Iris Analysis: Introduction

Session Summary

• Scope of iris analysis as a health assessment tool
• Iris analysis & Naturopathic principles, Therapeutic Order and Process of Disease and Health
• Anatomy of the eye and iris zones
Iris Analysis as a Health Assessment Tool

Iris analysis/Iridology – the study & analysis of the neuro-optic reflex, which is thought to have the potential to reveal disharmonies in the body ranging from pathological, structural and functional to psychological & emotional.

Sarris, J & Wardle, J 2010 Clinical Naturopathy
Iris Analysis as a Health Assessment Tool

Structural patterns & colours in the iris and indicators in the sclera of the eye can indicate:

- Inherent strengths & weaknesses of systems, organs and tissues in the body
- Assimilation of nutrients, toxicity, inflammation, circulatory & lymphatic irregularities
Iris Analysis as a Health Assessment Tool

- Iridology may help to determine pathological, structural, functional & emotional disturbances & predispositions within the individual.

- Chemical (physiological) & structural (anatomical) changes to body tissues are observable in the iris.
Contrasting Iris Structures

How would you describe the differences of appearance of these two irises?
Iris Analysis as a Health Assessment Tool

• An analytical tool for gathering information about an individual’s condition of health & wellbeing

• A means of determining the reflex conditions of body tissues, organs & systems

• A means of identifying areas of inflammation, congestion & xenobiotic accumulations

• A tool for determining constitutional strengths & weaknesses
Iris Analysis as a Health Assessment Tool

Tissue changes in the body are reflected in the iris

Iris analysis:

• Provides an insight into the development of sub-acute & chronic health conditions

• Provides a way of gauging the efficacy of treatment/prevention of health conditions (acute, sub-acute, chronic, degenerative)
Process of Disease and Healing

Normal Health

Disturbing Factors

Discharge Process

Disturbance of Function

Reaction (fever, inflammation, etc.)

Chronic Reaction (Structure Disturbance)

Degeneration

Adapted from Zeff, J.L., Snider, P., & Myers, S. (2006)
1. Establish the Conditions for Health
   By addressing the Determinants of Health:
   a) Identify and remove disturbing factors (obstacles to cure)
   b) Institute a more healthful regimen

2. Stimulate the Vis Medicatrix Naturae

3. Tonify Weakened Systems

4. Correct Structural Integrity

5. Address Pathology:
   a) Natural Substances
   b) Pharmacologic or Synthetic Substances

6. Suppress or Surgically Remove Pathology
Iris Analysis as a Health Assessment Tool

- Iris analysis is also a means of making meaningful contact with clients
  - making a connection
  - assisting to establish a client-practitioner (therapeutic) relationship

- Compliance is usually improved where some form of diagnostic/analytical technique/method is incorporated in a consultation or treatment – particularly where that technique may be used to monitor progress
Two approaches to utilising iris analysis in clinical practice:

1. "Diagnostic" approach - conduct iris analysis before anything else & inform client of findings

2. Analytic approach - take the case, gain information about client’s health condition; then conduct iris analysis & look for indications that provide information about their health condition (e.g. constitution, tissue strengths and weaknesses, areas of possible pathology)

• What iris reveals will suggest possible lines of enquiry to follow for further investigation
Iris Analysis as a Health Assessment Tool

- Rather than using iris analysis as a definitive diagnostic tool/method, use it to gain more information that will help refine your health analysis and better understand the client’s health from a holistic perspective.

- Rule of Three – look for 3 examples of evidence before finalising your health analysis of a client

  - e.g. iris signs/symptoms & signs of pathology; nail analysis; tongue analysis; clinical examination/path. lab test results; systematic & comprehensive case taking/interviewing
Historical Background

• The science and practice of iris analysis is not new. The oldest records uncovered thus far have shown that a form of iris interpretation was used in ancient China as far back as 1,000 BC.

• In 1670 the physician Philippus Meyens, in his book, ‘Chiromatica Medica’, described the division of the Iris, according to body regions.

• A quote from the Viennese ophthalmologist Dr. Beer, in his publication of 1813, ‘Textbook of Eye Diseases’, states that; "Everything that affects the organism of an individual cannot remain without effect on the eye, and vice versa."
Historical Background

• In 1881 an Hungarian physician, Dr. Ignaz von Peczely, published ‘Discovery in Natural History and Medical Science: A Guide to the Study and Diagnosis from the Eye’ which achieved international renown. Von Peczely is considered the father of modern iridology/iris analysis.

• In modern times, doctors and scientists, primarily from Europe (Josef Deck & Josef Angerer) and the United States (Dr. Bernard Jensen, David Pesek, Denny Johnson) have further brought iris analysis/iridology into worldwide recognition.

Refer to prescribed reading: Jensen, B 1982, History of iridology and chart development
Dr Ignatz von Peczely

globaliridologyresearch.org

www.iridology.ie/

www.altertv.org/tv
Pastor Felke
www.felke-institut.de

Nils Liljequist
www.iridology.ie

Dr John Christopher
www.schoolofnaturalhealing.com

Henry Lindlahr, M.D.
www.iridologycollege.org

Josef Angerer
www.ausbildung-zum-heilpraktiker.de
Other Pioneers of Iris Analysis

- Father Robert Felke (1856-1922)
- Johannes Theil (1905)
- Nils Liljequist (1911)
- Dr. Edward Lahn (1914)
- Dr. Collins (1918)
- Dr. Henry Lindlahr (1919)
- Dr. Haskel Kritzer (1924)
- Rudolph Schnabel (1952)
- Theodore Kreige (1969)
- Bernard Jensen (1974)
- Jim Jenks (1978)
- Dorothy Hall* (1980)
- Denny Johnson (1984 - Rayid Iridology)
- David Pesek (1990s -)

* Hall was an Australian Naturopath/Herbalist who developed her own approach to iris analysis
Bernard Jensen

Dorothy Hall

Denny Johnson

David Pesek
1. Research-based evidence
   • 26 references to iridology in science literature
   • 1 is a literature review
   • 13 are clinical studies
   • others are updates or editorials

(naturalstandards.com/databases)
Iris Analysis – the evidence-base

• Preliminary studies suggest iridology may assist in identification of individual predispositions for vascular diseases (hypertension)

• Preliminary study shows a correlation between iris signs and individuals with Diabetes mellitus

• Limited available data supporting iridology as a diagnostic tool in cancer

• Preliminary study suggests no evidence supporting iridology for diagnosis of gallbladder disease

• Preliminary study suggests no evidence supporting iridology as diagnostic tool in kidney disease

(naturalstandards.com/databases)
Iris Analysis – the evidence-base

2. Empirical/Traditional evidence
   • in use for over 3000 years
   • over 300 years use as a systematised approach to health analysis
   • majority of the iris charts currently in use are consistent
   • significant anecdotal evidence of its clinical efficacy

   o Well-designed and appropriate research studies are required to determine the research-based evidence for iris analysis.

   o Iris analysis is an officially accepted diagnostic method in the former Soviet Union, Belarus & South Korea

Sarris, J & Wardle, J 2010 Clinical Naturopathy
Basic Eye Anatomy

Diagram showing Basic Eye Anatomy with labels for:
- Superior Rectus muscle
- Sclera
- Iris
- Lens
- Cornea
- Anterior chamber
- Posterior chamber
- Conjunctiva
- Inferior Rectus muscle
- Optic nerve
- Fovea centralis
- Retina
- Vitreous chamber
- Eyelid
- Pupil
- Sclera
- Iris
Basic Eye Anatomy

- **Conjunctiva:** Membrane overlaying the eyeball and inside of the eyelids
- **Cornea:** Membrane overlaying the pupil and the iris
- **Pupil:** Aperture through which light enters the eye
- **Iris:** Coloured portion of the eye; consists of two layers: the front pigmented fibrovascular known as a stroma and, beneath the stroma, pigmented epithelial cells
- **Sclera:** Outer, tough layer of the eye. The ‘white of the eye’
Basic Eye Anatomy

- **Choroid**: Middle, blood-rich layer of the eye
- **Retina**: Inner, light-sensitive layer of the eye
- **Lens**: Sits behind the pupil and refracts light onto the retina
- **Aqueous Humor & Vitreous Humor**: Viscous fluids that fill the chambers of the eye
Basic Eye Anatomy

Iris anatomy:

- Iris is comprised of layers of tissues
  - 4 main layers
    - Anterior endothelium – single layer of flattened cells located at the anterior surface of the iris (continuation of posterior surface of cornea)
    - Anterior border layer – just beneath anterior endothelium; contains pigment that gives iris its colour; in a blue/lighter colour iris this layer is thin, in a brown iris this layer is thick & densely pigmented; within this layer are intertwining connective tissue and pigment cells

Basic Eye Anatomy

- **Stroma** – behind anterior border layer; constitutes most of the iris; made up of blood vessels enmeshed with connective tissue & nerves; each blood vessel wrapped in a collagen sheath – these vessels are the iris fibres/ trabeculae.

- **Posterior membrane** – a thin layer of muscle fibres (dilator muscle) that draws back the pupil ruff/border causing the pupil to dilate.

- **Posterior epithelium** – heavily pigmented layer lining back of iris & curls around pupil ruff; protects posterior chamber from light penetration.

Basic Eye Anatomy

- **Pupillary Ruff/Border**: inner edge of posterior epithelial layer, encircles the margin of the pupil
- **Sphincter Muscle**: doughnut-shaped muscle located beneath stroma; primarily innervated by parasympathetic nervous system; reflects stomach organ
- **Collarette/ANW**: Autonomic Nerve Wreath – represents the autonomic nervous system (sympathetic & parasympathetic) & tone of intestines
- **Ciliary Zone**: area of iris between ANW and iris border; 3-4 layers of iris fibres
Layers of the Iris

Brown iris – denser pigmentation

Blue iris – less dense pigmentation

Blood vessels & nerves

Muscle fibres

Posterior membrane & epithelium

How Does Iris Analysis Work?

• The iris is connected to the dura mater of the brain via 28,000 nerve endings that form part of the optic nerve (part of central nervous system);

• The iris is connected to the sympathetic & parasympathetic nervous systems

• Each stromal cell & chromatophore in the iris receives its own nerve supply that enters the root of the iris via the ciliary body

www.meddean.luc.edu/

www.images.missionforvisionusa.org
How Does Iris Analysis Work?

• 33 separate arteries supply the tissues of the eye
• Through association with the brain and nervous system the iris is indirectly and directly connected with every, tissue, gland and organ of the body
• Via electrical & chemical impulses from the nerves and circulatory system, the eye and iris receive stimuli from the whole of the body (neuro-optic reflex)
• Embryonically the iris develops from the mesoderm and the neuroectoderm (same tissue that forms the brain and spinal chord)
• Muscles of the iris are only body muscles derived from the neuroectoderm

Tart-Jensen, E 2012 Techniques in iris analysis
How Does Iris Analysis Work?

• As a fetus develops, nerve impulses & genetic information are recorded in the structures of the iris (genotype); health problems/changes in body chemistry, physiology and structure that occur throughout life can be reflected in the iris, pupil, sclera and convunctiva of the eye.

• By examining the iris colour, structure and pigmentation, the pupil, and the sclera, information relating to an individual’s anatomical and physiological health may be obtained.

_Tart-Jensen, E 2012 Techniques in iris analysis_
Iris Maps

• The association of signs/indicators in the iris with health problems relating to specific parts of the body led to a mapping of areas in the iris to tissues, organs and systems of the body.

• Over the centuries iris maps have evolved as the result of fine-tuning adjustment due to the interchange of information globally.

• Of the contemporary iris maps used internationally there is at least 85% consistency.

• The iris map we will use as a reference in the course is the Jensen chart* (see following slide)

* Available via the LMS
Iris Maps
Bernard Jensen Iris Chart
Iris Maps
Early Iris Charts

Von Peczely Chart circa 1886

Henry Lindlahr Chart 1919
Iris Topography

For referencing purposes the iris is divided into a number of zones. These zones are known as:

- **Radial Zones:**
  - 12 equal zones radiating out from the pupil to the iris border which are identified like the hours of the clock.

- **Concentric Zones:**
  - 7 equal zones which are concentric and share the pupil as their common axis.
Zones of the Iris

Radial Zones

- **Radial zones** assist in referencing the reflex position of body organs, for example:
  - The liver is situated between 7:30 and 7:40 in the right iris.

- **Radial zones** also assist the practitioner in referencing specific areas in the iris, for example:
  - A practitioner may want to convey to another practitioner the whereabouts of an iris sign which may appear in a specific radial zone.
Concentric Zones

- There are seven (7) Concentric zones in the Iris;
- Concentric zones are evenly distributed out from the pupil border (Zone 1) to the Iris border (Zone 7);
- Concentric zones are zones in which specific body systems and body organs generally tend to be located, for example:
  - Zone 1 = The Stomach Zone (Zone of Digestion)
  - Zone 2 = The Intestinal Zone (Zone of Absorption)
  - Zone 3 = The Humoral Zone (Blood & Lymph)
  - Zone 4 = The Muscle Zone (Zone of Utilization)
  - Zone 5 = The Skeletal Zone (Zone of ultimate Utilization)
  - Zone 6 = The Lymph Zone (Zone of Detoxification)
  - Zone 7 = The Skin Zone (Zone of Elimination)
The Stomach Zone (Zone 1)

- The ‘Stomach Zone’ represents the integrity and function of stomach and digestion (green on the iris chart)

Any registration in this zone may indicate stomach problems

The Intestinal Zone (Zone 2)

- The ‘Intestinal Zone’ represents the integrity and function of the small and large intestines (tan on the iris chart)

Any registration in this zone may represent gastrointestinal dysfunction

Zones 1 + 2 = Nutritive/Ruff Zone

The Humoral Zone (Zone 3)

- The ‘Humoral Zone’ (blood & lymph zone) represents the dynamics of the transformation and distribution of nutrients; major blood & lymph vessels, the heart & some glands are located in this zone (dark pink on the iris chart).

Any registration in this zone may represent dysfunction of the blood and lymphatic systems of the GIT & major endocrine glands in the body.

The Muscular Zone (Zone 4)

- The ‘Muscular Zone’ represents where nutrients are been distributed in the body. The first zone of nutrient utilization and nourishment; registrations in this zone may also relate to poor nutritional status of the organ/tissue concerned (light pink on the iris chart).

A registration in this zone may represent muscular dysfunction of the specific muscle in that area.

The Skeletal Zone (Zone 5)

- The ‘Skeletal Zone’ represents the integrity and function of bones & skeleton; major spinal regions located primarily in this zone; also the location of many major organs & glands to which optimal nutrition is critical (gray on the iris chart)

A registration in this zone may represent a problem with the skeletal structure in that particular area

The Lymph Zone (Zone 6)

- The ‘Lymph Zone’ represents the major area of the lymph system, where detoxification/waste elimination takes place within the body (light blue on the iris chart)

A registration in this zone may indicate a problem to the peripheral lymphatic/circulatory/mucosal membranes in the area

The Skin Zone (Zone 7)

Represents the skin, the zone of elimination, includes orifices of the body. Located inside the iris border (dark blue on the iris chart)

Any registration in this zone may represent a skin problem or dysfunction of eliminatory functions

Approximate Ideal Dimensions of the Normal Iris

Pupil Size = 1/4 | Ruff Zone Size = 1/4 | Ciliary Zone Size = 1/2

Jensen, B. *The Science and Practice of Indology Vol I & Vol II*, Jensen Publishers, USA
The Ruff/Nutritive Zone (Zones 1 & 2)

- The ‘Ruff Zone’ represents the integrity and function of stomach and Intestinal tissue. It’s size is an indication of the digestive function, and therefore ‘nutritional status’, of an individual.
The Ruff/Nutritive Zone contd

- An abnormal registration in this zone may represent dysfunction of the processes of digestion, absorption & assimilation in the stomach and intestines

- Normal size Ruff = good digestion, absorption & assimilation

- Very small Ruff = hyperactivity of GIT functions

- Large Ruff = poor digestion, absorption & assimilation
The Ciliary Zone (Zones 3, 4, 5 & 6)

- The ‘Ciliary Zone’ represents nerve energy supply and metabolic efficiency to the entire body. It’s size therefore indicates the ‘Vital Energy’ or ‘Vital Force’ of an individual.

A larger Ciliary zone = higher vitality & overall metabolic function

A smaller Ciliary zone = lower vitality & overall metabolic functions

The ANW (Autonomic Nerve Wreath)

- The ANW represents the integrity and function of the Autonomic Nervous System. The ANW also represents the ‘physical tone’ of the small & large intestines.

Variations of ANWs
Abnormalities in the Iris

Abnormalities in the physical iris anatomy represent dysfunction in the organs and tissue of the body and can be seen in:

- The Pupil (Size and shape)
- The ANW (Size, shape and colour)
- The Ruff Zone (Size)
- The Ciliary Zone (Size)

Pupil (Size and Shape):
The pupil represents the Central Nervous System (Mostly the Spinal column)
Abnormalities in the ANW

- The ANW represents:
  - The autonomic nervous system of the gastrointestinal system;
  - The ‘physical tone’ of the gastrointestinal system.

- When the ANW is larger than normal, it indicates:
  - Weakening of the autonomic nervous system of the gastrointestinal system;
  - Weakening in the physical tone of the gastrointestinal system;
  - Weakening of the organs and tissue in the adjacent Ciliary Zone.

- When the ANW is smaller than normal, it indicates:
  - Constriction of the autonomic nervous system of the gastrointestinal system;
  - Constriction in the physical tone of the gastrointestinal system;
  - Constriction of the organs and tissue in the adjacent Ciliary Zone.
Abnormalities of the ANW
Abnormalities in the Ruff Zone

- **The Ruff Zone indicates:**
  - Integrity and function of the Stomach and Intestines;
  - The ‘Nutritional status’ of the individual.

- **A small Ruff Zone indicates:**
  - Constriction of the ANS to the GIT (Bowel);
  - Constriction of the physical tone of the Bowel;
  - Poor nutritional status.

- **A large Ruff Zone indicates:**
  - Lowered ANS energy in the Bowel;
  - Poor physical tone of the Bowel (Blown-out);
  - Poor nutritional status.
Constriction of the Ruff Zone
Blow-out of the Ruff Zone
Abnormalities in the Ciliary Zone

- **The Ciliary Zone indicates:**
  - Integrity and function of all body organs and systems;
  - The ‘Vital Energy’ of the individual.

- **A small Ciliary Zone indicates:**
  - General lowered metabolic function of the body;
  - Poor ‘Vital Energy’ of the individual.

- **A large Ciliary Zone indicates:**
  - General increased metabolic function of the body;
  - Good ‘Vital Energy’ of the individual.
Be sure to bring your iris torch/magnifiers and iris chart to the next class!
References

Jensen B 1952. *Iridology; the science and practice in the healing arts vol 1*. Bernard Jensen Publisher, Escondido

Jensen B 1982. *Iridology; the science and practice in the healing arts vol 2*. Bernard Jensen Publisher, Escondido

Miller, T 2008. *The integrated iridology textbook*. Inter Health Australia, Lake Munmorah, Australia


Sharan, F 1989. *Iridology: a complete guide to diagnosing through the iris and to related forms of treatment*. Thorsons, Wellingborough, UK

COMMONWEALTH OF AUSTRALIA
Copyright Regulations 1969
WARNING
This material has been reproduced and communicated to you by or on behalf of the Australian College of Natural Medicine Pty Ltd (ACNM) trading as Endeavour College of Natural Health, FIAFitnation, College of Natural Beauty, Wellnation - Pursuant Part VB of the Copyright Act 1968 (the Act).
The material in this communication may be subject to copyright under the Act. Any further reproduction or communication of this material by you may be the subject of copyright protection under the Act.
Do not remove this notice.
Tutorial Activity Session 2

• In pairs, observe the photo of the iris in the following slide & discuss with your partner what you see in light of the information covered in today’s session (10 mins).

• Come back into the main group & take turns reporting back the main things you observed from your observation of the iris.
Tutorial Activity Session 2 contd

• In layman’s terms explain as you would to a client how iris analysis works. Make reference to basic eye anatomy and to some of the health indications that iris patterns and registrations may suggest.
  
• Consider how iris analysis may assist in determining an appropriate treatment/health management strategy for clients. Make reference to the Naturopathic Therapeutic Order when framing your response.
  
• Naturopathic philosophy states that the three primary causes of disease are:
  o Lowered vitality
  o Abnormal composition of blood & lymph (poor nutritional status)
  o Accumulation of toxins/xenobiotics and metabolic wastes in the system

• Based purely on what you have learned in this session, identify which of the 7 concentric zones of the iris may provide information about these three primary disease causes.