Home Remedies for Retinopathy, Effective Natural Treatment by Jhon Napier

Article published on December 2nd 2011 | Alternative Medicine

Visual problems or blindness caused by leakage of blood vessels on the retina is known as retinopathy. This condition is caused by diabetes. Diabetes has become most common ailment these days. Damage caused by retinopathy can be slow and gradual but if left unattained then it can cause blindness. Some of the factors responsible to cause retinopathy are arterial hypertension, sickle cell disease, heredity, pheochromocytoma, diabetes, ciliopathy, retinal vein occlusion, much exposure to sunlight and pre-maturity of new born baby. Some of the common symptoms of retinopathy are blind spots, distorted shapes, floaters, blurred or dim vision, flashing light, reduced visual sharpness, black spots, loss of night vision and difficulty visualizing detailed work.

Retinopathy Home Remedies

There are several home remedies for retinopathy which are safe to use and simple to follow. Some of the popular home remedies for retinopathy are:

1. Bilberry is one of the most efficient home remedies for retinopathy. It gives strength to the blood vessels and capillaries in the retina. It helps to diminish the damage of retinopathy and reduces the eye pressure.

2. Carotenoid and vitamin A help in improving the health of eye and the vision. You can try consuming carrots as it is a rich source of vitamin A. Carrot juice is also equally beneficial. Spinach is another rich source of carotenoid.

3. Garlic is also very helpful in treating retinopathy. You can consume it raw or add in your meals.

4. Grape seeds are also effective in treating retinopathy. They are known to contain procyanidins which helps in stopping blood leakage and clotting, improves night vision and nourishes the eyes.

5. Parsley is another effective home remedy for retinopathy. It helps to boost macula health. It contains substances like zeaxanthin and lutenin as well as vitamin C. Consume parsley on daily basis in order to benefit from it.

6. Eat a balanced diet with essential nutrients and exercise on daily basis.

7. Stress can cause diabetes, hypertension and increases the chances of retinopathy. You can even try meditation, breathing exercises, listening to music and yoga in order to reduce the stress.

8. Omega-3 fatty acids can be very beneficial in treating retinopathy. It is found in oily fish like tuna, salmon, herring, halibut and sardines. Try to consume these fishes on regular basis in order to provide your body with essential omega-3 fatty acids.

9. Ginkgo bilboa is an herb which is known to clear toxins and increase the delivery of nutrients and oxygen to the eye.

10. Alpha lipoic acid is an antioxidant which helps in maintaining the sugar levels in the blood. Have a diet rich in fiber to stop the fluctuation of sugar levels in the body.

11. Do some basic eye exercises such as moving your eyes clockwise, anticlockwise, up and down and append circular motion. This will be very helpful in strengthening your eyes. This is one of the

most effective home remedies for retinopathy.

12. Quercitin is a flavonoid which is very helpful in slowing down the formation of insulin like growth factor and prevents diabetes. It also reduces histamine formation and high blood pressure.

These were some of the effective home remedies for retinopathy which are simple, safe and easy to use.

Article Source:
http://www.articleside.com/alternative-medicine-articles/home-remedies-for-retinopathy-effective-natural-treatment.htm - Article Side

Jhon Napier - About Author:
Read more a Home Remedies for Retinopathy. Also know useful a Home Remedies for Rheumatoid Arthritis. Read effective a Home Remedies for Quit Smoking.

Article Keywords:
home remedies for retinopathy, retinopathy home remedies, retinopathy remedies, remedies for retinopathy, natural treatment for retinopathy

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!