

Herbal Remedies for Glaucoma

Ms. Trupti Suresh Nainav¹, Ms. Ashwini Bhivsan², Dr. Gajanan S. Sanap³

Late Bhagirathi Yashwantrao Pathrikar College of Pharmacy, Pathri, Phulambri, Aurangabad, Maharashtra¹⁻³

Abstract: *Glaucoma is one of the leading causes of unrecoverable blindness. It's generally caused by increased intraocular pressure, which results in damage of the optical whim-whams and retinal ganglion cells, eventually leading to visual field dysfunction. Still, indeed with the use of intraocular pressure-lowering eye drops, the complaint still progresses in some cases. In addition to mechanical and vascular dysfunctions of the eye, oxidative stress, neuro inflammation and excitotoxicity have also been intertwined in the pathogenesis of glaucoma. Hence, the use of natural products with antioxidant and anti-inflammatory parcels may represent an indispensable approach for glaucoma treatment. The present review highlights recent preclinical and clinical studies on colorful natural products shown to retain neuroprotective parcels for retinal ganglion cells, which thereby may be effective in the treatment of glaucoma. Intraocular pressure can be reduced by baicalein, forskolin, marijuana, ginsenoside, resveratrol and hesperidin. Alternately, Ginkgo biloba, Lycium barbarum, Diospyros kaki, Tripterygium wilfordii, saffron, curcumin, caffeine, anthocyanin, coenzyme Q10 and vitamins B3 and D have shown neuroprotective goods on retinal ganglion cells via colorful mechanisms, especially antioxidant, anti-inflammatory - apoptosis mechanisms. expansive studies are still needed in the future to ensure natural products' efficacy and safety to serve as anvolition remedy for glaucoma.*

Keywords: glaucoma; herbs; traditional medicine; retinal ganglion cells; intraocular pressure