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Role of Ashwagandha churna in the management of central serous chorioretinopathy: A holistic approach**Sajina Pandey**

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Central serous chorioretinopathy (CSCR) is an ocular disease that has been partly understood; both in its etiology and management. Till date, no medical treatment has proven effective for CSCR. However, *acetazolamide* has been suggested to lessen the amount of subretinal fluid. *Corticosteroids*, focal laser photodynamic therapy are considered to be of good prognosis but bears tangible risks, and thus are seldom indicated as because the optimal timing of interventions remains unclear. Various studies suggests that CSCR has been associated with type A personality, or those who are experiencing psychological stress. There is no any past studies on treating CSCR with ashwagandha (Indian ginseng or winter cherry), *Withania somnifera*. There are reports of ashwagandha's active role in reducing stress and anxiety, improving concentration, fatigue and sleep, and protecting against oxidative stress. A prospective study on acute CSCR on 25 eyes diagnosed by Optometrist on conducted including three bilateral CSCR. Macular OCT revealed the amount of sub-retinal fluid (SRF) in each cases. All the subjects were prescribed with *ashwagandha churna* with dose as a tablespoon twice a day for two months. The macular OCT, Visual Acuity and Contrast Sensitivity were recorded in two follow-ups besides regular ancillary testing. The mean BCVA and contrast sensitivity improved in 11 eyes with no SRF at final follow up and was statistically correlated. We cannot negate the benefits of Ayurvedic medicine as ashwagandha churna in CSCR.

Biography

Sajina Pandey has completed her Post-Basic Bachelor in Nursing (PBBN) in 2014. She is currently working as Staff Nurse at Paropakar Maternity and Women's Hospital, under the Ministry of Health, Government of Nepal, Kathmandu, Nepal. Also, she is engaged with the Department of Eye, Spark Health Home Hospital, Kathmandu, Nepal. She bears seven years of experience in Hospital Nursing. She is having her interest on holistic medicine and its usage, she has dedicated her free time in the study of emerging holistic approach on various health conditions.

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