Strabismus occurs when the eyes are not aligned to look at the same thing, one eye will be fixed where the person wants and the other eye is looking at something else, so each eye is sending a different image to the brain that normally shows the image of the normal eye perfectly and the image of the deviated eye will be blurred, but it may also be that the brain disregards the image of the deviated eye, and the person has only the vision of an object.\[1\]

Strabismus occurs mainly in children and may be due to genetic factors, as a result of trauma, when they have hyperopia, or because of some disease that can affect the nervous system.\[1\]

When a person who has strabismus covers the fixed eye, the deviated eye usually moves to the correct position so that the person can see an unfocused image of what they want to see; however, it may be that in this eye, the vision is slightly reduced, even with the fixed eye covered, what is called the “lazy eye.” That is why the most common treatment for strabismus is with the use of plugs in the fixed eye so that the deviated or lazy eye can be forced and stimulated to focus on the right spot.\[1\]

This article was written following Hippocrates thoughts that said: “Foolish the doctor who despises the knowledge acquired by the ancients.” Hence, in this article, the author will show how treat strabismus rebalancing the internal energy of Yin, Yang, Qi, and Blood according to traditional Chinese medicine (TCM) reasoning.\[2\]
Huang Wei Ling: Strabismus after cerebral spastic paralysis sequelae of bacterial meningitis treated with acupuncture

Purpose
The purpose of this study is to demonstrate that the use of TCM tools, such as Chinese dietary counseling and acupuncture associated with apex ear bloodletting, could be effective in the treatment of strabismus after cerebral spastic paralysis sequelae of bacterial meningitis, once these tools treat the patients holistically, the energy imbalances and not just the symptoms.

METHODS
To write this article, the author did an extensive search in articles related to strabismus in Western and in TCM indexed in PubMed. Furthermore, the author is describing in one case report of a 2-year-old girl patient that had strabismus post cerebral spastic sequelae of bacterial meningitis.

CASE REPORT
Patient H.R, 5-year-old girl, she had bacterial meningitis after birth and this infection caused several sequelae such as neurological sequelae, cerebral palsy, and spasticity in the limbs and she did not walk. Since she became the treatment with the author, she already used the tampon in her eye to try to correct the strabismus, orientated by her ophthalmologist.

She came to the author’s clinic to treat the sequelae of the infection through acupuncture. Her diagnosis in TCM was Kidney Yin deficiency (due to feel more hotness in the body). The author started the treatment using Chinese dietary recommendations, orientating to do not consume dairy products, raw food, cold water, and sweets. It was also recommended to avoid coffee, soda, and matte tea besides the avoidance of fried foods, melted cheese, eggs, chocolate, coconut, and alcoholic beverages.

She also submitted to systemic and auricular acupuncture with apex ear bloodletting sessions twice a week. The acupuncture sessions were done using needles for systemic acupuncture, but as the patient was a child, the author only introduces the needle in the acupuncture point and takes out, with the intention to stimulate the flow of the energy inside the child’s body. The auricular acupuncture sessions were done using mustard seeds applied to the ear by small adhesive tapes. The author orientates the parents to press each auricular acupuncture point three times a day for about 1 min each time.

Regarding the period before delivery, the patient had some problems when in the intrauterine period. Before the mother knew she was pregnant, she had a lot of pain in her belly, and she had an appendectomy, but the pain had not yet improved. The patient was born 6 months premature and as soon as she was born, following her mother, she was hospitalized for about 15 days to treat the infection in the central nervous system.

CASE REPORT RESULTS
After treatment using TCM tools (Chinese dietary counseling, auricular, and systemic acupuncture) to treat her spasticity and difficult in walk, the parents observed that the strabismus was much better too, although it was not the aim of the treatment made by the author. The patient did not need to use the tampon anymore and told the ophthalmologist doctor that they will not use anymore because the treatment with acupuncture and the effect in the strabismus was much better than the use of tampons in the normal eye, as you can see in Figure 1.

According to the mother’s words, it was acupuncture that helped the patient to firm her body to walk, to be able to take steps and accelerate the improvement process, because she was doing physical therapy and all the necessary care, but when she started acupuncture, the patient’s improvement process was very accelerated in all aspects at the same time, in relation to the neurological, psychological, and also in the ophthalmological aspect, which was not the initial focus of the doctor, but also improved at the same time.

The explanation of how this kind of treatment improved all the patient’s symptoms at the same time such as the emotional aspects, the patient became more calm, less irritate, and less fear and was not so spastic (said by the physiotherapist that was treating her in the APAE – that is the exceptional parents and friend’s association with the intention to promote the diagnosis, prevention and inclusion of people with intellectual disabilities, and producing and disseminating knowledge.)

The author did the radiesthesia procedure on her that revealed that all her chakras’ energy centers were normal, rated in eight. This result was not what was expected by the author,
who was surprised to see the pendulum rotating clockwise in all measured chakras because the vast majority of patients she treats today are deficient in the chakra energy.

The treatment aiming at the root of the problem, besides improving the patient’s motor coordination, strabismus also had great results despite not being the initial focus of treatment.

Nowadays, in 2021, she is starting to try to walk with the help of a vest and a walker, but she is still tiptoeing and crossing the legs when walking because of muscle contractions and she is still in acupuncture treatment. However, the strabismus improved since the beginning of the treatment and never recurs again, although she stopped to go to the treatment in 2020 due to the COVID 19 pandemic, the parents decided to continue her treatment in 2021 to relax her muscles to walk better using acupuncture.

DISCUSSION

This article was written by the author using thoughts of Hippocrates that said “it is far more important to consider other ancient medical traditions before the knowledge we have nowadays.” Another important phrase from Hippocrates used by the author to write this article was “it is more important to treat the patient and not the disease.”

To explain what Hippocrates would like to show with these two quotes used by the author, she wants to demonstrate how the reasoning used in the treatment of this patient began. All this history started in 2006 when she attended an afro-descendant male patient with 70 years old, who came to her for the treatment of his legs pain that did not improve with the use of any anti-inflammatory medication that he was taking for more than 6 months.

In the first appointment, the diagnose according to TCM was Kidney-Yang deficiency (the patient usually feels cold in the lower limbs).

The author started the treatment with the Chinese dietary counseling, recommending him to avoid all dairy products, raw foods, and sweets, cold drinks to prevent the imbalance of Spleen-pancreas meridian. The second group of foods that were orientate to avoid was fried foods, chocolates, eggs, honey, coconut, alcoholic beverages, and melted cheese to prevent energy imbalances of Liver and Gallbladder meridian and formation of internal Heat. Moreover, the third group of foods was to avoid mate tea, coffee, and soda, to prevent the energy imbalances of Kidney energy meridian.

The patient was treated by systemic and auricular acupuncture with apex ear bloodletting, with the intention to balance the internal energy that was causing the deficient energy in the Kidney energy meridian.

After 30 days, he went back to the author’s clinic and told her that besides his legs pain improved, his intraocular pressure also lowered from 40 mmHg to 17 mmHg for the 1st time after 40 years of treatment.

During the treatment, the patient did not know that the patient had been in treatment for glaucoma for all these years and this case became the cornerstone of all author’s treatment, in any kind of disease, trying to comprehend how the treatment focused in the root could treat all symptoms and diseases simultaneously. For this reason, in this article, the author is demonstrating once again the importance to treat the root that is the energy imbalances, because in the first appointment, the parents of this patient in question did not go to treat the patient strabismus but as the author treats the root, and all the symptoms of the patient improved at the same time, even the doctor does not aware that the patient has such symptoms.

To understand how the author did this way of treatment and reasoning, the author would like to show the metaphor of a tree, shown in Figure 2. In this figure, the physician can see that this tree has a trunk with several branches. In this metaphor, each branch represents one medical specialty and coming out of each branch, you can see many leaves. The leaves represent the sign, symptoms, and diseases treated by each specialty. In this representation, Western medicine focus it is treatment on the leaf level. On the other hand, the tree has a root that is not usually seeing by the naked eyes. In this part of the tree, there are two theories represented by Yin and Yang theory and the Five Elements theory. The focus of Western medicine is to treat the leaf itself, but in Chinese medicine, they understand that the manifestation of the disease is only the reflex of energy imbalances triggered by emotions, bad eating habits, and the influences of the external pathogenic factors that are surrounding this tree and all these factors are important to take into consideration when treating the patient. Each patient needs to be evaluated individually and each one
has their own energy imbalances. TCM search for the root of the appearance of each symptom and disease; that’s why when the physician treats the root of one disease, it will treat all diseases, because there is only one root for all the branches (medical specialties) and the manifestation of the symptoms and diseases is only the reflexes of these imbalances between the energies. The explanations about energy are well made by Capra F. (2010) in the book The Tao of Physics.\[3-14\]

According to TCM, everything in the universe is composed by Yin and Yang energies and in the human being, to them flow adequately inside the meridians, two other energies need to act together that is Qi and Blood that you can see in Figure 3. These four energies must be in balance to the person have health and when the patient is already ill, the focus is to rebalance them. If these energy imbalances or deficiencies are not properly treated, this imbalance could end up generating an internal heat that can aggravate or generate new diseases.\[3-13\]

The second theory that basis TCM is the Five Elements theory [Figure 4]. According to this theory, every organ that composes our human body has a representation in each five elements and has an external sensory organ that they command. For example, the Wood element is represented by the Liver and it is responsible for the functioning of the eye and vision process. The Fire element is represented by Heart and it is responsible for communication which the tongue is the organ that it commands. The Earth element is represented by the Spleen, which is responsible for the sense of taste. The Metal element is represented by the Lung and it is responsible for the smell. Finally, the Water element is represented by the Kidney and it is responsible for the hearing process and the organ they command it is the ears.\[3-13\]

The theory of the five elements was also created from the observation of nature, also linking the Yin and Yang theory. In this theory, we have the five elements, Fire, Earth, Metal, Water and Wood and each element has a massive organ (Yin organ), a hollow organ (Yang organ), a sensory organ, a muscle tissue, a flavor, an emotion, color, climate, and season where they are responsible, command, or develop, as detailed in Table 1. In this theory, we have two cycles where one organ will generate energy for the next or control the other organ, so in TCM the entire human organism is interconnected and working together, different by the Western medicine’s point of view where each organ works independently and separately.\[5-13\]

To the physician to understand why the treatment based on the root (energy imbalances on the root level of the tree demonstrated in Figure 2) improved the symptom of strabismus of the patient reported in this article, the author will explain in the following paragraphs.\[5-13\]

According to TCM, the Qi of all internal organs reaches the eyes and is responsible for the health state of the person, so to treat any disease related to the eyes, it is important to treat all five massive organs (Liver, Heart, Spleen, Lung and Kidney) so that their energies can circulate and nourish the eyes and all the parts that corresponds to the eye normally. In this case specific, the pathogenesis is attributed to congenital insufficiency or Spleen-Stomach deficiency, leading to reduced production of Qi and Blood that fail to transport essence to the eyes.\[15\]

The main meridian that brings energy to the eyes is the Liver, as it “opens up to the eyes,” being generally the cause of the main eye diseases. However, all internal organs affect the eye, as their meridians are responsible for nourishing the eyes and if they are not in balance, they can cause some damage to the vision.\[15\]

There is a theory about the use of five wheels in the ophthalmology diagnosis in the book Ophthalmology in Chinese Medicine. According to this theory, the Kidneys take care of the eye and the pupil. The Lungs are responsible for the sclera, the Heart nourishes the veins and arteries, the Stomach is responsible for the lower eyelid while the upper eyelid is the responsibility of the Spleen, the Liver takes care of the corneas and irises, and the retina is nourished by the Kidney and Liver, as you can see in Figure 5.\[13\]

Auricular acupuncture is an important component of Chinese medicine that uses the ears for diagnosis and therapy.\[16\]
In this therapy, the physician can use the ears to treat a diverse of diseases because in the ears, there are representation of all the organs that compose the human body. In the article written by the author entitled How Do You Treat Back Pain in Your Practice? Part 2, published by Medical Acupuncture on February 2018, the author is explaining the function of each point to balance the Yin, Yang, Qi, and Blood and using this reasoning, the author was able to achieve this result in the treatment of this patient reported in this article, because the strabismus was not the aim of the treatment of the author, but the improvement in the motor coordination and others but as the author explained in the beginning of the discussion section, when the physician treats the root of the problem, all the patient symptoms would improve at the same time, even the doctor does not know that the patient have such symptom, as she demonstrated and presented this theme at the Acupuncture Research Conference that was held in Boston, at Harvard University Medical School, in 2015.[17]

The auricular acupuncture points used in her treatment were described in Figure 6. Usually, the doctor that practices acupuncture tends to treat the patient’s symptoms, in the same reasoning used by Western Medicine. Therefore, not all the acupuncture treatments will have the same result. It will depend if the physician is treating only the symptoms (eyes disease) or the root problem (energy imbalances between Yin, Yang, Qi, and Blood).[3-13]

In the article written by the author entitled Can the Use of Earrings Cause Eye Pain? published on the Journal of Clinical Review and Case Reports on May 2018, the author is demonstrating in this article, the influence on the use of earrings in the ear, generating eye pain symptoms. In this article, she is presenting two cases reports that were complaining eye pain. They both were using earing in the eye point of the ear. When they were instructed to take out both earnings, the eye pain disappeared completely. In this article, the author wants to show that all the organs are interconnected and not separately.[17]
However, one thing that the author did not expect in this child, was that she had not a deficiency in the energy of the chakras, and all of them were in the normal level, rated in eight, in the first appointment of the patient, in 2017, when she was 2 years old. This patient had all the chakras with normal energy in the first appointment; therefore, the author still could not understand what could have happened at the time of the infection of this patient. Since the infections, generated by the invasion of external pathogenic factor occurs usually when the patient’s Zheng-Qi is weakened in energy. Zheng Qi is characterized by the energy of the Kidney or second chakra, which can come from the Kidney energy constitution of the parents’ or come through the diet after birth. As the patient had in Kidney Yin deficiency in Chinese medicine’s diagnosis, the author is trying to comprehend the energy level in the chakra. Even if the patient could have energy disharmony in the energy level, this cannot impair the chakras’ energy centers. However, more studies showing alterations in the energy level but normal chakras’ energy centers need to be done to study this condition of lack of energy influencing the results on the chakras’ energy centers.[18]

Acupuncture is considered a medical specialty by the Federal Medical Council since 1995 in Brazil.[19]

That is why it is increasingly necessary to integrate the different types of knowledge and practices, mainly in the medical field, as well as in the theory of Yin and Yang, where one energy cannot exist without the other, Western and TCMs must also complement each other so that patients can be treated in a more humane and effective way, as shown in Figure 7.[3-13]

**CONCLUSION**

The conclusion of this study is that strabismus had an energy imbalance as the cause and the treatment with acupuncture is very effective to improve and treat the root of the problem that is the energy imbalances of Yin, Yang, Qi, and Blood. The association of Western medicine and TCM in the treatment of this kind of problem is important to the improvement of the symptoms, reflecting a better quality of life and less stress to the entire family.

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