

Class 7: Sore, red and swollen eyes,  
Stye, Upper eyelid droop, Tearing  
patterns, Nearsightedness, Blue-eye  
blindness

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# Sore, red and swollen eyes mu chi zhong tong

- Redness, pain, and swelling of the eyes
- Includes:
  - Acute conjunctivitis,
  - pseudo membranous conjunctivitis,
  - Epidemic keratoconjunctivitis

# Etiology and pathogenesis

- Invasion by seasonal wind-heat evils
- Exuberance of liver and gallbladder fire
- Patterns
  - External wind-heat
  - Exuberant liver and gallbladder fire

# External wind-heat

- **Key symptoms:**
  - **Specific symptoms:** redness, pain and swelling of the eyes, over-sensitivity to light, excessive tearing, dryness and/or itching of the eyes or eyes with a gummy exudate that are difficult to open.
  - **General symptoms:** sensitivity to draughts, fever, headache, stuffy nose, dry mouth and thirst
  - **Pulse and tongue:** thin yellow coating, slow, rapid, floating pulse.
- **Treatment method:** dispel wind, clear heat disperse swelling, relieve pain.
- **Formula:** xie fei yin (lung-clearing beverage)
- **Acupuncture:** LI-11 qu chi, LI-04 he gu, TB-05 wai guan, BL-01 jing ming, GB-20 feng chi, M-HN-9 tai yang

# Formula and modifications

- Xie fei yin (lung-clearing beverage):
  - Shi gao, chi shao yao, huang qin, lian qiao, sang bai pi, shan zhi zi, mu tong, jing jie, fang feng, qiang huo, bai zhi, zhi ke, gan cao
- Modifications:
  - To reinforce dispersing wind, clearing heat and brightening the eyes, add: sang ye, ju hua, chan tui
  - In cases of constipation, add: da hang, mang xiao

# Exuberant liver and gallbladder fire

- **Key symptoms:**
  - **Specific symptoms:** redness, pain and swelling of the eyes, over-sensitivity to light, tearing, dryness and/or itching of the eyes or eyes with a gummy exudate that are difficult to open.
  - **General symptoms:** dry bitter-tasting mouth, dry throat, irritability, tinnitus, headache, constipation and dark urine.
  - **Pulse and tongue:** redness of the tip and sides with yellow coating, rapid, wiry pulse.
- **Treatment method:** drain liver and gall bladder fire
- **Formula:** long dan xie gan tang (gentian liver-draining decoction)
- **Acupuncture:** LI-04 he gu, BL-01 jing ming, M-HN-9 tai yang, GB-20 feng chi, LR-03 tai chong, LR-02 xing jian

# Formula and modifications

- Long dan xie gan tang (gentian liver-draining decoction):
  - Long dan cao, huang qin, shan zhi zi, xe xie, mu tong, dang gui, che qiang zi, sheng di huang, chai hu, gan cao
- Modifications:
  - In cases of constipation, add: da huang, mang xiao,
  - After the bowels begin moving, delete da huang, mang xiao, add: jin yin hua

# Stye

## zhen yan

- Inflamed grain-sized swellings appearing along the edge of the eyelid
- Includes:
  - Hordeolum



# Etiology and pathogenesis

- Invasion of wind-heat
- Over-consumption of spicy or rich foods leading to heat brewing in the stomach and spleen and disturbing the eyes
- Patterns
  - External wind-heat
  - Heat brewing in the stomach and spleen

# External wind-heat

- **Key symptoms:**
  - **Specific symptoms:** initial pain and itching of the affected eyelid, followed by localized redness and swelling along the edge of the eyelid, formation of a grain-sized mass that is fixed on palpitation.
  - **General symptoms:** aversion to drafts, fever, headache, coughing, general malaise.
  - **Pulse and tongue:** thin yellow coating, rapid, floating pulse.
- **Treatment method:** course wind, clear heat
- **Formula:** yin qiao san (lonicera and forsythia powder)
- **Acupuncture:** BL-01 jing ming, BL-02 zan zhu, LR-02 xing jian, LI-04 he gu, M-HN-9 tai yang

# Formula and modifications

- Yin qiao san (lonicera and forsythia powder):
  - Jin yin hua, lian qiao, dan dou chi, niu bang zi, bo he, jing jie sui, jie geng, gan cao, lu gen
- Modifications:
  - In cases of severe heat, delete: jing jie, dan dou chi, add: huang qin, huang lian

# Heat brewing in the stomach and spleen

- **Key symptoms:**
  - **Specific symptoms:** localized redness and swelling on the affect eyelid, with a lesion that is large, hot painful and aggravated by physical contact.
  - **General symptoms:** thirst, irritability, halitosis, constipation and dark urine.
  - **Pulse and tongue:** red body with yellow coating, rapid, pulse.
- **Treatment method:** clear heat, dispersing swelling
- **Formula:** xie huang san (yellow-draining powder) or qing wei san (stomach-clearing powder)
- **Acupuncture:** LI-04 he gu, M-HN-9 tai yang ST-01 cheng qi, ST-02 si bai, SP-09 yin ling quan

# Formula and modifications

- Xie huang san (yellow-draining powder):
  - Shi gao, shan zhi zi, fang feng, huo xiang, gan cao,
- Qing wei san (stomach-clearing powder):
  - Huang lian, sheng di huang, mu dan pi, sheng ma, dang gui,
- Modifications:
  - In cases presenting constipation, add: da huang, mang xiao

# Upper eyelid droop

## Shang bao xia chui

- A drooping of the upper eyelid that partially blocks the pupil and impairs vision. It can be congenital and acquired
- Includes:
  - Paralysis of the oculomotor nerve,
  - myasthenia gravis,
  - traumatic injury or trachoma

# Etiology and pathogenesis

- Congenital eyelid
  - Kidney yang vacuity leading to spleen yang vacuity
- Acquired eyelid droop
  - Vacuity of spleen qi failing to nourish the muscles
  - Depletion of liver blood with wind evil lodging in the eyelid and damaging the connections

# Kidney yang vacuity

- **Key symptoms:**
  - **Specific symptoms:** congenital eyelid ptosis, inability to raise the upper eyelid when looking at objects.
  - **Pulse and tongue:** pale tongue, deep, weak pulse.
- **Treatment method:** warm kidney yang, assist spleen yang
- **Formula:** you gui yin (right-restoring beverage)
- **Acupuncture:** BL-02 zan zhu, M-HN-6 yu yao, M-HN-9 tai yang, CV-04 guan yuan, ST-36 zu san li, BL-23 shen shu, BL-20 pi shu



# Formula and modifications

- You gui yin (right-restoring beverage):
  - Shu di huang, shan yao, gou qi zi, shan zhu yu, du zhong, gan cao, zhi fu zi, rou gui
- Modifications:
  - To supplement spleen yang qi, add: ren shen, bai zhu

# Spleen qi vacuity

- **Key symptoms:**
  - **Specific symptoms:** slow onset of eyelid droop, improvement of the condition in the morning or following rest and aggravation in the afternoon or following strain.
  - **General symptoms:** tiredness, fatigue, dizziness and vertigo, poor appetite, numbness of the affected eyelid and , in severe causes, difficulty in swallowing.
  - **Pulse and tongue:** pale tongue with thin white coating, weak, forceless pulse.
- **Treatment method:** boost spleen qi
- **Formula:** bu zhong yi qi tang (center-supplementing Qi-boosting decoction)
- **Acupuncture:** BL-02 zan zhu, M-HN-6, yu yao, M-HN-9 tai yang, ST-36 zu san li, SP-06 san yin jiao, CV-06 qi hai, BL-20 pi shu

# Formula and modifications

- Bu zhong yi qi tang (center-supplementing Qi-boosting decoction):
  - Huang qi, ren shen, bai zhu, dang gui, chen pi, sheng ma, chai hu, zhi gan cao

# Liver blood vacuity with wind evil damaging the connections

- **Key symptoms:**
  - **Specific symptoms:** abrupt onset of one-sided eyelid ptosis, frequently with outward deviation of the eyeball and double vision.
  - **General symptoms:** prior to the emergence of eyelid droop: lusterless complexion, dizziness, vertigo and tinnitus. After onset, external patterns are often present: aversion to cold, fever and headache.
  - **Pulse and tongue:** pale tongue, thready, wiry pulse.
- **Treatment method:** nourish liver blood, dispel wind evil
- **Formula:** yang xue dang gui di huang tang (blood-nourishing tangkuei and rehmannia decoction)
- **Acupuncture:** BL-02 zan zhu, M-HN-6, yu yao, M-HN-9 tai yang, GB-20 feng chi, LI-04 he gu, SP-06 san yin jiao, BL-18 gan shu

# Formula and modifications

- Yang xue dang gui di huang tang (blood-nourishing tangkuei and rehmannia decoction):
  - Sheng di huang, dang gui, bai shao yao, chuan xiong, gao ben, fang feng, bai zhi, xi xin

# Tearing patterns

## liu lei zheng

- An ophthalmic condition where the tears frequently escape from the lower margins of the eyes
- Hot tearing: infection diseases
- Cold tearing: affected the elderly and prevalent during the winter months

# Etiology and pathogenesis

- Cold tearing is most often from liver and kidney vacuity, the weakened functions of retention allowing external wind to evoke tearing

# Liver and kidney vacuity

- **Key symptoms:**
  - **Specific symptoms:** frequent clear cool tears that are thin in consistency, increase on exposure to wind but without apparent redness, pain or swelling of the eyes.
  - **General symptoms:** dizziness, tinnitus, blurred vision and weak aching lower back and knees.
  - **Pulse and tongue:** red body with little coating, weak, thready pulse.
- **Treatment method:** nourish the liver, boost the kidney
- **Formula:** zuo gui yin (left-restoring beverage)
- **Acupuncture:** BL-01 jing ming, BL-02 zan zhu, BL-18 gan shu, BL-23 shen shu



# Formula and modifications

- Zuo gui yin (left-restoring beverage):
  - Shu di huang, shan yao, gou qi zi, shan zhu yu, fu ling, gan cao
- Modifications:
  - In cases of excessive tearing on exposure to wind, add: bai zhi, fang feng
  - In cases of qi and blood vacuity, add: dang shen, bai zhu, dang gui, bai shao yao
  - In cases of kidney yang vacuity, add: ba ji tian, rou cong rong, sang piao xiao

# Nearsightedness

## jin shi

- Myopia or nearsightedness is an eye disorder involving abnormal refraction, objects.

# Etiology and pathogenesis

- Insufficiency because of constitutional factors, or depletion of the blood and essence of the liver and kidney

# Depletion of liver blood and kidney essence

- **Key symptoms:**
  - **Specific symptoms:** symptoms of weakening of vision, clear image of close objects and a blurred image of distant objects.
  - **General symptoms:** headache, rapid fatigue of the eyes, and sometimes dizziness and vertigo, tinnitus, weak aching lower back and knees, insomnia and poor memory.
  - **Pulse and tongue:** weak, thready pulse.
- **Treatment method:** supplement liver blood and kidney essence, brighten the eyes
- **Formula:** qi ju di huang tang (lycium berry chrysanthemum and rehmannia decoction)
- **Acupuncture:** BL-01 jing ming, BL-02 zan zhu, ST-01 cheng qi, GB-20 feng chi, GB-37 guang ming, BL-18 gan shu, BL-23 shen shu, LI-04 he gu, M-NH-13 yi ming

# Formula and modifications

- Qi ju di huang wan (lycium berry chrysanthemum and rehmannia decoction):
  - Shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, gou qi zi, ju hua
- Modifications:
  - In cases accompanied by spleen and stomach qi vacuity, add: dang shen, bai zhu, chen pi, mai ya

# Blue-eye blindness

## qing mang

- Eye diseases where there is a gradual loss of vision and eventual blindness, yet the eyes reveal no external abnormality.
- Includes:
  - Papitllitis,
  - Diabetic retinopathy,
  - Retinopathy,
  - Retinal arterial embolism
  - Pigmentary degeneration of the retina

# Etiology and pathogenesis

- Congenital weakness or depletion of the blood and essence of the liver and kidney.
- Vacuity of both qi and blood from an extended illness or an excessive loss of blood and depression of liver qi from emotional depression.
- Stagnation of qi and stasis of blood through a traumatic injury to the head or eyes.

# Liver and kidney vacuity

- **Key symptoms:**
  - **Specific symptoms:** dryness of the eyes, loss of vision or blindness and pathological changes of the fundus of the eyes signalling optic atrophy.
  - **General symptoms:** dizziness, vertigo, tinnitus, lower backache, seminal emission.
  - **Pulse and tongue:** red with little coating, thready or rapid, thready pulse.
- **Treatment method:** supplement the liver and kidney, brighten the eyes
- **Formula:** ming mu di huang wan (eye brightener rehmannia pill)
- **Acupuncture:** BL-01 jing ming, M-NH-8 qiu hou, ST-01 cheng qi, GB-20 feng chi, GB-37 guang ming, BL-18 gan shu, BL-23 shen shu, KI-03 tai xi



# Formula and modifications

- Ming mu di huang wan (eye brightener rehmannia pill):
  - Shu di huang, sheng di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, chai hu, dang gui, wu wei zi
- Modifications:
  - To free the connections and open the orifices, add: niu xi, she xiang
  - In cases of presenting signs of vacuous kidney yang, add: tu si zi, rou gui, bu gu zhi, gou qi zi

# Qi and blood vacuity

- **Key symptoms:**
  - **Specific symptoms:** Eye symptoms as noted above: dryness of the eyes, loss of vision or blindness and pathological changes of the fundus of the eyes signalling optic atrophy.
  - **General symptoms:** tiredness, fatigue, shortness of breath, disinclination to speak, dizziness and vertigo, tinnitus, palpitations, insomnia, poor memory, loss of appetite, loose stools.
  - **Pulse and tongue:** pale with thin white coating, weak, thready pulse.
- **Treatment method:** benefit qi, nourish the blood, brighten the eyes
- **Formula:** ren shen yang rong tang (ginseng construction-nourishing decoction)
- **Acupuncture:** BL-01 jing ming, M-NH-8 qiu hou, M-NH-13 yi ming, GB-20 feng chi, ST-36 zu san li, SP-06 san yin jiao, GB-37 guang ming,

# Formula and modifications

- Ren shen yang rong tang (ginseng construction-nourishing decoction):
  - Ren shen, bai zhu, fu ling, huang qi, shu di huang, dang gui, bai shao yao, chen pi, rou gui, wu wei zi, yuan zhi, zhi gan cao, sheng jiang, da zao
- Modifications:
  - To free the connections and open the orifices, add: niu xi, she xiang, chuan xiong, hong hua, shi chang pu

# Stagnation of liver qi

- **Key symptoms:**
  - **Specific symptoms:** Eye symptoms as noted above: dryness of the eyes, loss of vision or blindness and pathological changes of the fundus of the eyes signalling optic atrophy.
  - **General symptoms:** emotional stress, dizziness and vertigo, distending pain of the eye, bitter taste in the mouth costal pain.
  - **Pulse and tongue:** wiry pulse.
- **Treatment method:** soothe the liver, brighten the eyes
- **Formula:** xiao yao san (free wander powder)
- **Acupuncture:** BL-01 jing ming, M-NH-8 qiu hou, GB-20 feng chi, GB-37 guang ming, LR-03 tai chong, GB-34 yang ling quan LR-14 qi men

# Formula and modifications

- Xiao yao san (free wander powder):
  - Chai hu, bai shao yao, dang gui, bai zhu, fu ling, zhi gan cao, bo he, sheng jiang
- Modifications:
  - To reinforce the blood-quickenening and connection-freeing actions, add: xiang fu zi, yu jin, chuan xiong
  - In cases of stagnation of liver qi transforming into heat, add: mu dan pi, shan zhi zi

# Stagnation of qi and blood

- **Key symptoms:**
  - **Specific symptoms:** Eye symptoms as noted above: dryness of the eyes, loss of vision or blindness and pathological changes of the fundus of the eyes signalling optic atrophy.
  - **General symptoms:** traumatic injury to the head or eyes, headache and poor memory.
  - **Pulse and tongue:** dark-colored tongue, rough pulse.
- **Treatment method:** move qi, quicken the blood, clear the connection, brighten the eyes
- **Formula:** xue fu zhu yu tang (house of blood stasis-expelling decoction)
- **Acupuncture:** BL-01 jing ming, M-NH-8 qiu hou, GB-20 feng chi, GB-37 guang ming, SP-06 san yin jiao, BL-17 ge shu, LI-04 he gu

# Formula and modifications

- Xue fu zhu yu tang (house of blood stasis-expelling decoction):
  - Tao ren, hong hua, dang gui, sheng di huang, chuan xiong, chi shao yao, niu xi, jie geng, chai hu, zhi ke, gan cao
- Modifications:
  - In cases of extended illness where qi has become vacuous, delete niu xi, zhi ke, jie geng, add: huang qi, bai zhu, chen pi