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Conjunctivitis and its homoeopathic management

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Abstract

Conjunctivitis is also known as pinkeye and it is the inflammation of conjunctiva. Children are more prone to it. It is a highly contagious disease but it is rarely serious. It is the most common presentation of eye redness in both primary care and emergency departments. It is the most encountered ophthalmologic condition in clinics throughout the world. The alarming signs of conjunctivitis for more serious intraocular conditions like severe pain painful papillary reaction and decreased vision should be considered. The effective management of conjunctivitis includes the timely diagnosis proper differentiation of various etiologist and appropriate treatment.

Keywords: Conjunctivitis, pink eye, eye inflammation

Introduction

It goes by the label of "pink eye." It is an infection of the whitest part of the eye's outer segment as well as the inner surface of the eyelid. Conjunctivitis will appear as a pinkish or reddish tint in the eye. Aching, burning, or itching could be present. When you woke up, the injured eye might have been cemented shut, and may have screamed more than usual. When the small blood vessels in the conjunctiva enlarge and itch. Although viral infections are the most frequent cause, a bacterial infection can also cause it ^[4]. Even though conjunctivitis seldom impairs vision, it can still be irritating. The conjunctiva lubricates the ocular surface and shields the eye from allergies and infection ^[6].



History of conjunctivitis

S.T. Quellmaz was the first to define the condition, which has been around for a while. In 1881, Crede was the first to treat Leipzig infants with 2% silver nitrate as a preventative for conjunctivitis ^[5].

Etiology

This is the most frequent reason for ocular redness and discharge. Both infectious and noninfectious conditions can result in conjunctivitis. The most common causes of conjunctivitis include viral conjunctivitis, bacterial conjunctivitis, allergy and toxin-induced Conjunctivitis, and conjunctivitis due to an infection.

Infectious conjunctivitis can be brought on by bacteria, viruses, fungi, and parasites. 80% of cases of conjunctivitis are caused by viruses. The most frequent cause of acute conjunctivitis is an adenovirus. Some more common viral pathogens are herpes simplex, enterovirus, and herpes zoster. Children are more likely than adults to develop bacterial conjunctivitis. More typically, the sickness in children is caused by the microorganisms *Moraxella catarrhalis*, *Streptococcus pneumoniae*, and *Hemophilus influenzae*. The bacterial infection *Neisseria gonorrhoea* is the most common cause^[6].

Epidemiology

Conjunctivitis prevalence and incidence may change depending on the underlying cause, and it may be influenced by the age of the patient as well as the time of year.

Infective Conjunctivitis

- The incidence of infectious conjunctivitis is 80,000 per 100,000 episodes of acute conjunctivitis.
- The incidence of infectious conjunctivitis brought on by an adenovirus is roughly 65000–90000 cases per 100,000 cases of viral conjunctivitis.
- There are 1300 to 4800 cases of acute bacterial conjunctivitis, which is brought on by the herpes simplex virus^[7].

Neonatal Conjunctivitis

Neonatal conjunctivitis, also known as ophthalmia neonatorum, continues to cause the blindness of about 10,000 infants each year in the global population.

Allergic Conjunctivitis

According to estimates, there are 6,000 to 40,000 cases of allergic conjunctivitis for every 100,000 people.

Two forms of allergic conjunctivitis exist

1. **Seasonal allergic conjunctivitis:** This condition manifests more quickly and usually follows pollen exposure through the air.
2. **Perennial allergic conjunctivitis:** This condition, which can last a full year, is brought on by a variety of allergens^[8].

Pathophysiology

The inflammation of the conjunctiva causes pink eye or conjunctivitis. Infectious microorganisms or non-infectious irritants are the cause of infection. The characteristic redness, hyperemia, or edema of the conjunctiva is caused by the irritation or dilatation of the conjunctive vessels. There is discharge coming from the eye and the entire conjunctiva is affected. The causative agent has an impact on the discharge's quality. The usual flora, including staphylococci, streptococci, and corynebacteria, colonizes the surface tissue of the eye in bacterial conjunctivitis^[2].

Symptoms^[9, 6]

- Redness on the inner or white of your eyelids.
- More frequent eye tears.
- A thick, yellow discharge that crusts across your eyelashes, particularly after sleeping.
- An eye discharge that is green or white.

- Both eyes in one have a gritty sensation.
- Itching in the eyes (particularly in the allergic pink eye).
- Eye burn (particularly when pink eye is brought on by allergens and chemicals).
- Cloudy vision.
- Enhanced light sensitivity.
- The eyelids are swollen.

Diagnosis

- A review of the patient's medical history to determine the symptoms, the time at which they first manifested, and whether any underlying environmental or general health conditions are aggravating the problem.
- Measurements of visual acuity will reveal whether the vision has been impacted.
- Conjunctiva and outer eye tissue should be examined under bright light and under magnification.
- Examining the eye's inner structures to make sure the problem hasn't hurt any other tissues
- Further examinations, can entail acquiring conjunctive tissue cultures or smears. This is especially important when the condition is chronic or when other treatments are failing^[10].

Risk factors

- Not washing your hands after touching your eyes
- Using contaminated tissues and towels on your face and in your eyes
- Wearing contaminated eye makeup
- Forgetting to clean your contacts or wearing ones that don't fit^[11].

General management^[12]

- Handkerchiefs, tissues, towels, cosmetics, and bed sheets or pillows should not be shared by adults or children with bacterial or viral conjunctivitis.
- Washing your hands frequently is a crucial and highly efficient way to stop the transmission of infection. With water and bar soap, massage wet hands together for 15 to 30 seconds. No need for antibacterial hand soap. Teach children to wash their hands before and after touching their eyes, coughing, or sneezing, as well as before and after eating.
- Alcohol-based hand massages are a good substitute for washing your hands if there isn't a sink nearby. Hand rubs should be used often and should cover the full surface of the hands, fingers, and wrists.

Homeopathy management^[13, 14, 15]

Euphrasia officinalis

It functions best for catarrhal conjunctivitis. Constantly, an unpleasant, watery discharge comes from the eyes. Dull coryza with thick, erosive discharge. Eyelids that are stinging and swollen. The mucus that sticks to the cornea must want to be taken off. Irritation and ptosis caused by arthritis.

Allium cepa

Red eyes with lachrymation that is burning and smarting. Susceptible to light. In the open air, eyes exhibit bland lachrymation better. Eyelids that are burning. Abundant, watery, and bitter discharge.

Argentum nitricum

It works well as a treatment for acute conjunctivitis. Red and swollen in the inner canthi. Purulent and profuse discharge of blurred vision. Conjunctiva edema is really severe. Unable to maintain steady, fixed eyes. Fatigued and achy in the eyes. Corneal ulcer and opaque cornea. Chronic eyelid ulceration causes soreness, thickening, and swelling of the eyes.

Pulsatilla pratensis

It works well as a treatment for acute conjunctivitis. Red and swollen in the inner canthi. Purulent and profuse discharge of blurred vision. Conjunctiva edema is really severe. Unable to maintain steady, fixed eyes. Fatigued and achy in the eyes. Corneal ulcer and opaque cornea. Chronic eyelid ulceration causes soreness, thickening, and swelling of the eyes.

Aconitum napellus

Eyes that are flaming red. The feeling in the eyes is hot and dry as if there is sand in the eyelids. Eyelids are heated and swollen. Excessive watery eye discharge when exposed to cold, dry air, and snow reflection after cinders and other foreign objects have been removed. a dislike of light.

Mercurius solubilis

The eyes are irritated and the eyelids are red and swollen with an unpleasant, burning discharge. The eyes burn and itch when tears are frequently shed. Oftentimes, symptoms are aggravated by heat, cold, and staying awake at night. When the symptom profile for a head cold progresses to the eyes, Merc Sol is frequently necessary.

Dulcamara

It is usually used for head colds that develop acute conjunctivitis after spreading to the eyes. A thick yellow discharge emerges when the eyes become swollen and irritated. Rainy weather frequently causes the symptoms or makes them worse.

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