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Management of Leber's Hereditary Optic Neuropathy through Ayurveda-A Case Report

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Abstract

Introduction:

Leber's Hereditary Optic Neuropathy (LHON) is a rare genetic disorder, primarily affecting young men, leading to rapid vision loss. Conventional treatments for LHON have shown limited effectiveness. This case study explores the potential of Ayurvedic treatment in managing LHON, focusing on a 19-year-old male with the MT-ND4 mutation.

Methods:

A comprehensive Ayurvedic regimen was administered to the patient, which included herbal formulations and therapeutic interventions were given for a period of 4 months aimed at nourishing and protecting the optic nerve. The treatment was closely monitored, and the patient's progress was evaluated through regular visual assessments.

Results:

Despite the failure of conventional treatments to halt vision decline, the patient showed modest improvement after undergoing the Ayurvedic treatment. Initially, the patient could only perceive hand movements, but after treatment, he progressed to counting fingers at 25 centimetres i.e. 0.3 logMAR gain. Vision loss stabilized, demonstrating a partial recovery of function. No adverse drug reactions were reported.

Discussion:

The patient's improvement suggests that Ayurvedic treatments, although not leading to complete recovery, may offer supportive care in managing LHON, especially in cases where conventional medicine is limited. The results emphasize the need for further research to explore the mechanisms behind Ayurvedic interventions for LHON.

Conclusion:


Ayurvedic treatment may provide beneficial effects in stabilizing vision and offering partial recovery in LHON patients. Further studies are needed to validate these findings and understand the mechanisms of Ayurvedic therapies in treating optic neuropathies.

Keywords: LHON, Optic atrophy, genetic eye disorder, ayurveda, *Matravasti*.

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