

Dry Eye Pain Relief by Eating a Special Oily Food

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Abstract

This simple article is based mainly on simple empirical experience. It describes a simple way that seems to stop dry eye related pain, a condition very troubling to quite a number of people who are usually beyond middle-age. In short, the solution may be as easy as obtaining from a quality Chinese restaurant an order of Shrimp Fried Rice; taking about 1/3 cup of it and mixing into that small portion an extra 5 teaspoons of Canola Oil, heating it and eating it. (Adding a little soy sauce may help.) And importantly, also then drinking about 2/3rd cup of water. If that helps in less than 5 minutes, great. If the problem reoccurs later in the day, then with some of the 'left-over', it can be repeated. But if no help obtained, just discontinue. And of course, discuss health problems with your professional healthcare provider. Optionally, see more thoughts and details below:

Introduction

The above-described remedy is based on at least one case involving hundreds of pain episodes over many years. And it was noted that when dry eye pain arose, that every time the remedy was tried, it worked. And every time the remedy was not tried, the pain continued.

Strangely, in the subject case, varying even somewhat away from the above – decreased or destroyed the remedy's effectiveness. But I have reason to believe that some Italian super chefs, by mixing olive oil and vinegar and maybe a few other things together – to make a great salad – have also achieved a very helpful remedy. But sadly, I just don't know those super-chefs' secrets, including procedural details.

More Discussion

If we use common sense reasoning, we will perhaps not be surprised that the above-discussed remedy works. And similarly, if we also review some fairly recent experiences and suggestions by others, and note the drift or implications – again, the remedy seems sensible.

For example, it is interesting that as late as the 1950's, 'hot boxes' would sometimes arise on the rail cars of trains, a condition where excessive friction causes the axle bearings to overheat, glow slightly reddish, and cause damage to that region. And if further frictional heat buildup occurred, that might lead to the wreck of the car or train [1]. So, when detected soon enough, the train would be promptly stopped, time allowed for cooling, and then remedied by servicing. Often, the routine service and remedy was simply to repack the axle box by the axle -- with oil-soaked rags or cotton (packing) so that the associated on-going lubrication would reduce the friction.

So, here our attempted analogy would be the actions of the human tear gland and the rail car's axle box. And also, the food oil, water, and shrimp fried rice analogy with the oil-soaked rags in the rail car's axle box. I.e., All the above involve a protective oil layer and friction reduction!

A different approach is to note, specifically, the content of at least one article, and likely many others with similar 'drift' -- that have fairly recently appeared. One article recommends, among other oils, specifically Canola food-oil, in combination with other foods, to help protect eyes from dry eye problems [2]. Other oils and food are also suggested, and all are deemed to have an appreciable content of 'Omega 3 Fatty Acid'. That is commonly deemed 'a good fat'. I.e., although being a 'fat', yet, it is generally deemed safe and helpful -- unlike certain other less safe, cheaper, more easily obtained and more popular fats.

Optional Speculative Thoughts

I think that, 'evolutionally' or historically speaking, the somewhat commonness of dry-eye pain may be partly due to the mass migrations and spread of many groups of human beings --away from regions with good sources of natural food oils (perhaps like 'olive oil') and the foods they are mixed with. That is -- their migration to new geographic locations where good food-oil sources are more difficult to find and obtain. And perhaps, when some grains, etc., are highly processed -- the grains' derivatives lack much or all of the original's oil content. The fact that so much of an aisle, in so many super-markets, are filled with so many advertised eye-drop aids, etc., to combat eye irritation and pain -- seems to strongly indicate the commonness of dry-eye problems. And since the basic contents of so many of the eye aids seem pretty similar, one can't help wondering that, if any were extremely effective, why would there have to be so many? (I'm not the first person to speculate regarding any of the speculations mentioned above.)

Concluding Thoughts

It seems quite possible that in the future, many different people will further explore the subject of food oils and food combinations as a remedy for dry-eye pain, and a sort of crowdsourcing effect obtained. And that there will helpfully evolve and be publicized -- other good solutions to dry-eye pain -- along the general theme presented above. Including more and different details, and general guides as to who should likely first try which different remedy or variation on it. And which different food oils are best mixed with which different foods, and the detailed procedure employed. Some other combinations may have other side-benefits superior to mixing lots of extra Canola oil with shrimp fried rice.

I think a lot of miscellaneous problems can be at least somewhat helpfully addressed, by much of the public remaining sensitive to conditions and happenings around them, that may relate to a rather sudden improvement or worsening in their condition. And noting if that is repetitive, and not often ignoring a possible relationship nor just always attributing it to 'luck'.

References

[1] Wikipedia, the free online encyclopedia, topic "Hot box" , as noted 8-1-2022

[2] Dumain, Teresa., Home Remedies for Dry Eyes: What Works? Medically Reviewed by Whitney Seltman, (O.D.), on May 5, 2021. Found in [Home Remedies for Dry Eyes That Work](#)

webmd.com). Among other things listed in the article, for readers to consider, was specifically, ‘*Canola oil*’, and that appeared under a subheading, ‘Eat (Naturally) Oily Fish’.