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Clinical trial to prove the efficacy of leech therapy in reducing the intra-ocular pressure in glaucoma patients

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Raised intra-ocular pressure is seen in glaucoma which is very much prevalent all over the world. Controlling the IOP is a big task which presently involves some surgical measures. The prognosis of the disease is also not so good with the current treatment modalities. The aim of this study is to prove the efficacy of leech therapy in reducing the increased IOP. Even though the procedure is invasive, the risk and complications are minimal compared to other procedures. Open label clinical trial was conducted in 30 diagnosed patients of chronic open angle glaucoma with a raised IOP of more than 25 mm of Hcg. Leech therapy was done once in 3 days for a period of one month. Live healthy leeches of the family *Hirudinae medicinalis* were used for the study. IOP was assessed using indentation tonometer, before and after each sitting of the therapy. The data before starting the treatment and after one month were also compared. An average reduction of 5mm of hg intra-ocular pressure was recorded. The data analyzed statistically and found significant.

Biography

Jeena N Janardhanan has completed her MD (Ay) from University of Kerala, India and presently doing her PhD at Tilak Maharashtra Vidyapeeth, Pune, India. She is presently the Associate Professor & HOD, Department of Head and Neck at VPSV Ayurveda College, Kottakkal, India (Kerala University of Health Sciences, India). She presented many papers in international conferences.

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