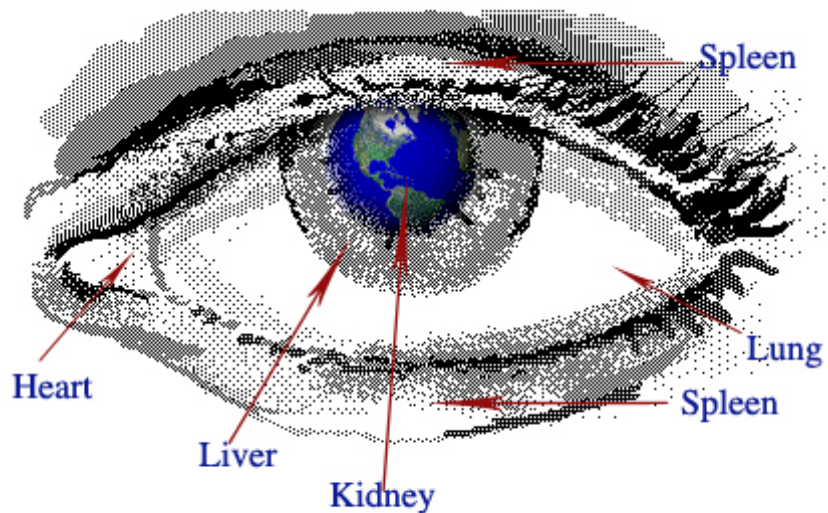


# Eye disease



## Etiology & Pathology

### 1. Eye ↔ Heart & Small intestine

Heart is in charge of the vessels → affect the blood transportation → lack of blood to nourish the eye

### 2. Eye ↔ Liver & GB.

Liver opens on the eye → liver blood is more important to eye;  
Liver Qi → regular the whole body's function;  
Liver meridian connect directly with eye;  
Liver ↔ change to Tear  
Essence of bile → nourish the eye

### 3. Eye ↔ Spleen & Stomach

Spleen is the source of human essence  
Spleen is in charge of the blood  
Spleen is also in charge of the muscle

### 4. Eye ↔ Lung & Large intestine

Lung Qi defense the body from external evil invasion

### 5. Eye ↔ Kidney & Bladder

Kidney's essence;  
Kidney is in charge of the fluid;

## Etiology & Pathology

### 1. Six evils

Wind: tearing; itching or dry eyes; red swollen eyes; sensitive to lights; onset suddenly

Cold: with headache; aversion to cold;

Fire: red swollen painful eyes even bleeding;

Dampness: swollen; effusion; gradually & frequently onset; ulcer; drainage;

Summer Heat: red swollen painful eyes; with dampness sym.

Dryness: dry eyes; usually in Autumn

2. Epidemic disease
3. Emotional changing
4. Improper diet
5. Over working or sexual activity
6. Injury



## Diagnosis

### 1. Inquiring:

<a> Medical history

<b> Main sym. : Pain: character—time—combined sym.

Itch

Tear

Vision

Floater

<c> whole body condition

### 2. Observation:

<a> color

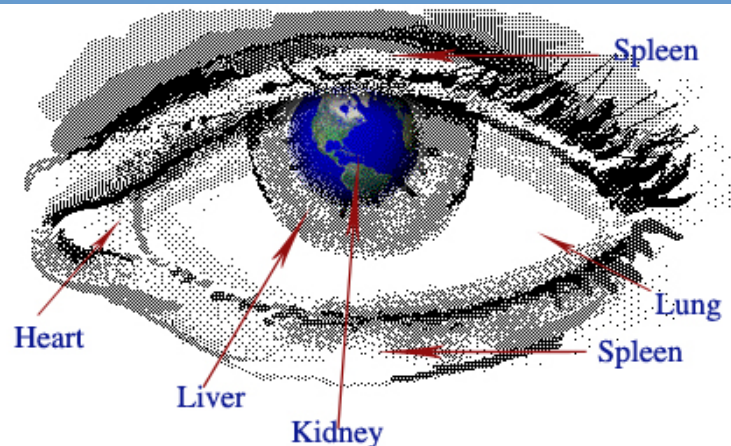
<b> swollen

<c> drainage



### Differentiation:

1. Eye lips ( Spleen ):
2. Iris ( Liver )
3. Sclera ( Lung )
4. Pupil ( Kidney )
5. Canthus ( Heart )



	Excess	Def.
Pain	Acute; continual pain; swollen & intolerant pain;	Chronic; intermittent; no swollen & slight pain;

	Wind	Fire	Damp	Blood Def.
Itch	Red, aversion to wind	Red & swollen	Ulcer & drainage; worm itch	Dry & intermittent slight pain;

	Wind-heat or Liver fire	Yin or Blood def.
Aversion to light	Red, swollen, itch, tearing eyes	Dry & uncomfortable without itch & swollen & pain



	Swollen
Sp. & St. fire; Blood heat	Eye lips: Ulcer; pus; drainage; hot & painful; untouchable;
Wind heat	Acute onset swollen; lightly red; tearing;
Sp & Kid Yang def.	Empty swollen like a ball; light skin color; no pain & red;
Qi & Blood stag.	Purple or blue color; swollen
Lung Heat	Red Sclera
Yin def. fire	blurred vision with tearing

## Treatment methods

1. Orally intake herbs
2. External used herbs
3. Steaming
4. Wash
5. Applying

## Herbs for eye disease

Stop Itching: Fang Feng; Jing Jie; Chan Tui; She Tui; Jiang Chan; Bai Ji Li;

Stop Pain: Bai Zhi; Xi Xin; Qiang Huo; Ge Geng; Chai Hu; Chuan Xiong;

Stop tearing: Qiang Huo; Man Jing Zi; Mu Zei

Clear the eye: Bo He; Sang Ye; Ju Hua; She Tui; Chan Tui; Qin Pi; Jue Ming Zi; Xia Ku Cao; Mu Zei; Gu Jing Cao; Mi Meng Hua; Shi Jue Ming; Zheng Zhu Mu;

Abscess : Zi Hua Di Ding; Yu Xing Cao; Chuan Xin Lian; Tu Fu Ling;

Moving blood: Mu Dan Pi; Chi Shao; Dan Shen; Tao Ren; Hong Hua;

Stop Bleeding: Pu Huang; Han Lian Cao; Bai Mao Gen; Xian He Cao;

Liver & Kidney def.: Nu Zheng Zi; Tu Si Zi;

## Herbs for external wash

**Mineral:** Xiong Huang; Zhu Sha; Peng Sha; Lu Gan Shi

**Zoological:** Xiong Dan; She Xiang; Niu Huang; Wu Zei Gu; Chan Tui;  
Shi Jue Ming; Zheng Zhu;

**Botanical:** Huang Lian; Huang Qin; Huang Bai; Zhi Zi; Da Huang;  
Jing Yin Hua; Qin Pi; Pu Gong Yin; Qin Dai; Long Dan Cao; Zi  
Cao; Di Huang; Ju Hua; Bo He; Mu Zei; Mi Meng Hua; Jing Jie;  
Fang Fen; Man Jing Zi; Gan Cao; San Qi; Ru Xiang; Mo Yao;  
Bing Pian

### Types of formulation

Decoctions; Powder; Soft Extracts; Pastille;

### Herb drinking time

After Meal





# Hordeolum

麦粒肿 Mai Li Zhong

- A **stye** (also spelled **sty**) or **hordeolum** is an infection of the sebaceous glands at the base of the eyelashes. While they produce no lasting damage, they can be quite painful.

TCM

## Treatment of Hordeolum

### 1. Wind-Heat Type

#### Signs & Symptoms:

- Main Sym. : red, swollen, itch and painful on the eyelids
- Concurrent sym.: headache, fever, uncomfortable whole body.
- Tongue: thin white coating
- Pulse: float & rapid
- Treatment Protocol: Expel wind heat  
Formula: Yin Qiao San  
Modifications:
  - Wind: Sang Ye, Ju Hua
  - Heat: Huang Lian, Huang Qin



## Treatment of Hordeolum

### 2. Heat Toxin attacking

#### Signs & Symptoms:

- Main Sym. : severe red, swollen, hot and painful on the eyelids
- Concurrent sym.: thirsty & prefer to drink water, constipation, deep color urine
- Tongue: yellow coating
- Pulse: rapid
- Treatment Protocol: Clear Heat & resolve toxin  
Formula: Xie Huang San + Qin Wei San  
Modifications:
  - Constipation: Da Huang; Mang Xiao
  - Thirsty: Tian Hua Fen;

## Treatment of Hordeolum

### 3. Spleen & St. def.

#### Signs & Symptoms:

- Main Sym. : sym. Repeatedly occurred, however sym. Is mild every time.
- Concurrent sym.:
- Tongue:
- Pulse:
- Treatment Protocol: Tonify Sp. & St.  
Formula: Si Jun Zi Tang  
Modifications:  
Tonify Sp. : Dang Gui; Bai Shao, Shan Zha, Shen Qu, Mai Ya,

# Chalazion

(散粒肿 San Li Zhong)



A chalazion is a lump in the eyelid that is caused by inflammation of a gland within the skin. Typically, this lump grows over days to weeks and is occasionally red, warm, or painful.

	Location	Sym.	Onset	Affect to sclera
Chalazion	Deep under the eyelid	Normal skin; lump under skin but not stick with skin;	Gradually occurred;	None
Hordeolum	Edge of the eyelid	Red, painful boil, swollen, stick with skin,	acute	May cause sclera edema

## Treatment of Chalazion

### 1. Phlegm Dampness

#### Signs & Symptoms:

- Main Sym. : no feeling in mild case, feel heaviness of eyelids in sever case,
- Concurrent sym.:
- Tongue: thin white coating
- Pulse: slow
- Treatment Protocol: Resolve lump & phlgem  
Formula: Hua Jian Er Chen San  
( Chen Pi; Ban Xia; Fu Ling; Gan Cao; Bai Jiang Chan;  
Huang Lian; He Ye; )

## Treatment of Chalazion

### 2. Phlegm Heat

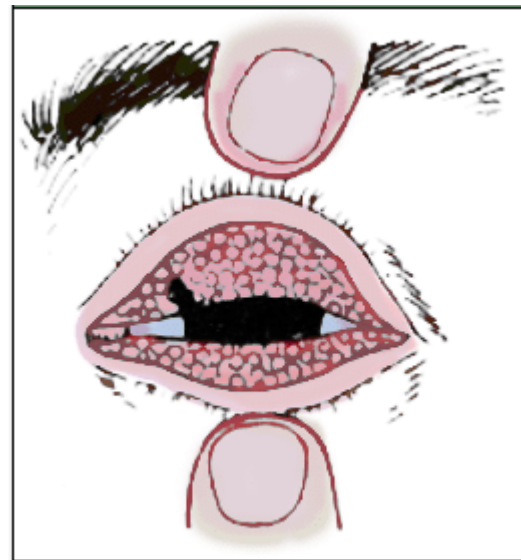
#### Signs & Symptoms:

- Main Sym. : swollen & painful eyelids;
- Concurrent sym.:
- Tongue: red body with yellow coating
- Pulse: slippery & rapid
- Treatment Protocol: Resolve lump & Clear heat  
Formula: Qing Wei Tang  
( Zhi Zi; Shi Gao; Huang Lian; Lian Qiao; Huang Qin; Gan Cao; Zhi Ke; Su Zi; Chen Pi; Jin Jie; Fang Fen; Dang Gui Wei )  
External treatment:  
Shen Nan Xing Powder + Bing Pian

# Trachoma

## 沙眼

- Ancient Greek: "rough eye") is a highly contagious eye disease which may result in blindness. It is caused by the bacteria *Chlamydia trachomatis* and it is spread by direct contact with eye, nose, and throat secretions from affected individuals, or contact with objects, such as towels and/or washcloths, that have had similar contact with these secretions.





## Treatment of Trachoma

### 1. Wind-Heat Type

#### Signs & Symptoms:

- Main Sym. : itch & aversion to light, red mucus membrane under the eyelids.
- Tongue: thin white coating
- Pulse: float & rapid
- Treatment Protocol: Expel wind heat  
Formula: Yin Qiao San  
Modifications:  
red eye: Chi Shao

## Treatment of Trachoma

### 2. Spleen & Stomach Damp heat

#### Signs & Symptoms:

- Main Sym. : dry, itching, painful eyes, sticky tearing, red mucus membrane
- Tongue: red body with yellow coating
- Pulse: soft & rapid
- Treatment Protocol: Expel damp & clear heat & Expel wind
  - Formula: Qing Wei san
  - Modifications:
    - Wind: Jing Jie; Fang Fen; Jie Gen; Chen Pi;
    - Damp: Ku Shen; Di Fu Zi; Cang Zhu

## Treatment of Trachoma

### 3. Blood heat accumulation

#### Signs & Symptoms:

- Main Sym. : thick & stiff eyelids; hard to open eyes; stab & hot pain, aversion to lights, red mucus membrane block the iris.
- Tongue: red body with yellow coating
- Pulse: rapid
- Treatment Protocol: cool blood & moving the stasis  
Formula: Gui Shao Hong Hua San  
Dang Gui; Chi Shao; Hong Hua; Da Huang; Lian Qiao; Zhi Zi;  
Huang Qin; Gan Cao; Fang Feng; Bai Zhi;

# Blepharitis

## 睑缘炎 (睑弦赤烂)

- **Blepharitis** is inflammation of the eyelids. It is characterized by flaky debris at the eyelash bases. Blepharitis usually causes redness of the eyes and itching and irritation of the eyelids in both eyes. Its appearance is often confused with conjunctivitis and due to its recurring nature it is the most common cause of "recurrent conjunctivitis" in older people. It is also often treated as 'dry eye' by patients due to the gritty sensation it may give the eyes - although lubricating drops do little to improve the condition.



## Treatment of Blepharitis

### 1. Wind-Heat Type

#### Signs & Symptoms:

- Main Sym. : red eyelids edge; crumbs pulled off from the root of eyelash; feel hot pain itch sensation, dry eyes.
- Tongue: thin white coating
- Pulse: float & rapid
- Treatment Protocol: Expel wind heat & stop itching; Cool blood & clear heat  
Formula: Yin Qiao San  
Modifications:
  - Cool blood: Chi Shao
  - Stop Itching: Chan Tui; Wu Shao She
  - Dry: Tian Hua Fen

## Treatment of Blepharitis

### 2. Damp heat excess

#### Signs & Symptoms:

- Main Sym. : red canker eyelids edge; pain & itching; stick eyelash by tear even cause madarosis
- Tongue: red body with yellow coating
- Pulse: slippery & rapid
- Treatment Protocol: Clear heat & resolve damp; expel wind;  
Formula: Chu Shi Tang  
Hua Shi; Che Qian Zi; Mu Tong; Fu Ling; Huang Qin; Huang Lian; Lian Qiao; Gan Cao; Zhi Ke; Chen Pi

## Treatment of Blepharitis

### 3. Heart Fire

#### Signs & Symptoms:

- Main Sym. : red canker eyelids edge; hot & extreme itching eyelids; even bleeding ;
- Tongue: red tip of tongue body
- Pulse: rapid
- Treatment Protocol: Clear heart fire  
Formula: Dao Chi San + Huang Lian Jie Du Tang

# Ptosis

上瞼下垂

- Ptosis (pronounced TOE-sis) is the medical term for drooping eyelids. A person with ptosis is not able to lift one or both upper eyelids to uncover the eye completely.





## Treatment of Ptosis

### 1. Spleen & Kidney Yang def.

#### Signs & Symptoms:

- Main Sym. : drooping eyelids since childhood; Children with congenital ptosis often tilt their heads back or raise their eyebrows to lift the eyelid.

- Tongue:

- Pulse:

- Treatment Protocol: Warm up kid. & Sp. Yang

Formula: You Gui Yin

Modifications:

tonify Sp. Yang: Ren Shen; Bai Zhu

## Treatment of Ptosis

### 2. Middle Jiao ( spleen ) Qi Def.

#### Signs & Symptoms:

- Main Sym. : drooping eyelids; mild in the morning & worse in the afternoon; weakness of whole body, has difficulty to swallow.
  - Tongue:
  - Pulse:
  - Treatment Protocol: Raise up Spleen Yang qi
- Formula: Bu Zhong Yi Qi Tang

# Eyelids twitch

- An eyelid twitch is called a blepharospasm. It happens when your eyelid muscles repeatedly and rhythmically contract. In some instances, the eyelid may repeatedly close (or nearly close) and re-open.



## Treatment of Eyelids twitch

### 1. Heart & Spleen Blood def.

#### Signs & Symptoms:

- Main Sym. : eyelids twitch intermittently; worse after working;
- Concurrent sym.: irritability; insomnia; bad memory; bad appetite; tiredness;
- Tongue:
- Pulse:
- Treatment Protocol: Tonify Spleen & Heart blood  
Formula: Gui Pi Tang

## Treatment of Eyelids twitch

### 2. Wind due to blood def.

#### Signs & Symptoms:

- Main Sym. : continually eyelids twitch
- Concurrent sym.:
- Tongue:
- Pulse:
- Treatment Protocol: Nourish Blood & Stop wind

Formula: Dang Gui Huo Xue Yin

Dang Gui; Chuan Xiong; Shu Di; Bai Shao; Huang Qi; Fang Fen; Bo He; Qiang Huo;

#### Modifications:

Expel wind: Jiang Chan; Tian Ma; Gou Teng; Quan Xie; Wu Gong;