

A young boy with dark hair, wearing a bright yellow t-shirt, is shown from the chest up. He is covering his eyes with his right hand, and his left hand is holding a white tissue. The background is a blurred outdoor setting with green foliage and a white fence. The text is overlaid on the lower half of the image.

HOME REMEDIES FOR
EYE IRRITATION

Eye irritation is a common problem. Some common causes for it are airborne irritants, such as chemicals, smoke, smog, animal dander and pollen; wearing of contact lens; excessive rubbing of eyes; inflammation caused by allergens or infections; too much exposure to the sun; dry eyes or inadequate lubrication of eye surface and viral infections, such as common cold.

Common Home Remedies Honey and Milk

Wash eyes with warm milk and honey. Honey is known to have many amazing antiseptic properties. Take equal parts of honey and lukewarm milk, mix them and with a dropper spill two or three drops into the eyes three times a day. This often works wonders.

Castor Oil

Pure castor oil is very useful in eye irritation. Administer one drop of castor oil into each eye, thrice a day. It magically reduces swelling and redness.

Cucumber Slices

Cut two slices of cucumber and place them in ice for a few minutes. Then place the cool cucumber on the closed eyes. It

is soothing and reduces soreness.

Rosewater

Rinsing the irritated eyes with rose water will soothe irritated eyes. Dropping two or three drops of rose water into the eye will also be useful.

Aloe Vera

One of the most proven home remedies in recent times is aloe vera. Aloe vera is readily available in different forms at drug stores and natural food stores and is fairly inexpensive. This natural remedy has proven anti-bacterial, anti-fungal and anti-viral properties. Aloe Vera eye drops also contain aloe to soothe inflammation. Aloe is gentle enough to be used in and around the eye.

A Word of Caution

Not all red eyes can be called conjunctivitis. If red eye or eye irritation persists after three-day use of home remedies, please contact your eye specialist 🙏

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