

Signs And Symptoms Of Cataract

It is a disease which clouds your vision covering the eye's natural lens. This badly affects your eyesight which can even blind you. It is clouded due to the film over the eye by which the eye gets a frosty look which can be even compared to a frosted glass. These makes the day-to-day cycle of life very difficult. Driving the car, reading a newspaper and many other small things in life become a very strenuous job. This disease is mainly related to age because with the passage of time it starts getting weaker.

The strength and vitality of our lens is mainly due to water and protein. The protein is provided in right amounts which keeps the lens clear by helping the light pass through it. But with age being a factor in causing this disease, the protein which is provided clusters together making the lens crowded. Over a period of time the cataract grows larger making the lens clouded with a worse vision. Even though it may be of common understanding for many that, cataract is age-related but with the different ways of life cataract may have started in middle age.

The beginning of cataract is very small as most of the diseases which can result in losing your vision. It starts off with a blurred vision. A cataract patient may find the sun rays and other lights very bright due to this condition. Due to this constant eyestrain you will find yourself blinking more often to clear your vision. Cataract does not pose much threat unless your eye color is entirely white, which is a condition known as an overripe (hyperature) cataract. This can cause extreme damage to your eyes and should be removed as soon as possible.

Source: <http://www.articlecircle.com>

About the Author

Kevin Pederson has been managing a number of natural home remedies websites, such as <http://www.home-remedies-for-you.com>, which have lot of information on home based natural cures for most common illnesses as well as information on cataract.