

## Peripheral Organs Concept in Relation to Eye Health

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In traditional medicine we plan treatment based on biofeedback from the peripheral organs.

This is different approach from the modern medicine where treatment mainly is subjected to the deformed organelles of the eye.

Based on experience of this biofeedback certain protocols have been developed by the senior practitioners, I am mentioning about few conditions how peripheral organs found connected with the eyes.

Upper eye lid is related with the spleen, while lower eye lid with the stomach. I would like to mention here it does not mean if one has some problem with lower eye lid you will find pathology with stomach on lines of Modern medicine but you may find some deficiency or excess in the attributes of stomach functioning on lines of traditional medicine, diagnosing this is different subject. You might be surprised to know that Spleen has been known in traditional Chinese Medicine (TCM) as organ which governs our consciousness on mental level and assimilation of food, separating clear from unclear are the few functions. You might be surprised to know that spleen is involved in keeping the visceral organs in place, as in prolapse of uterus there is always spleen deficiency.

Now coming again to the Eyes health, Iris health depends on healthy function of liver; sluggish iris muscles reasons can be found in liver deficiency. Again, I want to submit that diagnosis pattern of liver pattern is different from our modern medicine, liver might suffer from yin deficiency in case when dryness energy invades Liver it might have many other reasons.

Part of sclera around pupil is related with the lungs, while medial canthus is related with heart.

Retina health depends on healthy emotional status besides other peripheral organs and endocrine system specifically thyroid gland.

Tear glands are controlled by healthy functions of urinary bladder. Again, you might be surprising, how a simple distant organ like urinary bladder, away from eyes how it can so affect.

Urinary bladder channel or BL channel as per WHO nomenclature starts near the medial canthus of eyes.

Few years back it might be called a quackery as evidence based medicine or modern medicine needs scientific evidence to pronounce something effective, I am happy that the evidence recently has been provided by the modern medicine itself by the diagnostic gadgets developed as MRI scanning have verified existence of these acupuncture points.

Besides all this all seems to be totally different but system works well based on the therapeutic approach in finding treatment of these ailments.

Clinically evaluation of condition, finding peripheral organ to treat the condition is a different approach. We have to assimilate knowledge from our modern ophthalmology and see through the Chinese approach and examine constitution of patient and so ascertain course of action.

Chronic redness of sclera where we do not find an infective pathology is well treated by draining heat from the lungs, again how to drain heat from lungs is different approach in traditional system.

As dryness of eyes is attributed to the yin deficiency of liver means liver is affected by the dryness which in five elements approach in diagnosis depends on excess of metal element.

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