

Regaining visual fields in a case of POAG: an integrative approach

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Abstract

According to WHO, glaucoma is the second leading cause of blindness [12.3%] worldwide. Present available treatment options in allopathic medicine for glaucoma have very little encouraging results for neuro protection. This case report narrates a motivating experience in treating glaucoma with an integrative approach with Ayurved and modern Ophthalmology. A 42 year-old, married, non-smoking, non-alcoholic Asian female housewife presented with symptoms of dimness of vision in both eyes [LE>RE] and moderate headache. On examination, she had vision RE-6/36, LE-counting fingers, both eyes IOP before mydriasis on NCT was 18 mmHg, which was found to be raised to RE-25mmHg, LE-22mmHg after mydriasis. The anterior chambers of her both eyes were shallow, Fundus revealed bilateral glaucomatous cupping [RE-0.9:1, LE-0.7:1]. Patient had similar symptoms experienced in the past, for which she had taken modern medicinal treatment for short and at irregular intervals. She had undergone visual field analysis and OCT of both eyes six years ago, stating bilateral glaucomatous advance changes. She had started local antiglaucoma eye drops with which the IOP came to near normal. [RE-18.9 mmHg, Le-14.6 mmHg] The patient was advised to take Ayurvedic treatment along with routine antiglaucoma medicines specially from systemic health and neuro protection point of view. She was also advised on systemic *Shaman cikitsa* and local treatments including *Bidalaka, Shirotarpana, Anjan*. She also underwent *Basti cikitsa* for 16 days. She responded well to this integrative line of treatment. Marked visual recovery was noted both on Snellen's chart as well as in field analysis within 4 months after starting Ayurvedic treatment which sustained thereafter.

Keywords: Glaucoma, visual fields, integrative approach.

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