



CONSOLATION

Herbal Practice for Cataract

Muthulakshmi

Virudhnagar, Tamil Nadu

Muthulakshmi (63), a woman herbal practitioner, has been practicing a herbal medication for treating cataract, which has been found to be quite promising in the validation trials undertaken thus far.

Though she has studied only up to class sixth but has had keen interest in herbs since her childhood. After her marriage, she started learning herbal practices from her mother-in-law and has been practicing them from the last thirty seven years now. She is basically an agricultural worker and helps her husband in the fields as well. Muthulakshi also rears goats and collects herbal plants for herself and anyone else who needs it. Among the various medications she knows, her herbal practice for treating cataract was found to be unique after patent and non-patent literature review. More research is being undertaken as per statutory regulations. For cataract, she only treats patients above thirty five years of

age. She identifies the symptoms by physical examination or through description given by patients over telephone. In some cases, she also suggests her patients to visit a doctor and have his opinion as well. She claims she has cured about ten patients for cataract among her family and friends itself. For preparing the medication she takes flowers of a local plant (name withheld due to intellectual property reasons), peels off the petals, which are softly crushed in water, which is then filtered drop by drop (1-2 ml) directly into the eyes. This is to be repeated twice a day for fifteen days. The formulation for anti-cataract activity was tested at BV Patel PERD Centre, Ahmedabad where it was evaluated in wistar rat's pups. A dose of 3 drops (100 mg/ml) of extract was applied to eye ball once a day for 15 days. Decrease in lens opacity was observed thereby indicating at the efficacy of the formulation.