

# *Euphrasia Herbal Eye Treatment*

Island Wildlife Natural Care Centre



For the treatment of various eye infections, injuries and opacities, a compress of *Euphrasia officinalis* herb (Eyebright) has been used with great success.



Start with 30 g of dried herb or 60 g of fresh herb in a saucepan with 750 ml of cold water. Bring to a boil and simmer for up to 1 hour until the volume is reduced by 1/3. Strain through a coffee filter and store in a closed jar in a cool place. This decoction should be made fresh every 1 to 2 days.



In order to keep the compresses in contact with the eyes for as long as possible, swimmers goggles were employed. Cotton balls were soaked in the *Euphrasia*, piled very wet into the goggles and held in place by hand. Treatments lasted 2 to 5 minutes, twice a day. Length of treatment mostly depended on the agitation level of the pup.



Most seals appeared to find the treatment soothing and stayed fairly calm. Improvement is generally seen within a few days or less.

