

Farsightedness or hypermetropia - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Farsightedness or hypermetropia is a type of visual impairment in which the image of close objects (up to 30 cm) is focused in a plane behind the retina and leads to a blurred perceived image.

Key words: Farsightedness, hypermetropia, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Causes of farsightedness

age-related changes in the lens (reduced elasticity of the lens, weakened muscles that hold the lens), shortened eyeball.

Degrees of farsightedness

- *Weak degree* (+ 2.0 diopters): with high vision, dizziness, fatigue, and headache are observed.
- *Medium degree* (from +2 to + 5 diopters): with normal vision, difficulties arise with the perception of objects near.
- *High degree* more than + 5 diopters.

Useful products for farsightedness

Many modern medical scientists in their research emphasize that diet is directly related to the state of a person's vision. For eye diseases, plant foods that contain vitamins (namely, vitamin A, B, and C [1-3]) and microelements are recommended.

Products rich in vitamin A (axerophthol): cod and animal liver, yolk, butter [4], cream, whale and fish oil, cheddar cheese, fortified margarine. In addition, vitamin A is synthesized by the body from carotene (provitamin A): carrots [5], sea buckthorn [6], sweet peppers [7], sorrel [8], raw spinach [9], apricots [10], rowan fruits [11], salad. Axerophthol is part of the retina and its light-sensitive substance; insufficient amounts of it lead to decreased vision (especially in twilight and darkness). An excess of vitamin A in the body can cause uneven breathing, liver damage, salt deposition in joints, and seizures.

Products with a high content of vitamin B (namely B1, B6, B2, B12 [12]) help maintain and restore the health of the optic nerve, normalize metabolism (including in the lens and cornea of the eye), "burn" carbohydrates, and prevent ruptures small blood vessels:

- B1: kidneys, rye bread, wheat sprouts, barley, yeast [13], potatoes [14], soybeans, legumes, fresh vegetables and ;
- B2: apples, shell and germ of wheat grains, yeast [15], cereals, cheese, eggs [16], nuts;

- B6: milk, cabbage, fish of all kinds;
- B12: cottage cheese [17].

Foods rich in vitamin C (ascorbic acid): dried rose hips [18], rowan fruits, red peppers, spinach, sorrel, red carrots, tomatoes, autumn potatoes, fresh white cabbage [19].

Protein products with protein [20] (white low-fat meat chicken, fish, rabbit, lean beef, veal, dairy products, egg whites and products made from them (soy milk, tofu).

Products with phosphorus [21], iron [22] (heart, brains, animal blood, beans [23], green vegetables, rye bread).

Products with potassium [24] (vinegar [25], apple juice [26], honey [27], parsley, celery, potatoes, melon, green onions, orange, raisins, dried apricots, sunflower [28], olive [29], soybean [30], peanut [31], corn oil [32]).

Folk remedies for farsightedness

Infusion of walnut shells (stage 1: 5 crushed walnut shells [33], 2 tablespoons of burdock root [34] and chopped nettle [35], pour 1.5 liters of boiling water, boil for 15 minutes. Stage 2: add to decoction of 50 g of rue herb, viper grass, Icelandic moss, white acacia flowers, one teaspoon of cinnamon [36], one lemon, boil for 15 minutes) take 70 ml after meals 2 hours.

Rose hip infusion (1 kg of fresh rose hips, per three liters of water, cook until completely softened, rub the fruits through a sieve, add two liters of hot water and two glasses of honey, cook over low heat for up to 5 minutes, pour into sterilized jars, seal), Take one hundred milliliters 4 times a day before meals.

Infusion of pine needles (five tablespoons of crushed pine needles per half liter of boiling water, boil for 30 minutes in a water bath, wrap and leave overnight, strain) take one tbsp. spoon after meals 4 times a day.

Blueberries or cherries [37] (fresh and jam) take 3 tbsp. spoon 4 times a day.

Dangerous and harmful products for farsightedness

An improper diet worsens the condition of the eye muscles, leading to the inability of the retina to generate nerve impulses. These include: alcohol, tea, coffee, refined white sugar, demineralized and devitaminized foods, bread, cereals, canned and smoked foods, white flour, jam, chocolate, cakes and other sweets.

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