# Dizziness & Vertigo (xuan yun)
## Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic (wind) Points:</th>
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<tbody>
<tr>
<td>GB-20 (remove inner W and Subdue LIV Yang)</td>
</tr>
<tr>
<td>DU-15, 16, 20 (subdue LIV Yang, remove Inner Wind, esp. DU-15)</td>
</tr>
<tr>
<td>SI-3; SJ-3; LU-7</td>
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<tr>
<td>GB-43; UB-62 (confluent of Yang Qiao which ends at GB-20)</td>
</tr>
<tr>
<td>&gt; Depending on needling technique, using SI-3 &amp; UB-62 together will not open DU unless needled to do so [right or left first depending on gender...]</td>
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</table>

## LIV Yang Rising
[Strong emotions]

### Heat in the Xue level (localized sx)

- Acute onset
- Hx of hypertension (Xue d.o.)
- Tinnitus, red face

1. **Localized Sx of the head:**
   - Dizziness, vertigo
   - Throbbing headaches, worse when lying down

2. **Emotional Sx:**
   - Restlessness, irritability, anger, insomnia,

- **T:** Red or scarlet
- **C:** Yellow
- **P:** Wiry & slippery

   *Not necessarily fast: slippery = smooth b/c Heat*

   in the Xue level dilates vessels to cause this pulse

   nature, :, slippery, here, indicates LIV Yang

## Subdue LIV Yang, Remove Inner Wind

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### Basic +
LIV-3 + SJ-5 (descends LIV yang)

### May add:
- P-6 (calm mind)
- LIV-8, SP-6, UB-18 (nourish LIV blood)
- KID-3, UB-23 (nourish KID yin)
- KID-2 (clear deficient heat)
- GB-38 (clears GB heat)
- GB-6, 8, 9 (Headache d/t heat in channel)
<table>
<thead>
<tr>
<th>LIV Fire</th>
<th>Clear LIV fire, Remove Inner Wind</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Prolonged emotional → LIV Qi Yu into LIV Fire]</td>
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<tr>
<td><strong>Heat in the Qi level</strong> (general sx)</td>
<td>---</td>
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<tr>
<td>&gt; Ji Gu Cao Wan (LIV heat)</td>
<td>Basic +</td>
</tr>
<tr>
<td>&gt; Long Dan Xie Gan Wan (drain LIV fire)</td>
<td>LIV-2 (clear heat); GB-41</td>
</tr>
<tr>
<td>&gt; Ji Gu Cao Wan (LIV heat)</td>
<td>LIV-5; GB-43</td>
</tr>
<tr>
<td>&gt; Long Dan Xie Gan Wan (drain LIV fire)</td>
<td>LIV-1</td>
</tr>
<tr>
<td></td>
<td>May add:</td>
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<tr>
<td></td>
<td>LIV-3 (sedate LIV fire)</td>
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<tr>
<td></td>
<td>LI-4, LI-11 (clear heat)</td>
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<tr>
<td></td>
<td>Taiyang (temporal headache d/t LIV fire blazing)</td>
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<tr>
<td></td>
<td>SP-6 (yin); UB-18 (reg. &amp; nourish LIV blood)</td>
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<tr>
<td><strong>Inner / LIV Wind</strong></td>
<td>Remove Inner Wind, Treat the inducing factor</td>
</tr>
<tr>
<td>[Generated by LIV Fire, may also have component of Yin Xu d/t fire consuming Yin]</td>
<td>Basic +</td>
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<tr>
<td>&gt; Tian Ma Mi Huan Jun Pian</td>
<td>4 gates</td>
</tr>
<tr>
<td>&gt; Tian Ma Mi Huan Jun Pian</td>
<td>+ LI-11; GB-34 = 6 points for Inner W</td>
</tr>
<tr>
<td>*Could arise from 1st 2 types, or last 2 types</td>
<td>(here, LI-11 is used to relax tendons/ligaments to stop tremors)</td>
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<tr>
<td>*Could arise from 1st 2 types, or last 2 types</td>
<td>+ P-6, SP-6 = 8 points for Inner W</td>
</tr>
<tr>
<td>&gt; Tian Ma Mi Huan Jun Pian</td>
<td>(always use pts near joints to help Wind Sx, and on hand and foot to balance energetics)</td>
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<tr>
<td><strong>Turbid Phlegm in Head</strong></td>
<td>Remove Turbid Phlegm, Clear the head</td>
</tr>
<tr>
<td>[Obstructing so clear yang cannot rise &amp; turbid cannot descend: underlying SP Xu ]</td>
<td>Basic +</td>
</tr>
<tr>
<td>&gt; Meniere’s Dz</td>
<td>ST-8; Yintang; REN-17; P-6</td>
</tr>
<tr>
<td>&gt; Ban Xia Bai Zhu Tian Ma Tang (specific to resolve phlegm in head)</td>
<td>SP-9; ST-40</td>
</tr>
<tr>
<td>&gt; Ban Xia Bai Zhu Tian Ma Tang</td>
<td>May add:</td>
</tr>
<tr>
<td></td>
<td>REN-12; ST-36; SP-3; UB-20, 21 (mj)</td>
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<td></td>
<td>REN-9; SP-9; ST-40, 41 (resolve damp)</td>
</tr>
<tr>
<td></td>
<td>LI-4; DU-20 (reg. ascending of clear yang)</td>
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<tr>
<td></td>
<td>ST-8 (phlegm in head)</td>
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<td></td>
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</tr>
<tr>
<td><strong>Blood Stasis</strong></td>
<td>Promote Qi and Xue circulation, Remove Blood stasis</td>
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<tr>
<td>Mostly d/t trauma, which causes insufficient blood flow to the brain</td>
<td>Basic +</td>
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<tr>
<td></td>
<td>Ashi points</td>
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<tr>
<td></td>
<td>UB-17, 40; SP10</td>
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<td></td>
<td>SI-3 &amp; UB-62 to open DU</td>
</tr>
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</table>
**Qi & Blood Xu**

[SP qi & HT Xue Xu]

*Anemia*

Post-partum

> Gui Pi Tang (SP & HT)

> Bu Nao Wan (HT & KID)

- Chronic onset
- Clearly related to anemia, or post-partum
- Dizziness, vertigo – off/on
- Worse after overworking, Sx alleviated by resting
- Pale face, fatigue, poor memory, bad concentration
- Palpitations, dream-disturbed sleep
- Pale, scanty menses

T: Pale & thin
C: Thin white
P: Thin, weak [choppy or fine]

**Tonify Qi & Nourish Blood; Remove Wind**

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Basic +

ST-36; LIV-8; UB-17, 15, 18, 20
SP-6

**KID Essence, KID Yin, or KID & LIV Yin Xu**

[Essence fails to nourish brain & marrow]

*Aging*

> Zuo Gui Wan (left K/ yin)

> You Gui Wan (right K/ yang)

> He Che Da Zao (LIV/KID yin)

- Chronic onset – may be related to aging
- Dizziness, vertigo – off/on
- Tinnitus, even deafness
- Lower back pain, weakness of the joints, fatigue; spermatorrhea; etc.
- Wakes often at night; poor memory
- Yin Xu: night sweats, palm heat, hot flashes

T: Small, red
C: Peeled, or less coating
P: Thin & weak, may be fast (Yin Xu)
> deep & weak if yang xu; floating-empty if yin xu

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**Nourish Yin, Tonify Essence**

Basic +

KID-3; SP-6; GB-39
BL-23, 52

*May add:*

REN-4; KID-3; BL-23, 52 (K yin, yang, essence)
SI-3; BL-62 (KID yang; DU; marrow, brain)
DU-17 (nourishes marrow)
GB-39 (influential point of marrow)

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**Facial Paralysis (mian tan/Mian Feng)**

**Differential Diagnosis & Treatment**

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>GB-20; LI-4; LU-7; Taiyang; GB-14; UB-12, Yintang; ST-3, 4, 6, 7, REN-24; Qian zhen (at level of base of carlobe 1-2 cun anterior to ear lobe)</th>
</tr>
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**PNS or Bells Palsy due to Wind-Cold**

*Good Prognosis*

Common cold invades 12 Cutaneous or Tendino-Muscular regions; attacks 12 Regular meridians.

- Acute onset; with history of exposure to wind or wind-cold
- Bell's palsy symptoms:
  - Stiff neck; general aching or headache
  - Aversion to wind-cold; slight fever, no sweating
  - Mouth & tongue deviated to non affected side
  - No wrinkles; can't close eye on affected side;
  - Nasal-labial groove superficial or disappears - affected side
  - Cannot hold liquids or puff cheek on affected side
  - Tenderness of GB-20 & SJ-17 – on affected side

T: Normal
P: Superficial, tight or soft (wei qi xu)

**Remove Wind-Cold, Promote Qi & Xue Circulation, Open Meridians, Benefit Face**

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Affected side only

Yintang + GB-14; LI-20 + SJ-21
Qianzhen; Taiyang; SJ-17; GB-20
UB-12, 13; LI-4, SI-3
*ST-4 + ST-7 (through needling)
* on affected side 1.5-2 cun

Facial massage

E-stim is not effective for PNS

**CNS due to Liver Yang Rising (Due to Liver and Kidney Yin Xu) and Xue Stasis**

- History of wind stroke with hemiplegia, headache, aphasia
- Symptoms for central facial paralysis,
  - Numbness and flaccidity on affected side

T: Purple with purple spots, or dark red or scarlet
C: Peeled with cracks or less coat or mapped
P: Hesitant or thin and fast

**Remove Inner Wind, Nourish LIV & KID Yin, Subdue Liver Yang**

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Basic Points +

DU-16, 20; SJ-5; KID-3, 6; SP-6, 10; 4 Gates

E-stim good for CNS