

Efficacy and Safety of *Netra Bindoo* for Seasonal Allergic Conjunctivitis

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Abstract

A placebo controlled study was done in which 60 patients of seasonal allergic conjunctivitis were divided in two groups (group-1 and group-2) All 30 patients of group-1 were treated with Netra bindoo and 30 patients of group- 2 were treated with Normal saline (placebo). The patients were diagnosed on the basis of symptoms, slit lamp examination and demonstration of eosinophils in the ocular discharge. The scores for all eight eye symptoms (Itching, redness, lacrimation, swollen eye lids, burning of eyes, foreign body sensation, photophobia and discharge) were recorded on day-0, day-1, day-3, day-7 and day-14, compared and statistically analysed. Patients were evaluated for appearance of any adverse effect on every visit.

All 60 patients completed the trial. The mean sum scores of three major symptoms (Itching, redness and lacrimation) and of all eight eye symptoms were compared. Significant reduction in mean sum scores was found in group-1. The difference in mean sum scores between day-0 and day-7 in both groups was analysed statistically and found significant ($p < .001$). None of the patient experienced any significant adverse effect.

From the results of this study it can be concluded that Netra bindoo is well tolerated and offers significant efficacy in patients with seasonal allergic conjunctivitis.

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