Ayurvedic Approach to Age-Associated Macular Degeneration (by Rammohan V Rao PhD,C.A.S)

toc_collapse=0; Table of Contents

1. Abstract
2. Eyes, Vision and Macular Degeneration
3. Types of Macular Degeneration

Abstract

Macular degeneration also called as Age related macular degeneration (ARMD) is an age associated chronic eye disease and is a very common cause of reduced vision among older individuals over the age of55 years. The condition is characterized by degeneration of light-sensing cells of the central region of the retina - the rnacula which malfunction and eventually die, resuhing in a gradual decline and loss of central vision, while peripheral vision is retained. MD is the main cause of blindness in the United States and accounts for blindness in approximately 80 percent of people who are 75 or older. The condition affects more than 10 million Americans and this number is predicted to increase as the ''baby boomers" age.

Eyes, Vision and Macular Degeneration

The retina, which is situated at the back of the eye, contains an extraordinary photosensitive array ofcells that line the back ofthe eye. The light fulling onto these cells in the retina is transfurmed into electrical signals which arc transmitted to the brain centers !bat process and interpret them. The retina has two main parts - the macula and the peripheral retina 1-3.
The rnacula is the part of the retina that is responsible fur seeing line detail (see fig below), such as reading, seeing fueial features and interpreting different colors. The macula is made up of densely packed light-sensitive cells called cones and rods. These cells, particularly the cones, are essential for central vision. The cones are responsible for color vision, and the rods enable the individual to see shades ofgray 1-3

The choroid is an underlying layer of blood vessels that noutishes the cones and rods of the retina. A layer of tissue furming the outermost surfuce of the retina is callcd the retinal pigment epithelium (RPE). The RPE is a eritical passageway fur nutrients from the choroid to the rerina and helps remove waste products from the retina to the choroid. It is this part of the retina that is affected by age-related macular degeneration and results in debilitating loss ofvital central or detail vision 1-3.

Types of Macular Degeneration

Read Full Article

Attachment	Size
Macular Degeneration.pdf [1]	78.6 KB

Source URL: http://www.ayurvedacollege.com/articles/students/macular_degeneration

Links:
[1] http://www.ayurvedacollege.com/sites/default/files/macular_deg.pdf