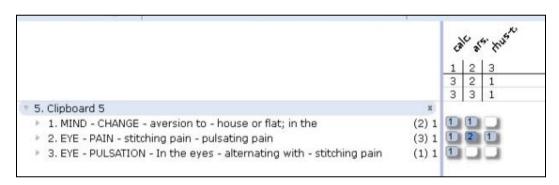
Family History

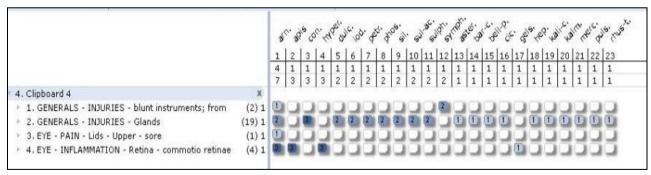
Father is suffering from chronic cough.

Case analysis Repertorial totality

Repertory used	Rubrics selected
Synthesis Repertory	MIND - CHANGE - aversion to - house or flat; in the
	EYE - PAIN - stitching pain - pulsating pain
	EYE- PULSATION - In the eye -alternating with - stitching pain
	GENERALS - INJURIES - blunt instrument from
	GENERALS - Injuries - Glands
	EYE -PAIN - Lids - Upper - score
	EYE - INFLAMMATION - Retina - commotio retinae

Repertory screenshot





Selection of Remedy

For constitutional treatment, Calcarea Carbonica 200 was given in 2 doses based on core prescription and repertorization.

For acute management, Arnica 30 was prescribed twice daily, considering the totality of symptoms.

Miasmatic approach

Mind – change; aversion to house or flat.

Eye – pain: stitching and pulsating; pulsation in eye alternating with stitching pain.

Generals – injuries from blunt instruments; glands involved. Eye – pain: upper lid; inflammation: retina – commotio retinae.

Predominantly Psoric miasm. Materials and Methods

Synthesis repertory was used for repertorization

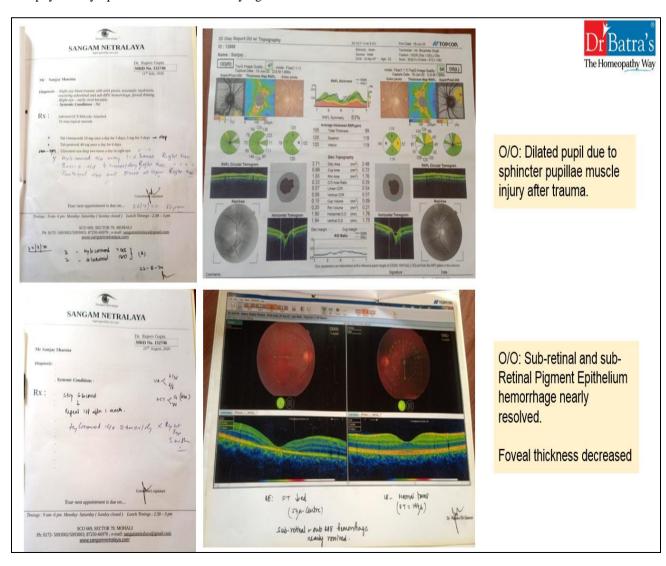
Results

Months	Progress	Prescription
1 st month No	No change slight relief in pain but once it shoots up he has to wake up and to keep the eye	Calc carb 200 stat dose
		Arnica 30 BD
	warm.	Mag phos 6x
2 nd month	Pain is much better vision is still blurred	Arnica 30 BD with
	r am is much better vision is still bluffed	mag phos 6x sos pain
3 rd month	Pain is only when he rub his eye otherwise no pain, vision slight improved	Arnica 30 BD
4 th month	No pain this time, blurred vision still same	Arnica 30 BD
5 th month	No pain no discomfort, blurred vision better than before and he can now read with right eye	Arnica 30 BD
7 th month	No pain, vision is better and clear	Arnica 30 BD
8 th month	No pain, vision clear now he can read easily and without any strain on eye	Arnica 30 BD
9 th month	Patient cured	Arnica 30 BD
10 th month	cured	Arnica 30 BD
11 th month	cured	Arnica 30 BD
12 th month	cured	Arnica 30 BD

Discussion & Conclusion

The patient presented with ocular trauma resulting in blurred vision, pain, and eyelid involvement, compounded by anxiety and anticipatory tendencies. The injury led to both physical and emotional distress, affecting his daily activities and concentration. Holistic management focusing on his physical symptoms as well as underlying emotional and mental factors facilitated gradual recovery, reduced discomfort, and improved overall well-being. The case highlights the importance of addressing both the physical and psychological aspects in trauma management for optimal outcomes.

The transformation



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Conflict of Interest

Not available

Financial Support

Not available

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