Title: Indications and effects of the walnut shell glasses for the treatment of eye disorders

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I. Abstract Body

This study proposes to identify the main hypotheses for the effect and use of moxibustion by fumigation, using the walnut shell glasses method in the treatment of ocular disorders.

Fumigation is an indirect method of moxibustion with artemisia, it is to produce vapors at the expense of medicinal substances and the heating of moxa with the intention of using the vapors' therapeutic properties. The frame of the glasses is made of iron wire provided with a hook in the front of it used to put the sticks of moxa. The lenses are made of walnut shells (*Juglans regia testa*) that are previously immersed in the flower tea of *Chrysantemum mortifolium* for up to 5 minutes, after that a stick of moxa of 1.5 cun is placed in the hook and it is litten and applied to the affected eyes. This technique is indicated for the treatment of eye disorders such as conjunctivitis, stye, myopia, senile cataract and optic atrophy.

Short-term exposure to moxa smoke may have positive regulatory effects on human autonomic function, as well as increased levels of monoamine neurotransmitters varying according to concentration and duration of exposure. The flower of *Chrysantemum* has antibacterial, antifungal and venoregulator effects and the impregnated *Juglans* shell potencializes those effects. The nut shell is related to nourishing the Kidney (*Shen*) and improving the vision; *Chrysantemum* nourishes Liver (*Gan*) and Kidney (*Shen*), disperses Wind (*Feng*) and clarifies the vision; and moxa activates the circulation of Blood (*Xue*) and *Qi* in the eye region.

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II. Image:



III. Reference:

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Souza Henrique Physiotherapist, Acupuncturist post graduated at China Beijing International Acupuncture Training Center, Tianjin College of Traditional Chinese Medicine and China Academy of Traditional Chinese Medicine. Postgraduated Professor of Acupuncture, Director of an Acupuncture Clinic in Brazil where he has been attending with acupuncture, moxibustion, cupping, chinese herbs and others thecnics since 1997.

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