

Herbal Home Remedies For Eye Care

The human beings are blessed with five sensory organs and eyes are among that five. We move eyes several times a day to bring the objects in focus. Due to its sharp focus one is able to see the far distant objects and the minute ones like ant. Any error in the functioning of the eye results in vision defects. The common vision defects are:

- Myopia (short sightedness)
- Hypermetropia (long sightedness)
- Astigmatism
- Presbyopia

Myopia refers to the error in focusing the distant objects by the eye as a result the objects appear blurred (not fully visible). Myopia can be corrected by using concave lens. The near objects can be seen clearly.

In Hypermetropia the distant objects can be seen clearly but the eye is not able to focus the nearby objects that gives blurred image. Convex lens can be used to correct it.

Astigmatism is the vision problem that occurs when the cornea is oval in shape instead of being spherical. It occurs along with myopia or hypermetropia. An astigmatic lens is used to correct the situation.

Presbyopia occurs after the age of forty years. In this condition the lens loses its elasticity and the ability to focus on close objects is also affected. It can be corrected by using convex lens while reading or doing any other close work. Cataract and eyestrain are the eye problems that affect the individuals.

Causes of Eye problems

- Reading in inadequate light or dim light
- Working on computer for longer periods without using computer screen.
- Inadequate diet specially the diet which is deficient in vitamin A
- Watching television from close and for maximum hours

Home Remedies

- Mix one part of rose water and one part of lime juice and store in a bottle and use it as an eye drop.
- Intake of sufficient amounts of vitamin A is very necessary for healthy vision.
- Eating spinach will help in preventing various eye problems as it contains carotene in very rich amount.
- Using drops of eye bright herb are very beneficial for the eye conditions.
- The consumption of good amount of vitamin C also lowers the chances of developing cataracts.
- Make a mixture of 4-5 grams of alum powder and 30-35 grams of rose water. Put 2-3 drops of this mixture in each eye every night to get relief from eyestrain and also redness in the eyes.
- Fill a green bottle with water and keep it in sunlight for one day, use this water to wash the eyes daily. This will help in myopia cure.
- Grind almonds, fennel and sugar candy in equal amounts to form a paste and store it in a glass container. Chew 10 grams of this mixture daily at night with 250 grams of milk. This is the effective natural method in the treatment of myopia.
- For improving eyesight massage the soles and toes of foot with mustard oil regularly.
- Harmful radiation of X-rays and microwave cause damage to the eyes. So they should be avoided.
- Smoking should be avoided as the toxic substance in the smoke may cause damage to the eyes.
- For the prevention of cataract make a mixture of 10-12 grams of onion juice, 10 grams honey and 2 grams Borneo camphor. Store the mixture in a glass bottle and apply it every night to the eyes.
- Mangoes are a very rich source of vitamin A and calcium too. During summers at least 100-150 grams of mangoes should be consumed daily.
- Carrots and tomatoes should be consumed regularly for normal vision as they contain good amount of Vitamin A.
- Washing the eyes with cold water will give relief from strain and soothe the eyes.

Eye Exercises

- Palming – sit relaxed with legs folded on a chair and rest the elbows on the table. Keep the palms of both hands on the cheeks, close both the eyes and cover them with the hands. Remain in this position for 10-15 minutes.
- Blinking - while doing constant work with eyes, blink the eyes at least 10-12 times continuously.
- Pupil exercises – rotate the pupils up and down for at least 5-6 times while keeping the neck and backbone straight.