

are reports suggesting the beneficial effects of vitamins C and E preventing cataract by virtue of their antioxidant property (Watkins et al., 2002).

Types of Cataract

Based on the causes of the cataract, there are five important types of cataracts seen among humans (Meena et al., 2010; Suryanarayana et al., 2004). Various types of cataracts are described in Table 1.

Etiology of Cataract

- Limited consumption of lactose-containing foods (milk products). In animal studies, galactose, a component of lactose, has been shown to promote cataracts formation.
- A riboflavin deficiency has been implicated in cataracts development. Therefore, a supplemental dosage of riboflavin, 10-50 mg/day, may help treat or at least slow the progression of cataracts formation.
- Early development of cataract of lens is due to the increased rate of sorbitol formation, caused by hyperglycemia. Glycosylation of retinal proteins and retinal micro vascular abnormalities lead to retinopathy and blindness (Meena et al., 2010).
- Glycosylation of lysine residues of lens proteins also causes cataract formation (Kelvin et al., 1992; Meena et al., 2010; Shukla et al., 2000).

Risk Factors of a Cataract

The risk of a cataract increases with age. Other risk factors include disease like *diabetes, smoking, alcohol use, nitric oxide* and *prolonged exposure to sunlight* (Ohio State University Medical Center, 2008). Total-body irradiation, especially when applied in a single session, plays a central role in cataract formation (Deeg et al., 1984; Lappi et al., 1990; Tichelli et al., 1987; Calissendorff et al., 1991). A significant excess risk for cataract formation was observed among survivors of the 1945 atomic bomb attacks on Hiroshima and Nagasaki, who received more than 3 Gy of irradiation (Choshi et al., 1983). Steroids are kno-

Table 1. List of various type of cataracts.

Type of Cataract	Causative factor	Vulnerable People
Senile Cataract	This cataract is caused due to the opacity of the eye lens by natural ageing process.	Elderly persons, mostly those over the age of 60 years.
Traumatic Cataract	This cataract is caused due to some physical damage to the eye lens capsule, such as that due to the entry of a difficult-to-remove foreign object	People working in hazardous conditions such as welders and those in glass furnaces.
Complicated Cataract	This cataract is the complication of some other chronic disease in the person.	Patients of diabetes, emphysema, asthma, etc.
Congenital Cataract	This cataract is caused in infants if the mother had contracted German measles during pregnancy	Newborn infants.
Toxic Cataracts	This cataract is caused due to long term use of medicines or chemicals that are toxic to the eyes	People using eye drops containing prednisone and cortisone for a long time. Also, smokers as they inhale toxic fumes which affect the eye lens