

**Brief Communication - 2**

**Unnoticed Astigmatism:  
A Cause Of Chronic Headache**

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Astigmatism is present when refractive properties of the eye (especially cornea) are not spherical.<sup>1</sup> This prevents a single focal point from forming.

Accommodation may alter the nature of the image appreciably by varying the positional focal lines. To obtain distinct vision in low grades of astigmatism, efforts of accommodation put a considerable strain on the eye, and lead to headache, dull pain around the eye, nervousness and sometimes nausea<sup>2</sup>. We evaluated 850 patients of headache without any other complaints.

At the time of initial presentation 400 (47.06%) patients complained specifically only of headache, 220(25.9%) patients had headache with eye strain, while rest 230 (27.06%) presented having headache with blurring of vision. The mean age of patients presenting with chief complaint of headache was  $23.75 \pm 4.93$  years in the age range of 15-35 years.

Orthoptic evaluation revealed that majority

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- *Twenty percent of Earth's oxygen is produced by Amazon Forest.*
- *Rats multiply so quickly that in 18 months, two of these could have over 1 million descendent*

80.35% (683 patients) had A/C ratio with in normal limit, while only 19% (167 cases) had associated convergence insufficiency.

The follow-up evaluation clearly showed gradual symptomatic relief of the prime symptom of headache. The duration of complete relief of symptom is proportional to amount of astigmatism corrected. Higher was the amount of astigmatism, earlier was the relief.

However, only 1.2% (10) patients reported worsening of symptoms which could be attributed to non-compliance of regular use of glasses, faulty glasses, disproportionate spectacle frame or patients over depending psychology.

In persons with normal 6/6 vision complaining of dull constant headache, with or without any ocular symptom, low grade astigmatism is one of the prime underlying causes for the symptom and that can be relieved by simply giving a proper astigmatism correction glasses for constant use.

**References**

- 1) Yanoff M. Excimer laser photorefractive keratotomy (PRK) ophthalmology. 2006;2:148.
- 2) Agarwal L. P. Astigmatism: Principle of optics & refraction. 2003;5:143.