



Study of herbal drug of HESA-A on Age related Macular Degeneration

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Abstract:

Background and Purpose: Age related macular degeneration (AMD) is one of the most prevalent causes of blindness in people over 50 years of age. It occurs in dry and wet types. Dry type is more prevalent. The aim of this study is to evaluate the efficacy of herbal drug of HESA-A on dry AMD.

Material and Methods: Inclusion criteria were mild or moderate loss of vision due to AMD including: non-central geographic atrophy, RPE changes, multiple intermediate drusens (64-124 microns) or one large drusen (diameter more than 124 microns) at least in one eye. Patients were randomized in drug and placebo groups, so 29 of them received HESA-A and 30 patients received placebo. Patients were followed up at least one year. Patients were examined by an ophthalmologist every month and the results were recorded.

Results: Before intervention, mean of visual acuity were 0.15 log in right eye and 0.19 log in left eye in HESA-A group which changed to 0.14 log and 0.16 log respectively, at end of study. On the other side, before intervention, mean of visual acuity were 0.17 log in right eye and 0.16 log in left eye in placebo group which changed to 0.18 log and 0.18 log respectively. Difference of mean visual acuity changes in two groups was significant. ($P < 0.05$)

Conclusions: Our study indicates that the use of herbal drug of HESA-A in moderate dry AMD, in comparison to placebo, induces mild visual acuity improvement and prevents further visual acuity loss; furthermore HESA-A does not have any ocular or systemic side effects.

Keywords: Macular degeneration, HESA-A, Age

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