

## **Excerpts From a 1982 Clinical Study: The Effects of Three Topical Agents on Posterior Subcapsular Cataract Progression in Royal College of Surgeon (R.S.C.) Rats**

Three substances are currently reported to possess cataract retardation Properties: Scenecio Maritima, N – N dimethylglycine, and Conjunctivisan A. To test their potential in retarding cataract progression, Royal College of Surgeon ( R. C. S.) rats were selected as the experimental model. This strain of rats develops posterior subcapsular cataracts secondarily to an inherited retinal degeneration. At birth, the rats were divided into four groups. The ten rats in each group received twice daily topical instillation of saline, Scenecio Maritima, N-N dimethylglycine, or Conjunctivisan A for eight weeks. Analysis of serial slit lamp evaluations showed a significant delay in cataract progression in the rats receiving any of the three agents compared to the saline control. This suggests that there might be an alternative to surgery in cataract treatment.

### Scenecio Maritima

Succus Cineraria Maritima (SCM) or Scenecio Maritima are trade names for an herbal extract from the plant Cineraria Maritima. The sterilized juice of the plant is employed for the treatment of capsular and lenticular cataracts of the eye. Its use is recommended before resorting to an operation.

Cineraria Maritima or Dusty Miller is a plant found most on the shores of the Mediterranean region. Cineraria means "ashy grey", depicting its mixture of black and white coloring which contrasts against its yellow flowerheads. The juice from the leaves is believe to contain a cataract retardant. When applied to the eye, it is thought to act as a lymphagogue, increasing circulation in the intraocular tissue and also stimulating collateral circulation and normal metabolism.

A pilot study has suggested retardation of cataract development in Royal College of Surgeon (R.C.S.) rats treated with Scenecio Maritima as compared to placebo controls.\_ A recent pharmaceutical laboratory study was conducted investigating the use of SCM on the retardation of artificially induced cataracts in albino rats. Significant differences in light transmission values of the lenses between treated and non-treated animals were found.\_ SCM has also been used in a study involving ophthalmologists instilling drops of SCM in human cataracts with favorable results.\_