



On April 28, 2003 **Azerbaijan** a stamp for the *80<sup>th</sup> Anniversary of the Birth of the Ophthalmologist Zarifa Aliyeva.*

The stamp shows a portrait of Dr. Aliyeva and in the background an eye and vision measuring table.

### **Azerbaijan and Iridology**

In Azerbaijan the concepts of Iridology, (known as “Irido-diagnostics” in Russian) were introduced by Dr. Zarifa Aliyeva, the late wife of Azerbaijan’s President, Heydar Aliyev. An ophthalmologist by profession, she co-authored the first book in the Soviet Union about Irido-Diagnostics along with Y.S. Velkhover, N.B. Shulpina and I.N. Romashov. The book was published in Baku in 1982, three years before she passed away. Since Iridology requires a very broad clinical and anatomical knowledge, Dr. Aliyeva drew upon her own expertise along with the other writers who had trained in neuropathology and surgery. The book is the result of their investigation as well as research from around the world including that of one of the world’s leading Iridologists, Bernard Jensen, 86 who is still active in Escondido, California.

Dr. Aliyeva’s legacy to the field of Iridology is still being developed in Azerbaijan. A laboratory has been organized in Azerbaijan’s Center of Oncology which deals with Irido-diagnosis of cancer. According to Dr. Jamil Aliyev, is director and brother to Aliyev, one student has already defended a doctoral dissertation address the early breast cancer result in a pre-tumorous illness which can be identified and determined by definite changes in the iris.

### **What Iridology Can Do**

According to Bernard Jensen, who spent more than 50 years studying the iris, iridology provides a holistic approach as it views the body as a unified structure, providing clues to constitutional strength and health level. Basically, Iridology can determine if there are any current, chronic and degenerative weakness present. It has the ability to show the location of environmentally obtained toxic accumulations.

### **Limitations of Iridology**

Iridologists don't generally make claims specifically naming the disease a person may have. Instead they try to see situations and conditions developing long before there are symptoms to which disease names are attached.

Preventive medicine is clearly a part of the formula and one of diagnosis that lends itself to preventive treatment is Iridology, the study of the irides (plural of iris) of the eyes. Iridology offers a non-invasive way of studying the body from the outside to determine conditions and weaknesses that are occurring internally. It is based upon the principal that the iris provides a map to the entire internal system of the body. Analysis is made by closely examining the iris for unique spots, circles, colour changes, and lucidity (clearness). The goal of iridology is to identify weakness in tissue early enough and rebuild it nutritional and herbal therapy before chronic diseases have a chance to develop.

### **Early Beginnings**

Though even the earliest physicians have noted the significance of studying the eye to determine a patient's general condition of health, the field of Iridology got its first major boost quite accidentally from an 11 year-old Hungarian boy. Ignatz von Peczely (1826-1911) accidentally broke the leg of an owl one day. Very soon afterwards, he noticed that a black stripe mysteriously appeared in the lower part of the bird's eye. As time passed and the leg healed, the black strip was replaced by white crooked lines. The phenomenon made a strong impression on the curious lad who grew-up to become a doctor and study the reflex relationships between the various markings on the iris and the rest of the body. Von Peczely became convinced that the iris mirrored tissue changes of the various organs. The eye charts he drew locating these correlations of the body in the eye laid the foundation for the field called Iridology.

### **Western Skepticism**

Many doctors from the Western model of medicine, which excludes alternative medicine don't quite know what to make of iridology. Some have referred to iridologists as quacks and charlatans and attempted to discredit them by claiming their work is unscientific and unsupported. But the field is extremely popular in countries such as China and other countries where preventive medicine is the norm. And it's likely to gain an even larger following in the West as people look to preventive medicine for better health care.

**From: "A Boy, Owl and a Broken Wing Iridology:  
Medical Diagnosis via the Eye" by Chelsea  
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1995.**