Upcoming exam in Week 4:
Exam: Focus on disease mechanisms, differentiations within each disease, and basic points. 40 m/c. Lumbar pain (D/C: sx, points), basic points, which channel points, KD disease: basic points. Spinal cord. LV/KD Def sx, points. Wei syndrome (5 – skin, vessel, tendon etc), water metabolism (LU, SP, KD), cycle of whole day (which organs at what time)

HIV/AIDS

Biomedicine

HIV is an infection caused by a retrovirus which causes an immunodeficiency. Globally there are about 33 million infected. Of those 30.8 million are adult and about 2.5 million are 15 years old or younger. In the US alone the incidence is something like 40K per year with a prevalence of 0.33% or 900,000 people. Compare that to Asia where five million are infected (in China there are about 700,000 infected and 85,000 patients).

HIV, transmitted via blood, body fluids, and breast milk, progressively destroys lymphocytes and lowering immune response. HIV progresses to AIDS when:

1. An HIV infected individual develops a complicating illness
2. The lymphocyte count drops
3. When CD4 levels drop

The HIV virus is a ‘retrovirus,’ meaning it needs cells from a host in order to copy itself. CD4 cells are the host of choice. CD4 cells are lymphocytes which have “clusters of differentiation 4” on the surface of the cell. They are helper cells which jump start the body’s response to invading microorganisms (like viruses).

The HIV virus attacks the cell wall of a CD4 lymphocyte, penetrates the cell’s nucleus and inserts itself into the genetic matrix. This damages the functioning capacity of the CD 4 cell, resulting in fewer functional CD 4 cells in the body, thus weakening the immune system. During the 1-10 years that the virus is dormant, this genetic material replicates each time the cell replicates. When HIV becomes active the virus destroys the cell and spreads itself into the broader system, rather like spores dissipate into the air.

HIV is diagnosed by a combination of symptoms and laboratory tests. The symptoms of HIV infection include:

- Chronic low-grade fever
- Loss of body weight for no apparent reason
- Digestive disorders:
  - Chronic unexplained diarrhea
  - Gas
  - Bloating
  - Decreased appetite
- Swelling and tenderness of lymph nodes (general lymphadenopathy)
  - Post auricular
  - Submental
  - Supraclavicular
  - Axillary
  - Inguinal
- Skin problems such as chronic itching, rashes, infections, etc.
- What TCM would consider Kidney Yang and Qi deficiency symptoms – fatigue, cold extremities, etc.

Laboratory tests for HIV/AIDS are the ELISA test and Western blot test.

Sidebar:
The ELISA test is the “enzyme-linked immunosorbent assay” which detects the presence of antibodies/antigens. It has been used to detect a wide range of antigen/antibodies including HIV, the West Nile virus, even food allergens. ELISA tests for the presence of specific antigens/antibodies. A sample containing an unknown amount of the antigen is fixed in place and then the antibody is washed over it. This process creates an enzyme or 2nd antibody. In the final step the fixation plate is washed with an agent that produces a visible signal that fluoresces the antigen/antibodies, indicating the quantity of the antigens present.

The Western blot test detects specific proteins in tissue samples. Cells thought to be HIV infected are “opened” and the proteins within are then placed onto a gel through which
electrical current is run. The proteins separate and are transferred to a membrane and the rest of the test is similar to the ELISA. The sample is assessed for viral banding. If there is no viral banding the test is considered negative. This test is considered to be the gold standard and offers more concrete results than does the ELISA test.

![Pathogenesis of AIDS](image)

Normal CD4 counts in adults -- 500 to 1,500 cells/ml blood.

Stages of HIV/AIDS, according to the World Health Organization, are as follows:

- **Stage I**
  - HIV infection non-symptomatic. Not yet classified as AIDS.

- **Stage II**
  - Characterized as minor mucosa and cutaneous manifestations as well as recurrent URI’s

- **Stage III**
  - Unexplained chronic diarrhea for longer than a month, severe bacterial infections, pulmonary tuberculosis and other manifestations.

- **Stage IV - AIDS**
  - Includes toxoplasmosis of the brain, candidiasis in the esophagus, trachea, bronchii, lungs, etc. Kaposi’s sarcoma.
There are 3 possible diagnoses in TCM for the AIDS/HIV complex.

<table>
<thead>
<tr>
<th>Xu Zheng</th>
<th>Refers to early stage problems</th>
<th>HIV, cancer, etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xu Zheng</td>
<td>Deficiency syndrome</td>
<td>This is a broad concept</td>
</tr>
<tr>
<td>Xu Lao</td>
<td>Deficiency and weakness syndrome</td>
<td>Refers to late and end stage</td>
</tr>
<tr>
<td>Xu Lao</td>
<td>(note does not have contagion component)</td>
<td>AIDS, Cancer, etc.</td>
</tr>
<tr>
<td>Xu Lao</td>
<td>Deficiency and weakness syndrome</td>
<td>This is a type of deficient syndrome that develops over time into a systemic problem.</td>
</tr>
<tr>
<td>Xu Lao</td>
<td>Deficiency and weakness syndrome</td>
<td>Xu Lao has 3 diagnostic standards:</td>
</tr>
<tr>
<td>Xu Lao</td>
<td>Deficiency and weakness syndrome</td>
<td>1. Yin and Yang deficiency</td>
</tr>
<tr>
<td>Xu Lao</td>
<td>Deficiency and weakness syndrome</td>
<td>2. Qi, blood, and body substance deficiency</td>
</tr>
<tr>
<td>Xu Lao</td>
<td>Deficiency and weakness syndrome</td>
<td>3. Exhaustion of internal organs</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>This term is often used to refer to chronic Lung TB patients as well as to the end stage of AIDS/HIV because it is considered infectious.* This is the best term to use in TCM to describe AIDS/HIV and is the closest description from the classics to the disease. Here’s why.</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>1. Deficiency is severe.</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>a. Emaciation</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>b. Symptoms similar to xu lao above, deficiency and weakness.</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>2. Contagious</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>The term Li Qi – very invasive, dangerous and abnormal Qi – applies to HIV. So does the term Yu Du, or toxin.</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>Note that HIV can be transmitted by blood contact, through nursing (mother’s milk) and through sex.</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>☯ Blood interacts with Heart, Lungs and Liver</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>☯ Nursing interacts with Spleen and Stomach</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>☯ Sex is dependent upon the Liver and Kidney.</td>
</tr>
<tr>
<td>Lao Zhi</td>
<td>Epidemic or infectious deficiency syndrome</td>
<td>All of these are involved in the AIDS/HIV infection. All five organs become blocked.</td>
</tr>
</tbody>
</table>

*the original diagram from the book shows this figure:

However, Dr. Luo says because there is a contagious component to the virus that Lao Zhi shouldn’t really be in the middle circle.
In diagnosing HIV/AIDS per TCM the Spleen is extremely important. Think of them from the perspective of TCM dysfunction and read them again:

- Chronic low grade fever
- Unexplained loss of body weight (damp heat or yin xu)
- Digestive problems
- Enlarged lymph nodes
- Skin manifestations such as rashes
- Cold extremities (yang and qi xu)

**TCM Etiology**

Latent Pathogen (fu xie or fu qi) which develops to damp-heat/toxic damp-heat in the Ying or Xue stage or in the Lower Jiao

This is a gram negative virus which attacks from the lower to the upper, from in to out, from Ying to Qi to Wei levels.

**TCM Treatment Principles**

Because this disease is a combination of deficiency and pathogens, you have 2 major things you need to do to treat these patients.

**Support the Zheng Qi**

HIV/AIDS can manifest as a variety of deficiencies. Focus on the 3 main injuries and the Qi axis. These are vital for survival and for thriving:

1. Lung – gathers Air or Da Qi
2. Spleen – gives the body Food or Gu Qi
3. Kidney – supplies the prenatal Qi and Jing.

Deficiencies you will see and need to treat:

- Lung and Spleen Qi Xu
- Kidney Qi or Yang Xu
- Liver and Kidney Yin Xu

**Remove pathogens**

- Damp heat in the Spleen
  Expresses as nausea, vomiting, chronic diarrhea, heaviness, joint pain, etc.
- Toxic heat in the Ying Stage.

From [http://www.sacredlotus.com/diagnosis/four_levels.cfm](http://www.sacredlotus.com/diagnosis/four_levels.cfm)

**Ying (Nutritive) Level**
At this stage, the disease has nearly reached the Blood (Xue) stage the deepest level. Ying is considered the Qi of Blood and is also the precursor of blood. It circulates through the blood vessels and through the Heart. In this stage of a Warm Evil invasion, the most symptoms affect the Heart, producing Interior Deficient Heat.

**Symptoms of Ying Level**

- High fever which is worse at night.
- Mental restlessness and insomnia, the heat has entered the Ying Level and is progressing to the Xue (Blood) Level. Because Blood belongs to the Heart, the Shen is affected producing mental restlessness and insomnia.
- Illogical Speech, this indicates a further progression of the disturbance of Shen. As the disease worsens, the Shen dulls and eventually coma may result.
- Inability to drink more than small sips or a rinsing of mouth. This symptom is due to Stomach deficiency.
- Skin Rash - red dots on a portion or all of the body; within the dots there is a small amount of blood. This symptom is produced by the Blood Heat.
- **Tongue:** Deep red body with a peeling yellow coat (the peeling is due to

Review the bullet points listed above in the Support and Remove Pathogens sections:

- Lung and Spleen Qi Xu
- Kidney Qi or Yang Xu
- Liver and Kidney Yin Xu
- Damp heat in the Spleen
  Expresses as nausea, vomiting, chronic diarrhea, heaviness, joint pain, etc.
- Toxic heat in the Ying Stage.

These five differentiations may form any combination of disease patterns. Combinations can complicate the treatment process. For instance, what do you treat first if there is both Yin and Yang Xu? What about Yin Xu plus Dampness? Here are a couple of principles to guide you:

1. Treat the Qi and the Yang first because dampness blocks the Qi. Treat Yin and Blood levels second because heat dries the Yin.

2. Yin Xu + Yang Xu with both at about the same level: Warm the Yang first

3. Yin Xu + Damp with both at about the same level: Treat Damp first and the patient will feel better faster.

4. Yin Xu + Damp with Yin Xu more severe Treat Yin Xu 1st and with caution as this can increase the dampness. Then resolve/dry Damp.
5. To remove pathogens, use Herbs. To support the Zheng Qi, use acupuncture. …ok, truth be told, you can use herbs for the Zheng Qi too. Like this formula combination:
   a. Huang Qi
   b. Bai Zhu
   c. Chen Pi
   d. Sheng Ma
   e. Chai Hu: soothe Qi
   f. Dang Gui: nourish Blood
   g. Hong Shen: red ginseng. Red is to warm.
   h. Ling Zhi: reishi mushroom
   i. Ze He Che: placenta
   j. Ban Lan Gen
   k. Pu Gong Ying

**AIDS Associated Syndromes/Differentiations**

**Lung Qi and Yin Xu**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Principles and Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>☯ severe fatigue</td>
<td>☯ Tonify Qi, nourish LU Yin, stop cough</td>
</tr>
<tr>
<td>☯ low shen</td>
<td>☯ LU Back Shu</td>
</tr>
<tr>
<td>☯ poor appetite &amp; getting weaker</td>
<td>☯ LU 9</td>
</tr>
<tr>
<td>☯ vomiting</td>
<td>☯ LU 1 for extreme chronic (other conditions if patient coughing 1 month +)</td>
</tr>
<tr>
<td>☯ low voice</td>
<td>☯ ST 36</td>
</tr>
<tr>
<td>☯ cough</td>
<td>☯ Ren 6</td>
</tr>
<tr>
<td>☯ SOB</td>
<td>☯ LU 7</td>
</tr>
<tr>
<td>☯ Face gets increasingly paler.</td>
<td>☯ BL 43</td>
</tr>
<tr>
<td>☯ Tongue: red with less coating</td>
<td></td>
</tr>
<tr>
<td>☯ Pulse: thin, fast</td>
<td></td>
</tr>
</tbody>
</table>

From Agnes’ Notes:
Gao Huang. Chronic diseases. Nourish Yin SP important.

**Spleen Xu with Damp Retention**

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Principles and Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>☯ Chronic diarrhea, mostly due to Sp xu.</td>
<td>☯ Tonify the Spleen Qi and Dry Damp</td>
</tr>
<tr>
<td>Note that KI yang can warm the Sp yang.</td>
<td>☯ ST 36 + SP 6</td>
</tr>
<tr>
<td>Warm the KI yang if the diarrhea lasts 6+</td>
<td>Dr. Luo likes this pair for MJ</td>
</tr>
<tr>
<td>months. See below.</td>
<td>☯ SP 9 – good for damp, but slower than ST 36/SP 6 combo.</td>
</tr>
<tr>
<td>☯ Tongue: pale with white coating</td>
<td></td>
</tr>
<tr>
<td>☯ Pulse: deep, weak</td>
<td></td>
</tr>
</tbody>
</table>
Spleen and Kidney Yang Xu

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Principles and Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>☯ Can have this in combination with Qi xu</td>
<td>Warm the Spleen and Kidney</td>
</tr>
<tr>
<td>☯ Emaciation</td>
<td>Nine needle treatment (discussed below)</td>
</tr>
<tr>
<td>Pure Yang xu is generally overweight, but this chronic condition causes wasting.</td>
<td>BL 20 + BL 23</td>
</tr>
<tr>
<td>☯ Fatigue</td>
<td>Ren 3</td>
</tr>
<tr>
<td>☯ Pale face or dark face.</td>
<td>ST 36 + LI 10</td>
</tr>
<tr>
<td>☯ <strong>Cold hands/feet</strong></td>
<td>Moxa box on lower back</td>
</tr>
<tr>
<td>☯ Lower back soreness</td>
<td></td>
</tr>
<tr>
<td>☯ Tongue: pale with slippery coating</td>
<td></td>
</tr>
<tr>
<td>☯ Pulse: deep, weak, slow</td>
<td></td>
</tr>
</tbody>
</table>

Toxic Heat Retention

The 3rd stage of AIDS comes with complications such as PCP and skin sarcomas. The nature of this disease is deficiency, but the toxicity is complicit as well.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Principles and Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>☯ PCP</td>
<td>Expel toxicity</td>
</tr>
<tr>
<td>or <em>Pneumocystis carinii</em> pneumonia</td>
<td></td>
</tr>
<tr>
<td>☯ High fever.</td>
<td></td>
</tr>
<tr>
<td>☯ If toxicity in Lung:</td>
<td></td>
</tr>
<tr>
<td>o Cough</td>
<td></td>
</tr>
<tr>
<td>o Throat pain</td>
<td></td>
</tr>
<tr>
<td>o Throat erosion</td>
<td></td>
</tr>
<tr>
<td>o Bloody phlegm</td>
<td></td>
</tr>
<tr>
<td>☯ If toxicity in MJ:</td>
<td></td>
</tr>
<tr>
<td>o Mouth erosion</td>
<td></td>
</tr>
<tr>
<td>o Mouth sores/ulcers</td>
<td></td>
</tr>
<tr>
<td>o Diarrhea with strong smell</td>
<td></td>
</tr>
<tr>
<td>o Burning anus and irritation of tissues</td>
<td></td>
</tr>
<tr>
<td>☯ ST 36</td>
<td></td>
</tr>
<tr>
<td>☯ DU 14 – for heat/fever in UJ. Can bleed it.</td>
<td></td>
</tr>
<tr>
<td>☯ LI 11</td>
<td></td>
</tr>
<tr>
<td>☯ BL 40 – for heat/fever in LJ or stronger toxic heat</td>
<td></td>
</tr>
<tr>
<td>☯ LU heat:</td>
<td></td>
</tr>
<tr>
<td>o LU 5</td>
<td></td>
</tr>
<tr>
<td>o LU 11</td>
<td></td>
</tr>
<tr>
<td>☯ Spleen:</td>
<td></td>
</tr>
<tr>
<td>o ST 25</td>
<td></td>
</tr>
<tr>
<td>o ST 37</td>
<td></td>
</tr>
<tr>
<td>o GB 34</td>
<td></td>
</tr>
</tbody>
</table>
Stasis
This is late stage AIDS. Use acupuncture with caution in late stages with severe deficiency!!

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Principles and Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>☯ SP and LV enlargement</td>
<td>Slightly open the Du channel to tonify Yang</td>
</tr>
<tr>
<td>☯ Drum distention</td>
<td>Use SI 3 and BL 62 combination</td>
</tr>
<tr>
<td>☯ Face begins to change color</td>
<td></td>
</tr>
<tr>
<td>☯ Skin becomes scaly</td>
<td>☯ SP 10</td>
</tr>
<tr>
<td>☯ Tongue:</td>
<td>☯ ST 40</td>
</tr>
<tr>
<td>☯ Pulse: choppy</td>
<td>☯ LU, SP, KI back shu points to help with water retention</td>
</tr>
<tr>
<td></td>
<td>☯ LV 14 – use with care due to enlargement of internal organs.</td>
</tr>
<tr>
<td></td>
<td>☯ Four gates</td>
</tr>
</tbody>
</table>

Techniques

Nine Needle Technique
(Discussed in Spleen and Kidney Yang Syndrome above)

Use 1 cun needles (or 1.5 cun needles for larger patients) and needle DU 4. Needle 1 cun lateral to Du 4 on each side, 1 cun above and below and then 4 more needles to complete the “box” like this:

Du 4 is purely Yang in nature. By needling these 9 points you work on the Du, CNS, and on Jia Ji points. Needle this pattern perpendicularly 1 – 1.5 cun with strong stimulation. You can also place a moxa box over the needles for 10-15 minutes to warm the Yang. Repeat this treatment 2-3 times weekly for 1 month.

This treatment is good for people with lowered immune systems, for patients who are infected, but not yet in the AIDS stage for prevention.
Herbal Formula
Kang Bing Du Ke Li is an antiviral which also removes Damp and Heat. This formula includes the herbs da qing ye, ban lan gen, jin qian cao and more. Guan zhong and zao xiu are good for HBV patients.

Herbs tonify and clear while moxa warms and builds. Why is it ok to moxa when most HIV patients have heat symptoms?

🏈 Most HIV patients have Yang and Qi xu (i.e., an immune deficiency) with retention of heat
🏈 Moxa can warm the Yang
  o Stop or slow moxa use with the appearance of 3 signs:
    ▪ Thirst
    ▪ More sleep disturbance
    ▪ Constipation
🏈 As HIV patients also have Heat/Damp heat, moxa can be used to remove dampness, a yin pathogen, and allow the sx to become more superficial or more yang.

Note: Yang xu and qi xu are easier to treat and have a better prognosis than Yin and Xue deficiency.
Lupus
Hong Ban Lang Chuan or Li Jie

The full name is Lupus Erythematosus, which is an autoimmune disease. An autoimmune disease in TCM terms is an imbalance of yin and yang resulting in either hyper- or hypo-immune system caused by either hyper or hypo Yin/Yang. Another way to express it is that the Wei Qi is too sensitive, either too strong or too weak. You can see the TCM components too in the emaciation, Qi and Yin xu, and constant thirst. Lupus is more common in females than in males.

Lupus is diagnosed by ANA, ds-ANA and anti-Sm tests.

There are 3 types of Lupus:

☯ Discoid Lupus Erythematosus or DLE
Accounts for about 30% of cases. Is characterized by a skin rash and red butterfly sores primarily on cheeks, or ears, scalp. It is primarily a localized skin lesion. Lesions most often occur in areas exposed to UV lighting/sunlight. The disease manifests with
  o Permanent hair loss
  o Loss of skin pigmentation
  o Dusky red and localized plaques between 5 and 20 mm in diameter
  Scalp, external ears and mucus membranes of the mouth are also affected. Lesions are dry and hard. This is a persistent disease, but not life threatening. There is often an outbreak then a remission.

☯ Systemic Lupus Erythematosus or SLE
SLE accounts for around 70% of lupus cases. Internal organs are affected in SLE. Most often affected is the Kidney, then the Lung, Heart, and Spleen. Ninety percent of these patients will have joint disorders and arthritis. Only 10 percent experience lesions. 90% have multiple systemic involvement, including depression of WBC’s and platelets.

Characteristics of diagnosis:
  o Butterfly rash across the cheeks.
  o Discoid lesion rash
  o Photosensitivity
  o Mouth ulcers
  o Arthritis
  o Inflammation of the membranes of the lung, heart, or abdomen
  o Evidence of KI disease
  o Evidence of severe neurologic disease
  o Blood disorders including low RBC, WBC and platelet counts
  o Immunologic abnormalities
  o Positive antinuclear antibodies (ANA)

Four or more of the above characteristics must be present for a diagnosis of SLE.

☯ Subacute Cutaneous Lupus Erythematosus
TCM Etiology

1. Invasion of external pathogens
   Heat/Toxic heat

2. Retention of latent pathogens
   Damp heat

3. Overworking leading to Kidney Deficiency

TCM Mechanism

Evils/Toxic-heat in the Ying and Xue (Blood) Levels

There are 5 groups of symptoms that will be present in lupus:

1. Must have heat signs
   Fever, either high or low grade, chronic and worse at night

2. Tendency for bleeding
   This is more for the Xue level.
      a. Presence of RBCs in the urine, bloody Lin
      b. Epistaxis and gum bleeding
      c. Metallic or iron smell to the breath due to the mouth bleeding

3. Mental/Shen symptoms
   Restlessness, psychosis, mania and insomnia

4. Skin problems
   Red butterfly rash and sun sensitivity

5. Scarlet tongue

TCM Diagnosis and Treatment

The basic treatment principle is to remove toxic heat and sedate. Observe where the rash is on the face in relation to the organs. When the rash looks fresh, the condition is in excess. When it looks dull the patient is deficient.

The beginning stages are more excess while the end stages of Lupus are deficient. Heat can cause blood stasis because of the heat consuming the body fluids and causing congestion.
Invasion of Wind-Heat Toxins
These penetrate to the Ying and Xue levels and are an acute excess. This is a type of heat bi syndrome and is the first stage of lupus.

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Principles and Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>☯ Acute onset</td>
<td>Remove toxic heat and promote circulation</td>
</tr>
<tr>
<td>☯ Painful joints with hot sensations and redness; swelling and stiffness (implicates the Kidney)</td>
<td>LV 2 + LI 4</td>
</tr>
<tr>
<td>☯ Fever or high fever with slight aversion to cold</td>
<td>Rashes originate from the Liver. LV 2 clears the heat. This combination is a four gates type combination.</td>
</tr>
<tr>
<td>☯ Sore throat</td>
<td>SJ 5</td>
</tr>
<tr>
<td>☯ T: red with redder tip and yellow dry coating that may be sticky</td>
<td>LI 11</td>
</tr>
<tr>
<td>☯ P: Rapid, superficial or forceful (indicating toxic heat)</td>
<td>DU 14 – use bleeding technique, especially in the early stage.</td>
</tr>
<tr>
<td></td>
<td>UB 40</td>
</tr>
<tr>
<td></td>
<td>SP 10</td>
</tr>
<tr>
<td></td>
<td>UB 12</td>
</tr>
<tr>
<td></td>
<td>ST 44</td>
</tr>
<tr>
<td></td>
<td>HT 8</td>
</tr>
<tr>
<td></td>
<td>Local joint points, especially on the yangming meridians</td>
</tr>
</tbody>
</table>

Toxic Heat in the Blood Level

<table>
<thead>
<tr>
<th>Symptoms</th>
<th>Principles and Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>☯ Symptoms including fever are worse at night – Yin time of day.</td>
<td>Remove Toxic Heat from Xue Level</td>
</tr>
<tr>
<td>☯ Scarlet rashes</td>
<td>BL 40</td>
</tr>
<tr>
<td>☯ Fever</td>
<td>SP 10 – reduce or bleed it</td>
</tr>
<tr>
<td></td>
<td>Shi Xuan</td>
</tr>
<tr>
<td></td>
<td>Ren 6</td>
</tr>
<tr>
<td>Heat in the blood level also manifests with:</td>
<td>KI 3 to tonify Kid Qi</td>
</tr>
<tr>
<td>☯ Fever</td>
<td>BL 23 for KI essence</td>
</tr>
<tr>
<td>☯ Restlessness/delirium</td>
<td>LU 9 to bring fluids to the surface LU 7 to disperse.</td>
</tr>
<tr>
<td>☯ Muddled consciousness or coma</td>
<td>Lung points are important due to the weakened immunity which causes repeat respiratory infections such as colds.</td>
</tr>
<tr>
<td>☯ Loss of blood – at nose, skin, gums</td>
<td></td>
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<tr>
<td>☯ Skin rashes, often all over the body</td>
<td></td>
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<tr>
<td>☯ Deep red or crimson tongue due to the interior heat</td>
<td></td>
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<tr>
<td>☯ Pulse that is fast, thin or choppy</td>
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Lung and Kidney Qi Xu
The disease is now in the later stages and is deficient.
Symptoms | Principles and Points
---|---
☯ Pale face | Tonify Yuan and Primary Qi, Support LU and KI
☯ Extreme fatigue | ☯ REN 4 and 6
☯ Palpitations | ☯ DU 4
☯ Low back pain | ☯ UB 23
☯ Spontaneous sweating | ☯ REN 17
☯ Easily catches cold | ☯ LU 9
☯ Incontinence of stool and/or urine with frequent urination | ☯ KI 3
☯ Tongue: Pale, swollen with TMs and a thin white moist coating | ☯ ST 36
☯ Pulse: Deep and weak | ☯ UB 20

Liver and Kidney Yin Xu (with false heat)
This is also a late stage deficiency. May also have Qi and Yin xu with toxins in the Ying level.

Symptoms | Principles and Points
---|---
☯ Chronic onset | Nourish the Essence
☯ Thirst with dry throat which is worse at night. Sips water all the time | Nourish LV and KI Yin
☯ Dry skin | Clear false heat
☯ Hair loss | ☯ KI 6, 3, 1
☯ Night sweating, palm heat, low fever | ☯ SP 6, 10
☯ Tinnitus | ☯ LV 3, 8
☯ Low back pain, weak knees, night time emissions | ☯ UB 43
☯ Red butterfly rash, mostly on cheeks. Light red or pink | ☯ PC 6
☯ Possible DDS | ☯ UB 18, 23, 52
☯ Hypochon pain | ☯ LI 4, 11
☯ Ulcers in the mouth and perhaps on the tongue | ☯ ST 44
☯ Irregular menses or amenorrhea | The patient needs animal herbs for the essence. Herbal therapy is especially important in treating Yin Xu.
☯ Tongue: small, thin, scarlet with less coating or peeled/mirror coating | ☯ Pulse: thin rapid, esp thin on the left. Could also be thready and floating.
Case Studies

Case 1: Li, a 35 yo female

Chief complaint:

Yin xu
Low grade fever for 1 year and a racial rash for 3 months

Chronic yin xu? qi xu?

Limbs were painful for over 2 yrs. She had a low grade fever and fatigue for 1 year. She had symmetrical erythema in the face which looked like a “butterfly” 3 months ago. She was admitted into the Dermatology Section of a hospital with “lupus sebaceous” after that. Her limbs were very painful, kidney yin xu? blood stasis especially at the knees and at night. Her cheeks were dark with bright red capillaries. She experienced photosensitivity and Raynaud’s syndrome. Urine protein is +++ with lower back pain. She also had LV/ki yin xu stage burning off yin lv blood/yin alopecia and mental confusion. She could not sleep well due to the pain at night. She had dry eye after reading for a while.

Examination:

Yin xu

Patient was thin with dark complexion. She was clearly in pain and restless, lying curled up in the fetal Xu – qi? Heat stasis heat position. Tongue body was dark red with distended bluish veins underneath as well as a yellow and damp/phlegm heat xu lv? Dampness KI greasy coating. Her pulse was fast, thin, and wiry on the left 2nd position and slippery on the right. Thin xu in the rear on both sides.

1. Her alopecia is most likely due to
   a. Damp phlegm in her head
   b. Inner wind due to liver yang rising
   c. Liver qi stagnation and blood stasis
   d. Yin and essence xu

2. In this case the low grade fever and thin body indicate:
   a. Retention of damp in the lower jiao
   b. Yin xu
   c. Spleen qi xu
   d. Blood stagnation

3. The differential dx for this case is:
   a. Toxic damp heat retention, blood stagnation with liver and kidney xu
   b. Damp heat in the blood level with qi and yang xu
c. Wind-cold-damp attacking joints with blood stagnation

d. Inner wind due to liver yin and liver blood xu

4. The acu-points for this case are:
   a. LU 7, LI 4, SJ 17, BL 12, BL 13, GB 20, LI 11
   b. GB 20, LV 3, LV 8, GB 41, SJ 3, SJ 5, GB 34, DU 20
   c. 4 Gates, GB 34, LV 14, HT 8, PC 8, SP 6, ST 36, REN 17
   d. LI 11, BL 40, SP 6, SP 9, SP 10, KI 3, BL 52, ST 40, HT 7, REN 4, BL 23
Case 2: Zhao, Male 38 yo.

Xu-qi? Sp

Chief complaint: fatigue and diarrhea for 5 years, aggravation for 1 month

deficiency
He has been suffering from HIV infection for over 7 years. 5 years ago he started to have fatigue, cold
ki/sp yang xu? spleen qi deficiency
extremities and digestive problems with poor appetite, gas, bloating, nausea, and diarrhea with slightly
slight edema? Damp retention? Ki xu
swelling in the knees and ankles. His sleep is terrible and often wakes up once in every other hour for
xu yin xu kidney
urination. He is very thin and has a low grade of fever, night sweating and ringing in his hears. His
qi/yang/xue xu damp retention cold/interior damp xu
tongue is pale, swollen with a white thick greasy coating. His pulses are slippery and without strength,
cold defic of kidney
but slow and weaker on the 3rd positions.

1. What is the most likely cause of his nausea and diarrhea
   a. Middle jiao disorder due to damp retention
   b. Liver over-acting on spleen and stomach with middle jiao imbalance
   c. A typical shaoyang syndrome
   d. Taiyin syndrome due to spleen qi and spleen yang xu

2. Differentiation for this patient is:
   a. KI yin and yang xu with MJ disorder due to damp retention and spleen xu
   b. HT and KI disharmony with LV overacting SP/ST
   c. Retention of toxic heat in Ying level with LV and KI yin xu
   d. LU, SP, and KI qi xu with damp retention

3. Which of the following points are good for this case:
   a. HT 7, PC 6, SP 6, KI 3, BL 23, LV 3, LV 8, GB 34, 4 Gates w/moxa
   b. PC 6, HT 8, BL 40, DU 14, Shixuan spreading/extra points, SP 9, ST 40
   c. REN 4, REN 6, DU 4, BL 23, ST 36, SP 6, SP 9, ST 40, PC 6, REN 12
   d. LU 9, REN 17, BL 13, BL 20, BL 23, ST 36, SP 9, ST 40, SP 3, BL 21