

Course:	Acupuncture Treatment of Disease 3	Date:	June 2, 2009
Doc:	ATD 3 - Test 2 review		

Mechanisms, differentiations, and basic points are the most important things to focus on for this quiz. 40 m/c questions covering material from Class 4 to Class 7. Read your case studies and study those answers!!!

## Class 4 – Arthritis/Bi Syndrome

### Definition:

- ☉ Group of conditions which involve damage to the joints of the body.
- ☉ Bi syndrome is **blockage of qi, blood and meridians**, especially the tendino-muscular ones, by **wind-cold-damp**. This affects **superficial areas** of joints, muscles, tendons.

Note: *Tongue and pulse may not match symptoms!*

Look for:

- Pain in the joints
- Swelling and stiffness, esp morning stiffness
- Limitation of joint movement and joint dysfunction

### Types of arthritis according to biomedical classification:

- ☉ Osteoarthritis:  
Found in larger load bearing joints, not symmetrically located, due to repetitive strain. Better with rest.
- ☉ Rheumatoid arthritis:  
Autoimmune disorder, often related to food allergies, morning stiffness which gets better after a few hours. Starts in small joints, expresses over time with joint deformity, generally symmetrically located. Better with movement.
- ☉ Rheumatic arthritis:  
Due to invasion of external pathogens (rheumatic fever, sore throat) which attack the heart and the joints. Affects big joints such as elbow and knee, stiffness is constant, no symmetry in symptom location. Comes along with rheumatic cardiac disease.
- ☉ Gout:  
Chrystalline deposits of uric acid at joints, often big toe but can be anywhere. Deposits erode joint and may deform bones. Sometimes accompanied by kidney disease. Considered a Bi syndrome.
- ☉ Ankylosing spondylitis:  
Chronic inflammation affecting the spine, causes bony bridges between the vertebrae. Impedes movement, affects spinal nerves.
- ☉ Spinal tuberculosis:  
Infection of the bone causing bony versions of scrofula, often occurs in the spine.
- ☉ Lupus:  
Autoimmune disease with common arthritic symptoms.

### TCM Etiology:

- ☉ Invasion of external pathogens: wind, damp, cold.
- ☉ Irregular diet: food allergies breeding damp/heat. (rheumatoid)

- ☹ Aging and overwork: repetitive strain (osteo)

**TCM Mechanism:**

Local Qi and Blood stagnation with general weakness.

**Bi syndrome/ Arthritis characterizing symptoms and etiological points**

<p>Wind or Wandering Bi</p>	<p>Pain:</p> <ul style="list-style-type: none"> <li>☹ moves, not in fixed location</li> </ul> <p>Other sx:</p> <ul style="list-style-type: none"> <li>☹ acute onset</li> <li>☹ pain mostly in upper areas</li> <li>☹ other wind invasion sx</li> </ul>	<p>Remove external wind, promote qi/blood circ, alleviate pain</p> <p>Points to treat etiology: (add local points to these)</p> <ul style="list-style-type: none"> <li>☹ UB 12/13</li> <li>☹ GB 20 / 31</li> <li>☹ SJ 17</li> <li>☹ SI 2</li> <li>☹ LI 4</li> <li>☹ LU 11</li> </ul>
<p>Painful or Cold Bi</p>	<p>Pain:</p> <ul style="list-style-type: none"> <li>☹ Fixed location, severe, 2/3 of it related to cold.</li> </ul> <p>Other sx</p> <ul style="list-style-type: none"> <li>☹ Acute onset</li> <li>☹ Severe stabbing pain with spasms</li> <li>☹ Alleviate with warm, worse in cold</li> <li>☹ Aversion to cold.</li> <li>☹ Slight fever, no sweating</li> <li>☹ Profuse/clear urine</li> </ul>	<p>Warm body yang, remove external cold, promote qi/blood circ, alleviate pain.</p> <p>Points to treat etiology: (add local points to these)</p> <ul style="list-style-type: none"> <li>☹ GB 20</li> <li>☹ UB 12/13</li> <li>☹ LU 7</li> <li>☹ LI 4</li> </ul> <p>Use moxa!!!</p>
<p>Fixed or Damp Bi</p>	<p>Pain:</p> <ul style="list-style-type: none"> <li>☹ Doesn't move, always in same joint.</li> </ul> <p>Other sx</p> <ul style="list-style-type: none"> <li>☹ Acute or chronic onset</li> <li>☹ Mostly lower extremities</li> <li>☹ Heavy sensation, swelling, perhaps edema/numbness</li> <li>☹ Other damp sx: heaviness, fogginess, morning nausea, decreased appetite, etc.</li> </ul>	<p>Remove/resolve damp, promote qi/blood circ, stop pain</p> <p>Points to treat etiology: (add local points to these)</p> <ul style="list-style-type: none"> <li>☹ SJ 3</li> <li>☹ SJ 5</li> <li>☹ SP 6</li> <li>☹ SP 9</li> <li>☹ ST 40</li> <li>☹ P 6</li> <li>☹ REN 3</li> <li>☹ UB 22</li> <li>☹ UB 28</li> </ul>

Hot or Heat Bi	Pain: <ul style="list-style-type: none"> <li>☉ Hot, red skin over joint</li> <li>☉ Burning pain at joints</li> </ul> Other sx <ul style="list-style-type: none"> <li>☉ Acute onset</li> <li>☉ Fever/high fever</li> <li>☉ Slight aversion to cold</li> <li>☉ Thirst for cold</li> <li>☉ Sore throat</li> </ul>	Clear heat, promote qi/blood circ and stop pain.  Points to treat etiology: (add local points to these) <ul style="list-style-type: none"> <li>☉ LI 4</li> <li>☉ LI 11</li> <li>☉ UB 40</li> <li>☉ DU 14</li> <li>☉ SJ 5</li> <li>☉ ST 44</li> </ul>
Rheumatoid or Li Jie  Liver/Kidney deficiency with damp retention	<ul style="list-style-type: none"> <li>☉ Chronic onset</li> <li>☉ Small joints</li> <li>☉ Stiffness/soreness in morning</li> <li>☉ Better with exercise, better by mid day</li> <li>☉ Joint deformity with increasing severity</li> </ul> Other Liver/Kidney xu signs	Remove external pathogen, strengthen LV/KI, promote qi/blood circ  Points: <ul style="list-style-type: none"> <li>☉ KI 3</li> <li>☉ SP 6</li> <li>☉ UB 23/43/52/11</li> <li>☉ GB 34/39</li> </ul>

### Points to treat localized arthritis pain

These are local points at the site of pain. Combine these with the etiology points above. You probably know ‘em. Example: shoulder is SI 9, LI 15, jian qian extra point. Toes are ba feng extra points, sp 2, sp 3, gb 44, ub 67, etc.

**General** Bi (pain all over): SI 3, UB 62, SP 21, GB 34

## Class 4 – Carpal Tunnel Syndrome (CTS)

### Definition:

Median nerve compressed at wrist → pain, paresthenia, muscle weakness of forearm/hand, 5<sup>th</sup> finger not affected. More women than men. Test with tinel test, phalen test.

### Sx:

- ☉ Aching/tingling/pins and needles/burning/numbness in the hand, *except* for the 5<sup>th</sup> finger which is not supplied by the median nerve.
- ☉ Pain on palmar side primarily
- ☉ Pain worse with flexion, at night, heat (which aggravates inflammation)
- ☉ Sx can spread to shoulder/arm
- ☉ Atrophy of thumb, decreased gripping

### TCM Mechanism:

**Blockage of Qi and Blood, blockage of meridians (esp PC)**

## TCM Etiology:

1. External invasion of w/d/c → bi syndrome
2. Overwork/repetitive strain: Qi and Blood deficiency → Local Qi and blood stagnation

## Differentiation/Treatment

<p><b>Qi and Blood Stagnation Bi</b></p> <p>Acute stage Blockage</p>	<ul style="list-style-type: none"> <li>☯ Acute</li> <li>☯ Tingling/sharp pain w/ local weakness, spasms at wrist</li> <li>☯ See sx above.</li> </ul>	<p>Promote Qi/Blood circ, stop pain (unblock meridian)</p> <p>Points are local to the wrist except for the PC points.</p> <ul style="list-style-type: none"> <li>☯ PC 4/6/7/8</li> <li>☯ Ht 7/8</li> <li>☯ Lu 9/10</li> <li>☯ SJ 4</li> </ul>
<p><b>Qi and Blood Deficiency / Wei / Flaccidity</b></p> <p>Chronic stage</p>	<ul style="list-style-type: none"> <li>☯ Chronic stage – 6+ months</li> <li>☯ Dull pain, local weakness, atrophy of thenar and thumb</li> <li>☯ Sever cases may have impairment of thumb, can't hold objects</li> <li>☯ Look for other Qi/Blood xu signs</li> </ul>	<p>Tonify Qi, Nourish Blood. Promote Qi/Blood circ</p> <p>Local</p> <ul style="list-style-type: none"> <li>☯ PC 6/7</li> <li>☯ LI 4/5</li> <li>☯ LU 7/9/10</li> <li>☯ SJ 5</li> <li>☯ SI 3/5</li> </ul> <p>Other</p> <ul style="list-style-type: none"> <li>☯ ST 36</li> <li>☯ GB 34</li> </ul>

## Class 5 – Sciatica

### Definition:

Set of symptoms including pain which can be caused by general compression or irritation of the sciatic nerve. Can be primary (rare) which is bilateral or secondary (common) which is unilateral. Pain/numbness/tingling can be felt at lower back, buttock, various parts of lower leg/foot. Often dx'd by a straight leg lifting test.

### TCM Etiology and Mechanisms

1. Invasion of **Wind-Cold-Damp**  
Damp/cold more common since wind is mostly upper body. Dai meridian can be involved sine it connects so many others.

2. **Traumatic** accident  
This is blood stasis affecting bone/vertebrae – more organic than functional.
3. **Overwork**
4. **Aging**  
Kidney Xu → low back pain plus degeneration of vertebrae/spine.

### Basic points

- ☯ Hua tuo jia ji for lumbar
- ☯ UB 54 (adjacent to back shu of LI)
- ☯ GB 30
- ☯ UB 40

### Differentiations/Treatments

<p><b>Invasion of Cold/Damp</b></p> <p>Variation of w/d/c</p>	<ul style="list-style-type: none"> <li>☯ Acute onset – hx of camping/skiing/ catching cold, etc.</li> <li>☯ Cold pain in low back, radiating at GB/UB meridians.</li> <li>☯ Desire for warmth</li> <li>☯ Heavy sensation at waist like sitting in cold water, heavy weight around waist</li> <li>☯ Arthritic type sx</li> </ul> <p>Remove external pathogens of cold and damp, open dai meridian and stop pain.</p>
<p><b>Qi and Blood Stagnation</b></p>	<ul style="list-style-type: none"> <li>☯ Acute onset – hx of trauma, excess lifting <ul style="list-style-type: none"> <li>○ If Qi: trauma, acute muscle strain</li> <li>○ If Blood: bruising/disc rupture</li> </ul> </li> <li>☯ Sharp, stabbing or needling pain on low back, radiates to GB/UB merids.</li> <li>☯ Fixed pain</li> <li>☯ Worse at night, can be alleviated by exercise</li> </ul> <p>Promote Qi/Blood circ, remove blood stasis, alleviate pain.</p>
<p><b>Kidney Xu</b></p>	<ul style="list-style-type: none"> <li>☯ Chronic onset</li> <li>☯ Pain in low back is intermittent, dull</li> <li>☯ Weakness of low back and knees</li> <li>☯ Other Kidney xu sx: <ul style="list-style-type: none"> <li>○ Fatigue</li> <li>○ Tinnitus</li> <li>○ Etc.</li> </ul> </li> </ul>

## Class 5 – Lateral Epicondylitis

### Definition:

Condition in which outer elbow becomes painful/tender. Overuse condition.

### Etiology:

1. Overuse of elbow joint  
Qi/Blood/Yin xu
2. Invasion of external pathogen  
w-d-c
3. Injury and/or accident to joint

### Basic Points:

- ☰ LI 11
- ☰ LI 12
- ☷ SJ 5
- ☷ SJ 8 – “3 yang junction” good for any disorder of the arm.
- ☷ SJ 10
- ☱ SI 3
- ☱ SI 6
- ☱ SI 8

### Differential Dx and Tx

<p><b>Invasion of W/C or W/D/C</b></p>	<ul style="list-style-type: none"> <li>☰ Acute onset, hx of camping, catching cold</li> <li>☰ Slight fever, aversion to cold</li> <li>☰ Spasm of elbow joint</li> <li>☰ Dull pain and tenderness in the elbow points</li> <li>☰ Pain better with warming</li> <li>☰ If combined with damp = swelling, heaviness</li> </ul> <p>Expel pathogens, relieve pain.</p>
<p><b>Qi stagnation and Blood stasis</b></p> <p>Traumatic accident</p>	<ul style="list-style-type: none"> <li>☰ Acute onset w/ hx of accident</li> <li>☰ Pain:             <ul style="list-style-type: none"> <li>○ Dull/fixed around joint w/or w/o swelling and bruising</li> <li>○ Pain worse at day: Qi stagnation</li> <li>○ Pain worse at night: Blood stasis</li> </ul> </li> <li>☰ Limitation of joint movement</li> </ul> <p>Promote Qi/Blood circ, remove blood stasis</p>

<p><b>Qi and Blood Xu with empty meridians</b></p> <p>Overwork</p>	<ul style="list-style-type: none"> <li>☯ Chronic onset</li> <li>☯ Pain: <ul style="list-style-type: none"> <li>○ Dull, around elbow joint</li> <li>○ Intermittent</li> <li>○ Worse at end of day/after work</li> <li>○ Alleviated by resting</li> </ul> </li> <li>☯ Numbness of forearm</li> <li>☯ Localized weakness</li> </ul>
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## Class 6 – Ankle Sprain

### Definition:

Ankle sprain is an overly stretched or torn ligament of the ankle. Lots of tendons and ligament attach here, so there's a great possibility for sprain. Lateral ligaments are most commonly affected.

Differentiate this from a *strain* which does not affect ligaments, but is an overstretch of muscles or tendons.

Symptoms: Pain, tenderness, swelling, dysfunction or limited movement, probably bruising in local area.

### Treatment: RICE

- ☯ Rest
- ☯ Ice
- ☯ Compression
- ☯ Elevation

Grading of sprains:

- ☯ Grade 1 – mild and ligament is intact. Acupuncture works well.
- ☯ Grade 2 – moderate – partial ligament tearing – acupuncture/tuina ok
- ☯ Grade 3 – severe – ligament completely torn. Refer for surgery.

### TCM Etiology/Mechanism

1. Traumatic injury
2. Local Qi and Blood yu

### Basic Points:

- ☯ Ashi
- ☯ Always check for tenderness at:
  - GB 40
  - UB 60
  - UB 62 – Yang Qiao – movement and balance.
  - UB 63 – Xi Cleft
  - GB 34 – tendons/ligaments

## Differential Diagnosis

<p>Qi Stagnation</p> <p>1<sup>st</sup> Stage</p>	<p>Acute/sudden onset/overwork</p> <p>Tenderness in local area – exact point may be unclear</p> <p>Distending sensation, dull pain along joints</p> <p>Aversion to touch</p> <p><b>No bruising/swelling</b></p> <p>Promote circulation of Qi, Remove stagnation</p>
<p>Retention of Body Fluids</p> <p>2<sup>nd</sup> stage</p>	<p>Arises from Qi yu</p> <p>Acute, sharp or dull pain</p> <p>Swelling of local are with heaviness sensationm</p> <p>Dysfunction of joint</p> <p><b>No bruising</b></p> <p>Promote Circulation of Qi and Body Fluids, Remove retained water</p>
<p>Blood Stagnation/ Blood Stasis</p> <p>3<sup>rd</sup> Stage</p>	<p>Acute onset</p> <p>Pain is fixed, possible tingling/needling sensation, worse at night</p> <p>Swelling or edema of joint</p> <p>Aversion to touch</p> <p><b>Bruising</b></p> <p>Not thirsty, but may have dry mouth and want water to moisten</p> <p>Promote Qi and Blood circulation, Remove blood stasis.</p>

## Class 6 – Stiff Neck/Cervical Spondylosis

### Definition:

Acute Stiff Neck

Head tilts toward affected side, face looks in direction of normal side to reduce pain and spasms

Chronic Stiff neck

Middle aged patients, experiencing stiff neck each year for 3 consecutive years will lead to chronic.

Atrophy of cervical intervertebral discs and narrowing of cervical intervertebral space (age related) as well as inflammation of soft tissues due to overuse of neck will compress the nerve root, spinal cord, affect the sympathetic nervous system and vertebral arterial supply. As the spine is the life center, a disorder of the spine will affect the internal organs. The spine is related to all systems, so jia ji points will address both organ and CNS problems.



5 Classifications:

1. Nerve root
2. Vertebral artery
3. Spinal cord
4. Sympathetic
5. Mixed

**TCM Etiology**

1. Invasion of external pathogens
2. Overworking and age (essence and yin xu)
3. Traumatic accident (blood stasis and channel blockage)
4. Emotional disorder (stress/depression, etc. )

**Basic Points**

<b>GB 20, 21, 39</b> 39 for bone/marrow	<b>Bai liao extra point</b> Du 14 + 2 cun superior, 1 cun lateral
<b>LU 7</b> Command of head/nape	<b>Luo zhen extra point</b> better for acute than chronic: btwn 2 <sup>nd</sup> /3 <sup>rd</sup> mc
<b>SI 3 + UB 62</b> Open du for external invasion type	<b>Cervical Jia Ji's</b> Better for chronic
<b>Jing gen</b> Root of neck, insertion of GB 21 and 20	

**Differential Diagnosis and Treatment**

<p><b>Blood Xu and/or Blood Stasis; Meridian Blockage</b></p> <p>Cervical Bi</p> <p>Includes Cervical Spondylopathy of <i>nerve root type</i></p>	<p>SX:</p> <ul style="list-style-type: none"> <li>☹ More localized sx to one/both sides of upper extremities</li> <li>☹ 70% excess, 30% xu</li> <li>☹ Cervical/shoulder or cervical/occiput pain</li> <li>☹ Sensory disturbance of occiput (either hyper or hypo)</li> <li>☹ Stiffness or limited movement of neck</li> <li>☹ Radiating pain in neck/sh/arm on one or both sides with numbness of fingers</li> <li>☹ Flaccidity of upper arms, weakness in holding objects</li> <li>☹ Worse with emotional stress</li> <li>☹ Worse with wind-cold invasion</li> </ul> <p>Promote Qi and Blood circ; Dredge/open meridians; Remove blood stasis; Nourish blood</p>
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<p><b>General Blood Xu with Inner Wind</b></p> <p>Wei syndrome</p> <p>Cervical Spondyl-opathy of the <i>spinal cord type</i></p>	<p>SX:</p> <ul style="list-style-type: none"> <li>☯ Numbness/flaccidity of extremities (upper, lower, and bi- uni-lateral)</li> <li>☯ Quivering/trembling of neck and shoulders</li> <li>☯ Incomplete spastic paralysis: lim movement of extremis, staggering gait, confinement in bed (can't walk), dyspnea, hypermyotonia, tendon hyperflexion, weak or loss of reflexes</li> </ul> <p>Nourish Blood; Remove inner wind</p>
<p><b>LV Blood and KI Essence Xu with Turbid Phlegm in Head</b></p> <p>Cervical Spondylopathy of <i>vertebral artery type</i></p>	<ul style="list-style-type: none"> <li>☯ More sx local to head and 5 sense organs</li> <li>☯ Pain = cervical/shoulder, cervical occiput</li> <li>☯ Accompanied by dizziness, heavy head, N/V, positional vertigo, sudden falling to ground, dysfunctional holding of objects</li> <li>☯ Tinnitus, deafness</li> <li>☯ Blurring of vision</li> <li>☯ SX better or worse with movement of head</li> </ul> <p>Tonify LV and KI; Nourish Xue and essence; Remove phlegm; Benefit head/open orifices</p>
<p>Disharmony of Yin/yang with LV Qi yu and Retention of Phlegm</p> <p>Wei/ying disorder</p> <p>Cervical spondylopathy of the <i>sympathetic nerve type</i></p>	<ul style="list-style-type: none"> <li>☯ Pain: occipital, generally without radiation pain or numbness to upper arms.</li> <li>☯ Heaviness in head</li> <li>☯ Dizziness or migraine</li> <li>☯ Palpitations or chest distress</li> <li>☯ Cold extremis and low skin temp</li> <li>☯ Feverish palms/soles</li> <li>☯ Soreness/swelling in extremities</li> <li>☯ Postbulbar pain: <ul style="list-style-type: none"> <li>○ Blurring of vision</li> <li>○ Photophobia</li> <li>○ Lacrimation</li> <li>○ Rhinorrhea</li> <li>○ Sensation of body in throat</li> <li>○ Pain in anterior pectoral region</li> <li>○ Facial sweating in some</li> </ul> </li> </ul> <p>Harmonize Yin and Yang plus Wei and Ying Qi; Soothe Liver Qi; Remove phlegm</p>

### Definition:

Normal internal organ function is replaced either partially or totally by chemicals (this doesn't include nicotine by the way) so that the body relies on the chemical rather than doing it itself.

Body develops a tolerance for the substance leading to a need for higher levels of dosage. This is a normal adaptive physiological response.

Physical dependence may develop so that the body sends out cravings for the substance when low – can result in physical withdrawal if the substance is not provided. This is a drug-reward euphoria response.

### Symptoms of alcohol withdrawal:

- ☉ Mild (first stage) : worry, N/V, shakiness, sweating
- ☉ Severe (progression past mild stage):
  - Confusion, irritability
  - Tactile hallucinations
  - Visual/auditory hallucinations
  - Severe agitation and trembling
  - Delirium tremens (DT's)All of the above plus seizures...life threatening

### Symptoms of drug withdrawal:

- ☉ Abdominal pain, N/V, drenching sweats, nervousness and shaking, seizures, death.

### TCM Mechanism

1. Qi  
This is the normal substance of the body.
2. Chemicals → toxic heat/fire  
With the ingestion of chemicals (including alcohol) toxic heat is generated consuming the organ Qi and then temporarily taking the place of this Qi. This fire/toxic heat can cause other problems such as yang rising and going to the head, consuming body fluids, etc.
3. Deficiency leading to....
  - a. Qi xu as stated above
  - b. Yin xu as fluids are lost
  - c. Retention of heat/fire or damp heat, exacerbating the yin xu
  - d. Disharmony of internal organs  
If drugs are ingested the digestive sx first, then LV and SP through blood, then HT/KI.
    - LV – tremors/hallucinations
    - HT or KI if long term – cravings
    - SP – nasal dschg/salivary

- LU – spon sweat, catch cold easily
- KI – sleep affx'd, poor mem, pain, auditory hallucinations

Method of drug delivery:

- ☯ if smoking or inhaling LU more fx'd
- ☯ if muscular injection is SP
- ☯ if intravenous is HT
- ☯ if ingested then ST
- ☯ etc.

### Basic Points

None given

### Differential Dx and Tx

Qi Xu	LU, SP or KI Qi xu ☯ Fatigue, easily catch cold, SOB ☯ Soft voice, pale face, depressed appetite  Remove Toxic Heat, Tonify Qi
Yin Xu	☯ Palm fever ☯ Night sweating ☯ Tidal fever in afternoon/pm ☯ Thirsty ☯ And other yin xu's  Remove Toxic Heat, Nourish Yin
Retention of D/H or Toxic/H	☯ Restlessness, irritability ☯ Thirst for cold or w/o desire to drink ☯ Fever ☯ N/V ☯ Constipation ☯ Dk yellow urine  Remove toxic heat or damp heat
Disharmony btw internal organs: LV/SP, HT/KI, etc.	☯ Depression, stress ☯ Chest distention ☯ Sighing from time to time ☯ Depressed appetite ☯ Loose stool/diarrhea ☯ Gas/bloating ☯ Hypochon pain or upper ab pain  Soothe LV Qi; Tonify SP Qi; Harmonize LV and SP

## NADA Protocol Points

Auricular acupuncture points used to promote calming and detoxification. Two of these calm the body/mind and the other three support the major organs that process toxins out of the body: KI, LV, LU .

1. **Shenmen** (calm spirit)
2. **Sympathetic** or Autonomic point (trigger sympathetic nervous rest/digest response)
3. **Kidney** (support organ for detoxification)
4. **Liver** (support organ for detoxification)
5. **Lung** (support organ for detoxification)

## Class 7 – Anxiety Disorder

### Definition:

State of distress, chronic, but fluctuating nervousness with is inappropriately severe for the person's circumstances.

### Etiology/Mechanism:

Normal rsvp of sympathetic nervous system is to move blood and energy through the body in response to a situation. Abnormal response becomes frequent, lasts a long time and is intense, interfering with one's life. This can be caused by:

1. **Medication**
2. **Disease (such as Grave's)**
3. **Congenital condition**

### Types:

1. Acute Panic Disorder  
Generally begins around 20 y/o, episodes last 5 – 10 minutes, often induced by triggers. Functional disorder usually.  
  
Palpitations, tachycardia, sweating (HT), trembling/shaking (LV), SOB or dyspnea (HT), chest pain (HT), **dizziness** or fainting (LVyang), **nausea and diarrhea** (LV → SP), numbness/tingling (LV blood xu), fear of losing control or dying (KI), **dry mouth** and choking and can't speak (LV and plum pit Qi), hot flashes, chills, etc.
2. Generalized Anxiety Disorder  
More organic, involving more internal organs. Not as severe as previous one.  
  
Generalized nervousness, headaches, chronic fatigue, poor concentration, irritability, easily startled.
3. Phobic disorder or OCD  
Fear of something specific

4. PTSD  
Trauma survivors

**TCM Etiology:**

- ☯ Emotional disorders
- ☯ Overworking → organ xu, qi xu, blood xu.

**TCM Mechanism:**

- ☯ **Rebellious Qi of HT, KI, LV**
- ☯ **Excess energy in UJ, Deficiency of energy in LJ.**

**Basic Points:**

<b>Du 20</b> Balance yang, regulate shen. Reduce – point posterior	<b>Ren 14</b> fm of Heart	<b>Ren 17</b> fm of PC, hui of Qi
<b>UB 14</b> bs of PC	<b>UB 15</b> bs of HT	<b>KI 3</b> shu/yuan – tonify KI root the KI back down
<b>KI 6</b> nourish KI yin root the KI after fright	<b>SP 6</b> Tonifies yin for all leg yins	<b>HT 7</b> shu/yuan of ht – calm shen and tonify ht
<b>PC 6</b> psycho-emo disorder, palps		

**Differential Dx and Tx**

HT/GB Qi Xu	<ul style="list-style-type: none"> <li>☯ Genetic factors: personality, genes</li> <li>☯ Timidity, hesitant to decide</li> <li>☯ Fatigue, tiredness</li> <li>☯ Nightmares</li> <li>☯ Palps</li> <li>☯ SOB</li> <li>☯ Poor appetite</li> </ul> <p>Tonify HT Qi, Calm Spirit</p>
HT/LV Blood Xu	<ul style="list-style-type: none"> <li>☯ Palps with empty sensation in chest</li> <li>☯ Poor concentration</li> <li>☯ Bad memory</li> <li>☯ DDS (ht and lv blood xu)</li> <li>☯ Menses is scanty and light red or amenorrhea</li> <li>☯ Blurred vision, pale face, floaters (lv blood)</li> <li>☯ Fainting or hand tremors (severe cases – lv xue xu)</li> </ul> <p>Nourish LV and HT blood, benefit Shen.</p>

<p><b>HT and KI disharmony</b> With empty heat</p> <p>Post menopausal age, pulse is often thin</p>	<ul style="list-style-type: none"> <li>☯ Palps w/ empty sensation in lower dan tian</li> <li>☯ Hot flashes</li> <li>☯ Dizziness or fainting</li> <li>☯ Tinnitus</li> <li>☯ Palm sweating or spontaneous sweating (from Qi ascending too much)</li> <li>☯ Insomnia</li> <li>☯ Tachycardia</li> <li>☯ Low back pain – <i>must</i> have KI sx such as lo back pain for this dx.</li> </ul> <p>Harmonize HT and KI, Nourish yin of both, Remove empty heat, Benefit Shen.</p> <p>Can use KI 1 for Xu heat to take fire back to origin. Must do both KI and HT points.</p>