**Pharyngitis & Tonsillitis (hou bì)**

**Throat blockage**

### Basic Points

- **Acute only:**
  - LU-5; LU-10; LU-11; LI-4, LI-11; REN-23
  - SJ-1; SJ-3 (SJ is good to remove heat b/c Shaoyang is pivot; also good to remove swelling of lymph nodes/tonsils)
  - SJ-16 (ears); SI-16; SI-17 (tonsils)

- **Blood let:**
  - LU-7; KID-6 (throat, LU, chest problems)

- **Window of heaven:**
  - REN-22; ST-9; LI-18, SJ-16; SI-16, 17; UB-10
  - (Promote circulation / Wei Qi)

#### Acute and Chronic

<table>
<thead>
<tr>
<th>Wind-Heat Invasion</th>
<th>Acute</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Sl. chills, high fever, sweating</td>
<td>- Thirst, desire for cold drinks</td>
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<td>- Hoarseness of voice, dryness</td>
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<td>- Sensation of burning heat &amp; soreness of the throat</td>
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<td>T: Red w/ red tip</td>
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<tr>
<td>T: Red w/ red tip</td>
<td>C: Thin yellow coat</td>
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<tr>
<td>C: Thin yellow coat</td>
<td>P: Floating/superficial; rapid</td>
</tr>
</tbody>
</table>

#### Remove W-H, Benefit the throat

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**Basic points** +
- UB-12, 13; DU-14; GB-20; SJ-5
- Gua sha betw/ REN-22 & 23 (light stimulation: downwards, or back & forth)

**Si Ji Qin Pian**
- Liu Shen Wan (be very careful in usage - very strong & has heavy metals)

#### Accumulation of Heat in LU & ST

**Acute**

- Can arise from: W-H type, or irregular diet.

- Dry throat, sore throat off/on, itching of throat
- Cough, feeling of foreign body obstruction in the throat
- Hoarseness of voice
- Sx are worse after overworking or at night
- Yin Xu Sx: hot flash, low grade fever, 5 palm heat, restlessness, ...

T: Red
C: Less coat, or thin, yellow; or mapped
P: Thin & rapid

**Remove Heat from Lung or Stomach Organ, Benefit throat**

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**Basic points** – esp. LU-11; LI-1, 4; P-3
- Blood letting: LU-11; LI-1
- For ST-H [if H from ST, use lower pts]: ST-44, 45; SJ-6 (constipation)
- For LU-H [if H from LU, use upper extremity pts]: LU-5, 7; LI-6 (luo), LI-7 (xi-cleft) ← heat in YM

**Zhu Huang San** - external Tx

**Chronic Pharyngitis due to Yin Deficiency**

- Chronic inflammation of pharyngeal mucous membrane & submucosal lymphoid tissues often d/t ongoing Tx of acute pharyngitis or repeated occurrence of URT infection; related to high dust environment

- Dry throat, sore throat off/on, itching of throat
- Cough, feeling of foreign body obstruction in the throat
- Hoarseness of voice
- Sx are worse after overworking or at night
- Yin Xu Sx: hot flash, low grade fever, 5 palm heat, restlessness, ...

T: Red, thin, small w/ cracks
C: Less coat, or thin, yellow; or mapped
P: Thin & rapid

**Nourish Yin; Remove Empty Heat; Benefit throat**

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**Basic chronic points** +
- KID-3; SP-6
- KID-1 (very good pt! Moxa to bring Empty-Heat back to its origin)
- UB-43, 53
- LU-7; KID-6

**Liu Wei Di Huang Wan**

**Chronic Pharyngitis due to Yang Deficiency**

- Yang Xu – retention of water; if fills in throat, throat problems:
  - Hoarseness, sl. sore throat or dull pain off/on
  - May lose voice
  - Yang Xu Sx: cold limbs, pale face, cold pain in low back/knees, impotence, edema on low extremities

T: Pale, swollen, teeth marks

**Warm KID Yang; Promote urination; Remove swelling**

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**Best to moxa:**
- Du 4, Ren 4
- Ren 17 maybe ok

**Late stage of dx**

slightly overweight often. Cold pain but not so severe due to xu.
hoarseness & loss of voice, less pain. May also have edema of lower body.

C: Wet, moist perhaps white
P: Deep, weak, slow
If swelling/edema are severe: REN-3; ST-28; UB-28
> Jin Gui Shen Qi Wan

### Tinnitus (er ming) & Deafness (er long)

Tinnitus indicates hyperactivity of ear f(x) – Deafness is hypoactivity of ear f(x)

**Liver fire and Liver yang rising**

1) **HYPER** = Anger $\rightarrow$ LIV Fire (anger causes liver fire directly)
2) **HYPO** = Stress, depression $\rightarrow$ LIV Qi Yu $\rightarrow$ long-term LIV Qi Yu $\rightarrow$ LIV fire
3) In turn, LIV Fire: $\rightarrow$ LIV Yang Rising (excess/absolutely too much LIV Yang), or $\rightarrow$ LIV Yin Xu (which can lead to LIV Yang rising – Yang is relatively too much: Xu)
   * LIV Yang rising d/t Excess or LIV Yang rising d/t LIV Yin Xu (combination)
4) LIV Fire may cause inner wind (quarrels/anger/personality triggers leading to dizziness/vertigo…temporary = functional d.o.)
5) LIV Yang rising from LIV fire $\rightarrow$ Inner wind (wind stroke, hemiplegia)
6) LIV Yang rising from LIV Yin Xu $\rightarrow$ Inner Wind (menopause: anxiety, shaking, …)
7) LIV Yin Xu (no Yang relation) $\rightarrow$ Inner Wind (Parkinson’s)
8) LIV Xue Xu may cause inner wind (mild, older people, numbness of extremities, twitching of skin, spasms of legs…)

**Basic points for all Tinnitus & Deafness**

Local: SI-19; GB-2; SJ-21; SJ-17
Distal: SJ-3; SJ-5; GB-41
<table>
<thead>
<tr>
<th>LIV &amp; GB Fire Flaring</th>
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<tr>
<td>– LIV Yang Rising (is included)</td>
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</table>

**Acute, Excess**

- Seen often in: teenagers & military
- Acute onset
- Clearly related to emotional disorder
- Loud "thundering" noise in ears or high pitch
- LIV fire symptoms (anger, irritability, bitter taste, thirsty, hypochondriac pain, etc)
- Or LIV Yang Rising Sx
- Pressure around ears
- T: Red, redder on sides
- C: Yellow
- P: Wiry & fast

**Possibility:**

- Remove LIV/GB Fire
- Subdue LIV Yang

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**Remove LIV/GB Fire, Subdue LIV Yang, Benefit ears**

- Basic+
- GB-40, 43, 20
- LIV-2, 3, 5
- UB-18, 19 (sedate)

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<tr>
<th>Phlegm Fire</th>
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<tr>
<td>Flaring Up</td>
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</table>

**Acute, Excess**

- Acute onset
- Loud & noisy ringing, like crickets or cicadas
- Pressure or sharp pain in/around ears – combined w/ ear ache or ear infection (yellow, sticky discharge): ear infection or allergy related; turbid fluid inside; swimmer's ear
- Heaviness of head; foggy sensation
- Tightness of chest & profuse mucous
- Nausea, vomiting; cough w/ yellow sputum
- Profuse vaginal discharge
- Constipation; dark yellow urine
- T: Red
- C: Yellow, greasy: thin or thick
- P: Slippery, wiry, fast

**Possibility:**

- Remove Phlegm Fire
- Benefit Ears

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**Remove Phlegm Fire, Benefit Ears**

- Basic+
- REN-17, 12;
- ST-39, 40
- SP-9
- LI-4, 11
- GB-43

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<tr>
<th>Traumatic accidents w/ Xue Stagnation</th>
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**(blockage of channels around the ears)**

**Acute, Excess**

- Acute
- Clear hx of traumatic accident
- Concussion, followed by ringing or deafness
- Dizziness, fixed headache
- Ringing worse at night
- Other Sx: bruise, masses, ...
- T: Purple or w/ purple spots
- P: Hesitant (se mai: same as choppy in some texts)

**Possibility:**

- Promote circulation, Remove Xue Stasis; Open Channels to benefit ears

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**Promote circulation, Remove Xue Stasis; Open Channels to benefit ears**

- Basic+
- UB-17, 40; SP-10
- SI-3; UB-62 (open DU/Yang to move Qi)
- > 3 pts for Xue Stasis: UB-40 → SP-10 → UB-17

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<thead>
<tr>
<th>KID Xu: Yin, Essence, or Yang</th>
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</table>

**Chronic, Deficiency**

- Chronic onset; intermittent
- Intermittent ringing: high pitch (like whistle), not loud or like water flowing
- Gradually leading to deafness
  + **KID Essence Xu**: dizziness, vertigo, weakness of lower back and knee joints, hair loss
  + **KID Yin Xu**: hot flash, night sweating, palm heat, low grade fever, steaming bone, night emissions, red tongue body, small and thin in size, cracks, less coating; thin & fast P
  + **KID Yang Xu**: edema from lower extremities, cold extremities, pale face, fatigue, cold pain on the lower back, water retention in the ears; T: swollen, pale, teeth marks, moist & wet coat; P: deep, weak, slow
- Old age / overwork related

**Possibility:**

- KID Essence Xu: KID-3; SP-6; GB-39; DU-15, 16 (sea of marrow)
- KID Yin Xu: basic + Essence pts + KID-6, 1; UB-43, 52
- KID Yang Xu: basic + Essence pts + UB-23; DU-4; REN-4, 6

**Remove KID Essence Xu, Subdue KID Yang, Benefit ears**

- Basic Pts+
- KID Essence Xu: KID-3; SP-6; GB-39; DU-15, 16 (sea of marrow)
- KID Essence Xu + UB-43, 52
- KID Essence Xu + DU-4, 6
| **Zong Qi Xu or Upper Jiao Xu** | **Tonify Zong Qi,**  
**Benefit ears / Sharpen 5 sense organs** |
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<tr>
<td><strong>Chronic, Deficiency</strong></td>
<td>--------</td>
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<tr>
<td>Zong Qi in charge of skin sensations and f(x) of 5 sense organs</td>
<td>Basic pts +</td>
</tr>
<tr>
<td>&gt;= Da, Wei, and Ying Qi</td>
<td>REN-17; UB-13; UB-20; UB-21</td>
</tr>
<tr>
<td>T: Pale, swollen</td>
<td>ST-36; LU-9</td>
</tr>
<tr>
<td>C: Thin, white</td>
<td></td>
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<tr>
<td>P: Deep &amp; weak esp. on R side (in LU &amp; SP)</td>
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<tr>
<td>- Chronic onset</td>
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<tr>
<td>- May or may not have ringing in ears</td>
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<tr>
<td>- Decreased hearing, until it progresses to deafness</td>
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<tr>
<td>- Zong Qi Xu: Pale face; fatigue/tired; soft voice; palpitations; spontaneous sweating; poor appetite; SOB; numbness of extremities</td>
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<thead>
<tr>
<th><strong>HT Xue Xu</strong></th>
<th><strong>Nourish HT Xue; Benefit ears and Shen</strong></th>
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<tr>
<td><strong>Chronic, Deficiency</strong></td>
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<tr>
<td>Heart houses Shen: Narrow definition: memory &amp; concentration</td>
<td>Basic +</td>
</tr>
<tr>
<td>Broad: includes facial complexion, speech, tongue movement, eye movement, and 5 sense organ f(x)</td>
<td>LIV-8; UB-15, 17;</td>
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<tr>
<td>Brain houses Shen: therefore memory related to HT Xue and KID Essence: HT Xue (short term), KID Essence (long term)</td>
<td>REN-14; ST-36; SP-6</td>
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<tr>
<td>T: pale, thin, small</td>
<td></td>
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<tr>
<td>C: white</td>
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<tr>
<td>P: Thin, weak</td>
<td></td>
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<tr>
<td>- Chronic</td>
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<td>- Ringing: high pitch, not loud, off/on; worse after over-working</td>
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<tr>
<td>- Deafness</td>
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<td>- Floaters, blurred vision</td>
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<tr>
<td>- Dizziness, poor memory &amp; concentration, palpitations</td>
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<td>- Scanty, light menses</td>
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<tr>
<td>- Fatigue</td>
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<td>- Pale nails</td>
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