

# Cataract - signs and symptoms, useful and dangerous products, folk remedies

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**Abstract.** Cataract is an eye disease in which the lens becomes cloudy, causing vision problems of various types and severity, sometimes to the point of vision loss.

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

## Reasons why cataracts occur:

- genetic factor;
- injury to the eye by mechanical or chemical means;
- the presence of myopia [1], glaucoma, vitamin deficiency, diabetes mellitus [2], endocrine diseases;
- exposure to ultraviolet, microwave, radiation;
- medications (as a side effect);
- ecology;
- smoking;
- poisoning with toxic substances such as thallium, mercury, naphthalene, ergot, dinitrophenol.

## Symptoms of cataracts:

1. a picture that appears in front of the sore eye “as if in a fog”;
2. multi-colored stripes (spots, streaks) flash before the eyes;
3. often sees double;
4. the appearance of a “halo” in bright light;
5. difficulties while reading in poor lighting, small print;
6. With the further development of the disease, the white spot becomes black and vision disappears.

## There are the following types of cataracts:

- congenital;

- traumatic;
- radial;
- complicated;
- cataracts caused by general diseases of the body.

As can be seen from the list, cataracts are divided according to the reasons for their occurrence.

**The following stages of cataract development are distinguished:**

1. initial (the lens becomes cloudy behind the optical zone);
2. immature (it moves cloudier towards the center of the optical zone, and vision is noticeably reduced);
3. mature (the entire lens is clouded, vision is very reduced);
4. overripe (the fibers of the lens disintegrate, it becomes white and uniform).

**Useful products for cataracts**

To improve visual activity and get rid of cataracts in the future, it is necessary to consume a lot and variety of fresh vegetables and fruits containing vitamins A, C, E [3-5], lutein, zeaxanthin. Also, per day you need to drink 2.5 liters of pure water, free of bad impurities [6] (not counting coffee, tea, juices, compotes).

**You can fill your body with vitamin A by consuming:**

- cheeses (processed and hard);
- butter [7] ;
- sour cream;
- cottage cheese [8] ;
- feta cheese;
- seaweed;
- broccoli [9,10] ;
- sweet potato;
- oysters;
- garlic [11] ;
- liver.

**Main sources of vitamin C:**

- fresh orange [12], grapefruit [13] (and, directly, citrus fruits themselves);
- papaya;
- green bell pepper [14] ;
- broccoli and any other types of cruciferous vegetables;
- melon [15] ;
- kiwi [16] ;
- honeysuckle;
- strawberries;
- currant [17] ;
- tomato juice [18] ;
- horseradish.

**Vitamin E is found in large quantities in:**

- sunflower seeds and oil [19] ;
- peanuts and peanut butter [20] ;
- almonds;
- hazelnuts;
- sea buckthorn [21] ;
- walnuts [22] ;
- spinach [23] ;
- seafood (squid, eel, salmon);
- rose hips [24] and viburnum [25] ;
- spinach and sorrel [26] ;
- oatmeal [27], wheat and barley porridge.

**Lutein and zeaxanthin enter the body from:**

- cabbage;
- spinach;
- turnip (especially its leaves);

- corn [2 8 ] ;
- yellow bell pepper;
- green peas;
- tangerines [29] ;
- persimmon [3 0 ].

### **Traditional medicine for cataracts**

There are many different ways to treat cataracts. Let's look at the most effective ones.

1. Potato sprout tincture. It is necessary to separate the sprouts from the potatoes, wash, chop and dry. The tincture should be prepared on the basis that 100 milliliters of vodka requires  $\frac{1}{2}$  tablespoon of dry, crushed sprouts. This healing infusion should infuse for two weeks. Then it needs to be filtered. Take 1 teaspoon three times a day a quarter of an hour before meals (up to 3 months). Treatment in this way can be carried out several times until complete recovery.
2. Honey [31] and products made from it are well suited for the treatment of senile cataracts. Take honey from the honeycomb and dilute it with water in a ratio of 1:2. Apply these drops to both the sick and healthy eye four times a day.
3. Eye lotions made from herbs: calendula [32] (inflorescences), eyebright (erect), cornflower. They need to be done before bed.
4. Aloe juice can be treated in several ways: as drops and in the form of lotions, or simply rubbing the eyes. The older the flower, the stronger its medicinal properties. For lotions and wiping the eyes, the juice should be diluted with warm boiled water (proportion 1:10).
5. Lotions and compress from fennel seeds. Take 30 grams of seeds, rinse, dry, pass through a coffee grinder or crush in a mortar. Place in a bag made of gauze. Heat the water, dip the bag of seeds into it, hold for a few minutes. Take it out. Wait until the bag cools down to a temperature that is tolerable to the eye. Apply to the eye and squeeze the resulting juice from the bag into the eye. Dip, let cool, lie on your back and make a compress. Keep until it cools down. Repeat these procedures twice a day. Treatment will take approximately one and a half to two months.
6. Grapevine juice is good for cataracts. It should be applied to the eyes every 2 hours for 2 weeks. The method will be more effective if you do eye exercises.
7. Onion [3 3 ] juice for cataracts. Squeeze the juice from the onion, dilute with water (1 to 1). The water must be distilled or filtered. You can add a little dandelion juice.
8. Drops of honey and apple. Take an apple [34], cut off the top (this will be our lid), cut out the core. Place honey in the resulting space. Cover with a slice of apple. Leave for a day. The next day, pour the resulting juice into a bottle and drip it into your eyes.

### **Dangerous and harmful products for cataracts**

If you follow moderation in your diet, reduce the amount of salt and sugar consumed, stop eating canned food, and give up bad habits, then a good result will not be long in coming.

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