

An 11-Year-Old Child With Myopia A Homeopathic Case Report

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Abstract: Childhood myopia is a common refractive error that usually commences between five and thirteen years of age and continues to progress during the period of body growth with no major progression after 25 years. Worldwide increase in its prevalence and progression during the last few decades has been attributed to excessive near vision tasks apart from its hereditary nature. Topical use of *Atropine* 1% was found effective in controlling myopia; however its side effects and the rebound effect after stopping the treatment discouraged its use. Homeopathy can be an effective and safe treatment for this condition. This case involves an eleven-year-old girl with progressive myopia for the last five years. Systemic, intermittent use of homeopathic *Ruta graveolens* 3C, followed by individualized homeopathic treatment, has controlled her myopia with no further progression after two years of discontinuing treatment.

Keywords: childhood myopia, homeopathic treatment of; *Ruta graveolens*, *Medorrhinum*, *Pulsatilla nigricans*

The following case is formatted according to CARE guidelines (1)

Introduction

Childhood (simple) myopia is a common error of refraction where affected individuals experience dimness of vision for distant objects. It is defined as a dioptric condition of the eye in which, with accommodation at rest, incident parallel rays come to a focus anterior to the light sensitive layer of the retina.⁽²⁾ It is a type of axial myopia that commences between five and thirteen years of age and continues to progress with no major change after 25 years.⁽³⁾ Etiology of myopia includes heredity, excessive accommodation and convergence, reduced rigidity of the sclera, hormonal imbalances, systemic diseases, diet, etc. Even though heredity plays a major role in its incidence, the worldwide increase in the prevalence and progression of myopia during the last few decades has been attributed mainly to excessive near vision work. Different studies have observed reduced accommodative response in myopes than in emmetropes.⁽⁴⁾ Different measures have been used to control myopia, including the use of multifocal spectacles, contact lenses and pharmaceutical agents. The topical use of *Atropine* 1% was found effective in controlling myopia, but the side effects and the rebound effect after stopping the treatment limited its use.⁽⁵⁾ Homeopathy offers a therapeutic option for myopia; however a published case study on myopia is lacking. This case report was presented to show the usefulness of homeopathy in controlling the progression of childhood myopia even after the discontinuation of treatment two years ago.

[See Table 1 and Timeline on following pages.]

Patient Information

An eleven-year-old school girl was brought in by her parents on December 28, 2005, to our Institute's Out-Patient Department with a complaint of dimness of vision for the last two months and increasing inability to see the blackboard at school with her existing glasses. She was diagnosed with simple myopia at age six when she started using glasses with a strength of -2.0 diopters that increased almost yearly due to progression of her myopia. Her last change in her eyeglass prescription was eight months prior because of worsening of vision. Patient had no major illnesses or use of medications in the past except for an allergy to earrings that caused itching and oozing of her ear lobules. Family history was positive for myopia; her mother had a moderate case and her maternal aunt and uncle used eyeglasses during their college days. Her father was a diabetic with numerous warts on his neck.

Personal history revealed that she was hot thermally and desired a fan in her room except for the two to three months of winter. She drank water only during meals and she preferred sour foods and milk. She dreamed most nights, but she did not remember them. She was obedient, sympathetic, mild and shy, with a tearful disposition. She was fearful