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A unicentric, interventional trial: To assess the efficacy of *Boerhavia diffusa* juice extract through nasal drug delivery in the management of intra ocular pressure in chronic simple glaucoma**Itoozhi Unnikrishnan Namboothiri**

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Ayurvedic ophthalmology developed from the experiences gained over centuries having scientific methodology for diagnosis and treatments of various eye diseases. It has a role in curative and preventive ophthalmology. Nasal drug administration (Nasya) is a unique therapeutic technique used in Ayurvedic ophthalmology practice for the management of different ophthalmic pathologies. The current study is an interventional randomized, control study, designed to evaluate the efficacy of *Boerhavia diffusa* juice extract through nasal drug delivery in the management of intra ocular pressure in chronic simple glaucoma. The objective of the study is to explore the effectiveness of nasal drug delivery in the management of increased intra ocular pressure. 16 eyes of eight patients were clinically evaluated by administering the extracted juice of *Boerhavia diffusa* plant through nasally for the period of seven days. Trial conducted by monitoring intra ocular pressure with non-contact tonometer. Observation conducted in duration of fifteen days. The data's were statistically evaluated with paired t-test. The study shows the proportional decrease in the intra ocular pressure is statistically significant in the selected sample. The study concludes that nasal drug delivery of *Boerhavia diffusa* juice extract is effective in managing the increased intra ocular pressure in chronic simple glaucoma patients. It also focuses upon the significance of nasal route of drug administration in ophthalmic disease management.

Biography

Itoozhi Unnikrishnan Namboothiri is currently working as Medical Director of Itoozhi Ayurveda, India. He has completed his BAMS from Rajiv Gandhi University of Health Science India and Post-graduate diploma in Clinical Research at Annamalai University, India. He presented scientific papers on *Clinical Ophthalmology in Ayurveda* in various national and international seminars. He is also serving as Editor of Malayalam Health journal *Ayushyam*.

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