



Ayurveda: The Less Explored Yet Effective Cure For Diabetic Retinopathy By-Acharya Manish Founder Shuddhi Ayurveda

JANUARY 11, 2021



Diabetic retinopathy is a deleterious ailment in which blood vessels in the retina get haemorrhaged causing damage of tissues in the retina consequently leading to impaired vision, blurred vision or even complete loss of vision at times. The disease is generally suffered by diabetic patients suffering from prolonged high blood sugar levels and high cholesterol levels. Apart from uncontrolled glucose levels factors like high blood pressure and tobacco smoking as well are causes of the disease.

The course of this disease can be understood through the four stages in which it occurs in patients. In the first stage, namely mild non-proliferative stage, balloon-like swelling occurs in small areas of the blood vessels in the retina. In the second stage which is called the moderate non-proliferative stage some of the blood vessels in the retina get blocked due to the swelling. In the third stage known as severe non-proliferative the blood vessels nourishing the eye get blocked which signals the retina to get new blood vessels. In the last stage known as proliferative stage the blood vessels begin to leak and bleed often causing scared tissues, retinal detachment etc.

Ayurveda has been known to effectively cure this disease in several patients over the years. However, the stage at which the disease has been detected and the time when the treatment starts are very crucial to the result and effectiveness of the treatment. The sooner the treatment begins the greater are the chances of complete recovery. Ayurveda gives three-dimensional protection against diabetic retinopathy. The dimensions of treatment in Ayurveda can be understood as-

1. Preventing the onset- Ayurveda has several medicines and treatments which help the body in maintaining good metabolism and blood pressure rate. There are detoxification processes and weight loss treatments which will help the people acquire a healthy lifestyle and deprive the disease of any access to the body.
2. Preserving existing vision- once a person has been victim to the disease, and a certain degree of loss has already taken place it becomes important to preserve the existing health and vision of the eye. Ayurvedic compositions and remedial techniques can help preserving the existing vision and curing the damage done simultaneously.
3. Regaining lost vision- Ayurveda has helped numerous patients in curing diabetic retinopathy and regaining their lost vision. Ayurveda is the branch of miraculous ancient medicines and is capable of curing diabetic retinopathy effectively.

There are several ayurvedic treatments which can be followed in order to mitigate the effects of the disease. Following a healthy diet with fruits rich n vitamin- A and vitamin- C is a must. Apart from a healthy diet there are other ayurvedic techniques which can work wonders for you. Some of these techniques are detoxification in which toxin build-up from the body is removed, Nasya in which treatment is done through nasal routes, AkshiTarpan and AkshiSek which help in improving the vision by lessening intra ocular pressure and repairing blood vessels in the retina respectively. Other effective techniques are Shirodhara, Shirolepa and Shiropichu which curb the hyper functionality and hypo functionality of energies in the body to ensure overall health and longevity.

