

**EYE WASHES
AND
REMEDIES
FOR
PINK EYE**



(Pink Eye - Conjunctivitis)

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Introduction

Pink eye or conjunctivitis is when the conjunctiva, the outermost layer of the eye and the inner surface of the eyelid, becomes inflamed. The condition is commonly due to an infection (usually viral, but sometimes bacterial or an allergic reaction).

In all cases of pink eye, rinsing (where allowed) or applying warm compresses to the affected eye(s), several times a day, generally helps to reduce discomfort and resolve the condition.

Following are easy to make remedies that are effective in cases of pink eye.

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**EASY TO MAKE
PINK EYE REMEDIES**

Boric Acid

As it cleans and soothes the infected eye, a boric acid eyewash may help to relieve the discomfort. A warm compress applied to the affected eye(s) can also help relieve discomfort.

Calendula

Calendula is an antiseptic which is perfect for the treatment of irritation due to pollutants and allergies. It is also effective against itching and inflammation, and can be used as a local compress and eyewash.

Chamomile

A cloth or cotton wool soaked in water, in which chamomile has been boiled, then placed over the affected eye(s) will help to ease the discomfort and to clear the infection. Some authorities also recommend the use of good quality chamomile flower tea bags. The procedure is to boil the tea bags and let them cool sufficiently before placing them on the infected eye(s). Additionally, make some stronger tea and then use an eye bath to bathe the infected eye(s) with lukewarm tea.

Eyebright (Euphrasia Officinalis)

Add a few drops of eyebright tincture to boiled and cooled water, then soak cotton wool and apply cotton wool to the infected eye(s).

Honey

Putting drops of honey diluted in warm water in the affected eye(s) is an effective remedy. However, there may be a little burning discomfort on initial application.

Jasmine flowers

Distilled water in which jasmine flowers have been soaked overnight can be used as eye drops, especially if there is a yellow discharge. Some authorities also recommend the use of good quality jasmine flower tea bags. The procedure is to boil the tea bags and let them cool sufficiently before placing them on the infected eye(s). Additionally, make some stronger tea and then use an eye bath to bathe the infected eye(s) with lukewarm tea.

Saltwater

Cotton wool soaked in boiled saltwater will effectively kill infection agents when placed on the eyelid(s). A simple recipe for homemade saltwater eyewash is to boil one cup of water with one teaspoon of salt (sea salt recommended). This solution can then be used alone as both an effective eyewash and a disinfecting nasal rinse.

Tea Bag(s)

Warm, damp tea (Indian) bags placed on the affected eye(s) can help relieve the discomfort of allergic pink eye. The procedure is to boil the tea bags and let them cool sufficiently before placing them on the infected eye(s). Additionally, make some stronger tea and then use an eye bath to bathe the infected eye(s) with lukewarm tea.

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FOLK

PINK EYE REMEDIES

Aloe

Soak a cloth with aloe vera juice and place it over the eyes. This can also be used as an eyewash.

Artificial Tears

These drops will soothe the eye and help flush it out - Mix a teaspoon of baking soda in a cup of water and use as a soothing eyewash.

Barberry Tea

Make a tea using a teaspoon of powdered root bark in one cup of water and boil for 15 to 30 minutes; then allow to cool and use as an eyewash or with a compress. Barberry has berberine, an antibacterial compound which will help to fight any infective agents. Some authorities also recommend the use of good quality barberry tea bags. The procedure is to boil the tea bags and let them cool sufficiently before placing them on the infected eye(s). Additionally, make some stronger tea and then use an eye bath to bathe the infected eye(s) with lukewarm tea.

Boric Acid Eyewash

Add 1 tablespoon of boric acid to 1 litre of boiled water and allow to cool. Use the solution with a clean cloth or cotton ball 3 to 4 x times daily. Allow to dry and then rinse affected eye(s) gently.

Bread

Apply cold bread to the closed affected eye(s) - this will reduce the inflammation and will help to soothe the itching.

Castor oil

Put one drop of castor oil in the affected eye(s) 3 x daily.

Chamomile

Add 1 teaspoon of dried chamomile flowers to 1 cup of boiled water. Allow the solution to steep/draw for 5 minutes. Then strain, allow to cool and use as an eyewash - this solution may also be used in a compress.

Steep equal parts of chamomile and eyebright in boiling water, cool, and use as an eyewash - this solution may also be used in a compress.

Add 12 drops of chamomile tincture to 1 cup of boiled water, cool, and use as an eyewash - this solution may also be used in a compress.

Colloidal silver

Use 1 or 2 drops of colloidal silver in the affected eye(s). Additionally, dilute a few drops of colloidal silver in water and use as an eyewash. Colloidal silver is a natural and effective antibiotic and has safely been used for over a hundred years - it should quickly clear up any infection.

Elderberry

Use elderberry blossom tea as an eyewash or compress.

Elderflower

Make a strong infusion of elderflower and use as a compress. Additionally, fresh elderflower leaves placed over the affected eye and held in place with a bandage may also be used.

Eyebright

Eyebright has been used for hundreds of years for eye problems. It has both astringent and antibacterial properties, and is very soothing to the eyes. Make an infusion using 1 teaspoon of dried eyebright herb in 1 cup of boiling water for ten minutes. Cool, strain, and use as an eyewash. Repeat 3 to 4 x daily. This solution may also be used as a compress.

Alternatively, put 3 drops of eyebright tincture in a tablespoon of boiled water. Allow to cool and use as an eyewash.

Fennel

Boil fennel seeds, allow to cool, strain, and then use as an eyewash or compress.

Goldenseal

Goldenseal is especially indicated if the conjunctivitis is caused by an infection. Authorities believe that the berberine in goldenseal has the properties to effectively fight infection and can kill staph and strep bacteria - each of which may be causal in conjunctivitis. Make a solution using 2 teaspoons of the herb to 1 cup of boiled water and use for a warm compress. May also be used as eye drops, 2 to 3 drops, 3 x daily.

Alternatively mix 1/8 teaspoon each of goldenseal, comfrey, and chamomile; then add to 1 cup of boiled water and steep for 15 minutes. Then strain, allow to cool and use as eye drops or compress.

Honey

Either put 1 or 2 drops of honey directly on the eyes, or put 3 tablespoons of honey in 2 cups of boiling water. Stir to dissolve the honey, let it cool, then use as an eyewash 2 to 4 x daily. Honey has antibacterial properties and unpasteurized honey has antibiotic properties; consequently, honey will soothe the eye(s) as well as promoting healing.

Honey/Eyebright Combination - pour 1 pint of boiling water over a handful of eyebright flowers and leaves, cover and let infuse until lukewarm. Strain the solution; add 3 tablespoons of honey and stir until dissolved. Soak cotton wool or a clean cloth in the mixture and place on the eye for 15 to 20 minutes. Ensure to keep the cotton or cloth moist. This blend may also be used to bathe the eyes 2 to 4 x daily. Note that milk may be substituted for the water.

Milk

Use warm (body temperature) milk as an eyewash or as a compress.

Potato

Grate a potato and place on the eye - this is an astringent and will also help reduce inflammation. The potato may also be made into a poultice and placed over the eye for 15 minutes. This should be done for 3 successive nights.

Slippery elm

Make a poultice of slippery elm powder and place on the inflamed eye.

Tea (various)

Tea contains bioflavonoids that fight viral and bacterial infections and can help reduce inflammation.

Eyebright Tea - Put a moist teabag of eyebright tea on the affected eye for several minutes. Repeat several times a day. If the eye is swollen, moisten the teabag with cool water. The tannic acid in the tea will also soothe any itching.

Regular Tea - Use a regular tea bag, soaked in warm water for about a minute. Place on the eyes or place several drops squeezed from the tea bag into the eye (ensure that the tea bag is not hot).

Regular tea, applied topically, is very good for irritation.

Green or black tea - Black tea has more tannins that will help reduce the inflammation. A weak solution of tea may be used as an eyewash.

Turmeric

Make a solution using 2 teaspoons of turmeric to 1 cup of boiled water. Allow to cool and use for a warm compress.

Water

Washing the eyes several times a day with cool clean water will help to soothe the inflammation.

Witch-hazel

American Indians used witch-hazel for inflammation. Soak a gauze pad or cotton wool in witch-hazel extract and use as a compress over closed eyes. Witch-hazel has astringent properties that will help to reduce any swelling.

Yarrow

Yarrow has astringent, antibacterial, and anti-inflammatory properties. Make an eyewash by steeping 1 teaspoon of yarrow in 1 cup of boiled water for 5-10 minutes; cool and use in a compress.

Yogurt

Daily apply a poultice made from live yogurt culture - this will greatly help to reduce inflammation and itching.

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AROMATHERAPY

PINK EYE REMEDIES

The use of good quality aromatherapy oils will promote healing and will help to draw out the infection.

The aromatherapy oils must not be directly applied to the eye; consequently, make a compress and place on the closed eyelid.

Chamomile Oil - Make a warm compress with 4 drops.

Lavender Oil - Make a warm compress with 4 drops.

Rose Oil - Make a warm compress with 4 drops.

Some Authorities - Tea Tree Oil - Make a warm compress with 4 drops.

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**HOMEOPATHIC
PINK EYE REMEDIES**

Over-the-counter homeopathic remedies, which are designed to treat conjunctivitis (pink eye) include:

- Pulsatilla
- Belladonna
- Eyebright (*Euphrasia officinalis*)

Homeopathic eye drops and eye washes are typically made from eyebright or chamomile (*Matricaria recutita*).

The relevant remedies may be taken hourly up to 10 x daily (unless otherwise noted, or instructed by manufacturer or practitioner).

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Specific Remedies Include:

Aconite 30c

Aconite is indicated if symptoms come on after injury or exposure to cold. The eye will be red and inflamed, and it will feel hot and dry. It will also feel like grit has gotten into it.

Apis

Apis is indicated when the eyeball feels burning, appears red and swollen, and is filled with fluid - but feels better with a cold compress.

Argentum nit. 6c

Argentum nit is indicated when there is quite a lot of discharge and the membranes surrounding the eyes are red and swollen.

Argentum nit. 30c (twice a day); or 12x (four times a day).

Arsenicum album 30c

Arsenicum album is indicated if there is a burning sensation with a clear discharge, or if the eyes are sensitive to light with swelling around the eyes. Arsenicum album 30c (twice a day); or 12x (four times a day).

Belladonna 30c

Belladonna is indicated if the problem has come on rapidly, with red, swollen, burning eyelids, and the eyes are dry and very sensitive to light. There will not be a lot of discharge. Belladonna 30c (twice a day) or 12x (four times a day).

Euphrasia 6c

Euphrasia is indicated if there is little or no discharge, and is a good remedy for burning and itchy eyes. A soothing eyewash can be made by using 10 drops of Euphrasia tincture, 1 teaspoon of salt, in 1/2 pint of warm water. Use as an eyewash every four hours, but restrict to not more than 4 x daily.

Hep. sulf.

Hep. sulf. is a useful remedy which draws out infection and should be taken on waking, on alternate days with Pulsatilla.

Pulsatilla

Pulsatilla is indicated when there is a thick, yellow-green discharge from the eyes and the eye is swollen and sore. Pulsatilla 30c (twice a day) or 12x (four times a day).

Sulphur

Sulphur is indicated when there are burning pains and redness around the eyes. Also, there is usually a yellowish discharge. Sulphur 30c (twice a day) or 12x (four times a day).

End

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