

Safety and Efficacy of Black Tea Extract in the Treatment of Acute Bacterial Conjunctivitis: A Rabbit Model

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> [Eye Contact Lens](#). 2023 Jan 1;49(1):35-41. doi: 10.1097/ICL.0000000000000954.
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Safety and Efficacy of Black Tea Extract in the Treatment of Acute Bacterial Conjunctivitis: A Rabbit Model

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Affiliations + expand

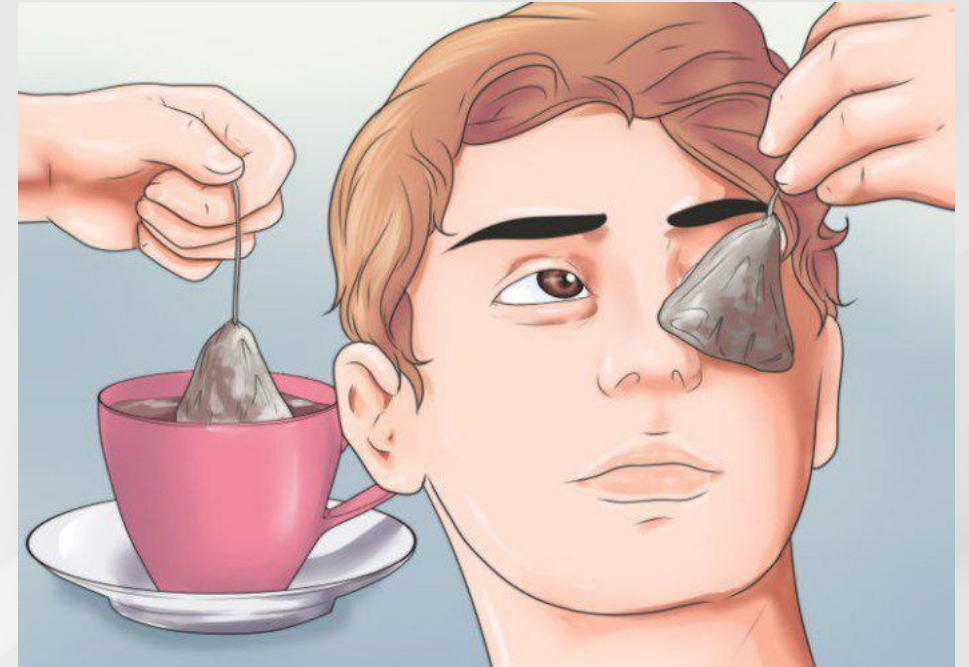
PMID: 36544283 DOI: [10.1097/ICL.0000000000000954](#)

Purpose of the study :

I always had a question about safety and efficacy of tea compresses

As it is very popular in our tradition

اعمل كمادات شاي يا دكتور ه؟



Review of literature:

Volume 20, Issue 3 (12-2012)

Avicenna J Nurs Midwifery Care 2012, 20(3): 5-15 | Back to browse issues page

Comparing the Effects of Brev Conjunctivitis

M. Attarha, Ph.D. student, K. Vakilian, F

Comparison of the microbial activity of

June 2010 · [Food Research I](#)

DOI:[10.1016/j.foodres.2010.0](#)

Authors:

All Invitro No clinical data

asured total
and

Nihal Turkmen ¹, Y Sedat Velioglu, Ferda Sari, Gokce Polat

Affiliations + expand

PMID: 17851405 PMCID: [PMC6149426](#) DOI: [10.3390/12030484](#)



Methods:

- In vitro:

Tea extract is as effective as Gatifloxacin 0.3% in inhibition of MRSA and pseudomonas

At Concentration of 400mg/mL



Methods:

- In vivo :

Induction of conjunctivitis with 2 bacterial species

MRSA and **PSEUDOMONAS**



Methods:



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Methods:



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Methods:

Eyes were divided into 3 groups:

- Group A 16 eyes : Tea drops
- Group B 16 eyes: Gatifloxacin 3%
- Control Group 10 eyes : Saline



Our aim was to document:

1- **Efficacy** of Tea eye drops as an antibiotic, and compare the results to a know widely use topical antibiotic

2- **Safety** of the tea on the ocular surface (cornea, conjunctiva and eyelid)



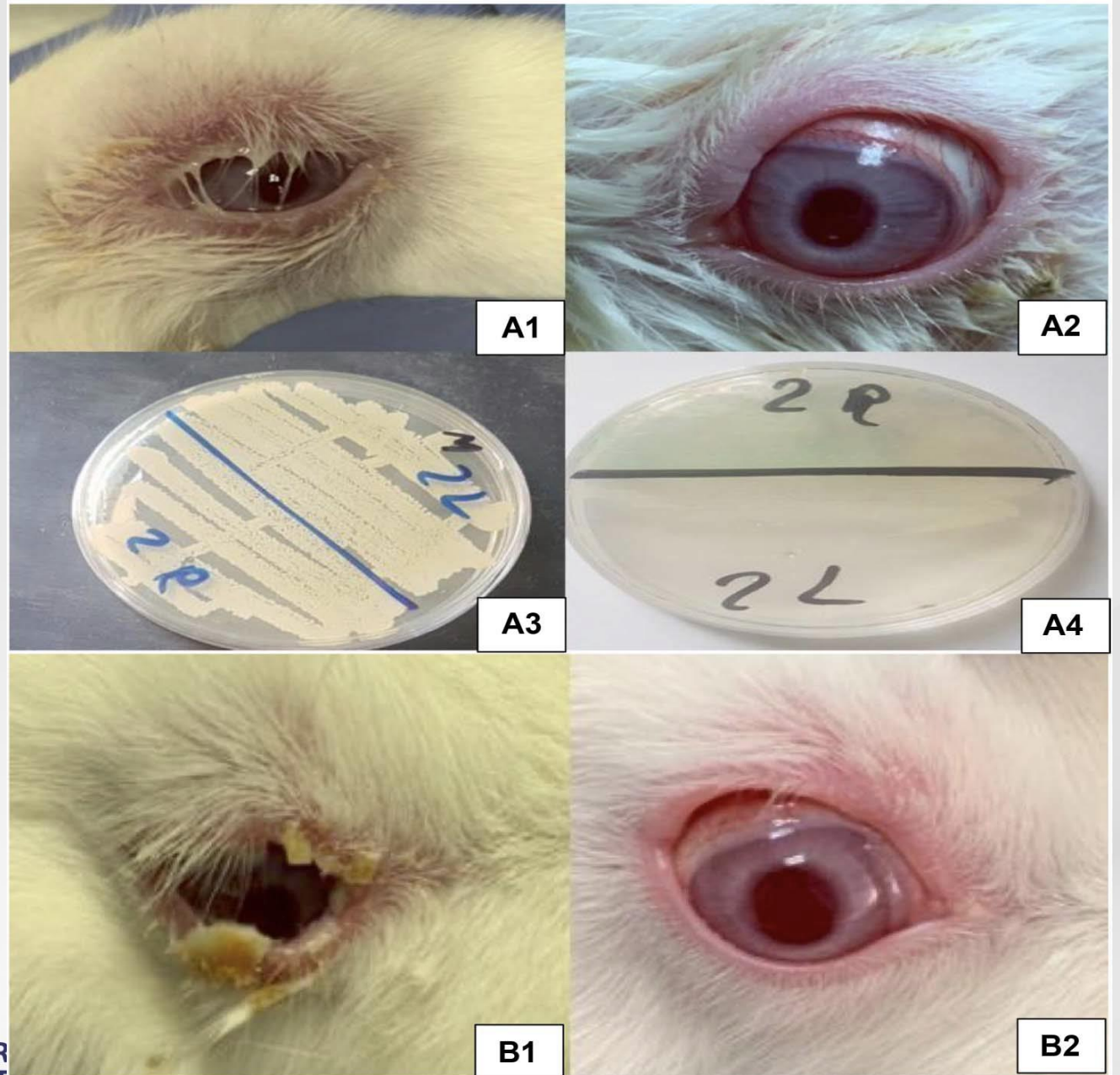
Methods:

Efficacy 2 methods to document :

Clinical picture

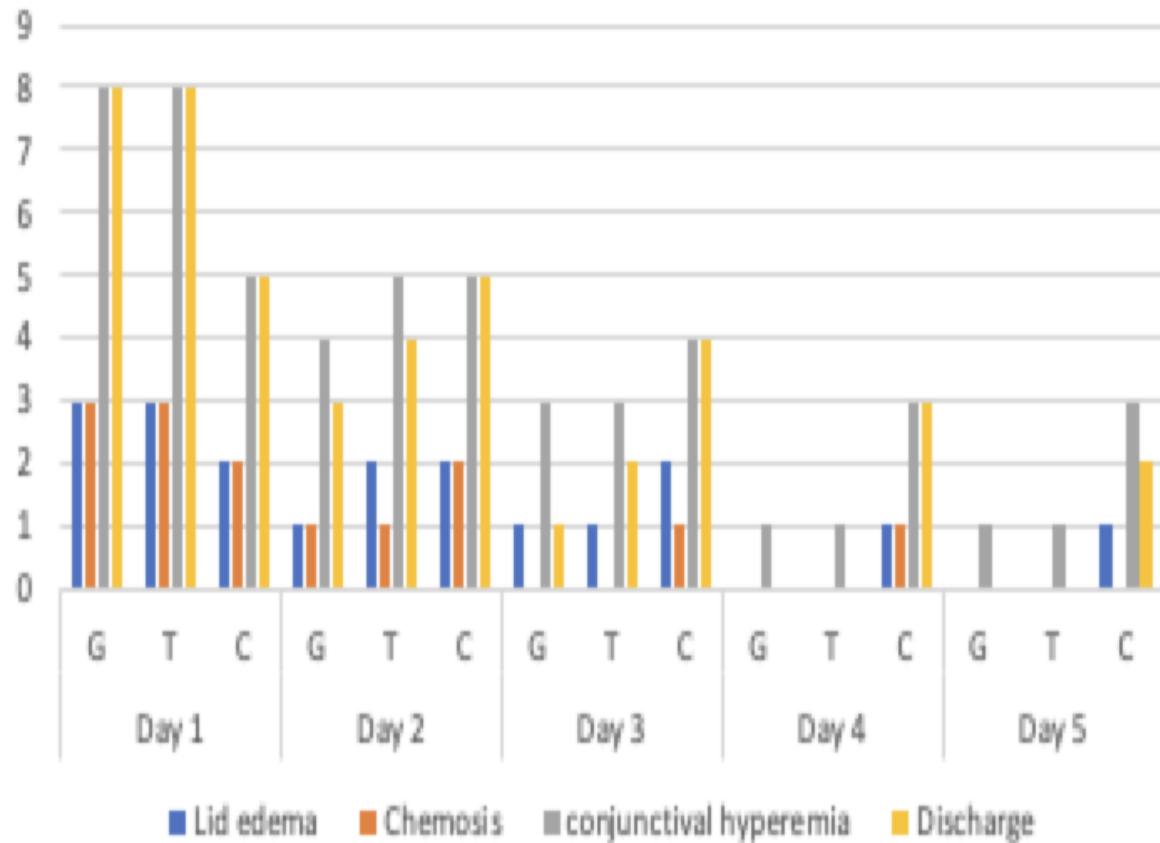
Chemosis, purulent discharge, diffuse conjunctival hyperemia, and eyelid edema

Bacterial Growth Inhibition (swabs)

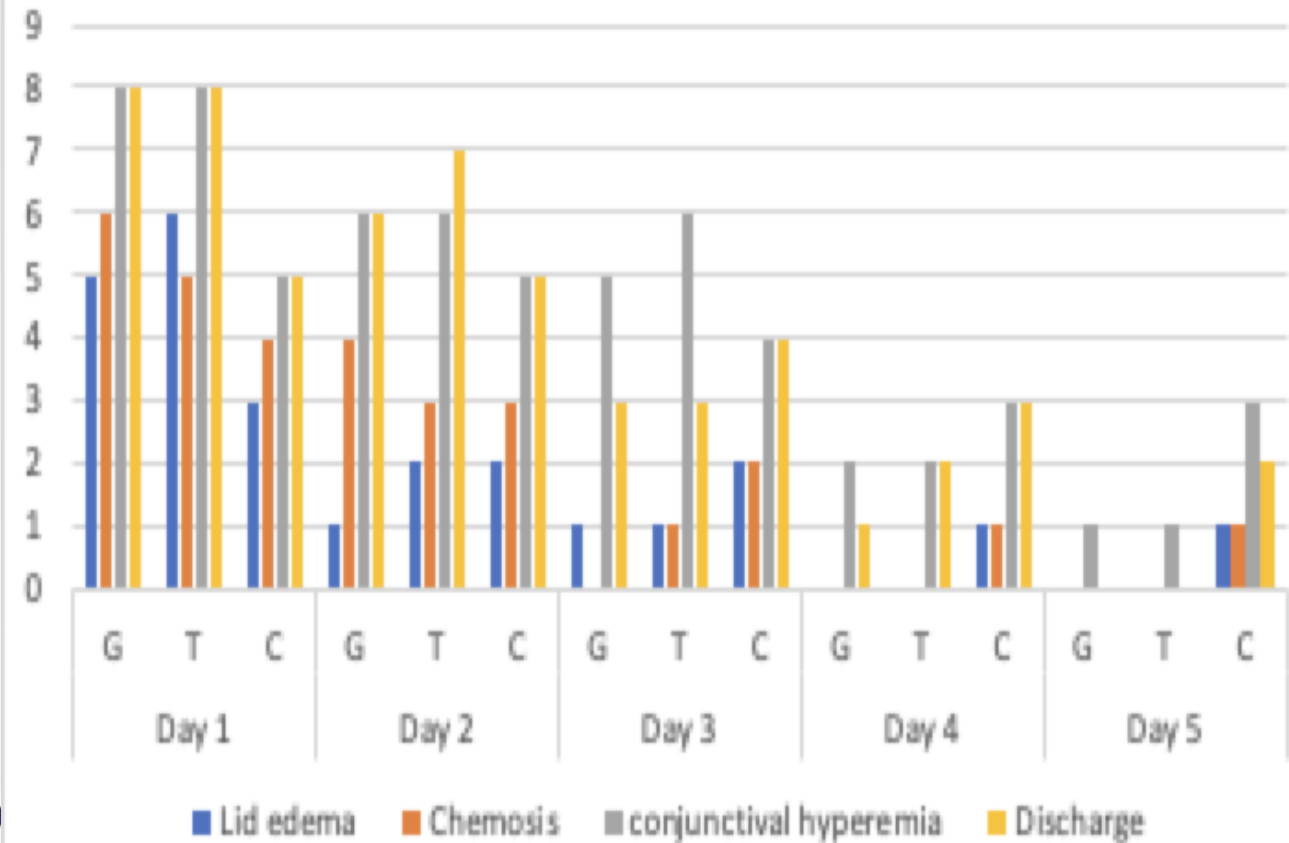


Results regarding clinical picture:

MRSA

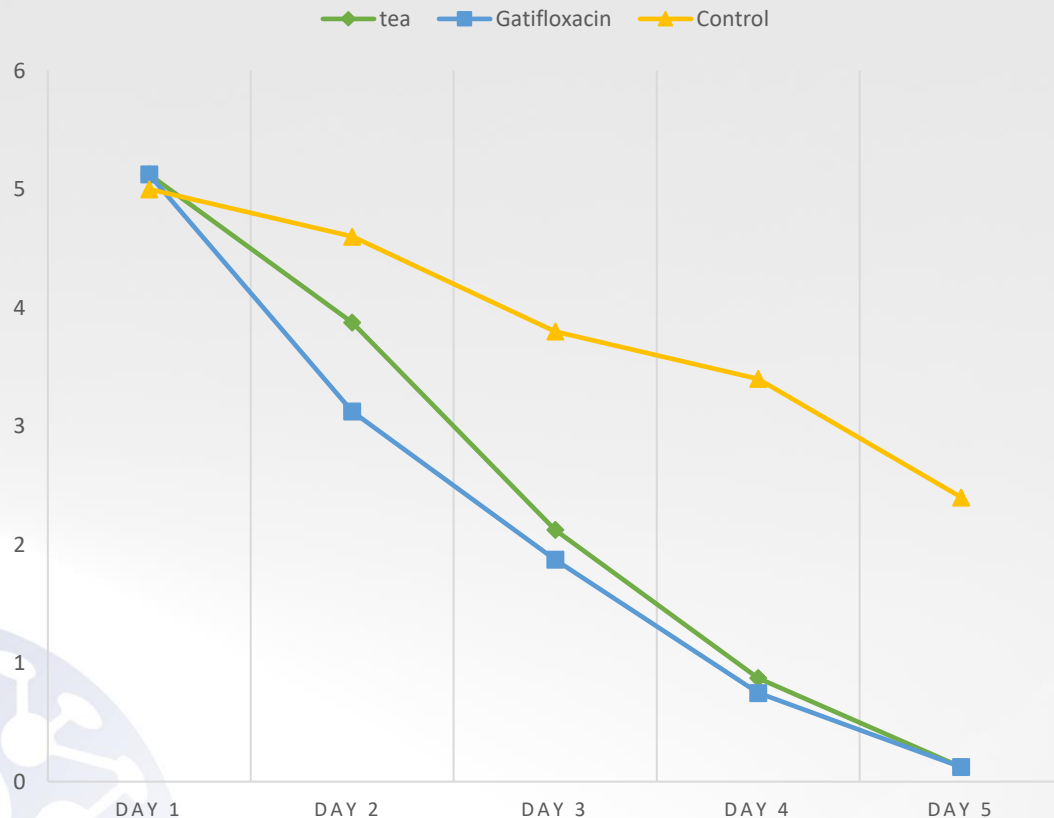


Pseudomonas

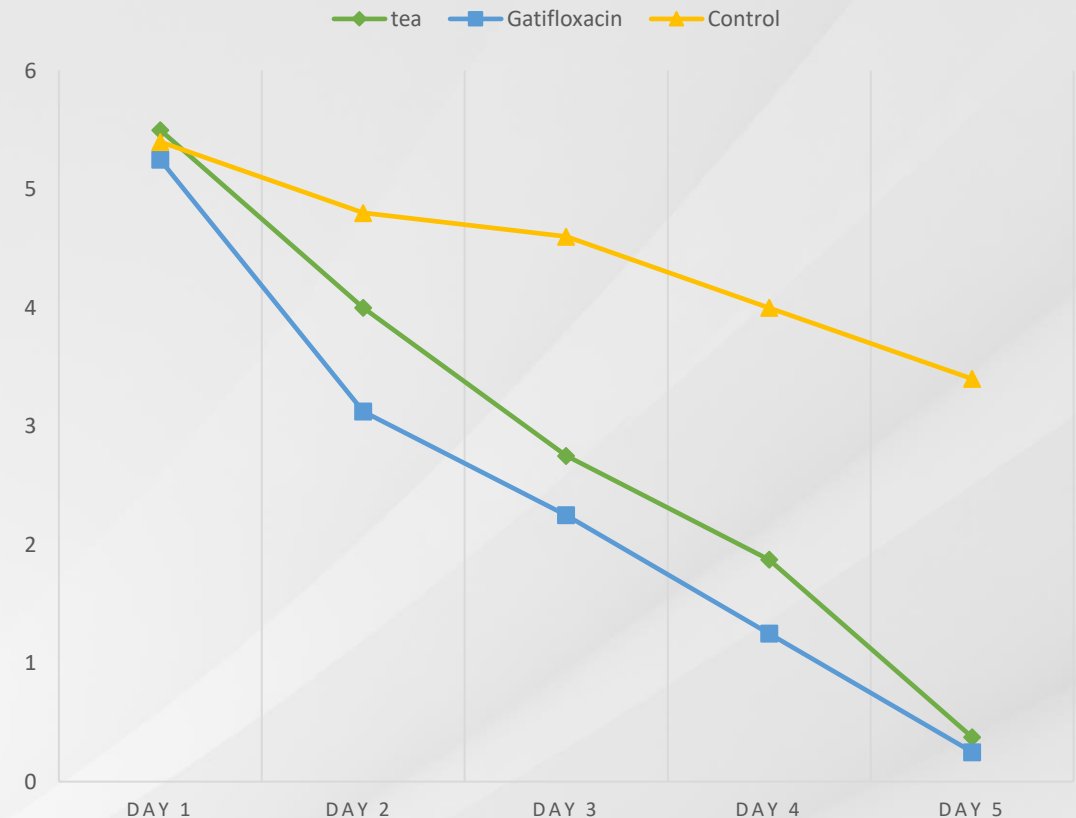


Results using clinical index

MRSA



PSEUDOMONAS



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Results regarding *Bacterial Growth Inhibition (swabs)*

	DAY 1			DAY 2			DAY 3			DAY 4			DAY 5		
	G (n=8)	T (n=8)	C (n=5)	G (n=8)	T (n=8)	C (n=5)	G (n=8)	T (n=8)	C (n=5)	G (n=8)	T (n=8)	C (n=5)	G (n=8)	T (n=8)	C (n=5)
Lid edema	5	6	3	1	2	3	1	1	2	0	0	1	0	0	1
Chemosis	6	5	4	4	3	3	0	1	2	0	0	1	0	0	1
Conjunctival Hyperemia	8	8	5	8	8	5	8	8	5	7	8	5	2	3	5
Discharge	8	8	5	6	7	5	3	4	4	0	1	3	0	0	3
Positive Culture	8	8	5				0	0	5				0	0	3



Results:

As regarding **safety**:

- We didn't notice any irritation to the ocular surface
- Only side effect we noticed in the pigmentation of the periocular fur



Conclusion:

- Tea is an **effective** and **safe** antibiotic for conjunctivitis.
- **Effective:** NOW I routinely advice my patients to do tea compresses in any case of blepharoconjunctivitis.
- **Safe:** Its ok for the tea to get into your eyes
- Clinically: Better results than antibiotics alone



Thank you



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