

# Update Ayurveda-2002

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Progress through Partnership



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## Souvenir and Abstract Book

**-:ABSTRACT:-**

**AYURVEDIC TREATMENT OF AGE RELATED  
MACULAR DEGENERATION**

(Pilot study)

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**Introduction:-**

Age related macular degeneration (A.R.M.D) is an eye diseases, where there is a chronic degenerative disorder of the macula of unknown aetiology which give rise to irreversible loss of central vision among the people above the age of 50 years. The macula (central portion of retina) is important for central vision-reading, driving and colour vision. This diseases causes macula to breakdown and degenerate leading to geographical atrophy, serous detachment of retinal pigment epithelium and or choroidal neovascularisation. A.R.M.D is one of the leading cause of blindness, about 25-30 million are affected world-wide. There are two varieties of A.R.M.D one dry variety and other is wet variety. As there is no satisfactorily treatment available in modern medicine, ayurvedic treatment was tried in these cases for last three years.

**Aims:-**

To stabilize the progressive loss of central vision and to improve the vision with the help of ayurvedic medicines in A.R.M.D. cases.

**Methodology:-**

Both varieties of A.R.M.D cases were taken for clinical trials.

Total patients studied were twentyfive, out of which dry degeneration cases were eighteen and seven were of wet variety.

To study the patients following points were noted:-

History taking, Eye examination- includes vision test, colour vision, amsler's grid test, intra ocular pressure, fundus exam in detail including fundus photography & fluorescein angiography. General exam. especially B.P, cardiac & renal functions check up. Blood investigations:- Haemogram & E.S.R, Cholesterol, Creatinine, urea. .

Ayurvedic medicine was prepared in a powdered form and was given with ghee in a dose of 250 mg. Q .I. D. There is no contraindication for this treatment.

Follow up was done after every every six months & following points were noted:- vision test, colour vision, amsler' grid test, fundus -photo.

Three years of follow up was done in this study.

**Results:-**

In dry variety out of eighteen patients fourteen patients came for regular follow up showed improvement in there vision . In wet variety out of seven patients five patients who came for followup regularly showed absorption of haemorrhage in retina with improvement in their central vision.& no further incidence of haemorrhage was noticed during last three years of follow up. Those who failed to continue showed macular degeneration, haemorrhage resulting in progressive loss of central vision.

**Conclusion:-**

Thus Ayurvedic medicine was found to be useful not only in arresting the degenerative change at the macula but also helpful in improving the central vision in cases of A.R.M.D.

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