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**INDO AMERICAN JOURNAL OF
PHARMACEUTICAL SCIENCES**Available online at: <http://www.iajps.com>**Research Article****EVALUATION OF VISUAL PROBLEMS RELATED TO LIFE
STYLE BASED ON SYSTEMIC SURVEY****Kavuri Naga Swathi Sree***, Sravani Yangalasetty, V. Vasanthi Krishna Priya, J. Rajeswari,
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Abstract:

Having good eye sight is must for our regular activities according to our life style. To the maximum people fail to check their sight regularly and they feel that they are almost healthy in the aspect of vision. The remaining others who have visual problems put themselves in danger by caring themselves improperly without wearing glasses or lenses. As the busy schedule in their life style demands, many people are suffering from visual problems due to their work, pollution, history of other diseases, improper care and less awareness on their medications which have many side effects. The present survey shows the reasons for which people have less awareness on their visual health and also the reasons for getting visual impairment.

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INTRODUCTION

Vision is one of our five senses. Being able to see gives us tremendous access to learn about the world around us, people's faces and the subtleties of expression, what different things look like and how big they are, and the physical environments where we live and move, including approaching hazards[1]. The eye has different parts that work together to create our ability to see. When a part of the eye doesn't work right or communicate well with the brain, vision is impaired.

The term "visual impairment" refers to a functional limitation of the eye(s) or visual system due to a disorder or disease that can result in a visual disability or a visual handicap. For example, macular degeneration (a disorder) can result in reduced visual acuity impairment in vision). A visual disability is a limitation of the ability of the individual (in this example, the inability to read small print), and a visual handicap refers to a limitation of personal and socioeconomic independence. Simply put, a visual impairment may be considered as vision inadequate for an individual's needs [2].

Visual impairment can be classified into three levels [3]:

Mild Visual impairment:

- Can read relatively larger characters
- No difficulty in identifying shapes, colours and brightness contrasts

Moderate Visual impairment:

- Can tell shapes and colours of objects and can distinguish between brightness and darkness

- Can only read characters with larger size and broader strokes

Severe Visual impairment:

- Can only distinguish more obvious changes in brightness and darkness
- May not see anything (completely blind).

SURVEY DETAILS

The survey based on visual problems related to life style was carried on 100 subjects in different places of Guntur city in Andhra Pradesh state and estimated the results i.e. the reasons for the visual problems. The consent form was given to subjects and okayed by them for getting the information officially. The survey to the maximum, targeted on the subjects related to daily work which involves with digital living. The sight was analysed or evaluated based on the parameters like diet, using spectacles, watching television, working in front of laptop, PC or work that makes subjects to stick on to their mobiles.

The details are as follows:

Total number of subjects – 100

Sight impairment below 5 – 94

Sight impairment above 5 – 6

Sight impairment above 3 – 27

Sight impairment below 3 – 73

Sight impairment above 3 and below 5 – 67 impairment

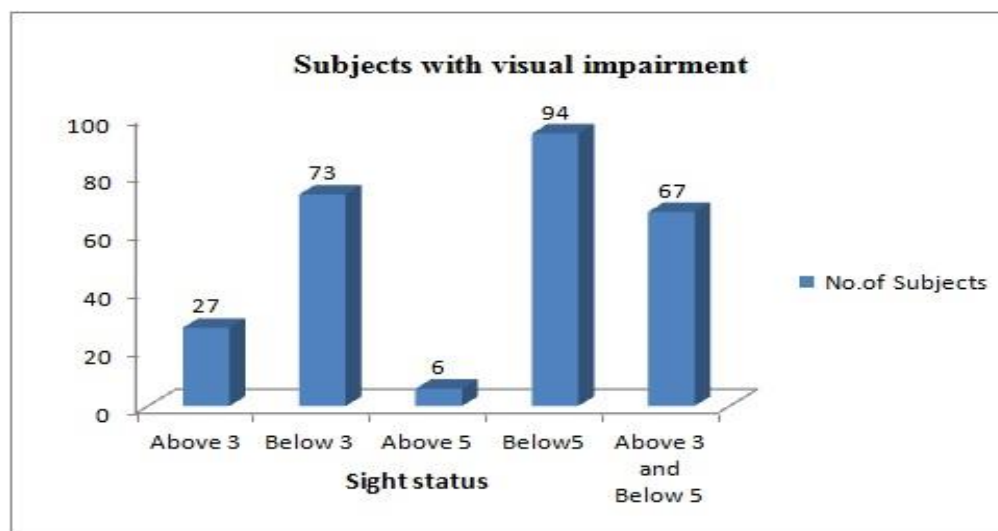


Fig 1: Subjects According to Their Level of Sight

Visual Impairment (V I)
 Smoking (SM) Drinking (D)
 Total number of subjects – 100
 SM+V I – 69
 SM+D+V I – 20
 D+VI – 25
 Without SM/D/both + V I – 6

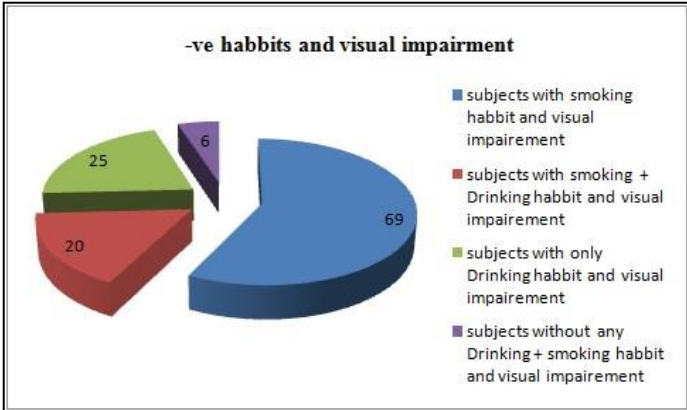


Fig 2: Subjects According (-) Ve Habit and Visual Impairment

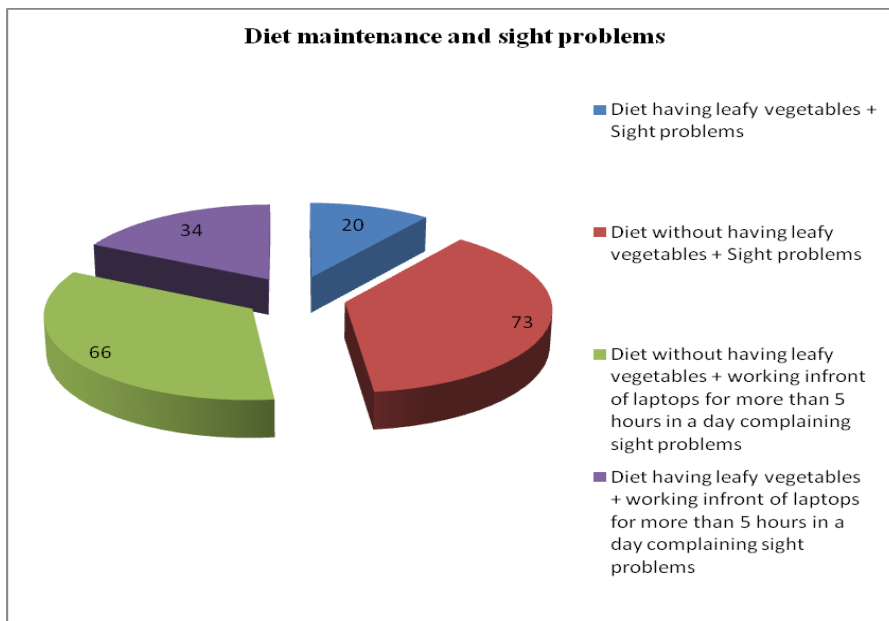


Fig 3: Subjects According To Their Diet Maintenance and Visual Impairment

No. of subjects with diet having leafy vegetables + sight problems – 20
 No. of subjects without having leafy vegetables as diet + sight problems – 73
 No. of subjects without having leafy vegetables as diet and working in front of laptops for more than 5 hours in a day complaining sight problems – 66

No. of subjects with diet having leafy vegetables and working in front of laptops for more than 5 hours in a day complaining sight problems – 34

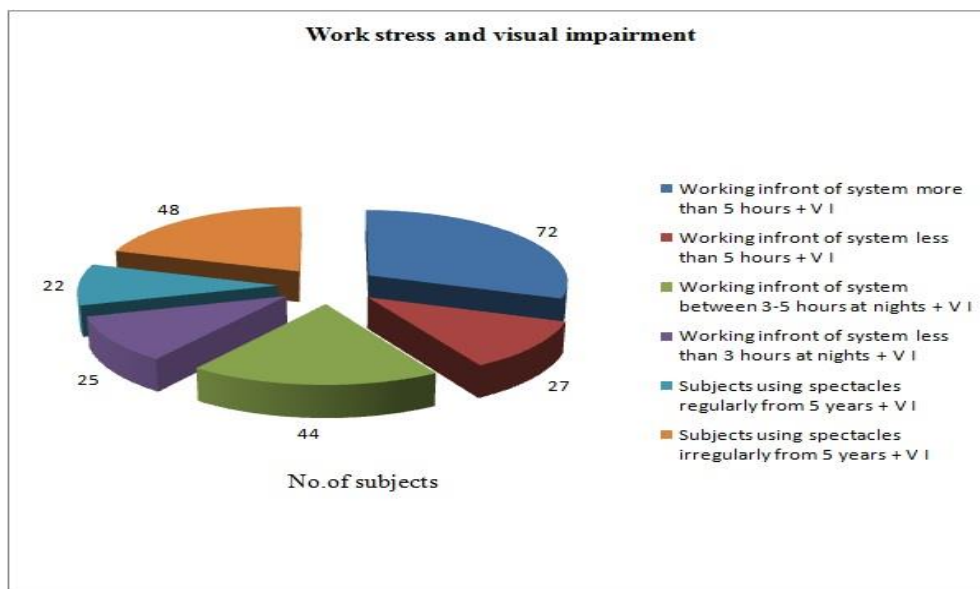


Fig 4: Subjects According To Their Work Stress and Visual Impairment

Working in front of system more than 5 hours + Visual Impairment – 72

Working in front of system less than 5 hours + Visual Impairment – 27

Working in front of system between 3-5 hours at nights + Visual Impairment – 44

Working in front of system less than 3 hours at nights + Visual Impairment – 25

Subjects using spectacles regularly from 5 years + Visual Impairment – 22

Subjects using spectacles irregularly from 5 years + Visual Impairment – 48

CONCLUSION

Almost three quarters (75%) of people in the UK and also in India either wear glasses or contact lenses, or have had laser eye surgery to correct their vision [4]. Long- or short-sightedness is the most common, and can affect anyone at any age. Several health conditions, including age-related macular degeneration, cataract and glaucoma, can cause serious and sometimes permanent damage to eyesight. These conditions are more common in people aged over 50, but can affect younger people too. This can be reduced by bringing minimum awareness among people regarding their work stress and an equal relaxation, reducing the time of digital work at nights and also to maintain healthy diet. As all of us know that the visual problems now a day are not related to the age as all have people at any age can get sight a problem, consulting an optician is must for every 6 months regarding the eye/sight checkups. If you need

glasses or lenses you must always wear them when driving, even on short journeys. Keep a spare pair of glasses in your vehicle if you're prone to forget them.

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