



Article published on August 25th 2012 | [Health](#)

All our body parts need care for their normal functioning. In the same way our eyes also need care and protection from the various outside environmental hazards and internal diseases and careless acts that can be harmful for the eyes. The protection and eye care is divided into parts like nutrition and diet, the role of antioxidants and minerals, situations leading to eye injury etc.

Nutrition and diet: The diet plays a very important role in the care of the eyes. The lack of essential vitamins and minerals in the body will lead to various kinds of eye diseases. So adequate amount of Vitamin A should be taken. The deficiency of vitamin A in the body may lead to night blindness. The vitamin A can be derived from carrots, papaya, green leafy vegetables etc.

Antioxidants: The presence of antioxidants in the body helps to prevent the biological deterioration of the cells of the body that occurs due to ageing. The damage of the cells is minimized with the use of antioxidants. The eye disease called macular degeneration that comes as the age advances is prevented with the use of them. There are many herbs like valerian and hawthorn that have anti-oxidative properties. So these types of herbs should be used in our daily diet in minimal quantity. But the research has not proved their benefit for the problem of cataract yet.

Minerals: The eye's health depends upon the intake of some essential minerals also. Several types of eye disease can be prevented with adequate levels of minerals and antioxidants. The zinc is one of the essential mineral for the body. It reduces the risk of development of advanced eye related disorders.

Avoid situations that lead to eye injuries: Eye injuries can be caused during play or at home. A great risk of eye injury is involved when a person plays games like bouncing ball, fly campfire sparks or recoiling bungee cord.

Any kind of sport like basketball, volleyball, tennis or hockey can also lead to injuries in the eye. So always wear safety glasses and to cover your eyes from any type of harm. The glasses made up of polycarbonate or plastic offer the best possible protection to the eyes.

If you are in your workshop then you may get a wrong spray in your eyes accidentally sometimes, flying wood chips etc that act as a threat to our eyes. So safety goggles will help to protect your eyes from the possible damage. If you are working in a welding department then full face shields are beneficial.

Another possible threat comes from the nearby lawn where kids are playing. Sometimes ball or other objects with which the children are playing leads to eye injury. So avoid going to the place where you think that children are playing with damaging material of eyes.

Some herbs are very good for the eyesight and help to cure eye disease like conjunctivitis and inflamed eyes. Amla is one of the herbs that contains all the essential nutrients and fulfills the requirement of fiber also that is required for digestion. Therefore amla powder can be used as digestive supplements.

Article Source:

<http://www.articleside.com/health-articles/essentials-of-eye-care.htm> - [Article Side](#)

[Justin Bieber](#) - About Author:

a [Digestive supplements](#) that a person use should be herbal as they are safe to use like a [amla powder](#). Amla powder is good for a [eye care](#) also.

Article Keywords:

Digestive supplements, amla powder, eye care

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!