

Treatment Strategy 2

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1. Ophthalmology

The eyes are mostly have to do with the liver and kidneys (the black pupil).

“Liver blood is responsible for the vision of the eye.”

“The eyes are the outlets of the essence, in particular the pupil is the outlet of essence of the bone.”

“All the essential influences of the organs flow up to the eyes and give them clarity.”

The colored part of the eye is the outlet of the essence of the tendons. (Iris)

The network vessels are the outlet of the essence of blood

The white is the wheel of qi

The lids are the outlet of the essence of flesh

The “wheels” of the eyes:

- Pupil: Kidney
- Iris: Liver
- Lids: Stomach
- Corners: heart

Problems of the heart are identified with major afflictions of the eyes. Western medicine health problems that may show heart attack, risk of heart attack show blurry visions, eye aches with standing, goes away when laying down. Loss of side vision is also indicative of heart disease.

The heart meridian goes up along the esophagus and goes into the eye system. The ability to see and perceive is related to the eyes. Perhaps the clarity of vision. The eyes, going upward re connected to the brain. Going backward they have an outlet to the back of the neck.

Essential Subtlies on the Silver Sea a book on ophthalmology and TCM.

Sun Si-Miao – wrote a book on treating eyes:

- 580AD
- Shortcuts
 - GB14 – masters pain and itching in the eyeball. Good for shortsightedness and night blindness.
 - SI2 & BL64 – these master the white shades in the eyes (cataracts)
 - SI2 – red eyes and eye pain
 - SI is related to the HT channel
 - The si separates the clear from the unclear. It can do the same with vision.
 - SI3 – good for cornea problems. (The French say this work contralaterally)
 - SI6 – for blurred and dim vision (benefit the aged)
- LI4 – can treat any face, ear, nose, eyes problems.
- Local Points
 - BL1 & BL2 – local points
 - GB37 – “brighten vision”. To clear the vision. Good as a part of any core treatment.
 - ST1 & ST2 – incorporated if the st qi is related.

2. Red Sore Swollen eyes

- Conjunctivitis. An inflammation of the membrane that lines the eyelid and eyeball.
- Also called pink eye.
- In can be contagious and acute.
- It can also be caused by non-bacterial irritations (intense light, secondary infection to something like measles). It can also be a fungal infection.

Fairly safe to treat with acupuncture. It is indicated. In China they usually do acupuncture with herbs.

2.1. Bacterial or Fungal conjunctivitis:

- Copious pus-like discharge.
- Eyelids are sticky
- Excoriation (flaking of skin) of eyelids.
- No pain or the eyes might be a little blurred.
- In western medicine they use antibiotics or corticosteroids. Cure takes 1 to 2 weeks, untreated its self limiting in 10-14 days.
- There's an acute onset. It's not a longstanding problem.
- It's best to refer this problem, or rule out that there's nothing more serious.
- Pirog – it can be treated with acupuncture.
 - You need to get relief within a week or you should refer.
 - If there is sever pain, refer.
 - If there is a fever, refer
 - If the discharge is greenish or yellow, there may be other things going on and you should refer.
- If someone has conjunctivitis: you may want to stay way from BL1 or ST1 (you could be spreading the infection).

2.2. Viral Conjunctivitis

- Similar to allergies
- Herpes simplex virus 1 or 2, can cause cold sores or genital herpes.
- If this is a long term infection, it can damage the cornea of the eye
- Western medicine can do much for this, they can give corticosteroids, but they can sometimes make viral infections worse.
- Use safe clean-needle technique.

2.3. Other Conjunctivitis

- Causes:
 - Sometimes more associated with allergies.
 - Red, puffy, itchy eyes - This is called vernal (springtime)
 - Irritation from chemicals
 - From cold
 - Foreign bodies
 - Heat
 - Gonorrhea – this is severe, acute, and there is a lot of pus.
 - Chlamidial – bacteria. You can get this in a swimming pool. (You can put 1% silver nitrate in the eyes of a child at birth to stop infection. Mother may be asymptomatic. Causes 1/3 of the blindness in third world countries. It occurs most often in children. You can catch it from a cat.

2.4. TCM Causes

- Wind Heat
 - “the eye is red and the canthus fester”. Called wind-eye

- LV-GB Fire

2.5.Wind Heat

- A weak person allows the pathogen to get in, or the pathogen can be strong.
- It's an invasion of the wind heat that causes the obstruction of qi and blood

Symptoms

- Redness
- Pain
- Congestion
- Eyeballs feel swollen
- Eyes may be sensitive to light
- Excessive tearing
- Eyes may feel dry and itchy.
- Sticky discharge keeps eyes stuck together.
- Signs of exterior condition:
 - Pulse: floating & rapid
 - Tongue: thin yellow coating
 - Aversion to cold
 - Runny/stuffy nose
 - Fever & chills

Treatment Principle

- Disperse the swelling and relieve pain

Treatment

- LI11, LI4 – take out heat and pathogen.
- TW5 – take out wind heat
- Tai yang – prick to bleed
- BL1 & BL2 – careful with spreading the infection.
- GB20 – get the exterior wind gate going
- DU14 – takes out wind and heat.
- LI1 – bleed this. This is a special point.
- If the excess is not taken out, it can become a chronic problem.
- Too much alcohol, too much use of the eyes, not enough sleep can all turn this into a chronic problem.
- The wind can attack the body through other parts of the body to get to the eyes, it does not have to attack the eyes directly.

2.6.LV GB Fire

Caused by emotional stagnation, spicy foods, too much alcohol, when yin becomes deficient over time, the fire can flare u.

Symptoms

- Redness
- Pain
- Swelling of the eyes
- Sensitive to the light
- Tearing
- Eyes can be dry and itchy
- Sticky discharge
- Difference:
 - Bitter taste in the mouth
 - Dry throat
 - Irritable
 - Changes in bowel and urine indicate an internal pattern so constipation, concentrated urine.
 - Headache.
 - Tinnitus
 - Tongue: red (at tip and sides), yellow coat
 - Pulse: rapid and wiry

Treatment Principle

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Treatment

- Use more distal points.
- LI4 – affect the face
- Tai yang – prick to bleed
- GB20 – can be real specific for eye treatments.
- BL1
- GB1
- LV2, LV3
- If lots of phlegm – ST40
- If yin deficiency – KD3
- If impaired vision: GB37 – special point for eyes.
- Cucumber slices
- Green/chamomile tea bags

3. Blepharitis (Stye)

Inflammation of the eyelids.

It's like bright red line around the eyes.

Can be allergic response, chemical response, seborrhea (sebaceous gland of eyelid), ingrown hair of eyelid.

This is just a fancy name for a stye – infection of a gland in the eye.

Hordeolum – means the same thing.

Treated by antibiotics or lancing.

Can turn into scarring (with staph infection) that can require surgical intervention.

With staph infection: compress

Herbs and acupuncture is effective.

Progression

- Starts with itching on the eyelid. Acupuncture good at this point.
- Redness, lid gets swollen (can turn into red eye)
- Fever & H/A – you want to refer this out,

3.1.Wind Heat

3.1.1.Symptom

- Pain and itching of eyelid
- Localized grain on the eyelid. It's fixed and doesn't move around.
- Signs of exterior.
- Fever/chills
- Aversion to cold
- H/A
- Pulse: floating, rapid
- Tongue: thin yellow coat.

3.1.2.Treatment principle

- Course the wind, clear heat.

3.1.3.Treatment

- LI 4 = cool and clear heat
- TW5 = cool and clear heat
- BL2
- Yu yao
- BL1 & GB1 – perhaps not.
- Tai Yang – to take heat out of the eyes
- LV2 – takes heat out.
- You can bleed the eye with auricular in the ear.
- DU14 – if with a fever.
- With blood heat – SP10

3.2.Heat Brewing in the SP/ST

Caused internally.

Can be caused by eating too much hot food or eating/drinking too much food.

3.2.1.Symptoms

- Swelling, itching, pain on the eyelid.
- Stye is bigger with this type of stye. It's hot and painful.
- Sensitive to the touch.

- Heat in the yang ming
 - Thirst
 - Irritable
 - Bad breath (st fire)
 - Constipation
 - Dark Concentrated urine
 - Pusle: rapid
 - Tongue: red body w/ yellow coat
 -

3.2.2.Treatment Principle

- Clear stomach heat, disperse the swelling

3.2.3.Treatment

- Pick points away from the infection.
- LI4
- Tai yang
- ST1 (perhaps prefer ST2)
- SP9
- LI11 if constipation
- ST37 if constipation
- Bad breath – CV24
- ST44 – Juanita sez.
- Incomplete removal of fire poison (or continued poor diet) will allow the reoccurrence of the problem.
- Recipe:
 - Hot compresses: burdock and yellowdock (half and half) clear toxic heat and dry dampness. Good for styes, boils, carbuncles, or abscesses. It's bitter. Drink some tea, and put the compress of the eye. Drink two cups a day and use a warm compress 2-3 time a day with acupuncture.

3.3.Blepharoptosis

“Optosis” – means drop.

This is an upper eyelid that has dropped and blocks the pupil, impairing vision.

The muscle holding the eyelid up is weak, the eyelid drops.

It can occur in one or both eyes.

Causes:

- Trauma to the facial nerve.
- Bells' Palsy
- Stroke
- Tumor/Brain Lesions
- Musclar Dystrophy
- Mesthena Gravis
- Hereditary

- Side effect of chemo.
- Old Age (herniated fat)

Diagnose to rule out more serious problem

Spleen – upper lid

Stomach – lower lid

3.3.1.Kidney yang deficiency

Symptoms

- Slow eyelid droop. It gets continually worse and worse. The upper eyelid doesn't go up when the person tries to look at things
- Pale complexion
- Pulse: weak

Treatment strategy

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Treatment

- Root treatment:
 - Threading: BL2 to BL1
 - Threading: Yu Yao to TW3
 - Threading: Tai Yang to GB1
- Moxa to CV4
- ST36
- BL23
- BL20

3.3.2.Spleen Qi deficiency

Symptoms

- Slow onset
- Both eyes droop
- Worse at end of day, better in the morning
- Spleen signs;
 - weakness, fatigue.
 - Poor appetite, diarrhea
 - Dizziness
 - Numbness
 - Tongue: pale w/ thin white coat
 - Pulse: weak, forceless

Treatment strategy

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Treatment

- Root treatment:
 - Threading: BL2 to BL1
 - Threading: Yu Yao to TW3
 - Threading: Tai Yang to GB1
- CV6 w/ Moxa
- UB20 w/moxa
- SP6 w/moxa
- ST36
- SP10 – will also influence the blood.
- UB17
- SP9 – if there are signs of dampness
- You may even think about electro with the root treatment.

3.3.3.Liver Blood Deficiency

Symptoms

- Sudden onset of one sided eyelid drop. Could look like a stroke.
- A bells' palsy sort of thing.
- It's the outside wind taking advantage of the LV blood deficiency.
- Deviated eyeball.
- Double vision
- Aversion to draft
- Fever/chills
- H/A
- Showing signs LV Bld deficiency
- Dizziness
- Tinnitus
- Tongue:L pale
- Pulse: thready/wiry

Treatment strategy

- Nourish lvi bld, dispel wind evil.

Treatment

- Root treatment:
 - Threading: BL2 to BL1
 - Threading: Yu Yao to TW3
 - Threading: Tai Yang to GB1
- Dispel wind
 - GB20
 - LI4
- Nourish liver blood

- BL18
- SP6
- Severe cases
 - Minor operation/outpatient surgery

4. Blue eyed Blindness

Optic Atrophy.

Eyes can appear normal, but there is blindness.

Diabetic Retinopathy

Macular Degeneration (2nd major cause of blindness in the US)

- Nothing western medicine can do for this.

Retinitis Pigmentosa

- Starts with loss of night vision
- Gets worse until they get tunnel vision.
- Genetic

Can be related to a congenial weakness or a

Qi & Bld deficiency of nourishment to the eyes.

Or this could be related to a liver deficiency.

An emotional depression that causes the liver stagnation

Trauma to the eye causing stagnation of qi and blood

4.1. Deficiency of LV and KD essence

This can be more

Symptoms

- Eyes feel dry
- Loss of vision.
- Changes in the fundus of the eye that show optic atrophy
- Kidney issues
- Tongue: red and little throat
- LBP
- Pulse: rapid and thready

Treatment Principle

- Tonify liver and kd to brighten the eyes

Treatment

- UB1
- Qiu Hou: Extra Point: Lower margin of the eye. ¼ of the distance from the lateral to the medial side. Straight insertion, push the eyeball out of the way, insert the eye medially toward the optic nerve. 1.5 to 2cun. This is a caution point.
- ST1
- GB20
- GB37 – good for brightening all vision problems

- UB23 (w/ moxa)
- UB18
- KD3
- If more yang signs, CV4, CV6 w/ moxa

4.2. Qi and BLD deficiency

This can be more

Symptoms

- Eyes feel dry
- Loss of vision.
- Changes in the fundus of the eye that show optic atrophy
- w/ specific qi and bld deficiency
- weakness, tiredness
- SOB
- Person doesn't want to speak
- Dizziness
- Palpitations
- Poor memory
- Poor appetite
- Loose stools
- Tongue: pale, thin white coat

Treatment Principle

- Tonify qi, nourish bld, brighten the vision

Treatment

- UB1
- Qiu Hou
- Yi Ming – 1 cun behind TW17
- GB20
- ST36
- SP6
- GB37 – for all vision problems.

4.3. LV Qi stagnation causing optic atrophy

This can be more

Symptoms

- Eyes feel dry
- Loss of vision.
- Changes in the fundus of the eye that show optic atrophy

- Liver qi stagnation signs
 - Emotional stress
 - Irritable
 - Dizziness and vertigo
 - Heat
 - Hypochondric pain
 - Pulse: wiry
 - Tongue: normal or purple

Treatment Principle

- Soothe the liver and brighten the eyes.

Treatment

- UB1
- Qiu Hou
- Yi Ming – 1 cun behind TW17
- GB20
- GB37 – for all vision problems.
- LV3
- LV14
- GB34

4.4. Stagnation of Qi and Blood caused by trauma

This can be more

Symptoms

- Eyes feel dry
- Loss of vision.
- Changes in the fundus of the eye that show optic atrophy
- History of trauma
- H/A
- Tongue: purple (maybe a purple spot on the tongue)
- Pulse: Rough/wiry – not smooth

Treatment Principle

- Move qi and blood, nourish the eyes to brighten the eyes

Treatment

- UB1
- Qiu Hou
- Yi Ming
- GB20

- GB37
- LI4
- BL17 – influential point of blood
- SP6
- If chronic it depletes the qi, so add ST36, CV6

5. Cataract

Round corneal nebula. An cloudy over the eye.

A screen inside the pupil of the eye.

Cataract – greek or latin meaning “downflow”

It’s a chronic condition usually in older people. Causes a gradual visual impairment.

Usually both eyes are affected, but usually one eye is affected first.

TCM and treating cataracts: treatable in the early stages. After a certain point they should be surgically removed.

5.1. Deficiency of LV and KD

Symptoms

- This could be more yin or yang deficiency signs.
- Blurred vision
- Dizziness
- Tinnitus
- LBP, Knee pain
- Red tongue, no coat
- Pulse: thready, rapid
- With yang deficiency, plump and pale tongue. Person feels cold.

Treatment Principle

- Moisten the liver and kidneys to brighten the eyes

Treatment

- UB1
- Qiu Hou
- UB2
- GB20
- UB18
- UB23
- KD7
- GB37
- w/ kidney yang: moxa DU4, CV4

5.2.SP Qi Deficiency

Symptoms

- Blurred vision
- Spleen symptoms
 - Tired
 - Fatigue
 - Sallow complexion
 - Poor appetite
 - Loose stools
 - Tongue:pale, thin white
 - Pulse: weak

Treatment Principle

- Tonify the spleen, tonify the qi to brighten the eyes

Treatment

- UB1
- Qiu Hou
- UB2
- LI4 – perhaps for all eye problems.
- ST36,
- SP6
- UB20
- ST2

5.3.Heat in the LV

Symptoms

- Blurred vision
- H/A
- Discomfort in the eyes
- Emotional component
- Excess tears and phlegm in the eyes
- Bitter taste in the mouth
- Dry throat
- Tongue: red
- Pulse: rapid and wiry

Treatment Principle

- Clear heat from the liver to brighten the eyes

Treatment

- UB1
- Qiu Hou
- UB2
- GB20 – anchors the fire.
- LV3, LV2
- GB43
- GB37
-

5.4. Deficiency of Yin with Damp Heat

Symptoms

- This may be based on a constitutional yin deficiency
- Dry eyes
- Blurred vision
- Difficult bowel movements (sticky stool, clay like stool)
- Irritable
- Bad breath
- Tongue: Slimy yellow coat, red
- Pulse: Soft and rapid
-

Treatment Principle

- Nourish yin, clear heat, resolve dampness, to brighten the eyes

Treatment

- UB1
- Qiu Hou
- UB2
- LI4
- GB37 – for pretty much all vision problems.
- KD3 – for yin
- SP9 for dampness
- SP6

These problems are associated with free-radicals. Supplements with antioxidants Vitamin C and E, A, Selenium, betacarotene, inositol (Orthomed: Foresight)