

Homeopathic Healthcare
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Eye Injuries

Homeopathic medicine enjoys a long history of helping patients with various injuries of the eyes. Of course, if you or yours suffers an eye injury, prompt ophthalmologic care is a must. After your eye exam, however, homeopathic medicine, even taken in conjunction with conventional treatment, can help promote a rapid recovery from most eye and/or surrounding tissue injuries.

Below is a list of the more common homeopathic remedies, which will cover most instances of various eye injuries. They are intended for internal, oral application. Dosage will vary with the severity of injury or discomfort, ranging from one dose every 1-2 hours to only 2-3 times a day. Recommended remedy potencies are either 30C or 200C.

Common Homeopathic Remedies for Eye Injuries

Aconitum (Monkshood): When fear and anxiety result from the injury to the eye. Inflammation after injury.

Arnica (Leopard's Bane): As it is typically in any soft tissue injury due to blunt force trauma, Arnica is the first remedy for blunt injuries to the eye and surrounding area. The area feels sore and bruised; the patient will be wary of anyone approaching who might want to touch the eye.

Symphytum (Comfrey): Again for blunt force trauma when Arnica fails to help, especially when there is pain in the actual eyeball versus surrounding structures.

Ledum (Marsh tea): Useful a few days after Arnica for unresolving black eye/subconjunctival hemorrhage, especially if the eye feels cold and numb. (It might well prove helpful for deeper injuries to the eye; eg, to the conjunctiva or iris – hyphema. Aching pain and bleeding.)

Hamamelis (Witch-hazel): For subconjunctival hemorrhage not resolving under action of Arnica or Ledum.

Staphysagria (Stavesacre): Useful for lacerations to the eye, as after surgery (eg, cataract surgery) when there is sharp pain at the incision site.

Euphrasia (Eyebright): Useful for inflammation of the eye after injury (corneal abrasion), with profuse lacrimation of burning tears.

Hypericum (St. John's wort) : Exquisite, severe nerve pain after injuries to the eyes; eg, corneal abrasion, foreign body or other injury.

Foreign Bodies (after their removal)

Aconitum, Euphrasia, Hypericum per the indications preceding.

If the eyeball has been penetrated, *Aconitum* or *Sulphur* is usually indicated; *Sulphuric acidum* applies to intraocular (inside the eyeball) hemorrhage.

Conjunctival Inflammation after Injury (of foreign bodies, chemical injuries)

Calcarea carbonica: corneal ulcers, scarring; photophobia; sensitivity to cold air; dim, misty vision.

Hamamelis: sore, bloodshot eyes.

Hepar sulphuris calcareum: Corneal ulcers with great sensitivity to touch and cold air.

Pulsatilla: Purulent discharge, bland and non-excoriating - the opposite of the burning discharge of Euphrasia.

Sulphur: Heat, burning and redness of the eye.

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