

Course:	Acupuncture Treatment of Disease 1	Date:	Oct 8, 2008
Doc:	Test 1 Review		

This test consists of

1. 40 questions. 6 case studies in it. Must be able to analyze, just like the case studies he gave in the lectures thus far. Be able to rule out what doesn't fit if you don't know the answer right away.
2. Know 4 needle technique—know the chart on your own!!!
3. Know yin/yang and symptoms
4. Know stages of disease – beginning and end especially.
5. Know front mu/back shu – know 'em! Review them all. Know lower he sea, too. Basically, if it's in the lecture, cover it.
6. Know the charts in lecture 3. Know origination, convergence especially. Know the nature of the two theories. Which has points/not, which is superficial/deep, what are the distribution char's
7. Know all of the cases and discussions so far!!! He emphasized this.

Case Studies

Answers are provided at the end of this section.

Study 1

Betty Boop, a 25yo female.

Irregular diet. Epigastric distention. Burning pain. Aversion to touch. Belching with sour odor. Aversion to cold. Tongue: curdy thick coating.

What is your assessment of the condition? What's she got?

What's the best treatment?

- 1) Heart 7, Pericardium 7, Du 26, Du 20
- 2) Ren 17, LU 7, KI 6, SI 3
- 3) GB 34/40, SP 4
- 4) St 36, Ren 12, P 6, ST 25

Study 2

Ralph, a 79yo male patient is complaining of lower back pain with frequent urination for the past 10 years. He is tired and has a poor appetite. 2 days ago he got common cold and slight aversion to wind and cold. Pulse: superficial, weak.

What's the diagnosis?

What do you do?

- 1) Ht 7, LU 9, SP 6, UB 15, UB 13, GB 20
- 2) LU 9, KI 3, UB 23, LU 7, LI 4, UB12, SJ17
- 3) ST 36, LI 10, UB12, GB 20, UB 20, UB 23
- 4) REN 4, REN 6, DU 4, UB 23

Study 3

Bubba, a 9 yo kid.

Had fever, common cold, and was taking White Tiger decoction, a very cold herbal script, for 4 weeks. The fever is gone now, but patient has low voice, spontaneous sweat, poor app, diarrhea, fatigue, pale swollen tongue with teeth marks. Pulse is large, weak.

What happened?

Study 4

Greg, a 39yo male.

Irritable for 2 weeks, bitter taste, thirsty. At night, tosses and turns and sleeps poorly. Templar headache, hypochondriac pain, constipation. Urine is yellow and hot. Tongue is red, especially on sides, pulse is wiry.

What is your diagnosis for Greg?

- 1) Stomach excessive heat
- 2) LI excess heat
- 3) Heart excess fire

4) Hyperactivity of Liver.

What do you do for Greg?

Study 5

Zhang, female, age 60

Chief Complaint: Lower back pain for 1 year

Pertinent history:

Fatigue, ringing in the ears, hot flashes, night sweating and palm heat. Digestive disorder with gas and bloating, poor appetite and aversion to meat. She feels full in the abdomen and has a greasy taste in her mouth.

Tongue: Her tongue is pale and swollen and the coating is thick and greasy.

Pulse: thin and fast, weak in rear positions

She'd prefer an herbal treatment

1. What is your differential diagnosis for this case?
 - a. Spleen and Kidney Qi xu with damp retention
 - b. Kidney yang xu with Spleen Qi xu
 - c. Kidney yin xu with dampness in spleen
 - d. Middle Jiao disorder with Kidney essence xu
2. What is the therapeutic principle?
 - a. Warm Kidney yang and tonify the Spleen Qi
 - b. Nourish Kidney Yin and remove dampness
 - c. Regulate middle jiao and strengthen Kidney essence
 - d. Tonify Kidney and Spleen Qi and remove dampness
3. What is the strategic plan for this case?
 - a. Apply Kidney yin tonics and ignore the dampness
 - b. Tonify Spleen and Kidney Qi and warm Kidney yang
 - c. Nourish Kidney essence and regulate middle jiao
 - d. Strengthen Spleen and remove dampness first then nourish Kidney yin secondarily

What points might you choose?

Study 6

Wang, 30yo male.

Chief complaint: Stomach ache

Pertinent history:

Patient has an irregular diet. Distention in epigastric area, burning pain and aversion to touch. Belching with a sour odor. Constipation, aversion to food.

Tongue: red with a thick and curdy coating

Pulse: slippery, wiry, forceful.

1. What is the pattern differentiation for this case?
 - a. Retention of heat and phlegm in the middle warmer

- b. Food stagnation with accumulation of stomach heat
 - c. Spleen deficiency with empty heat in stomach
 - d. Stomach excessive heat and fire with yin xu
2. Which of the following groups of points would be appropriate to this patient?
- a. HT 7 (shenmen), P 7 (dahling), Du 26 (renzhong), Du 20 (Baihui)
 - b. Ren 17 (tanzhong), Lu 7 (lieque), Kid 6 (zaohai), SI 3 (houxi)
 - c. ST 36 (zusanli), Ren 12 (zhongwan), P 6 (neiguan), ST 25 (tianshu)
 - d. GB 34 (yanglingquan), GB 40 (qiuxu), SP 4 (gongsun)

Study 7

Sam, a 42yo male comes in with the chief complaint of irritability.

He has been suffering from irritability for about 2 weeks and has a bitter taste in his mouth, thirst with desire for drink, tossing and turning. He has severe headache in the temple area with burning pain in the hypochondriac region, constipation, hot and yellow urine which burns. His tongue is red, redder on the sides. His pulse is very wiry on both sides.

- 1) Diagnosis?
- a) Excessive heat in stomach organ
 - b) Yang excess if the large intestine
 - c) Hyperactivity in liver organ.
 - d) Heart excessive fire.
- 2) What are the points you would use if you chose 4 needle technique?
- a) Tonify LV 4 and LU 8; sedate LV 2 and HT 8
 - b) Tonify LV 3 and SP 4; sedate LV 5 and HT 7
 - c) Sedate SP 3 and LV 2; tonify Ht 8 and LU 9
 - d) Sedate LV 4 and HT 8; tonify K 10 and LV 8

Study 8

Ira, a 76 yo male suffers from lower back pain for over 5 years. He has frequent urination for the same period of time. He often feels tired and has a poor appetite. He has had a common cold for 2 days with less sweating, slight aversion to wind and cold. His pulse is superficial but weak.

- 1) What is the diagnosis?
- a) Heart and LU Yin xu with W/C invasion
 - b) Ki and LU Qi xu with cold invasion
 - c) SP and KI Qi xu with wind/cold invasion
 - d) Kidney Yang xu with cold invasion
- 2) What is the treatment principle?
- a) Nourish heat and Lung yin and remove wind-cold pathogens
 - b) Tonify kidney and lung Qi and remove the cold pathogens
 - c) Strengthen the Spleen and Kidney functions and eliminate the wind-cold pathogens

- d) Warm the kidney yang and dispel the cold pathogen
- 3) What group of points?
- HT 7, LU 9, SP 6, BL 15, BL 13, GB 20, BL 12
 - LU 9, KI 3, BL23, LU 7, LI 4, BL 12, SJ 17
 - ST 36, LI 10, BL 12, GB 20, BL 20, BL 23
 - Ren 4, Ren 6, BL 23, DU 4, BL 12, GB 20

Answers to Case Studies

Study 1

This is food retention with stomach heat.

The best treatment is #4: St 36, Ren 12, P 6, ST 25.

Study 2

The diagnosis:

External wind/cold invasion with Kidney deficiency and Spleen deficiency.

What do you do?

Option 3: ST 36, LI 10, UB12, GB 20, UB 20, UB 23

Study 3

What happened?

Bubba's correct Qi is damaged. White Tiger is very cold, took too long, now resistance is gone.

Study 4

What's wrong with Greg?

Answer 4: Hyperactivity or Liver.

What do you do for Greg?

Clear Liver heat with LV 2, HT 8, LI 11, 4 gates (but use LV 2 instead of LV 3)

Study 5

Answers: 1 = c, 2 = b, 3 = c

Points: KI 3 (tonify KI), GB 34 (stimulate GB and help with digestion of fats/meats, relax sinews to help with lower back pain), GB 39 (boost marrow), ST 36 (tonify spleen/digestion), SP 6 (both kidney and spleen tonification), Ren 12 (help digestion).

You could also use UB 23, yaoyin and jaiji points for the lower back pain.

Study 6

Answers: 1 = B, 2 = C

Study 7

Answers: 1 = c, 2 = a

Study 8

Answers: 1 = C, 2 = C, 3 = C

Four Needle Technique

What is the most appropriate application for four needle technique?

Four needle is used as a secondary choice if routine treatment fails. It is used for treating organ disorders, not for meridian problems.

What is the four needle principle of treatment for excesses?

Sedate the son element

- (1) sedating the son element on the affected organ's meridian
- (2) sedate the son element on the son meridian.

Tonify the controlling or grandmother or ko element

- (1) tonify the controlling point on the affected organ's meridian
- (2) tonify the controlling point on the control meridian

What is the four needle principle of treatment for deficiencies?

Tonify the mother element

- (1) tonify the mother point on the affected organ's meridian
- (2) tonify the mother point on the mother meridian

Sedate the control element

- (1) Sedate the controlling point on the affected organ's meridian
- (2) sedate the control point on the control meridian

Fill in the following five element chart. Know this well for the test and be able to use it for the four element needling technique. I'll give you a several of these so you can practice if you wish to print these out.

Yin	Jing well	Ying spring	Shu stream	Jing river	He sea	Yang	Jing well	Ying spring	Shu stream	Jing river	He sea
	Wood	Fire	Earth	Metal	Water		Metal	Water	Wood	Fire	Earth
LU						LI					
SP						ST					
HT						SI					
KI						UB					
PC						SJ					
LV						GB					

Yin	Jing well	Ying spring	Shu stream	Jing river	He sea	Yang	Jing well	Ying spring	Shu stream	Jing river	He sea
	Wood	Fire	Earth	Metal	Water		Metal	Water	Wood	Fire	Earth
LU						LI					
SP						ST					
HT						SI					
KI						UB					
PC						SJ					
LV						GB					

Yin	Jing well	Ying spring	Shu stream	Jing river	He sea	Yang	Jing well	Ying spring	Shu stream	Jing river	He sea
	Wood	Fire	Earth	Metal	Water		Metal	Water	Wood	Fire	Earth
LU						LI					
SP						ST					
HT						SI					
KI						UB					
PC						SJ					
LV						GB					

Yin	Jing well	Ying spring	Shu stream	Jing river	He sea	Yang	Jing well	Ying spring	Shu stream	Jing river	He sea
	Wood	Fire	Earth	Metal	Water		Metal	Water	Wood	Fire	Earth
LU						LI					
SP						ST					
HT						SI					
KI						UB					
PC						SJ					
LV						GB					

Here's a completed one for your comparison. The bigger blue numbers are the horary points (i.e., metal point on the metal channel.)

Yin	Jing well	Ying spring	Shu stream	Jing river	He sea	Yang	Jing well	Ying spring	Shu stream	Jing river	He sea
	Wood	Fire	Earth	Metal	Water		Metal	Water	Wood	Fire	Earth
LU	11	10	9	8	5	LI	1	2	3	5	11
SP	1	2	3	5	9	ST	45	44	43	41	36
HT	9	8	7	4	3	SI	1	2	3	5	8
KI	1	2	3	7	10	UB	67	66	65	60	40
PC	9	8	7	5	3	SJ	1	2	3	6	10
LV	1	2	3	4	8	GB	44	43	41	38	34

Using this chart, how would you use the four needle technique to treat a Liver excess?

-LV 2
-HT 8

+LV 4
+LU 8

Using the five element chart (preferably the one you jot down from your own brain), how do you treat a Liver deficiency?

+LV 8
+KI 10

-LV 4
-LU 8

Using a five element chart, how would you use 4 needle technique to treat a Spleen deficiency?

Tonify the mother (fire) on the Spleen (earth) channel: +SP 2
 Tonify the mother (fire) on the mother (fire) channel: +HT8
 Sedate the control element (wood) on the Spleen channel: -SP 1
 Sedate the control element (wood) on the control (wood) channel: -LV 1

Let the torture continue: How would you treat a LI excess using the 4 needle theory?

Sedate the son element (water) on the LI channel (metal): -LI 2
Sedate the son element (water) on the son channel (water): -UB 66
Tonify the control element (fire) on the LI channel (metal): +LI 5
Tonify the control element (fire) on the control (fire) channel: +SI5

Just one more. Give it to me for a Kidney deficiency.

Tonify the mother (metal) element on the Kidney (water) channel: +KI 7
Tonify the mother element (metal) on the mother channel (metal): +LU8
Sedate the controlling (earth) element on the Kidney (water) channel: -KI 3
Sedate the control (earth) element on the control (earth) channel: -SP 3

Yin Yang

Yang Excess

What is excessive Yang and what are the symptoms?

An absolute too much Yang producing excessive or Full Heat and Fire symptoms.

1. The four greats
 - a. High fever
 - b. Great thirst
 - c. Profuse sweating
 - d. Full fast pulse
2. Red face
All over, not just cheekbones like you will see in a Yin deficiency with empty heat.
3. Constipation
4. Dark yellow urine
5. Meniere's disorder – dizziness, tinnitus, hearing loss or deafness
6. Irritation and/or agitation
7. Pulse: full and fast (see 4 greats)
8. Tongue:
 - a. Body: red
 - b. Coating: yellow coat

What is the etiology of Yang Excess? (5)

1. Invasion of Yang pathogens (wind, heat, fire, summer heat)
2. Hyperactivity of internal organs
3. Emotional disorder, esp anger and irritation
4. Irregular diet
5. Overtaking of Yang herbs

What is the treatment principle for Yang Excesses and what methods would you use?

Sedate/clear heat.

1. Blood letting with 3 edged needle at Du 20, Du 14, UB 40, Shixuan (spreading points)
2. Plum blossom needle at Du 14 + cupping

3. Needle at LI 11 and/or LIV 2, etc.

Yang Deficiency

What is deficient Yang and what are the symptoms?

A syndrome in which there is too little Yang to balance out Yin. The result is relatively too much Yin and thus too much cold. Because this cold results from deficiency, however, the signs are characterized by “less.” This is often called ‘empty cold.’

Symptoms of deficient Yang

1. Pale face
2. Chills which can be alleviated with warming therapies
3. Cold pain anywhere in the body
4. Desire for pressure, touch, warming
5. Aversion to cold
6. Cold extremities
7. No thirst
8. Pulse: deep, weak, slow
9. Tongue:
 - a. Body: pale and swollen
 - b. Coating: wet/moist

What is the etiology of a Yang deficiency?

1. Chronic stage of invasion due to Yin pathogens
2. Severe hypofunction of internal organs
3. Irregular diet
4. Long term consumption of cold herbs or meds (i.e., antibiotics, chemo)
This would damage the Yang long term.
5. Excessive sexual activity

What is the treatment principle for Yang deficiency and what methods would you use?

Tonify and warm using moxibustion on lower extremity, lower back or abdomen points. You could also use warm needle technique, moxa with paper layers, salt cone in the navel and moxa on top at Ren 8, etc.

Yin Excess

What is a Yin excess and what are the symptoms that characterize it?

An excess of Yin is absolutely too much Yin in the body. As a result, the Yang is overwhelmed resulting in full cold symptoms.

1. Aversion to cold
2. Chills and shivering
3. Edema
4. Obesity
5. Cold extremities
Warming therapies don't help, neither does more clothing
6. Cold pain (anywhere) with aversion to touch or pressure
7. Tongue:

- a. Body is normal or pale/swollen/teethmarks.
- b. Coating is white/greasy or wet/moist.
- 8. Pulse either:
 - a. superficial and tight
 - b. deep, slow, powerful

What is the etiology of a Yin excess?

1. Invasion of external Yin pathogens such as Cold, Damp, and Dryness
2. Eating too much Yin food (cold dairy) or overconsumption of Yin herbs or meds (like antibiotics).
3. Retention of internal Yin pathogens such as Damp, water retention, blood stasis, phlegm due to organ dysfunction (spleen or lung)
Example: Spleen xu → dampness.
 - a. If this is combined with heat from LU or ST the result is sticky visible phlegm retained in the Lung.
 - b. If this is combined with cool from Spleen or Kidney Yang Xu, the result is retention of water/edema in the lower body.

What is the treatment principle for Yin excesses and what methods could you use to treat them?
Sedation of the Yin excess.

Moxibustion on the upper extremities, upper back and head is the key here. Use a moxa stick or the stick-on moxa. Herbal therapy such as shen g jiang or gan jiang.

Yin Deficiency

What is a Yin Xu and what are the symptoms?

This is a condition of too little Yin in the body resulting in relatively too much Yang and thus empty heat. Possible symptoms are:

1. Night sweats
2. Malar (zygomatic/cheekbone) flush
3. Tidal fevers
Low grade fevers in the late afternoons or evenings
4. Five palm heat
Heat in the soles of the feet and palms of the hands
5. Thirsty and/or dry mouth especially at night
Often the patient will want to sip water for dry mouth rather than have full thirst.
6. Steaming bone heat
7. Tongue:
 - a. Body: small red body with cracks
 - b. Coating: scanty, thin, peeled, mirror (no coating at all)
8. Pulse: thin, fast, weak. Might be deep, might be superficial.

What is the etiology of a yin deficiency?

1. Chronic condition of Excessive Yang such as heat disease or febrile disease.
(ex: Yang disease with sweating leads to loss of fluids and therefore loss of Yin)
2. Overworking, esp at night
3. Excessive sexual activity

4. Long term consumption of Yang herbs or Yang meds
This includes radiation therapy which consumes body fluid, leading to dry skin, hair loss, thirst.

What is the treatment principle for a yin deficiency and what are some treatment methods?

Tonify and nourish the Yin.

1. Chinese herbs and/or food therapy
2. acupuncture
 - a. KI 3, 6, 1
 - b. SP 6
 - c. UB 52, 43

(compare the two:

for excess heat you bleed at Du 20 while you needle Ki 1 for xu heat...)

Stages of Disease

This doesn't refer so much to the six stages or four levels in the context of what we've covered so far, but to this progression and treatment for disease:

	Stage of Disease	Treatment principle	Typical pop affected
Single Excess	Initial stage of acute disease	Sedate only	Yang individuals such as children and teens ¹
Single Deficiency	End of a chronic disease	Tonify only	Older people ² , anyone with poor constitution or Xu type
Combination	Middle stage of disease	Sedate <i>and</i> tonify	
<ul style="list-style-type: none"> • More excess, less xu 	Beginning to middle	Sedate first then tonify	Pathogen is strong, resistance is injured
<ul style="list-style-type: none"> • More xu, less excess 	Middle to end	Tonify first, then sedate	Poor body constitution and individ's who catch cold easily
<ul style="list-style-type: none"> • Half/half 	Middle stage only	Sedate and/or tonify	

Sidebar bonus info, not needed for test:

¹ For teens, tonify with gui zhi tang, ma huang, but *not* older people!

² For older people with cold, cook herbal rice congee with:

100g rice + 3 pieces scallion (cong bai—bulb and root) + 5 pieces fresh ginger + 10 chinese dates (da zao) and 2 C water. Cook in slow cooker until porridgy mush. Don't have to eat the dates/cong bai/ginger, but consume the rest. Great for a poor constitution – tonifies and sedates

Front Mu Points

Zang organs	Front Mu	Fu organs	Front Mu
Lung	LU-1	Large Intestine	ST-25
Spleen	LV-13	Stomach	Ren-12
Heart	Ren-14	Small Intestine	Ren-4
Kidney	GB-25	Urinary Bladder	Ren-3
Pericardium	Ren-17	San Jiao	Ren-5
Liver	LV-14	GallBladder	GB-24

Back Shu Points

Bladder Point	Category	Vertebral Level
BL 11	Hui of Bone	T1
BL 12	<i>“Wind Gate”</i>	T2
BL 13	Back Shu of Lung	T3
BL 14	Back Shu of Pericardium	T4
BL 15	Back Shu of Heart	T5
BL 16	<i>“Du Shu”</i>	T6
BL 17	Hui of Blood <i>Also called “Back Shu of Diaphragm”</i>	T7
		T8
BL 18	Back Shu of Liver	T9
BL 19	Back Shu of Gallbladder	T10
BL 20	Back Shu of Spleen	T11
BL 21	Back Shu of Stomach	T 12
BL 22	Back Shu of San Jiao	L1
BL 23	Back Shu of Kidney	L2
BL 24		L3
BL 25	Back Shu of Large Intestine	L4
		L5
BL 26		S1
BL 27	Back Shu of Small Intestine	S2
BL 28	Back Shu of Bladder	S3

Divergent and Tendinomuscular meridians

Meridians	Divergent	Enters	Exit	Converge/end ¹
** Foot Taiyan – UB Foot Shaoyin – KI	Popliteal fossa UB 40 Ki 10	Ab→kid and UB organs→thru diaphragm and enter heart organ	Neck	UB 10 window of sky ²
Foot Shaoyang – GB Foot Jueyin – LV	Hip – GB 30 Inner leg - LV 5	Abdomen→liver and gb organs→ thru diaphragm and enter HT organ	Outer canthus	GB 1
Foot Yangming – ST Foot Taiyin - SP	Lower ab – ST 30 Groin – SP 12	Abdomen→sp and st organs→thru diaphragm→enter heart organ indirectly	Mouth	Stomach: UB 1 Tongue: SP(no point associated with this one) ³
Hang Taiyang – SI Hand Shaoyin - HT	Shoulder – SI 10 Armpit – HT 1	Chest: HT and SI	Face	UB 1
Hand Shaoyang – SJ Hand Jueyin - PC	Head – Du 20 Hypochondriac region - GB 22 or PC1	Chest: PC and SJ. Connects to heart via PC	Retro- auricular region	SJ 16 window of sky
** Hand Yangming – LI Hand Taiyin - LU	Shoulder – LI 15 Chest – LU 1	Chest: LU and LI, not Heart	Supraclav fossa – ST 12	LI 18 window of sky

T-M Meridians	Start	Bundle	Distribute	Unite
3 foot yang ST, GB, UB	toes – jing well points	big joints: ankle; knee; hip	lateral aspect of lower extremities; superficial area	cheek ST-3; SI-18
3 foot yin SP, LIV, KID	toes	big joints: ankle; knee; hip	medial aspect of lower extremities; superficial area	REN-3
	fingers	big joints: wrist;	lateral aspect of upper	
3 hand yang LI, SI, SJ		elbow; shoulder	extremities; superficial area (lateral extensor of humeral epicondyle: tennis elbow)	GB-13 temporal area
3 hand Yin LU, HT, PC	fingers	big joints: wrist; elbow; shoulder	medial aspect of upper extremities; superficial area (medial flexor of humeral epicondyle: miner's elbow)	GB-22