

The use of acupuncture in ophthalmology  
Anwarul Azim<sup>1</sup>, T.S. Kuznetsova<sup>2</sup>  
(<sup>1</sup>LLC "Doctor Azim", Moscow, <sup>2</sup>Eye clinic LLC "Center FIS", Moscow)

Acupuncture treatment in patients with eye diseases  
Anwarul azim<sup>1</sup>, TS Kuznetsova<sup>2</sup>  
Doctor Azim Ltd (Moscow, Russia),  
<sup>2</sup> Eye clinic "Center FIS Ltd" (Moscow, Russia)

#### SUMMARY

Submitted by study was aiming to demonstrate possibilities of acupuncture (IRT, acupuncture) and bioresonance therapy (BRT) in the treatment of eye diseases: refractive errors, initial cataracts, glaucomatous optic nerve atrophy, macular degeneration, ptosis. All patients, regardless of age, tolerate IRT and BRT procedures well. In all cases, after the course of treatment, positive dynamics was noted: a decrease in asthenopia symptoms, an improvement in visual acuity, an improvement in general well-being. Treatment with IRT and BRT methods can be carried out both independently and in combination with drug treatment.

Key words: acupuncture, bioresonance therapy, eye diseases, asthenopia, severity vision, refractive errors, cataracts, glaucomatous optic nerve atrophy, macular degeneration, ptosis.

#### RESUME

The present study was aimed to demonstrate the possibilities of acupuncture (IRT) and bio-resonance therapy (BRT) in the treatment of eye diseases: refractive errors, cataract, glaucomatous optic atrophy, macular dystrophy, ptosis. All patients regardless of their age are well undergoing procedure of the acupuncture and BRT. In all cases, after completion of the course of treatment a positive dynamic has been noted by patients: reducing the symptoms of asthenopia, visual acuity is improved, patients feel much better overall. Acupuncture and BRT can be performed either alone or in combination with medication.

Keywords: Acupuncture, bioresonance therapy, eye diseases, asthenopia, visual acuity, refractive errors, cataract, glaucomatous optic atrophy, macular dystrophy, ptosis.

#### INTRODUCTION

Today, acupuncture and bioresonance therapy are widely used for prevention, treatment, and rehabilitation [2, 3, 5]. Their main feature is the mobilization of the body's own resources, the active involvement of the patient in the treatment process, the minimum use of medicines, since allergies, drug intolerance, as well as drug addiction, are becoming a problem in modern medicine. These methods have shown their effectiveness in the treatment of various eye diseases: accommodation spasm, myopia, hyperopia, astigmatism, strabismus, ptosis, as well as pathologies that cannot be treated with medication or surgical methods, such as optic nerve atrophy of various origins, degenerative diseases of the retina.

We found the experience of using acupuncture in the treatment of eye diseases in the publications of Chinese specialists. Their works present the positive results of this method in the treatment of glaucoma [9], amblyopia [10], dry eye syndrome [8]. Also this acupuncture is widespread in Europe (Norway, Bulgaria, Hungary) and in the USA [7].

In domestic medicine, there are few ophthalmologists who use acupuncture in their practice. Most likely, this is due to the organizational issues of obtaining a certificate of reflexologist.

#### Materials and methods

In the period from 11/01 to 11/11/2013, 17 patients with the following eye diseases were observed: myopia, hyperopia, astigmatism, cataract, glaucoma, partial optic nerve atrophy (toxic genesis), ptosis, macular degeneration (wet form), asthenopia, concomitant converging alternating strabismus. Patients received treatment

acupuncture, bioresonance therapy in the amount of 6 to 11 sessions.

During acupuncture, the following groups of points were used: 1) corporal acupuncture points (on the body surface), local paraorbital points (around the eyes); 2) segmental - mainly of the collar zone; 3) distant or points of general action; 4) auricular (ear), also acupressure of the earlobes, inner corners of the eyes and temples.

Puncturing of both local and segmental points was carried out using a tonic or harmonizing method according to a generally accepted technique. Disposable needles were used for acupuncture. BRT was used in parallel with acupuncture. Modern apparatus methods, including exogenous bioresonance therapy (BRT) with fixed frequencies and induction therapy were carried out on the devices of the Center "IMEDIS" "MINI-EXPERTDT", "MINI-EXPERT-T" and bioresonance therapy (BRT) along the meridians (organs and systems) was carried out on the apparatus "IMEDISBRT-A" of the Center "IMEDIS" according to the methods of Yu.V. Gotovsky.

BRT carried out general endogenous therapy in accordance with the diagnostic data and exogenous resonance therapy with fixed frequencies (R. Voll, P. Schmidt, R. Rife and individual, determined using EPD). In particular, the frequencies of P. Schmidt (70; 70.5; 72.5 and 94.5 Hz, 98.5 Hz, E319, E342, E384, E386) and R. Voll (3.6; 4.9 and 7.5 Hz) and others [1].

During the treatment with the BRT method, electrodes are connected to the device, which are in contact with the patient's palms, and special inductors-glasses, applied to the patient's eye area.

The most objective criterion for the quantitative assessment of the function of the organ of vision is distance visual acuity. The check was carried out using standard methods used in ophthalmology.

At the end of the 10-day course, all patients were offered 2 types of questionnaires. In one, a subjective assessment of the effect of treatment was recorded, in the other, psychological characteristics were assessed using a mini-cartoon questionnaire (an abbreviated multifactorial questionnaire for personality research - SMOL), which consists of 71 questions. The technique allows you to assess the level of neuro-emotional stability, the degree of integration of personality traits, the level of adaptation of the individual to the social environment.

## results

After the 1st day of treatment, the patients noted the following effects: - "the feeling of sand" in the eyes disappeared; - the brightness of the colors has increased; - there was a feeling that the eyes are opening wider.

Three patients noted on the 1st day after the procedures severity and pulsation in the occipital region. These symptoms self-relieved in a day.

Two patients reported itchy eyelids in the absence of signs of inflammation or allergy in the eyes.

Subjective sensations after the 1st day of treatment were different depending on the type of eye pathology:

1. Patients with refractive errors (myopia, hyperopia, astigmatism) noted that "it became

you can see it more clearly."

2. Patients with glaucoma noted the disappearance of heaviness in the eyes.

3. Patients with optic nerve atrophy noted an improvement in vision.

4. The patient with ptosis noted the opening of the palpebral fissure wider than before the treatment.

5. Patients with AMD noted a decrease in the sensation of heaviness in the eyes. Some patients noted an improvement in general well-being, for example, restoration of sensitivity of toes with varicose veins, improved sleep, and disappearance of headaches. Objective improvement of vision was noted in 7 patients. The data are presented in table. 1.

Subjective feelings were assessed in 14 patients, age from 26 to 75 years, mean age -  $50.57 \pm 4.34$  (M  $\pm$  m), of which: women - 71% (10 people), men - 29% (4 people). The survey was conducted immediately after the end of the 10-day course of IRT and BRT. The results are presented in table. 2.

The table shows that more than 30% of the respondents noted a decrease in asthenopia symptoms, in 50% of cases, distance visual acuity improved. Improvement in mood and general well-being was observed in 50–71% of patients, which is explained by the immunomodulatory effect of acupuncture [4]. The mini-multit test showed that patients who applied for the first time for IRT and BRT courses have a high level of neuro-emotional stability and are able to adequately assess the results of the treatment.

We can assume that the IRT method, both independent and in combination with BRT, improves the state of the organ of vision, visual pathways, and visual cortical analyzer, which is confirmed by the subjective assessment of the effectiveness of acupuncture and bioresonance therapy of eye diseases by patients.

At present, we have not obtained enough objective data, due to the lack of the necessary diagnostic equipment at our disposal (studying ocular blood flow, conducting a nerve impulse from retinal neuroreceptors to the cerebral cortex, assessing visual functions with visual acuity less than 0.05, assessment of accommodation) ... Further studies of the state of the organ of vision after treatment with acupuncture and bioresonance therapy are required. Acupuncture in ophthalmology can be used as an alternative method [6], and in some cases, for example, with atrophy of the optic nerve, damage to the optic pathways and cortical analyzer, dystrophic diseases of the central retinal zone, as the only effective method of treatment.

In order to introduce the IRT method into wide daily practice, it is necessary to create a training course for ophthalmologists.

Table 1

Visual acuity data before and after treatment

№	Глаз	Диагноз	Острота зрения до лечения	Острота зрения после лечения	Курс лечения
1	OD	Начальная катаракта, миопия средней степени	0,05 sph(-)5,0 <sup>D</sup> = 0,4	0,1 sph (-)5,0 <sup>D</sup> = 0,5	6 сеансов ИРТ и БРТ
	OS	Начальная катаракта, миопия средней степени	0,03 sph(-)5,0 <sup>D</sup> = 0,09	0,05 sph (-)5,0 <sup>D</sup> = 0,1	
2	OD	Миопия высокой степени, ПХРД, начальная катаракта	0,05 sph(-)8 <sup>D</sup> = 0,5	0,05 sph(-)8 <sup>D</sup> = 0,5	11 сеансов ИРТ и БРТ
	OS	Миопия высокой степени, ПХРД, начальная катаракта, ЗОСТ	0,03 sph (-)7 <sup>D</sup> = 0,05	0,05 sph (-) 7 <sup>D</sup> = 0,2	
3	OD	Заднекапсулярная катаракта	0,1 н/к	0,1 н/к	10 сеансов ИРТ и БРТ
	OS	Заднекапсулярная катаракта	0,4 н/к	0,6 н/к	
4	OD	Начальная катаракта, о/у Ia глаукома	0,3 б/к	0,7 б/к	10 сеансов ИРТ и БРТ
	OS	Начальная катаракта, о/у Ia глаукома	0,2 б/к	0,6 б/к	
5	OD	Миопия слабой ст., сложный миопический астигматизм обратного типа, спазм аккомодации	0,5 sph(-)0,5 <sup>D</sup> cyl (-)1,25D ax 95 = 1,0	0,7 б/к	8 сеансов ИРТ и БРТ
	OS	Простой миопический астигматизм обратного типа, спазм аккомодации	0,5 cyl(-)1,25 <sup>D</sup> ax 83 = 1,0	0,8 б/к	
6	OD	Миопия высокой степени, ПХРД, начальная катаракта	0,04 sph(-)5,5 <sup>D</sup> = 0,2	0,05 sph(-)5,5 <sup>D</sup> =0,4	10 сеансов ИРТ и БРТ
	OS	Миопия высокой степени, ПХРД, начальная катаракта. Содружественное сходящееся монолатеральное косоглазие	0,03 sph(-)5,5 = 0,05	0,03 sph(-)5,5 <sup>D</sup> =0,05	
7	OD	Спазм аккомодации	0,7 sph (-)0,5 <sup>D</sup> cyl (-)0,75D ax 75 = 0,8	0,9 б/к	10 сеансов ИРТ и БРТ
	OS	Спазм аккомодации	0,5 sph(-)0,5 cyl (-)0,75 ax 170 = 0,8	0,8 б/к	

table 2

Subjective assessment of the effectiveness of treatment with IRT + BRT

Симптомы	Кол-во пациентов	Кол-во пациентов, %
Улучшение зрения вдаль	7	50
Улучшение зрения вблизи	8	57,1
Уменьшение зрительного утомления при чтении	6	42,8
Увеличение яркости красок	8	57,1
Исчезновение «пелены» перед глазами при чтении	2	14,3
Исчезновение чувства «песка» в глазах	4	28,6
Уменьшение светобоязни	1	7,1
Уменьшение слезоотделения	0	0
Уменьшение раздвоения видимого изображения при чтении	5	35,7
Уменьшение покраснения глаз	5	35,7
Уменьшение головной боли при работе вблизи (чтение, компьютер)	2	14,2
Улучшение сна	5	35,7
Улучшение общего самочувствия	7	50
Улучшение настроения	10	71,4
Улучшилось пищеварение	2	14,3

#### Literature

1. Agasarov L.G. Reflexology Guide. - M., 2001. -- 303 p.
2. Vasilenko A.M. Neuroendocrinoimmunology of pain and reflexotherapy // Reflexotherapy. - 2004. - No. 1 (8). - P.7-18.
3. Vogralik V.G., Vogralik V.M. Basics of traditional oriental reflexology and puncture adaptive therapy - M.: GOU VUNMTs, 2001. - 536 p.
4. Guryanova E.A., Lyubovtseva E.V., Filonenko A.V. Interaction of neurotransmitter-containing structures of the skin and thymus during acupuncture // Traditional medicine. - 2009. - No. 4. - P.46-49.
5. Gustomesova E.N. Clinical and laboratory characteristics and quality of life of patients rheumatoid arthritis when used in complex therapy of bioresonance methods // Abstract of the thesis. dis ... c.m.s. - Voronezh, 2005. -- 28 p.
6. Konovalova N.A., Fomina E.V., Konovalova O.S. A comprehensive system for the rehabilitation of the blind and visually impaired (organizational and medical aspects) // East - West 2012. Collection of scientific papers of the scientific and practical conference on ophthalmosurgery with international participation (Ufa, June 7-8, 2012) / Edited by Professor M. M. Bikbov. - S. 50.
7. Marc Grossman "Natural Eye Care: An Encyclopedia" McGraw-Hill. 1999.208 Pages.
8. Shi JL, Miao WH. Effects of acupuncture on lactoferrin content in tears and tear secretion in patients suffering from dry eyes: a randomized controlled trial // Zhong Xi Yi Jie He Xue Bao. 2012 Sep; 10 (9): 1003-8.
9. Xu H, Wang S, Guo MH, ZHANG Ren's experience of treatment on glaucoma with acupuncture // Zhongguo Zhen Jiu. 2012 May; 32 (5): 444-7. 10. Zhao JH. Thinking on research of acupuncture for amblyopia // Zhongguo Zhen Jiu. 2013 Jul; 33 (7): 653-7.

Author's address

Dr. Md. Anvarul Azim, reflexologist, ophthalmologist, General Director of Doctor Azim LLC

tskuznetsova2013@gmail.com

Anvarul, Azim Application of acupuncture in ophthalmology / Anvarul Azim, T.S. Kuznetsova // Traditional Medicine.

- 2013. - No. 4 (35). - p.16-19.

[To favorites](#)