

13 Surprising Benefits of Honey for Eyes

December 2017 By Sruthika

Honey is not only used as a tasty replacement for sugar or adding flavor to food but also exhibits numerous health, skin and beauty benefits like weight loss, diabetes, burns, allergies, respiratory problems, etc.

Do you know that honey helps in improving eyesight and clearing some eye related problems like cataracts, glaucoma, trachoma, red or pink eyes? Surprising? Isn't it!

There are many studies showing that honey acts as a super tonic for improving vision and reducing inflammation or redness or irritation of the eyes. Wondering, how to use honey for treating your eye problems and maintain healthy eyes? Then have a look at this article which explains you how is honey helpful for eyes.

Honey for Healthy Eyes:

Here are some best ways of using honey for clearing eye-related problems. Scroll down and follow the below-mentioned honey methods to grab its benefits and to maintain healthy eyes.

1. Treats Eye Ailments:

Honey exhibits soothing, antibacterial, antimicrobial, antiseptic and anti-inflammatory properties that help in dealing various eye ailments like ulcerative blepharitis, blepharoconjunctivitis, corneal ulcers of inflammatory and traumatic origin.

For treating dimness of the cornea & cataract (in the initial stage), use fresh comb honey as the best remedy. Regular follow up will give best results in dealing with these eye problems.

2. Tired Eyes:

Increased usage of computers and spending long hours in front of the television or other electronic gadgets will make your eyes feel tired, itchy or exhausted. If you're one among those people suffering from strained eyes then use honey as your best remedy to get rid of tired eyes. Simply spread raw honey all over the closed eyelids and relax with some soothing music. Leave for 30 minutes and rinse the honey applied eyelids with cold water. Repeat it regularly to feel refreshed.

3. Dry Eyes:

In this modern and electronic world, most people are suffering from dry eyes. Dry eyes are a common eye disorder which makes the eye unable to supply the required amount of tears which are essential for its lubrication. The sufferer will face some variety of symptoms like itching, pain, redness of the eye, feeling of foreign body or sand in the eye and blurring of vision. You can get rid of this condition with the help of honey and all you need is to prepare an eyewash by mixing some raw honey and warm water. Use it to wash your eye area thoroughly at night before bedtime. Continue this wash every alternate night until you see improvement in your condition.

4. Macular Degeneration:

Macular degeneration is an age-related eye disorder that caused by the deterioration of the central portion of the retina and thereby causes blurred vision or vision loss. This is a most common eye problem which is experienced by people with an older age, as they eye vision gets weaker and weaker.

Don't worry, we can easily prevent this problem with the help of honey. Honey has a rich source of antioxidants that help in keeping the eye muscles safe and healthy. So, if you're crossing 40 years then be assured of good eyesight with the regular usage of raw honey.

5. Glaucoma:

A glaucoma is a group of related eye disorders that damage the eye's optic nerve, which is caused when fluid builds up in the front part of the eyes. This buildup will increase the intraocular pressure in the eye and thereby leads to permanent damage to the optic nerves.

In early stages, glaucoma doesn't exhibit symptoms but causes permanent vision loss or blindness. Most studies have stated that regular usage of raw honey as your eye drops will help to reduce the possibility of occurrence of this eye disorder by 50% and stay healthy.

6. Safe Vision:

Honey is an effective remedy that helps in protecting your vision. It has rich content of antimicrobial, antioxidant and anti-inflammatory properties along with a great source of various essential vitamins and minerals which help in maintaining healthy eyes and its vision.

In general, zinc is essential for proper functioning of the optical nerves in the eyes and honey has an adequate amount of zinc in it. So, use honey eye drops regularly to grab this mineral and to protect your vision.

7. Pink Eyes or Conjunctivitis:

Pink eye is caused when the conjunctiva becomes inflamed and makes the eye to become red, itchy and swollen. It is highly contagious that affects everyone, especially children. There are bacterial, viral and allergic pink eye/conjunctivitis.

Being rich in antibacterial, antimicrobial and anti-inflammatory, honey acts as the best remedy for treating pink eye. It clears the microbial action, enhances your immune system and soothes the eyes to get rid of itchy, irritation and pain.

Simply pour 1 – 2 drops of honey in the affected eye (or) consume honey as a part of your daily diet (or) apply honey all around the affected eye area to get rid of the infection.

Read More About [How to Get Rid of Pink Eye](#).

8. Eye Wrinkles:

Most of us are afraid of the aging signs which make us look old without being old. Not only age but also genetics, smoking, prolonged exposure to sun's harmful UV rays, nutritional deficiencies, poor facial skin care, etc. will cause under eye wrinkles.

Honey helps you in dealing with these wrinkles and fine lines around the eyes. All you need is to apply some raw honey on all over the closed eyes and rinse with warm water after 15 minutes. Or mix honey with aloe vera gel (or) papaya mash (or) consume honey regularly to get rid of eye wrinkles.

Know More about [Home Remedies to Treat Under Eye Wrinkles](#).

9. Sore or Puffy Eyes:

Staying for entire night will make you suffer from sore or puffy eyes, which make you look tired and unhealthy. Honey works as an excellent remedy for treating mild swelling, saggy and loose skin.

Simply apply honey on the affected areas of the eye for few minutes (or) consume it regularly to clear these puffy eyes or soreness.

10. Eye Infections:

Do you ever hear that honey is used for eye infections? All sorts of eye infections which are caused due to bacteria, fungus, virus or any other microorganisms can be cured with honey. Honey exhibits antibacterial, antiviral, antimicrobial and antiseptic properties that help in curing the eye infections.

Simply mix equal quantities of raw honey and boiling water in a small bowl and apply it on the affected eye by using a clean cotton ball. Repeat the same process daily until you get relief from these eye infections.

11. Acts as an Optic Nerve Tonic:

Honey helps a lot in increasing the production of nitric oxide which is essential for the proper blood flow to the optic nerves. So, from ancient times, it is used as an optic nerve tonic. So, start making a habit of using raw honey to ensure better vision all the time without any eye ailments.

12. Dark Circles:

Stress, lack of sleep, nutritional deficiencies, certain health problems and medications, etc. will result in dark circles. Honey with its anti-inflammatory, antimicrobial, antioxidant, and moisturizing properties will help to clear these dark circles effectively.

Spread a thin layer of raw honey on the dark circles and massage gently for a couple of minutes (or) mix honey with almond oil or lemon juice or raw milk or potato paste and apply it on the affected eye areas (or) consume honey regularly.

13. Lighten Eye Color:

Honey lightens your eye color naturally but not instantly. All you need is pure honey and water to lighten your eye color.

Mix 1 drop of raw honey in 5 drops of warm water and stir well. Also, mix honey and warm water in 1:5 ratios and store this solution in a clean bottle. Pour 3 drops of this mix in every morning and evening to lighten your eyes slowly. You can store this solution in a cool and dark place for regular usage.

How to Use Honey for Eyes:

We can use honey for both internal consumption and external application. The only thing we should not is how to apply this honey externally to get rid of these eye problems and to maintain healthy eyes.

Here are few ways that help you in how to use honey externally on the eyes to keep it safe and healthy.

Method – 1: (Eyewash)

This is one of the most widely used methods that work well in clearing eye problems. Mix equal quantities (1 teaspoon) of raw honey and warm water and stir well till the honey dissolves in this water. Let it cool down and use it as your eyewash on regular basis.

Method – 2: (Eye Drops)

Always use fresh comb honey for preparing honey eye drops. Mix this honey in an adequate amount of distilled boiled water and use it twice or thrice daily to get rid of the problem. Never ever store this mix for more than a week, prefer to make it fresh and use it.

In certain cases, people may experience an itching sensation immediately upon applying these honey eye drops but don't worry, as it will cool down gradually.

Method – 3: (Eye Mask)

Topical application of honey as an eye mask on the affected eye will make a soothing and relaxing effect. Here are few ways of using the honey mask to get rid of eye problems.

- Mix 1 teaspoon of raw honey with 2 – 3 drops of lemon juice and some egg white. Stir well and apply it under the eyes as a mask. Let it sit for 10 – 15 minutes and rinse off with water.
- Stir 1 teaspoon of honey in 1 tablespoon of vitamin E gel and store in a small container. Use it as an eye mask regularly for three times a week to grab its benefits and to get rid of eye disorders.

Tips:

1. For best results, use fresh and organic raw honey (acts as the best remedy) for treating a wide range of eye disorders.
2. Whether you consume honey or use it as eyewash on regular basis, it helps you in improving eye lens oxidation to provide long-lasting, safe and better vision.
3. Before putting anything in the eyes, make sure to consult your doctor without getting any harm to the eyes or loss of vision.
4. Honey is used as a highly effective remedy for reducing the risk of diabetic retinopathy. It also acts as a promising ophthalmological agent that protects the eyes from various eye – related problems.
5. If you have any allergic reaction to pollens or other bee-related sensitivity then avoid using honey for the eye why because it can worsen the infection and also results in temporary loss of vision.
6. However, there are various types of honey available in the market which can be fairly acidic (with pH 3.4 – 6.1) that may cause some serious discomforts when applied to the eyes. So, be sure that to use honey which is not acidic and pure.

There are the various eye benefits which you can grab by using honey and do follow some necessary precautions while using honey for healthy eyes. Did you ever use honey in your eyes before? Then share your experience with us in the below comments box.

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