

## Treatment of Night Blindness in Retinitis Pigmentosa

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Many patients have difficulty in seeing in low light, which in medical terminology is called as nyctalopia, which may be due to various reasons such as pathological myopia, xerophthalmia (Vitamin A deficiency), advanced cases of open angle glaucoma, peripheral cortical cataract and retinitis pigmentosa. Night blindness is one of the earliest symptom of retinitis pigmentosa.

Retinitis pigmentosa is a type of retinal dystrophy, which predominantly affects rod photoreceptor cells of retina, with subsequent degeneration of cones. Rod photoreceptors are responsible for vision in low light levels; thus night blindness is one of the earliest feature of Retinitis pigmentosa. Night blindness may be present several years before pigment is visible in retina. The visual fields show concentric contraction, especially marked if the illumination is reduced. Fundus examination of a case of retinitis pigmentosa shows arteriolar attenuation, waxy pale optic disc, bony spicule pigmentation, shining reflex at macula, known as tapetal reflex.

There is no known treatment of this symptom in modern medicine so far however recently gene therapy has been tried in some traits but it is too costly. Recently, new gene therapy for this disease has been launched costing USD 850000, which is too costly.

At our center Acu Eye Zone in India, New Delhi we have been treating this very well since the last 22 years. Definitely it is not a ready made treatment which can be universally applied. We have to plan treatment on traditional lines where we use Tongue diagnosis, Traditional pulse diagnosis and many other modes of traditional diagnosis. Recently I assimilated Modern and traditional concepts of embryology, which has enhanced results.

One such patient is treated successfully.

I uploaded her first day results on YouTube. [https://youtu.be/bcL\\_5DCq6bg](https://youtu.be/bcL_5DCq6bg).

She was treated in the month of Nov 2022 and her results are stable.

Ancient health care system in China and India have mentioned about night blindness, in Chinese literature as old as 1600 years mentions Eyes related with Sun energy, this they tried to synchronize on the common sense eyes are open in day times, they tried more relationship of eyes with peripheral organs.

Here in our own India in Vedic Astrology eyes been related with energies of Sun and Moon both, there are documentary evidences of this relationships, many ancient practices of India were observed to preserve vision.

With advent of this acceptance in recent times we hope there will be integration to the best levels.

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