



**“ALL EYES ON SCREEN, DISTURBED VISION : UNDERSTANDING
DIGITAL VISION SYNDROME IN GENERATION Z MANAGEMENT
THROUGH HOMOEOPATHY”**

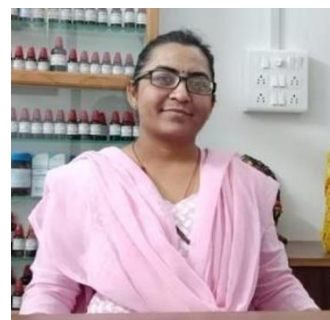
Author details :

Dr. Neha Patel M.D.(Hom.)

PG Coordinator, Professor,

HOD Department of Repertory and Case Taking, Smt A.J. Savla
Homoeopathic Medical College & R.I., Mehsana - 384001, Gujarat.

Email: drnehpatel13gmail.com



Assist by :

Dr. Swatiben R Patel

PG Scholar M.D.(Hom. Repertory) Part 1

Email: patelswati2430@gmail.com



ABSTRACT

In today's digital world, using electronic devices like computers, smartphones, and tablets for long periods is common. This has led to more cases of Digital Vision Syndrome (DVS), also known as Computer Vision Syndrome. DVS includes a range of symptoms such as eye strain, dryness, blurred vision, headaches, neck pain, and mental fatigue. From a homeopathic perspective, DVS is not just a local eye issue; it reflects a broader systemic imbalance influenced by lifestyle, mental stress, and overuse of senses. Homeopathy, with its focus on the whole person and individual needs, can effectively manage the condition by treating both eye issues and related mental and physical symptoms. This article examines Digital Vision Syndrome through a homeopathic lens, emphasizing key rubrics, suggested remedies, and the benefits of holistic healing.

KEY WORDS

Digital Vision Syndrome, Computer Vision Syndrome, Homoeopathic Therapeutics, Vision Disorders, Mental Fatigue, Phatak Repertory, Murphy Repertory, Generation Z

A.J. SAVLA HOMOEOPATHIC NATIONAL
JOURNAL VOLUME:4 (2026), ISSUE:2



INTRODUCTION

The rapid growth of the digital era has changed education, communication, work habits, and leisure activities. Exposure to screens has become a regular part of daily life. Visual Display Terminals (VDTs) like smartphones, laptops, tablets, and computers are now used continuously in academic, professional, and social settings, especially among younger people.^[1,2] While digital technology has improved productivity and connectivity, it has also brought new health issues, with Computer Vision Syndrome (CVS), also known as Digital Eye Strain (DES), being the most common.^[3,4]

Computer Vision Syndrome refers to a range of eye and visual problems that arise from extended use of digital screens.^[4,5] Symptoms include blurred vision, eye fatigue, dryness, burning sensations, redness, headaches, neck and shoulder pain, and reduced attention span.^[6,3] These issues occur because looking at electronic screens requires more focus, convergence, and eye movement compared to reading printed text, leading to muscle fatigue and visual discomfort.^[3] Poor ergonomics, bad posture, glare, changes in contrast, and long periods of fixed gaze make the situation worse.^[1]

Recent research shows that CVS is widespread, affecting about 69% of digital users around the world. The problem worsened after the COVID-19 pandemic, as online learning, remote work, and increased social media use surged. Studies found that around 74% of people reported experiencing symptoms.^[7] Even one extra hour of screen time raises the risk, and using screens for more than two to three hours a day is strongly linked to developing CVS.^[7,8,2] Teenagers and young adults are especially at risk due to constant multitasking and heavy smartphone use.^[7,2]

Generation Z, raised in a fully digital world, is the most tech-dependent group. Their learning, entertainment, communication, and social identity revolve around digital platforms, making them highly prone to ongoing eye strain and related musculoskeletal relief.^[1,2] Despite being so common, CVS is often overlooked or only treated symptomatically with lubricating drops, anti-glare solutions, and ergonomic adjustments, which usually offer just short-term relief.^[3]

Homoeopathy is a holistic and personalized treatment approach that looks at all symptoms, including physical, mental, and lifestyle factors. It may provide a complementary method for managing lifestyle-related conditions like CVS.^[3] By addressing both functional issues and individual susceptibility, homoeopathic treatment aims not just to ease symptoms but to restore visual comfort and overall well-being.

Understanding Digital Vision Syndrome considering modern digital habits, especially among Generation Z, is crucial. This article will explore the causes, risk factors, clinical signs, and



management of CVS, while also considering the potential of homoeopathy as a personalized treatment option in the digital age.

PREVALENCE

Digital Vision Syndrome (DVS) and Computer Vision Syndrome (CVS) have become major public health issues in today's digital age. Studies show that the prevalence among computer users ranges from 64% to 90%. This means that most people who use screens face visual problems.^[4,5] Worldwide, over 60 million people are affected, with nearly 1 million new cases appearing each year. About 70% of users report vision disturbances, and this number continues to grow as more people rely on digital devices.^[4,5] Data from a meta-analysis in India indicates that nearly two-thirds of participants experience CVS, with a pre-COVID prevalence of about 64.3%. Females show a higher occurrence.^[6] Children and adolescents, especially those in Generation Z, are particularly at risk. Symptoms often go unnoticed for years and may only be diagnosed later in life.^[4,7]

RISK FACTORS

- Improper screen lighting (too bright/too dim, poor contrast)
- Excessive room brightness or glare
- Continuous screen viewing without blinking or breaks
- Long duration of computer/device use
- Incorrect viewing distance (too close to screen)
- Leaning forward to focus clearly
- Poor posture or abnormal sitting position
- Improper workstation setup (screen height/angle)
- Blue-light exposure from digital devices
- Uncorrected refractive errors (e.g., myopia, hyperopia, astigmatism)
- Certain medications that worsen eye dryness or strain

CLINICAL FEATURES

1. Ocular (Visual) symptoms

- Eye strain (asthenopia)
- Blurring of vision (intermittent/continuous)
- Double vision (diplopia)
- Difficulty in focusing / slow refocusing (near ↔ far)
- Transient myopia after prolonged screen use
- Increased sensitivity to light (photophobia)



2. Ocular surface symptoms

- Dryness of eyes
- Redness (conjunctival congestion)
- Burning sensation
- Gritty / foreign body sensation
- Watering (reflex tearing)
- Itching of eyes
- Tired or heavy eyelids

3. Extra-ocular (musculoskeletal) symptoms

- Headache (frontal/temporal)
- Neck pain or stiffness
- Shoulder pain
- Backache
- Facial fatigue

4. General associated complaints

- Reduced concentration
- Visual fatigue after prolonged digital device use
- Worsening symptoms in evening or after long screen exposure

DIAGNOSIS ^[4,5]

Digital Vision Syndrome is diagnosed in clinical settings by comprehensive ophthalmic evaluation:

1. History taking – Assessment of screen usage duration, general health, drug intake and environmental factors to confirm symptoms are related to digital device use.
2. Visual acuity assessment – Measurement of vision to detect impairment due to prolonged screen exposure.
3. Refractive error evaluation – Checking hypermetropia, astigmatism or other defects to determine need of corrective lenses.
4. Tear film assessment – Basal/Schirmer test performed to identify aqueous deficiency and dry eye status.
5. Symptom scoring – Use of CVS-Q (Computer Vision Syndrome Questionnaire), a validated tool for evaluating CVS symptoms in digital screen users.



MANAGEMENT ^[1]

- Complete eye examination to rule out other ocular disorders.
- Individualized Homoeopathic treatment based on totality of symptoms.
- Ergonomic correction of workstation:
 - Screen 35–40 inches away and 10–20° below eye level
 - Proper chair with back, arm and leg support
 - Keyboard at neutral wrist position
- Reduce screen exposure: limit screen time and take frequent breaks.
- 20–20–20 rule: every 20 minutes, look at an object 20 feet away for 20 seconds.

REPERTORIAL APPROACH ^[9,10]

Rubrics from Phatak Repertory :

Eyes , left , pain Periodical , over : Mur acid

Eyes, above , something, as if can not look up : Carb an

Eyes , Dry , lachrymation, with : Staph

Eyes , dryness, using them , as if from : Lith

Eyes, fixed , staring : Cup

Eyes , heavy, as if : Ars io

Eyes , looking down agg : Nat m

Eyes ,seeing , sight , cinema , etc ,agg : Arn

Eyes ,sprained, as if : Lil t

Eyes ,weight on as if : Carb v

Eyes ,winking absent : Caus

Eyes winking painful : Kali io

Vision , blindness, ey, overuse from : Crot h

Vision, blindness, lighting, from : Phos

Vision, light, agg : Hyo

Vision, objects appear, fad away , then reappear : Gel



Rubrics from Murphy Repertory :

Eyes, Air, open, amel : Seneg

Eyes, discharge, thin : Graph

Eyes, dryness of, looking at bright light : Mang

Eyes, Dullness, exertion, after : Ferr

Eyes, lachrymation, General closed Eyes with : Spong

Eyes, lachrymation, General closing on : Berb

Vision, blindness, dizziness with n : Gels

Vision, blindness, overuse of Eyes, from : Crot h

Vision, using Eyes and straining them at fine work, with : Ruta

Vision, dim, headache, one side : Chen a

Vision, dim, recurrent : Cact

Vision, eyestrain, light, after excessive use by insufficient, loss of use of left eye, Vision of rt. Incomplete : Lith

Vision, weak, strained, as if Eyes were : Ruta

HOMOEOPATHIC THERAPEUTICS^[1]

Arsenicum album :

- Burning, shooting pain in the eyes with strong light sensitivity and redness.
- Tears are corrosive, lids are swollen, and there is an inability to tolerate light.
- Corneal ulcers or specks appear, along with dryness and weak vision.
- Restlessness accompanies eye inflammation.

Duboisinum :

- Pupils are dilated, visual hallucinations occur, and the optic nerve is inflamed.
- Eyes feel tired and strained, with a sense of protrusion.
- Colors appear distorted, print looks blurred, and there is paralysis in focusing.
- Nervous weakness in the eyes can lead to symptoms like dizziness.

Euphrasia :

- Tears are acrid, accompanied by burning, redness, and light sensitivity.



A. J. SAVLA HOMOEOPATHIC NATIONAL JOURNAL

- It feels like there's sand in the eyes, worsening in light and wind.
- Corneal ulcers and conjunctivitis may develop, with sticky discharge.
- Eye issues often result from injury or inflammation.

Gelsemium :

- Lids feel heavy and droop, vision is dim, and double vision may occur.
- There are dull aching, smoky vision, and episodes of blindness.
- Pupils are dilated, and there is weakness in the eye muscles.
- Eye problems are linked to nervous exhaustion.

Kali phosphoricum :

- Eye strain comes from studying, leading to tired, burning eyes.
- Blurred vision and black spots appear, along with light sensitivity.
- Lids may swell and twitch, with mucus discharge.
- Nervous weakness is associated with eye fatigue.

Natrum muriaticum :

- There is a feeling of sand in the eyes, along with smarting and watery discharge.
- Light sensitivity and dim vision create confusion when reading letters.
- Pain worsens while reading but improves by closing the eyes.
- Headaches can occur due to eye strain.

Picric acid :

- Severe eye fatigue results from mental work.
- Burning and smarting sensations, along with light sensitivity, are present.
- Vision appears dim, with sparks and smoky sights.
- It's hard to keep the eyes open while studying.

Phosphorus :

- Vision may be blurred or misty, with black spots and halos.
- Eyes feel weak from reading, causing pain with movement.
- There is light sensitivity, tearing, and twitching of the lids.
- Nervous, sensitive eyes may show retinal issues.

Physostigma :

- Eye strain results from overuse, leading to focusing spasms.
- Burning and twitching lids occur, with pupils constricted.
- A mist or veil may obscure vision, creating dancing spots.
- Eyes feel tired from reading fine print.



Ruta graveolens :

- Eye strain arises from reading, sewing, or screen work.
- There is burning, aching, dryness, and light sensitivity.
- Letters may blur together, causing weakness in sight.
- Rest improves symptoms, while using aggravates them.

Senega :

- Dry, burning eyes become worse in candlelight.
- Tearing occurs outdoors, along with light sensitivity.
- Double vision, flickering, and corneal opacity can happen.
- Vision weakens with strain and irritation.

CONCLUSION

Digital Vision Syndrome has become an emerging public health and occupational problem due to the widespread use of digital screens in daily life across all age groups. The major risk factor is prolonged exposure to video display terminals such as smartphones, laptops and televisions, which leads to visual, ocular surface and musculoskeletal complaints affecting quality of life.

Prevention remains the most effective strategy and includes public awareness, proper eye care and ergonomic modification of the working environment. Education regarding safe gadget use and healthy screen habits is essential to reduce the burden of CVS.

Homoeopathic management, especially individualized similimum based on totality of symptoms, can play a supportive role in relieving eye strain and associated complaints along with lifestyle and ergonomic corrections.

Thus, early awareness, preventive measures and individualized homoeopathic care together help in effective control of Digital Vision Syndrome.