The Relationship between the Eyes and the Viscera
The Relationship between the Eyes and the Heart

• The heart governs the vessels that are all related to the eyes

• The heart houses spirit and the eyes are commanded by the heart
The Relationship between the Eyes and the Liver

- The Liver opens into the eyes
- The storage of blood in the Liver enables the eyes to see things
- The Liver qi enters the eyes
- The Liver meridian is connected with the eyes
The Relationship between the Eyes and the Spleen

• The spleen transports essence upwards into the eyes
• The spleen commands blood and the blood nourishes the eyes
• The spleen governs muscles and monitors the opening and closing of the eyelids
The Relationship between the Eyes and the Lung

- The lung controls qi and the normal function of qi ensures normal vision

- The dispersing and descending functions of the lung smooth the ocular collaterals
The Relationship between the Eyes and the Kidney

• kidney essence enables the eyes to see things

• The kidney produces cerebral marrow and the eyes are connected with the brain

• The kidney controls body fluids and moistens the ocular balls
Anatomy

- Lacrimal gland
- Lacrimal gland ducts
- Eyelid
- Superior lacrimal canal
- Lacrimal sac
- Pupil
- Sclera
- Iris
- Lacrimal puncta
- Inferior lacrimal canal
Anatomy

Anterior chamber (region between the cornea and iris)

Iris

Cornea

Lens

Pupil

Posterior chamber (region behind the iris)

Ciliary body and ciliary muscle

Conjunctiva

Retina

Optic Nerve

Macula

Retinal blood vessels

Vitreous body
Differentiating Common Symptoms and Signs

• Differentiating vision
• Differentiating Pain and Itching
• Differentiating Redness and Swelling
• Differentiating Secretion and Tears
Differentiating vision

- Poor vision are often caused by exopathic wind and heat or by flaming fire of the liver and gallbladder; deficiency of both the liver and kidney, stagnancy of liver qi;

- Long-term blurred vision is caused by asthenia of both qi and blood;

- Poor eyesight during dawn and contraction of visual field is caused by deficiency of kidney yang or by impairment of liver-kidney essence.
Differentiating Pain

- Redness and pain of the eye with massive secretion is often due to exopathic wind;
- Eyelid pain and swelling accompanied with constipation is usually due to excessive fire in yangming meridian;
- Ocular distension after long times visual work is usually due to spleen and kidney deficiency which leads to the failure of upward transmission of essence;
- Pain in the deep eyeball is usually due to stagnation of liver qi or Liver yang raising.
Differentiating Redness

• Hyperemia of bulbar conjunctiva with tears and purulent secretion pertains to the type of exopathic wind-heat;

• Hyperemia of bulbar conjunctiva and photophobia with tears pertains to the excessive heat of liver and gallbladder;

• Slight redness and blurred vision with tears pertains to the type of fire hyperactivity due to yin deficiency.
Differentiating Itching

• Ocular itching may be caused by pathogenic wind, fire and dampness and by deficiency of blood

  – Redness and itching of eye which becomes severe with wind blowing often pertains to the type of exopathic wind-Heat;

  – itching with uncomfortable sensation occurring now and then pertains to the type of endopathic wind due to blood deficiency
Differentiating Secretion and Tears

• Massive eye secretion is a common symptom of external oculopathy and often pertains to heat syndrome.
  – Massive and hard eye secretion is due to Excessive heat of lung meridian;
  – Massive yellow thick secretion is due to excessive noxious heat;
  – Purulent secretion is due to damp-heat.
Differentiating Nebula

- Nebula refers to cloudiness occurring on the black part of eye.
- It may be in the shapes of punctuation, geography, insect-bite and so on.
- The terms for nebula vary with its form, colour and depth, but what must first be done in clinic is to determine whether it is a new or an old case and then, in the light of other symptoms, to differentiate its syndrome.
Differentiating Nebula

- New Nebula
- Old Nebula
New Nebula

• The category of new nebula is white which is obscurely bounded, with unsmooth surface, the trend to develop and symptoms of ocular redness, pain, photophobia and lacrimation. In most cases, new nebula in the black part of eye is caused by the six exogenous pathogenic factors, progresses easily and often involves the iris and pupil.

• New nebula in mild case, after recovery, can disappear, but in severe case it may turn into old nebula.
Old Nebula

• The category of old nebula is cloudiness, clearly bounded, with smooth surface and no further developing trend and without redness, pain and lacrimation.
Points use for eye treatment

- Points benefit eyes:
  - ST1, UB1, GB37, LI4, SJ23, GB1, Yu yao, Qiu Hou, Tai Yang
  - SI2, SI6, BL3, BL4, BL6, UB18, GB16, GB41, DU17, Si shen cong, ST8
Acute Conjunctivitis

- Acute conjunctivitis is a common ocular disease as a result of **bacterial infection**. Clinically it manifests mainly the symptoms of obvious **congestion of the conjunctiva**, purulent and mucous **secretion** and a tendency of **natural cure**. The disease is very infective and often **epidemic** in the warm seasons of a year.
Etiology and Pathogenesis

- If exogenous pathogenic wind and heat has invaded into the body, they tend to attack upper Jiao, firstly the lung, resulting in wind and heat in the lung channel. When the resultant wind and heat flare up to the eye, the disease occurs.

- Besides, if a person with constant excessive endogenous heat due to hyperactive Yang is attacked by pathogenic exogenous wind and heat, the original endogenous heat may combine with the intensive pathogens, flare up to the eye and cause the disease.
Clinical Manifestations

(1) The symptoms in mild cases include itching and uncomfortable feeling of the affected eye as if caused by a foreign body. In severe cases, there is photophobia with a burning and heavy sensation of the eyelid.

(2) Congestion occurs in the palpebral conjunctiva, even with edema, swelling of the lid and large amount of mucous and purulent secretion in the conjunctival sac. In some cases, there may be hemorrhage.

(3) The disease is usually of bilateral type or one eye after another.

Usually, a mild start comes to its utmost in 3 to 4 days and relieves in 8 to 14 days.
Type and Treatment

• (1) Type of pathogenic wind-heat.
• Symptoms and Signs: These include itching and discomfort, foreign body sensation, photophobia and lacrimation, comparatively scanty and thin secretion, slightly red swollen eyelid, bulbar conjunctival congestion,
• Headache, stuffy nose, aversion to wind, slight fever, floating and rapid pulse, pink tongue with thin white coating.
• Therapeutic Method: dispelling wind, clearing away heat.
Treatment

- Acupuncture:
  - SJ23, Yu yao, Tai Yang, ST2
  - DU14, GB20, LU7
  - GB37, LI4,
  - with strong stimulation.
(2) Type of overactivity of lung-heat.

• Symptoms and Signs:

• Photophobia and lacrimation, burning pain, profuse sticky secretion, palpebral (eyelid) edema, bulbar conjunctival edema and congestion in brilliant red color,

• Thirst, dry throat and cough, dry stools, rapid pulse, reddened tongue with thin, yellowish coating.

• Therapeutic Method: Clearing away heat, purging pathogenic fire.
Treatment

• Acupuncture:
  • SJ23, Yu yao, Tai Yang, ST2
  • LI11, DU14, LU5
  • GB37, LI4, BL3,
  • with strong stimulation.
Type of excessiveness of pathogenic fire in the liver and lung

Symptoms and Signs: The symptoms are the same as the last type. In addition, spotted grayish-white cloud can be found in the superficial layers of the cornea.

There is hypochondriac pain, bitter taste in the mouth, dryness of throat rapid and wiry pulse, reddened margin of the tongue with thin, yellowish coating.

Therapeutic Method: Purging the liver of its pathogenic fire, promoting dispersing function of the lung, and removing heat.
Treatment

• Acupuncture:
• SJ23, Yu yao, Tai Yang, ST2, DU23
• LI11, LU5, GB34, GB43
• GB37, LI4,
• with strong stimulation.
Pterygium

- Pterygium onto the cornea
- Pterygium
- Conjunctiva (membrane covering)
- Pupil
- Iris
Pterygium

- Pterygium is formed by the epithelial tissue of the bulbar conjunctiva. It is a triangular fold of mucous membrane, expanding from the inner or outer part of the ocular conjunctiva toward the cornea, mostly at the palpebral fissure.
- It can be classified into progressive type and stationary type.
Etiology and Pathogenesis

• When the patient suffers from hyperactive heat-fire, endogenous wind will arise from it, Then the fire and wind may reinforce each other and go upward to attack the canthi, causing the disease.

• Besides, invasion of exogenous wind and heat may first affect the lung and the consequent wind-heat in the lung channel may then go upward to attack the inner canthi.
Clinical Manifestations

• Dryness, foreign body sensation with itching of the eyes, congestion and thickening of the bulbar conjunctiva usually in the inner side of the palpebral fissure, presenting a triangular shape expanding toward the cornea.
Type and Treatment

• (1) Type of flaming of the heart fire.
• Symptoms and Signs: Dry eyes and discomfort, congestion and thickening of the pterygium, caked secretion,
• Thirst, scanty and dark urine, rapid pulse, red tip of the tongue with yellow fur.
• Therapeutic Method: Clearing away heart fire, removing heat from the blood.
Treatment

• Acupuncture:
• UB1, Qiu Hou, Tai Yang, ST1
• SI3, HT3, LI11, PC8
• GB37, LI4
(2) **Wind-heat in the lung channel**

- **Symptoms and Signs:** There is dry eyes and **itching in the eyes**. Progressing **quickly** the pterygium is red, and its head is sharp and projected.

- **Other symptoms include** **dry throat and coughing, floating and rapid pulse**, reddened tongue with thin and yellow coating.

- **Therapeutic Method:** Ventilating the lung, dispelling wind, clearing away heat and activating collaterals.
Treatment

- Acupuncture:
  - UB1, Qiu Hou, Tai Yang, ST1
  - LU7, GB20, DU14, LU5
  - GB37, LI4
(3) Type of hyperactivity of fire due to Yin deficiency

• Symptoms and Signs: The pterygium is pink in color with a flat head. There is distress in the chest, thirst, deep and thready pulse, reddened tongue with little coating.

• Therapeutic Method: Nourishing Yin and reducing pathogenic fire.
Treatment

- Acupuncture:
  - UB1, Qiu Hou, Tai Yang, ST1
  - KD6, GB43, LV2, LV8
  - GB37, LI4
Treatment

• Excision (Cut off) should be made if necessary.
Herpes Simplex Keratitis

- **Herpes** simplex keratitis is a common corneal disease.
- It is caused by direct *infection of virus* of herpes febrilis in the corneal epithelial cells. The affection is generally *unilateral* and it may affect people of all ages.
Etiology and Pathogenesis

• When a person with hyperactive liver fire is exposed to invasion of exogenous pathogenic wind and heat, the endogenous fire will combine with the intensive pathogens and go upward together to attack the eye, causing the disease.

• Besides, accumulation of dampness and heat in the spleen and stomach due to improper diet, or flaming up of deficiency heat resulting from deficiency of liver-Yin and kidney-Yin may also lead to the disease.
Clinical Manifestations

- There is a **history of fever** due to infection of the upper respiratory tract before the attack of the disease. The patient complains of slight foreign body sensation, photophobia, lacrimation, and blurred vision. There is greyish white infiltrations in the corneal superficial layer.

- The infiltration may expand both in width and in depth to form **map-like superficial ulcer** with irregular margins.
Type and Treatment

• (1) Type of wind-heat
• Symptoms and Signs: There is a foreign body sensation, photophobia, lacrimation, greyish white punctate infiltrations on the cornea,
• Accompanied with fever, aversion to cold, thin and yellowish fur, and floating and rapid pulse.
• Therapeutic Method: Dispelling wind and removing heat
Treatment

- Acupuncture
- UB1, ST2, ST1, SJ23
- LI4, GB37,
- LU7, GB20, DU14
- Needle 3 local points and 2 distal points, once a day.
(2) Type of hyperactivity of fire of the liver

• Symptoms and Signs: The eye symptoms are aggravated with blurred vision. The corneal infiltration may expand and become deeper.

• Accompanied with headache, dark colored urine, yellow fur, and wiry, rapid pulse.

• Therapeutic Method: Purging the liver of the pathogenic fire.
Treatment

- Acupuncture
- UB1, ST2, ST1, SJ23
- LI4, GB37, GB41
- LV2, GB34, GB43
- Needle 3 local points and 2 distal points, once a day.
(3) Type of retention of endogenous dampness and heat

• Symptoms and Signs: Chronic inflammation of the cornea,

• Heaviness in the head, oppressed feeling in the chest, yellowish urine and loose stools, slickness of the mouth, reddened tongue with yellowish and greasy fur, and Slippery pulse.

• Therapeutic Method: Removing dampness and heat.
Treatment

• Acupuncture

• UB1, ST2, ST1, SJ23
• LI4, GB37,
• LI11, SP9, ST40
• Needle 3 local points and 2 distal points, once a day.
Senile Cataract

- Senile cataract is one of the most common of acquired cataracts which is a manifestation of senile degeneration.
Senile Cataract

- Senile cataract, a type of common cataract, is one of the major causes of blindness worldwide at present. It is clinically defined as an opacity of the lens of the eye with progressive deterioration of vision.
- The prevalence of the disease is often seen in the aged above 50 and its incidence usually increases with age.
- The on setting age of 60% to 70% patients of the disease is over 50 to 60 and that of 80% patients over 70.
Etiology and Pathogenesis

- In most instances senile deficiency of the liver and kidney, insufficiency of essence, blood, and Qi, often leads to malnutrition of the eyes and causes the disease;

- Apart from this, dysfunction of the spleen in transportation of essence and energy for nourishment of the eyes may also be a cause to produce the disease.
Clinical Manifestations

• At the early stage, the patient complains of black shadows occupying a fixed position in the visual field.

• Usually, monocular diplopia (double vision), or refraction change may occur.

• The occurrence of visual disturbance depends upon the position which the opacities occupied in the lens.

• The disease progresses slowly. Finally it may causes of blindness.
Type and Treatment

• (1) Type of deficiency of the liver and kidney.
• Symptoms and Signs: Senile weaker, blurred vision, dizziness and tinnitus, sorenese in loins and knees, pale tongue, and small, weak pulse.

• Therapeutic Method: Tonifying the liver and kidney.
Treatment

• (1) The commonly used acupoints:
  • UB1, Qiuhou, UB2, Yuyao,
  • LI14, LI4
  • ST36, LV8, KD3

Needling is done once everyday or every other day at 2-3 points, 8-10 times as a cure.

• (2) Moxibustion: BL 18, BL 23, and ST 36
(2) Type of Insufficiency of Spleen-Qi

- Symptoms and Signs:
  - **Blurred vision**, listlessness, lassitude of the extremities, sallow complexion, poor appetite and loose stools, pale tongue with white fur, and slow or small weak pulse.

- Therapeutic Method: Invigorating the spleen and replenishing Qi.
Treatment

• (1) The commonly used acupoints:
  • UB1, Qiuhou, UB2, Yuyao,
  • LI14, LI4,
  • ST36 and SP6
  • Needling is done once everyday or every other day at 2-3 points, 8-10 times as a cure.

• (2) Moxibustion: BL 20, SP6, and ST 36
(3) Type of deficiency of Yin accompanied by dampness and heat

• Symptoms and Signs:

• Blurred vision, foreign body sensation in the eye, thirst but having **no desire for drink**, dry stools, and reddened tongue with yellowish greasy fur.

• Therapeutic Method: Nourishing Yin, clearing away heat, regulating Qi of the middle-Jiao and removing dampness.
Treatment

• The commonly used acupoints:
  • UB1, Qiuhou, UB2, Yuyao,
  • LI14, LI4,
  • KD6, SP9, LI11

• Needling is done once everyday or every other day at 2-3 points, 8-10 times as a cure.
Glaucoma

• Glaucoma is an ocular disease caused by increase of intraocular pressure leading to the injury of the visual function.
Glaucoma

• It is classified into three categories.
• They are primary glaucoma, congenital glaucoma and secondary glaucoma.
• The first two categories involve both eyes while the secondary one occurs mainly in one eye.
Etiology and Pathogenesis

• The disease is due to long-standing stagnation of the liver Qi caused by emotional upset, which later turns into fire to attack the eyes; it may also be due to wind-heat to attack the eyes, or due to retention of phlegm dampness that turns into fire to attack the eyes. Besides, damage of Yin caused by overstain may lead to hyperactivity of Yang and induce endogenous wind. When the wind goes upward to attack the eyes, the disease occurs.
Clinical Manifestations

- **First stage**, following an emotional stress, there is mild headache, distention in the eye.

- **Second stage**, there is distending pain in the eyeball, severe headache, nausea, vomiting and sudden diminution of vision due to rapid increase of the intraocular pressure.

- **Third stage**, the intraocular pressure reduces as a result of treatment, the symptoms subside; the visual function improves; But if high intraocular pressure persists, the anterior chamber may become adherent.
Clinical Manifestations

- **Chronic stage**, Repeated attacks would lead to extensive adhesion of the anterior chamber angles, which results in **continuous increase of the intraocular pressure**, marked **diminution of vision**, contraction of visual field. The chamber angle becomes narrower or closed. Gradually the vision will **completely lose**.
Type and Treatment

• (1) Type of stagnation of the liver-Qi.

• Symptoms and Signs: Congestion and distending pain of the eye, diminution of vision, emotional upset, headache, chest distress, nausea, vomiting, reddened tongue with thin fur, and wiry pulse.

• Therapeutic Method: Relieving the depressed liver. Removing heat.
Acupuncture Treatment

• The commonly used points:
  • UB1, ST2, ST1, Qiuhou
  • LI4, LV3, GB34
  • GB37

• Choose four points for needling, once a day.
(2) Type of flaming of fire in the liver and GB

- Symptoms and Signs:
- There are all the symptoms of the angle closure glaucoma, accompanied with nausea, vomiting, deep-colored urine, constipation, reddened tongue with yellow fur, and wiry, rapid pulse.
- Therapeutic Method: Purging the liver of pathogenic fire.
Acupuncture Treatment

• The commonly used points:
• UB1, ST2, ST1, Qiuhou
• LI14, LI4
• LV2, GB43, GB41

• Choose four points for needling, once a day.
(3) Type of upward disturbance of phlegm-fire

• Symptoms and Signs:
  • Conjunctival congestion, distending pain of the eye, blurred vision, headache, nausea, vomiting, dizziness, deep-colored urine, constipation reddened tongue with yellow and greasy fur, and slippery, rapid pulse.

• Therapeutic Method: Removing heat and expelling phlegm.
Acupuncture Treatment

• The commonly used points:
  • UB1, ST2, ST1, Qiuhou
  • LI4, GB37
  • SP9, LI11, ST40

• Choose four points for needling, once a day.
(4) Type of hyperactivity of Yang due to Yin deficiency

• Symptoms and Signs:
  • There is a feeling of dullness and a slight pain in the eye and the head, blurred vision, tinnitus, deafness, dry mouth and throat, reddened tongue with little coating, and thin, rapid pulse.

• Therapeutic Method: Nourishing Yin and clearing away heat.
Acupuncture Treatment

• The commonly used points:
  • UB1, ST2, ST1, Qiuhou
  • LI4, GB37
  • LV8, KD6, GB43

• Choose four points for needling, once a day.
Retinal Periphlebitis

• The disease is characterized with retinal hemorrhage and changes of retinal veins.
• It often occurs in young males of 21-30 years old and usually affects the eyes one after the other..
Etiology and Pathogenesis

• The disease is usually due to the injury of Ying system by endogenous fire-heat, or due to stagnation of Qi and blood which results from deficient fire in the vessels caused by insufficiency of the liver and kidney.

• Apart from these, deficiency of Qi and blood in the heart and spleen may also lead to abnormal flood of Qi and blood, thus causing retinal hemorrhage.
Clinical Manifestations

• At the beginning of the disease, sometimes a few black shadows float up and down in the vision.

• Diminution of vision may suddenly occur.

• The fundus presents very curved and enormously distended distal veins with white sheaths, and grayish white exudate and hemorrhage around the them.

• Slight bleeding may occur in the vitreous. Profuse and repeated bleeding may cause hyperplasia of the connective tissues resulting in retinitis.
Type of Treatment

• (1) Type of the attack of fire and heat leading to bleeding.

• Symptoms and Signs: Visual acuity drops suddenly. The veins of the optic fundus are congested and distended. The bleeding is in bright red color. The tongue is red with yellowish fur; the rapid pulse.

• Therapeutic Methods: Clearing away heat and purging fire, removing heat from the blood and preventing bleeding
Acupuncture therapy

- Acupuncture:
  - UB1, Qiuhou, UB2, Yuyao, SJ23, ST1
  - GB34, GB43, LI11,
  - UB18, GB37, GB41
(2) Type of hyperactivity of fire due to Yin deficiency

• Symptoms and Signs: There are repeated moderate bleedings which may be accompanied with some new-born vessels, reddened lips and flushed cheeks, dry throat, dizziness, tinnitus, lumbago, nocturnal emission, feverish sensation in the palms and soles, and scarlet tongue with little coating.

• Therapeutic Method: Nourishing Yin and reducing pathogenic heat
Acupuncture therapy

- Acupuncture:

- UB1, Qiuhou, UB2, Yuyao, SJ23, ST1
- KD6, SP6, LV8, UB23
- UB18, GB37
(3) Type of deficiency of Qi and blood in the heart and spleen.

- Symptoms and Signs: The blood spots in the fundus are pale red in color. The patient shows sallow complexion, lassitude, palpitation, with poor appetite, loose stools, pale tongue and feeble pulse.
- Therapeutic Method: Nourishing the heart and invigorating the spleen, supplementing Qi and improving eyesight.
Acupuncture therapy

- Acupuncture:
  - UB1, Qiuhou, UB2, Yuyao, SJ23, ST1
  - SP6, ST36, Ren4
  - Si shen cong, ST8, HT7, BL15
(4) Type of stagnation and accumulation of blood stasis

• Symptoms and signs: The disease does not improve obviously after a long time of treatment. The ecchymosis in the fundus is dark red in color, and in some cases the connective tissue gets proliferated. The tongue is purplish dark or with ecchymosis.

• Therapeutic Methods: Promoting blood circulation by removing blood stasis, softening and resolving hard mass.
Acupuncture therapy

- Acupuncture:
  - UB1, Qiuhou, UB2, Yuyao, SJ23, ST1
  - SP10, UB17
  - BL4, BL6, GB37

- If the bleeding of vitreous body is copious and the condition is not improved after 3-6 months treatment, vitreous replacement should be considered.
Optic Neuritis

• Optic neuritis is a kind of pathogenic change of the optic nerve which is characterized by diminishment of vision and the corresponding changes of visual field.

• The disease is usually seen in young and middle aged people. It usually attacks both eyes.

• The main manifestations of the disease in clinic are abrupt diminishment of vision and even blindness.
Etiology and Pathogenesis

• The disease may be due to:

  (1) emotional depression and **stagnation of liver-Qi**, which leads to obstruction of the collaterals;

  (2) **excessive fire of the liver and gallbladder** which goes upwards to disturb the lucid orifices;

  (3) **deficiency of liver- Yin and kidney- Yin** which leads to flaring-up of fire of deficiency type;

  (4) **Postpartum lactation** which leads to deficiency of both Qi and blood.
Clinical Manifestations

• **Optic Neuritis** has an acute onset and **quick loss of vision until blindness**.

• The fundus examination shows papillary **hyperemia** and **edema** with ill-defined margins, edema and turbidity of the adjacent retina with small amounts of flame-shaped **hemorrhage** and greyish white soft exudate **spots**. The central veins of the retina are filled and tortuous.
Type and Treatment

• (1) Type of stagnation of liver-Qi.

• Symptoms and Signs: One of the eye symptoms of Optic Neuritis accompanied by emotional depression which causes dizziness, hypochondriac pain, dry throat, bitter taste and oppressed sensation in the chest.

• Therapeutic Method: Relieving the depressed liver.
Acupuncture therapy

• Acupuncture:

• UB1, Qiuhou, UB2, Yuyao, SJ23,
• GB20, LV3, LI4, GB34
• BL4, UB18, GB41,
(2) Type of Excessive Fire in the Liver and Gallbladder.

• Symptoms and Signs:
• The affection may involve one eye or both eyes. There is a quick drop of vision or even blindness.
• Accompanied with dizziness, headache, hypochondriac pain and bitter taste in the mouth, flushed face, conjunctival congestion, yellow urine, red margin of tongue and reddened tip, yellow and greasy fur, and wiry, rapid pulse.
• Therapeutic Methods: Purging the liver of pathogenic fire.
Acupuncture therapy

- Acupuncture:

- UB1, Qiuhou, UB2, Yuyao, SJ23,
- GB34, LV2, GB43
- SI2, BL4, UB18, GB41
(3) Type of hyperactivity of fire due to **Yin deficiency**

- Symptoms and Signs:
  - There is a **quick drop of vision or even blindness**
  - Accompanied with dizziness, tinnitus, deafness, red lips, flushed cheeks, reddened tongue, and wiry, thready and rapid pulse.

- Therapeutic Method: Nourishing Yin and reducing pathogenic heat.
Acupuncture therapy

• Acupuncture:

• UB1, Qiuhou, UB2, Yuyao, SJ23,
• KD6, LV8, SP6,
• BL6, UB18
(4) Type of **deficiency of both Qi and blood.**

- **Symptoms and Signs:**
- The optic papilla is a little bit light in color.
- There is **sallow complexion**, tired, mental weariness, pale tongue with thin fur and weak pulse.

- **Therapeutic Method:** Regulating and enriching· Qi and blood.
Acupuncture therapy

- Acupuncture:
  - UB1, Qiuhou, UB2, Yuyao, SJ23,
  - SP6, ST36, BL20
  - GB37, GB41, ST8