

## Case Report

# Dried *Harpada nehereus* Paste Treats Sty of an Eye of 46 Years Old Male

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Stye, also called a hordeolum, is a red painful lump near the edge of the eyelid, caused by a bacterial infection of an oil gland or hair follicle. It resembles a pimple and can form on the inside or outside of the eyelid [1].

On 6 February 2025, 46 years old male, residential of village Satalwadi, tehsil Purandar, district Pune, Maharashtra state of India reported painful, swollen lesion on the upper eyelid of his left eye, redness, swelling, tenderness to the touch, tearing (watery eye) and sensitivity towards bright light and heat. Moreover, the patient observed that the lesion developed suddenly over the past 24 hours. On 7 February 2025, a yellow white spot was developed at the centre of bump, with pus [2].

On 7<sup>th</sup> Feb 2025 person with Stye was treated with dried *Harpada nehereus* (Bombay duck) (figure 1) as a natural remedy. *Harpada nehereus* is a nutritious fish rich in protein, omega-3 fatty acids and other essential nutrients. In some traditional medicine practices, fish based remedies have been used to treat various ailments including skin infections inflammation. The omega-3-fatty acid, vitamins & minerals present in fish like Bombay duck may have anti-inflammatory and

antimicrobial properties [7][3]. The patient applied dried *Harpada nehereus* paste (figure 2) twice a day on the infected swollen lesion with regular administration. His treatment was continued for 4-5 days until complete recovery was observed.

As a result, on 10 February 2025, the patient reported significant improvement with reduced redness, swelling and pain. This case suggests that dried *Harpada nehereus* paste could be the Potential therapeutic substance against stye.



**Figure 1:** Dried *Harpada nehereus* sticks placed in the plates.



**Figure 2: Dried *Harpada nehereus* paste.**



**Figure 2: Dried *Harpada nehereus* paste.**



**Figure 3: Dried *Harpada nehereus* paste treated the sty of the patient.**

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