



ACUPUNCTURE & ACUPRESSURE

"Clear Vision": A Case Study

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WHAT YOU NEED TO KNOW

- This patient is a 44-year-old female suffering from acute eye inflammation with concomitant eye pain with headache.
- With no complicating factors, I diagnosed the pattern of potential wind invasion in the liver meridian with underlying blood stasis with liver *qi* stagnation with depressive heat.
- Based on the pattern presentation, the following acupuncture point prescription was administered: *LI 4 + GB 37 + Liv 3 + GB 14 + SJ 23 + SI 6*.

The following is a recent case study from my clinic showcasing the often dramatic positive results of acupuncture for acute health challenges. This patient is a 44-year-old female suffering from acute eye inflammation with concomitant eye pain with headache. Both eyes were close to swollen shut, red and inflamed, and painful. No predictable allergic reactions were present and the condition presented upon waking. Upon visit to her allopathic physician, after examination, the patient was given the diagnosis of "unknown viral infection" and prescribed steroid eye drops.

Examination

Upon examination in my clinic, the patient revealed no other significant subjective symptoms. Digestion, sleep, appetite, and overall energy were unaffected and all normal by her standards. The patient's eyes were extremely red, swollen and painful, and she described her vision as cloudy. She also complained of a general headache due to the eye pain, and stated that placing a warm compress over her eyes provided minor pain relief. Her tongue was extremely red with a thin yellow coating and significantly swollen purple sublingual veins; pulse was rapid and wiry.

Diagnosis

With no complicating factors outside of acute eye inflammation with eye pain, I diagnosed the pattern of potential wind invasion in the liver meridian with underlying blood stasis with liver *qi* stagnation with depressive heat. The significantly swollen purple sublingual veins and pain relieved by application of heat are important, often-overlooked signs of underlying blood stasis.

Acupoint Prescription

Based on the pattern presentation, the following acupuncture point prescription was administered: *LI 4 + GB 37 + Liv 3 + GB 14 + SJ 23 + SI 6*.

LI 4, the *yuan* source point of the large intestine channel, regulates the defensive *qi*, expels wind, releases the exterior, regulates the face / eyes, activates the channel, and alleviates pain. *GB 37*, the *luo* connecting point of the gallbladder channel, dispels wind-damp, activates the channel, alleviates pain, and benefits the eyes.

Liv 3, the *shu*-stream / *yuan* source point of the liver channel, courses the liver *qi*, subdues liver *yang* and extinguishes wind, nourishes liver blood, and clears the head / eyes. *GB 14*, the meeting point of the gallbladder with the *yang* linking vessel and the *sanjiao*, stomach, and large intestine channels, eliminates wind, benefits the eyes / head, and alleviates pain.

SJ 23 eliminates wind, benefits the eyes, and stops pain. *SI 6*, the *xi*-cleft point of the Small Intestine channel, activates the channel, alleviates pain, moderates acute conditions, benefits the shoulder / arm, and benefits the eyes.

Outcome / Discussion

After the first acupuncture session with the aforementioned point prescription, there was a dramatic improvement. Within 20 minutes after the first acupuncture treatment, the redness and swelling were reduced by at least 50 percent and the eye pain / headache were slightly reduced in intensity. Cloudy vision was unchanged.

I instructed the patient to rest that evening and place a warm compress over the eyes. Another acupuncture session was administered the following day with the same formula. Within four hours after the second acupuncture session, the redness and inflammation were completely resolved, head and eye pain were resolved, and cloudy vision was resolved.

This case is an exceptional example of the often shockingly effective clinical result of acupuncture. Not all cases resolve in two to three days; however, it is important to make note of cases in which acupuncture can provide such unique results. This acupuncture point prescription combines distal and local points, points for acute scenarios, points for pain, and points specific to channels / organs involved. In particular, *SI 6* is one of my favorite points for eye conditions and acute presentations of pain.

I hope this short case study inspires clinicians to have faith in the inspiring efficacy of acupuncture to solve challenging and often unexplainable medical challenges.

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