

**Viewpoint****Role of Salmon Fish in Eye Health****R. Priyavarshini, M.Fathima Bee, Dr.A.N.Uma\***

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Salmon is one of the richest natural sources of protein, as well as omega 3 fatty acids. Salmon is one such super food for vision, as it contains high levels of omega-3 fatty acids, Vitamin D, and Niacin which play various critical roles for eye health. The inclusion of salmon in a regular diet contributes to improved ocular health, another health benefit due to the omega-3 fatty acids and amino acids present. Salmon intake helps in reducing the risk of macular degeneration and chronic dry eye. To determine the association between salmon fish intake and eye health, a systemic review was done to determine the inter-connection between salmon fish and overall eye health. It was found that people who regularly eat salmon in their diet have better eyesight and reduced eye fatigue. Many studies have also shown that omega-3 fatty acids can slow the progression of sight loss due to Age-Related Macular Degeneration and reverse the signs of dry eye syndrome. Thus, most respondents recommended omega-3 fatty acids for managing Dry Eye Disease. Also, it supports the formation of photoreceptors in retina and also niacin, B-vitamin, has been shown to reduce the risk of cataracts.

**Keywords:** Omega 3-fatty acids, macular degeneration, dry eye disease.

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