

Eye Health & Vision

Natural Remedies



People Helping People Live Healthier Lives through Natural Healing

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Vision Problems Solved Naturally

Vision is the ability to see the objects in front of us in true color and vibrancy. Over the years I have seen many clients with vision problems ranging from floaters in their eyes to “unsolvable” vision issues such as glittering colors and other interesting color-vision issues. I always recommend clients seen an eye doctor first and find any physical causes whether they be from diseases, tumors, or something else.

Homeopathy offers solutions when western medicine offers little or no answers. I have seen many miraculous eye problems solved.

A man had been treated by eye doctors for bleeding in one eye that could not be removed by lasers. He was told that he “had another eye to see.” He had great doubt that his problem could ever be resolved. I suggested using Sulphuricum acid 30c and reluctantly he took it twice in a week, much less than I recommended. To his surprise, he could see significantly better. Encouraged, he then took it daily and found normal vision a week later. Although the medical field thought it impossible it worked nonetheless. I don’t think it was a placebo effect.

Another example was a man I noticed couldn’t see form one of his eyes. When I asked him about it he said the doctors could find no reason for it not working. He did, however, remember when he was a child, he fell from a tree onto his head. I recommended Natrum sulph 30c (specific remedy for head injuries) once a day. Two weeks later, he had full vision which surprised both of us. Now he has stereo vision!

And yet, another client came to me with strange glittering vision that disturbed her general eyesight. We tried about three different remedies and her vision cleared up permanently.

See our website for all eye natural remedies listed below:

<http://daveshealingnotes.com/common-ailments.html#e>

- **Avoiding eye contact**
- **Bags under the eye**
- **Cataracts**
- **Cornea problems**
- **Eye strain and weakness**
- **Falling eyelids**
- **Far-sightedness**
- **Glaucoma**
- **Injuries to the eyes**
- **Macular Degeneration**
- **Near-sightedness**
- **Pink Eye**
- **PVD (Posterior vitreous detachment)**
- **Retina problems**

Physical Signs of the Eyes

The careful observer sees not only the intelligence, wakefulness, and emotions as well as ones physical health.

- Can't cry - Vitamin Z deficiency
- Dim eyes - weakness, heart disease
- Dull - possible infection
- Excessive tears - low self esteem
- Eyelids wide open - nervous excitability
- Eyes move backwards - inherited weakness
- Frequent blinking - nervous disorder hyper-thyroid
- Glassy look - severe weakness, colon disease
- Hollow appearance - fears for health
- Mother of pearl color - anemia
- Nervous eyes - fear, nervous exhaustion
- Red - conjunctivitis, cold symptoms
- Red veins in whites - venous stasis - possible varicose veins or hemorrhoids
- Sclera yellow - gallbladder disturbance, hepatitis, jaundice
- Seldom blinks - hypothyroid
- Shiny - overactive thyroid
- Shiny look - fever, excitement
- Small eyelid opening - weakness, exhaustion.
- Sunken eyes - wasting away
- Trembling eyes - mostly Multiple Sclerosis

Physical Signs of the Eyelids

Upper eyelids: The soft skin of the eyelids shows the condition of the nerves. The eyelids should be full but not swollen.

- Circular swelling and yellowish brown upper eyelid – disturbance of cholesterol and hormone economy.
- Double wrinkle – hernia, connective tissue weakness
- Eyelid sunken downward – mineral deficiency anemia, low blood pressure
- Fallen eyelids – nerve wasting, strong desire to sleep
- Swollen lid – hear disturbances

Lower eyelids: Lower eyelids usually represent the bladder 1/3 inch below the lower lid. The lower eyelid represents the condition of the kidneys. If the eye sacks go directly up against the eyelids there may be disease of the adrenals. Very wide sacs show colon disease.

- Lower eyelid falling – nerve strain
- Lower eyelid swollen – nerve disturbance, congestion
- Rose-blue swelling – bladder

- Swollen gray-green – uric acid
- Waxy swelling – heart insufficiency
- Bluish fallen eyelid – anemia
- Dark and fallen – nerve weakness
- Brownish coloring – anemia
- Deposits – disturbed fat metabolism, underactive pancreas
- Lower lid pigmentation – eventual inner hemorrhoids
- Falling of eyelashes – genital glands insufficiency, toxicity, or genetic defect.
- Yellow eye area – liver or gallbladder disease
- Sunken brownish-black eye area – nerve weakness, exhaustion, insomnia, circulatory disturbance.
- Bluish eye area – inner blood loss, parasites in children
- Brownish eye area – liver disease, constipation
- Pale rose eye area – bladder disease, prostate
- Hematoma with double vision – skull fracture
- Lower eye rings – exhaustion
- Wrinkles in corners of eye or under eyes – in children or connective tissue weakness.

Eye Emotions

Louise Hay in the book *Heal Your Body Says* that eyes "represent the capacity to see clearly - past, present and future, and that eye problems are not likening what you see in your life." Cataracts represent the inability to see ahead with joy; dark future.

Glaucoma is "stony un-forgiveness. Pressure from longstanding hurts. Overwhelmed by it all."

Karol Truman in her book *Feelings Buried Alive Never Die* says glaucoma is "protracted hostility. Watery eyes are unable to express an inner grief. Not wanting to understand that you are not seeing the truth. Fearing the future. Not wanting to see life as it is. Life is weak and out of focus. Not seeing eye to eye with another. Not forgiving. Inability to see one's own self worth.

The eyes are a particularly important organ. They are 80 % of our senses. It is our window to the world. It is also called the mirror of the soul. Through the eyes, one can determine a person's purpose. One can also see the general character and unwilling reactions can tell much. One can tell the general changes in consciousness in a "blink of an eye."

Undeceived, the eyes show:

- The degree of consciousness
- The state of the soul's development
- The degree of the momentary attention
- The momentary frame of mind
- The person's health

In the eyes we recognize rage, anger, irritability, sadness, worry as well as love cheerfulness, goodness. Not only that, but one speaks of the "evil eye." Furthermore, the axis of the eye looks up, full of fantasy, rich in ideas is man, and religious consciousness to fulfill himself. Further the eye axis when looking down worries and is grounded in material enterprises. The right eye has reference to the outer life, will and behavior. The left eye makes the inner life clear, our perception.

Who is "blind out of one eye" does not want to see something, and only sees from his own stand point. But we have two eyes, that we can see two points of view, both sides and opposing views combined in one view. In this way we remain spiritually moved. He who truly only sees from one eye sees spatially only one dimension, a picture that has no depth and is not malleable. His sight is flat.

Iridology uses the eyes as the mirror of the body, even though it is the mirror of the soul and the mind. If the character is overwhelmed by a feeling, the eye reflects this by breaking out in tears.

The eye reflects what we think in the moment. When we are clear in our thinking, the eye is sharp and clear. When we observe clearly, the opening to our eyes narrow, and become smaller. By paying less attention the eyelids open up, and the pupils become wider, and our observation eventually becomes veiled. If our consciousness is not focused, we look upward, the lens becomes unfocused and we don't see as clearly.

Also many impressions, that are considered precognition guide us to outlooks, insight, understanding, overview, a cautious look, looking backwards., looking to the future, looking at the past.

Dr. bates observed surprisingly that the ability to see is closely connected with our thoughts. Every improvement in sight comes with the influence of our other senses. Also bodily functions improve, with eyesight, breathing and bowel function. In fact the concentration, memory and ability to think and envision is improved by good vision.

Also the ability to think and feel is connected to our vision. Fears, frustration, hate, worry, grief physical problems as well as emotional pain cause the iris to become darker, until it appears almost black. When we have love and compassion our eyes shine. It is when someone is in love, it shows through their eyes. It is also said that love makes us blind. We also respond positively to that "look." Another saying is someone gives us the "stink eye" or the "evil eye."

Eye Problems Due to Medications

Many drugs have side effects that affect the eyes. They are listed in the book Smart Medicine for Your Eyes (pg 75-78). Also look at the side effects and conditions of all your medications.

Vision and Liver Health

Some ancient systems of medicine such as the Chinese claim that the liver influences our vision. I have used natural liver enhancing and cleansing products many times with clients to improve their vision, health and emotional well being. See more about liver health on our website.

There are several dietary approaches to avoid liver damage:

1. Stop smoking. This affects the liver because of the toxins which become such a burden.
2. Alcohol is a heavy burden on the liver. Some people are often offended when I recommend 1 to 2 drinks a week or less, but it affects the liver.
3. Coffee also causes stiffness, acidity, and mimics anxiety as well as covering up weaknesses with stimulating caffeine.
4. Black tea has similar constituents as coffee but green tea is beneficial.
5. Sodas are detriment to vision health because they affect the liver.
6. Fast foods and processed foods are also problematic because they affect the liver. You can't eat your cake and have good vision.

Vision According to Ancient Wisdom

Another ancient system claims the right eye is connected to the sun symbol. This is symbolic of the crown chakra and the spiritual connection to God and the workings of our heart (the organ and where our hearts are-thought). The **right eye** may be related to heart and circulatory health. The **left eye** represents the moon symbol which is symbolically related to the third eye chakra and our emotional health. It is also related to our hormonal health. This may also relate to nerve health. These areas are important to consider when having problems with vision. Also according to another ancient system of medicine, our vision is related to our ability to envision or visualize ourselves or what we want to accomplish or our belief system.

Herbal Vision Care

Herbal care is based systems that are weak or deranged. I have described many formulas and herbs in my two previous classes. Herbal care is very helpful but may be limited when a person is taking many prescription drugs or is pregnant or nursing. Check with your doctor and herbal advisor.

Useful Supplements for Vision Problems

The supplements that may be helpful for eye and vision health are **antioxidants** such as Vitamins A, D, E and C. I have also found Pycnogenol especially good for eye health and vision (at 2000 mg a day). Other supplements include Resveratrol (patented antioxidant blend), and Grape seed extract. Others for macular and retinal health include Lutein described in the macular degeneration protocol.

Eye Herbal Compresses, Cups and Drops

Eye Compress

Make a tea of the following herbal combinations by pouring 8 oz boiling water over herbs and let steep for 10 minutes, then strain. Lay a warm compress (a wash cloth soaked in the warm tea) over the eyes. Wring out and renew every 3 minutes and use 3 to 5 times in a row for a total of 10 to 15 minutes. These combinations are not for inflammation or first aid conditions.

Eye Cup

To use an eye cup, put the cool tea into the sterilized cup and open the eyes several times. Repeat several times a day. Use the same formulas for eye compress but with no lemon juice. Use one of the formulas and put it in an eyedropper and use several times a day. The formula can be kept in the refrigerator for a week at a time, then make a new batch.

Herbs for Eye problems to be used externally:

Wormwood	Marshmallow
Centaury	Nettles
Mullein	Rose
Chamomile	Sage
Upper celandine	Calendula
Fennel	

Eye Drop Formulas:

20 grams elecampane	10 grams eyebright	20 grams eyebright
20 grams fennel seed	10 grams chamomile	10 grams rosemary
10 grams eyebright	20 grams walnut leaves	25 grams shave grass
10 grams plantain leaves	10 grams althea flowers	15 grams fennel
	20 grams blueberry leaf	
40 grams eyebright	10 grams rue leaves	(for use internal and external)
20 grams melissa	And put in juice of a fresh lemon	20 grams eyebright
20 grams rosemary		20 grams dandelion
		10 grams rue
1 or 2 drops lemon juice in 8 ounces of water	5 grams green tea	25 grams valerian root
	10 grams centaury	15 grams plantain
	5 grams black tea	10 grams fennel
Fennel tea		
	20 grams eyebright	Diseased eyes (external)
10 grams rose petals	20 grams fennel	10 grams eyebright
10 grams thyme	20 grams rue	5 grams sage
	20 grams plantain	

Herbal Eye Formulas

Use a reusable muslin tea bag with a teaspoon of the cut herb and put on the closed eye for 5 to 10 minutes at a time. Make sure the tea is lukewarm or cool for the eyes. You can also put a washcloth soaked with the tea. You can also put the tea in a dropper bottle and store in the refrigerator put several drops in the eye, several times a day.

Single herbs: Arnica flowers - also good for pain, Fennel seeds, and Chamomile flower

Glaucoma

Equal parts:

Goldenrod

Uva ursi

Birch leaves

Juniper berries

Stork's bill root

Nettle leaf

Equal parts:

Elder flowers

Spirea

Willow bark

Shave grass

Herbal formulas for the eyes:

30 grams bellis perennis

10 grams rue flowers

20 grams plantain flowers

30 grams shave grass

20 grams malva flowers (Althea)

20 grams rose leaves

30 grams walnut leaves

10 grams eyebright

30 grams raspberry leaves

20 grams dandelion leaves

20 grams tormentill root

20 grams walnut leaves

20 grams arnica flowers
40 grams eyebright
25 grams fennel
35 grams plantain leaves

Herb formulas to use externally to strengthen the eyes:

30 grams eyebright
20 grams fennel
10 grams verbena
30 grams althea leaves
10 grams sage leaves

30 grams eyebright
20 grams lady's mantle
20 grams chamomile
10 grams upper celandine
20 grams crane's bill

15 grams althea
15 grams fennel
20 grams lady's mantle
30 grams elder flowers
20 grams crane's bill

20 grams aloe
20 grams eyebright
20 grams verbena
20 grams lady's mantle
20 grams rue

Formula for excessive tears

50 grams eyebright
20 grams fennel seeds
30 grams rue

Swollen lymph of eye

10 grams fumarin
10 grams fennel root
15 grams walnut leaves

Infection – pus

Eyebright
Arnica
Walnut leaves

Inflammation (internal)

20 grams marshmallow roots
20 grams marshmallow flowers
40 grams eyebright

Eyelid inflammation (external)

60 grams wormwood
20 grams marshmallow flowers
20 grams linden flowers

Eye inflammation

20 grams chamomile
30 grams euphrasia
10 grams fennel seed

10 grams eyebright
10 grams lady's mantle
10 grams Melilotus
5 grams geranium

Conjunctivitis

20 grams plantain
25 grams fennel seeds
15 grams eyebright

40 grams eyebright
35 grams plantain
25 grams fennel
20 grams eyebright
20 grams rue
20 grams fennel

(internal or external)

40 grams eyebright
20 grams fennel seed

Sty (internal or compress external)

40 grams fennel
40 grams marshmallow root
40 grams eyebright

Why Use Homeopathy for Vision Problems?

My tool of choice for abnormal vision is homeopathy. Everyone with vision problems should try homeopathy. Its greatest asset is that it won't interact with medications (it may be your medications that are affecting your eyesight!); homeopathic remedies are non-toxic and can be used by pregnancy or nursing mother. **It is just safe for everyone.**

The following sections of vision abnormalities are taken from Robin Murphy's 3rd Edition Medical Repertory and Materia medica. Most of these homeopathic remedies are the top remedies in their category in the repertory. There are other but are not considered in this article.

Also choose one or more of the remedies (probably up to 3) at the 30c potency, once or twice a day. Use them for 1 to 3 months and if unsuccessful, find a professional homeopath in your area. Don't be discouraged, keep trying.

The correct homeopathic remedy that first makes you feel better and then works on your vision may indicate a particular organ or system which is causing the vision problem.

Homeopathic Remedies for Specific Eye Problems

Cornea pain, dryness of cornea	Merc sol, Ruta
Pain behind eyes worse by cold	Gelsemium, Agaricus
Pain behind eyes worse by warmth	Cyclamen, Plantago
Pain behind eyes from stress or emotional	Arnica, Agaricus
Pain over the eyes	Kali phos, Gelsemium
Tired eyes	Phosphorus, Stramonium
Pus, cornea inflammation	Staphysagria, Sulphur
Sty	Merc sol, Hepar sulph
Allergic conjunctiva, general allergic therapy	Euphrasia, Apis
Eyelid cramping	Agaricus, Mag phos 6X
Floater in eye with Low blood pressure	Camphora, Agaricus
Floater in the eye with High blood pressure	Crataegus, Agaricus
Night blindness	Vitamin A

The following lists are homeopathic remedies for:

- **Floaters in the eyes**
- **Night Blindness**
- **Blindness and vision Loss**
- **Flickering vision**
- **Foggy vision**
- **Seeing colors in vision**

Homeopathy for Floaters in the eyes

Muscae volantes is the technical name for floaters in the eyes. There are protein strands which appear in hundreds of forms that are noticed when looking at a white background. It is harmless but can be helped from a homeopathic perspective. Remedies include:

Cinchona – with digestive complaints; gas and bloating; emotional sensitivity and irritability; feels worse from loss of fluids; pressure in the eyes.

Cocculus – with dizziness; pupils contracted or dilated; emotionally dizzy with over concern for nursing loved ones over a prolonged period of time.

Mercurius vivus – floaters with digestive problems; sensitivity to temperature changes; burning discharges.

Natrum muriaticum – with dry eyes and emotional isolation from grief; emotional sensitivity.

Phosphorus – emotional sensitivity, fear of the dark; respiratory problems; craves ice cold drinks and food; tendency to bloody noses.

Physostigma – very specific for eye problems with near sightedness (myopia).

Sepia – especially in hormonal weaknesses in women; also good in menopause; low sex drive; exhausted.

Silicea – weak or delicate person; weak fingernails; feels cold; scars easily; weak connective tissue; tendency to infections.

Sulphur – skin problems, rashes; hot feet-sticks them out of bed at night; messy intellectual person.

Cell Salt Solution

Nat mur – with dry eyes

Nat sulph – liver support (eyes)

Silicea – eyes with connective tissue weakness, delicate constitution

Homeopathy for Vision Loss/Blindness - partial or total loss

Always see an eye doctor to determine why it is happening. No matter the prognosis, you can still use the homeopathics. Remedies include:

Aconite – from exposure to cold dry winds; sudden flu; emotionally lots of fears; caused from surgeries or injuries; eyes feel hot and dry; pupils alternate dilated-contracted; eyelids can be swollen, hard and red.

Hyoscyamus – from alcohol abuse or sexual issues; dilated pupils; staring; double vision; objects seem red, large, or with yellow borders.

Mercurius solubis – with mouth cankers; intestinal problems; sensitive to temperature; low self esteem; vision worse at night; sensitive to light and changes in temperature.

Pulsatilla – symptoms change or wander; cries easily, teary; fears of abandonment; sensitivity to light and allergies; cornea problems.

Silicea – shy people, delicate constitution; poor fingernails; scars easily; tendency to eye infections; sensitivity to daylight.

Stramonium – fears of the dark; severe nightmares; violent or fears violence; staring wide open eyes; night blindness; green vision; hallucinations in which objects look jumbled; small objects seem large.

Cell salt Solution

Nat mur – with dry eyes, grief

Nat phos – with nervous stress

Silicea – with connective tissue weakness

Homeopathy for Night Blindness

This is where vision is hard at night while driving. Remedies include:

Cinchona – with digestive complaints; gas and bloating; emotional sensitivity and irritability; feels worse from loss of fluids; pressure in the eyes.

Lycopodium – low self esteem; problems of the right side of the body; liver and digestive complaints; sensitive to light; eyes can feel hot or cold or too large.

Digitalis – with heart problems where the pulse is too slow; eyes tear up in cold air or bright light; retinal detachment; pupils irregular.

Hyoscyamus – from alcohol abuse or sexual issues; dilated pupils; staring; double vision; objects seem red, large, or with yellow borders.

Nitricum acidum – pessimistic person; pains are pricking or splinter like; sensitive to light with tears; double vision; paralysis of upper eyelids

Ranunculus bulbosa – emotional problems from alcohol abuse; eyeballs sore on moving them; herpes blisters on cornea with pain; light sensitivity and tears; day blindness; misty before eyes; skin problems in general.

Homeopathy for Flickering Vision

This is when the vision goes on and on as if a flickering light. Remedies include:

Cinchona – with digestive complaints; gas and bloating; emotional sensitivity and irritability; feels worse from loss of fluids; pressure in the eyes.

Belladonna – right-sided problems; possible inflammatory problems; pupils dilated; throbbing sensitivity to light (indoors); inflammation of optic nerve and retina; cornea problems.

Carboneum sulph – oversensitive to noise and confusion during headaches; central vision disturbances; optic nerve inflammation; reading causes tears.

Cyclamen – digestive disturbances; dim vision with headache; waking with spots in the vision; double vision; eyes flicker with various color.; sees stars; emotionally sleepy, morose, and apathetic.

Graphites – often associated with obesity and skin problems such as keloid scars.; intolerance of artificial light; sight vanishes during menstrual period; letters appear double or run together during writing.

Lachesis – talkative, changes subjects; can't tolerate tight clothing around neck; irritable; alcohol abuse may be a problem; bipolar symptoms; retinal detachment or bleeding; sensitive to light; often left-sided problems.

Natrum muriaticum – with dry eyes and emotional isolation from grief; emotional sensitivity.

Phosphorus – emotional sensitivity, fear of the dark; respiratory problems; craves ice cold drinks and food; tendency to bloody noses.

Sepia – especially in hormonal weaknesses in women; also good in menopause; low sex drive; exhausted.

Sulphur – skin problems, rashes; hot feet-sticks them out of bed at night; messy intellectual person.

Homeopathy for Foggy Vision

Vision as if looking through the fog. Remedies include:

Bryonia – irritable, hard to please; pains sharp only with movement; glaucoma; tears in sunlight; sand in eyes sensation; aversion to sunlight.

Calcarea carb – tears in morning and in open air; corneal ulcers; dim vision from reading too much; dilate pupils; far sighted; sees visions on closing eyes; tendency to obesity; weak ankles; fears.

Causticum – loss of muscular strength or paralysis; drooping eyelids; vision worse on blowing nose; sparks and dark spots in vision; emotionally sensitive to injustices; guilty conscience.

Cinchona – with digestive complaints; gas and bloating; emotional sensitivity and irritability; feels worse from loss of fluids; pressure in the eyes.

Crocus sativa – light sensitivity; smoke in eyes sensation; cold wind in eye sensation; sparks or jumping spots in the vision; changeable emotions; hemorrhages of string blood.

Cyclamen – digestive disturbances; dim vision with headache; waking with spots in the vision; double vision; eyes flicker with various color.; sees stars; emotionally sleepy, morose, and apathetic.

Gelsemium – feels dull, drowsy and apathetic; inner shaking or trembling; eyes tired and heavy; eye muscles twitching; double vision; retina problems; light sensitivity.

Mercurius solubis – with mouth cankers; intestinal problems; sensitive to temperature; low self esteem; vision worse at night; sensitive to light and changes in temperature.

Phosphorus – emotional sensitivity, fear of the dark; respiratory problems; craves ice cold drinks and food; tendency to bloody noses.

Pulsatilla – symptoms change or wander; cries easily, teary; fears of abandonment; sensitivity to light and allergies; cornea problems.

Sulphur – skin problems, rashes; hot feet-sticks them out of bed at night; messy intellectual person.

Zincum metallicum – nervous fatigue, twitching muscles; mental exhaustion, lethargic, changeable moods; blurring of half vision worse from stimulants; sensitivity to sunlight especially in headaches; rolling of eyes, squinting.

Homeopathy for Vision Seeing Colors

Seeing abnormal colors in the vision - it is very important to see a doctor to eliminate serious conditions or diseases. Remedies include:

Black

Natrum muriaticum (#1) – with dry eyes and emotional isolation from grief; emotional sensitivity.

Arnica – from injuries or from shock, black eyes; eyes feel bruised; retinal problems; eyes feel tired from overuse; sensitive to light; dizzy when closing eyes; pupils dilated or contracted abnormally.

Belladonna – right-sided problems; possible inflammatory problems; pupils dilated; throbbing sensitivity to light (indoors); inflammation of optic nerve and retina; cornea problems.

Carboneum sulph – oversensitive to noise and confusion during headaches; central vision disturbances; optic nerve inflammation; reading causes tears.

Cinchona – with digestive complaints; gas and bloating; emotional sensitivity and irritability; feels worse from loss of fluids; pressure in the eyes.

Kali carb – deep pain within the eyes with tearing and sensitivity to light; obstinate, dogmatic, rigid ideas.

Lachesis – talkative, changes subjects; can't tolerate tight clothing around neck; irritable; alcohol abuse may be a problem; bipolar symptoms; retinal detachment or bleeding; sensitive to light; often left-sided problems.

Mag carb – shooting sharp pains especially on the right side; oversensitive to excitement; tired, aching eyes with tears; eye problems such as hystagmus or strabismus (crossed eyes).

Mercurius vivus – floaters with digestive problems; sensitivity to temperature changes; burning discharges.

Phosphorus – emotional sensitivity, fear of the dark; respiratory problems; craves ice cold drinks and food; tendency to bloody noses.

Sepia – especially in hormonal weaknesses in women; also good in menopause; low sex drive; exhausted.

Silicea – weak or delicate person; weak fingernails; feels cold; scars easily; weak connective tissue; tendency to infections.

Stramonium – fears of the dark; severe nightmares; violent or fears violence; staring wide open eyes; night blindness; green vision; hallucinations in which objects look jumbled; small objects seem large.

Tabacum – depressive feeling with nausea or digestive problems; retina retains the image too long – cross eyed.

Blue – vision or spots

Cina #1 – sensitive to light; eye muscle spasms; eyebrows twitch; cornea problems. Hyperactivity or parasite symptoms; teeth grinding during sleep; irritable children.

Aurum metallicum - cornea problems; sticking pains; glaucoma; extreme light sensitivity; vision better in moon light and physical exercise; stress from financial problems; can be depressed or suicidal.

Belladonna – right-sided problems; possible inflammatory problems; pupils dilated; throbbing sensitivity to light (indoors); inflammation of optic nerve and retina; cornea problems.

Bryonia – irritable, hard to please; pains sharp only with movement; glaucoma; tears in sunlight; san in eyes sensation; aversion to sunlight.

Lachesis – talkative, changes subjects; can't tolerate tight clothing around neck; irritable; alcohol abuse may be a problem; bipolar symptoms; retinal detachment or bleeding; sensitive to light; often left-sided problems.

Stramonium – fears of the dark; severe nightmares; violent or fears violence; staring wide open eyes; night blindness; green vision; hallucinations in which objects look jumbled; small objects seem large.

Tuberculinum – sore bruised eyeballs, worse turning them; desires to travel; often with respiratory problems and irritability.

Brown color

Agaricus – neurological problems, alcohol abuse; talkative, overly fearless or fearful; weakness; strain; spasm; stitching; heat; cross-eyed; light sensitive; pupils dilated.

Atropinum – corneal ulcers; vertical double vision; dim vision with dilated pupils; unclear thoughts, delirium.

Belladonna – right-sided problems; possible inflammatory problems; pupils dilated; throbbing sensitivity to light (indoors); inflammation of optic nerve and retina; cornea problems.

Lac caninum – general weakness; alternating moods, depressed, oversensitive; dark brown circles under eyes; eyes sensitive to light, cold, air; darting pains in left eye; upper eyelids heavy, can't keep them open.

Medorrhinum – wild, intense ideas; fears of the dark despairs of recovery; hopeless; sharp pains in the eyes; objects look double or too small; stares.

Green color

Arsenicum album – burning eyes with acrid tears; severe light sensitivity; worse from cold, better from warm applications; restless, nervous exhaustion; perfectionist, very tidy.

Cina – sensitive to light; eye muscle spasms; eyebrows twitch; cornea problems. Hyperactivity or parasite symptoms; teeth grinding during sleep; irritable children.

Phosphorus – emotional sensitivity, fear of the dark; respiratory problems; craves ice cold drinks and food; tendency to bloody noses.

Santonin – nervous blindness; color blindness and yellow vision; violet light is not recognized, colors not distinguished; dark blue rings around eyes; light sensitive with tears; sudden dimness of vision; colors look distorted; excitable or depressed.

Rainbow of color

Belladonna – right-sided problems; possible inflammatory problems; pupils dilated; throbbing sensitivity to light (indoors); inflammation of optic nerve and retina; cornea problems.

Bryonia – irritable, hard to please; pains sharp only with movement; glaucoma; tears in sunlight; san in eyes sensation; aversion to sunlight.

Phosphoric acid – mental exhaustion; blue rings under eyes; eyes lusterless, glassy; staring, sunken, dull; pupils dilated; sensitive to sunlight; rainbow vision; loss of vision from masturbation; grief from death of a loved one.

Phosphorus – emotional sensitivity, fear of the dark; respiratory problems; craves ice cold drinks and food; tendency to bloody noses.

Stramonium – fears of the dark; severe nightmares; violent or fears violence; staring wide open eyes; night blindness; green vision; hallucinations in which objects look jumbled; small objects seem large.

Red vision

Belladonna – right-sided problems; possible inflammatory problems; pupils dilated; throbbing sensitivity to light (indoors); inflammation of optic nerve and retina; cornea problems.

Conium maculatum – paralysis of eye muscles; light sensitivity with tears; double vision; near sightedness; vision colors red of black spots or blurred with dizziness; neurological disorders such as multiple sclerosis or other debilitating diseases; worse sexual drive suppression.

Digitalis – with heart problems where the pulse is too slow; eyes tear up in cold air or bright light; retinal detachment; pupils irregular.

Hyoscyamus – from alcohol abuse or sexual issues; dilated pupils; staring; double vision; objects seem red, large, or with yellow borders.

Phosphorus – emotional sensitivity, fear of the dark; respiratory problems; craves ice cold drinks and food; tendency to bloody noses.

Sulphur – skin problems, rashes; hot feet-sticks them out of bed at night; messy intellectual person.

White colors

Atropinum – corneal ulcers; vertical double vision; dim vision with dilated pupils; unclear thoughts, delirium.

Calcarea carb – tears in morning and in open air; corneal ulcers; dim vision from reading too much; dilate pupils; far sighted; sees visions on closing eyes; tendency to obesity; weak ankles; fears.

Cinchona – with digestive complaints; gas and bloating; emotional sensitivity and irritability; feels worse from loss of fluids; pressure in the eyes.

Digitalis – with heart problems where the pulse is too slow; eyes tear up in cold air or bright light; retinal detachment; pupils irregular.

Kali carb – deep pain within the eyes with tearing and sensitivity to light; obstinate, dogmatic, rigid ideas.

Phosphoric acid – mental exhaustion; blue rings under eyes; eyes lusterless, glassy; staring, sunken, dull; pupils dilated; sensitive to sunlight; rainbow vision; loss of vision from masturbation; grief from death of a loved one.

Sulphur – skin problems, rashes; hot feet-sticks them out of bed at night; messy intellectual person.

Yellow vision

Cina #1 – sensitive to light; eye muscle spasms; eyebrows twitch; cornea problems. Hyperactivity or parasite symptoms; teeth grinding during sleep irritable children.

Belladonna – right-sided problems; possible inflammatory problems; pupils dilated; throbbing sensitivity to light (indoors); inflammation of optic nerve and retina; cornea problems.

Cantharis – also has urinary issues such as urinary tract infections; restless; yellow vision; fiery; sparkling; staring look; burning in eyes.

Crotalus horr – eyes yellow; eye muscle neuralgia; retinal hemorrhages; to absorb blood in eyes use sulphuricum acid; sensitivity to light during menses; more right-sided problems; hemorrhagic tendencies.

Cyclamen – digestive disturbances; dim vision with headache; waking with spots in the vision; double vision; eyes flicker with various color.; sees stars; emotionally sleepy, morose, and apathetic.

Digitalis – with heart problems where the pulse is too slow; eyes tear up in cold air or bright light; retinal detachment; pupils irregular.

Kali bich – impatient, sad, feels better eating, talks to self; often with yellow or green mucus; cornea problems and mucus discharges of yellow – green; light sensitive during day; pain in eye orbits especially right side.

Kali carb – deep pain within the eyes with tearing and sensitivity to light; obstinate, dogmatic, rigid ideas.

Sepia – especially in hormonal weaknesses in women; also good in menopause; low sex drive; exhausted.