

Natural Remedies: Application Uses For Eye Problems

外敷眼疾自然疗法



- **Aloe juice (unsweetened)** soak in cotton pads as compress (Aloe juice 1 tablespoon to 1 tablespoon of cold water).
- **Apple cider vinegar** as eyewash & soak in cotton pads as compress (Apple Cider Vinegar 1/2 tablespoon to 1/2 cup of 125ml distilled or mineral water, stir well before using).
- **Baking soda as eyewash** (Baking soda ¼ teaspoon to ½ cup of 125ml distilled or mineral water, stir well before using).
- **Castor Oil as eye drop** (Use an eyedropper & put 1 drop to each eye).
- **Chamomile as eyewash** & soak in cotton pads as compress (Chamomile 3 pieces to 1/2 cup of 125ml hot water, steep for 5 minutes & strain before using).
- **Chrysanthemum as eyewash** & soak in cotton pads as compress (Chrysanthemum 3 pieces to 1/2 cup of 125ml hot water, steep for 5 minutes & strain before using).
- **Chilled metal spoon** as compress (Put metal spoon in iced water for 5 minutes then apply as compress).
- **Coriander as eyewash** & soak in cotton pads as compress (Coriander 1 stalk of 8 to 10 leaves to 100ml water, boil for 10 minutes then let it cool before using or extract its juice &

mix with 50ml of distilled or mineral water, stir well before using).

- **Cucumber slices** as compress (Freshly cut).
- **Fennel seeds** as eyewash & soak in cotton pads as compress.
- **Frozen green vegetables** in a towel as compress (Freeze a bag green vegetable enough to cover both eyes in freezer & once frozen, place in a towel before using).
- **Grated potato as compress** (Grate enough to cover 2 eyes).
- **Milk (cold or warm) & honey as eyewash** & soak in cotton pads as compress (Milk 1 tablespoon to 1 tablespoon of honey, mix well before using).
- **Rose water as eyewash** & soak in cotton pads as compress (Rose buds 3 pieces to 1/2 cup of 125ml hot water, steep for 5 minutes & strain before using).
- **Salt water as eyewash** & soak in cotton pads as compress (Salt 1 teaspoon to 1 cup of 250ml distilled or mineral water, stir well before using).
- **Tea bags as eyewash** & soak in cotton pads as compress (Any type of tea eg: black, green, etc).
- **Witch Hazel soak in cotton pads as compress** (Can buy from pharmacy store).
- **Others: Acupuncture on eye acupoints.**

Reference: [Eye Problems](#)