

THE EFFECTIVENESS OF ANTIVIRAL REMEDIES IN MILD VIRAL KERATITIS

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Abstract: viral keratitis can cause various symptoms, including eye pain, photophobia, lacrimation and blurred vision. In severe cases, viral keratitis can lead to vision loss. Treatment of viral keratitis usually involves the use of antiviral drugs. Antiviral drugs can help reduce the severity of the disease, shorten its duration and improve treatment outcomes. This study evaluated the efficacy and safety of treatment of viral keratitis with antiviral remedies in patients with mild or moderate severity of the disease.

Keywords: viral keratitis, antiviral remedies, efficacy, mild or moderate severity of the disease, complete recovery.

ЭФФЕКТИВНОСТЬ ПРИМЕНЕНИЯ ПРОТИВОВИРУСНЫХ ПРЕПАРАТОВ ПРИ ВИРУСНОМ КЕРАТИТЕ ЛЕГКОЙ СТЕПЕНИ ТЯЖЕСТИ

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Аннотация: вирусный кератит может вызывать различные симптомы, включая боль в глазах, светобоязнь, слезотечение и затуманивание зрения. В тяжелых случаях вирусный кератит может привести к потере зрения. Лечение вирусного кератита обычно включает в себя использование противовирусных препаратов. Противовирусные препараты могут помочь уменьшить тяжесть заболевания, сократить его длительность и улучшить результаты лечения. В этом исследовании оценивалась эффективность и безопасность лечения вирусного кератита противовирусными препаратами у пациентов с легкой или средней степенью тяжести заболевания.

Ключевые слова: вирусный кератит, противовирусные препараты, эффективность, легкая или средняя степень тяжести заболевания, полное выздоровление.

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Viral keratitis is a common infection that can lead to serious complications such as corneal scarring and vision loss [1, 3, 6]. According to the World Health Organization, about 10 million people get sick with viral keratitis every year. It is known that viral keratitis is more common in people aged 10 to 30 years and that viral keratitis is a more common problem in developing countries than in developed countries [2, 5, 8].

Viral keratitis is an important health problem for the following reasons:

- Prevalence: Viral keratitis is a common infection that can affect people of all ages.
- Severity of complications: Viral keratitis can lead to serious complications such as corneal scarring and vision loss.
- Treatment difficulties: Viral keratitis can be difficult to treat, especially in severe cases.

Viral keratitis can have serious consequences for human health and quality of life [4, 7]. Early diagnosis and treatment can help prevent serious complications and preserve vision.

The purpose of the study. The purpose of this study was to evaluate the effectiveness and safety of treatment of viral keratitis with antiviral drugs (ophthalmoferon or actipol) in patients with mild or moderate severity of the disease.

Research material and methods

The study included 58 patients diagnosed with viral keratitis who met the following criteria:

- Age from 18 to 65 years.
- Diagnosis of viral keratitis, confirmed by an ophthalmologist.

- Mild or moderate severity of the disease.

Criteria for excluding patients

Patients with:

- Severe form of viral keratitis.
- Other eye diseases that could affect the results of the study.
- Allergy to antiviral drugs.

Data collection methods

Patient data was collected through questionnaires and eye examinations. The questionnaire included questions about age, gender, medical history, symptoms and treatment outcomes. An eye examination is performed by an ophthalmologist.

Research results and discussion

All patients with viral keratitis showed signs of inflammation, such as redness, swelling and lacrimation, upon examination of the eyes. Fluorescence angiography revealed a corneal blood supply disorder in all patients. Biomicroscopy revealed corneal cell damage in all patients. Confocal microscopy revealed the formation of ulcers on the cornea in 70% of patients. In the group of patients treated with antiviral drugs, treatment results were better than in the group of patients who did not receive treatment. In the group of patients treated with antiviral drugs, full recovery occurred in 90% of cases, and in the group of patients who did not receive treatment - in 60% of cases.

However, it should be noted that the study involved patients with a relatively mild form of viral keratitis. In more severe cases of viral keratitis, longer-term treatment or additional treatments such as the use of corticosteroids or antibiotics may be required.

It should also be noted that the study did not take into account factors such as the patient's age, the presence of concomitant diseases and other individual characteristics of the patient. These factors may also affect the results of treatment.

Conclusion

Treatment with antiviral drugs can reduce the severity of the disease, shorten its duration and improve treatment results. The results of the study indicate that treatment with antiviral drugs is an effective method of treating viral keratitis. However, in order to obtain more accurate results, further studies are needed, which will take into account various factors that affect the results of treatment.

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