



# International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493

P-ISSN: 2616-4485

[www.homoeopathicjournal.com](http://www.homoeopathicjournal.com)

IJHS 2023; 7(2): 304-305

Received: 01-04-2023

Accepted: 03-05-2023

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## Pterygium and homoeopathy

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**DOI:** <https://doi.org/10.33545/26164485.2023.v7.i2e.846>

### Abstract

Pterygium is a fibro vascular conjunctiva growth over the cornea that is frequent in tropical areas. Chronic UV radiation exposure is regarded as a significant environmental risk factor. Modern medicine's treatment is primarily surgical, however there is a potential of recurrence. Pterygium can be treated more effectively with homoeopathy than other options.

**Keywords:** Pterygium, homoeopathy, fibro, tropical areas

### Introduction

A pterygium is an expansion of the mucous membrane that covers the cornea and the white area of our eyes, the conjunctiva. The cornea is the transparent front surface of the eye. This benign or noncancerous growth frequently has a wedge-like form. Pterygia rarely create issues or need medical attention, although they can be removed if they impair our eyesight. Pterygium can be pink, white, yellow, grey, or red in color. It can manifest in either one or both eyes. Pterygium symptoms such as itching, grittiness, burning, and redness in the eyes can be controlled with the use of homoeopathy, which is a safe and effective treatment.

### Causes

Pterygium's precise cause is unknown. One explanation for these growths is excessive ultraviolet (UV) light exposure. People who live in warm regions and spend a lot of time outdoors in windy or sunny conditions are more likely to experience it. This disorder is more likely to affect those whose eyes are regularly exposed to particular elements. These components consist of pollen, sand, smoke and wind.

### Symptoms

Not all pterygia are symptomatic. When it develops, the signs are typically not severe. Common signs include

- Redness
- Eyesight that is hazy
- Burning or itching in eyes in addition to irritation.

A pterygium can obstruct eyesight if it enlarges to the point that it covers the cornea. A thick or bigger pterygium may also make it feel like there is something alien in the eye. When we have a pterygium, we may not be able to wear contact lenses any more owing to discomfort.

### Diagnosis

A pterygium is simple to identify. This problem may be identified by a eye doctor after performing a physical examination using a slit light. With the aid of magnification and bright lighting, this lamp enables your doctor to see the eye. The following additional test can be done

- Test of visual acuity. Reading letters on an eye chart is required for this test.
- Eye surface topography. Your cornea's changing curvature is measured using this medical mapping approach.
- Photographic evidence. During this technique, photographs are taken to monitor the pterygium's pace of growth.

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### Homoeopathic management

On the basis of the patient's complete medical history and signs and symptoms, homoeopathic medications will be prescribed. Pterygium-treating medications include

1. **Argentum Nitricum:** Pink-colored pterygium responds nicely to Argentum Nitric. It makes the eyes puffy and red, and there may be an accompanying itching or biting sensation. In rare instances, the eyes experience burning and dryness.
2. **Arsenicum Album:** When there is a burning feeling in the eyes, arsenic album is a natural homoeopathic treatment option for pterygium. Evenings are the worst for eye burning, especially around midnight. Additionally, there is a noticeable dryness of the eyelids. Along with these symptoms, the eyes also become red and clogged.
3. **Belladonna:** The homoeopathic medicine belladonna is made from a plant called deadly nightshade. It is a member of the Solanaceae botanical family. It works well as a treatment for pterygium that is also accompanied by eye redness. Dryness and a hot sensation are both present in the eyes. There could occasionally be an impression of sand in the eyes. Both light sensitivity and scratching and itching may be present.
4. **Euphrasia:** Natural homoeopathic medicine called Euphrasia is made from the Euphrasia Officinalis plant, often known as eye-bright. The Scrophulariaceae natural order includes this plant. In pterygium situations where there is a noticeable itching and gritty sensation in the eyes, euphrasia is effective. There is a pronounced sense of having sand, hair, or dust in the eyes. Another presenting symptom in pterygium instances requiring Euphrasia is burning and acrid lachrymation (tears).
5. **Nux Moschata:** Pterygium can be treated naturally with Nux Moschata, which is made from the nutmeg plant's seeds. The botanical family of this plant is Myristicaceae. An effective homoeopathic treatment for pterygium that covers the cornea is Nux Moschata. In most situations, the eyes may seem overly dry and like they are feeling full.
6. **Sulphur:** It is a homoeopathic remedy that is well-suited for treating eye itching and burning. In most situations, this itching gets worse in the evening. Along with a biting sensation, there is a feeling of a foreign body or sand in the eyes. Along with lachrymation outside, there may occasionally be stinging or stitching in the eyes.
7. **Ammonium Bromatum:** It is a homoeopathic treatment for pterygium, a condition marked by red, itchy eyes. The morning is when this redness and pain is most noticeable. A sand-like sensation in the eyes, accompanied with eye smarting, is another noticeable symptom.
8. **Merc Sol:** Pterygium accompanied by burning, itching, and red eyes is treated with this medicine in the open air, eye burning is most noticeable. Tears that are frequently burning may also be present.
9. **Zincum Met:** It is a helpful homoeopathic remedy for slowing the growth of a pterygium that is spreading quickly. The pterygium is vascular and extremely thick. There could be lachrymation in the evening. The possibility of nighttime eye itching as well as eye

redness, pain, and heat that worsens with cold air exists. The aforementioned characteristics could be accompanied by eye tickling from dust.

10. **Natrum Sulph:** Anti-sycotic medication, hot patient, afternoon dry eye and conjunctively irritation.

### Conclusion

The tissue overgrowth in the eyes is managed with the aid of homoeopathic drugs. These are also very helpful in treating recurrent pterygium. Pterygium is treated with a variety of medications, which are chosen after a thorough evaluation of each patient's case. All homoeopathic treatments for pterygium are made from ingredients that are found in nature and have no hazardous side effects. Systemic homoeopathic drugs aid in the reduction of symptoms and the thickening of pterygium, as well as stops its growth.

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#### How to Cite This Article

Sabud A, Das A, Debbarma R. Efficacy of Individualized homoeopathic intervention in subclinical hypothyroidism: A case report. International Journal of Homoeopathic Sciences. 2023;7(2):304-305.

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