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Glaucoma and Homoeopathy

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Abstract

Glaucoma is a chronic progressive eye disease characterised by visual loss caused primarily by an increase in intraocular pressure. It is one of the leading causes of blindness, homoeopathy plays an important part in its treatment.

Keywords: Glaucoma, eye disease, high blood pressure, blindness, homoeopathy plays

Introduction

Glaucoma is an eye disease characterised by increased intraocular pressure and damage to the optic nerve. The increased intraocular pressure is caused by an imbalance in the creation and drainage of aqueous humour, or eye fluid. Glaucoma develops when the eye fluid, or aqueous humour, does not circulate properly in the front of the eye, causing an increase in eye pressure. This fluid usually exits the eye, but if this channel becomes blocked, the fluid accumulates, resulting in Glaucoma. Even while it can strike anyone, older persons are more likely to develop glaucoma. For those over 60, it is one of the main causes of blindness.

Numerous glaucoma types show no symptoms at all. You might not notice a change in vision until the problem is advanced since the effect is so gradual. It's critical to have routine eye exams that evaluate your eye pressure. Vision loss can be delayed or avoided if glaucoma is diagnosed early. You will require care or observation if you have glaucoma for the remainder of your life.

Types of glaucoma

- **Open-angle glaucoma:** The most prevalent form of glaucoma. In an open angle, the drainage canals gradually become clogged or obstructed over months or years, gradually increasing eye pressure. The fluid drains slowly, and the damage is also gradual and progressive. It is painless, develops slowly over time, and frequently has no symptoms until the disease has advanced significantly.
- **Normal tension glaucoma:** A kind of open-angle glaucoma known as normal-tension glaucoma affects adults with normal ocular pressure. You can be more vulnerable to developing normal-tension glaucoma if you are Japanese-American, have a history of normal-tension glaucoma in your family, have a history of cardiac issues, such as an irregular heartbeat, and the blood pressure is low. Although researchers have found that medicines that lower eye pressure can help halt the disease and stop vision loss, they are still unsure of what causes normal-tension glaucoma.
- **Closed-angle glaucoma:** This is a much less prevalent form of glaucoma. In closed-angle, the canals become abruptly blocked, causing an increase in eye pressure while production continues. Damage can be serious, resulting in blindness. It is distinguished by sudden eye pain, redness, nausea, vomiting, and other symptoms caused by a rise in intraocular pressure, which should be handled as a medical emergency.
- **Congenital Glaucoma:** Babies with congenital glaucoma are born with an issue that prevents fluid from draining normally from their eyes. Only about 1 in 10,000 kids born in the United States are born with congenital glaucoma. You can typically identify the symptoms of glaucoma in your newborn infant right away. Congenital glaucoma in children is characterised by hazy eyes, sensitivity to light, excessive crying, and maybe larger-than-average eyes. Congenital glaucoma is very successfully treated with surgery. Babies that have surgery at a young age typically don't lose their vision permanently.
- Children can potentially acquire glaucoma of various other forms. Pediatric glaucoma refers to any form of glaucoma that affects young children or infants.

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- **Secondary Glaucoma:** Secondary glaucoma is the term used to describe glaucoma that is brought on by another illness.
- **Neovascular Glaucoma:** Neovascular glaucoma develops when the eye produces more blood vessels that cover the area of the eye where fluid normally drains. Usually, another medical issue, such as diabetes or high blood pressure, is the root of the problem. Symptoms of Neovascular glaucoma include: redness or discomfort in your eye and loss of vision. Managing this kind of glaucoma might be challenging. In addition to using glaucoma therapies to lower your eye pressure, doctors must treat the underlying cause (such as diabetes or high blood pressure).
- **Pigmentary Glaucoma:** When the pigment (color) from your iris, the coloured component of your eye, flakes off, it causes pigmentary glaucoma because it prevents fluid from flowing out of your eye. Nearsighted young, white men are more susceptible to pigmentary glaucoma. If you have this condition, especially when you exercise, you can experience fuzzy vision or see rainbow-colored rings around lights. Although pigment from the iris can flake off, there is presently no treatment for pigmentary glaucoma other than reducing ocular pressure.
- **Exfoliation Glaucoma:** Some persons with exfoliation syndrome, a disorder that causes excess material to deposit on areas of the eye and prevent fluid from draining, develop exfoliation glaucoma, also known as pseudo exfoliation, a form of open-angle glaucoma. Recent studies suggest that exfoliation glaucoma may be influenced by heredity. If exfoliation glaucoma runs in your family, your risk is increased. This form of glaucoma frequently results in increased ocular pressure and can advance more quickly than primary open-angle glaucoma. This means that getting frequent eye exams is crucial for those who are at risk in order to safeguard their vision.
- **Uveitic Glaucoma:** OPLE who have uveitis, a disorder that causes swelling and inflammation in the eye, may develop uveitic glaucoma. In about 2 out of 10 cases of uveitis, glaucoma results. Although experts are unsure of the exact mechanism, they believe that uveitis may contribute to UVEITIC glaucoma since it can lead to inflammation and scar tissue in the centre of the eye. This could harm or obstruct the area of the eye where fluid drains, raising eye pressure, producing uveitic glaucoma, and impairing vision. Some steroid medications used to treat uveitis may potentially develop or worsen UVEITIC glaucoma. This is because one negative effect of steroids may be an increase in ocular pressure.

Risk Factors

- High intraocular pressure, also known as interior eye pressure.
- Over the age of 55 Black, Asian, or Hispanic ancestry
- Glaucoma in the family.
- Medical conditions like Diabetes, migraines, high blood pressure, and sickle cell anaemia.
- Corneas with a narrow central layer.
- Either short sight or Long sight problems.
- Extremes Injury to the eye or certain kinds of eye surgery.

- Long-term use of corticosteroid medications, particularly ocular drops.
- Some individuals have narrow drainage angles, which puts them at risk of angle-closure glaucoma.

Clinical Features

- The disease is subtle and typically asymptomatic until a significant loss of visual field has occurred. As a result, after middle age, regular eye examinations are needed.
- Mild headaches and ocular pain may occur in patients.
- An attentive patient may occasionally detect a defect in the visual field.
- Reading and close work are frequently made more difficult as a result of accommodative failure caused by continuous pressure on the ciliary muscle and its nerve supply.
- Patients acquire delayed dark adaptation, a disability that becomes increasingly bothersome as the disease progresses.

Prevention

- Regularly check your eyes.
- Know the history of eye disease in your family.
- Invest in eye protection.
- Frequent use of eye drops prescribed.

Homoeopathic Management

1. **Physostigma:** Creating a twisted feeling in the eyes. When shifted from side to side, the eyes become sore and painful. Intense discomfort in both orbits. Sharp, searing pain in the eyes. After use, there is a dull ache over or between the eyes. Eyes are sharp; lids are painful and heavy. Aching in the back of the orbit, extending into the brain, exacerbated by reading, which produces nausea. Light sensitivity in the eyes; feeling frail. Accommodation spasm, which can be irregular and produce astigmatism. Blurred vision, as if a picture was playing in front of the eyes.
2. **Sarothamnus Scopanarius:** Glaucoma that is chronic. Choroiditis. Iritis. Burning and burning sensations, particularly behind the left eye. Moving the eyelids causes pain. When viewing a light source, the brightness of the light and the rainbow colours of the halo appear more vivid.
3. **Cedron:** Cedron is the remedy if the symptoms have a distinct pattern. Red eyes. Burn brightly. Shooting across the left eye. Scalding lachrymation, severe pain in the eyes with radiating pains around the eye. Supra-orbital pain on a regular basis. Sex is made worse by ocular pain. The eye is inflamed. Objects are red at twilight and yellow during the day.
4. **Comocladia Dentata:** Right eye is extremely painful, feeling much bigger and protruding than the left. Being near a warm furnace aggravated the situation. The balls of the eyes feel heavy, as if something is resting on top of them, pushing them downward and outward. Motion aggravates the situation. The eyeball hurts a lot.
5. **Aconite:** Eyes burn, feel dry, and are susceptible to light. There was a lot of pain and heat. Pain that is intensely searing and shooting. The ball, particularly the upper portion, is sensitive when moved. Looking down or turning the eyes; the ball appears to be

- enlarged, as if protruding, causing the lids to tense; appears to be pushed out of the circle. The eyes are puffy. They have the appearance of grit in them. Photophobia. Faces are difficult to discern because vision is as if through a veil. Sparks appear in front of the irises, they flicker. The aconite patient exhibits extreme anxiety, dread, restlessness, and thirst. The initial stage of inflammation or trauma to the eye, conjunctiva, sclera, and lids. The standard treatment for ocular trauma or injuries caused by foreign bodies, wounds, or operations, as well as neuralgia caused by exposure to a cold dry breeze.
6. **Phosphorus:** Glaucoma. Retinal vessel thrombosis and degenerative alterations in retinal cells. In the elderly, degenerative changes such as pain and curved lines can be seen. Light sensitivity and distortion of vision are symptoms of retinal disease. Black points appear to hover in front of the eyes. The patient improves his vision by shading his eyes with his palm. Eye and brain fatigue even when not using the eyes much.
 7. **OSMIUM:** Glaucoma accompanied by shimmering vision. Violent supra- and infra-orbital neuralgia, as well as discomfort and lachrymation. Green hues envelop candlelight. Conjunctivitis. Increased intraocular strain, blurred vision, and photophobia.
 8. **Spigelia Anthelmia:** Sensation as if eyes are too big; pressive discomfort when turning them. Pupils enlarged; photophobia; rheumatic ophthalmia. Severe discomfort in and around the eyes that extends deep into the socket. A real neuritis is iliary neuralgia.
 9. **Prunus Spinosa:** Prunus Spinosa is an excellent natural remedy for treating sudden discomfort in the right eye caused by Glaucoma. Prunus Spinosa is most effective for right eye discomfort. The pain in the eye is so intense and violent that it causes a bursting feeling in the eyeball.
 10. **Belladonna:** It is most effective for severe Glaucoma symptoms. The primary symptom is a sudden increase in vision dimness. The eyes look to be red. This is followed by excruciating pain in the eyes and head. The agony has a very violent personality. Nausea and vomiting are also possible side effects.

Conclusion

Homeopathy is very effective at treating the signs of glaucoma and has a high success rate. It reverses the genetic predisposition and vulnerability to Glaucoma. Homeopathic therapy for glaucoma improves blood supply to the eye, promotes normal aqueous humour generation, circulation, and drainage.

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