

# Iridology through the homeopathic looking glass

Part One

by Keri Williams LCPH MGNI D.Ir



Since qualifying in 2009 from the College of Practical Homeopathy, Keri has been practising both homeopathy and iridology in London. After discovering iridology whilst at college, Keri studied under Marion and Peter Joyce and has received a diploma in iridology from the Guild of Naturopathic Iridologists. She has found iridology to be an invaluable asset to her homeopathic practice and aims to extend this to a wider audience.

This two-part article aims to explore some of the links between homeopathy and iridology, and how these can be used to enhance homeopathic prescribing. Some basic iridology techniques can be employed to provide information on both the physical and mental / emotional level. This information can be used to enhance case-taking by asking more targeted questions, to choose the correct organ support / drainage remedies or to add to one's case notes and decide upon the optimal constitutional remedy. Part One gives an overview of iridology and two techniques the homeopath can adopt to ascertain physical dysfunction, whilst Part Two will focus on the mental / emotional aspects.

I'd like to start by explaining what iridology actually is. This assessment tool sets out to discover, through a non-invasive examination of the iris, a number of markings that can be analysed according to their location. The analysis of the markings provides valuable information on the structure and function of the body. By definition, according to the 27th edition of *Dorland's Illustrated Medical Dictionary*, iridology is 'the study of the iris, particularly its colour, markings, changes, etc, as associated with disease'.

Bernard Jensen, an expert in the field, compared the iris to the monitor of a computer – a surface displaying the integrity of tissue in other parts of the body. Iridologists believe that the eyes are an outgrowth of the brain connected by the optic nerve. Hence, the eye is considered to be a specialised type of brain tissue and is the only part of the brain that can be observed without surgery. Nerve impulses from every organ and system in the body are processed and responded to by the brain, and this information in turn is registered on the iris (transmitted via the optic nerve). In many ways, iridology could be regarded as another form of

reflexology, where the reflexes in the iris record signs about the health of the associated organs.

### The iridology chart (see opposite)

The location of these iris signs is significant. Over time, iridologists have developed charts that enable one to reference the location of the iris sign and relate it back to the corresponding organ or body part.

### Clockface liver diagram

The chart divides the iris up into 12 sectors, and iridologists refer to various organ zones as if this is a clock face – for example, the liver is located at 8 o'clock in both the

left and right eye (see diagram below). By comparing the iris to the chart, the whole picture of the inner workings of that individual becomes apparent. One of the most interesting aspects that I find with the iridology chart is how its arrangement correlates to the anatomy of the body – for instance, the lower limbs are located at the base of the iris (around 6 o'clock), the brain structures at the top of the iris (11 – 1 o'clock), the bowel is the first circle around the pupil on the inside and the skin is represented on the outer edge of the pupil.

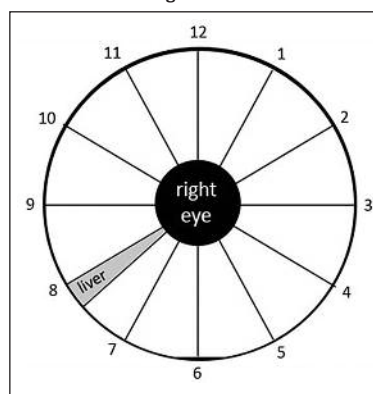
### The iridology examination

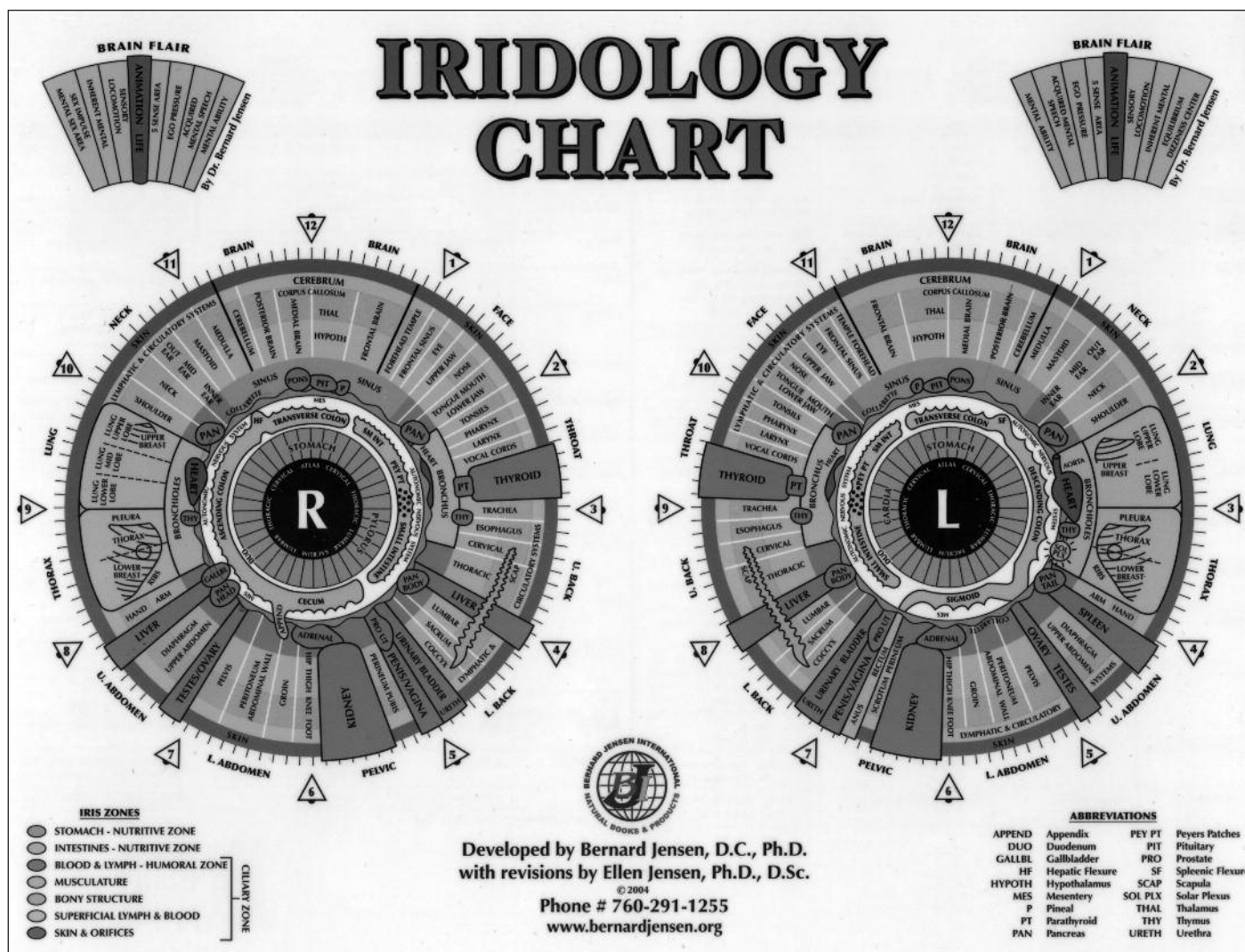
Basic iris examinations can take place with very little equipment. The suggested starter kit is usually a lens, a torch with an adjustable beam and an iridology chart. The lens is held over the client's eye while the focused beam of the torch is brought in from the outside edge of the face, thereby illuminating the iris.

### Limitations

There is a large amount that iridology can do which the homeopath can benefit from understanding. It is a very powerful tool to glean information. However, it is just that: information. Iridology is not a diagnostic tool – rather it is an assessment tool. Only the patient can confirm the information one observes. Sensitivity is required when asking questions around what is seen – many people get anxious when one discusses inherited weaknesses in major organs. We do not want to send them running to the doctor in a panic, convinced they have a fatal disease!

Clockface liver diagram © Keri Williams





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One may see signs of an over-taxed organ, yet that patient insists they do not experience any symptoms associated with that particular organ. This is quite common and indicates the very early stages of dysfunction and where a condition is likely to manifest in time if they do not take steps to improve their health. One can then counsel them on living healthily to ensure they have the best chance of avoiding related illnesses, in addition to providing the appropriate homeopathic prescription based on this understanding.

**Iris signs**

There are a variety of different iris signs that can be observed. Many of these signs are present at birth, or form in infancy. The signs present at birth show where there is an inherited weakness, and one can decipher from the eye whether this was inherited from the mother or father's side of the family. It is particularly fascinating when a parent and child come in for an assessment and one can clearly see where identical

hereditary iris signs have been passed down the family line. This can give added confirmation of the remedies required in the case, particularly on a miasmatic level.

These inherited iris signs can change slightly with time. As a person ages and accumulates more layers (toxicity, mental and

**Jensen Iridology Chart**

**Iridology could be regarded as another form of reflexology, where the reflexes in the iris record signs about the health of the associated organs**

emotional baggage, physical illness) the inherently weak areas of the body are usually the first to be impacted. The colours of the inherited iris signs can fluctuate, and this shows one when the susceptible organ or system weaknesses have become active. In addition to this, one is not only able to observe when the iris sign is active, but also what stage of decline the organ is at. These stages go from acute inflammation, progressing through chronic conditions and finally to the degenerative stage where there is necrosis and pathology. Hyper or hypo-activity of the organ can also be determined, which is particularly useful, for example, when checking the adrenals or thyroid gland.

**Application of iridology for homeopaths**

We know how important it is in homeopathy to understand one's patient as an individual and, for example, what makes their experience of a common ailment different from the next person's. Iridology provides a tool that allows one to

## FEATURE

➤ see what is happening on a physical level underneath these symptoms. It paves the way into the patient's inner world and provides us with an uncompensated view of what is really going on. This is especially useful when it comes to assessing the timeline and the mental / emotional aspects (which I will expand on in the second part of the article).

There are a number of simple iridology techniques that can be adopted by homeopaths after some basic training, allowing them to elicit much information, including:

- inherited organ weakness and which side of the family this was inherited from
- whether the inherently weak organs are currently over / under-functioning
- at what age physical / emotional traumas occurred (the homeopathic timeline)
- if there were any traumas pre-birth, in-utero
- personality traits, for example tendency to depression or anger,

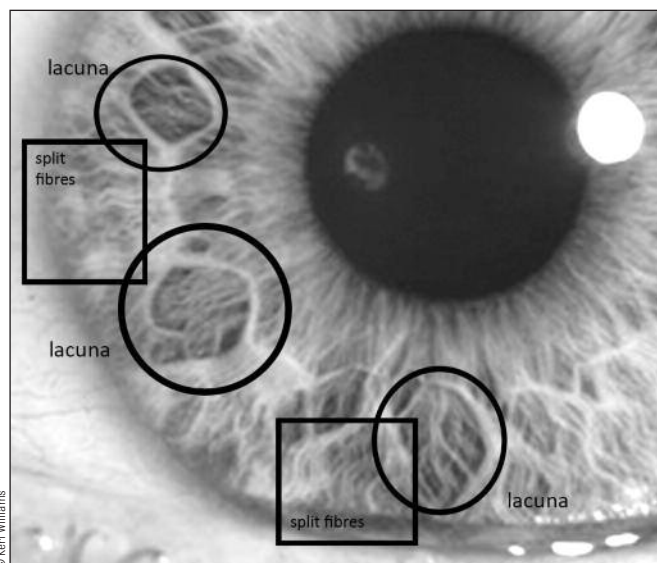
- extroversion or introversion
- the strength of the person's constitution
- the function of the gastrointestinal system (including bowel pockets, protein digestion, absorption)
- nutritional imbalances
- presence of candida or parasites.

### Case example

The following case illustration provides a summary of how I use iridology to determine inherited organ weakness and which organs are under-functioning.

### Identifying inherited organ weakness

There are a number of iris signs which show inherently weakened organs through iridology. For the purposes of this article I focus on the round iris markings (called lacunas) and darker areas of the iris (which under magnification show that fibres in the iris have wider gaps between them).



© Keri Williams

Lacuna: split fibres

### Lacuna split fibres

The presence of either of these *two types of markings* in the left iris indicates inheritance from the maternal line, while the right eye shows the paternal line. Often the patient does not even realise that they have these related issues in

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their family medical history and it is not uncommon for people to go away and ask their family about this, only to confirm one's findings.

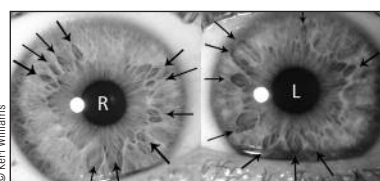
When I examine the iris I note these signs and compare them with the iridology chart to see where in the body a weakness has been inherited. It is important to confirm these findings with the patient, so I might ask if there was a history of disease associated with the indicated organ on their mother's or father's side of the family.

Next, I note the colours and shades of the signs; these are discussed in the next section.

**Identifying inherited organ weakness: Case**

In this case example there are many round lacuna markings (giving a somewhat 'loopy' appearance around the iris). Overall, this indicates inherited glandular weakness (cancer miasm). The rubric 'GLANDS, weak' is useful in these cases.

These patients usually have a history of glandular fever, often with post-viral fatigue, so it is important to enquire about this in the case-taking. Homeopathically, *Carcinosin* and the *Glandular fever nosode* are the top remedies to consider for ailments from glandular fever; however, *Calcarea carbonicum*, *Gelsemium* or *Mercurius* may also be well indicated.

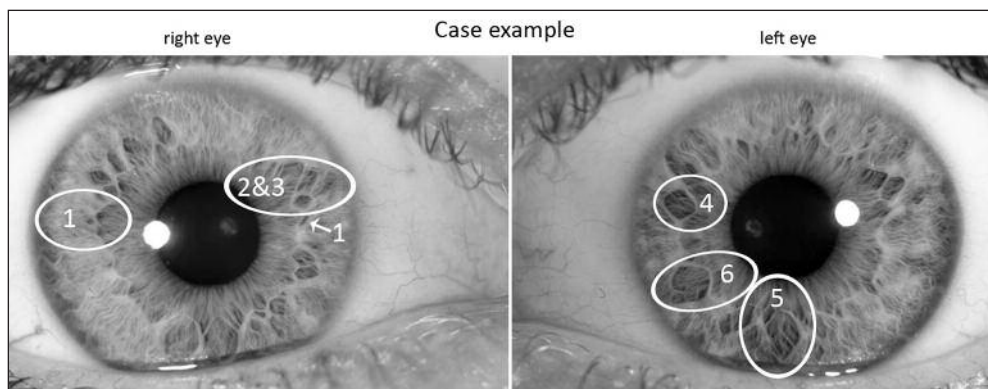


'Loopy' lacuna presentation: inherited weak glands

On an individual organ level, I have picked out some of the more important markings to discuss in this case (see photo at the top of this page).

**Right eye, inherited weaknesses from father:**

- 1 Small round lacuna in heart area (9 o'clock) and heart / bronchus area (3 o'clock) with yellow toxicity settled around the lungs (8.30) and white inflammation; confirmed family history – her father died of pulmonary heart disease.
- 2 Several round lacuna markings



joined, around throat area (2.30); confirmed family history – her father had serious throat problems before she was born for which he nearly had to have surgery. No other details known. Patient was susceptible to tonsillitis, glandular swelling and sore throats, which move to the chest.

- 3 Darker area (separated fibres) with white / yellow colouring over thyroid area (3.15); patient could not confirm family history of diagnosed thyroid issues but did have difficulty expressing her inner emotions.

**Left eye, inherited from mother:**

- 4 Round lacuna marking at the thyroid area (9.15) with a darkened appearance showing hypo-activity and yellow toxic settlement. Patient is quite 'calc-carby' in appearance and confirms that she finds it difficult to lose weight. Patient's mother also carried a little extra weight but did not have a diagnosed thyroid issue.
- 5 Round lacuna marking at kidney area (6.15) with darkened colour and separated fibres indicating inherited weakness with hypo-function. The family history confirms this marking as the patient's mother had high blood pressure associated with kidney under-function. The darkened colour shows a hypo-state of kidney functioning which is confirmed by the yellow settlements seen generally around the eye (discussed in depth later).
- 6 Round lacuna marking at liver area (8 o'clock) with darker area (separated fibres) and yellow toxic deposits around show toxicity held in the liver along with an inherited weakness in the area. Patient did not recall any diagnosed liver condition on her mother's side of the family.

Case example: inherited

**Putting it all together**

Already with those pieces of information, one has a considerable amount of information on the physical workings of this individual. It is important to use case-taking as the tool to gather information, assess what the most significant dysfunction is and prescribe for what is most pressing.

In this case, the heart, lungs, kidney and thyroid potentially need addressing. On a mental and emotional level, there was some fear, timidity and confidence issues along with a history of recurring ear infections. In the Chinese five elements philosophy, these are all

**It is important to use case-taking as the tool to gather information and assess the most significant dysfunction**

➤ linked to the energy of the kidneys, so I felt through my analysis of all information that the kidneys needed supporting the most.

I would also be concerned about the weakened heart inherited from her father's side of the family that was showing signs of yellow toxic deposits. If there are no symptoms associated with the heart, or any diagnosed condition, I usually give *Crataegus* in either mother tincture or x potency. This acts as a tonic to support and strengthen the heart.

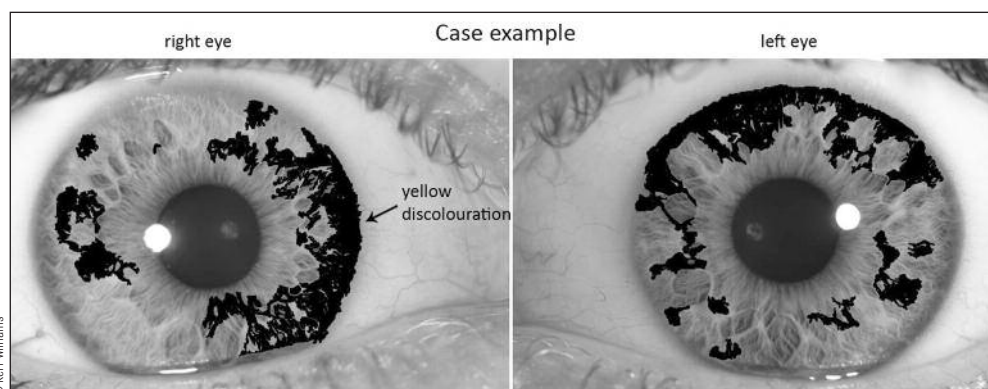
Clearly the thyroid and liver would need addressing in due course if they are still causing issues after the kidney function has improved.

### Assessing organ function with colour

Colours are an easy way to identify organ dysfunction within the iris. Colours that are found in a blue iris have a different presentation within

# Colours are an easy way to identify organ dysfunction within the iris

COLOUR	INDICATIONS	SUGGESTED REMEDIES
<b>White</b>	<ul style="list-style-type: none"> <li>● First stage of acute inflammation.</li> <li>● Widespread white in a blue eye shows systemic acidity and a system overloaded with uric acid. Patient is susceptible to arthritis and gout.</li> <li>● In brown eyes this could look like a lighter shade or yellow.</li> <li>● Hyperactivity of associated organ (for example white fibres in the thyroid area suggest hyperthyroid state, or a susceptibility to this).</li> <li>● Acute inflammatory state of associated organ. Search for rubrics in the chapter associated with the specific organ. Look for rubrics along the lines of hyperactivity, over-function or inflammation.</li> </ul>	<p>Widespread white inflammation (systemic acidity):</p> <p>Top general support remedies – <i>Natrum phos</i> or <i>Natrum bicarbonicum</i></p> <p>Nervy and anxious people – <i>Arsenicum</i>, <i>Argentum nitricum</i></p> <p>Skin and digestive issues – <i>Gaertner</i> or <i>Sycotic co.</i></p> <p>Miasmatically <i>Carcinosin</i> is indicated.</p>
<b>Yellow</b>	<ul style="list-style-type: none"> <li>● On an overall level, the kidneys are under-functioning and need support to eliminate toxicity.</li> <li>● Yellow spots localised to organs indicate sub-acute states – inflammation is becoming more chronic and toxicity is settling in associated area.</li> <li>● The kidneys need to be employed to remove the toxicity and long-term organ support may be required to do this.</li> <li>● The organ area with yellow colouring may also benefit from specific remedies while the kidneys are being supported.</li> <li>● Search for rubrics in the chapter associated with the specific organ. Look for rubrics along the lines of weak, congestion, under-function or hypo-activity. It is worth cross-checking to the 'KIDNEY, general' or 'KIDNEY, weak' rubrics.</li> </ul>	<p>Top general support remedy – <i>Berberis vulgaris</i></p> <p>Blood cleanser and general kidney tonic – <i>Sarsaparilla</i></p> <p>History of trauma – <i>Aconite</i> or <i>Stramonium</i></p> <p>Female cases with uterine difficulties – <i>Helonios dioica</i></p> <p>Digestive, respiratory and liver issues – <i>Zingiber</i></p> <p>Emaciated and malnourished patients – <i>Alfalfa</i></p> <p>Active or history of urinary tract infections – <i>Terebinthina</i>, <i>Apis</i>, <i>Benzoic acid</i>, <i>Serum anguillae</i> or <i>Sarsaparilla</i>.</p>
<b>Orange</b>	<ul style="list-style-type: none"> <li>● Pancreas and blood sugar support is required.</li> <li>● A deeper stage than sub-acute, heading toward chronic. Even more toxicity settling in organ.</li> <li>● Organs are moving further into hypo-function.</li> <li>● Pancreas is weak; there is a tendency toward hypoglycaemia. Patient is likely to experience sugar cravings.</li> <li>● The organ area with orange colouring may also benefit from specific remedies while the pancreas is being supported.</li> <li>● Search for rubrics in the chapter associated with the specific organ. Look for rubrics along the lines of weak, congestion, under-functioning or hypo-activity. It is worth cross-checking to the 'GLANDS, pancreas, general' rubric.</li> </ul>	<p>Top general support remedies – <i>Pancreatinum</i>, <i>Syzygium</i> and <i>Iris</i></p> <p>Constitutionally remedies to consider – <i>Lycopodium</i>, <i>Phosphorus</i>, the <i>Kalis</i> or <i>Calcs</i></p> <p>Headaches with hunger – <i>Ignatia</i>, <i>Lycopodium</i>, <i>Nux vomica</i>, <i>Phosphorus</i></p> <p>Weakness from hunger – <i>Iodum</i>, <i>Lycopodium</i>, <i>Mercurius</i>, <i>Phosphorus</i>, <i>Sepia</i>, <i>Spigelia</i>.</p>
<b>Brown</b>	<ul style="list-style-type: none"> <li>● Liver is weakened and needs support in eliminating toxicity.</li> <li>● Chronic state, toxicity well settled in tissue and will require longer-term detoxification to remove (naturopathic detoxification techniques can help a lot in these cases alongside homeopathy).</li> <li>● Patient moving toward pathology and tissue change.</li> <li>● The organ area with brown colouring may also benefit from specific remedies while the liver is being supported.</li> <li>● Search for rubrics in the chapter associated with the specific organ. Look for rubrics along the lines of weak, congestion, under-functioning or hypo-activity. It is worth cross-checking to the 'LIVER, congestion' or 'LIVER, weak' rubric.</li> </ul>	<p>Top general support remedies – <i>Chelidonium</i>, <i>Carduus marianus</i>, <i>Berberis</i></p> <p>Constitutional remedies to consider – <i>Lycopodium</i>, <i>Conium</i>, <i>Sepia</i> or <i>Kali carb</i></p> <p>Liver congestion with medication or recreational drug history – <i>Morgan</i>, <i>Nux vomica</i> or <i>Gelsemium</i></p> <p>Irritability with liver congestion – <i>Chamomilla</i>, <i>Bryonia</i>, <i>Nux vomica</i>, <i>Podophyllum</i>, <i>Lachesis</i>, <i>China</i>, <i>Chelidonium</i>.</p>
<b>Black</b>	<ul style="list-style-type: none"> <li>● Pathology, degeneration and necrosis.</li> <li>● Usually only occurs in small parts of the iris and is associated with one area.</li> <li>● Patient requires a lot of organ support for bodily functions associated with degenerating body tissue.</li> <li>● Check if there are any diagnosed conditions associated with that organ, if not it is worth sensitively referring the patient to a doctor for a check-up.</li> </ul>	<p>This can indicate serious pathology and should be repertorised and prescribed upon according to the condition and the patient's presenting complaints. Some possible necrotic remedies for consideration:</p> <p><i>Syphilinum</i> could be indicated on a miasmatic level</p> <p>Septic and malignant conditions – <i>Lachesis</i> or <i>Crotalus horridus</i></p> <p>Enlarged glands or anaemia – <i>Mercurius</i></p> <p>Low vitality and chronic fatigue – <i>X-ray</i>.</p>



a brown iris due to the higher level of pigmentation. In a brown eye, it is important to perceive the difference in contrast between the shades of brown and yellow and use one's case-taking to confirm what one is seeing.

When examining the iris, the colours are noted along with their location, which are again compared to the iridology chart. As always, information needs to be confirmed by the patient, so I ask questions around symptoms that could be produced according to the colour and organ. For example, if there is a brown mark around the liver area, I ask questions around history of medication and toxicity, as well as whether they experience headaches, tiredness in the mornings or general irritability.

I then analyse the information and prescribe for the weakest, most chronic states first. (See table opposite for the colours, indications and possible remedies.)

*Case: Assessing organ function with colour (see photo above)*

Both irises show much white and yellow colouring. The widespread white indicates that she is generally quite acidic on a systemic level. However, as there is much yellow settling amongst this (highlighted in black on the photograph), I can see that the acute inflammatory state is going deeper and moving towards a sub-acute state – toxicity is beginning to settle in the tissue. I would, therefore, focus on the yellow colour first which is the deeper issue.

On an organ level, yellow demonstrates that the kidneys are under-functioning and that they should be supported to enhance the elimination process. This leads me to ask further questions such as:

- Have you noticed changes in bladder function?
- Is your urine an unusual colour or smell?

- Do you have any pain or discomfort around the back or kidneys?
- Do you have pain or difficulty urinating?

Putting this together with my previous assessment on inherited organ weakness confirms that the inherited weakened kidneys from her mother's side of the family are now in an active state of under-functioning. It

Case example:  
colours

**Iridology provides a tool that allows one to see what is happening on a physical level underneath these symptoms. It paves the way into the patient's inner world and provides us with an uncompensated view of what is really going on**

also provides additional confirmation of those findings – that the kidneys are indeed weak.

So, when formulating the homeopathic prescription I want to support the kidneys for an extended period of time with well-indicated drainage remedies, and I would consider constitutional remedies which have an affinity for the kidneys.

### Conclusion

From this overview of just two tools in the iridology toolbox, it is easy to see how much information can be gleaned from the iris. These two tools provide an insight into the patient's susceptibilities and also the active dysfunction within their body. The iridologist's art is in deciding what needs to be cured now – just like homeopathy. Combining iridology and homeopathy has been an invaluable asset to my practice, and I hope this article inspires the reader to look into this modality further.

*Part Two of this article will highlight the methods used for identifying the timeline within the eye, and also some of the personality traits which can be read from the iris.*

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