

Evaluation of moslems' fasting effects on myopia (short sighted vision)

abstract

Considering daily fasting in the holy month of Ramadhan, there are some speculations and gossips, which make people believe negative effects of fasting on refractive errors exist actually.

This investigation was carried out on 180 eyes (90 patients) in two age groups: 12 to 19 year old and 20 to 30 year old individuals, which all have some degree of myopia and were selected randomly due to their attendance in a general ophthalmology clinic.

The examinations were performed in 2 stages. Firstly, 3 days prior to ramadhan up to the eve of it and secondly, from the next day of Eid-e Fetr lasting to 3 days later. Using same examiner, examination set and E. Chart in this study, not a specific outcome was drawn of statistical results in these two groups and one can say the fasting has not obvious consequences on myopia in practice.

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