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Pink Eye & White Homeopathic Pills

Viral conjunctivitis is highly contagious, usually for 10-12 days from onset as long as the eyes are red. Patients should avoid touching their eyes, shaking hands, & sharing towels, napkins, pillow cases. The infection usually resolves spontaneously within 2-4 weeks.

Signs and Symptoms-The main symptoms of viral conjunctivitis include: •Pinkness or, often, intense redness of the eye, •Burning, a sensation of grittiness, or mild pain or discomfort in the eye, •Watery discharge from the eye, •Swollen and/or reddened eyelids, •Other symptoms of viral infection, e.g. sore throat, runny nose and other cold symptoms.

Diagnosis of viral conjunctivitis-When symptoms are mild, a diagnosis of viral conjunctivitis can often be made without seeing a doctor, and the condition can be treated at home. However, if there is any uncertainty or concern over the condition, or the symptoms are severe, seeing a doctor is very important.

Viral Conjunctivitis Treatment-Mild cases of viral conjunctivitis often clear up within roughly 1-3 weeks without special medical treatment. Symptoms may become worse before getting better.

A number of home remedies and over-the-counter treatments may help to relieve the discomfort caused by viral conjunctivitis:

- Applying a cold or warm compress; a clean cloth that has been soaked in water; to the eye
- Gently cleaning discharge from the eye with a clean cloth, sterile pad or cotton wool soaked in water,
- Applying lubricating eye drops to the eye; these are called artificial tears and are available without a prescription. Care must be taken not to use the drops in the other eye if only one eye is infected,
- Avoiding the use of

contact lenses until the infection has cleared.

Complications of viral conjunctivitis-Most mild cases of viral conjunctivitis clear up completely, without causing any complications. However, in a small number of severe cases, the infection can cause serious complications, including:

- Ulcers & inflammation of the cornea (keratitis),
- Scarring of the eye & damage to vision.

Prevention of viral conjunctivitis-While it may not always be possible to prevent viral conjunctivitis, taking the following steps can help to reduce the likelihood of an infection:

- Avoiding contact with people who have pink eye,
- Maintaining good hygiene, such as washing your hands often with soap and water, or using hand sanitizer,
- Avoiding touching your eyes when your hands are not clean.

- Cleaning your spectacles,
- When necessary, staying off school or work until symptoms of viral conjunctivitis have cleared; this is generally when the eyes are no longer red & irritated.

Nutrition and Supplements-Use the following supplements, taken by mouth for up to one week, to strengthen your immune system and help you heal faster, only under your doctor's supervision.

- Vitamin C, •Zinc, •Herbs.

A trained herbal practitioner may prescribe an herbal eyewash. The following are some examples of the herbs used in these treatments. DO NOT attempt to use treatments on your own. You should use these treatment only under the supervision of a trained practitioner.

- Eyebright** (Euphrasia officinalis)-Helps fight infection and dry up excess fluid.

- Chamomile** (Matricaria recutita)-Helps fight infection.

- Fennel Seed** (Foeniculum vulgare)-Helps fight infection.

- Marigold** (Calendula officinalis)- Soothes

irritation.

- Plantain** (Plantago lanceolata, P. major)-Astringent and soothing.

Homeopathic Treatment for Pink Eyes-

- Natural Medicine**- Homeopathy is a natural form of medicine and is considered to be an alternative form of medicine.

- Can fight all the symptoms of conjunctivitis**-This Eye disease has some common symptoms. Some of them are

redness, swelling of the eye, yellow discharges, water flow from the eyes, and others. These medicines work to heal the root cause of the disease and cure it.

- You Recover Quickly**-Adhering to homeopathy can actually reduce the time span of this disease, thereby completely healing you in no time and so that you can go about your daily routine.

- No Side Effects**-Homeopathy being a naturally sourced medicinal option, the chances of having side effects are less.

The above factors have made it clear that conjunctivitis can be easily treated with homeopathic medicines.

Homeopathic Medicines For Conjunctivitis-•**Euphrasia**-For conjunctivitis with watery tears that burn the face and may become a thick discharge.

- Rhus Toxicodendron**-One of our most important ophthalmic remedies, and oedematous swellings, redness and acrid discharges mark the drug. It corresponds to chemosis and produces a great tendency to the formation of pus

- Pulsatilla**-For conjunctivitis with yellow green discharge and itchy eyes that may accompany or immediately follow a cold. The eyelids tend to stick together, and symptoms generally improve with cold compresses.



- Belladonna**-For the first stages of conjunctivitis, including the sudden onset of burning, bloodshot eyes, swollen eyelids, and hypersensitivity to light. The eyes are generally hot and throbbing to the touch.

- Apis Mellifica**-For red, burning, swollen eyes that feel better with cold applications.

Preventive Homeopathic Medicine-Homeopathic medicine Belladonna is effective for the prevention of conjunctivitis. Give Belladonna 30 two times daily for a week.

External Application-Instill 3 drops of Euphrasia eye lotion in to the eye 4 times daily.

Pink eye symptoms may resolve in three to seven days. Children with viral conjunctivitis may be contagious for a week or more. Children may return to school when the redness and discharge in their eyes subsides.

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