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
       Floaters
   <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)

<table>
<thead>
<tr>
<th></th>
<th>Excess</th>
<th>Def.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>Acute; continual pain; swollen &amp; intolerant pain;</td>
<td>Chronic; intermittent; no swollen &amp; slight pain;</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Wind</th>
<th>Fire</th>
<th>Damp</th>
<th>Blood Def.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Itch</td>
<td>Red, aversion to wind</td>
<td>Red &amp; swollen</td>
<td>Ulcer &amp; drainage; worm itch</td>
<td>Dry &amp; intermittent slight pain;</td>
</tr>
</tbody>
</table>

- Wind-heat or Liver fire
- Yin or Blood def.

- Aversion to light
  - Red, swollen, itch, tearing eyes
  - Dry & uncomfortable without itch & swollen & pain
<table>
<thead>
<tr>
<th></th>
<th>Swollen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sp. &amp; St. fire;</td>
<td>Eye lips: Ulcer; pus; drainage; hot &amp; painful;</td>
</tr>
<tr>
<td>Blood heat</td>
<td>untouched;</td>
</tr>
<tr>
<td>Wind heat</td>
<td>Acute onset swollen; lightly red; tearing;</td>
</tr>
<tr>
<td>Sp &amp; Kid Yang</td>
<td>Empty swollen like a ball; light skin color;</td>
</tr>
<tr>
<td>def.</td>
<td>no pain &amp; red;</td>
</tr>
<tr>
<td>Qi &amp; Blood stag.</td>
<td>Purple or blue color; swollen</td>
</tr>
<tr>
<td>Lung Heat</td>
<td>Red Sclera</td>
</tr>
<tr>
<td>Yin def. fire</td>
<td>blurred vision with tearing</td>
</tr>
</tbody>
</table>
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.
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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Sym.</th>
<th>Onset</th>
<th>Affect to sclera</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chalazion</td>
<td>Deep under the eyelid</td>
<td>Gradually occurred;</td>
<td>None</td>
</tr>
<tr>
<td></td>
<td>Normal skin; lump under skin but not stick with skin;</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hordeolum</td>
<td>Edge of the eyelip</td>
<td>acute</td>
<td>May cause sclera edema</td>
</tr>
<tr>
<td></td>
<td>Red, painful boil, swollen, stick with skin,</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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; )
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

- 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
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
上睑下垂

- 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;