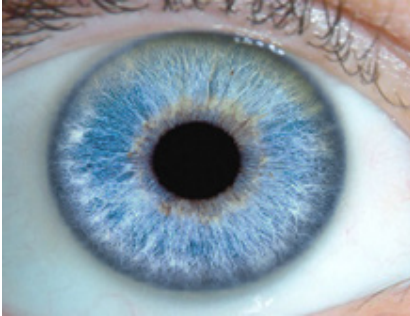




**Iridology.
Quick reference guide**

Type of iris



Radial type.

The iris has the appearance of an open hand fan made up of thin, well-fitted trabecular fibers. In people with light eyes, it occurs on average 10 times more often than in dark-eyed people. This type of iris is extremely rare.

A sign of a good constitution, most often characteristic of healthy people (estimated at 5 points).



Neurogenic type of constitution.

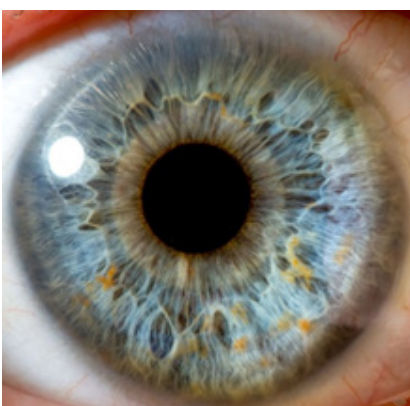
It looks like radially curved and somewhat thickened trabeculae. Owners of this type of iris are characterized by astheno-neurotic manifestations and a tendency to cramps (estimated at 4 points).



Radially homogeneous type.

It is characterized by a combination of a radial pattern in the pupil girdle with a dense homogeneously colored ciliary circle. This type is observed almost exclusively in dark-eyed people.

It is a sign of a good constitution and is most often observed in healthy people (estimated at 4.5 points).



Radial-lacunar type.

The stroma is thinned with scattered leaf-like cavities - lacunae - occupying up to 30% of the iris surface. This type occurs in people of different eye colours.

It is most common in people with a weakened constitution and a tendency to dysfunction and disease (estimated at 3 points).



Lacunar type.

It is characterized by a thin, sometimes torn stroma with a chaotic pattern of trabeculae and a large number of lacunae occupying more than 30% of the iris surface.

The weakest type of iris, which may indicate a pronounced congenital inferiority of many organs and systems (estimated at 2.5 points).

Iris density

Density 1 - excellent iris

An ideal type of iris with a very dense stroma and a clear sky-blue colour. Its surface is smooth and homogeneous, and the trabeculae are so close together that their radial arrangement is not even visible.

This type of iris occurs in people with very good genes and excellent health. It is extremely rare. It is undoubtedly a favourable type for determining the prognosis in case of serious illness.

Density 2 - good iris

The colour of the iris is variable: blue, grey, green, brown. The stroma is quite dense, but not as homogeneous as in the previous case. The radial filaments are easy to see. The iris of this type appears to be covered by a light transparent veil.

Density 3 - perfectly satisfactory iris

The colour of the iris is different, the stroma is not very dense. The trabeculae are stretched, weakened and folded.

People with this type of iris often have increased fatigue, low resistance and a tendency to many functional disorders. The prognosis of the disease is quite satisfactory.

Density 4 - satisfactory iris

The colour of the iris is different, its density is satisfactory, it is made up of separate, long, thinned trabeculae, the cracks between them are visible. The slits are numerous and mostly oval. They complicate the search for signs and the assessment of organ pathology. It would be an unforgivable error to consider the cracks as a sign of organ "insufficiency", even though the absence of a homologous stroma indicates a decrease in tone. In all cases, caution should be exercised in the assessment of what is seen.

Carriers of such an iris are usually people in poor health who react painfully to stress. In severe cases, recovery is difficult and prolonged.

Density 5 - weak iris

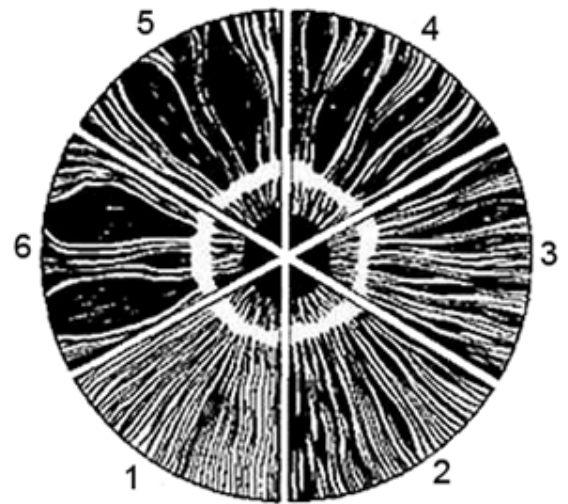
The stroma of the iris is dotted with depressions and cavities that alter its colour and shape. Pronounced depressions deform the small circle of the iris and do not allow localisation of the lesion.

Such an iris can be a sign of serious hereditary and acquired diseases, poor constitution and weakening of the body's defences. The state of health of the owners of such irises is unfavourable, as is the prognosis for serious pathology. When examining irises with a density of 5 and 6, it should be remembered that the presence of hollows and depressions is not a sign of organ damage, but most likely indicates insufficiency and weakness of the body's genetic apparatus.

Density 6 - very weak iris

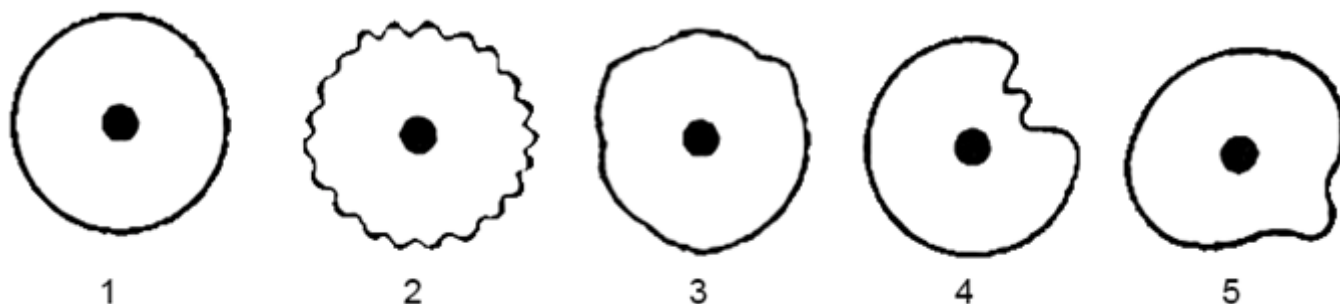
The iris stroma is riddled with hollows and cavities that alter its colour and shape. Pronounced hollows deform the small circle of the iris and do not allow localisation of the lesion.

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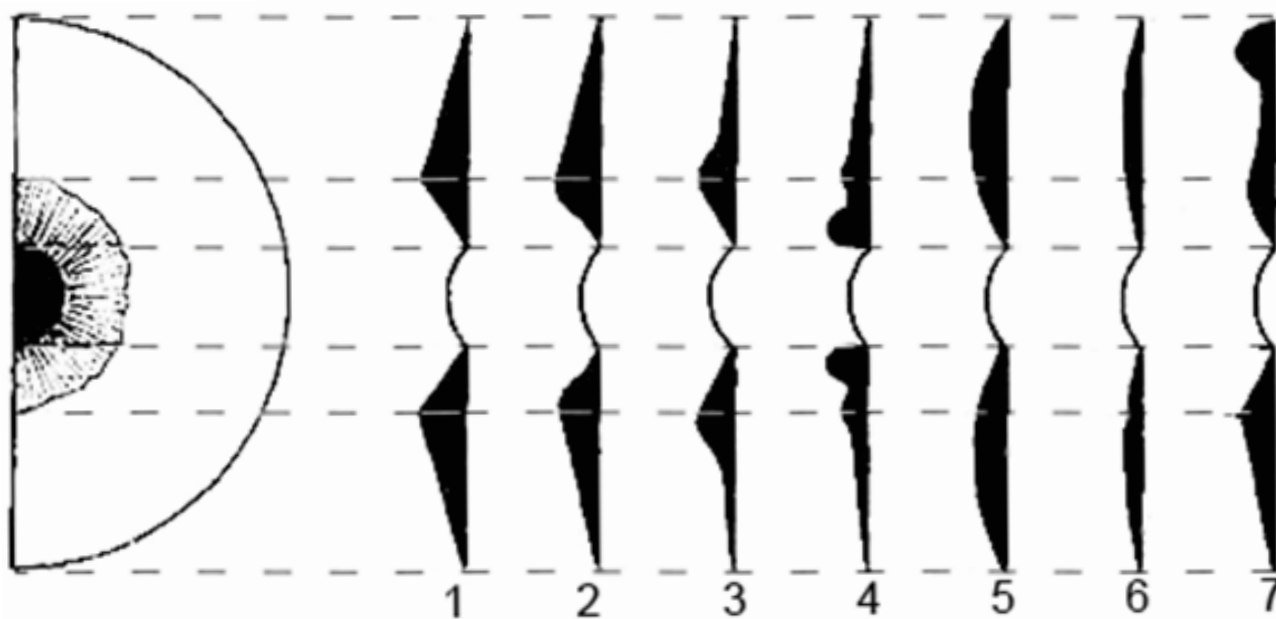
Autonomous ring shape



The autonomous ring is the zone of separation of two iris girdles - pupillary and ciliary. It is a projection of the autonomic nervous system, as well as an indicator of the activity of all visceral systems.

1. Even. It is usually observed in the normal state of the body
2. Toothed (uniform small teeth). It is more common in the normal state of the body
3. Toothed (large uneven teeth). May indicate a shift from norm to pathology
4. Sunken. May indicate pathology in the relevant organ
5. Elongated. May indicate pathology in the relevant organ

Surface conditions



1 – normal.

It is characterized by the average size of the top of the autonomous ring and uniform inner and outer slopes.

It indicates balanced vitality and a good prognosis for getting well.

Свидетельствует о сбалансированности жизненных сил и хорошем прогнозе при заболеваниях.

2 – bowl-shaped.

It is characterised by the pupillary girdle becoming hollowed out in the middle.

It occurs in hypertension, bradycardia, hyperhidrosis and diarrhea.

3 – flattened-lateral.

It is characterized by the depression of the slope, the ciliary girdle

It may indicate hypofunction of the sympathetic nervous system.

4 – crater-shaped.

It is distinguished by the steep slope of the pupillary girdle protruding forward.

It is found in both endocrine and humoral disorders.

5 – rounded-thickened.

The surface of the iris is swollen, the Fuchs angle (formed by the pupillary girdle and the autonomous ring) is absent.

It is found with hypertension and polyphagia.

6 – flat.

It is characterised by the complete disappearance of the autonomous ring.

It may be an indication of low resistance and poor prognosis in the case of severe disease.

7 – locally deformed.

It is characterized by uneven deformation of the pupillary girdle.

It may indicate the presence of a severe chronic disease.

Pupil border

1 – uniformly thickened shape.

It has the appearance of a black, densely pigmented wide border.

A manifestation of the norm. This form was mainly observed in healthy people.

2 – evenly grained shape.

It looks like a black wide necklace consisting of large, evenly stacked grains.

A manifestation of the norm. This form was mainly observed in healthy people.

3 – halo-like shape.

It consists of two rings; the inner (adjacent to the pupil), distinctly pigmented, and the outer (facing the iris), thinly melting; the outer part of the border, colored in light brown or gray tones, resembles a halo.

The pathological type. There is a local loss of pigment by the pupillary border. This form was mainly observed in sick people.

4 – unevenly thickened shape.

Differs in the thickness of pigment along the circular edge.

The pathological type. There is a local loss of pigment by the pupillary border. This form was mainly observed in sick people.

5 – unevenly grained shape.

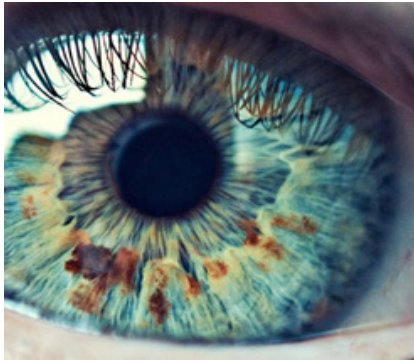
It has a different caliber of pigment grains; in some cases, bizarre outlines of the pupillary border are noted, which looks very much like a moth-eaten strip.

The pathological type. There is a local loss of pigment by the pupillary border. This form was mainly observed in sick people.

6 – thin shape.

It is characterized by a narrow border of pigment, which in some cases is cut off with a razor or is completely absent.

The pathological type. There is a local loss of pigment by the pupillary border. This form was mainly observed in sick people.



Toxic spots.

They have large dimensions, clear, cut or angular edges and a homogeneous structure. There are usually several of them. They are painted in dark colours: dark brown, dark red, less often yellow-orange. Spots can appear when the body's defenses weaken. They also often indicate poisoning of the body with various exogenous and endogenous toxins. Other factors are involved in their formation: genetic, environmental, etc.



Toxic radiance.

Radial cracks that are dark in color.

The presence of these signs may indicate the weakness of the organs and systems corresponding to the zone. The presence of rays in the iris indicates toxic phenomena from the gastrointestinal tract, which tend to spread to other organs and tissues. They are most often found in the projection area of the brain. Patients often complain of headaches, dizziness, and decreased productivity of mental work. Diet and regular bowel cleansing have a greater effect in such cases. If, along with the rays in the iris of the eye, adaptive rings are revealed, then this indicates the depletion of the nervous system and the weakening of restorative, reparative processes.



Pigment spots.

Pigmented formations of various colors, sizes, shapes, densities and outlines. They look less rough, less sharp, and less colored than toxic ones. Their borders are never distinctly radial, but have a more or less rounded appearance.

The appearance of pigment spots in certain areas of the iris may be associated with the course of inflammatory, traumatic, toxic and other processes accompanied by pain syndrome. Or it is observed in many covertly occurring diseases: various options of congenital pathology; painless, latent course of the process; damage to receptor-poor parenchymal organs; pathology of the conductive systems of the spinal cord and brain.



The lipid-sodium ring.

The ring is of various whitish shades, transparent or opaque, of various widths. It is formed in that part of the sclera that covers the cornea and is located, as it were, above the iris, on the periphery of the iris, in the belt corresponding to the lymphatic and microcirculatory systems.

Indicates the possibility of the development of sclerosis of the walls of arteries and veins long before the clinical symptoms of vascular obliteration appear. It is one of the early signs of aging and an inevitable companion of rheumatism, polyarthritis, gout, some skin diseases and venous diseases - phlebitis.



Lymphatic Rosary.

White, pearl-like dots or small clouds located in a narrow ring inside the skin area. With extensive damage to the lymphatic system, the lymphatic rosary may look like a closed circle.

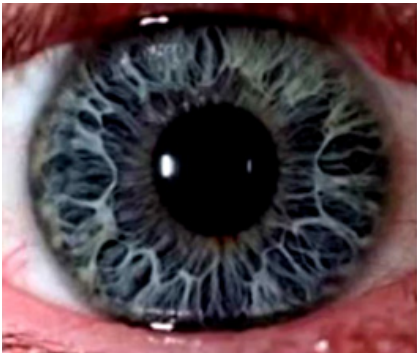
It often occurs with metabolic disorders and overload of the body with toxic products.



Dystrophic rim.

A black, often dark smoky rim, located on the very periphery, at the root of the iris. The dystrophic rim has a different width and an uneven cone-like shape. From the peripheral part of the rim, several irregular cone-shaped paths very often extend inward, with the apex facing the pupil.

It can occur in inflammatory diseases and intoxications, when there is an excessive accumulation of toxic and medicinal substances in the body. The more pronounced the dystrophic rim, the more pronounced the toxaemia and the more intensively the metabolic apparatus of the skin works. The appearance of a dystrophic rim indicates an excess of toxic material and the retention of toxins in the organs in the projection sector of which the rim has appeared. The rim indicates incomplete activity and decreased blood circulation in organs and tissues segmentally connected to this site.



White radiance.

Radially divergent white rays in the projection zone of the gastrointestinal tract and the autonomous ring. They are few in number, raised above the rest of the relief of the iris and separated from each other. They can affect either one or several organ sectors.

White radiance is noted in patients with rheumatism, especially often in the subacute stage or with an exacerbation of the chronic process. Persons with such an iris often complain of pain in the joints, along the nerve trunks and in the spine. Their frequent complaint is increased irritability and emotional lability. With long-term inflammatory diseases, pronounced toxic-dystrophic changes develop, accompanied by acidosis. There is a metabolic disorder with a pH shift towards an acidic environment.

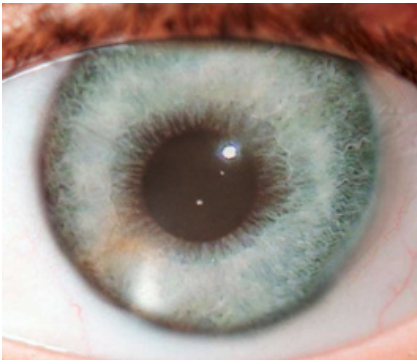


Adaptation rings.

Adaptation rings are located along the periphery of the iris in the form of arcuate or annular depressions in the stroma, concentrically surrounding the small circulation circle. They can be light and dark, narrow and wide, smooth and tortuous. The appearance, shape and location of the nerve arcs and rings make it possible to objectively assess the general and local tension of the sympathetic apparatus of the eye, as well as the state of reactivity, the expression of emotions, the level and extent of adaptive and protective changes in the body.

The owners of nerve rings are usually impressionable, extremely sensitive and introverted people who do not show their emotions to the

outside world, but hide them within themselves.



Acidosis.

Pigmentation disorder characterized by whitish-blue or whitish-gray iris color and veiled trabeculae. In dark-eyed people, the changes are manifested by an amber, cloud-like coating.

Indicates excessive accumulation of lactic and other acids in the blood, i.e. acidosis. At the same time, it is usually known from the medical history that patients consume acid-forming products in large quantities (meat, eggs, white bread, refined sugar, tea, coffee) and often suffer from colds.



Internal or central heterochromia.

It is characterized by a darker color of the pupillary girdle compared to the ciliary one. The intense coloration of the central circle – yellow in blue-eyed and dark brown in brown-eyed - is noted, as a rule, on both sides.

It occurs in people with pathology of the gastrointestinal tract.