

## Be with the Nature be with the Healthy Eyes

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Eyes are the most precious gift of God given to us. Its complexity and mechanism is not easy to understand but there are easy ways through which we can protect our most valuable organ which connects us with the beautiful world. Though our body has self defence mechanism for all kind of physiological disturbances including optics but still diseases are major challenges for us. Ophthalmologists are day by day trying to fetch new approaches for treatment and surgery in relation to cure of different ocular disorders. Among the different methods and approaches herbal remedies are also very promising for not only cure but more effectively for prevention of many ocular disorders. Herbal treatments are not new since ancient times they are in practice and proven their importance with efficacy.

Plant materials are even being dictated by traditional healers and herbalist for the discussion of these disorders [1-4]. Herbs are staging a comeback and herbal "Renaissance" is acceptable all over the globe. The herbal products today indicate safety in contrast to the synthetics that are stared as unsafe to human and environment. Although herbs had been priced for their medicinal, flavoring and aromatic qualities for centuries, the synthetic products of the modern age exceeded their importance, for a while [5]. In current time people are more focused towards these natural prophylactic ways for protecting them rather depending on medications. This is because of the diverse side effects caused due to the use of synthetic drugs. Ophthalmology is also not exception for establishing the prophylactic uses of these natural phytochemicals. Among different approaches virtual screening based on computational protocol is most easy and effective way to screen out the potentiality of phytochemicals against any specific target i.e. specific protein. Through different intensive *In-silico* protocols it was notified in a study that for different ocular disorders like Eales Disease, Diabetic Retinopathy, Uveitis, ARMD (Age Related Macular Degeneration), Cataract, Glaucoma different phytochemicals viz. As Ginkgolide, D-pinitol and Gugglesteroes Resveratrol for Glaucoma, Bilobalide and Berberine and Curcumin are showing their potency as prophylactic agents respectively against mentioned disorders [6]. Rather than this many studies have glorified the role of natural supplements in protection of ocular disorders [7-8].

Very nicely it could be concluded that our nature has wonderful mechanism to fit us with the best survival not going against the nature rather than with the nature and ophthalmic is one of most important among all.

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