



International Journal of Homoeopathic Sciences

E-ISSN: 2616-4493
P-ISSN: 2616-4485
www.homoeopathicjournal.com
IJHS 2023; 7(3): 348-350
Received: 10-05-2023
Accepted: 19-06-2023

Dr. Sreevidhya JS
Associate Professor/HOD,
Department of Obstetrics &
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

Corresponding Author:
Dr. Sreevidhya JS
Associate Professor/HOD,
Department of Obstetrics &
Gynaecology, MNR
Homoeopathic Medical
College, Sangareddy,
Telangana, India

Scope of homoeopathy in computer vision syndrome

Dr. Sreevidhya JS

DOI: <https://doi.org/10.33545/26164485.2023.v7.i3f.932>

Abstract

As the usage of computers and video display terminals in the workplace grows, more people report symptoms related to prolonged computer use. These symptoms, including visual and ocular symptoms and musculoskeletal issues, are referred to as Computer Vision Syndrome (CVS). A range of allopathic treatments are available; however, their long-term use and related side effects are restricted. Creating an ergonomically built work environment can help reduce the likelihood of developing CVS symptoms, and other therapies may be useful based on the underlying causes of CVS and accompanying symptoms. Homoeopathy is an alternative medical system that allows the court to select the indicated homoeopathic medicine for the treatment of computer vision syndrome

Keywords: Computer, work environment, homoeopathy, symptoms

Introduction

Computer vision syndrome (CVS) is defined as "a complex of eye and vision problems related to near work experienced during computer use." The labels visual fatigue (VF) and digital eye strain (DES) ^[1] are also used to describe CVS, reflecting the various digital gadgets associated with possible difficulties. Without question, the arrival of computers revolutionized and improved society; nonetheless, it is associated with health-related issues. Prolonged computer use has been linked to musculoskeletal symptoms such as tingling and numbness of the fingers, cervical stiffness, and backache. ^[1] Visual and ocular issues have recently been described as the most common ^[1, 2].

Prevalence

Children are especially prone to CVS due to the delayed diagnosis procedure, as symptoms may not appear until they are adults. According to a previous study, the prevalence of CVS among computer users ranges from 64% to 90%. It is estimated that over 60 million people worldwide suffer from CVS, with approximately 1 million new instances emerging each year. Approximately 70% of global computer users report experiencing vision problems, and the number of those affected is growing.

Risk Factors

Many risk factors could lead to the development and aggravation of CVS symptoms. They include poor lighting of the computer screen (brightness and contrast), the brightness in the working area, the continuous blaring of the digital screen without blinking the eyes are looking at the Screen without rest, duration of computer use, improper viewing distances of the screen, leaning forward close to the device for clear vision and focusing, poor or abnormal sitting position, improper workstation setup, blue light emitting from the devices, uncorrected refraction And several medications that worsen CVS symptoms. ^[1-4]

Pathophysiology

Computer vision syndrome symptoms are induced by three potential mechanisms: (i) extraocular mechanism, (ii) accommodating mechanism, and (iii) ocular surface mechanism. Musculoskeletal symptoms such as neck stiffness, discomfort, headache, backache, and shoulder pain are caused by the extra ocular system. These symptoms are commonly related to incorrect computer screen placement, which results in muscle sprain.

The blurring of vision, double vision, presbyopia, myopia, and slowness of focus change are all caused by the accommodating mechanism. A transitory myopia was seen in 20% of computer users after the end of their work shift, according to one study ^[6]: Many people have

minor accommodative or binocular issues that do not normally elicit symptoms when performing routine, less stressful visual tasks, but these problems intensify with prolonged computer use.

After prolonged computer use, the ocular surface mechanism causes symptoms such as dryness, redness, a gritty sensation, and burning. These symptoms may be multifactorial; among the common factors associated with dryness and redness of the eyes are cornea dryness, decreased blink rate, increased surface of cornea exposure caused by horizontal gaze at a computer screen, decreased tear production due to the ageing process, contact lens use, medication such as antihistamines, and systemic medical illnesses such as autoimmune connective tissue disease. [6, 8, 11].

Symptoms

- Extraocular symptoms include shoulder pain, neck stiffness, headache, and backache.
- Visual symptoms include blurred vision, double vision, presbyopia, and a delayed change in focus.
- Ocular - Internal (Asthenopic) symptoms - Eye strain, aching in the eye, ache around the eyes, weary eyes, and sore eyes.
- External ocular symptoms include burning, dryness, redness, a gritty sensation, tears, and irritation.
- Reduced attention span, bad behaviour, irritability, dry eyes, ocular irritation, eye strain, headache, neck pain, and shoulder pain have all been documented in children who have had a lengthy history of screen exposure.

Diagnosis

CVS is detected in clinical settings with a thorough eye examination. To confirm that the symptoms are solely attributable to computer use, patients are asked about their general health history, drug use, and environmental factors. The visual impairment is subsequently evaluated using visual acuity management. Eye refractive defects (hypermetropia, astigmatism) are evaluated to determine whether clear vision correction is required. The aqueous deficit is determined by the basal or Schirmer test (an objective measure of lacrimal secondary capacity). Optometrists employ the CVS-Q (Computer Visual Syndrome Questionnaire) for symptomatology, which is a validated questionnaire with good psychometric qualities for measuring CVS in workers exposed to VDTs [10-12].

Management

The primary line of defense against computer vision sickness is prevention. Workplace ergonomics, patient education, and eye care are all critical for controlling the syndrome [1]. The most important strategy for computer vision syndrome management is to eliminate the source of the symptoms. Many of the symptoms of computer vision syndrome can be avoided at work [8].

Homoeopathic Management

1. Euphrasia: Light and candles are quite irritating to the eyes. Dryness in the eyes, as if sleepy, is one of the symptoms. Burning sensation in the eyes, accompanied by frequent blinking. The eyes are filled with acrid water. Dust or sand in the eyes, akin to the sensation of having a hair hanging over one's eyes that needs to be brushed away. When looking at the light, you may get

eye strain. Lachrymation (severe pressure and burning in the left eye), with the left eye appearing smaller and weaker.

- 2. Ruta:** Ruta is a plant extract obtained from the Rutaceae natural order, which is also known as Rue. It is quite helpful in relieving the eye strain and fatigue caused by computer vision syndrome. Aching in the eyes, dullness or weakness of vision, blurred vision, irritation in the eyes with tears, pressure deep in the eyes, burning feeling in the eyes, and headaches are all symptoms of eye strain.
- 3. Picric Acid:** Dryness, tingling, and smarting of the eyes, exacerbated by frequent use and light. Sand in my eyes, severe discomfort, burning, and tears for an hour after waking up. Sticky eyes in the morning, pressure over the eyes, exacerbated by studying and moving, relieved by sitting. Artificial light aggravates eye issues. In the morning, there's acrid, thick material in the corners. To see, items must be brought close to the eyes. Everything was hazy as if I were peering through fog. Brain fog for authors or business owners. Headaches are caused by even minor excitement, mental strain, or overwork.
- 4. Gelsemium:** Gelsemium may be useful in the treatment of double vision problems in computer vision syndrome. This ailment is most typically felt when gazing sideways and is accompanied by a heaviness in the eyes. Aching sensation and redness may also occur, as well as a smoky look before the eyes with pain above. Asthenopic symptoms do not exist, but the condition is distinguished by a high level of eye irritation caused by a lack of muscle tone or activity, which is more of a passive than an active form of asthenosis. In the evening, the eyes may become fragile and sensitive to light. Furthermore, the eyelids may appear large and congested.
- 5. Duboisinum:** Mucous membrane dryness is fairly common. Cool sensation in the eyes. Cool. Sharp pain in the upper eyeball. The eyes are fatigued. Accommodation has been reduced. Glasses allow you to read at a normal distance, but they strain your eyes.
- 6. Senega:** The orbits of the eye hurt. When staring at a thing closely or constantly, the eyes shiver and get watery. Reading causes weakness and wet eyes. Pressure and pressure in the eyeballs, result in decreased visual acuity. When reading, there is blurring and flashing in front of the eyes; wipe them periodically. When heading towards the sinking sun, it appeared to be a smaller sun beneath the first, becoming a somewhat oval form as one gazed down and fading as one bent the head backwards and closed the eyes; the double vision was cured by leaning the head backwards.
- 7. Physostigma:** The main symptom is photophobia. Pupil constriction. The ocular muscles twitch. Dull ache above and between the eyes. The eyes are weak. Acuity of vision. Eye pain, flashes of light, twitching of the eyelids and around the eyes. Myopia. There is a lot of lachrymation. After using the eyes, iliary muscle spasms with discomfort occur. Myopia is becoming worse.
- 8. Kali Phos:** Eyes drooping eyelids, loss of visual acuity owing to tiredness. Occipital headaches improve upon waking; dizziness from laying down, standing up,

sitting, and looking up; headaches of students and those exhausted by weariness; headaches are relieved by mild movement; headaches with tired, empty, and drained stomach sensation.

9. **Natrum Mur:** Headache of the pounding and throbbing variety. In some situations, it feels like small hammers hitting the brain, while in others, it seems like a bursting sensation in the head. In rare situations, there may be dull, severe discomfort in the head. The forehead is largely stiff, with a sense of weight on it. This tension is accompanied by agonising pain in the eyes. Eyes turn crimson as well. The vision is dim, and in certain cases, double vision is evident.
10. **Belladonna:** It is extremely useful in treating dry, red eyes caused by computer vision syndrome. The eyes are swollen and dry. There is a sand-like sensation in the eyes. Deep discomfort in the eyes may be felt, which is exacerbated by movement and light. Double vision may also be reported. It is possible to feel heat and burning in the eyes. Itching and smarting in the eye can occur at times. Belladonna can also help with headaches caused by computer vision syndrome.

Conclusion

Computer vision syndrome affects people of all ages. The use of video display terminals is the key risk factor for the development of this condition. The general people must be taught and made aware of the risks and ergonomic requirements associated with the use of cellphones, laptop computers, televisions, and other video display terminals. Using a homoeopathic similimum in accordance with all of the symptoms also helps with symptom relief and treatment of the condition.

References

1. Chaurasia BD Regional and Applied Dissection and Clinical: lower limb, abdomen and pelvis. 8th Ed. New Delhi: CBS Publishers & Distributors Pvt. Ltd.; c2019.
2. Griffiths KL, Mackey MG, Adamson BJ. The impact of a computerized work Environment on professional occupational groups and behavioural and physiological Risk factors for musculoskeletal symptoms: a literature review. *J Occup Rehabilx.* 2007;17(4):743-765. <https://pubmed.ncbi.nlm.nih.gov/17987369>
3. Collin MJ, Brown B, Bowman KJ. Australia. Visual discomfort and VDTs. *National Occupational Health and Sahttps;* c1988. p. 1-37. [Google Scholar] <https://scholar.google.com/scholar>
4. Clayton Blehm, Seema Vishnu, Ashbala Khattak, Shrabanee Mitra, Richard W Yee. *Computer Vision Syndrome: A Review;* c2005. [https://www.surveyophthalmol.com/article/S0039-625Computer vision syndrome \(CVS\). American Optometric Association. http://www.aoa.org/x5374.xml](https://www.surveyophthalmol.com/article/S0039-625Computer%20vision%20syndrome%20(CVS).%20American%20Optometric%20Association.%20http://www.aoa.org/x5374.xml)
5. Bergqvist UO, Knave BG. Eye discomfort and work with visual display terminals. *Scand J Work Environ Health.* 1994;20(1):27-33. [PubMed] [Google Scholar]<https://pubmed.ncbi.nlm.nih.gov/8016596>
6. *Repertory of the Homoeopathic Materia medica* by J T Kent, Published by B. Jain Publishers (p) ltd, Printed by BB Press Noida, Enriched Indian Edition reprinted from 6th American edition, 53rd impression; c2016.
7. *Pocket manual of Homoeopathic Materia medica with Indian medicine and repertory* by William Boericke,

Published by Indian books and periodicals publishers, Reprinted edition; c2017.

8. *A Concise Repertory of Homoeopathic Medicines* by Dr S R Phatak, Published by B Jain Publishers (P) Ltd, Printed in India, 4th edition, 18th impression; c2019.
9. *Boger Boenninghausen's characteristics and repertory with corrected abbreviations and ord index* by C M Boger, Published by B Jain Publishers (P) Ltd, Printed in India, 42nd impression; c2016.
10. *Homoeopathic Medical Repertory A Modern Alphabetical and Practical Repertory* by Robin Murphy, ND, B Jain Publishers (P) Ltd, Printed in India by Saurabh Printers Pvt. Ltd 3rd Revised Edition; c2009.

How to Cite This Article

Sreevidhya JS. Scope of homoeopathy in computer vision syndrome. *International Journal of Homoeopathic Sciences.* 2023;7(3):348-350.

Creative Commons (CC) License

This is an open access journal, and articles are distributed under the terms of the Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms.