

Ayurvedic management of Branch Retinal Vein Occlusion: a case study

Abegunasekara NS, Peiris KPP

Department of Shalya Shalakya, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala, Sri Lanka

Abstract

Branch Retinal Vein Occlusion (BRVO) is one of the major causes of sudden painless loss of vision after diabetic retinopathy. Two third of patients with ischemic BRVO are prone to blindness. There has been no treatment identified so far to reverse open the blocked vessels to maintain perfusion and the available treatment modality (laser photocoagulation) is not effective in the absence of macular perfusion. The purpose of this study was to evaluate the efficacy of selected Ayurveda modalities in the management of BRVO and to study the pathogenesis of BRVO. A 68 year-old male patient with unilateral BRVO reported to the *Shalakya* clinic, having a visual acuity 3/60 in right eye and 6/24 in left eye with distorted vision and visual field defect. His near vision was CF in right eye and N8 in left eye. The patient did not have any other complications such as diabetic, hypertension or any other systemic disease. He was administrated with selected Ayurveda modalities for three (03) months continuously. Treatment protocol consisted of local and systemic therapies. After 14 days of therapy, there was marked improvement of visual acuity. At the end of follow-up period complete remission of symptoms was observed. Thus it is concluded that the treatment protocol which was used to treat the patient was effective in the management of BRVO.

Keywords: BRVO, visual acuity, near vision

Corresponding E-mail: nadeeabegunasekara@gmail.com