Acupuncture Treatment of Disease

SONG LUO
Psoriasis (bai bi)

Fibromyalgia/Chronic Fatigue Syndrome
(man xin pi lao zheng)
Psoriasis (bai bi)

- Biomedicine
- TCM
- Differential Diagnosis & Treatment
Psoriasis (*bai bi*)

- Biomedicine

- **Prevalence** 2.02% or 5.5 million people in USA

- **Definition** - a chronic and recurring disease that causes one or more raised, red, patches that have white silvery scales and distinct borders between patches and areas of normal skin. Each patch is comprised of multiple layers, and beneath this, there will be pin-head sized bleeding spots.
Etiology

- Skin injury and irritation
- Sun exposure
- Diet
- Stress & anxiety
- Medications
- Infection

Degree

- mild < 5% (body skin)
- moderate 5-30%
- severe > 30%
<table>
<thead>
<tr>
<th>AREA</th>
<th>%</th>
<th>( \times 9 )</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>HEAD</td>
<td>6</td>
<td>( 1 \times 9 )</td>
<td>9</td>
</tr>
<tr>
<td>NECK</td>
<td>3</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>FRONT OF TRUNK</td>
<td>13</td>
<td>( 3 \times 9 )</td>
<td>27</td>
</tr>
<tr>
<td>BACK OF TRUNK</td>
<td>13</td>
<td></td>
<td>27</td>
</tr>
<tr>
<td>PERINEUM</td>
<td>1</td>
<td></td>
<td>1</td>
</tr>
<tr>
<td>UPPER ARMS</td>
<td>7</td>
<td>( 2 \times 9 )</td>
<td>18</td>
</tr>
<tr>
<td>FOREARMS</td>
<td>6</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>HANDS</td>
<td>5</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>BUTTOCKS</td>
<td>5</td>
<td></td>
<td>5</td>
</tr>
<tr>
<td>UPPER LEGS</td>
<td>21</td>
<td>( 5 \times 9 + 1 )</td>
<td>46</td>
</tr>
<tr>
<td>LOWER LEGS</td>
<td>13</td>
<td></td>
<td>13</td>
</tr>
<tr>
<td>FEET</td>
<td>7</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>ENTIRE BODY</td>
<td>100</td>
<td>( 11 \times 9 + 1 )</td>
<td>100</td>
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</table>
Types

- Plaque psoriasis
- Scalp psoriasis
- Nail psoriasis
- Guttate psoriasis
- Pustular psoriasis
- Inverse psoriasis
- Erythrodermic psoriasis
- Psoriatic arthritis
Symptoms

- White, silvery scales with multiple layers
- Under which is a fat-like lustrous film (film phenomenon)
- And further, pin-head sized bleeding spots
| **Urticaria** *(Feng Zhen "Wind-Rash")* | **Acute;**  
| | **Easiest type to treat**  
| | **Typically upper regions of the body** |
| **Eczema** *(Shi Zhen "Damp Rash")* | **More chronic**  
| | **Many small blisters with fluid**  
| | **Mainly found in yin areas** |
| **Psoriasis**  
| | **Most difficult to treat**  
| | **White, silvery scales w/ multiple layers**  
| | **Under which is a fat-like lustrous film**  
| | *(film phenomenon)* |
Treatment

- Topical Corticosteroids (desonide)
- Calcipotriene (a vitamin D₃ analog available in cream, ointment and solution formulations)
- Coal tar + ultraviolet B light
- Sunlight
- Pi yan ping
Psoriasis (*bai bi*)

- TCM

- Mechanism

A Blood disorder---
Heat in the Blood, Blood Stasis, Blood Xu with Inner Wind
Differential Diagnosis

- **Acute**: Invasion of Wind-Heat
- **Resting**: Retention of Blood Stasis
- **Resting –regressive**: Blood Dryness With Inner Wind

Treatment

- **Basic Points**: DU-10; ST-9; GB-31--itching
  - SP-10; SJ-5
  - P-6
  - DU-14

- **Differential Points (pictures)**

- **Auricular points**
Fibromyalgia/Chronic Fatigue Syndrome
(man xin pi lao zheng)

➢ Biomedicine

➢ TCM

➢ Differential Diagnosis & Treatment
Fibromyalgia/Chronic Fatigue Syndrome  
(*man xin pi lao zheng*)

Definition—Fibromyalgia is an increasingly recognized chronic pain illness which is characterized by widespread musculoskeletal aches, pain and stiffness, soft tissue tenderness, general fatigue and sleep disturbances.
Symptoms & Diagnosis

- Fatigue that is persistent
- Not improve with bed rest
- Average daily activity reduced by > 50 percent for at least 6 months.
- Patient has no previous history of fatigue.
- >= 4 symptoms, which must have persisted or recurred during 6 or more consecutive months and predated the fatigue:
  - Short-term memory or concentration problems
  - Sore throat
  - Multi-joint pain without joint swelling or redness
  - Muscle pain
  - Headaches of a new type, pattern or severity
  - Non-refreshing sleep
  - Post-exertional malaise lasting more than 24 hours
Treatment

- Proper exercise
- Improving sleeping quality
- Heat application
TCM

Etiology

- Residual pathogen
- Retention of latent pathogen

Mechanism

Blockage of Wei Qi in the 12 regular or tendino-muscular regions
Differential Diagnosis

- Excess: Dampness (D-H) in MJ&Sinew
- Deficiency: (LU-Sp-KD)Qi Xu/ (HT-LIV-KD)Yin Xu

Treatment

- Differential points