

Abstract No. 20

Evaluation of the efficacy of leech application in the management of immature cataract

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Abstract

Visual disorders have been represented the most complex problem in the field of ophthalmology and has been of great interest since the dawn of human life on this earth. While immature cataract is a physiological anomaly of accommodation, which is very common and almost occurs to all persons around 40 years of age, it cannot accommodate the near object distinctly due to loss of plasticity of the lens due to aging process. Our ancient text known as *Susruthasamhitha* has given much attention to these types of eye disorders. While describing the *Drishtigatha Rogas* he elaborately described the *Patalas* and its pathological disorders leading to immature cataract. This is for the 1st time, the treatment modality in the management of immature cataract is taken for research work. In the clinical study 28 eyes of patients were selected and divided in to two groups. Leech application was done to group A and *Anjana* therapy was done to group B. Subjective and objective criteria were used as parameters to assess the improvement. From the observations and results which were received from this study , it can be concluded that Group A, was provided better results in the symptoms of *sameepastha/ durastha Avyaktha darshana* ,*Vihwaladarshana*, *Dwidhadarshana*, headache and eye strain .The treatment given to group B, has been positive for symptoms of *Sameepastha / durastha Avyakhtha darshana*, *dwidhadarshana* and headache. Leech therapy is effective for symptoms of *Vihwaladarshana* and eye strain than *Anjana* therapy. Treatments given for all 2 groups were successful for visual acuity (distant vision, near vision), Lenticular Opacity and red reflex. In nutshell, both treatments are in significant level when considering p - value. When comparing p - value of the treatments p value of the *Anjana* therapy is more significant than the Leech therapy.

Keywords: Immature Cataract, *Anjana*, Leech therapy

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