

There are several herbs that are believed to promote eye health and address common eye issues. However, it's essential to consult with a healthcare professional before using herbs to address eye conditions, as some eye issues can be serious and may require medical attention. Here are some herbs that are often associated with eye health:

1. **Bilberry (*Vaccinium myrtillus*):** Bilberry is known for its potential benefits for the eyes. It's believed to improve night vision, reduce eye fatigue, and support overall eye health.
2. **Eyebright (*Euphrasia spp.*):** Eyebright is traditionally used in herbal medicine to address eye irritations, allergies, and redness. It can be used as an eye wash or in eye drops.
3. **Marigold (*Calendula officinalis*):** Marigold has anti-inflammatory properties and may help soothe irritated eyes. It can be used as an eye wash or in eye drops.
4. **Fennel (*Foeniculum vulgare*):** Fennel seeds are believed to have anti-inflammatory and cooling effects on the eyes. They can be used to make a soothing eye wash.
5. **Green Tea (*Camellia sinensis*):** Green tea is rich in antioxidants, particularly catechins, which may support eye health and reduce the risk of eye conditions such as glaucoma and cataracts.
6. **Ginkgo Biloba (*Ginkgo biloba*):** Ginkgo biloba is known for improving blood circulation, which may benefit eye health. It is believed to help with glaucoma and macular degeneration.
7. **Turmeric (*Curcuma longa*):** Curcumin, the active compound in turmeric, has anti-inflammatory and antioxidant properties that may help protect the eyes from oxidative damage and inflammation.
8. **Goldenseal (*Hydrastis canadensis*):** Goldenseal is believed to have antimicrobial and anti-inflammatory properties and can be used as an eye wash or in eye drops to address eye infections.
9. **Calendula (*Calendula officinalis*):** Calendula is soothing and anti-inflammatory and can be used to make an eye wash for irritated eyes.
10. **Borage (*Borago officinalis*):** Borage seeds contain gamma-linolenic acid (GLA), which may help reduce inflammation and support dry eye conditions.
11. **Lutein and Zeaxanthin:** While not herbs, lutein and zeaxanthin are carotenoids found in vegetables like kale, spinach, and carrots. These antioxidants are thought to protect the eyes from harmful light and may reduce the risk of age-related macular degeneration.
12. **Cayenne Pepper (*Capsicum annuum*):** Cayenne pepper contains capsaicin, which may help reduce eye pain and inflammation. It can be used in an eye wash with caution.

Before using any herb or supplement for eye health, consult with an eye specialist or herbalist to ensure it is safe and appropriate for your specific needs. Never use herbs or other substances in your eyes without proper

guidance or without making sure they are safe for ocular use, as improper use can lead to serious eye problems. Additionally, ensure that the source and quality of any herbal supplements you use are reputable and safe.