

## Diet and Regimen for your Eye Health

1. Use of milk, ghee, butter, buttermilk, dates, badam as well as carrot, beet etc. in the diet is useful for eye health. In old age try to consume turmeric powder, raw garlic and avala (**amalaki**) in your diet. Avoid use of tobacco, alcohol and other narcotics as these can weakness of sight due to their toxic effects.
2. In children eyes should be examined after every 1 year, especially if their parents are using glasses for distant vision. Laser treatment helps to correct short-sight (myopia) but it doesn't help to control increasing spectacle number.
3. While doing reading or writing there should be uniformly spread light in the room. Your sitting position should be such that light should fall from left side or from above. Those doing continuous computer use or lot of near work should take a break after every half an hour and keep the palm over the closed eyes for half a minute. This will help to reduce dryness of eyes and eye strain. Similarly try to look at distance objects outside a window and sprinkle cold water over the closed eyes to reduce eye strain.
4. Avoid reading in a moving vehicle. Avoid watching television or working on laptop in a dark room. After the age of 40, eyes should be checked after every 2 years from an eye specialist as Cataract, Glaucoma and diseases of retina usually starts at this age. Whereas diabetic individuals should check their eyes every year so that retinal problems related to diabetes can be detected early and treated in time so as to avoid its blinding complications.