

TOPICALITY OF USING THE HERBAL MEDICINE IN MYOPIA TREATMENT

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Myopia is one of the dominant pathology in ophthalmology. Nowadays it is a social and clinical problem that is inherent in people of all ages. According to different authors about 35% of the world population suffers from myopia and 49% of them had a high degree myopia. The development of myopia not only affects the quality of life, but also limits the possibility of realization of their abilities in today's society. Issues related to the etiology, pathogenesis and treatment of myopia remain unsolved up to this day. The most promising and rational approach to normalization of vision is the correction using the herbal drugs in the technology of complex treatment of myopia. We have analyzed the published data and found that among the officinal herbal mixtures there are no phytomedications that are recommended for maintenance therapy of vision in cases of myopia. Thus, the making a new herbal mixture for the stabilization of condition at myopia, as well as the pharmacognostic research of this herbal mixture and developing the criteria for quality assessment and introduction of the herbal mixture into medical practice is an actual task. The composition of the herbal mixture to support and stabilize the patient with myopia should include herbs that:

- a) help to strengthen the sclera – those, which contains ascorbic acid;
- b) improve blood circulation – those, which contains nicotinic acid;
- c) increases metabolism in the retina – those, which contains poly vitamins.

So were chosen some herbal drugs that are rich in vitamins: blueberry fruits (*Myrtilli fructus*), wild rose fruits (*Rosae fructus*) and stinging nettle leaves (*Urticae folia*). In ophthalmology the blueberry fruits are mainly used as a part of vitamin and mineral complexes for the prevention and complex treatment of visual impairments. Because of the content of carotenoids, vitamins C and E, the rose hips are used to improve vision, strengthen the blood vessels of the eyes, normalization of its blood supply and in the cases of eye diseases, accompanied by small hemorrhages. Chemical composition of nettle leaves allows referring them to the poly vitamin resources. High content of β -carotene in stinging nettle (twice more than in carrot) improves the condition of the retina, its outlook and increased visual acuity. Especially nettle leaves are useful in treatment of progressive myopia. Such a herbal mixture is non-toxic, does not give significant side effects, not causes addiction. In further studies it is planned to confirm the effectiveness and urgency of using this herbal mixture at myopia treatment.