



# INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS | ISSN: 2320 - 2882

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**Raising Clinical Awareness on the Integration of Ayurvedic Herbs and  
Functional Foods in Ocular Neuroprotection: A Comprehensive  
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Published In IJCRT ( www.ijert.org ) & 7.97 Impact Factor by Google Scholar

Volume 11 Issue 3 March 2023 , Date of Publication: 08-March-2023

UGC Approved Journal No: 49023 (18)

PAPER ID : IJCRT2303998

Registration ID : 296380

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