

Examining 400 Pair of Irises With Verified Diagnoses

By
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Since finishing my Diploma in Holistic Iridology in 2002 at the International Institute of Iridology, approximately 400 photos of pairs of irises have been taken. It was necessary to have an assistant take 20 photos [10 on each iris] on each person. There were also an additional 5 photos which included: the face, 2 profiles, tongue and under the tongue [sublingual]. The camera used on the irides was the Pesek Tri-Iriscope.

It was emphasized to me from my teacher, DR. DAVID PESEK, that the iris reflects the overall health and balance of the body and its energy systems. There was indeed caution about making definite diagnoses. The more my experience increases in iridology, the more I see the sense of this approach. For the irises reveal usually a larger picture with more emphasis on the total individual than the narrower realm of diagnoses.

With that said, nonetheless, it is felt that some information about the strength or weakness of organs, glands and other tissue structures reflected in the iris could be correlated to diagnoses. A number of parameters were considered. The ones most emphasized were that followed by the South Korean research. "The Bexel IRINA iris diagnostic computerized automatic analysis machine produced impressive clinical results," according to JOHN ANDREWS in his book *Immunology & Iridology*.¹ 546 patients were in this study and the accepted clinical results by the Korean Government were the following:

Korean Iridology Study	%
Digestive System	90.2
Endocrine System	86.4
Musculoskeletal	72.2
Nervous System	79.9
Urogenital System	85.7
Cardiovascular System	75
Circulatory System	81.6
Immune System	54.2
Total	78.2

¹ Andrews, John: *Immunology & Iridology*, Hull, United Kingdom, Corona Books, pp. 219-20. 2003

Therefore, the above parameters with an addition of the SKIN [Epidermis] were mainly examined along with specific diagnoses and the appropriate ICD medical codes. The main anomalies in the iris that were considered demonstrating weakness were:

- Constitutional predispositions by iris color
- Constitutional subtypes by trabeculae structure: crypts, lacunae, radials [radii solaris], contraction furrows and transversals, *etc.*
- Constitutional subtypes by accumulations: pigments, darkening of the epidermis area, white or yellowish-white clouds in the lymphatic areas, lipemic diathesis, *etc.*

There were six possibilities for the results on whether the iris reflected some flaw associated with the region/s related to the diagnosis/es. Namely, “0” is no. Then 1 to 5 are positive with various degrees. 1=least amount of confidence and 5 = large amount of confidence.

It can be said that the results relating to these 400 people revealed also a high correlation of faults in the irises in respect to the associated tissues related to the diagnoses. The exact charts and specifics will be given at the October 2005 Conference.

It was also decided to place on the spreadsheets other information of personal interest which might not be directly related to the iris, but could be an aid in correlating iris findings and possible future health research.

These include:

1] Weight, 2] Height, 3] Homeopathic medicine/s, 4] Response to the homeopathic medicine/s, 5] Ayurvedic constitutional types, 6] Tongue proper and its coating and 7] Medical astrology.

The following delineate the details:

1] The weight was expressed in 5 ways: A = average. O = overweight. EO = extremely overweight. U = underweight. EU = extremely underweight.

2] The height was expressed in 5 ways: A = Average. T = tall. VT = very tall. S = short. VS = very short.

3] My main area of interest is family medicine. After obtaining my MD in 1970 it soon became obvious to me that conventional medicine could certainly do some good, but its Achilles heel was side-effects, toxicity, allergy problems and at times potential for addiction. In 1975 I started the study of homeopathy which means “Like cures Like” or the Law of Similars. This is basically treating illness by a substance [usually natural] which when diluted and shaken [succussed] and given back to a person with similar symptoms which the homeopathic medicine can produce, aids in stimulating the immune system to work harder to heal the illnesses.

Homeopathy has over 2000 medicines which are well-known for the safety and can be very effective. In the spreadsheet only numbers are given for the medicine/s.

4] The response to the homeopathic medicine is listed from 0 → 10; 10 being the best results.

5] Ayurvedic [Ayur = Life; Veda = Knowledge] medicine is an indigenous form of natural medicine originating in India [and Sri Lanka] that is thousands of years old. My knowledge is really very little at this time; hopefully it will improve. The concept of the three “Doshas” [Tridoshas] or faults/weaknesses built on “elements” give a fairly good idea on the constitution or general health of the person. They consist of VATA, PITTA and KAPHA. There are usually mixtures of any of these doshas.

VATA is similar to the AIR element in western terms. It is thought to be associated with Ether and Air and is related embryologically to the ectoderm or primarily to the nervous system with general sensitivity and some fearfulness. These individuals are usually on the slim side and tend towards more intellectual and artistic pursuits. Dryness of tissues including the large intestine and lungs can lead to constipation and recurrent dry cough. There is a tendency to be worse from cold in general and a problem with “keeping their feet on the ground” or being “too spacey or scattered.”

PITTA is similar primarily to the FIRE element and is secondarily related to WATER. People of this dosha reflect embryologically the mesoderm which encompasses primarily the musculoskeletal system. They tend to be more muscular, medium build, athletic, more energetic, “Type A,” leaders in politics and business, argumentative and generally to the warm side. They can have difficulties with “too much ego” and may “push” themselves and indulge in toxic foods or drugs. There may be skin diseases, high blood pressure or stomach ulcers.

KAPHA is related to the WATER and EARTH elements. Embryologically, the endoderm is mostly affected. These persons are more lymphatic with difficulties in fluid movement and metabolism. There is a certain “down to earth” attitude about them with a tendency to be somewhat overweight and worse from cold and dampness. Generally, they can be slow with low energy, but may be devotional, practical, methodical, good organizers, parental, melancholic and sentimental. Once started, they are able to work with much endurance for long periods. There may be asthma with excessive phlegm and diabetes.

6] In the 2003 Iridology Conference a presentation was given stating that the tongue proper and coating could reflect the health pattern in the iris as well as help in finding an appropriate homeopathic medicine. The approach towards analyzing the tongue was primarily coupled with Traditional Chinese Medicine [TCM]. In TCM the tongue is divided into three parts: the anterior is linked with the lungs and heart. The middle is connected to the digestive functions mainly with the stomach and spleen. The posterior is more in the eliminative process with the large intestine and kidney. The sides of the tongue are related to the liver and gall bladder. The sublingual [under the tongue] veins are able to show venous congestion primarily in the abdomen and also the thorax.

The spreadsheet has three categories with a total of 12 parameters as below:

- A) Tongue Coat: 1] Coat *e.g.* Thin, moderate, *etc.* 2] Area and 3] Color [Col].
- B) Tongue Proper: 1] T.P. =Tongue Proper. 2] Color. 3]Area. 4] Cracks [CR]. 5] Area. 6] Peeling [PL] {or Ulceration} 7] Area. 8] Teeth marks around periphery [TM].
- C] Sublingual veins: normal =A, or dilated = D.
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7] Few subjects are as controversial as medical astrology. When one considers that virtually all of ancient as well as some of the present day medical systems such as Ayurvedic, and other indigenous complementary and alternative systems use medical astrology, one should take a serious look at its potential. The famous psychiatrist **Carl Jung, MD** is well-known for his advocacy of its use in psychiatry.

Often spoken of as the first to really delineate the Law of Similars, **Paracelsus**, was a Swiss physician born in 1493. He was well-acquainted with medical astrology.

Most modern physicians who had/have a passion for medical astrology were/are also homeopaths. In the United States **H. L. Cornell, MD** was the author of “Astrology and the Diagnosis of Disease” in 1918. His *Magnum Opus, Encyclopedia of Medical Astrology* [958 pages] published in 1933, [now in its 3rd edition] is an essential book in this area.

William M. Davidson, MD was born in England and lived most of his life in the United States [primarily in Chicago]. He knew homeopathy well and gave a series of lectures in 1958 in New York. This series of eight dealt with “Medical Astrology and Health.” He modernized the association of astrology with anatomy and physiology and was able to express it in relatively simple ways.

The psychiatrist **Harry F. Darling, MD** was born in Massachusetts in 1919 and studied Dr. Davidson’s work and found through years of practice that the relation of anatomy and physiology with astrology was correct. Dr Darling’s book, *Essentials of Medical Astrology* was published in 1981. He also authored the book *Astropsychiatry*.

Leon Vanier, MD was a famous French physician who published in 1955 the book *Typology in Homoeopathy*. This book depicts physical and psychological types of people associated with the Sun and planets and relationships to Greco-Roman divinities. He states that this is not medical astrology. However, the Greeks and Romans were well-known for the interest in astrology and its association with physical and psychological tendencies.

I have personally done natal [birth] charts at no charge on approximately 700 patients and have in the great majority of cases found definite relationships between the Sun, Moon and Ascendant with personality and physical types. [It is probably not advisable in this short article to give much detail on these astrological technical terms]. It may be also stated that Saturn is especially important is showing weakness. Many correspond closely to the types of Leon Vanier.

It should be clearly recognized that my knowledge in medical astrology is not much at this time. It will take years of work and study. Nonetheless, there appears to be no doubt in my mind that it can be another tool in understanding the patient, which might further help in finding the homeopathic medicine as well as correlating to iris strengths and weaknesses and other possible medical approaches.

As far as the spreadsheets are concern there are 8 listings: The signs in which the 1] Sun, 2] Moon, 3] Ascendant and 4] Saturn are located. There is also the listing of the prominence of elements in the person's chart: 1] Fire, 2] Air, 3] Water and 4] Earth. Each sign is related to an element and this is quantified by the number of planets in these signs.

DISCUSSION

The most obvious flaw in this iridology study is that it was done only by me. In order to add more credence it will be necessary to have other qualified iridologist examine the data and hopefully come to the same or similar conclusions. This likewise pertains to the other parameters in this research.

Again one of the weaknesses of associating iris faults with specific diagnoses is that they are not synonymous. It should be also emphasized that there were frequently other imperfections in the irides that were not directly correlated with the present-day diagnoses. These could be hereditary defects, toxicity, contraction furrows ["nerve rings"], lymphatic congestion, *etc.*

Although I feel this research could be of some use to others, it is mainly important to me. It is, as it were, an imaginary completion of an initiation or "paying the dues." That is, when this study of iridology was first begun, it was not clear to me whether there was indeed truth to this evolving science. For scientific purposes it is only fair that if one is to judge whether some knowledge is valid or not, one must receive the necessary training as well as experience. Also, I felt in order to be more objective these 400 irides photos should be done at no charge.

It will be helpful to hear everyone's opinion on the variety of subjects presented. It is hoped that this study will be of benefit for encouraging more research in order to bring this magnificent science to its proper place for the health of humanity.