

23<sup>rd</sup> International Conference on

# HERBAL AND ALTERNATIVE REMEDIES FOR DIABETES AND ENDOCRINE DISORDERS

November 02-04, 2017 Bangkok, Thailand

## Ayurvedic management of diabetic retinopathy: A case report

**P T P Adithya Babu**

VPSV Ayurveda College, India

Diabetic retinopathy is the most common cause of legal blindness between the ages of 20 and 65 years. It is more common in type-1 diabetes. The major risk factors are duration of diabetes mellitus, poor metabolic control, pregnancy, hypertension, nephropathy and other factors such as smoking, obesity, hyperlipidemia, etc. Microangiopathy primarily affecting the pre-capillary arterioles and post capillary venules are the most prominent pathological changes. It also exhibits the features of micro-vascular occlusion and leakage. Three stages of the disease are identified. They are background retinopathy, proliferative and pre-proliferative stages. From the Ayurvedic perspective, the condition is to be discussed under the concept Timira-Kacha-Linganasa (a group of diseases, causing progressive loss of vision) involved *Dosha* being categorized as per the clinical presentation, the major changes being the *Sroto Dushti* (deterioration of vessels). Here the case of 72-year-old man is discussed, presented with features of proliferative diabetic retinopathy and he has positively responded to the proposed Ayurvedic management.

### Biography

P T P Adithya Babu is presently working as an Associate Professor at the Department of Salakya Tantra, Ayurveda College, Kottakkal. He is a well-known practitioner in Ayurvedic Ophthalmology. He has presented papers in various national and international seminars. He also has tremendous clinical experience in treating major ophthalmic conditions through the Ayurvedic approach. His current research focuses on diabetic retinopathy, glaucoma and dry eye syndrome.

adithdr@gmail.com

### Notes: