

**The effect of vincamine (oxybral)
in prevent age-related macular degeneration**

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Age-related macular degeneration (ARMD) is a slow, bilateral and painless eye condition in which there is progressive damage or deterioration of the central area of the retina (Macula) over the age of 60-65 years, resulting in gradual sight loss in the center of the field of vision. The peripheral (side) vision, however, is unaffected. Therefore, ARMD does not lead to total blindness like glaucoma or optic nerve disease. There are two major type of ARMD, called "dry" or nonexudative form and "wet" or exudative form. That disorder of the macula is characterized by one or more of the following:

Drusen formation (discrete whitish-yellow spots that form between the RPE and the underlying Bruch's membrane); retinal pigment epithelium (RPE) abnormalities such as hypopigmentation or hyperpigmentation; geographic atrophy of the RPE and choriocapillaris involving the center of the fovea; neovascular (exudative) maculopathy.

The first study that applied in 80 patients, 40 were treated with Vincamine (Oxybral 30 mg capsule) 1 capsule/day and 40 were given 60mg (2 capsules)/day for a long period (3 months). Significant and relatively quick improvement was obtained for a wide variety of vascular dysfunctions, including those of the eyeground. In the second study, in order to increase circulation into the eyeground, Vincamine was administered to 60 predominantly atherosclerotic patients 1 capsule per day and for 3 months to increase circulation. The ability to distinguish fine details improved in 51 cases, with their visual acuity enhanced 75% on average. There was no positive change, in the other nine subjects; but neither was there any further decline. When the effect of Vincamine on occlusions and atherosclerotic retinopathies of the central retinal artery was examined, improvement was found to be nearly three times (290 %) greater than that of control subjects. This is very significant. At 30 mg of capsuled Vincamine per day, there were few if any side effect, and those disappeared upon dose reduction. Visual improvement occurred as blood pressure normalized causing gentle dilation (relaxation) of the blood vessels in the central retinal arteries. In the third (last) study, Vincamine at 30 mg (1 capsule) each were given to 34 ophthalmological patients for two months. As long as the course of supplementation lasted, there was significant improvement of visual acuity.

It was determined that Vincamine increased blood flow in the retinal precapillary and capillary system, especially to the area previously deprived of oxygen. Sclerosis of the choroid, the vascular layer of the eye between the sclera and the retina, was also found to be relieved due to the effect of the Vincamine on improved blood flow in the choroid capillaries. Vincamine makes the condition of ARMD cases right and helps to prevent ARMD, repairs blood circulation to retina and especially macula region, improves night vision and increases sight in many people afflicted with eyesight disorders.