Two diseases for today:

- Hou bi (laryngitis or pharyngitis).
- Er ming (tinnitus) and Er long (deafness)

**Hou Bi**

**Introduction**

Hou translates to “pharynx” and Bi translates to “blockage.”

The pharynx is divided into

1) nasal area-nasopharynx
2) back of the mouth – oropharynx
3) larynx in the throat

Pharyngitis/laryngitis can manifest as either acute with pain, swelling, redness or as chronic which is more often itching and/or dryness of the throat, some redness, some swelling.

Tonsillitis manifests as swollen tonsils which inflame, get red and are then visible in the throat in various degrees of swelling

**The Biomedical Perspective**

Biomedicine defines this as a sore throat or acute pharyngitis, acute inflammation and infection of the throat and/or tonsils. Symptoms include soreness or discomfort in the throat perhaps with scratchiness, often with pain upon swallowing. It is most commonly a local infection either viral (like EBV) or bacterial (like streptococcus), but can also be irritation of the pharynx by post-nasal drip caused by allergies, sinusitis, etc. While everyone is susceptible, frequent recurrence or chronic pharyngitis can signal underlying disorder such as diabetes, malnutrition or immune disorder. Chronic pharyngitis can result from overexposure to environmental or occupational irritants such as pollution, toxic chemicals, etc.

Approximately 30 million people per year suffer from some form of this each year. That’s about 10.7% of the population.

Symptoms and notes:
- Acute infection, manifesting as redness, swelling in the throat with heat and pain.
Chronic infection feels itchy, dry, and/or blocked. It is rarely painful and generally has no swelling. It might very well fall into the category of “plum pit Qi” in TCM.

Viral pharyngitis is often accompanied by cold, flu, nasal symptoms or cough + body aches.

Can also be accompanied by EBV or Epstein Barr virus. Note: EBV is frequently implicated in nasal cancers in Asia.

Streptococcal bacterial infection may also be present. Note: kids most often have the strep type of throat infection. If left unchecked this will eventually lead to kidney failure.

Lymph nodes in the back part of the throat may be involved. Look in the recesses by the uvula.

Fever may be 101 or below.

Treatment is generally drug therapy, most often penicillin or erythromycin to treat bacterial pharyngitis.

Tonsillitis is also redness, swelling, and pain in the throat, but with swollen tonsils. The progression from uncomfortable to really nasty goes like this:

- 1st – swollen tonsils but still in pharyngeal recess. Swelling is minor.
- 2nd – swelling out of pharyngeal recess.
- 3rd – swollen so much out of recess that it covers the uvula. Crosses the midline of the throat. Chinese herbs Da qing ye and Ban lan gen can treat these well. We grow these in the Chinese garden that AOMA has.

Incidentally, in the image above the tonsil on the left side of the picture was labeled as a bacterially infected tonsil. The one on the right was labeled as a non-bacterial or viral. And gray furry tongue coat? That’s western med talking. I’m betting it’s more yellow unless this person has had this a really long time and has enough heat that the tongue coat is starting to look black and burned.
The TCM Perspective

Etiology

- Invasion of External Pathogens
  Yang Evils such as Wind, Heat, Dryness. Can also be an attack from cold which starts it. Invasion of these external pathogens will directly attack the throat because they are the opening from the body to the world. Remember that Lung is always attacked first – it is the “carriage roof,” the highest organ in the body. The lung opens to the external world through the nose and throat.

- Irregular diet
  Spicy foods, Yang herbs
  This introduces too much heat into the body. Irregular diet is related to Spleen and Stomach meridians – both of which cross the throat…more on that in a moment.

- Overworking
  This refers to over-use of the throat (musicians, teachers, speakers….my yakky aunts). Overworking also impacts the Liver and Kidney. These too are connected to the throat with Liver going to the back of the throat while the Kidney is further forward (anterior).

Mechanism

- The mechanism is, generally speaking, either excess (including fire) or deficient heat.

- Why heat causes blockage in the throat
  Pain results from these blockages

  - Heat blocks the flow of Qi.
    This refers to the way that heat causes the body tissues to swell which in turn blocks the flow of Qi, causing the Qi to stagnate.

  - Heat causes the blood to stagnate
    This is a thickening of the body fluids leading to thickening of the blood, slowing of the flow and blood stasis.

  - Heat causes phlegm
    This is a thickening of the body fluids due to heat too. In this case it becomes phlegm. Note that pus is a special type of phlegm.

    I’m into cooking. There are recipes for sauces I use that start with a pretty watery mixture which I then “reduce” or simmer until they get thick. This is what happens to body fluids when they are “reduced” by heat down to phlegm.

    Anything sticky like phlegm can cause a blockage as well.

- Channels and Organs that are related to the throat which are affected by the heat.
  While the Lung is the prime organ related to the throat, Liver, Kidney, Stomach, Spleen and Kidney also cross through here and influence the area.
Check this out again: the neck is a very narrow area. All of these channels coming through here is like blocking lanes on Mopac – prime place for a traffic jam!
Now let’s add one other organ into the mix: San Jiao. San jiao is related to the lymphatic system. If you have swollen lymph nodes in the throat, use SJ points to drain the pus.

Other factors to consider when thinking about the Mechanism of Hou Bi
1) Pain occurs in Hou Bi due to one of the blockages listed above, but can also be a result of malnutrition.
2) Cold may also cause blockage in the throat by contracting the area.
3) Stomach and Spleen deficiency (remember the ST and SP channels pass through this area) can also cause blockage and pain here as can Wei Qi deficiency.

Differential Diagnosis

- Acute
  - Wind/heat invasion
    - *External* invasion of pathogens as discussed above.
      - Symptoms for wind/heat invasion
        - Slight chills, high fever, sweating
        - Thirst with a desire for cold drinks
        - Hoarseness of voice with dry throat
        - Sensation of burning heat and throat soreness
        - Congestion of the retropharyngeal wall
        - Tongue: Red with red tip and thin yellow coat
        - Pulse: floating/superficial and rapid.
      - Treatment:
        - Principle: Remove Wind-Heat and Benefit the Throat
        - Basic Treatment points listed below plus…
        - UB 12, UB 13, Du 14 (possibly with bleeding/cupping), GB 20, SJ 5
        - Gua sha between Ren 22 and 23 with light stimulation downwards or back and forth…though Dr. Qiu says not to do that.
  - Accumulation of Heat in LU and ST
    - This is *internal* heat causing blockage in the throat.
      - Symptoms for accumulation of Heat in Lu and St
        - Thirst with desire for cold drink
        - Distinct sore throat with difficulty swallowing and thick sputum
        - If accumulation of heat is in Lung:
          - High fever
          - If from Stomach:
            - Bad mouth odor, toothache, bleeding gums
            - Constipation
            - Dark yellow urination
            - Tongue: red with thick yellow or brownish coat, could also be dry.
            - Pulse: fast, slippery.
            - Could be forceful if heat is from Stomach.
Treatment:
Principle is to remove heat from Lung or Stomach and benefit the throat.
- Basic Treatment points listed below, especially LU 11, LI 1, LI 4, and P3
- Blood letting at LU 11 and LI 1
- Stomach heat. Use lower extremity points: ST 44, ST 45, SJ 6 (for constipation)
- Lung heat. Use upper extremity points: LU 5, LU 7, LI 6 (luo pt which also connects w/the LI channel), LI 7 (xi cleft to treat heat in Yangming)

Basic Acute Treatment:
These are basic points for Acute treatment only
- Needle:
  - Lung and LI points:
    LU 5 (he sea), LU 10 (ying spring to clear heat), LU 11 (clear heat), LI 4 (external expel wind/heat), LI 11 (best to clear heat).
  - San Jiao points:
    San Jiao points are good to remove heat because Shaoyang is the pivot between interior/exterior. San Jiao is also good to remove swelling in the lymph nodes and tonsils as San Jiao has a connection to the lymphatic system.
    Use: SJ-1 and SJ 3. Locally, use SJ 16 for the ears
  - Locally, use Ren 23, SJ 16 (which helps water metabolism and is around the ears), SI 16 and 17 (for the tonsils – window of sky points also clear the heat and treat acute/sudden onset conditions)
  - Blood letting:
    LU 10, LU 11 (release heat), SJ 1 (for emergency situations)
- Both acute and chronic treatment points
  Window of heaven points: Ren 22, ST 9, LI 18, SJ 16, SI16 and 17, UB 10
  These promote circulation of Wei Qi. Also, window of sky points treat sudden onset problems.

Chronic
- Chronic pharyngitis due to Yin Xu
  More common form. This is a chronic inflammation of the pharyngeal mucosa and submucosal lymphoid tissues, often due to ongoing treatment of acute pharyngitis, repeat occurrence of upper respiratory infection (URT). Can also be related to a highly dusty environment.
  - Symptoms:
    - Dry throat, on/off sore throat, itching of throat.
    - Cough, feeling of a foreign body in the throat
    - Thirst, preferring to sip water at night (yin xu symptom)
    - Hoarseness of voice
Symptoms are worse after overworking or at night
Yin deficiency symptoms are included here:
hot flashes, low grade fever, 5 palm heat, restlessness, etc.
Tongue: red, thin, small, with cracks. Very little coat, thin yellow coat, or mapped coating.
Pulse: Thin and rapid

Treatment:
Principle is to Nourish Yin, Remove Empty Heat and Benefit the throat.
Use Basic Chronic points below, plus…
KID 3, SP 6 to nourish the Kidney yin
KID 1 (very good point with Moxa to bring Empty heat downward and return it to it’s origin)
UB 43 and UB 53
LU 7 and KID 6

- Chronic pharyngitis due to Yang Xu
  This is often the last stage of disease. Yang Xu – retention of water in the throat. If water fills in the throat, throat problems such as hoarseness and loss of voice. There will be pain, but the pain will be less and deficient like. There may be lower body edema as well.
  Symptoms:
  Hoarseness, slight sore throat or dull pain that is off and on rather than constant.
  May be a total loss of voice
  Yang Xu symptoms will accompany this:
  Cold limbs, cold pain in the lower back and knees (but not too severe because this is of deficient type), pale face, impotence, edema on the lower limbs.
  Might be slightly overweight
  Tongue: pale, swollen with teethmarks; wet moist coat, perhaps white.
  Pulse: deep, weak, slow.

  Treatment:
  Principle is to Warm the Kidney Yang, promote urination and remove swelling.
  Use basic chronic points, plus…
  KID 3, Ren 4, Du 4, Ren 6, UB 23 with moxa. You can also moxa Ren 4 and Du 4 with good result.
  If swelling/edema is severe, use Ren 3, ST 28, UB 28

- Basic Chronic Treatment:
  LU 7 + KI 6
  This is to treat throat, Lung, and chest problems. This combination is the confluentional point of Ren and Yin Qiao channels respectively.

  Both acute and chronic treatment points
  Window of heaven points: Ren 22, ST 9, LI 18, SJ 16, SI16 and 17, UB 10
  These promote circulation of Wei Qi. Also, this would count as a local
Tinnitus and Deafness

Introduction and Biomedical Perspective
Tinnitus and deafness can be due to conduction problems in the ear canal or drum or it can be due to sensorineural reasons.

- Conduction problems refer to blockages in the ear canal (cerumen, bugs – no I’m not kidding, scar tissue, etc) or impairment of the ear drum.
- Sensorineural deafness or tinnitus refers to a cranial nerve dysfunction (CN VIII, Auditory or Vestibulocochlear nerve). This is very difficult to treat. Acute conditions are easier to treat than chronic conditions of the ear. Remember all of the hearing tests from PA 2.

Fewer people suffer from tinnitus and deafness than from other diseases we’ve studied so far: 4.5% tinnitus and 10% deafness.

Tinnitus is noise originating in the ear rather than in the environment. Deafness, by contrast, is a profound hearing loss. Etiology can include external source such as noise or explosion or internal reasons such as infection, blockage, Meniere’s disease, drug complications and tumors.

Symptoms include buzzing, ringing, roaring, whistling, or hissing in the ear. Treatment depends upon the cause and may include drugs, surgery, hearing aids.

The TCM Perspective
From a TCM perspective, tinnitus is hyperactivity of ear function while deafness is hypoactivity of ear function.

Etiology
- Emotional disorder
  - Anger
    Anger either is due to hyperactive Liver function or causes hyperactive Liver function. This leads eventually to Liver fire and the generation of inner wind which can manifest as anger, vertigo, dizziness, wind stroke, Hemiplegia, anxiety, shaking/tremors, Parkinson’s, numbness of extremities, twitching, and more. Of course, the road map to all of these is slightly different, but the upshot to it is that hyperactive liver function can lead to impact upon the ears.
    - Absolutely too much Yang.
      This is anger leading to Liver fire and causing it directly. If Liver fire is absolutely too much the result is Liver Yang Rising and inner wind.
    - Yang is relatively too much
      In this case the result is Liver Yin Deficiency, then causing Liver Yang to rise which leads to inner wind.
  - Stress and Depression
    This is a hypofunction of the Liver, but the result is much the same. This hypofunction leads to Liver Qi Stagnation, then to Liver fire which can take one of 2 paths: 1) Liver Yin Xu → Liver Yang Rising → Inner wind or 2) Liver Yang Rising → Inner wind.
Finally, please note that Liver Blood Deficiency can result in the same thing. It either jumps directly to Inner Wind or takes the path to Liver Yin Xu → Liver Yang Rising → Inner wind.

- Aging
  Aging results in deficiency of the Spleen, Kidney Essence Xu (kidney opens to the ears), and Zong Qi Xu.

  Zong Qi is the Qi of the chest which collects and circulates Qi outwards. It is a combination of clear Qi and Gu Qi. Gu Qi or Food Qi makes up Wei and Ying Qi as well. Wei and Ying qi are the carriers of the Spirit/Shen and the Five Senses. When these become deficient, the hearing suffers as well. This may be accompanied by deficiency in vision and sensations overall.

- Overworking
  Directly impact the Liver and Kidney and causes temporary Yin deficiency.

- Irregular diet
  Produces Heat and Phlegm Heat. If phlegm combines with Yang Qi flowing upwards rapidly there can be a sudden blockage and very quick impact upon the ears.

- Exposure to loud noises
  - This could be considered an invasion of Yang pathogens. The five sense organs are pathways for external pathogenic factors to enter the body, so Yang pathogens may enter and stay to lodge in the ear.
  - Excessive Liver Yang/Wind can lead to a blockage of the meridians.
  - Allergies may also impact the hearing – external Yang pathogenic influence.

- Traumatic accident
  Results in blood stasis and a blockage of meridians.

**Mechanism**

- Ear
  Because almost all Yang channels enter the ears, ear disorders are often Yang in nature. These channels enter the ears.
  - Gallbladder.
    Gallbladder 2 point is directly anterior to the ear and is used to treat it as a local point. It treats tinnitus and deafness. One branch of the GB channel enters the ear at SJ 17.
  - San Jiao
    One branch directly enters the ear. San Jiao points encircle the ear. SJ 3 is considered the most important distal point to treat ear pathologies. SJ 17-21 are also points to treat ear problems.
  - Small Intestine
    One branch of the SI channel enters the ear at SI 19. SI 2 and 3 in conjunction with LI 6 are used to treat deafness/ear problems. SI 19 also is used to treat ear problems of any kind...treats Shen problems too interestingly, in light of the emotion connection to ear disorder.
  - Bladder
    A branch of the Bladder channel descends to the temples around the ears from Du 20, the
Kidney

The Kidney organ opens to the ears through its association with the Du channel. Kidney connects with the Du channel at the perineum, ascends the spinal column and goes to the ears. Deficiency of Kidney Essence results in diminished hearing and tinnitus. KI 1, 3 directly treat ear problems.

Qi that is related

Zong Qi is the Qi of the chest which collects and circulates Qi outwards. It is a combination of clear Qi and Gu Qi. Gu Qi or Food Qi makes up Wei and Ying Qi as well. Wei and Ying qi are the carriers of the Spirit/Shen and the Five Senses. When these become deficient, the hearing suffers as well. This may be accompanied by deficiency in vision and sensations overall.

- UJ: Zong Qi
  - If deficient Qi cannot go upwards, can’t think clearly, can’t ascend Qi to ear and feels blocked/rings.
- MJ: Clear Qi and Gu qi
- Wei and Ying Qi

Excess type: blockage of meridians around ears

Blockage comes from

- External noise
- Internal phlegm – d/t improper diet
- Liver Yang rising which is an excess blocking the hearing
- Stasis – d/t trauma or other

Deficient type: malnutrition of the ears.

- KI xu
- Zong qi xu or other Qi xu
- SP/ST xu.
Differential Diagnosis and Treatment

There are 3 excess types of deafness/tinnitus and 3 deficient types.

The **basic points** to treat all tinnitus and deafness are as follows. Use these in addition to specific treatments listed for the different differential types discussed afterwards.

<table>
<thead>
<tr>
<th>Local Points</th>
<th>SI 19, GB 2, SJ 21, SJ 17</th>
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<tbody>
<tr>
<td>Distal Points</td>
<td>SJ 3, SJ 5, GB 41</td>
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Qigong can also be used for treatment: use the palms to create suction in the ears, then pull away quickly. You can also use your palms to cover your ears with the fingers pointing at the nape of the neck. Tap on the occiput to generate vibrations that can clear blockages.

**Excess types**

Excess types are more easily cured and get better results than chronic/deficient and age related types.

- **Liver and Gallbladder fire flaring up (which includes Liver Yang Rising)**
  - This is an acute and excess heat seen often in teenagers and in military personnel (hmmm). Don’t overlook the fact that this includes both Fire and Yang Rising. Superficially the Liver Fire type looks worse, but Liver Yang rising is worse and is more internal.
  - Symptoms of the **Liver Fire** subtype:
    - This is general and superficial. This is heat in the Qi stage.
      - Acute onset
      - Clearly related to emotional disorder
      - Loud “thundering” noise or high pitch in ears
      - Liver fire symptoms such as…
        - Anger
        - Irritability
        - Bitter taste in the mouth
        - Thirst
        - Hypochondriac pain
      - Tongue: red, redder on the sides with a yellow coating.
        - Coating is likely to be dry as heat of this nature dries the body fluids.
      - Pulse: wiry and fast
  - Symptoms of **Liver Yang Uprising** subtype:
    - This is internalized, deeper, and localized. The heat here is in the Xue stage, one level lower than the Liver Fire subtype. There may be no symptoms of thirst, dark yellow urine, or constipation. There may not even be fast pulse. If the Liver Yang uprising came from or is an intensifying of Liver Fire then you will see more fire signs but they will be more severe than for the previous subtype.
      - Wind stroke → cerebral bleeding
      - Blood/Xue is involved, leading to Shen disturbances
      - Throbbing headache, worse when lying down.
      - Dizziness, hypertension, vertibo
      - Irritability, anger, tossing and turning, restlessness, insomnia
      - Tongue is deeper red than Liver fire type, is even scarlet.
Pulse is wiry and slippery

Treatment:
Principle: Remove Liver/Gallbladder Fire, Subdue the Liver Yang and Benefit the ears.

Basic points under Differential Diagnosis and Treatment
Additional points:
- GB 40, GB 43, GB 20
- LIV 2, LIV 3, LIV 5
- UB 18/19 (with sedation)

Phlegm fire flaring up
This too is an acute and excessive type of problem. Look at all of the phlegm related symptoms below! Remember that phlegm is an advanced form of dampness, “cooked down” by heat. Pay attention to the discharge symptoms, which helps you identify this type.

Symptoms
- Acute onset
- Loud and noisy ringing in the ears
  Like crickets or cicadas
- Pressure or sharp pain in and around the ears combined with an ear ache or ear infection.
  Look for discharge – yellow, sticky – might be ear infection or allergic reaction with turbid fluid. Could also be swimmer’s ear.
- Heaviness of head and a foggy sensation (due to the phlegm affecting the head)
- Tightness of chest and profuse mucous (again a phlegm sign)
- Nausea and vomiting (that darned phlegm again!)
- Cough with yellow sputum
- Profuse vaginal discharge.
- Constipation
- Dark yellow urine
- Tongue: red with yellow greasy coating that may be either thick or thin
- Pulse: slippery, wiry, and fast.

Treatment
Principle: Remove Phlegm Fire, Benefit ears.

Basic points at the beginning of the section
Additionally, add these points. The highlighted points are the key ones.
- Ren 17, Ren 12 (helps ST/SP resolve phlegm)
- ST 39, ST 40 (best point on the body to relieve phlegm)
- SP 9 (resolve dampness)
- LI 4, 11
- GB 43

Traumatic accidents and Blood stagnation
This is the final type of acute and excess differentiation for tinnitus/deafness. This causes a blockage of the channels around the ears.

Symptoms:
- Acute onset
Clear history of traumatic accident
- Concussion followed by ringing in the ears or deafness
- Dizziness, fixed headache
- Ringing in the ears is worse at night
- Other symptoms present such as masses or a bruise
- Tongue: purple or has purple spots
- Pulse: hesitant/choppy.

- Treatment
  Principle is to promote circulation, remove the Blood stasis, open the channels to benefit the ears.
  - Basic points, plus
  - Additional points:
    - UB 17 (upper body and upper jiao/head – nourishing in nature), UB 40 (excess conditions)
    - SP 10 (lower body and middle jiao)
    - SI 3 (opens to Du to melt the stasis)
    - UB 62 (opens the Du/Yang and moves Qi)
    - UB 40 → SP 10 → UB 17 are 3 key points for blood stasis.

**Deficiency Types**

- **Kidney Deficiency – yin, yang, essence**
  This is a chronic and deficient differential diagnosis for tinnitus/deafness from Yin, Yang, (and) or Essence deficiencies. Focus on the Yin xu type here with Liver Yang Rising. While liver yang rising can be due to sudden excess liver hyperactivity such as anger, it can also follow Yin deficiency which then flows to Yang rising. This is the more chronic pattern. Look at the diagram below. Liver fire can also come from Liver Qi stagnation, a form of excess. Working too hard for too long is another way to abnormally cause Yang to rise.

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HYPER
  Anger
  
HYPO
  Stress, Depression

LIV FIRE

Absolutely too much yang

LIV Yang Rising

Inner Wind

LIV Yin Xu

Yang is relatively too much

LIV Xue Xu

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- General Symptoms for Kidney deficiency causing tinnitus/deafness
  These are the basic symptoms. Add the following (essence, yin xu, yang xu) for a complete picture.
  - Chronic onset, intermittent occurrence.
- Intermittent ringing that is high pitched like a whistle, not loud or like water flowing.
- Gradually leads to deafness.

- **Kidney Essence Deficiency symptoms**
  - General symptoms, plus…
    - Dizziness
    - Vertigo
    - Weakness of lower back and knee joints
    - Hair loss

- **Kidney Yin Deficiency symptoms**
  - General symptoms, plus…
    - Hot flashes
    - Night sweating
    - Palm heat
    - Low grade fever
    - Steaming bone heat
    - Night emissions
    - Tongue: red body, small and thin in size with cracks and less coating
    - Pulse: thin and fast

- **Kidney Yang Deficiency symptoms**
  - General symptoms, plus…
    - Edema from lower extremities
    - Cold extremities
    - Pale face
    - Fatigue
    - Cold pain in the lower back
    - Water retention in the ears (?)
    - Tongue: swollen, pale, teethmarks with moist wet coat
    - Pulse: deep, weak, slow

**Tinnitus and deafness from either age or overwork goes one of 2 ways:**

1) Kidney Yin Xu → Liver Yang Rising → Tinnitus
2) Kidney essence Xu → Deafness

**Zong Qi Deficiency or Upper Jiao Deficiency**

This is chronic and deficient. It is also the late stage of disease in which pectoral qi cannot lift/warm. This is a combination of Lung, Heart, and Upper Jiao Qi and is thus a Qi deficiency. This is rare to see since it happens so late. UB 20 and 21 are the source of Zong Qi.
- Symptoms:
Chronic onset
• May or may not have ringing in the ears
• Decreased hearing which progresses to deafness

Zong Qi Xu:
• Pale face
• Fatigue, tired
• Soft voice
• Palpitations
• Spontaneous sweating
• Poor appetite
• Shortness of breath
• Numbness of extremities

• Tongue: pale, swollen with thin white coat
• Pulse: deep and weak, esp on the right side in LU and SP positions

Treatment:
Principle is to Tonify Zong Qi, benefit the ears, and sharpen the five sense organs
• Use the basic points plus…
• Additional points:
  • Ren 17
  • UB 13
  • UB 20 and 21 which are the source of Zong Qi
  • ST 36
  • LU 9

Heart Blood Deficiency
This is chronic and deficient. The heart houses the Shen. In the narrow definition, this includes memory and concentration which is why heavy duty studying can negatively impact heart blood. Lovely. In the broader view, this includes facial complexion, speech, tongue movement, eye movement and the five sense organs. Brain is related to the shen as well, therefore memory is related to Heart Blood and Kidney essence. Heart blood determines short term memory while Kidney essence determines long term memory.

Symptoms
• Chronic type
• Ringing is high pitched, not loud and is off and on. It is worse after over-working
• Deafness
• Floaters and blurred vision
• Dizziness
• Poor memory and concentration
• Palpitations
• Scanty and light menses
• Fatigue
• Pale nails
• Tongue: pale, thin and small with a white coat
• Pulse: thin and weak

Treatment
Principle: Nourish the Heart Blood, benefit the ears and the Shen.
Basic points for deafness/tinnitus

Additional points:
- LIV 8 (nourish the blood)
- UB 15 (back shu of the heart)
- UB 17 (hui of blood)
- Ren 14 (front mu of heart)
- ST 36, SP 6 (nourish and generate Qi and Blood)

Final notes:
- Most important is to know the different types of ear ringing causes.
- Temporary situations can also cause tinnitus/deafness
  - Deficient type can occur when a plane takes off causing energy and blood to go to the feet.
  - Excess type occurs when a plane lands and more pressure is in the head, causing energy to quickly rise here.

Paper due Last Class!!!

HA: etiology/mechanism of diff headaches from BIO and TCM standpoints. Differentiation, dx, points. About 4 pages.