

Can the Use of Earrings Cause Eye Pain?

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Submitted: 16 Apr 2018; Accepted: 23 Apr 2018; Published: 10 May 2018

Abstract

Introduction: Eye pain can occur on the surface of your eye or within your eye's deeper structures. Severe eye pain especially accompanied by any degree of vision loss may be a signal that you have a serious medical condition. Eye pain that's on the surface of your eye might be described as itching, burning or shooting pain. Surface eye pain is often related to a foreign object in your eye, an eye infection, or anything that irritates or inflames the membrane covering the surface of your eye. You might describe eye pain originating deeper within your eye as throbbing or aching [1].

Purpose: The purpose of this study is to demonstrate that the use of earrings can be a causative factor of eye pain.

Methods: A reading of the location of the eye in the human ear was carried out through a map showing the location of the organs according to Traditional Chinese Medicine.

Results: Over two reports of clinical cases of patients with ocular pain at the time of the consultation or the acupuncture session, there was almost immediate improvement of ocular pain symptoms after removal of the earrings bilaterally.

Conclusion: The use of earrings, which are usually above the eye point, according to Traditional Chinese Medicine, could be the cause of eye pain, based on these two clinical reports.

Keywords: Eye pain, Earrings, Auricular Acupuncture, Traditional Chinese Medicine.

Introduction

Eye pain can occur on the surface of your eye or within your eye's deeper structures. Severe eye pain especially accompanied by any degree of vision loss may be a signal that you have a serious medical condition. Eye pain that's on the surface of your eye might be described as itching, burning or shooting pain. Surface eye pain is often related to a foreign object in your eye, an eye infection, or anything that irritates or inflames the membrane covering the surface of your eye.

You might describe eye pain originating deeper within your eye as throbbing or aching [1]. It can be caused by Allergies, Blepharitis (eyelid inflammation), Blocked tear duct, Chalazion (a type of cyst on your eyelid), Cluster headache, Contact lens problem, Corneal abrasion, Dry eyes (decreased production of tears), Ectropion (outwardly turned eyelid), Entropion (inwardly turned eyelid), Foreign object in the eye, Glaucoma (group of conditions that damage the optic nerve), Injury, such as from a blunt trauma or burn, Iritis (inflammation of the colored part of the eye), Keratitis (inflammation of the cornea), Optic neuritis (inflammation of the

optic nerve), Pink eye (conjunctivitis), Scleritis (inflammation of the white part of the eye), Sty (a red, painful lump near the edge of your eyelid), Uveitis (inflammation of the middle layer of the eye) [1].

Purpose

The purpose of this study is to demonstrate that the use of earrings can be a causative factor of eye pain if placed above the Eye point, according to the teachings of Traditional Chinese Medicine.

Methods

Two case reports were used in this study, to demonstrate that the use of earrings could cause eye pain if placed above the Eye point, according to the teachings of Traditional Chinese Medicine.

Case one

A 70-year-old woman, R.O.P, suffering from a clinical case of diabetes, depression, hypertension, excessive body weight, constant bilateral knee pain and inflamed bunions, was an acupuncture clinic's patient weekly for over three years. In one of the sessions, she complained about feeling pain in both her eyes. Observing the patient, she was using a big, ball shaped, and pearl colored earrings (Figure 1) in that very moment. Immediately, the doctor asked the woman to remove the accessories, for it was placed exactly above

the Eye point, according to Traditional Chinese Medicine.



Figure 1: Big, ball shaped, and pearl colored earrings being worn by R.O.P. above the Eye point according to Traditional Chinese Medicine.

Case two

A fifty-six-year-old woman, I.D.C.S., was assisting her mother's acupuncture session. In the course of the treatment, the doctor also asked about the daughter's health, then she complained she wasn't very well in that day, because she was feeling pain in both her eyes, and it was red, burning and with bloating eyelids. The doctor noticed she was wearing two blue small earrings (Figure 2), and asked it to be removed, as the patient explained it was being worn over the course of two months.

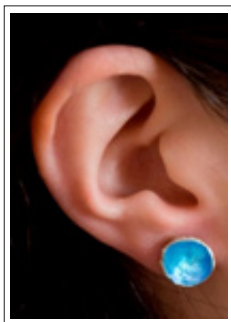


Figure 2: Blue small earrings being worn by I.D.C.S above the Eye point according to Traditional Chinese Medicine.

Results

In case one, after the earrings' removal, the pain ceased in a matter of minutes. In case two, when the accessories were dismissed, the subject felt, in her very words "there was an incredible improvement of the eye symptoms. The eyelids were returning to the normal aspect and the eyes were less uneasy. "The entire process happened in about fifteen minutes, the duration of her mother's acupuncture session.

Discussion Acupuncture

Acupuncture has been used for millennia to treat eye disease. Today, acupuncture can help preserve vision for those with a wide range of eye conditions including macular degeneration, glaucoma, eye floaters, dry eyes, cataracts and much more. Part of Traditional Chinese Medicine, acupuncture involves a practitioner inserting tiny needles into the skin [2].

Acupuncture is based on ancient Chinese tradition. A licensed acupuncturist inserts tiny needles into specific points on the body. These points are typically on the "meridian" lines, which is where specific flows of energy travel in the body. Unbalanced meridians and blocked energy can damage health over time [2].

Western medicine typically prescribes a specific treatment for a specific disease, usually based on relieving symptoms and managing health problems. The Chinese perspective is that imbalances in specific body systems cause disease and that if these imbalances get corrected over time, one's full health can be restored [2].

The Liver meridian is often implicated in eye disease as the Liver "opens to the eyes". It is the primary energy flow responsible for supporting healthy vision. Additionally, all internal organs nourish the eye, and all the meridians either run through the eyes or can affect vision health if out of balance [2].

Within the eyes, certain meridians have primary influence: eye and pupil (Kidney); sclera (Lungs); veins and arteries (Heart); bottom eyelid (Stomach); top eyelid (Spleen); cornea and iris (Liver); retina (Kidney and Liver). The acupuncture professional often chooses several meridians to address in treatment. Different points may be chosen during a series of sessions, since the body's imbalances may change when it begins to heal. Acupuncture does not require any belief in order to work. A large body of research indicates its effectiveness for addressing and supporting a wide variety of health concerns [2].

We can divide the lobule into nine fields by drawing three horizontal and two vertical lines and using the natural border of the ear lobe. Inside these fields we find the 11 acupuncture points of the lobule. Being the 8th point (Figure 3) exactly the eye point most people get pierced for earrings [3].

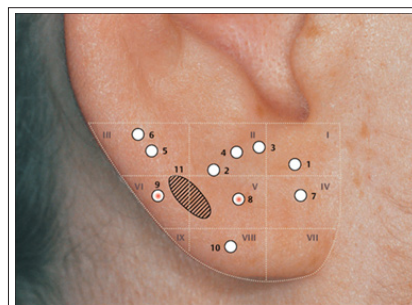


Figure 3: The place where the hole in the ear is usually made to place the earrings corresponds to area 8.

Conclusion

The use of earrings, which are usually above the Eye point in the ear, according to Traditional Chinese Medicine, could be the cause of eye pain, based on these two clinical reports.

By reporting these two cases, we can say that eye pain problems can be of origin outside the eye, and the physician should be aware of this possibility when evaluating patients with this complaint.

References

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