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The Six Major Markings of TCM Iridology

by Robert Wu, O.M.D., Ph.D., L.Ac.

In TCM Iridology, there are six major markings that are seen on the iris which have significant indications toward a diagnosis. These six markings are 1) cavities, 2) discolored spots, 3) cracks, 4) circular lines, 5) color, and 6) density.

Cavities

Cavities are three-dimensional; they can be hereditary or can be an indication of a disease condition. Cavities are most often found on the inner organs rings or the autonomic nerve ring. If cavities appear on the intestinal ring, cancer or tumor should be suspected.

There are two types of cavities – open type and closed type. Open-type cavities indicate mild conditions that can be treated easily; whereas, closed-type cavities indicate the presence of serious conditions which may take longer or are more difficult to treat.

Discolored Spots

Discolored spots, as the name indicates, are spots found on the iris that are different in color from the natural eye color. They look flat and may appear anywhere on the iris. Discolored spots are divided into pigment spots and drug spots.

Pigment spots are light in color, large in area, and irregular in shape. They are caused by poor metabolism which leads to tissue hypoxia.

Drug spots are usually caused by toxicity build-up due to the body failing to process drugs properly. Drug spots are small in area, dark in color, and round in shape. They usually appear on the intestinal ring, but may also appear in corresponding organ areas in which the toxicity is trapped or where there is weakness and poor functioning capability.

Discolored spots may also be hereditary, in which case they do not indicate any problems.

Cracks

Cracks found on the iris are radial in nature, shooting outwards. Indications are determined by the origin of the cracks. For example, cracks that originate from the intestinal ring indicate excessive amount of toxins trapped in the intestines; cracks that originate from the autonomic nerve ring indicate weakness of the corresponding organ (where the cracks cross).

Circular Lines

Circular lines are rings found on the iris. They can appear as semi-circular lines or full circular lines; there may be just one circular line or multiple circular lines present on the iris. If three to four circular lines are present, patient will usually exhibit muscle soreness or pain.

Indications of circular lines are based on their colors. If the circular lines are gray or black, it is an indication of stress and nervousness; if the circular lines are white or clear, it is an indication of poor circulation, slow metabolism, and low immunity.

Color

Changes in eye color from its natural color have clinical significances. 1) Golden or white color is an indication of acute inflammation. The color will appear in the area where the organ is inflamed and the area will appear to be slightly raised. 2) For sub-acute stage inflammation, tea color may appear over the entire iris. 3) Dark brown discoloration indicates poor organ function and necrosis. The iris may appear sunken. Often present with dark brown discoloration are cavities, cracks and multiple circular lines. 4) Black colored iris indicates poor or loss of vital body functions and degeneration.

Density

Smoothness and density of the stroma indicate a patient's ability to recover, repair, and regenerate tissues:

- Level 1 – silky cotton cloth-like – excellent ability to recover, repair, regenerate tissue
- Level 2 – fine cotton cloth-like
- Level 3 – fine linen cloth-like
- Level 4 – coarse cloth-like
- Level 5 – coarser cloth-like
- Level 6 – coarsest cloth-like – poorest ability to recover, repair, regenerate tissue

This article is taken out of Dr. Wu's *Iridology with Chinese Medicine*, Part 1 of 3: Introduction.

About the Author

Robert Teng-Fang Wu practiced Traditional Chinese Medicine in Taiwan for over twenty years, seeing an average of sixty to one-hundred patients daily. Now licensed in California, Dr. Wu has a thriving practice in San Diego, CA. Dr. Wu has been studying and applying iridology in diagnosis throughout his career, and has documented hundreds of cases correlating iridology with specific symptoms and diseases. Considered an expert in this specialty, Dr. Wu applies it in particular to sports injury and sinusitis.

Dr. Wu holds Doctorates of Oriental Medicine from Shanghai University, China, and South Baylo University in the US, and is also licensed to practice in Arizona and Georgia in the U.S., and in Australia. He has had a radio show on health for eight years.

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