

Eyestrain

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This also includes blurred vision and irritated eyes. It is caused by looking at a screen for long periods without focusing periodically at distance objects.

Eyebright and/or Goldenseal- Internal/External Purposes: Rinsing the eyes with Eyebright tea has been useful in relieving eyestrain. To make the tea: Pour 1 pint of boiling water onto 1 teaspoon of the dried herb. Cover and leave to infuse for 1/2 hour, then strain. Soak a towel in the tea and while lying down place the towel over closed eyes. Leave the compress on for 10 to 20 minutes. Repeat as needed. Eyebright capsule is helpful in treating conjunctivitis (inflammation of the protective membrane of the eyes). Goldenseal can be used in place of Eyebright.

Cautions:

Goldenseal is not to be used if you are pregnant. Goldenseal should not be taken for more than one week at a time. If you have the following conditions: history of heart disease, diabetes or glaucoma consult your physical before using the herb Goldenseal.