



**ORIGINAL RESEARCH PAPER**

**Homeopathy**

**RETINAL DETACHMENT & DIABETIC RETINOPATHY AND ITS HOMEOPATHIC REMEDIES**

**KEY WORDS:**RETINAL DETACHMENT, DIABETES, DIABETIC RETINOPATHY, LIFESTYLE, HOMEOPATHY ETC..

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**ABSTRACT**

Retinal detachment is a condition in which the retina peels off from the underlying supportive tissue. Diabetes is one of the most common lifestyle diseases in the world today. Almost all of us know of at least a relative or an acquaintance who suffers from this disease. Diabetic retinopathy affects people suffering from both type 1 and type 2 diabetes. The longer you have been suffering from the disease and the poorer the management of your sugars, the higher are the chances of suffering from diabetic retinopathy. In this paper we have discussed about the retinal detachment & diabetic retinopathy and its homeopathic remedies.

**INTRODUCTION:**

Retinal detachment is a situation in which thin layer of tissue (the retina) at the back of the eye moves away from its usual position. Retinal detachment splits the retinal cells from the layer of blood vessels that delivers oxygen and nutrition to the eye. The slower retinal detachment gets untreated, the more is your risk of permanent vision loss in the impacted eye.

Retinal detachment happens when the gel-like material (vitreous) leaks out of a retinal hole or tear and accumulates beneath the retina. Aging or retinal ailments can trigger the retina to thin. Retinal detachment due to a tear in the retina typically develops when the vitreous collapses and tugs on the retina with enough force to create a tear. Fluid inside the vitreous leaks its way out of the tear and accumulates below the retina, stripping it away from the underlying tissues. These tissues comprise a layer of blood vessels called the choroid (KOR-oid). The areas where the retina is detached lose this blood supply and stop working and may cause vision loss.

**Symptoms of Retinal detachment:**

- The sudden emergence of many spots — tiny dots that seem to drift out of your field of vision
- Glimmers of light in one or both eyes
- Blurred vision
- Progressively decreased side (peripheral) vision
- A drapery-like shadow over your visual field

**There are three different types of retinal detachment:**

- Rhegmatogenous
- Tractional
- Exudative

Diabetes is one of the most widespread lifestyle illnesses in the world today. Diabetes affects the eyes leading to a disorder called diabetic retinopathy. The blood vessels of the retina, the part of the eyes that is responsible for light sensitivity and vision, are affected. Diabetic retinopathy affects people suffering from both type 1 and type 2 diabetes. The longer you have been suffering from the disease and the poorer the management of your sugars, the higher are the chances of suffering from diabetic retinopathy. When there is a large amount of sugar in your blood, it causes the blood vessels in the retina to swell. These enlarged blood vessels cause blood to leak out into the retina, leading to vision complications.

It has been anticipated that 30% of people with diabetes mellitus have diabetic retinopathy worldwide.

**Symptoms:**

- Distorted vision
- Moving black spots in front of the eyes.
- Varying vision
- Dark spots or invisible areas in your field of vision.

- Problem in identifying or recognizing between colors.
- Loss of vision.

**Complications of diabetic retinopathy:**

If not detected in time, diabetic retinopathy may lead to serious complications like:

- Glaucoma
- Loss of vision
- Retinal detachment
- Vitreous hemorrhage

Maintaining the blood sugar levels is the only way possible to delay the onset of diabetic retinopathy. In the starting stages of diabetic retinopathy, getting sugar levels under control can help in decelerating the development of the disease.

**Self-care to avoid diabetic retinopathy:**

- Eat healthy — high fibre food, fruits and vegetables, and foods that are low in fat, salt and sugar.
- Exercise regularly, 20-30 minutes, 4-5 times a week Keep your family and friends informed of your condition.
- Wear a badge, or diabetic card; this will be useful during an emergency Avoid smoking Avoid, or reduce, your alcohol 'fix,' if any Take care of your feet.
- Have regular eye tests — at least twice a year to check for retinopathy.

In this paper we have discussed about the retinal detachment & diabetic retinopathy and its homeopathic remedies.

**Homeopathic management of retinal detachment & diabetic retinopathy:**

Homeopathic medicines for diabetes are principally focused on maintaining 'normal' levels of insulin, or keeping conventional anti-diabetic drugs, at the lowest possible dosage and in blocking progression or complications of the disease.

The best part — homeopathic medicines for diabetes can be taken safely, along regular, or pharmaceutical prescriptions, including insulin.

Different individuals respond differently to homeopathic treatments. It is important to take a holistic approach to the case in point and start treatment accordingly. The homeopathic medicines act on both the psychological and physical levels of a person.

In our Shivang Homeopathic Medical College and Hospital, Bhopal, we have conducted the studies on following number of patients in different age groups:

Sr. No.	Age Group	Number of Patients
1	25 to 50 years	10
2	Above 50 years	16

As per our findings we have prescribed following medicines to the patients at different age group and where closely monitored for their symptoms:

Sr. No.	Name of Medicine	Purpose
1	SANICULA	Lids agglutinated in morning.
2	PHYSOSTIGMA	Blood eyes with burning
3	PHOSPHORUS	Eyeballs feel large, stiff, Choroiditis.
4	ARNICA	Bloodshot. Retinal haemorrhage. Black eye.
5	LACHESIS	Defective visions after diphtheria
6	NAPHTHALINUM	The eyes inflamed, painful and blood shot
7	AURUM METALLICUM	feeling of strong pulsation of the central portion of retinal vessels
8	CROTALUS HORRIDUS	retinal haemorrhages
9	SEPIA	Different vision issues
10	CAUSTICUM	Eye Pain
11	CALCAREA PHOSPHORICA	Painful and blurry visions

**CONCLUSION:**

**Retinal detachment & diabetic retinopathy** is a widespread and distressing condition which has a philosophical effect on the person's routine and on their sensitive and public life. During our treatment we found that if regular doses of prescribed medicines are taken homeopathy can work wonders in controlling the **Retinal detachment & diabetic retinopathy**.

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