

Course:	Acupuncture Treatment of Disease	Date:	January 2009
Document: Quiz 1 Study Questions and Case Studies (with answers)			

Pay most attention to:

- ❖ Mechanisms for each disease
- ❖ Basic points
- ❖ Symptoms
- ❖ Some biomedical information

This test will be 40 multiple choice, no fill in the blank. Covers the following topics:

1. Class 12 from last term
 - a. Infertility
 - b. Impotence
2. Class 1
 - a. Menopause
 - b. Mastitis
3. Class 2
 - a. UTI
 - b. Profuse Vaginal Discharge
4. Class 3
 - a. Dizziness and Vertigo
 - b. Facial Paralysis (PNS/Bells Palsy and CNS)

Female Infertility

Define Primary Infertility per biomedicine and discuss how this differs from TCM's definition of Primary Infertility.

Primary infertility in the **biomedical** model is the term used for a woman who has 1) **never been pregnant before** and 2) has been **trying unsuccessfully to conceive (via unprotected intercourse) for a full year or more.**

Primary infertility in **TCM** is a term used to describe a woman who has 1) **never been pregnant** and who 2) has been **trying unsuccessfully to conceive for 2 + years.** In TCM this is the result of **Kidney Xu** (yin, yang, or essence).

Define Secondary Infertility per biomedicine.

Secondary infertility is used to describe a woman who **has had a pregnancy in the past**, but who has been trying **unsuccessfully** to **conceive** for **1-2 years** since. This can be the result of fibroids, artificial abortion or miscarriage.

Define “sterility.”

Sterility is the inability to produce offspring. In females this is the inability to conceive. In males this is the inability to induce conception.

What does the term “tian gui” mean?

Tian Gui means “heavenly water” and is the substance which both menstrual blood and sperm are made. Tian Gui is in charge of the growth and healthy functioning of the genital/reproductive organs. A deficiency of Tian Gui leads to primary infertility.

List the 6 possible etiologies for primary infertility per TCM.

1. **Congenital Essence Xu**
This refers to a lack of Tian Gui
2. **Emotional disorder**
The Liver, one of the Blood chambers of the body, controls separation and discharge of the Egg. If Liver is affected by LV Qi Yu → Blood Yu → dysfunction of this Blood chamber and thus inability to successfully or smoothly separate/discharge the Egg.
3. **Diet**
Poor diet resulting in:
 - a. **Blood xu**
 - b. **Damp-phlegm retention**
Damp is a yin pathogen blocking the Ren and/or Chong, which are needed for proper conception and retention of the fetus. This is especially true if the patient is overweight.
4. **Overworking**
Leads to Kidney xu and other deficiencies.
5. **Cold Invasion**
Causes clotting and lack of proper movement of egg/blood in the uterus. This is a hostile environment for conception and fetus.
6. **Trauma**
This includes miscarriage and artificial abortion. Can cause structural dysfunction as well as blood clotting/stasis.

What is the **mechanism** in TCM explaining Female Infertility?

Deficiency (xu) or Excess (shi) of the Chong and Ren Channels.

How would a deficiency of Kidney Essence cause other Kidney deficiencies and how would that affect the ability to reproduce?

Kidney Essence stimulates the production of KI qi which is needed for production of KI yang and KI yin. Kidney Essence also produces Tian Gui, the substance from which menstrual blood and sperm is derived.

As Kidney is *the* organ giving substance and function to the reproductive system, without a properly functioning Kidney system there is no conception.

How do hot and cold symptoms differ in the following Kidney deficiencies?

Kidney Essence or Qi xu

Lack of hot or cold symptoms.

Kidney Yin xu

Empty heat signs

Kidney Yang xu

Empty cold signs

What 2 organs are control the hormonal system in TCM?

Liver and Kidney

Which extraordinary channels originate from the uterus? Of these, which are the most important for female infertility and for male sterility?

Ren, Chong, Du.

Ren and Chong = female

Du = male

Which of the extraordinary organs do you treat for essence or yin xu?

Ren

Which of the extraordinary channels do you treat for either excess or deficiency Blood disorders?

Chong

What are the 4 excess conditions that can cause female infertility?

1. Cold in the uterus
2. Phlegm damp obstruction
3. Liver Qi Stagnation

4. Blood Stasis

What are the deficient conditions that can cause female infertility?

1. Kidney Deficiencies

- a. Yang
- b. Qi
- c. Yin
- d. Essence

2. Heart and Spleen Deficiency

This is Heart Blood Xu + Spleen Qi Xu

What disorder is *always* assumed and treated in female infertility?

Disorder of Ren and Chong, so you always *regulate* them when you treat female infertility.

What are the basic points you use in treating female infertility?

- ❖ Ren 4 – tonifies KI, orig Qi, Essence, Yang, and Yin.
- ❖ Ren 6 – Qi xu's and repro problems.
- ❖ Zigong “palace of the child”
- ❖ SP 10 – all blood issues
- ❖ SP 9 – dampness and reproductive issues
- ❖ SP 6 – blood, yin, KI, LV, and SP. Beware that your patient is not preggers as can make the fetus restless.
- ❖ SP 4 – Confluent of Chong channel.

What are the primary symptoms of Kidney Yang, Qi, and Yin Xu's causing infertility?

Yang: cold extremities, frequent clear copious urination

Qi: Weakness, soreness of lower back and knees

Yin: any/all yin xu symptoms

What are the symptoms of a Heart/spleen Xu which causes infertility?

1. Long term infertility and inability to conceive
2. Heart Symptoms
i.e., palpitations, poor memory/concentration, insomnia, etc.
3. Blood symptoms
scanty menses, pale complexion, blurry vision, dizziness
4. Spleen Qi Xu
poor app, fatigue, s.o.b., depression, etc.
5. Tongue will be pale/thin/pale coat. Pulse = weak + thin or choppy + fine.

What are the typical symptoms of Cold in the Uterus?

Dysmenorrhea, cold and clotting in the uterus, pain that gets better with hot/worse with cold, cold extremities, pale face. Pulse that is slow and deep. Might also be slow and weak.

What are some typical symptoms for Obstruction by Phlegm Damp causing infertility?

Lots of vaginal discharge and blockage of the fallopian tubes, causing infertility
Long menstrual cycle and in some cases amenorrhea (severe)
Possibly overweight
Damp/phlegm signs such as chest distention + mucus/phlegm
Heavy sensations
Nausea vomiting (because ST is affected by phlegm)
Dizziness and vertigo
Tongue will probably have a greasy coating and the pulse will be slippery

What are the symptoms of Liver Qi Yu causing infertility?

....oh, we all know these! Emotional difficulties, PMS, irritability, whack periods, painful periods, sighing a lot, depression and/or anger, breast distention and tenderness...

What are the symptoms of Blood Stasis causing female infertility?

Irregular or delayed menses and can't conceive
Painful periods
Lower ab pain that is worse with pressure
Dark blood and clots
Irritable
Manic and restless behavior
Tongue that is dark and/or has dark patches
Wiry or choppy pulse.

Case Studies

Li, Female Age 25

She suffered from infertility for 4 years. She had profuse, white, watery vaginal discharge. She had pale

complexion, fatigue, profuse clear and frequent urination, chronic loose stools, edema in the lower

extremities, lower back pain, pale and swollen tongue with sticky white coating. Her pulse was slow and weak.

1. The differential diagnosis for this case is:

- a. Liver overacting on Spleen with lower pouring of dampness
 - b. Spleen and Kidney Yang xu with dampness
 - c. Spleen and Kidney Qi xu with damp retention
 - d. Liver and Kidney Yin xu with damp phlegm retention.
2. Which group of points for this case?
- a. LI 4, LI 11, SJ 5, ST 44, GB 41, GB 34, LV 2, BL 26
 - b. SP 6, BL 23, DU 4, ST 36, SP 9, GB 26, BL 32
 - c. GB 26, ST 34, GB 37, LV 5, H7, P6, SI 3, LI 10
 - d. GB 26, BL 17, BL 13, DU 14, GB 20, LI 15, GB 34

Male Impotence

Define Impotence as given in Dr. Luo's slides.

An inability to sustain an erection sufficient for sexual intercourse, an inability to achieve ejaculation, or both. Generally if this condition remains consistent for 3+ months one is considered impotent.

Explain why impotence is linked to Kidney problems in TCM.

First, Kidney is the most important organ for men. Externally it controls the scrotum, testicles, and penis. Internally, it controls the kidney organs and the prostate gland.

Is impotence linked to yin, yang, blood or qi?

Yang and Qi.

What other organ in TCM is the penis linked to and why?

Liver because the penis is considered in the Nei Jing to be the convergence point for ligaments and sinews and the Liver controls both. Because of this, emotional causes of impotence is linked to Liver.

What are the 3 etiologies for male impotence in TCM?

- Emotional disorder**
About 85% of impotence is functional, not organic in nature. Anxiety, guilt, sadness, depression, fright, and frustration are all sources of this problem. The result is Liver Qi Stagnation and an inability to sustain erection.
- Overwork**
This includes actual work and also too much sex.
- Western medications**
Stress meds, high blood pressure meds, and anti-depressants, just to name a few can cause the problem.

What are the 3 mechanisms of disease related to male impotence?

- Liver Qi Stagnation**
The result is the failure of the Liver to support the movement of sinews/ligaments.
- Kidney Qi and Kidney Yang Deficiencies**
This is the failure to support the external functions of the kidneys (and thus scrotum, penis, and testicles)

3. Lower pouring of Damp Heat blocking the channels.

What are the 2 deficient related differentiations which can cause male impotence?

- ❖ Spleen and Kidney Qi Xu
Spleen and Kidney Yang Xu

What are the two excess related differential diagnoses which can cause male impotence?

- ❖ Liver Qi Stagnation
Lower Pouring of Damp Heat

What are the basic points used for treatment of male impotence?

- ❖ Ren 4 – Nourishes KI qi, essence, yin, and yang, tonifies the Kidneys
- ❖ Ren 6 – Important Qi xu and yu.
- ❖ Jing gong (same as Zigong actually) – treats the Kidney Qi and Yang.
(Also, this is the name of BL 52 next door to BL 23, the back shu of the Kidney)
- ❖ BL 23 – back shu of the Kidney, treating KI yang/qi/yin/essence xu's.
- ❖ Du 4 - MingMen or Gate of Life. Kidney Yang tonification point.
- ❖ Bai Liao points – reproductive problems.

For female infertility you always benefit and regulate the Ren and Chong. What is the treatment principle you always use for male impotence?

Benefit the external Kidney!

What are the symptoms of Spleen and Kidney Qi xu?

- ❖ Impotence/infertility.
- ❖ Fatigue plus all of the spleen qi xu signs (poor appetite/gas/bloating/etc).
- ❖ Kidney qi xu signs (incontinence, profuse/frequent urination, low back pain...all worse after orgasm).
- ❖ A sinking sensation in the lower abdomen (spleen qi sinking, an advanced form of spleen qi xu causes this too).
- ❖ Pale face
- ❖ Perhaps shortness of breath.
- ❖ Tongue is pale/swollen/teethmarks with thin white coat
- ❖ Pulse is deep, weak.

What are the symptoms of Spleen and Kidney Yang Xu causing impotence?

- ❖ Sx are more severe than with Spleen/Kidney Qi xu.
- ❖ Sex related signs:
 - Impotence, can't achieve erection.
 - Premature ejaculation

- No desire to have sex, perhaps even aversion
- ❖ All of the SP and KI Qi Xu symptoms
- ❖ Cold Yang xu signs:
 - Extremities
 - Cold lower back/ab
 - Desire for warm drinks
 - Profuse clear urination, perhaps severe incontinence
 - Morning diarrhea
 - Possibly edema
- ❖ Tongue: pale, swollen, wet coating
- ❖ Pulse: deep, weak, slow

What are the symptoms of Liver Qi Stagnation that cause impotence?

- ❖ All the usual suspects: history of emotional disorders, stress/depression/desire to be alone, sighing, hypochondriac distention/pain.
- ❖ Sexual signs:
 - Impotence, failure to achieve erection
 - Distending sensation and/or pain at the root of the penis radiating to the perineum, groin, or even hypochondriac region, especially after intercourse.
- ❖ Tongue: can be normal...no special symptoms for this
- ❖ Pulse: Wiry

What is the equivalent of “lower pouring of damp heat” in biomedicine?

An acute stage of Prostatitis (inflammation of the prostate gland...there's also a chronic form unassociated with infection).

Describe the symptoms of the Lower Pouring of Damp Heat causing impotence.

- ❖ Symptoms similar to UTI:
 - Burning, urgency, frequent/painful urination.
 - Dark urine: dark yellow, color of brown tea, maybe a pink tinge if there is bleeding
 - Itchiness
- ❖ Impotence, can't achieve/sustain erection.
- ❖ Wetness around/on scrotum with itching or skin rash
- ❖ Bitter taste in the mouth
- ❖ Thirsty if heat is more predominant, no desire to drink if there's more damp.
- ❖ Possible temporal headaches/restlessness
- ❖ Tongue can be red with prickles, teethmarks; yellow greasy and possibly thick coating
- ❖ Pulse could be slippery, wiry, fast

Case Study

Wang, Male, Age 20

Bitter taste=heat in liver/gb, thirst=more heat, urine=heat/blood

He suffers from erectile dysfunction, complicated with bitter taste in mouth, thirst, hot and dark red

Hmmm..LV affecting tnd/sin

Damp in LJ

damp/heat in LJ

urine, soreness and weakness of lower extremities, wetness in the scrotum, burning and painful

damp/ph heat

urination, slippery and rapid pulse.

1. Which kind of tongue would be inspected for this patient?
 - a. Pale and swollen body with teethmarks, thin and moist coat
 - b. Normal body with red spots in the tip and sides
 - c. Small thin body with map coating
 - d. Red tongue body with yellow, sticky coating

2. What is your diagnosis to this case:
 - a. Impotence due to Kidney Yang xu
 - b. Impotence due to Spleen Qi xu
 - c. Disharmony between Heart and Kidney
 - d. Impotence due to lower pouring of damp heat

3. Which group of the points is for this case?
 - a. BL 23, DU 4, BL 52, RN 4, RN 6
 - b. SP 6, ST 36, BL 20, BL 21
 - c. KI 3, KI 6, BL 25, LV 3, LI 8, UB 62
 - d. LI 11, SJ 5, GB 34, RN 3, BL 28, BL 31-34

Menopause

Is Menopause a disease?

No! It's a normal physical cycle in which a woman transitions from the reproductive to the non-reproductive period of life.

Describe in biomedical terms the events of the female monthly reproductive cycle.

1. Posterior pituitary secretes **FSH** and **LH** which stimulates the ovary to produce an egg.
2. The egg releases **estradiol** which stimulates the production of more FSH and LH.
3. LH causes the follicle to rupture when FSH/LH levels reach a certain point. Egg is released into the fallopian tube. **Progesterone** is released simultaneously.
4. Estradiol and Progesterone **prepare the endometrium for implantation**.
5. If the egg is unfertilized, it breaks down. Estradiol's **negative feedback loop** then signals the pituitary to decrease levels of FSH and LH.

Using this model, explain why menopause leads to the decreases and cease of monthly periods.

The function of the ovary decreases and no more eggs are presented. As a result, estradiol and progesterone levels remain lower and the endometrium is no longer prepared for implantation. No tissue build up means no periods during the sloughing period.

What two organs in TCM are primarily related to hormone regulation?

Liver and Kidney

What are the major symptoms associated with menopause which 90% of women experience (10% = severe symptoms, 80% = some level of these)? Give a brief TCM explanation of each.

Know at least 4 groups of these symptoms for the test!

- ❖ **Irregular cycles**
Decline of KI and LV functions leading to lower levels of hormones. Possibly Liver Qi Yu causing irregular flowing of Qi.
- ❖ **Yin xu signs**
Kidney and Yin deficiency leading to empty heat signs: hot flashes, night sweats, low grade fevers, palm/sole heat, dry mouth, irritability...
- ❖ **Shen and emotional disorders**
Liver Qi stagnation, irregular flow of Qi plus heat generated by the yin deficiency. Results in

anger, irritability, depression, mood swings, etc.

❖ **Bone and joint problems**

Decline of Kidney which cannot support bone. Liver qi flow irregularity leading to pain and stiffness in sinews. Knee, lower back, shoulder pain, sciatica, vertebral degeneration, cervical spondylosis, osteoarthritis, osteoporosis, etc. “50’s” or frozen shoulder.

❖ **Vaginal dryness and atrophy**

No data on this in class, but probably related to Liver.

List 3 etiologies of menopause per TCM

1. **Kidney deficiency**

Congenital essence, yin deficiency. Directly affects the Liver as well and impacts Liver Yin (KI=mother, LV=child)

2. **Aging**

Depletion of KI reserves as well as those of Ren and Chong.

3. **Overwork**

Causing:

- a. Heart blood xu
- b. Liver xu
- c. Kidney xu. Overconsumption of KI essence leads to early menopause, actually.

What 3 organs are most heavily affected in menopause? Give a brief explanation as to why.

Kidney

Kidney reserves depleted by age. This causes lower back and knee pain, osteoporosis, yin xu signs as so forth.

Liver

Kidney (mother) not nourishing Liver (child). This causes the emotional upheavals

Heart

Kidney fails to nourish the Liver which fails to nourish the heart. Additionally, there is a basic balance needed between the water element of the KI and the fire element of the HT. Heart cannot be controlled by water and is not nourished by Liver. Adds to the insomnia and shen disturbance aspect of menopause symptoms.

What is the mechanism of menopause per TCM?

KI → Essence/tian gui and Blood → LV → Blood → HT → Yin → KI

Explanation: KI to LV relationship is one of essence and blood. LV to HT relationship is one of blood. HT to KI relationship is one of Yin. This causes the following 2 disharmonies when out of balance:

- ❖ HT and LV Xue deficiency
- ❖ HT and KI disharmony

What are the major excess and deficient differential diagnoses during menopause and causing menopausal symptoms (understand that there are more than just these—these are the most common)?

- ❖ Excess:
Liver Yang Rising
- ❖ Deficiency:
Liver Yin Xu
Kidney deficiency of Yin, Yang and/or Qi

What are the basic treatment recommendations?

Proper rest, diet (avoid spicy foods and that generating more fire), and points/herbs.

What are the basic point for treating menopausal signs?

- ❖ KI 3 to tonify KI, KI 8 as the endocrine point (KI 6)
- ❖ SP 6
- ❖ UB 23 and 52
- ❖ LV 3 for Liver soothing (LV 8-lv blood)
- ❖ HT 7 (soothe heart and fire)
- ❖ Dr. Luo adds GB 39 as the influential point of marrow to nourish the brain and essence.

Case Study

Ma, Female, 48 yo

Liver involved

Patient has suffered from menstrual irregularities for 2 years with menstruation occurring from twice

a month to once every 3 months. The flow also varied and sometimes was heavy. For the past 2 months

yin xu

Yin xu

heat

heat

She has had low-grade fevers in the afternoon. She reported frequent hot flash, restlessness, irritability,

Liver?

Wind blood xu

KI heart

ht/heat/blood heart

yin xu

emotional tension, dizziness, blurred vision, tinnitus, palpitation, insomnia, forgetfulness and hot palms

Kidney yin xu

wind?

and soles. The lower back and knees were sore and weak. She experienced itching all over her body,

even though there was no sign of rash or desquamation.

Heat

yin xu

lv xu

heat

liver yang rising?

Patient's tongue is red without coating. Her pulse is wiry, thin and rapid. Blood pressure was 180/110

mmHg.

1. Differential diagnosis for this case is:
 - a. Heart blood xu with Kidney yang xu
 - b. Kidney yin xu with Liver blood xu
 - c. Disharmony with Heart and Kidney. Liver Yin and Blood xu with Liver Yang Rising.
 - d. Liver and Kidney Yin xu with damp-phlegm retention

2. Which group of points?
 - a. LI 4, LI 11, SJ 5, ST 44, GB 41, GB 34, LV 2, BL 26
 - b. K3, K10, LV 8, LV 2, UB 23, ST 36, SJ 5, REN 12
 - c. K3, K6, H7, UB 23, UB 52, LV 8, LV 3, GB 20, GB 41
 - d. GB 26, BL 17, BL 13, DU 14, GB 20, LI 15, GB 34

Mastitis/Breast Abscess

What is it?

Inflammation of the mamillary tissues due to infection, trauma, irritation and more things.

What are the 3 TCM etiologies?

1. **Improper breast feeding**
Exterior introduction of bacteria. Usually happens with 1st time moms.
2. **Emotional reasons**
Liver Qi stagnation leading to congestion of Qi/flow in the breasts.
3. **Overwork**
Makes the yin deficient causing heat

What is the TCM mechanism?

Blockage and heat accumulation in the yangming channel

What are the basic points for treatment of mastitis/breast abscess?

- ❖ **GB 21** – connected to Yang Wei which clears heat/fevers, and relieves congestion.
- ❖ **ST 18** – point local to the breast. Best for heat related breast problems
- ❖ **LI 7** – Xi cleft on Yangming channel of the hand: good for pain/acute. Reduce or bleed.
LI 7 + ST 34
- ❖ **SI 1** – help with breast discharge/mastitis.
- ❖ **SI 9** – combine with GB 21 and SI 11 to help relieve congestion
- ❖ **SI 11** – see GB 21 and SI 9
- ❖ **ST 34** – Xi on Yangming channel of the foot: good for acute/pain.
LI 7 + ST 34

What are the excess and deficient differential diagnoses for mastitis/breast abscess and what are the treatment principles for each?

- ❖ **Liver Qi Stagnation (Initial stage)**
Soothe Liver Qi and promote circulation.
- ❖ **Accumulation of Toxic Heat in Yangming Channel (Middle stage)**
Drain heat/toxic heat from Yangming Channel
- ❖ **Qi/Blood Yu with retention of phlegm**
Promote circulation of Qi/Blood, remove phlegm.

Case Study

Wang, female, 26 yo

Seven days post partum, the patient suddenly developed pain in her left breast with elevation of temperature to 99.5F. She was nursing at the time and measures were taken to suppress lactation. There was no history of breast problems. Conservative treatment consisting of parenteral penicillin and oral **heat** sulfonamides. Fomentation was administered for 3 days, but was ineffective. The breast became red and **excess** **Stomach affected, excess/heat** **heat** swollen and she suffered from nausea and fever. She was also irritable. ON the 4th day she was referred for tx.

Examination showed a temp of 100 F. The left breast was inflamed. Under the nipple, a mass of about **Excess** **Fluctuant tells whether pus inside** **heat** **heat** 5x5 cm was palpated. The mass was tender but was not fluctuant. The tongue was red with a yellow **Liver** **heat** **heat, bf's affected** slightly sticky coating. The pulse was wiry and rapid. Inquiry also revealed constipation and thirst with a desire to drink. Lab tests showed a white blood cell count of 14,600/cu mm.

1. The differential diagnosis for this case is:
 - a. Qi and blood yu with stomach heat
 - b. Accumulation of heat in the shaoyang channel
 - c. Liver Qi yu with Spleen qi xu
 - d. **Accumulation of heat in the Yangming channel with liver heat.**

2. Which group of points?
 - a. LI 4, LI 11, UB 17, SP 10, SJ 5, ST 44, GB 41, GB 34, LV 2, BL 26
 - b. SP 6, LV 3, LI 4, GB 41, BL 23, DU 4, ST 36, SP 9, GB 26, BL 32
 - c. ST 36, SP 6, LV 3, GB 26, ST 34, GB 37, LV 5, HT 7, P 6, SI 3, LI 10
 - d. **GB 21, ST 18, LI 7, SI 1, SI 9, LI 4, LI 11, DU 14, ST 44, ST 40, LV 2, SJ 6**

UTI

What is it?

In biomed this refers to an infection of the urethra, bladder, ureters or Kidney. The lower anatomy of the urethra and bladder are more likely to be infected. Women get it more than men due to the short distance between the outside world (and of anus to opening) and the urethra/bladder.

If the Kidney is involved, send your patient to an MD Like *now!* ... You'll know by the fevers, kidney thump=pain thang.

Not all patients have the classic UTI symptoms (burning pain upon urination, urgency, sharp pain, scanty urine that is dark or blood streaked; back pain, chills/fever, nausea/vomiting in severe cases).

UTI's might be accompanied by stones, "sand", cloudy urine, milky urine.

In TCM this is called "Lin Syndrome" and means Painful Urinary Disorder or PUD.

What are the 4 TCM etiologies?

1. Invasion of external pathogens:
 - a. Damp/damp heat/ summer heat
 - b. Wind
 - c. Accumulation of water in the UB (according to the Neijing)
2. Irregular diet
Leads to heat and/or damp accumulation in the LJ or intestines
3. Overwork
Decreases immunity and allows for external pathogen invasion.
4. Emotional disorder
 - a. Liver fire – Liver channel runs through genital area. This is a Zang disorder!
 - b. Heart fire – transfers to the Small Intestines, heat in the fluids goes right to the bladder and causes the fire signs that look like UTI. Look for this in patients that have been to a doc and tested negative for gram negative bacteria.

What is the TCM mechanism?

Excess in the Urinary Bladder and deficiency in the Kidneys.

Name the 6 different Lin Syndromes/Painful Urinary Disorders (PUD)

These may happen separately or may come in combinations. Know the names and basic symptoms below.

- ❖ **Re Lin** – heat, acute, burning. According to my herbs class, this is the one upon which the others are built.
- ❖ **Shi Lin** – ‘shi’ means stone – **Stony PUD** and includes **passing of sandy bits**.
- ❖ **Qi Lin** – qi disorder and might relate to the **HT and LV fire disorders causing Lin**
- ❖ **Xue Lin** – **blood** in the urine
- ❖ **Gao Lin** – **milky, cloudy, greasy, or foamy** urine. **Indicates proteins and fats passing through.**
- ❖ **Lao Lin** – **chronic, mild, recurrent PUD** caused by deficiency.

What are the basic points for treatment of all Lin syndromes?

- ❖ **Ren 3** – FM of the Bladder
- ❖ **Ren 2** – good for emergency problems. Dr. Luo’s favorite! Also good for post surgical can’t urinate problems.
- ❖ **Ren 9** – “water division” point. Helps Small Intestine separate pure/turbid.
- ❖ **UB 22** – BS of San Jiao, responsible for smooth passage of water.
- ❖ **UB 28** – BS of Bladder
- ❖ **ST 28** – “water passage” point
- ❖ **SJ 5** – water passage as well as damp heat and phlegm heat release.
- ❖ **BL 63** – Xi cleft of Bladder good for acute/emergencies
- ❖ **BL 66** – Ying spring point to release heat, fevers due to Lin.

What are the excess and deficient differential diagnoses and treatment principles?

- ❖ **Re Lin**
Heat related, often due to 1) external **infection** or 2) **internal LV/HT fire**
Remove heat, promote urination.
- ❖ **Stony or Shi Lin**
Damp heat in the Lower Jiao probably for a **long time**. Promote urination and relax the body tissues to stop the pain. Use KI 2 and UB 63 together w/ estim to remove stones that are small enough to pass.
- ❖ **Qi Lin**
 - **Liver Qi Yu** is an excess/acute form w/ emotional sx. Promote smooth circulation of Liver Qi.
 - **SP, KI, or LU QI deficiencies** produce chronic/deficient types. Look for deficiency signs. Tonify the appropriate deficiency to promote urination.

- ❖ Blood/**Xue** Lin
Any blood in the urine gets this diagnosis. Can be **excess** (all six of Re Lin + blood), or **deficient** (look for xu heat + blood in urine). Promote urination, cool the blood, stop bleeding.
- ❖ **Gao** or Cloudy Lin
Look for **greasy tongue and slippery pulse**. This can be due to :
 - **Excess**: re lin with **damp heat** being predominant. Drain the damp, cool the heat, promote urination.
 - **Deficiency**: look for **qi xu** and **cloudy** urine. Tonify the deficiency and promote urination. Use a back shu treatment for best results.
- ❖ **Lao** or Fatigue/Exhaustion
Look for **KI Yang Xu** ! Warm the KI Yang, promote urination.

Case Study

Lu, Female, 50 yo.

Chief Complaint: Painful urination syndrome for the last 2 years. **chronic**

She experienced pain before or during urination and also had pain and distention over the hypogastrium. **Lin syndrome** **Liver/Gallbladder area**

The micturition was sometimes “reluctant” and the urine was rather dark. All urine and blood tests had proven negative. One year before her consultation she had an acute episode of urinary retention and had to go to the hospital for catheterization. Her son died 3 months ago and which made her depressed. She **Liver overax on SP?** **KI** **Qi xu**

often cried and had abdominal distention. She also suffered from lower back ache, felt very weak and had a sore “tired throat” which was also dry at night. Her tongue was dark-red, dry with some cracks and **Seems like KI Yin xu** **heat – KI yin?** **Fluids dmgd** **KI yin**

prickles = heat **damp or phlegm** **lower jiao** **interior, LV/GB, heat**

with red spots and greasy coating on the root of the tongue. Her left pulse was deep, wiry and fast and **KI xu and heat** **interior,** **xu**

the third position on the left was thin and fast. Her pulse on the right was deep and weak.

1. What is your diagnosis to this case:
 - a. Cloudy and stone painful urination syndromes
 - b. Blood and stone painful urination syndromes
 - c. Cloudy and fatigue painful urination syndromes
 - d. **Qi and heat painful urination syndromes**
2. The following symptoms are the signs of the kidney xu *except*:
 - a. Lower back pain
 - b. Tired throat which was dry at night

- c. Red spots and greasy coating on the root of the tongue
 - d. Weak and deep pulses on the right rear position.
3. The symptoms of reluctant and dark micturition, red spots and greasy coating on the root of the tongue indicate:
 - a. Empty heat due to kidney yin xu
 - b. Retention of damp-heat in the urine bladder
 - c. Liver heat and fire
 - d. Attack of wind-heat in the Taiyang meridian
 4. The principles of treatment include the following except:
 - a. Nourish kidney yin and strengthen lower back
 - b. Tonify spleen and kidney qi to promote urination
 - c. Clear the damp heat from the lower jiao and urine bladder
 - d. Soothe liver qi and benefit urination
 5. Which group of points is for this case?
 - a. SP 9, SP 6, RN 3, LV 3, KI 3, LU 7, KI 6, BL 63, BL 23
 - b. ST 25, SP 9, ST 40, KI 3, BL 60, GB 34, HT 7
 - c. BL 23, LI 11, BL 40, BL 62, SI 3, LV 14, LV 8, GB 26
 - d. LV 2, ST 44, LI 4, LI 11, SJ 5, DU 14, BL 13, BL 17
 6. In this case the most possibility for her wiry pulse is:
 - a. Indicates the blood stasis in the bladder
 - b. Indicates her liver qi stagnation
 - c. It is the sign of the lower pouring of damp heat
 - d. It indicates the retention of stones in her kidneys

Zhao, 47y.o. male

He had been diagnosed as having carcinoma of the bladder 4 years before. This had been operated on at the time and he had no symptoms for the following 3 years. After that he developed papillomas (benign epithelial tumor, sometimes round, sometimes little fingerlike projections) in the bladder. His symptoms included: fatigue, poor appetite, lower abdominal heaviness, occasional blood in the urine, frequency and difficulty urinating, back ache, weakness of the knees and slight dizziness. He had been suffering from frequent urination and lower abdominal fixed pain for many years before he developed cancer. On closer investigation, you note his urination is frequent, profuse, and pale.

Qi/yang/bld xu damp retention – swollen/sticky deficiency

His tongue is pale, swollen, and has a sticky coating. His pulse is slightly weak, especially on the right
MJ KI yang (right 3rd is KI yang pulse....click here to see [pulse chart](#))
middle and rear positions.

Diagnosis: Lin Syndrome, Kidney and Spleen qi deficiency with damp retention.

Could make an argument for Kidney Yang xu due to pulse and urination, but there aren't too many cold signs...

Profuse Vaginal Discharge

What is it?

Dai Xia or Bai Dai. Viscous, yellowish or whitish excess discharge from uterus or vagina.

If bacterial: white/yellowish with fishy odor

If Candidiasis: itches or burns

If Trich: yellow, greenish, or grayish discharge.

In TCM is related to the Dai channel (syndrome) or to points on the Dai channel.

What are the 4 TCM etiologies?

1. Invasion of external pathogens
Esp Yin pathogens
2. Irregular diet
greasy or sugary can lead to spleen qi xu/dampness
3. Emotional disorder
Has to do with Dai channel pathway and connection to other meridians.
LV 13, GB 26-28, UB 23/52/Du 4 and how those connect to their channels.
4. Overwork
Look for cloudy urination *without* bacterial infection.

What are the 2 TCM mechanisms?

- ❖ Dai channel syndrome
Creates an imbalance between upper and lower halves of the body. Results in:
 - Profuse leucorrhea
due to Qi or Yang xu of SP and/or KI
due to excess damp heat/toxic damp heat, damp cold
 - Lower back pain
 - Spleen deficiency

- ❖ Spleen Qi Xu with lower pouring of dampness

What are the symptoms of a Dai Channel Syndrome?

- ❖ Distention/fullness of abdomen
- ❖ Weak/cold lumbar area as if sitting in cold water

- ❖ Profuse leucorrhea
- ❖ Uterine prolapse
- ❖ Toothache/headache
- ❖ Sore throat
- ❖ Dizziness
- ❖ Weakness/impairment of lower limbs.

What are the 5 category types, ordered by discharge?

- ❖ Red dai – heat/fire
- ❖ White – damp/cold/spleen xu...or this can be normal
- ❖ Yellow – damp heat and/or fire
- ❖ Green – liver qi stagnation, liver spleen disharmony
- ❖ Black – toxic heat. Very bad prognosis!

What are the basic points for treatment?

- ❖ GB 41 + SJ 5 to open the Dai.
- ❖ GB 26-28 – points along the dai channel
- ❖ Ba Liao
- ❖ SP 9 – drain damp
- ❖ ST 36 – improve sp/st function to resolve damp
- ❖ SP 6

Case Study

Li, Female, 39 years old.

Chief Complaint: Profuse vaginal discharge.

Pale cmplx can = qi/bld/yang xu

She has profuse white, sometimes light watery vaginal discharge, without any smell. She had pale

Qi xu

Sp xu

Sp xu

complexion, fatigue and weakness, poor appetite and loose stools with cold sensation in the lower

KI yang xu

Qi/bld or yang xu cd be normal

abdomen and lower back, and edema in the lower extremities. She had pale tongue body with white and

dampness/ph

cold interior xu

sticky coating. Her pulses were slow, deep and weak.

1. What is your diagnosis for this patient?
 - a. Spleen and kidney qi xu
 - b. Lower pouring of damp pathogen due to spleen qi xu
 - c. Retention of damp phlegm with liver qi stagnation
 - d. Deficiency of spleen and kidney yang with damp retention

2. Which principles of treatment would you select?
 - a. Tonify spleen and kidney qi and hold the essence
 - b. Remove dampness and benefit Dai meridian
 - c. Soothe liver qi and eliminate damp phlegm
 - d. Warm spleen and kidney yang and remove dampness

3. Which of the following points would you select?
 - a. LV 3, GB 26, GB 34, SP 10, LI 11
 - b. SJ 5, GB 41, SP 9, BL 40, KI 6
 - c. DU 20, GB 20, BL 12, RN 17, DU 16
 - d. DU 4, BL 23, RN 4, SP 9, GB 26, SP 6, ST 36

Wang, Female, 38 years old.

(Warning—extreme Chinglish below)

Yo! Heat city acute

She had a black profuse discharge with strong odor for 1 week. Half a month ago due to some reason

Liver acting out heat ... and lot of it

she was angry with her friend. After that her frequently had dark urine, sometimes with blood strained.

Heat heat heat

From yesterday she got a fever (101F). She felt thirsty and preferred for cold water. She also had poor

Spleen Liver area problem also liver qi yu

appetite, hypochondriac pain and sighed occasionally.

Heat heat damp damp LV heat

Her tongue was dark red, yellow greasy coating. Her pulse was slippery, wiry, and fast.

Diagnosis: Looks like Liver Qi stagnation with Liver overacting on Spleen and also causing damp heat in the lower jiao.

Dizziness and Vertigo

What is it?

Dizziness is light-headedness, unsteadiness, or faintness; inability to maintain balance, maybe feeling like whirling.

Vertigo is more severe, surroundings seem to spin or revolve; often accompanied by nausea, vomiting, headaches, sweating.

Can be orthostatic hypotension, can be Meniere's syndrome, etc. Symptoms include unsteadiness, whirling, n/v, sweating, headaches, recurrent bouts, tinnitus, deafness.

Give 4 biomedical mechanisms.

1. **Insufficient flow of blood to the brain.**
2. **Inner ear** problem – like Meniere's or like pressure disequalization in the eustacian tubes.
3. **CN VIII, the Vestibulocochlear nerve** carrying signal from the inner ear to the brain. Inflammation, tumor, etc can press on it and cause these problems.
4. **Brain stem dysfunction** such as tumor, blood stasis, etc.

What are the TCM etiologies?

1. **Wind** related external pathology – an **excess**
2. **Emotional/Liver related** reasons.
Look back at the Tinnitus and Deafness lecture for the Liver Yang/wind/fire chart.
3. **Overworking**
Inner wind caused when overworking=yin xu and yang is not anchored.
4. **Aging**
Same as overworking, due to KI essence and Yin xu.

What are the 3 TCM mechanisms?

- ❖ **Disorder of Left to Right**
Relative deficiency + relative excess. A loss of balance to one side indicates that this is the side were the deficiency is.
- ❖ **Excess/deficiency off upper and lower bodies.**
Yang floats upwards causing too much yin in lower, too much yang in lower
- ❖ **Disorder of Liver**
Liver wind + Liver channel going to vertex.

What are the basic points for treatment?

- ❖ GB 20 – wind point
- ❖ DU 15/16/20 – subdues Liver Yang, removes inner wind. Reduce on Du 20.
- ❖ SI 3 – Shu stream of Du.
- ❖ SJ 3 – clr's heat/water metabolism
- ❖ LU 7 – command of head/nape, is a metal point controlling wood/wind
- ❖ GB 43 – clears heat and thus wind
- ❖ UB 62 – controls balance/movement because is confluent of Yang Qiao

What are the excess and deficient differential diagnoses and treatment principles?

- ❖ Liver Yang Rising – More severe than LV fire.
- ❖ Liver Fire
More general syx than Liver Yang.
- ❖ Inner/Liver Wind
Wind is the predominant symptom.
- ❖ Turbid Phlegm in the Head
Like Meniere's disease – this is an obstruction keeping clear yang from rising to the head and turbid from descending. Spleen Xu is the underlying cause. Onset is acute.
- ❖ Blood Stasis
Melt the stasis.
- ❖ Qi and Blood Xu
Look for blood deficiency and fatigue/qi xu signs.
- ❖ KI xu of essence, or yin; KI/LV Yin Xu

Facial Paralysis

Name **2 types facial paralysis and how you tell them apart.**

Bell's Palsy (peripheral facial paralysis) and Central Facial Paralysis.

Similarities: Both types manifest as a lack of wrinkles on the face – naso labial groove disappears for instance. Cannot close the eye on the affect/paralyzed side. Mouth and tongue deviate toward the Unaffected side because there is still muscle control here. When patients try to puff cheeks the air leaks on the affected side. Dribble from the affected side when they try to drink water. Can't whistle.

Differences:

In central facial paralysis the wrinkles on the forehead won't disappear where they will with Bell's. There can be tenderness at GB 20 or SJ 17 in Bell's Palsy only.

What are the 2 etiologies of facial paralysis?

- ☹ Invasion of external wind
- ☹ Overworking
causes a weakness of the Wei Qi
- ☹ Emotional Disorder

What is the mechanism for facial paralysis?

Blockage of the Yang channels of the head and face

(This is a *channel* syndrome!)

What are the basic points for facial paralysis?

These are broken down by what is affected...

- ☹ Wrinkles on the forehead:
GB 14, SJ 23
- ☹ Eye problems:
UB 1, UB 2, GB 1, Taiyang
- ☹ Nasolabial groove:
LI 20, ST 3, SI 18, SI 19
- ☹ Deviation of the mouth:
ST 4, ST 6, ST 7, Qian Zhen, Ren 24

- ☯ Local points: SJ 17, GB 20
- Distal points: LI 4, LU 7 – command points.

In general:

GB 20, LI 4, LU 7, Taiyang, GB 14, UB 12 (wind gate), Yintang, ST 3, 4, 6, 7, Ren 24, Qian Zhen

What are the symptoms of CNS facial paralysis due to Liver Yang Rising and Blood Stasis?

- ❖ History of wind stroke with Hemiplegia, headache, aphasia
- ❖ Symptoms for central facial paralysis
- ❖ Numbness/flaccidity on affected side
- ❖ Tongue: purple w/purple spots (xue yu) or dark red or scarlet (yin xu). Peeled coating with cracks, less coating, mapped coat (yin xu)
- ❖ Pulse: Hesitant (xue yu) or thin and fast (yin xu).

Case Studies

Li, 32 year old male

Chief complaint: deviation of the mouth and inability to close the eye.

acute

He had been complained of facial paralysis for about 2 days. Three days ago he went to a park with his family while it was very windy outside and then two days later he started the symptoms when he woke up in the morning. His mouth and tongue were deviated to the right side of the face with incomplete closure of the left eye, salivation and inability to frown, the wrinkles on the left side of the forehead were disappeared, the naso-labial groove of the left side of the face became more superficial.

Wind invasion?

deviation is to the unaffected side! The affected side droops

Indicates left side affected

forehead wrinkles gone=NOT Central Facial Paralysis!

Symptom of Bell's Palsy

Wind heat or wind cold more wind cold wind cold!

He complained of chills and fever, as well as headaches and no sweating. He got tenderness around the occipital region and the region behind the ears. His tongue body was about normal with thin and white coating. CT scan and MRI were with negative results and he had not suffered this problem previously.

1. What to expect for his pulse:

a. Fast and floating

b. **Superficial and tight**

Symptoms indicate wind-cold invasion which would be superficial (exterior) and tight (cold)

- c. Fast or forceful
 - d. Wiry and slippery
2. According to the patient's complaint, which of the following points should be his tenderness point?
- a. BL 12 and GB 8
 - b. GB 2 and DU 14
 - c. SJ 17 and GB 20**
Located behind ear and at occiput as indicated in study.
 - d. GB 21 and LI 18
3. What is the main pathological factor for this patient?
- a. Invasion of damp-heat
 - b. Invasion of wind-cold**
Chills, fever, headache and no sweating = wind cold. Also, tongue coating is white, so no heat present.
 - c. Retention of inner wind
 - d. Invasion of wind-heat
4. Which side of the face is the affected side?
- a. Both sides of the face
 - b. Right side
 - c. Left side**
Mouth and tongue deviated toward the good side, the right. No forehead wrinkles on the left and the naso-labial groove got shallower on this side too.
 - d. None of the above
5. Which side is supposed to have drooping of the angle of the mouth, salivation and inability to frown?
- a. Right side of the face
 - b. Left side**
 - c. The patient should not have the above symptoms
 - d. Both sides of the face
6. What is your principle of treatment?
- a. Tonify the Wei Qi and improve immune system
 - b. Remove the damp heat
 - c. Remove the external cold and eliminate wind**
 - d. Eliminate wind-heat
7. What would be your acu-prescription
- a. GB 34, LV 3, GB 41, LV 8, LV 14, DU 20, SI 19
 - b. LI 4, GB 20, SJ 17, ST 4, ST 6, Qianzhen Extra Point, GB 14, BL 2**
 - c. ST 36, LI 11, SP 6, ST 25, ST 40, P6, LU 7, BL 1
 - d. KI 3, SI 3, BL 62, DU 14, DU 24, Yintang Extra Point
8. What is the prognosis of this patient?

- a. **Patient could be recovered soon**
- b. Symptoms will become more chronic and last over 1 year
- c. Patients needs Qi and Yin tonics
- d. Patient needs to adjust his diets and does fasting for 2 weeks

Cao, Male 34yo, student

CC: Inability to close his eye for 10 days.

Yin xu?

He didn't sleep until 5am on 1/23. Weather was cold on 1/26 when wearing little clothing and playing in an internet bar from 4pm to 8pm with lacrimation in the left eye, pain in the left ear at that night. On 1/27 in the morning he felt numb on the left side of his face right after waking. He also had an inability to frown and close the left eye completely, disappearance of the left forehead wrinkle and left nasolabial groove, drooping of the mouth, inability to puff cheeks, reduced sensation of taste, salivation, acoustic sensitivity, pain in the left ear, lumbago, insomnia, poor appetite. He was irritated before the admission to the university. In the clinic, he expressed himself in a low voice. He also had yellow urine and constipation. Upon examination there are black scars on the left external acoustic meatus. Does not smoke. Drank liquor on 1/10 and lots of it. Likes spicy food. Usually doesn't go to sleep until 3am or 4am.

Yin xu

Tongue is really really cracked, greasy yellow coat (shiny)

Pulse in 1st is weak esp on right. 2nd left is wiry and right is slippery, but both are fast. 3rd position is thin and weak.

External wind/cold invasion, Lung Qi and Wei Qi xu causing toxic heat and damp heat retention. This is actually *not* Bell's Palsy, but is Hunt's Syndrome – herpes zoster in the ear. Nice ...testing us over a disease we haven't studied.

(Drinking a lot in a short period causes damp toxic heat. Might want to learn some herbs for that for personal use!)