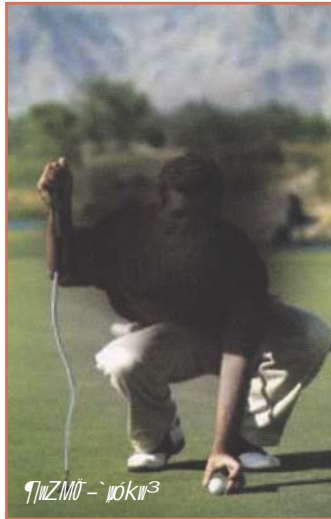


g'vKj vi wvRbvti kb

g'vKj vi wvRbvti kb (Macular Degeneration) tPvLi GK ai#bi tivM hv eqtmi mvf_ mvf_ gvbvli i `wó kw³tK ¶lq Kti tkl chS-AÜ Kti tdtj | tPvL tivUbr (Retina) bvgK GKwU Avtj vK mste` bKxj c`P AvtQ, thLvfb tKvb e`j- cÜZwe^cotj Avgiv Zv t`Ltz cvB | GB tivUbrvq GKwU Ask AvtQ hvfK g'vKj v (Macula) etj | g'vKj v AwZ mste` bKxj Ask | GwU tm>Ubj ev tKw`q `wó (Central vision), Zx¶e `wó kw³ i Rb` cÜqvRb | Mtel Yvq t`Lv tMfQ th eqm epxi mvf_ mvf_ g'vKj v ¶lqcÜB ntZ _vfk Ges 55



erm#i cti g'vKj vi GB ¶lqRwbZ Kvi#Y tKw`q `wókw³ ¶wZMÜ-nq | hvi Rb` cov, tmj vB Kiv, tgvkb ev Mwwo Pvj v#bvi gZ KvR_#j v Kiv Am#e ntq cto | g'vKj vi GB ¶lq mvavi YZt 50 erm#i AvtM t`Lv hvq bv | eqtmi mvf_ m#uK¶³ ni qvi Kvi#Y g'vKj vi GB wvRbvti kb tK Age related macular degeneration ev mst¶t c GGgwW (AMD) ej v nq | mgr¶vq t`Lv tMfQ 75 ermi eq` e`w³t i gta` cÜq kZKiv 30 fM tj v#Ki g'vKj v#Z Kg#tex ¶lq nq Ges Gi ci 5 erm#i gta` Avtiv kZKiv 23 fM tj v#Ki g'vKj v#Z ¶lq ni qv i i" nq |

- g'vKj v ¶lq ni qvi S#KcY¶Kvi Y mgr
- eqm: eqm epxi mvf_ mvf_ S#K evto
- agcvb: agcvb i Afvm g'vKj v ¶tqi S#K tK emotq t`q |
- kix#i AwZwi³ IRb ev `j vKwZ : hv#i kix#i IRb `fvw#Ki tP#q A#bK tex ev hviv AwZwi³ kix#i IRb fM#Qb Zv#i gta` g'vKj vi ¶lq ni qvi cÜYZv tex ev ¶lq `Z nq |
- RwZ mZy: Kv#j v A#C¶v tkZ ev K#Kwqvbt` i gta`

g'vKj vi ¶lq ni qvi S#K tex | Kvi Y wnmvte t`Lv tMfQ th Gt` i Z#K tgj wbb (Kv#j v i ÄK) Kg _vKvi Kvi #Y m#h¶ AwZ te_ bx i w#ev Av#v fivqv#j U j vBU tkvY tex nq Ges tgj wbb GwU Av# vW#U wnmvte | KvR Kti |

- eskMZ Kvi Y : cwi ev#i ev estk G tivM _vK#j S#K te#o hvq |
- tRbWvi : cj`l A#C¶v g#nj v#i G tivM ni qvi S#K tex |
- `v`MZ Kvi Y : D`P i #Pvc, AvU#i I#`#i wmm, Wvqv#vU#m tivM Av#vS-e`w³t i g'vKj v ¶lq ni qvi m#v#ev tex |
- m#h¶ AwZ te_ bx i w#ev : A#bK w`b ati `vN¶Y m#h¶ Av#j v tPvL cotj AwZ te_ bx i w#ev g'vKj vi ¶lq Kti | tmRb` hviv g'vKj vi ¶lq ev wvRbvti kb fM#Qb Zviv Kv#j v ev Mvp i#oi Pkgv e`envi I mi vmi m#h¶ Av#j v t`tK tPvL#K ew#P#q ivL#j g'vKj vi cieZ¶¶lq ni qv Kgv#Z cv#i b |
- cy#vxbZv :

wR¼/` -v- g'vKj vi ¶lq ni qv Kgvq
K`v#i wUbtqW "j vU#b" - j vU#b AwZ te_ bx i w#ev tkvY cÜZ#i va Kti g'vKj vi ¶lq tiva Kti |

aib
g'vKj vi wvRbvti kb ev ¶lq cÜv#Z `B ai#bi :
□ i`ev W#B ev A`v#U#v#K g'vKj vi wvRbvti kb (Dry or atrophic macular degeneration)
□ I#qU g'vKj vi wvRbvti kb (Wet macular degeneration)

W#B ev A`v#U#v#K g'vKj vi wvRbvti kb kZKiv 85 t`tK 90 fM g'vKj vi wvRbvti kb W#B ev A`v#U#v#K ai#bi | GB ai#bi wvRbvti kb g'vKj vi cj`Zi K#g hvq w#S' i # ¶li Y ev w#ivg Rgv nq bv | tivWxi tKw`q `wókw³ A¶¶#e (mvavi YZt 20/40) _vK#j l wKQz mxgv#Zv _vfk thgb cotZ Kó nq Ges iv#Z `wókw³ Avtiv nvm cvq |



g'vKj vi WtRbvti kb

GB ai tbi WtRbvti ktb g'vKj vi wQtb ti wlvbZ nj y i tbi KZ,tj v i AK Rgv nq | hv` i Wfmb (Drusen) etj | GB Wfmb,tj v g'vKj vtK qK Kti Ges Gi KvR Kivi qgZvtK Kwgtq t`q | tKw`q `wkw³ ev tmUij wFkb Ktg hvl qvi nvi mivmvi Wfmbti cwigvY I Rgv nI qvi `vtbi Dci wbfP Kti |

mvaviYZt cAvtkva^ocOq me e'w³i tPvtLB Kgctq GKwU Wm (Wfmbti GK ePb) GK ev `B tPvtLB cvl qv hvq | Zte i aygvI hv` i tPvtL eo gv tci Wfmb Rgv nq Zvt` i g'vKj vi WtRbvti kb nI qvi m`vebv tekx | WtB GGgW-Gi vZbvU chq i tqtO :

□ cOiwK chq (Primary stage) : GB chq tPvtL tQvU tQvU ev gvSwi mvBtRi tek wKQz Wfmb Rgv nq wKŠ` `wkw³ Aqjve_vtK |

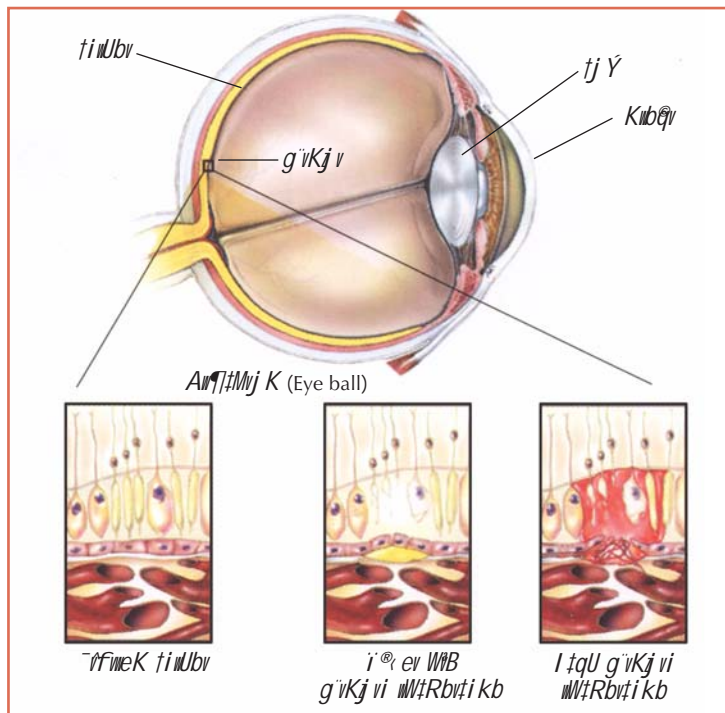
□ ASeZP chq (Intermediate stage) : GB chq gvSwi mvBtRi AtbK A_ev GK ev GKwaK eo gv tci Wfmb Rgv nq | GB Ae`vq tKw`q `wktZ gv tS gv tS wKQz RvqMv t`Lv hvq bv Ges covi Rb` ev Ab` KvR Kivi Rb` `vfwetKi tPtq tekx Avtj vi cOqvRb nq |

□ GWfvY chq (Advance stage) : GB chq Wfmb Rgv nI qvi mvt` mvt` ti wlvbi Avtj vK mste` bKxj tKvl ,uj (iW Ges tKvb) tft½ hvq | Gi dtj tKw`q `wki AtbKuvB t`Lv hvq bv ev Kvtj v ev AUKvi ntq _vtK | GRb` cotZ Kó nq, cwipZ gY,tj v tPbv hvq bv Lp KvQvKwQ bv Avmtj | WtB g'vKj vi WtRbvti kb I tqtU WtRbvti ktbi t`tK tekx t`Lv

hvq Ges GwU axti axti we`wi Kti | WtB WtRbvti ktbiB wKQz Ask cieZtZ I tqtU WtRbvti ktb cwieWZ nq |

I tqtU g'vKj vi WtRbvti kb

cOq 10% t`tK 15% fvM GGgW I tqtU ai tbi | GB ai tbi GGgWtZ ti wlvv Ges g'vKj vtZ KZ,tj v A`vfwek i³bvj x `Zix nq th,tj v t`tK i³ qIY nq Ges i³ ti wlvv I g'vKj vtZ Rgv ntq g'vKj vtK aYsm Kti t`q Ges `wkw³ bó Kti | GB GGgW Lp `Z we`wi Kti Ges Aí mg tqi gta`B tKw`q `wkw³ cYivcyi bó Kti t`q | GB ai tbi GGgWtZ ti vMx tKw`q `wktZ wKQz Ask AUKvi t`tL Ges gmY tmvRv `vM,tj v evKv t`tL |



- ti vM wbyq
- 45 ermi eqtmi ci wetkl Kti hv` i cwievti ti wlvvi tKvb ti vM ev GGgW-Gi BvZnm AvtQ Zvt` i wbcqZ Pqz wetkl tAi Kv tQ tPvL cixqv v Kwi tq wbtZ nte | Pqz wetkl ÁMY bxtPi cixqv,tj v Kti GGgW mbv³ Kti b
- wFRjvqj GKBU cixqv (Visual acuity test)
- Ac`vj tgv`w (Ophthalmoscopy) Kti ti wlvv Ges g'vKj vi Ae`v cixqv v Kiv hvq
- Ubtv tgvU (Tonometry)
- Ggmj vi PvU (Amsler's chart)



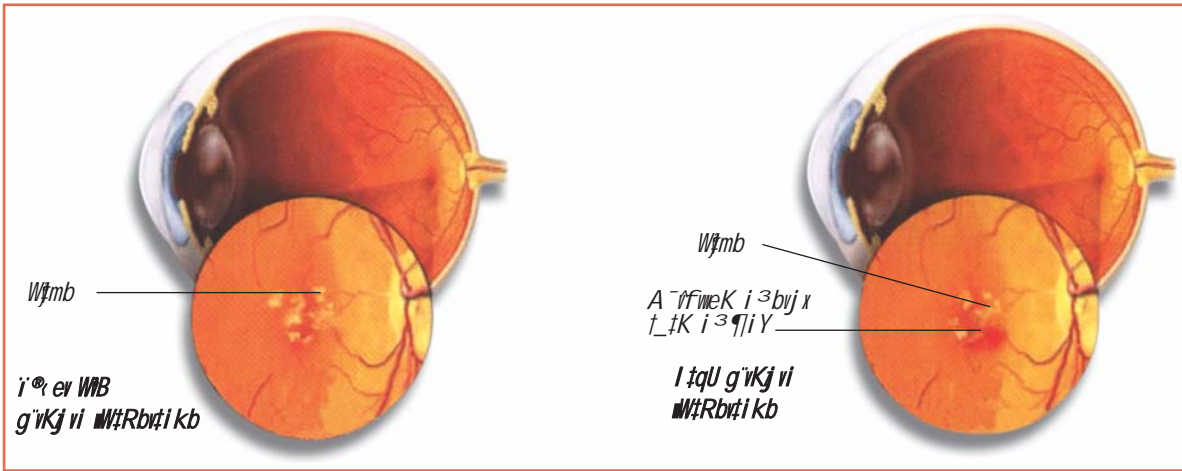
g'vKj vi WtRvti kb

□ d#i wmb GbWRI MÖnd (Fluorescen angiography)

wPwKrmv I cÖZtiva

g'vKj vi WtRvti kb GKevi ntq tMtj Avi fvj Kiv hvq bv | tKvb wPwKrmv w`tqB nvi vtbv `wökw³ tdiZ Avbv hvq bv | Zte Dchj³ wPwKrmv Kivtj cieZPchf³q

Dcv`vb | gvbfl i kixti jwUb ^Zix nq bv, Lvevti i gva'tg Avgiv jwUb cvB | MtelYvq t`Lv tMtj Lvevti i gva'tg chf³ cwi gvty jwUb MhY Kitj `wökw³ fvj _vtK Ges eqm RwbZ Kvi ty g'vKj vi flq nl qv cÖZtiva Kti GGgwW nl qvi Sjk Kgvq | Zte GKevi g'vKj vi flq nl qv i i" ntj hZUKz flq



hvl qv cÖZtiva Kiv hvq A`f c jvcvi AÜZi tiva Kiv hvq | cÖwgK chf³q ev 50 ermti i cti wbcwqZ tPvL cix flv Kwitq Ges cÖZtiva gj K e'e`v MhY Kitj GGgwW tiva Kiv hvq A`ev cieZP we`vi tiva Kiv hvq |

cÖZtiva gj K e'e`v

□ GwU-Aw` fW>U wFUwgb I wgbvtij m: cÖZw` b GwU Aw` fW>U wFUwgb thgb- wFUwgb w (500wg.Mö.), wFUwgb B (400 B>Uvi b`vkbvj BDwbU), weUv- tKti wUb (15 wg.Mö. hv 2500 B>Uvi b`vkbvj BDwbU wFUwgb G Gi mgZj `), wR¼ (80 wg.Mö. wR¼ A. vBW) I Kcvi (2wg.Mö. wKwicK A. vBW) MhY Kitj GGgwW-Gi Sjk Kgv vtbv hvq Ges Gi mvf_ mvf_ AÜZi ev `wö kw³ ntm Kgv vtbv hvq |

□ jwUb (Lutein): jwUb GK ai tbi nj j e fYf i ÄK | hv wv tgi Kmg, kvK meiv Ges Mw`v d#j cvl qv hvq | jwUb tPv tLi g'vKj vtZi _vtK Ges g'vKj vi Kv hRwii Zv wK ivLvi Rb` GwU LpB `i"ZcY©

ntqtQ Zv jwU tbi gva'tg fvj Kiv hvte bv, jwUb cieZP flq nl qv cÖZtiva Kite ev flq nl qvi MwZ axi ev ` _ Kite |

- *tj mvi mvRfl x* (Laser surgery): tj mvi mvRfl xi gva'tg I tqU GGgwW-tZ ^Zix nl qv A`rfweK i³bvj x_wj aYsm Kiv nq | Zte mvRfl xi ci cpiqv A`rfweK i³bvj x ^Zix nl qvi nvi tefo hvq Ges evi evi wPwKrmvi cÖqvRb nq |
- *d#UwWbvngK t`i wnc* (Photodynamic therapy): fvi wUcvi wdb bvgK GK ai tbi I I t#ai gva'tg I tqU GGgwW Gi A`rfweK i³bvj x_wj aYsm Kiv hvq |
- *_wvj fWvqvBW* (Thalidomide): bZb i³bvj x ^Zix tZ ewav cÖ vb Kti |

