

Dry Eyes Traditional Understanding

Ved Prakaash Banga*

Acupuncture Practitioner, India

***Corresponding Author:** Ved Prakaash Banga, Acupuncture Practitioner, India.

Received: October 18, 2024; **Published:** November 21, 2024

Dry eyes is common condition for the ophthalmologist. Condition develops when either tears are not adequate or quality of tears is such that they do not provide adequate lubrication.

In both the conditions patient is uncomfortable as dryness in the eyes damage surface of the eyes.

Besides dryness and scratchy sensation patients may become sensitive to the light, so he feels difficulty to drive in night, patient might develop eye fatigue later.

Treatment in modern medicine is lubricating eye drops upto 4-6 times day, punctual plugs so that tears are not drained via tear ducts and life style changes.

In either way patient's natural way of using eyes is affected.

Traditional understanding

How this condition develops is the primary query in the traditional medicine. Being a modern medicine graduate and qualified acupuncture practitioner we have definitely different approach and understanding of this ailment.

Dryness can develop in any part of the body if that part is having access of metal element.

Other four elements are wind, heat, humidity and water.

There are mathematical relations among these five elements, how they create each other, how they subjugate each other and so on.

Other cause of deficient lubrication in the eyes is excess of heat which evaporate water and dryness develops.

Seems to be a story but we are using the respective treatment planings and patient is cured but it is not a ready made treatment.

Patient's individual constitution is always considered before applying treatment so that it is safe and effective treatment.

A careful history and examination such as tongue diagnosis and traditional pulse diagnosis are incorporated. If required medical astrology is also used for more help.

Recently such a patient with severe dry eyes whose screen time was around 12 hours is fully cured on these lines. Moreover, patient is happy even after a month as he is feeling more comfortable after treatment.

Beauty of this treatment planning was such that I did not touch his eyes or paraophthalmic area, just by biofeedback this was achieved.

Purpose of this article is to give a thought for integration of all systems of treatment.

You can find treatment experiences of this patient on YouTube.

<https://youtu.be/Eh-CiNVtjRA?si=qAKU39nDxb7vgyg>.

Volume 15 Issue 12 December 2024

©All rights reserved by Ved Prakaash Banga.