



Treatment of Macular Degeneration with A Four-in-One Therapy Combining Traditional Chinese and Western Medicine, Mainly Acupuncture

Yue Su

Shaanxi University of Chinese Medicine, Xianyang 712046, Shaanxi, China

Abstract : This study focuses on the treatment of macular degeneration with a combination of traditional Chinese and Western medicine based on acupuncture and moxibustion. The therapy includes acupuncture, acupoint injection of neurotrophic drugs, intravenous infusion and Chinese herbal decoctions. Based on the classic theory of traditional Chinese medicine and in combination with modern medical cognition, explore its mechanism of action. Clinical practice has shown that this therapy can improve macular degeneration in many ways, demonstrating the innovative application of the combination of traditional Chinese and Western medicine in ophthalmic treatment and contributing to the strengthening of the sense of community of the Chinese nation and promoting the development of ophthalmic medicine.

Keywords: integration of traditional Chinese medicine and medicine; acupuncture; macular degeneration

1. Introduction

Macular degeneration is a common ophthalmic disease that seriously affects the quality of life of patients. In the context of forging a strong sense of the Chinese nation as a community, it is of great significance to explore the potential of combining traditional Chinese medicine with modern medicine and to explore innovative ophthalmic treatment methods. The combination of traditional Chinese and Western medicine, with acupuncture as the main approach, offers new ideas for the treatment of macular degeneration, combining the advantages of traditional Chinese medicine and modern drug therapy[1].

2. Contents of the Quadruple Therapy

2.1 Acupuncture

Based on the theory of meridians in traditional Chinese medicine, select acupoints such as Jingming, Zanzhu, and Qiu Hou. Jingming is the starting point of the bladder meridian of the Foot Sun, as recorded in *Ling Shu - Meridians*: "The meridian of the bladder foot sun... Starting at the inner canthus of the eye, needling Jingming can unblock the meridians and qi and blood of the eye, improve the circulation of local qi and blood, and nourish the eye with qi and blood. The bamboo belongs to the foot-sun bladder meridian. Stimulating this acupoint can dispel wind and improve eyesight, and relieve eye discomfort. The back of the ball is an extraordinary point outside the meridian, which acts directly on the eye to regulate the local qi and blood of the eye and promote the supply of nutrients to the macular area[2].

2.2 Acupoint injection

At the temples, Waiguan points, Quchi points and Zusanli points, mecobalamin, adenosine cobalt amine, mouse nerve growth factor for injection, vitamin B12, asarum lamp and other neurotrophic drugs are injected. The Sun point is an extraordinary point outside the meridians, located on the head and closely connected to the ocular nerve. The drug injection here can reach the affected area directly and nourish the ocular nerve. Waiguan is an acupoint on the Sanjiao Meridian of the Hand Shaoyang, as described in *Ling Shu - Meridians*: "Sanjiao - the Hand Shaoyang meridian... Stimulate Waiguan to regulate qi and blood in the three jiao and improve nerve conduction in the eyes. The Quchi point is the hand Yangming Large Intestine Confluence point, which can regulate the circulation of qi and blood and promote the conduction of drugs in the meridians. Zusanli is the foot yangming Stomach Joint point. *Ling Shu: Five Pathogenic Factors* says, "Pathogenic factors are in the spleen and stomach... To regulate Yangming and Shaoyang, injecting drugs into Zusanli can strengthen the body's vital energy, enhance the body's immunity, and promote nerve repair.

2.3 Intravenous drip

Qingkai Ling Injection: The main components are cholic acid, mother-of-pearl, porcine deoxycholic acid, gardenia, water buffalo horn, Isatis root, baicalin, honeysuckle, etc. It has the effects of clearing heat and detoxifying, resolving

phlegm and unblocking meridians, and awakening the mind and opening the orifices. It is suitable for macular degeneration patients with symptoms of excessive heat toxins and phlegm-heat blocking the meridians. If the patient has symptoms such as red and swollen eyes, bitter mouth, dry throat, red tongue with yellow and greasy coating, Qingkailing Injection can be selected. Although the Treatise on Cold Damage Disorders does not directly mention similar drugs, the idea of clearing heat and detoxifying runs through it. Qingkailing can be analogized to clear the heat toxins in the eyes and improve the state of eye inflammation.

2.4 Traditional Chinese medicine decoctions

Use Taohong Siwu Decoction combined with Wen Dan Decoction with modifications. The Peach Red Siwu Decoction, from the Medical Treatise Golden Mirror, is composed of peach kernels, safflower, rehmannia glutinosa, angelica sinensis, Paeonia lactiflora, Ligusticum chuanxiong. It has the effects of promoting blood circulation and removing blood stasis, nourishing blood and regulating menstruation, and can improve the state of blood stasis obstruction in the eyes and promote the circulation of qi and blood in the eyes. Wen Dan Decoction, from "Three Causes and One Disease Syndrome Formula", is composed of Pinellia, bamboo shoots, Hawthorn, dried tangerine peel, licorice and poria, which can regulate qi, transform phlegm, clear gallbladder and harmonize the stomach. For patients with symptoms of phlegm-dampness accumulation, such as heavy head as if wrapped, chest tightness, epigastric fullness, white and greasy tongue coating, the Wen Dan Decoction can regulate the body's qi movement and improve the constitution of phlegm-dampness accumulation. Adjust according to the specific symptoms of the patient. For example, for those with liver and kidney Yin deficiency, add goji berries, chrysanthemums, ligustrum lucidum and other liver-kidney nourishing ingredients; For those with weak spleen and qi, astragalus membranaceus, Codonopsis pilosula and Atractylodes macrocephala are added to strengthen the spleen and boost qi[3].

3. The mechanism of action of triple and quadruple therapy

3.1 Regulating meridians and qi and blood

Acupuncture stimulates acupoints to stimulate the activity of qi in the meridians and regulate the flow of qi and blood in the meridians. "The meridians are what determine life and death, treat all diseases, regulate deficiency and excess, and must not be blocked." By injecting medicine into the acupoints of the meridians, through the conduction effect of the meridians, the medicine can reach the affected area directly and enhance the regulation of qi and blood. Multiple drugs work together to improve the state of blood stasis and phlegm-dampness obstruction in the eyes and provide sufficient blood and qi nourishment to the macular area[4].

3.2 Nourish the nerves

Neurotrophic drugs such as mecobalamin and adenosine cobalamin injected at acupoints act directly on the ocular nerves, promoting the metabolism and repair of nerve cells. From the perspective of traditional Chinese medicine, normal nerve function is closely related to the abundance of qi and blood and the coordination of visceral functions. Acupuncture regulates the meridians and qi and blood, providing a good internal environment for nerve repair. Chinese herbal decoctions regulate the functions of the internal organs as a whole, enabling the generation of qi and blood to have a source, and jointly promoting the recovery of nerve function. "The heart is the sovereign organ, from which the spirit arises," as said in the Suwen: The Secret Treatise of Linglan, emphasizing the importance of the functions of the internal organs to the mental and neural activities of the human body.

3.3 Improve blood circulation

Intravenous infusion of Danshen injection and Xiangdan Injection can dilate blood vessels, reduce blood viscosity, inhibit platelet aggregation, and improve microcirculation in the eyes. Acupuncture can also affect the dilation and contraction of blood vessels by regulating meridians and qi and blood. The blood-activating and stasis-resolving herbs in Taohong Siwu Decoction further promote blood flow and eliminate stasis obstruction. Good blood circulation provides sufficient nutrients and oxygen to macular cells, removes metabolic waste, and maintains normal metabolism and function of macular tissue. This is in line with the idea in "Essential Prescriptions from the Golden Cabinet" that "if blood is not in good condition, it becomes water", emphasizing the importance of blood circulation to tissues and organs.

3.4 Overall regulation of the functions of the internal organs

Chinese herbal decoctions: The Peach Red Siwu Decoction combined with the Wendan Decoction is adjusted from the overall perspective to regulate the functions of the liver, spleen, kidney and other organs. The liver stores blood and opens

into the eyes; The kidneys store essence, essence generates marrow, the brain is the sea of marrow, and the eyes are connected to the brain; The spleen is the foundation of the body after birth and the source of qi and blood production. By regulating the functions of the internal organs, qi and blood are abundant, Yin and Yang are balanced, and the internal environment of the body is improved. Acupuncture stimulation of acupoints related to the internal organs can also regulate the qi movement of the internal organs. "The liver gives birth to sinew, sinew gives birth to heart, heart gives birth to blood, blood gives birth to spleen, spleen gives birth to flesh, flesh gives birth to lung, lung gives birth to hair and hair," which reflects the mutual generation relationship and overall connection among the organs.

4. Conclusion

The combined therapy of traditional Chinese and Western medicine, mainly acupuncture, for macular degeneration, based on classic theories of traditional Chinese medicine and combined with modern medical drugs, works in multiple aspects such as regulating meridians and qi and blood, nourishing nerves, improving blood circulation, and overall regulating the functions of internal organs. This therapy embodies the integration and innovation of traditional Chinese medicine and modern medicine, and is a beneficial practice of strengthening innovative research and application in ophthalmology in the context of forging a strong sense of community for the Chinese nation. Further research on its mechanism of action is needed in the future to optimize treatment plans and bring hope to more patients with macular degeneration[5].

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Author Bio

Yue Su (b. November 1999), female, Han ethnicity, native of Xi'an, Shaanxi Province. Educational background: Master's degree. Research focus: Traditional Chinese Medicine Otorhinolaryngology.