

Viewpoint**Role of Nutrition in Treating Conjunctivitis****R. Manova, Dr.A.N.Uma***

School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute,
Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India.

Conjunctivitis, also called "pink eye" is the inflammation or infection of the transparent membrane (conjunctiva) that lines the eyelids and covers the white part of the eyeball. Conjunctivitis is one of the most common diseases seen all over the world with allergy and infections being its major contributors. Diet should include food that will boost immunity for faster recovery and also to prevent the disease. Therefore, we need to analyze how nutrition plays a role in conjunctivitis patients. A systemic review should be carried out to analyze the nutritional benefits in conjunctivitis. Vitamin A and vitamin B12 have been found valuable in the treatment of conjunctivitis. The patient should take a liberal quantity of natural foods rich in these two vitamins. The valuable sources are whole milk, pumpkins, curd, butter, carrot, almonds, tomatoes, green leafy vegetables, bananas etc. Some of the foods for preventing conjunctivitis are green leafy vegetables like spinach, fruits and vegetables that are orange in color like pumpkins, squash, oranges, carrots, papaya and mangoes. Thus, it should be noted that fruits and vegetables that contain beta-carotene help to improve immunity. Also juices of vegetables like carrots and spinach along with dairy products and tomatoes have proved to be very beneficial in the treatment of conjunctivitis.

Keywords: conjunctiva, vitamin B12, Vitamin A, beta-carotene.

***Address for correspondence:** Dr.AN Uma, Professor of Medical Genetics & Principal, School of Allied Health Sciences, Mahatma Gandhi Medical College & Research Institute, Sri Balaji Vidyapeeth, (Deemed to be University), Puducherry, 607402, India. Email id: umaan@mgmcri.ac.in