

Homeopathy and Ophthalmology

Challenges in Conventional Ophthalmology Care

One of the more challenging problems in the management of ophthalmologic disease in the United States is the myriad of side effects resulting from conventional medical treatment.¹ These medication side effects reduce patient compliance, prolong suffering and increase both morbidity and mortality from these conditions. Homeopathic treatment, on the other hand, treats these eye illnesses without inducing medication related side effects, and in many cases (i.e., glaucoma) has been shown to reduce the need for conventional medications as well as the need to repeat them so frequently.

For example, intravitreal injections for conditions like wet macular degeneration are sometimes associated with severe and intolerable side effects including endophthalmitis, glaucoma, retinal detachment, cardiovascular events and stroke. Because these injections are recommended monthly, or bimonthly, the cumulative risk of developing complications is significant.²

Cost

The cost for these injections amounts to nearly 12% of the annual *Medicare Part B* budget. A recent 5-year analysis estimated that the total expenditure for these procedures alone has reached a staggering \$1.3 billion and continues to rise.³ Several published articles in peer reviewed journals demonstrate the benefits of using homeopathy in the management of these and other chronic eye diseases.^{4 5 6}

Homeopathic Medicine in Ophthalmology

Clinical (unpublished) data on the co-administration of homeopathic medicine demonstrates a reduction in the need and frequency for intraocular injections, a reduction in the complication rate from these injections, and a reduction in the cost of treatment.⁷

Homeopathic medicine has been shown to be extremely effective in the treatment of both conjunctivitis⁸ and dry eyes, two conditions whose combined cost is more than \$4.43 billion

¹ Radhakrishnan, S., MD, & Iwach, A., MD. (2016). [Glaucoma Medications and their Side Effects](https://www.glaucoma.org/gleams/glaucoma-medications-and-their-side-effects.php). Retrieved December 17, 2018, from <https://www.glaucoma.org/gleams/glaucoma-medications-and-their-side-effects.php>

²Falavarjani, K. G., & Nguyen, Q. D. (2013). [Adverse events and complications associated with intravitreal injection of anti-VEGF agents: a review of literature](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3709385/). *Eye*, 27(7), 787. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3709385/>

³ [Medicare Spending on Anti-Vascular Endothelial Growth Factor Medications](https://www.sciencedirect.com/science/article/abs/pii/S2468653017305869)
Shriji Patel, MDCorrespondence information about the author MD Shriji Patel
<https://www.sciencedirect.com/science/article/abs/pii/S2468653017305869>

⁴Kondrot EC. [The Use of Homeopathy in the treatment of chronic disease Eye Disease from a homeopathic Perspective](http://www.healingtheeye.com/Articles/Homeeo-eye-disease.pdf). *Am J Homeop Med* 2012;105(3): 108-112. <http://www.healingtheeye.com/Articles/Homeeo-eye-disease.pdf>

⁵Kondrot EC. [Three Cases of ARMD](https://tinyurl.com/HomeopathyChronicEyeDisease). *Am J Homeop Med* 2017; 110(4): 20-25. <https://tinyurl.com/HomeopathyChronicEyeDisease>

⁶ Whitmont RD. [A Case of Vitritis, Iritis-Panuveitis, and Retinal Hemorrhage](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5011113/). *Am J Homeop Med* 2018;111(3).

⁷ Clinical Notes: Kondrot EC, submitted October 2018. <https://homeopathychoice.org/wp-content/uploads/2019/01/A-Case-of-Vitritis-Iritis-Panuveitis-and-Retinal-Hemorrhage.pdf>

⁸ Verma,DK, Verma,SK, Atray JP, et al. [Homeopathy and epidemic viral conjunctivitis. A single blind study](https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0032-1328150). *Homeopathic Links* 2013;26:58-62. <https://www.thieme-connect.com/products/ejournals/abstract/10.1055/s-0032-1328150>

annually.⁹⁻¹⁰ Homeopathic treatment is far less costly and in some cases much more effective than conventional treatment without inducing antibiotic resistance or recurrent infections.

Other published data demonstrate the benefit of using homeopathic medicine in many other ophthalmic conditions including the treatment of ocular trauma,¹¹ conjunctivitis,^{12,13,14} epidemic conjunctivitis,^{15,16,17} diabetic retinopathy,¹⁸ neonatal ophthalmic infections,¹⁹ hemorrhagic conjunctivitis,²⁰ myopia,^{21,22} and prevention (homeoprophylaxis) of conjunctivitis.²³

Many ophthalmologic conditions have been shown to respond favorably to homeopathic treatment without inducing side effects commonly associated with conventional medical treatments. There are distinct advantages to using homeopathy in the treatment of both acute and chronic ophthalmic conditions that FDA and other agencies should consider in determining the usefulness of using homeopathy in primary care.

About the Author

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⁹ Smith AF, Waycaster C. [Estimate of the direct and indirect annual cost of bacterial conjunctivitis in the United States](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2791746/). *BMC Ophthalmol*. 2009; 9: 13.

¹⁰ Yu JI, Asche CV, Fairchild CJ. [The economic burden of dry eye disease in the United States: a decision tree analysis](https://www.ncbi.nlm.nih.gov/pubmed/21045640). *Cornea* 2011;30(4):379-87. doi: 10.1097/ICO.0b013e3181f7f363.

¹¹ Andreu AAC, González,HC, Sánchez,C, et al. [Uso del arnica y el phosphorus en el tratamiento del hifema traumatico](https://docplayer.es/58017337-Revista-medica-de-homeopatia.html). *Rev Med Homeopat* 2009.

¹² Fayard AL. [Traitement de l'irritation oculaire par un collyre homeopathique associant Euphrasia, Calendula et Magnesia carbonica \(HOMEOPTIC\)](https://www.homeopathy.gr/files/sfh-lhmi-congress-2008.pdf). *Proceedings 63rd Congress LMHI*. 2008

¹³ Vingolo EM, Domanico D, Leopardi,S, et al. [Trattamento della irritazione oculare con collirio omeopatico "Euphrasia Calendula - Magnesia Carbonica BOIRON\(R\)"](https://www.researchgate.net/publication/290014264). *Bollettino di Oculistica* 2007.

¹⁴ Küstermann RW, Weiser M, Klein P. [Antihomotoxic treatment of conjunctivitis. Results of a prospective, controlled, observational cohort study](https://www.researchgate.net/publication/290014264). *Biologische Medizin* 2001.

¹⁵ Krishnamurty PS. [Conjunctivitis epidemic- India 1996 - Improving the success of homeopathy](https://www.ccrhindia.nic.in/admnis/admin/showimg.aspx?ID=13202). *Proceedings 52nd LMHI Congress* 1997.

¹⁶ De TK, Pramanik MS. [Research study of homeopathic drugs in conjunctivitis epidemic](https://www.ccrhindia.nic.in/admnis/admin/showimg.aspx?ID=13202). CCRH 1983.

¹⁷ Kumta PS. [The effectiveness of homeopathic medicines in epidemic acute viral conjunctivitis](https://www.researchgate.net/publication/291208543). *Hahnemann Gleanings* 1977;44:272-276.

¹⁸ Zicari D, Ricciotti F, Vingolo EM. Et al. [Evaluation of the angioprotective action of arnica preparations in the treatment of diabetic retinopathy](https://www.researchgate.net/publication/291208543). *Boll Oculist* 1992.

¹⁹ Stoffel L, Zimmermann,D, Hunkeler R, et al. [Euphrasia-Augentropfen bei Neugeborenen: Ein Pilotprojekt](https://www.karger.com/Article/Abstract/283798) *Schweizerische Zeitschrift für Ganzheitsmedizin* 2007.

²⁰ Varela JMR, Rodriguez,MC, Diaz JHT, et al. [Terapéutica homeopática en la Queratoconjunctivitis Epidémica](https://www.sciencedirect.com/science/article/pii/S0007078505802881). *La Homeopatía de México* 1995.

²¹ Basu TK. [A clinical study of Physostigma venenosum in the improvement of progressive myopia](https://www.sciencedirect.com/science/article/pii/S0007078505802881). *Hahnemann Gleanings* 1981.

²² Basu TK. [Studies on the role of Physostigma venosum in the improvement of simple myopia](https://www.sciencedirect.com/science/article/pii/S0007078505802881). *Hahnemann Gleanings* 1980;48:161-169.

²³ Mokkapatti R. [An experimental double-blind study to evaluate the use of Euphrasia in preventing conjunctivitis](https://www.sciencedirect.com/science/article/pii/S0007078505802881). *British Homeopathic Journal* 1992.



Conclusion from Americans for Homeopathy Choice

When properly manufactured and applied, homeopathic medicine plays an important role in the treatment of patients with major health problems across the globe. Homeopathy is inexpensive, effective, and inherently safe. When properly utilized, homeopathy makes it possible to make what already exists currently in the conventional health care system, more effective. For example, homeopathy makes it possible to avoid overuse of antibiotics, reserving antibiotics for when they are actually needed. Homeopathy also reduces the need to rely on dangerous and addictive painkillers in various situations including postoperatively, and after injury. Among many other benefits, homeopathy also helps reduce the incidence of polypharmacy.

Positive results such as these are achieved because homeopathy is a well-developed system of individualized medicine. Those who use homeopathy consider it a “designer” medicine, customized to their specific needs.

We are concerned that the proposed Draft Guidance on homeopathy will undermine the right of individuals to choose homeopathy, and also undermine the very important role homeopathy has to play in addressing these health problems. This paper gives an example of how homeopathy can address serious problems in our current healthcare system - specifically the issues involving ***Homeopathy and Ophthalmology***. It is important that FDA actions strengthen rather than undermine homeopathy so that it can meaningfully contribute to and support the American healthcare system.