

# eye complaints



**C**onjunctivitis is an inflammation of the eyelid and eye and can be caused by a cold, infection, allergy, irritation from pollutants, a foreign body, windburn or exposure to too much sun. Homoeopathic remedies can help to reduce inflammation and ease discomfort in conjunctivitis.

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Eye tissues are extremely sensitive and it is vital that you treat all symptoms seriously; if significant improvement doesn't take place quickly in acute symptoms or if symptoms recur it is wise to seek professional advice.

**Aconite** is for inflammation after injury, removal of foreign object, or exposure to cold wind. Sudden onset of symptoms with dry, sore, burning eyes.

**Allium** is indicated when the eyes are swollen and red with acrid, burning discharge and accompanied by sneezing. They feel worse from wind, light, and being indoors; and better from being in the open air.

**Apis** may help swollen, shiny, puffy eyes. They are red, watery and stinging; with whites inflamed, reddened and bloodshot. Cold applications relieve.

**Arsenicum** for burning pains with hot tears and light sensitivity. There is a sensation of grit under the eyelids; and the skin on the lids can be dry and scaly.

**Belladonna** sudden onset of symptoms; the eyes are bloodshot, red and very painful. They may be staring and glassy with dilated pupils, and worse for light.

**Euphrasia** is helpful for profuse hot, burning tears with red lids and a feeling of grit or sand. There can be thick yellow pus from the inner corner and a strong desire to blink to clear the mucus.

**Hepar sulph** for symptoms of conjunctivitis with extreme sensitivity to touch and cold. Eyelids are red and inflamed with a yellow discharge.

**Mercurius** is suggested for conjunctivitis accompanied by cold symptoms; there may be severe burning pain and burning tears. Eyelids are swollen, red, irritated and scurfy.

**Nat mur** is useful for a blocked duct, ulceration and inflammation, with symptoms of itching, burning and profuse watering. There is a constant desire to rub the

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eyes, with a gritty feeling and red, sore lids.

**Pulsatilla** is commonly needed for conjunctivitis in children. 'Sticky eye' with profuse yellowish-green, bland discharge especially on waking; the eyelashes stick together. Itching and burning with a sensation of sand in the eye. Also indicated for styes.

**Silica** is indicated for blocked tear ducts or recurrent styes, especially in the inner corner. There may be a gritty sensation within the eye.

**Sulphur** for eyes that are inflamed, hot, dry and burning. The eyelids are red and swollen in the morning and can look tired and droopy.

### Recovery after eye surgery

Apart from the usual surgery remedies, **Arnica** for bruising and swelling and **Hypericum** for nerve damage, consider the following:

**Aconite** is the principle remedy, considered to be the **Arnica** of the eye, shock and healing. **Ignatia** for violent pains in temples. **Rhus tox** for pains shooting into head. **Bryonia**, pains worse from any movement and accompanied by vomiting. **Thuja** with stinging pains in temples. **Ledum** helps disperse bruising.

**What else can I do:** Inflamed eyes can be cleansed using a clean cotton wool pad for each eye and working from the inner eye outward. Use cool boiled water alone or add a few drops of calendula & hypericum or eyebright tincture. Chamomile tea bags that have been steeped in hot water for a few minutes and then cooled may also reduce redness and inflammation when used as a compress.