

Acupuncture Channels and Points Around Eyes

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Recently treatment of Eye diseases with Traditional Chinese Medicine or TCM has been slowly gaining momentum.

When I started Ophthalmology practice with Acupuncture there was no internet, you can not approach patient suffering from eye ailments where we can provide a solution, definitely Media remained very helpful in my early days. There were many committed Journalists, I always remember.

Second draw back which I have to fight being trained in the Modern Medicine how I was practicing a system which is not a scientific one.

Happy to submit that WHO itself not only recognized the system besides Modern diagnostic gadgets as functional MRI undoubtedly provided proofs that Acupuncture points exists.

Now coming to the subject of this article how Acupuncture points surrounds the eyes.

Near the medial canthus of eyes starts Urinary bladder Channel or BL Channel as per WHO nomenclature, Acupuncture points near eyes are BL 1 and BL 2, you might be surprised to know that last point on UB Channel is BL 67 which is situated at the corner of nail of 5th toe of feet. Most surprising part of this point functional MRI has shown there is increase activity at the visual cortex of brain in the occipital area.

Near the lateral canthus of eyes there is Acupuncture point GB1 means first point of gall bladder acupuncture channel, this channel runs from lateral canthus of eyes, then runs in front of ear towards

head and, superior clavicular fossa lateral side of thorax, abdomen, sacral bone, anterior lateral side of thigh, lower leg then in front of ankle and finally ends at corner of nail of 4th toe.

Another very important points affects eye health belong to the stomach channel ST1 and ST 2 Acupuncture points near the middle of infra orbital margin. Stomach channel also ends at base of nail of second toe.

TE Acupuncture channel is name given to triple energizer channel, main organ does not exists, but very effective treatment channel of acupuncture can be compared with our yogic concept of Ida, Pingla and Sushumna. Acupuncture point is TE 23 situated at the outer end of eye brow.

There are other points, this narration means that we can manipulate engines of these organs, after properly diagnosing the pattern of disease this is main crux of planning a treatment, which energy and which point and in which way it will work.

You might be surprised to know here that although eyes are the only sense organs which shows our emotions vividly, organ for the emotions, heart and heart channel does not reach near the eyes.

In TCM liver us said to be controller of eyes, it also does not reach directly to the eyes. How it is designed so and how we use this knowledge will be discussing some time.