

Course:	Acupuncture Treatment of Disease 2	Date:	March 2009
Doc:	Case Studies and Discussions for Final		

“Please exactly make sure” that you also study case discussions that applied to Quizzes 1 and 2. ☺

## Class 8 - Multiple Sclerosis

### What is Multiple Sclerosis (MS) ?

Multiple sclerosis is a **progressive degenerative disorder of the nerve tissue of the CNS** which is characterized by the **destruction of the myelin sheath** surrounding **neurons** involving the **optic nerve, brain, and spinal cord**. This condition affects the ability of the nerve cells in the brain and spinal cord to communicate.

During an attack of MS there is inflammation in the white matter of the CNS in random patches called “**plaques**.” After each attack the myelin is destroyed more. **Neurological transmission between the nerve cells in the brain and spinal cord lose more ability to communicate or are completely blocked**. This results in **diminished or lost body functions**. Eventually the muscles will **atrophy**.

### What are the overall symptoms one finds in MS patients?

- ☹ Fatigue
- ☹ Pain

### Name some sensory symptoms associated with MS.

- ☹ Optic neuritis
- ☹ Double vision
- ☹ Perception of a **band in the abdomen** (Dai Channel!)
- ☹ Tingling, numbness, tightness, heaviness of extremities

### Name some motor symptoms associated with MS.

- ☹ Tremors/spasms upon activity  
(compared to Parkinson’s with tremors upon rest)
- ☹ Ataxic gait – lose balance when walking
- ☹ Increased deep tendon reflex
- ☹ Babinski’s sign
- ☹ Hemiplegia, paraplegia

### List some mental/emotional signs associated with MS.

- ☹ Stress
- ☹ Mental confusion
- ☹ Forgetfulness
- ☹ Hysteria

**The Kidney, uterus and Bladder are connected to the brain via the Du channel and are thus related to MS. What are these symptoms?**

- ☹ Sexual dysfunction

- ☹ Decreased libido
- ☹ Infertility, impotence
- ☹ Urinary disorders such as frequency, incontinence

**What are the TCM etiologies for MS?**

1. Invasion of external pathogens – dampness in general (which is climate and virus related), damp heat, damp cold.
2. Congenital factors (KI)
3. Diet
4. Overworking
5. Emotional disorder (LV)

**What is the TCM mechanism for MS?**

Blockage of the Wei Qi in the Eight Extraordinary Vessels, but especially in the Du and Dai.

This is a *hypo*activity of the Wei Qi as compared to the hyperactive Wei Qi you see in epilepsy.

**What are the 2 broad approaches you can take in treating MS with acupuncture?**

1. Treat it from the extra channels
2. Treat it from the regular channels

**What three vessels do you use most predominantly when you treat any type of MS?**

Du, Ren and Dai

**What are the basic points you use for any type of MS?**

1. SI 3 and UB 62 to open the Du channel
2. LU 7 and KI 6 to open the Ren channel
3. SJ 5 and GB 41 to open the Dai channel
4. Hua Tuo Jia Ji points (dragon insertion)

**What are the stages of MS and what are the differentiations at each stage?**

1. Initial stage (acute) is Invasion/Retention of Damp or Damp Heat. This is the virus stage and is a more excess type.
2. Retention of Damp Heat in the Dai Mai or MJ  
Most characteristic sign is the band around the abdomen feeling and a bunch of damp signs
3. Middle stage is the Liver and Kidney Yin Xu stage  
Most characteristic sign is affected vision.

4. The final stage (very long term by the way) is Yin and Yang disorder with Inner Wind.

**Be sure you know this pattern!**

- a. Yang signs:
  - Frequent, clear, profuse urination.
  - Early morning diarrhea
  - Incontinence, impotence, decreased libido
  - Coldness with edema
  - Cold pain in the back
  - Tongue: Swollen pale, moist coating
  - Pulse: Deep, weak, slow
- b. Yin signs:
  - Deep tendon reflexes
  - Night sweats
  - Low grade fever
  - Tongue: Red, small with less/no coat
  - Pulse: Weak, thin, fast
- c. Inner wind signs
  - Dizziness, vertigo, tremors and shaking of extremities, staggering (often ataxic) gait, hemiplegia/paraplegia
  - Falling down and loss of consciousness
- d. Other
  - Mental confusion, poor spirit

### Case Studies

Some lady. We don't know her name or age, but she's a grandma, so...

Inner wind

liver blood xu

Chief complaint: Numbness of the lower limbs, blurred vision for 1 year and aggravation for 1 week.

Inner wind...and Dai channel involvement since waist down

History: 1 year before her admission, she felt numb in the lower limbs and could not see everything

Liver blood xu

clearly as well as eyes dryness. However, she didn't tell anyone else because she was engaged in taking

care of her grandson wholeheartedly. Unfortunately, 1 week before her admission, her numbness and

blurred vision were getting more serious. What's more, she felt flaccid in the lower limbs and had

KI/BL involvement

difficulty in urination. So, she had to tell her family about her problem and tried to make sure what's

wrong with her. But during this process, her symptoms changed fast!

1 day before the admission, she could not move her legs even a little, only lying down on the bed

without turning her body, completely losing sensation below her chest. What's more, she could not see **Kidney not controlling lower openings** anything and had difficulty in urination and defecation. She was sent to hospital by ambulance and admitted to the neurological department at once. In the neurological department, she was treated with **(this will toast the immune system...)** steroids and ganglioside for 15 days. There were no changes except that one eye was improved to 0.05.

**Examination:** She was overweighted and had tinnitus in both ears as well as poor appetite and after-meal bloating for long time. Pulse is soggy, thin and fast, 3<sup>rd</sup> position on both sides are thin, deep and weak. Tongue is red on sides, whole body is red. Coating is yellow, thick a little greasy. Crack in the **heart** middle.

Pattern: 1) LV/KI Yin Xu with excessive damp heat, 2) SP/ST Xu.

Can use Du, Yangming channels. Can use 5 shu points together – plus dai channel points.

5 shu's are (jing well) ST 45, SP 1; (yingspring) ST 44, SP 2; (shu stream) ST 43, SP 3; (jing river) ST 41, SP 5; (he sea) ST 36, SP 9. ST channel 7-9am, SP 9-11am. These are the times for the stomach and spleen. Thus do the treatment at 9am for best results.

## **Class 9 – Appendicitis and Constipation (actually just constipation – no study on appendicitis)**

### **What is Appendicitis?**

An acute abdominal disease caused when the appendix, an organ projecting from the area between the small and large intestine, inflames, swells and/or ruptures.

### **What is considered to be the definitive medical sign of appendicitis and how do you identify that?**

Rebound pain at McBurney's point. McBurney's point is found 1/3 of the way between the ASIS and the umbilicus on a line drawn between the two.

### **What are the primary symptoms of appendicitis?**

(You need to be able to generate 4 of these for the test.)

1. Abdominal pain that shifts, often from the epigastric area to the RLQ 2 – 12 hours after the first instance.
2. Fever
3. Chills
4. Vomiting/Nausea
5. Rebound pain at McBurney's point
6. High WBC

### **What are the 3 TCM etiologies of appendicitis?**

1. Emotional disorder  
Liver Qi stagnation
2. Irregular diet  
Food stagnation
3. Improper exercise/habits

### **What is the TCM Mechanism?**

Blockage of the Yangming organs

Food stagnation, liver qi stagnation, and accumulation of damp heat in the intestines are the most likely suspects.

### **When do you treat appendicitis with TCM and when should you not?**

First, you never treat until the diagnosis of appendicitis is clear. You also never resolve the pain until the disease is diagnosed and treated. Pain is the marker that something is wrong. If you cover it the patient may not seek emergency help when they need to.

## What are the basic points for treatment?

Ren 6, ST 25, SP 15, ST 36, ST 37, Lanweixue

## What are the pattern differentiations for appendicitis?

1. Qi Stagnation with Food distention
2. Accumulation of damp heat in the yangming/intestines
3. Qi stagnation with blood stasis

## How is constipation defined?

By definition is acute or chronic condition in which a person has uncomfortable or infrequent bowel movements. It can be organic or neurological in nature.

## What are the biomedical etiologies for constipation?

- ☹ Slow transit of stool
- ☹ Dehydration and a low fiber diet
- ☹ Obstruction
- ☹ Diabetes

## How many days without a bowel movement before it's considered to be constipation?

3

## What is the TCM etiology?

1. Improper habits – hanging out (pardon the pun) on the potty too long, reading, daydreaming, doing macramé...whatever it is you do there.
2. Emotional disorder – i.e., LV fire drying up the body fluids
3. Irregular diet – like too much hot food burning up the body fluids and causing dehydration

## What is the TCM mechanism for constipation?

Blockage of the Large Intestine  
(duh!)

ST/LI blockage = constipation while SP/ST blockage = diarrhea.

## What are the basic points for constipation?

ST 25, UB 25, SJ 6, KI 6, Ba liao (for excesses), ST 37

## What are the pattern differentiations?

- ☉ LV Qi yu
- ☉ Accumulation of heat or damp heat in the LI
- ☉ Qi xu
- ☉ Kidney Yang xu

## Case Studies

### Case 1

Semi chronic stage...may still be excess

30 yo male has suffered from constipation for several months. He has had only 2 or 3 bm's per week and

Body fluids compromised? Qi stagnation in MJ damp heat? toxic heat?

the stools were dry and small. He also had epigastric and abdominal distention. He has acne and

upper = stomach, lower = intestines

toothache both upper and lower that comes and goes. Apart from this, no other sx. The body of his

body fluids damaged + heat lower jiao

tongue is normal, but has a dry yellow coating which was thicker at the root. His pulse is slightly

damp/food stagnation...right middle is spleen pulse.

slippery on the right/middle.

1. What's your dx?
  - a. Constipation due to yin xu
  - b. Constipation due to liver qi yu
  - c. Constipation due to ki yang xu
  - d. Constipation due to heat in the st and intestines

Answer: D.

2. What points would you choose for this case?
  - a. SP 4, SP 6, KI 3, BL 43, KI 10, KI 8, SP 10
  - b. ST 25, ST 37, ST 44, SJ 6, BL 31-34 (Bailao)
  - c. ST 40, SP 9, GB 34, LV 8, LI 2, KI 2
  - d. DU 4, RN 4, RN 6, RN 8, DU 20, BL 23 with moxa

Answer: B

## Case 2

Chronic, indicating deficiency

33 yo woman has suffered from constipation 20 years. She has had only 2 bm's per week, but stools were not particularly dry or small. Her menses is scanty and pale, she suffers from PMS and her memory is poor. Tongue is pale and partially peeled. Pulse is deep, thin, wiry.

1. This patient has all of the following *except*:
  - a. Spleen qi xu
  - b. Blood xu
  - c. Liver Qi yu
  - d. Yin xu

Answer: A

2. Which points?
  - a. ST 36, SP 6, REN 12, BL 20, BL 21
  - b. ST 25, GB 34, LV 3, BL 25, KI 6, LV 8, KI 3, BL 17
  - c. GB 20, DU 14, DU 20, SP 6, KI 10
  - d. BL 17, BL 40, SP 10, LV 3, LI 4

Answer: B – points for blood and yin xu plus some for constipation

## Case 3

Li, female, 71 yo

She is seeking treatment for constipation. 4 years ago she was diagnosed with Parkinson's disease. She

has a very slight tremor in her arm, drags her foot slightly, and her handwriting has been getting progressively smaller. Apart from this, she has also been suffering from constipation more or less. She had resorted to taking a laxative per day. Because of this it was difficult to find out how her stools would be without them. She also suffered backache, dizziness, tinnitus, night sweats, poor sleep, irritability, bitter taste in the mouth, palpitations and a dry throat at night with desire to sip water. Tongue is red esp on the sides, dry yellow coating. Pulse is slippery/rapid on both sides. Left guan was full and wiry, left cun was thin, both chi were thin and fast.

1. Her symptoms including a slight tremor in the arm, dragging the foot and progressively smaller handwriting indicate:
  - a. Kidney yin xu with shen disorder



- b. Liver and kidney yin with essence xu
- c. Signs of liver yang rising
- d. Signs of inner or liver wind

Answer: D

2. Symptoms including backache, night sweating, poor sleep, palpitations and dry throat at night with desire to sip water indicate
- a. Liver and ki yin xu
  - b. Disharmony between ht and ki
  - c. Lu and st yin xu
  - d. Lv yang rising due to lv yin xu

Answer: B

3. Patient suffers from all of the following *except*:
- a. Lv excessive heat
  - b. Inner wind harassing
  - c. Ht and ki yin xu
  - d. Lv and ht blood xu

Answer: D

4. Which of the following acu points would you choose?
- a. Ren 3, bl 28, sj 5, sp 9, st 40, lv 5
  - b. Gb 34, gb 20, ht 7, ki 6, sp 6, lv 2, gb 41, st 25, sj 6
  - c. Li 11, li 4, du 14, bl 40, p 6, sj 17, bl 25
  - d. Sp 10, sj 3, sp 6, bl 17, bl 40, sp 4, ki 6

Answer: B

## Class 10 – Diarrhea and Hemorrhoids

### What is the TCM set of etiologies for diarrhea?

- ☉ Irregular diet
- ☉ Emotional disorder
- ☉ Invasion of external pathogens

### What is the TCM mechanism for diarrhea?

Disorder of the Middle Jiao and the Spleen Qi

### What are the 3 signs associated with bloody dysentery and what causes it?

Burning sensation + blood and mucus in the stool. This is caused by damp heat – causes both the burning sensation and the bleeding. The mucus is caused by the dampness.

### What are the basic points?

ST 25, UB 25, SP 15, Ren 6, ST 36 and 37. You can use Lanweixue too.

### What are the patterns for diarrhea?

- ☉ Invasion of damp cold
- ☉ Damp heat
- ☉ Food stagnation
- ☉ Spleen xu
- ☉ Kidney yang xu

### What are hemorrhoids?

Biomedicine defines this as dilated or varicose veins on the anus or rectum. Also, veins that drop out of the anus. The types of hemorrhoids can be internal, external, or compound hemorrhoids.

- ☉ Internal  
Above the “pectinate or dentate line” inside the anus
- ☉ External  
Below the pectinate or dentate line.
- ☉ Compound  
A little bit of both.

### What are the TCM etiologies of hemorrhoids?

- ☉ Irregular Diet
- ☉ Emotional disorder
- ☉ Improper habits
- ☉ Overworking

## What is the TCM mechanism of hemorrhoids?

Qi and blood stagnation in the anorectal area.

## What are the basic points for hemorrhoids?

UB 35 and Ba liao points

UB 40 and 57

Er bai (4 cun proximal to PC 7 at the crease of the wrist ... or 2 cun proximal to PC 6)

## What are the differentiations for hemorrhoids?

- ☉ Lower pouring of damp heat
- ☉ Liver Qi stagnation
- ☉ Yin xu with heat in the blood
- ☉ Prolapse of spleen qi

## Case Study 1

Chronic

Zhang, a 38 yo female has suffered from watery diarrhea for about 3 years. She has had diarrhea for about 4 to 5 times per day and has also experienced abdominal fullness, pain in the abdomen and lower back soreness. She has a poor appetite, fatigue. Recently she often sighs and has severe spasms and pain during the 1<sup>st</sup> 2 days of menstruation. She has a pale tongue with a thin white coating, and her pulse is deep, weak and slightly wiry.

1. the Patient's diarrhea indicates
  - a. Liver overacting on the spleen with damp retention
  - b. Deficient cold affecting the ST and SP
  - c. SP and KI deficiency with liver Qi yu
  - d. Prolapse of the Spleen Qi with blood stasis

Answer is C

2. What is the tx principle for this case?
  - a. Soothe LV qi, reg SP fnx, and remove dampness
  - b. Dispel xu cold from the ST and SP
  - c. Tonify both the SP and the KI and reg LV qi
  - d. Save SP qi from prolapse and eliminate blood stasis

Answer is C

3. What points?
  - a. LI 4, ST 44, ST 37, SP 9, ST 25, LI 11
  - b. REN 12, ST 36, DU 14, GB 20, ST 25
  - c. DU 20, REN 6, REN 17, SP 4, ST 25, DU 4
  - d. UB 23, UB 20, UB 25, ST 25, LIV 3, ST 37

Answer is D

## Case Study 2

Li is a 32 yo male. He has been suffering from diarrhea w/strong odor for 3 days. It started suddenly and he still has a fever and nausea. He was prescribed antibiotics but didn't help. Bowel movements are always very loose with some cramping and burning pain during evacuation which occurs about 3-4 times per day. He also suffers from a feeling of fullness and distention and his appetite has decreased. His head feels muzzy and his body feels heavy. His tongue is red w/thick and sticky yellow coating and slippery pulse.

1. what is the dx for the case
  - a. diarrhea due to SP qi xu w/damp
  - b. Diarrhea due to disharmony between LV and S
  - c. Disorder of the MJ w/LV qi yu
  - d. Diarrhea due to invasion of DH

Answer = D

2. Which one of the following is correct?
  - a. Excessive type with SP and ST disorder
  - b. More xu with less excess
  - c. Half excess with half xu
  - d. SP is the only affected organ in this case

Answer = A

3. What points?
  - a. ST 25, ST 36, ST 40, SP 6, SP 16, SP 9, LI 11, BL 25, LI 4
  - b. KI 3, SP 5, BL 62, GB 34, SJ 5, LU 6, KI 6
  - c. LI 10, ST 36, SP 6, BL 20, BL 21, REN 17
  - d. (there was an option D, but he flew past it and I didn't get it... wasn't the right answer anyhow!)

Answer = A

### Case Study 3

Wang, 52 year old female.

She had intermittent loose stool with burning and heavy sensation for more than 3 months. During the last 1 month she had 4 times of loose stool in a day. She felt thirsty after diarrhea. Half a month ago she tried to have some herbs according to her own experience and felt better. Sometimes she only had 1 time of loose stool during a day. However 1 week ago she had a new problem: she defecated one time during a week. Her stool was dry with a strong odor. She also had a hot sensation in her palms and dry sensation in her throat and nose. She also had poor appetite and abdominal distention. She sweated a lot in her meal (ew!!!). Her tongue was red with yellow greasy coating at the root. Her pulse was slippery and fast, thin and fast in the 1<sup>st</sup> position on the right.

She has a 10 year history of psoriasis and still feels itchy after eating spicy foods. Her skin is dry with a red rash.

What is your diagnosis and suggestion for points?

Spleen qi xu with retention of damp heat  
Lung yin xu and deficient heat

By the way, she's got diabetes...alternating loose stool and constipation, thirst and skin problems. Called Xiao Ke in TCM.

Points:

- ☉ Spleen Qi xu: ST 36, SP 6
- ☉ LU yin xu: LU 9
- ☉ Damp heat to lower jiao: ST 40, LI 11, SJ 5
- ☉ Can use ST 37 for constipation and the Insulin Point for diabetes.