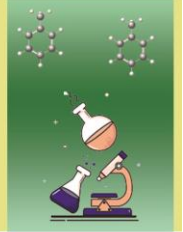


**JBP****Journal of Biochemicals and Phytomedicine**

eISSN: 2958-8561



## Blurred Vision and Medicinal Plants

Dhiya Altememy<sup>1\*</sup> 

<sup>1</sup>Department of Pharmaceutics, College of Pharmacy, Al-Zahraa University for Women, Karbala, Iraq

### ARTICLE INFO

**Article Type:**

Letter to Editor

**Article History:**

Received: 15 Feb 2024

Revised: 15 Mar 2024

Accepted: 16 Mar 2024

Available online: 30 Jun 2024

**Keywords:**

Blurred vision,  
Traditional medicine,  
Medicinal plants,  
Remedy

**\* Corresponding authors:**

**E-mail:** dhiya\_altememy@yahoo.com

### ABSTRACT

Blurred vision is a prevalent issue impacting numerous individuals. Traditional medicine provides various oral formulations aimed at improving vision and strengthening ocular health. Medicinal plants such as milk thistle, ginkgo biloba, fennel, saffron, green tea, charcoal, grapes, cineraria, chamomile, turmeric, aloe vera, olive, plum, cherry, spinach, peanut, clove, peach, celery, and mango are renowned for their vision-enhancing properties. These plants are believed to improve visual acuity and alleviate blurred vision through multiple mechanisms, including liver detoxification, reduction of eye redness and excessive tearing, clearing of floaters, and enhancement of light sensitivity. They address deficiencies in Qi within the liver and kidneys, protect nerve cells, improve retinal blood flow, and reduce intraocular pressure. The pharmacological effects of these plants are attributed to their secondary active compounds and antioxidant properties.

**Please cite this paper as:**

Altememy D. Blurred vision and medicinal plants. Journal of Biochemicals and Phytomedicine. 2024; 3(1): 3-4. doi: 10.34172/jbp.2024.2.

### Dear Editor,

As people age, their eyes, like other body parts, may not function as well (Mselle et al., 1998). Blurred vision is a prevalent issue often attributed to eye weakness, leading many to seek ophthalmologic care and consider glasses as a solution. However, blurred vision can stem from causes other than eye weakness, such as brain diseases like multiple sclerosis (MS), brain tumors, and other conditions (Shingleton and O'Donoghue, 2000). Factors such as unhealthy diets, exposure to sunlight, toxic substances, infections, and physical and mental stress generate free radicals—unstable molecules that damage body cells, including those in the eyes (Congdon and West, 1999).

Traditional medicine emphasizes improving vision and eye strength through various oral formulations. Vision-enhancing medicinal plants include milk thistle, ginkgo biloba, fennel, saffron, green tea, charcoal, grapes, cineraria, chamomile, turmeric, aloe vera, olive, plum,

cherry, spinach, peanut, clove, peach, celery, and mango. These plants alleviate blurred vision and enhance eyesight through several mechanisms. Many cleanse the liver, reduce eye redness, clear floating spots, and improve sensitivity to light. They address deficiencies in Qi in the liver and kidneys, correcting blurred vision and preventing vision loss. Additionally, these plants contain antioxidants that protect nerve cells, enhance blood flow to the retina, and reduce fluid production in the eye, which can lower the risk of glaucoma. Rich in secondary active ingredients and natural antioxidants, these medicinal plants exert their pharmacological effects through specific mechanisms (Tewari et al., 2019; Memarzadeh et al., 2018; Huynh et al., 2013).

### Conflict of interest

There are no conflicts of interest.

## Acknowledgement

None.

## Consent for publications

The author approved the manuscript for publication.

## Funding/support

None.

## Authors' contributions

DA has provided the letter.

## Ethical considerations

All ethical issues (including plagiarism, misconduct, data fabrication, falsification, double publication, or redundancy) have been thoroughly observed by the author.

## References

Congdon NG, West Jr KP. Nutrition and the eye. *Current Opinion in Ophthalmology*. 1999;10(6):464-73. doi: 10.1097/00055735-199912000-00016.

Huynh TP, Mann SN, Mandal NA. Botanical compounds: effects on major eye diseases. *Evidence-Based Complementary and Alternative Medicine*. 2013;2013. <https://doi.org/10.1155/2013/549174>.

Memarzadeh E, Luther T, Heidari-Soureshjani S. Effect and Mechanisms of Medicinal Plants on Dry Eye Disease: A Systematic Review. *Journal of Clinical and Diagnostic Research*. 2018;12(9). doi:10.7860/JCDR/2018/36409.12042.

Mselle J. Visual impact of using traditional medicine on the injured eye in Africa. *Acta Tropica*. 1998;70(2):185-92. doi: 10.1016/s0001-706x(98)00008-4.

Shingleton BJ, O'Donoghue MW. Blurred vision. *New England Journal of Medicine*. 2000;343(8):556-62. doi: 10.1056/NEJM200008243430807.

Tewari D, Samoilă O, Gocan D, Mocan A, Moldovan C, Devkota HP, Atanasov AG, Zengin G, Echeverría J, Vodnar D, Szabo B. Medicinal plants and natural products used in cataract management. *Frontiers in Pharmacology*. 2019;10:466. doi: 10.3389/fphar.2019.00466.

Copyright © 2024 The Author(s). This is an open-access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.