Five element points of the twelve main meridians

<table>
<thead>
<tr>
<th></th>
<th>Jing-well</th>
<th>Ying-spring</th>
<th>Shu-stream</th>
<th>Jing-river</th>
<th>He-sea</th>
<th>Jing-well</th>
<th>Ying-spring</th>
<th>Shu-stream</th>
<th>Jing-river</th>
<th>He-sea</th>
<th>Jing-well</th>
<th>Ying-spring</th>
<th>Shu-stream</th>
<th>Jing-river</th>
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<tbody>
<tr>
<td>wood</td>
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<td>fire</td>
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<td>9</td>
<td>8</td>
<td>5</td>
<td>Large Intestine</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>5</td>
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<td>Large Intestine</td>
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<tr>
<td>Stomach</td>
<td>45</td>
<td>44</td>
<td>43</td>
<td>41</td>
<td>36</td>
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<td>Small Intestine</td>
<td>9</td>
<td>8</td>
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<tr>
<td>Urinary Bladder</td>
<td>67</td>
<td>66</td>
<td>65</td>
<td>60</td>
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</tr>
<tr>
<td>San Jiao</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>6</td>
<td>10</td>
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<tr>
<td>Gall-bladder</td>
<td>44</td>
<td>43</td>
<td>41</td>
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</tr>
</tbody>
</table>

**Horary point:** the point corresponding to the element of the channel
Acupuncture Treatment of Disease

Song Luo

Powerpoint by Dr. Luo
Basic principles of Acu-preservation & Selection

I. Composition of Acu-formula

II. Point Selection

• According to Meridian Theories

• According to Point Theories

• According to Special Point Theories
I. Composition of acu-formula

List of acu-points
## Techniques & methods

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ or T</td>
<td>Tonify</td>
</tr>
<tr>
<td>- or ⊥</td>
<td>Sedate</td>
</tr>
<tr>
<td>± or (</td>
<td>)</td>
</tr>
<tr>
<td>Δ</td>
<td>Moxa w/ cone</td>
</tr>
<tr>
<td>X</td>
<td>Moxa w/ stick</td>
</tr>
<tr>
<td>↑</td>
<td>Warming needle technique</td>
</tr>
<tr>
<td>↓</td>
<td>Blood letting</td>
</tr>
</tbody>
</table>

## Duration & frequency
Number of points selected

- Odd # of needles:
- Even # of needles:
- Acute:
- Chronic:

Styles

- Japanese style uses fewer needles: 3-5
- Chinese: many points
- Korean: 4 needle technique
- Traditional Chinese uses fewer needles
II. Point Selection

A. According to Meridian Theories

- Go to specific / affected meridian or organ
- Go to related meridians:
  - Internal/external
  - Mother-Son
  - Same name
B. According to Point Theories

Points selection principle — local; distal; symptomatic points

Points association principle—local meridian; ext./int. (?);
--- front/back; local/distal;
--- left/right; upper/lower
C. According to Special Point Theories

- Lower He-Sea
- Bio-clock theory
- Balance technique
- Four Needle Technique
Lower He Sea Points of the 6 Fu (Yang) Organs

<table>
<thead>
<tr>
<th>Organ</th>
<th>Point</th>
<th>Element</th>
<th>Organ</th>
<th>Point</th>
</tr>
</thead>
<tbody>
<tr>
<td>Large Intestine</td>
<td>ST37</td>
<td>-Yang Ming-</td>
<td>Stomach</td>
<td>ST36</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>ST36</td>
</tr>
<tr>
<td>Triple Heater</td>
<td>UB39</td>
<td>-Shao Yang-</td>
<td>Gall Bladder</td>
<td>GB34</td>
</tr>
<tr>
<td>Small Intestine</td>
<td>ST39</td>
<td>-Tai Yang-</td>
<td>Urinary Bladder</td>
<td>UB40</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>UB40</td>
</tr>
</tbody>
</table>
Four Needle Technique:

- **Select Points**
  - **For Excess--LIV excess (wood)**
    1. Sedate its son point on its meridian \(\text{LIV2}^{\uparrow}\)
    AND its son point on the son’s meridian \(\text{HT-8}^{\uparrow}\)
    2. Tonify its controlling point on its meridian \(\text{LIV-4}^{\uparrow}\)
    AND its controlling point on controlling meridian \(\text{LU-8}^{\uparrow}\)
  
  - **For Deficiency--LIV Xu (wood)**
    1. Tonify its mother point on its meridian \(\text{LIV-8}^{\uparrow}\)
    AND its mother point on the mother’s meridian \(\text{KID-10}^{\uparrow}\)
    2. Sedate its controlling point on its meridian \(\text{LIV-4}^{\downarrow}\)
    AND its controlling point on controlling meridian \(\text{LU-8}^{\downarrow}\)
## Summarization

<table>
<thead>
<tr>
<th>Four needles for Shi</th>
<th>Sedate</th>
<th>1- Son point from affected meridian</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2-</td>
<td>Son point from son meridian</td>
</tr>
<tr>
<td></td>
<td>Tonify</td>
<td>3- Controlling (grandmother) point from the affected meridian</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4- Controlling (grandmother) point from the controlling meridian</td>
</tr>
<tr>
<td>Four needles for Xu</td>
<td>Tonify</td>
<td>1- Mother point from the affected meridian</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2- Mother point from mother meridian</td>
</tr>
<tr>
<td></td>
<td>Sedate</td>
<td>3- Controlling point (grandmother) from affected meridian</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4- Controlling point (grandmother) from controlling meridian</td>
</tr>
</tbody>
</table>
BASIC PRINCIPLES

Principles of Treatment

There are four basic principles of treatment:
1- Regulating Yin & Yang
2- Tonifying / Strengthening body resistance and eliminating pathogens
3- Distinguish root from the symptom
4- Treatment of disease in accordance with climatic or geographic conditions, as well as individual conditions (age, gender, etc.)

1- Regulating Yin & Yang
   - Basic: front = Yin, back = Yang; top = Yang, bottom = Yin
   - Yang is strongest at DU-20 (top of head, closer to sky) -- Yin is strongest at KID-1 (lowest point)
   - @ L2: DU-4 at midline = purest/strongest Yang
     UB-23 at 1.5 cun lateral = Yang w/in Yin (good to nourish Yang)
     UB-52 @ 3 cun = Yin w/in Yang (good to nourish Yin)
   - Shaoyang / Shaoyin = pivot of Yin and Yang
   - Border of Yin and Yang:
     Shixuan 10 fingertip points and 10 tips of toes = Border of Yin and Yang as the Yin meridians meet Yang Meridians and vice versa at these points
     Betw/ UB-35 = Mtg of Yang and REN-1 = Mtg of Yin
   + Borders of Yin and Yang are useful to regulate each other

A. Correction of Excessive Yang = Yang Excess ➔ Yang Excess causes Excessive Heat symptoms

   (i) Concept  | Body’s Yang is absolutely too much (above average)
   (ii) Etiology  | a. Invasion of Yang pathogens: Wind, Heat, Fire, Summer Heat
                    b. Hyperactivity of Internal Organs
                     - Normal int organ f(x) = Qi [i.e. LU Qi = LU f(x)]
                     - If too much (hyper) ➔ Fire (pathological and abnormal)
                       :: usually HT or LIV Fire
                     - If too little (hypo) ➔ Qi Xu
                    c. Emotional disorders: esp. anger, irritation (usually HT or LIV Fire)
                    d. Irregular diet or overtaking of Yang herbs
   (iii) Symptoms | - Excessive Heat:
                     ✓ 4 Greats (Bigs): not all are necessary at once
                     ✓ Fever: high
                     ✓ Thirst: desire for cold drinks, not sipping
                     ✓ Sweat: not spontaneous, not night only, all over body
                     ✓ Pulse: Full, forceful, fast, slippery
                     - Red face
                     - Dark yellow urination
                     - Meniere’s, Irritation
                     - Forceful, fast Pulse, may be slippery
                     - Red tongue body w/ yellow coat
   (iv) Treatment  | Sedation (and Clear Heat)
                   Blood letting w/ 3 edge needle (to clear Heat):
                   1-3 drops of blood: on pts of upper extremities, face, head.
                   ➔ DU-20, DU-14, UB-40, Shixuan (tips of fingers: use one according to affected
                   system – i.e. thumb for LU)
### B. Correction of Excessive Yin = Yin Excess

#### Yin Excess causes Excess Cold symptoms

<table>
<thead>
<tr>
<th>(i) Concept</th>
<th>Body’s Yin is absolutely too much (above average)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(ii) Etiology</td>
<td></td>
</tr>
<tr>
<td>a. Invasion of External Yin pathogens: Cold, Damp, Dryness</td>
<td></td>
</tr>
<tr>
<td>b. Diet: eating too much Yin foods: cold (yogurt, ice cream, etc.), or over-consumption of Yin Herbs or Yin medicines (antibiotics)</td>
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</tr>
<tr>
<td>c. Retention of Internal Yin pathogens: Damp, water retention, Xue stasis, Phlegm (d/t internal organ dysfunction: SP transforms fluids, LU retains Dampness) [Retention of Yin pathogen in initial stage b/c long-term retention becomes excess Yang]</td>
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</tr>
<tr>
<td>SP (dysfunction) → Dampness [therefore, here, more general &amp; superficial]</td>
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<tr>
<td>Heat [from LU or ST] → Cooled [by SP or KID Yang Xu]</td>
<td></td>
</tr>
<tr>
<td>Phlegm (sticky and visible) and retained in LU</td>
<td>Retention of water / Edema in the lower body</td>
</tr>
<tr>
<td>(sticky and visible)</td>
<td></td>
</tr>
<tr>
<td>(iii) Symptoms</td>
<td></td>
</tr>
<tr>
<td>- Aversion to Cold</td>
<td>- Chills / Shivering</td>
</tr>
<tr>
<td>- Edema</td>
<td>- Obesity</td>
</tr>
<tr>
<td>- Cold extremities (which is not released by adding warmth)</td>
<td></td>
</tr>
<tr>
<td>* Excess cold symptoms cannot be alleviated with more clothing</td>
<td></td>
</tr>
<tr>
<td>[[* Xu Yang cold can be alleviated with more clothing.]]</td>
<td></td>
</tr>
<tr>
<td>- Cold pain (anywhere in body) w/ aversion to touch/pressure</td>
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<tr>
<td>- Tongue – Body: normal or pale swollen w/ teeth marks; Coat: white greasy, or wet, moist</td>
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<tr>
<td>- Pulse: superficial, tight; or deep, slow, but powerful (deep, slow, weak = Yang Xu)</td>
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<tr>
<td>(iv) Treatment</td>
<td>Sedation (b/c Excess)</td>
</tr>
<tr>
<td>Tx techniques:</td>
<td></td>
</tr>
<tr>
<td>¤ Moxibustion -- on upper extremities, upper back, head = sedation</td>
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</tr>
<tr>
<td>[Moxa on lower extremities, abdomen, lower back = tonification/warming]</td>
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</tr>
<tr>
<td>→ LI-4, LU-7, GB-20, UB-12, UB-13</td>
<td></td>
</tr>
<tr>
<td>* Moxa stick directly on layers of paper over point and slide paper/stick up and down: i.e. DU-14 → DU-16 when one has a cold or congestion d/t Wind-Cold (there are 6 extra pts betw/ DU-14 and 16 that affect the sensory organs). One can also use the heat from a hair dryer (cinnamon/ma huang pkg against GB-20 w/ hair dryer)</td>
<td></td>
</tr>
<tr>
<td>¤ Herbal therapy (may be better than acupuncture in treating this type of individual):</td>
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<tr>
<td>- Sheng jiang: pungent, more dynamic, opens the meridians: mainly for Yin Shi</td>
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<tr>
<td>- Gan Jiang: Warms the Yang and tonifies</td>
<td></td>
</tr>
</tbody>
</table>
### C. Correction of Deficient Yang / Yang Xu

> Yang Xu causes Xu Cold symptoms

<table>
<thead>
<tr>
<th>(i) Concept</th>
<th>Body’s Yang is Deficient / lower than average and as a result, the body’s Yin is relatively Excess</th>
</tr>
</thead>
</table>

| (ii) Etiology | a. Chronic stage of invasion d/t Yin pathogens  
|              | b. **Severe** hypo-function of internal organs [severe Qi Xu = Yang Xu …]  
|              |   (normal hypo-function = Qi Xu)  
|              |   - **SP Yang Xu = SP Qi Xu + Cold**  
|              | c. Irregular diet – chronic stage [acute irregular diet = invasion of Yin diet]  
|              |   - SP and/or KID Yang Xu  
|              |   or Long-term taking of cold herbs / medications [including chemotherapy & antibiotics (always thick greasy coat after 10 days of antibiotics)]  
|              | d. Excessive sexual activity |

| (iii) Symptoms of Xu Cold | - Pale face  
|                           | - Chills which are release by warmth  
|                           | - Cold extremities  
|                           | - Cold pain anywhere in the body  
|                           | - Desire for pressure/touch or warmth  
|                           | - Tongue: Pale, swollen body w/ wet or moist coat  
|                           | - Pulse: Deep, weak, and slow |

| (iv) Treatment | Tonifying and Warming |
| Tx techniques: | Moxibustion  
|               | - on points on lower extremities, lower back, or abdomen  
|               | * Warm needle technique, moxa w/ paper layers, salt on navel, etc. |

### D. Correction of Deficient Yin / Yin Xu

> Yin Xu causes Xu Heat symptoms

<table>
<thead>
<tr>
<th>(i) Concept</th>
<th>Body’s Yin is lower than average, and as a result, the Yang is relatively Excess</th>
</tr>
</thead>
</table>

| (ii) Etiology | a. Chronic condition of Excessive Yang diseases (heat dz, febrile dz, etc.)  
|              |   i.e. Yang Dz → sweating → loss of fluids → Yin Xu  
|              | b. Overworking, esp. at night  
|              |   - Sleep at night to produce Yin and work during day to produce Yang. If work thru Yin production time, injure Yin  
|              | c. Excessive sexual activity  
|              | d. Long-term taking of Yang herbs or Yang meds (including radiation therapy – consumes body fluids: dry skin, thirst, hair loss) |

| (iii) Symptoms | - Night sweats  
|               | - Malar flush  
|               | - Hot sweats  
|               | - Tidal fever (low-grade fever occurring in the late afternoon or evenings, occurring on a regular basis)  
|               | - 5 Palm Heat  
|               | - Symptoms worse at night or after work/exertion  
|               | - Thirsty – drinks more water at night  
|               | - Steaming bone heat  
|               | - Small tongue body, red in color w/ cracks; Coat: less tongue coating, peeled, or mirror coat (no coat)  
|               | - Pulse: thin, weak, fast that is deep or superficial |

| (iv) Treatment | Tonify and Nourish Yin |
| Tx techniques: | #1- Chinese Herbs or food therapy  
|               | #2- Acupuncture: general pts: KID-3, 6, 1; SP-6; UB-52, 43  
|               | [compare: excess heat – blood let DU-20; Xu Heat – needle KID-1]
2- Strengthening body resistance and eliminate pathogens

Body’s resistance = Wei Qi Constitution Body tissue
Blood Body fluids Essence = Zhen / Upright Qi

Pathogens =
(1) External pathogens = 6 Evils
(2) Internal = 7 Emotions -- b/c affect internal organs (Qi) directly w/o an incubation period
(3) Non-external, Non-internal pathogens = irregular diet
   accident
   animal / insect bites chemical contact,
   etc.

* Any disease is a fight betw/ the pathogens and the body’s Zhen Qi and will cause either a Xu or Shi
* Any disease can begin as an excess and move to a deficient type

<table>
<thead>
<tr>
<th>Excess Type</th>
<th>Individual</th>
<th>Zhen / Upright Qi is:</th>
<th>Evil Qi is:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong resistance w/ strong pathogen - lasts shorter duration w/ a stronger reaction: high fever, loud voice, constipation, …</td>
<td>Because both sides are strong, need to pay more attention to these strong evils and sedate [eliminate pathogens] - for short term only b/c do not want to weaken / depress body’s constitution once the pathogen is removed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deficiency Type</td>
<td>Individual</td>
<td>Upright Qi is weak (&amp; can’t fight)</td>
<td>Evil Qi is either weak or strong</td>
</tr>
<tr>
<td>Pay more attention to constitution and tonify.</td>
<td>If tonify, will the Evil Qi also be tonified? Possibly, but it is more important to tonify the already weak body before this weakness becomes worse. Pay attention!</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Stage of Dz</th>
<th>Tx principle</th>
<th>Typical population affected</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Single Excess</td>
<td>Initial stage of Acute Dz</td>
<td>Sedate only</td>
</tr>
<tr>
<td>B. Single Deficiency</td>
<td>End of Chronic Dz</td>
<td>Tonify only</td>
</tr>
<tr>
<td>C. Combination:</td>
<td>Middle stage of a disease</td>
<td>Treat both</td>
</tr>
<tr>
<td>* More excess, less deficiency</td>
<td>Beginning to middle</td>
<td>Sedation followed by tonification</td>
</tr>
<tr>
<td>* More deficiency, less excess</td>
<td>Middle to end</td>
<td>Tonification followed by sedation</td>
</tr>
<tr>
<td>* Half / Half</td>
<td>Middle stage only</td>
<td>Sedate and/or tonify</td>
</tr>
</tbody>
</table>

➢ For teens, tonify w/ gui zhi tang, ma huang, … -- NOT for older P’s!
➢ For older people w/ cold - cook an herbal rice porridge/congee with the following:
  100 gms rice + 3 pieces of scallion (white part & root) + 5 pieces of fresh ginger + 10 Chinese dates (da zao) + 2 cups water. Cook in crock pot/slow cooker until “porridge” consistency. Drink the soup; it is not necessary to eat the ginger, scallions or dates. Very strong for poor constitution – tonify & sedates.
In Clinic – need to distinguish yin/yang and excess/xu

3- Distinguish Ben/Root from Biao/Symptoms (relative to each other)

<table>
<thead>
<tr>
<th>Ben/Root (most important factor)</th>
<th>Biao/ Symptom (least important factor)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cause / etiology / course of disease</td>
<td>Symptoms</td>
</tr>
<tr>
<td>Body constitution</td>
<td>Pathogen</td>
</tr>
<tr>
<td>Root</td>
<td>Superficial</td>
</tr>
<tr>
<td>Chronic disease</td>
<td>Acute disease</td>
</tr>
<tr>
<td>Patient</td>
<td>Practitioner</td>
</tr>
<tr>
<td>Shen / Mind / Spirit</td>
<td>Physical body</td>
</tr>
</tbody>
</table>

Psycho-puncture (Jamie Wu terminology!)

*Nei Jing:* 3 types of doctors: “Best works on shen; good works on qi; so-so works on physical”

A. In emergency situations, treat the symptom(s) first:
   - No matter why there is a symptom – **stop the symptom 1st**, i.e. “Stop the Bleeding!”
   - Work out etiology later
   - Ex: Flu vs hypertension: treat the flu
   - Ex: yang xu vs yin xu: treat the yang xu 1st: yang xu easier to treat – faster results

B. In a chronic situation, treat the cause / root:
   - No emergency – no risk; plenty of time to determine the real root
   - Asthma: during attack treat the acute (the LU); when not in asthmatic attack, treat the root (KID as root of breath: in the summer, treat root; in the winter, treat the branch: *bai jie zi therapy*)
   - Nei Jing says: In the summer, protect the yang; in the winter, protect the yin [if in the summer, the yang is weakened, the yang will be weak in the following fall/winter. In the winter, if the yin is injured (excess use of heat sources) then much easier to suffer from yin disorders in the following seasons].
     > Traditionally, on winter solstice day, eat yang rou (mutton) w/ dang gui and sheng jiang as a soup [dang gui root – move xue (only use if have xue stasis)]

C. Treat both symptoms & root
   - Initially, relieve the symptoms first – then treat root: this way, the patient finds immediate relief and will return for treatments. Chronic root will take longer to treat.
   - Most diseases are treated this way, esp. in western countries
   - One or more diseases – not really acute or chronic – a little of both

4- Treatment of Diseases According to Climatic / Weather, Geographic, or Individual Conditions

A. Climatic
   - **Spring:** energy is upwards – easy for people’s energy to go upward too much → headaches, …
     > Balance up w/ down: w/ qigong, acupuncture
   - **Summer:** energy is outwards – as humans, our Wei Qi stays superficial. As we sweat, our yang comes out to balance, on the other hand, wind/humidity closes pores and then yang cannot come out → dermatitis
     > No moxa; no gui zhi, ma huang; superficial acupuncture only! (deep acupuncture will not yield good results and/or may push pathogen deeper where the wei Qi is weaker)
   - **Autumn:** energy is downward – people tend to lose more hair, energy can go downward too much → diarrhea
     > Move energy upwards to balance
   - **Winter:** energy is inward – deeper pulse, decreased immune system in the superficial area and LU are exposed to the outside → asthma, wheezing, …
     > Good to use moxa; deeper needling

   - External evils for diagnosis
     - Needling layers:
     - Conditions for treatment (summer/spring needle superficial; winter/fall needle deeper)
     - Moxa – not good for summer esp. for high bp or LIV yang ^
     - No ma huang in the summer – use xiang ru instead
     - No blood letting in the winter – do not want to disturb yang qi
     - Winter/fall – see more depression
• Spring/summer – see skin problems; dermatitis; HT heat

B. Geographic
• In China: acupuncture in east; tuina in center; moxa in south (damp, need to dry it)
• Must allow for various geographic changes when treating patients.

C. Individual

1. Age
   • Children, teens: pure yang (pure yin) in nature; good body constitution; illness is usually excess type (typical external heat syndrome); less emotional disorders; single & simple diseases
   • Adults: combinations of excess & xu; emotional distress; more xu; more complicated
     - If Yin Xu, Jin Ye Xu, … typically older people, do NOT take ma huang! Will cause “red sweating” → nasal bleeding, …

Remember for old patients they have little resistance so there is little fight. Lack of fight is not necessarily a good thing!

2. Sex
   • Male – usually more heat problems; less tolerance to pain; qi & yang xu (impotence, premature ejaculation); prostate problems (enlarged, dribbling; incontinence: frequency = KID Qi Xu)
   • Female – more cold problems; better pain tolerance (pain threshold decreases at menses); 51 is average age of menopause; typical yin xu; blood xu; essence xu (yin xu + osteoarthritis). “50s shoulder” = frozen shoulder from hormones
     - Nei Jing: Liver is congenital organ for females – menstrual disorders, stress/emotions
     - Kidney is congenital organ for males: prostate is part of internal kidney
     - It is said that females have higher pain tolerance than males.

3. Body Constitution
   • Body type; five elements – from Spiritual Pivot
   • Yun qi theory includes birth date (last 7 chapters)

4. Life style / Cultural background
   • Night work = yin xu
   • Diet is very different betw/ East and West! – more Dampness/Phlegm d/t more consumption of dairy in West [diet = dampness: fried foods, alcohol, etc.]
   • Eastern = more digestive disorders; poor hygiene; poor nutrition; more introvert; more tolerant to needling sensation
   • Western = more damp retention (food); overweight; diabetes; cardio-vascular; more emotional stress; more LIV Qi Yu; more extrovert; less tolerant to needle stimulation
   • 3 common diseases of the 21st century (mostly d/t artificial internal conditions: ac, heating, …)
     i. Artificial cooling/heating → more nervous sys diseases,
     ii. More autoimmune disorders (allergies, lupus)
     iii. Viral infections

Basic principles of Acu-prescription & Selection

I. Composition of acu-formula
   A. List of acu-points: Order & sequence – routine way to avoid disturbing normal flow of Qi
      – this not only helps to systematically put needles in, but to also systematically take needles out.

      Follow pattern from:
      ☑ Yang to Yin,
      ☑ Head to feet,
      ☑ Back to front
      ☑ Primary to secondary points

      * Exceptions: special needs (i.e. hypertension, or opening of extra meridians) which are typically addressed first

   B. Techniques & methods: Use standard symbols to note what exactly was done

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>+ or T</td>
<td>Tonify</td>
</tr>
<tr>
<td>- or ⊥</td>
<td>Sedate</td>
</tr>
<tr>
<td>± or !</td>
<td>Even / Regulating (½ tonify ½ sedate)</td>
</tr>
<tr>
<td>△</td>
<td>Moxa w/ cone</td>
</tr>
<tr>
<td>X</td>
<td>Moxa w/ stick</td>
</tr>
<tr>
<td>↑</td>
<td>Warming needle technique</td>
</tr>
<tr>
<td>↓</td>
<td>Blood letting</td>
</tr>
<tr>
<td>Examples:</td>
<td>LI-4⁺ = sedate LI4</td>
</tr>
<tr>
<td></td>
<td>*DU-4⁺ = tonify &amp; moxa DU-4</td>
</tr>
</tbody>
</table>

C. Duration & frequency:

**Duration:**
- **Tonify (according to Dr. Wu):**
  - Leave needle in for more than 40 minutes (Keep in to gather/collect Qi), stimulate regularly, close hole
- **Sedate (excess):**
  - Leave needle in for only short time (don’t want to accumulate Qi in local area and make stagnation/stasis worse); strong sensation right away, leave hole open
  - Blood letting is strongest release of Excess

* Note: NCCAOM claims that leaving the needle in for >40 minutes is a sedation technique [d/t this controversy, this will not longer be tested]

**Frequency:**
- **Acute** – more frequent initially: 2-3 times per week for 1-2 weeks
- **Chronic** – treatments over longer period of time: 2 times per month or once a week over time

D. Number of points selected: (acupoints & herbal formulations)
- **Odd # of needles:** Excess, External – more yang in nature (dynamic, good for sedation)
- **Even # of needles:** Chronic, Zangfu, more tonifying – more yin in nature, more balanced
- **Acute:** more needles (esp. if strong constitution)
- **Chronic:** fewer needles

E. Styles
- **Japanese style uses fewer needles:** 3-5
- **Chinese:** many points
- **Korean:** 4 needle technique
- **Traditional Chinese uses fewer needles**

II. Point Selection

A. According to Meridian Theories
1. Go to specific / affected meridian or organ
2. Go to related meridians:
   a. Superficial internal/external related: i.e. LU → LI (host-guest, etc.)
   b. Mother-Son related meridians: i.e. LU: SP (mother of LU) if LU deficiency, KID = son of LU and therefore, sedate the son (KID) for LU Excess
   c. Same name related meridians: LU Hand Taiyin → SP Foot Taiyin …

B. According to Point Theories
1. Local points – as basic points (i.e. toothache: SI-19, ST)
2. Distal points (i.e. toothache: LI-4, ST-44)
   - Using only local points will cause congestion – add distal point to open whole meridian
   - To rx head and extremities: combine local and distal
   - To rx trunk & internal organ dysfx; combine Front Mu and Back Shu
3. Symptomatic points: extra points for specific diseases
   i.e. Insomnia – An Mian; Asthma—Ding chuan

C. According to Special Point Theories
1. Lower He-Sea
2. Bio-clock theory
3. **4 Needle Technique:**
   - Five-shu and 5-elemental theory
   - Used as a secondary choice, if routine treatment isn’t successful
   - For organ disorder, not meridian disorder
1st: Diagnosis - determine location (organ) and property (excess or deficiency)

2nd: Principle of tx

> If Excess ex: if LIV excess (wood)
  
  Sedate son
  
  Tonify controller (GM/grandmother)

> If Deficiency ex: if LIV Xu (wood)
  
  Tonify mother
  
  Sedate controller (GM/grandmother)

3rd: Select Points

> For Excess ex: if LIV excess (wood)
  
  1. Sedate its son point on its meridian
     AND its son point on the son’s meridian LIV2
  
  2. Tonify its controlling point on its meridian
     AND its controlling point on controlling meridian LIV-4

> For Deficiency ex: if LIV Xu (wood)
  
  1. Tonify its mother point on its meridian
     AND its mother point on the mother’s meridian KID-10
  
  2. Sedate its controlling point on its meridian
     AND its controlling point on controlling meridian LIV-4

To summarize:

<table>
<thead>
<tr>
<th>4 needles for Shi</th>
<th>Sedate</th>
<th>Tonify</th>
</tr>
</thead>
<tbody>
<tr>
<td>1- Son point from affected meridian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2- Son point from son meridian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3- Controlling (grandmother) point from the affected meridian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4- Controlling (grandmother) point from the controlling meridian</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>4 needles for Xu</th>
<th>Tonify</th>
<th>Sedate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1- Mother point from the affected meridian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2- Mother point from mother meridian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3- Controlling point (grandmother) from affected meridian</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4- Controlling point (grandmother) from controlling meridian</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4. Balancing techniques (related to taiyin, …)
   
   i.e. LI-4, LIV-3 mirror each other in location on hand & foot

5. Specific empirical points
   
   i.e. SI-11 = “dot com” point; ST-38 = shoulder point; …
Divergent & Tendino-Muscular Meridians (T-M m)

I. Divergent Meridians
   A. Characteristics (of the pathways)
      1. 12 Divergent will diverge & converge from certain regular meridians; enter and exit certain body tissues:
         from
         chest, abdomen, neck, face, & head.
         a. Each diverge m. diverges from its regular (primary) meridian at a big joint area - knee / popliteal fossa; shoulder; arm pit; hip; elbow.
         b. Each Divergent m. enters abdomen or chest (6 foot into abdomen; 6 hand into chest) & connects w/ its internal organ
         c. Each divergent m. exits at neck, face, head or cheek (i.e. neck an above)
         d. Each divergent m. converges at its related Yang meridian.
            Yang diversgents converge at their yang regular meridian
            Yin diversgents converge at its yang (superficial-internal related) primary meridian
      2. Diversgents will pass through HT organ (10 of them directly)
         - HT is most important organ from the Nei Jing (this theory of divergent meridians is from Nei Jing)
         - KID is most important organ during the 11th c
         - SP is most important organ during Ming dynasty (15th c)
      3. Diversgents supplement the distribution of the regular meridians - the areas that the 12 regular meridians do not reach
      4. Diversgents emerge at neck regions; near or overlap at sky-window points
      5. There are no points on divergent meridians – divergent run deeper than regular
         [i.e. ST-13 → ST-30 is a branch of the ST meridian that runs deeper = “Qi street”]
   B. Functions
      1. Strengthen the connection between the pairs of yin and yang regular meridians (because yin divergent connect with yang regular meridians).
      2. The divergent pass through the HT organs so that the HT controls the whole body [HT is the storehouse of the Mind] (from extremities inward) thru the flow of Ying & Wei Qi.
         * Ying and Wei Qi are spiritual parts of Qi & Xue, while Qi & Xue are substantial parts of Ying & Wei Qi.
         * Ying and Wei Qi are carriers of Shen.
         * Wei Qi syndromes will lead to dysfunction of the extremities (bu yong); while Ying Qi Xu will cause numbness/muscle weakness (bu ren)
      3. 12 Diversgents distribute wei qi to head & face (yang area) & protect body.
         Allergies, wind invasions, etc: wei qi is congested: fighting of wei qi against pathogen
         strong reaction (strong symptoms) shows strong fight!
      4. Divergent integrate body tissues as a whole, joints→ HT → face/sensory
   C. Distribution
      (memorize points for test!)
      - Many books will have different descriptions –
      | Meridians                  | Diverge          | Enter                          | Exit          | Converge (endpoint) |
      |---------------------------|------------------|-------------------------------|---------------|---------------------|
      | Foot Taiyang (UB)         | Popliteal fossa  | abdomen; KID & UB organs;    | neck          | UB-10 (sky window)  |
      | Foot Shaoyin (KID)        | UB-40            | thru diaphragm & enter HT organ |               |                     |
      | Foot Shaoyang (GB)        | Hip GB-30        | abdomen; LIV & GB organs;    | outer canthus | GB-1                |
      | Foot Jueyin (LIV)         | Inner leg LIV-5  | thru diaphragm & enter HT organ |               |                     |
      | Foot Yangming (ST)        | Lower abdomen ST-30 | abdomen; SP & ST organs;    | mouth         | UB-1 (ST) Tongue (SP-no point) |
      | Foot Taiyin (SP)          | Groin SP-12      | thru diaphragm & enter HT organ (indirectly) |   |                     |
      | Hand Taiyang (ST)         | Shoulder SI-10   | chest; HT & SI                | face          | UB-1                |
      | Hand Shaoyin (HT)         | Armpit HT-1      |                               |               |                     |
      | Hand Shaoyang (SI)        | Head DU-20       | chest; PC & SJ (HT via PC)    | Retro-auricular region | SJ-16 (sky window) |
      | Hand Jueyin (PC)          | Hypochondriac region GB-22 or PC-1 |               |               |                     |
      | Hand Yangming (LI)        | Shoulder LI-15   | chest; LU & LI                | supraclavicular fossa ST-12 | LI-18 (sky window) |
      | Hand Taiyin (LU)          | Chest LU-1       |                          |                |                     |
Use even method at the convergent points (end points) to regulate.

Exception! B/c the ST divergent doesn’t converge on the ST meridian (BL instead), the SP divergent doesn’t converge w/ ST & stays on the SP meridian pathway instead (tongue).

Notes:
- Divergents & wei qi connect HT/Shen with rest of body (smelling; sensation; vision; hearing → shen related)
- Divergent meridians are pathway for Wei Qi; Wei Qi is carrier of shen
- Windstroke; paraplegia; MS, etc. = blockage of Wei Qi
- Sky-window points promote circulation of Wei Qi & help w/ stress; numbness; tingling of upper
- extremities (brachio-plexus syndrome: cervical jia ji + sky window)
- Wei Qi comes to surface in a.m. when you wake up and open eyes
- (Yin qiao delivers to UB-1; Yang qiao, UB & SI primary + ST & HT divergents at UB-1)

Right side is digestive/respiratory; left side is emotional

II. Tendino-Muscular Meridians (T-M m.)

A. Characteristics
1. Pathways of the 12 T-M m. on the extremities are similar to the pathways of their related primary meridians
2. The 12 T-M m. will start, bundle, distribute, and unite at certain places
   a. They start from the terminals of extremities – toes, fingers (mostly jing well points = toes/fingers; exception is KID-1 on the sole of the foot)
   b. Bundle (attach) at big joints (wrist/elbow/shoulder; ankle/knee/hip)
   c. Distribute to superficial areas; never connect to internal organs
   d. There are NO points on T-M m. (use acupressure, tuina, shiatsu, rolfing – no acupuncture)
   e. Unite at face/head & trunk
   * All move in one direction towards the trunk (b/c of the heart)
   * T-M m Theory is older than the 12 Regular Meridian Theory

B. Functions
1. To nourish muscle, tendon, & joints [pathways for energy flow to muscles; distributes nutrients to soft tissues, muscle, skin, ligaments]
   * Wei Qi flows betw/ the skin and muscles = Zhou Li
2. To form first defensive layer of body (skin is actual first, then T-M)
3. To extend & flex joints & to be in charge of movement of extremities
   * T-M m = external source of energy for the muscles
     - Fibromyalgia: internal organs are fine, but T-M m are weak

<table>
<thead>
<tr>
<th>Internal</th>
<th>External</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jing: Essence</td>
<td>Jing: ligament</td>
</tr>
<tr>
<td>Qi</td>
<td>Gu: bone</td>
</tr>
<tr>
<td>Shen: Spirit</td>
<td>Pi: skin</td>
</tr>
</tbody>
</table>

C. Symptoms & Treatment
1. Symptoms: Joint pain; arthritis; spasm; numbness of extremities; limitation of movement; flaccidity; fibromyalgia, skin problems (herpes zoster/shingles, eczema, psoriasis), etc.
   Note: fibromyalgia (chronic fatigue) – latent pathogen in T-M m area (zhou li);
   between muscle & skin – shao yang pivot
2. Treatment: Acupressure & Massage

D. Distribution (memorize!) 4 groups by hand/foot; yin/yang

<table>
<thead>
<tr>
<th>T-M Meridians</th>
<th>Start</th>
<th>Bundle</th>
<th>Distribute</th>
<th>Unite</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 foot yang</td>
<td>toes</td>
<td>big joints: ankle; knee; hip</td>
<td>lateral aspect of lower extremities; superficial area</td>
<td>cheek</td>
</tr>
<tr>
<td>ST, GB, UB</td>
<td>jing well points</td>
<td></td>
<td></td>
<td>ST-3; SI-18</td>
</tr>
<tr>
<td>3 foot yin</td>
<td>toes</td>
<td>big joints: ankle; knee; hip</td>
<td>medial aspect of lower extremities; superficial area</td>
<td>REN-3</td>
</tr>
<tr>
<td>SP, LIV, KID</td>
<td>fingers</td>
<td>big joints: wrist;</td>
<td>lateral aspect of upper</td>
<td></td>
</tr>
<tr>
<td>3 hand yang</td>
<td>elbow; shoulder</td>
<td>GB-13</td>
<td>temporal area</td>
<td></td>
</tr>
<tr>
<td>-------------</td>
<td>-----------------</td>
<td>-------</td>
<td>--------------</td>
<td></td>
</tr>
<tr>
<td>LI, SI, SJ</td>
<td>extremities; superficial area</td>
<td></td>
<td>(lateral extensor of humeral epicondyle: tennis elbow)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>fingers big joints: wrist</td>
<td>GB-22</td>
<td>elbow; shoulder</td>
<td></td>
</tr>
<tr>
<td></td>
<td>medial aspect of upper extremities; superficial area</td>
<td></td>
<td>(medial flexor of humeral epicondyle: miner’s elbow)</td>
<td></td>
</tr>
</tbody>
</table>

Note: to palpate abdomen, patient must have both hip & knee flexed: or abdomen T-M m will be too tight
### 1. Amenorrhea Differential Diagnosis and Treatment

<table>
<thead>
<tr>
<th>Basic points for ALL types of Amenorrhea</th>
<th>REN-5 (Shi Men = Stone Gate) – can induce menses [see note below]</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>REN-6 (Qihai – Sea of Qi)</td>
</tr>
<tr>
<td></td>
<td>Zigong (luteus palace – uterus point)</td>
</tr>
<tr>
<td></td>
<td>ST-28 (water tract – promote Qi flow)</td>
</tr>
<tr>
<td></td>
<td>SP-6 (Yin, Xue, Dampness, reproductive pt; 3 yin mtg) [see note below]</td>
</tr>
<tr>
<td></td>
<td>KID-8 (Jiao Xin – communicate menstruation – endocrine point)</td>
</tr>
<tr>
<td>If Xu type</td>
<td>LU-7 or SP-4 to tonify REN and Chong [use 1 or both points]</td>
</tr>
<tr>
<td>If Excess type:</td>
<td>LU-7 + KID-6 and/or SP-4 + P-6 to regulate/open Chong and REN [use 2 or 4 points]</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KID Xu</th>
<th>Strengthen/Tonify KID; Regulate Chong &amp; REN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Amenorrhea</td>
<td>Basic points +</td>
</tr>
<tr>
<td>- Over 18 y.o. and has not had 1st period</td>
<td>LU-7 and/or SP-4</td>
</tr>
<tr>
<td>W/ other KID Yin Xu Sx:</td>
<td>KID-3; UB-23, 52; GB-39</td>
</tr>
<tr>
<td>- Hair loss or dry thin hair (withered), dry nails</td>
<td>UB-18; LIV-3, 8</td>
</tr>
<tr>
<td>- Weakness of low back &amp; knee joints, heels</td>
<td></td>
</tr>
<tr>
<td>- Retarded growth, etc.</td>
<td></td>
</tr>
<tr>
<td>- Tinnitus, deafness; dizziness</td>
<td></td>
</tr>
<tr>
<td>- Yin Xu: Severe cases: night sweats, 5 palm heat</td>
<td></td>
</tr>
<tr>
<td>- Qi Xu: Fatigue; tiredness; SOB</td>
<td></td>
</tr>
<tr>
<td>T: Pale (small)</td>
<td></td>
</tr>
<tr>
<td>C: Thin, white</td>
<td></td>
</tr>
<tr>
<td>P: Deep, thin, weak; weaker on both KID positions (esp L)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qi / Blood Xu</th>
<th>Tonify Qi &amp; Nourish Blood; Regulate Chong &amp; REN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary or secondary</td>
<td>Basic points +</td>
</tr>
<tr>
<td>- Recovery from chronic diseases</td>
<td>LU-7 and/or SP-4</td>
</tr>
<tr>
<td>- Hasn’t ever had period, or</td>
<td>KID-3; UB-23, 52; GB-39</td>
</tr>
<tr>
<td>History of irregular cycle for long time w/ scanty; pink menses; retarded menses – followed by amenorrhea</td>
<td>UB-18; LIV-3, 8</td>
</tr>
<tr>
<td>- Qi Xu (fatigue; poor appetite; soft voice, weak knee; SOB...)</td>
<td></td>
</tr>
<tr>
<td>- Blood Xu (poor memory; bad concentration; pale face; palpitations; blurred vision; dream disturbed sleep, etc.)</td>
<td></td>
</tr>
<tr>
<td>T: Pale; (thin, small size)</td>
<td></td>
</tr>
<tr>
<td>C: Thin, white</td>
<td></td>
</tr>
<tr>
<td>P: Thin, weak or thready</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qi Yu and Blood Stasis</th>
<th>Soothe LIV; Move Qi &amp; Blood; Remove Xue Stasis; Regulate Chong &amp; REN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excess</td>
<td>Basic points +</td>
</tr>
<tr>
<td>Secondary related</td>
<td>LU-7 + KID-6 and/or SP-4 + P-6</td>
</tr>
<tr>
<td>Related to emotions, trauma, surgery</td>
<td>SP-10; UB-17; UB-40 – to remove xue stasis</td>
</tr>
<tr>
<td>- Irregular cycle (dark color with dark red clots)</td>
<td>4 gates; GB-34</td>
</tr>
<tr>
<td>- with severe PMS [hx of dysmenorrhea w/ cramps &amp; clots) → amenorrhea</td>
<td></td>
</tr>
<tr>
<td>- History of emotional disorder, sighing</td>
<td>May add: UB-18, 19 – to soothe Qi</td>
</tr>
<tr>
<td>- Breast distension; hypochondriac pain; distending pain in the abdomen; emotional swings; depression, stress, irritability, anger</td>
<td>May add: LIV-13, 14 – if chest/ hypochondriac distension</td>
</tr>
<tr>
<td>T: Normal or purple w/ spots</td>
<td></td>
</tr>
<tr>
<td>C: Thin, white</td>
<td></td>
</tr>
<tr>
<td>P: Wiry or hesitant, Choppy</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Accumulation of Cold in Uterus</th>
<th>Warm Uterus; Regulate Chong &amp; REN; Remove Cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Secondary</td>
<td>Basic points +</td>
</tr>
<tr>
<td>- Retarded menses w/ cramps in the abdomen; black/dark red w/ lots of clots – severe pain followed by amenorrhea</td>
<td></td>
</tr>
<tr>
<td>- Cold sensation – warmth releases pain</td>
<td></td>
</tr>
<tr>
<td>- Cold extremities or aversion to cold and touch</td>
<td></td>
</tr>
<tr>
<td>- May have chills, fever; - Pale face</td>
<td></td>
</tr>
</tbody>
</table>

---

**Note:** The text includes specific acupuncture points and their uses in treating different types of amenorrhea. The points mentioned include Ren-5 (Shi Men = Stone Gate), Ren-6 (Qihai – Sea of Qi), Zigong (luteus palace – uterus point), ST-28 (water tract – promote Qi flow), SP-6 (Yin, Xue, Dampness, reproductive pt; 3 yin mtg), KID-8 (Jiao Xin – communicate menstruation – endocrine point), LU-7, SP-4, KID-6, SP-4, P-6, etc. These points are used in conjunction with traditional Chinese medical diagnosis to determine the appropriate treatment plan for each case. The text also provides guidelines on when to use tonification, regulation, and removal techniques, as well as specific patterns of diagnosis such as Xu type or Excess type, which are crucial for effective treatment.
Golden Chamber of Nei Jing states that if a woman catches a cold before a pd, the Cold can run into and penetrate the uterus.

**Golden Chamber of Nei Jing states**

- T: Pale or normal
- C: Thin (or thick) white
- P: Deep, slow; or weak [or superficial, tight if invasion]

**Retention of Damp Phlegm**

- May have had period before (w/ profuse vaginal discharge)
- Abdominal distension; gas & bloating;
- Nausea, vomiting in early a.m.
- Cough w/ profuse mucous; phlegm
- Heaviness, overweight; Chest distension sensation
- Craves sweets

**Secondary w/ overweight**

- T: Pale, normal (or swollen)
- C: Thick, greasy
- P: Slippery or slippery w/o strength (deep)

**Removal of Damp Phlegm; Regulate Chong & REN**

- LU-7, K 6 and/or SP-4 plus P 6
- Moxa: REN-4, 8; san jiao jiu triangle; DU-4, 3; BL-23 (also on basic points REN-5, 6)

When treating women with amonorrhea during reproductive age, make sure that they are not PREGNANT!

---

### 2. Dysmenorrhea Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Qi Yu &amp; Blood Stasis</th>
<th>Promote Qi &amp; Xue Circulation; Remove Xue Stasis; Regulate REN and Chong; Alleviate pain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Points</td>
<td>REN-6; ST-29; Zigong; SP-6, 9, 8 (= “Lady’s pts” Before or during menses, these pts are very tender → Palpate: these SP pts are corresponding pts to the reproductive system.) Also: ST-25, SP-15, LU-7 &amp; KID-6; SP-4 + P-6</td>
</tr>
<tr>
<td>Emotional disorder or trauma</td>
<td>Basic + SP-10, UB-40, UB-17 (for xue stasis) 4 gates, GB-34 LIV-14 (if hypochondriac pain) LU-7 + K-6 if more Qi Yu SP-4 + P-6 if more Xue Yu</td>
</tr>
</tbody>
</table>

- Acute onset
- Related to emotions, stress, depression; sighing time to time
- Menses: dark red, w/ a lot of dark clots (pain released w/ expulsion of clots); severe pain before and during
- Cramps in low abdomen; not fixed location; distending sensation in lower abdomen (severe spasms)
- May radiate to groin area (LIV-10, 11,12)
- Severe PMS (distended breasts, etc.); distention in hypochondriac region
- Fixed & worse at night if more Xue related

<p>| T: Normal or w/ purple spots | C: Normal | P: Wiry or hesitant/choppy |</p>
<table>
<thead>
<tr>
<th>Retention of Turbid Phlegm</th>
<th>Remove Damp Phlegm Regulate REN and Chong</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Distending low abdomen – with or without mass inside</td>
<td>Basic +</td>
</tr>
<tr>
<td>- Spasm and pain in the lower abdomen before period, irregular cycle, mostly late</td>
<td>ST-40; ST-36, P-6; REN-17</td>
</tr>
<tr>
<td>- Profuse vaginal discharge;</td>
<td>REN-12 (good to remove phlegm)</td>
</tr>
<tr>
<td>- Overweight; irregular diet; chest distention sensation</td>
<td>REN-9; SJ-5</td>
</tr>
<tr>
<td>- Cough with profuse mucous; nausea; vomit, Heaviness sensation, decreased appetite</td>
<td>LU-7, K 6 and/or SP-4 plus P 6</td>
</tr>
<tr>
<td>T: Normal or pale swollen w/tm;</td>
<td></td>
</tr>
<tr>
<td>C: Thick greasy white coat, or wet</td>
<td></td>
</tr>
<tr>
<td>P: Deep, slippery</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Accumulation of Cold in Uterus</th>
<th>Remove Pathogenic Cold; Regulate REN and Chong</th>
</tr>
</thead>
<tbody>
<tr>
<td>Could be internal or external cold</td>
<td>Basic +</td>
</tr>
<tr>
<td>Shaoxin &amp; uterus attacked directly by Cold.</td>
<td>REN-4; UB-23; ST-28</td>
</tr>
<tr>
<td>Traditional remedy: eat fermented congee w/ brown sugar for warmth [brown sugar = warming; white sugar = cooling]</td>
<td>Baliao (esp. UB-32); san jiao jiu triangle</td>
</tr>
<tr>
<td>- Severe cramps or spasm with cold pain in low abdomen</td>
<td>Moxa (ai ye is the 1º herb that enters uterus directly)</td>
</tr>
<tr>
<td>- Curled in body shape – curled forward over abdomen</td>
<td>Massage also good</td>
</tr>
<tr>
<td>- Cold extremities</td>
<td>If Wind-Cold invasion:</td>
</tr>
<tr>
<td>- Heat therapy can alleviate pain; prefers touch and warmth</td>
<td>GB-20, UB-12, 13</td>
</tr>
<tr>
<td>- Aversion to cold with chills</td>
<td>LU-7, K 6 and/or SP-4 plus P 6</td>
</tr>
<tr>
<td>- Other typical Cold Sx: pale face, cold extremities, profuse, clear urination, loose stool</td>
<td>If Wind-Cold invasion:</td>
</tr>
<tr>
<td>- Slight fever if cold invasion</td>
<td>GB-20, UB-12, 13</td>
</tr>
<tr>
<td>- Delayed menstruation</td>
<td>LU-7, K 6 and/or SP-4 plus P 6</td>
</tr>
<tr>
<td>- Lots of clots—dark red color</td>
<td></td>
</tr>
<tr>
<td>- May faint</td>
<td></td>
</tr>
<tr>
<td>T: Normal or Pale</td>
<td>C: White coat, wet/moist</td>
</tr>
<tr>
<td>P: Deep, slow w/o strength (weak of Qi Xu)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qi &amp; Xue Xu</th>
<th>Nourish Xue; Tonify Qi; Alleviate Pain; Regulate REN and Chong</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Chronic onset w/ hx of menorrhagia</td>
<td>Basic +</td>
</tr>
<tr>
<td>- Off and on dysmenorrhea</td>
<td>LIV-8; UB-17, 18, 20, 21;</td>
</tr>
<tr>
<td>- Dull pain; prefers pressure</td>
<td>SP-10; ST-36; SP-6</td>
</tr>
<tr>
<td>- Dull pain in lower abdomen with gas and bloating</td>
<td>LU-7 and/or SP-4</td>
</tr>
<tr>
<td>- Pain comes at end of menses</td>
<td></td>
</tr>
<tr>
<td>- Scanty light menses &amp; other Xue Xu Sx (fatigue; palpitations; blurred vision; poor memory; bad concentration; floaters)</td>
<td></td>
</tr>
<tr>
<td>- Qi Xu: Fatigue, pale face, soft voice; decreased appetite</td>
<td></td>
</tr>
<tr>
<td>T: Pale, small</td>
<td>C: Thin white coat</td>
</tr>
<tr>
<td>P: Weak &amp; thready</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIV &amp; KID Xu</th>
<th>Tonify KID &amp; LIV Regulate Chong and REN Strengthen Low Back Regulate Menses</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Chronic onset – Average age: 46+</td>
<td>KID-3; KID-8 (endocrine pt)</td>
</tr>
<tr>
<td>- Irregular, or heavy bleeding, followed by menopause</td>
<td>LIV-3, 8; UB-23, 18, GB-39 (for essence)</td>
</tr>
<tr>
<td>- Dull pain in lower abdomen that radiates to lower back; mostly at end of menses; prefers pressure</td>
<td>LU-7 and/or SP-4</td>
</tr>
<tr>
<td>- Worse w/ overwork</td>
<td>Massage is good for most types</td>
</tr>
<tr>
<td>- W/ KID Xu Sx: tinnitus, weak low back; fatigue, dream disturbed sleep; night sweats; hot flashes; palm heat; low grade fever</td>
<td></td>
</tr>
<tr>
<td>T: Red, small w/ cracks; or Pale, may be small</td>
<td></td>
</tr>
<tr>
<td>C: Less coat w/ cracks; or Thin, white</td>
<td></td>
</tr>
<tr>
<td>P: Thin, weak; or thin, fast; weaker in rear</td>
<td></td>
</tr>
</tbody>
</table>
CARdiovascular System

Congestive Heart Failure (CHF) / Palpitations (xin li shuai jie / xin ji)

<table>
<thead>
<tr>
<th>Basic points</th>
<th>REN-14, 17; UB-14, 15; P-6; SJ-5 (luo) [P-6 → SJ-5]</th>
</tr>
</thead>
</table>

**Heart Qi Xu with Retention of Xue Stasis**

- Chronic: off/on symptoms
- Fatigue, exhaustion; SOB; soft voice; spontaneous sweating
- All symptoms worse w/ exertion
- Pale face; palpitations
- Cyanosis
- Chest tightness or suffocating feeling or dull pain in chest

**Deficiency + Excess, Chronic**

T: Purple, or pale & purple (may have dark blue and swollen veins )
C: Thin, white coat
P: Weak, deep, or hesitant

**Tonify Heart (& LU) Qi / Zong Qi, Promote Xue Circulation, Remove Xue Stasis**

Basic +
UB-17, 40; SP-10; HT-7 (yuan)
Also:
REN-14, 17; P-6; UB-14, 15, 17, 40
LIV-8
SI-3, UB-62 (Circulate Qi, open DU) LU-7, KID-6 (Open REN)

**Heart and Kidney Yang Xu with Retention of Water**

- Chronic onset – worse than and can arise from first type
- Palpitations (bradycardia - slow rate)
- Cold extremities, cold sensation in knees, low back and betw/ scapulas (Heart Yang Xu)
- Impotence, scanty and difficult urination, or profuse and frequent urination
- Retention of urine or incontinence of urine
- Edema in whole body especially in lower extremities

**Deficiency + Excess, Chronic**

T: Pale, swollen body w/ teeth marks
C: White, wet, moist coat (due to phlegm)
P: Very deep, weak and slow or deep, slippery, w/o strength [Hidden (fu mai)]

**Warm Heart and KID Yang, Promote Urination, Remove Edema**

Basic +
REN-4, 6; DU-4; UB-23; DU-9 w/ moxa
If edema is severe: REN-3; UB-28; ST-28; REN-9; KID-2; UB-63 to promote urination

**Hypertension (gao xue ya)**

[“gao” = high; “xue” = blood; “ya” = pressure]

1. **San Jiao’s 2 Systems** (based on theory by Dr. Lin Yaoxin)

   **Right**
   * Qi & Yang axis
   - Immune system
   - Metabolism

   **Left**
   * Xue & yin axis
   - Endocrine d.o.
   - Mental & emotional sys.
   - Autoimmune d.o.

**Discussion**

A. HT, LIV, KID – blood disorder – axis of blood, yin, essence
B. Excess (yang) on upper part; deficiency (yin) on lower part of body (rebellious qi & blood go upwards)
C. Mother – son disorder (water → wood → fire)
D. Extra meridians: Dai meridian – regulates upper & lower
   > Thus, GB-41 + SJ-5 used to soothe, open, and dredge Dai Vessel (which controls all vertical meridians) to adjust imbalance of the upper and lower parts of the body
**Definition**

Hypertension (as defined by WHO) = presents w/ the following bp: systolic > 140; diastolic < 90

- Could be high systolic & diastolic (i.e. 130/95); or high systolic only (i.e. 150/85) or high diastolic only
- BP should be taken 3 times (at various times of the day in different places w/ different machines) to confirm high bp

2. Differential Diagnosis and Treatment

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>LI-4; LI-11; ST-36; ST-9; GB-20; P-6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Also: GB-41</td>
<td>1st + SJ-5 (Dai meridian)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIV Fire</th>
<th>Purge LIV Fire</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; More superficial, more heat than LIV Yang Rising</td>
<td>DU-20; LIV-2; UB-18; KID-3</td>
</tr>
<tr>
<td>- Hypertension</td>
<td></td>
</tr>
<tr>
<td>- Severe headaches; red eyes; red face</td>
<td></td>
</tr>
<tr>
<td>- Dry mouth; bitter taste in mouth; vertigo</td>
<td></td>
</tr>
<tr>
<td>- Constipation</td>
<td></td>
</tr>
<tr>
<td>T: Red w/ yellow dry coat</td>
<td></td>
</tr>
<tr>
<td>P: Wiry, rapid</td>
<td></td>
</tr>
<tr>
<td>&gt; Long Dan Xie Gan Wan</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Upward Disturbance of Wind-Phtlegm</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Hypertension</td>
</tr>
<tr>
<td>- Headaches; dizziness; severe vertigo;</td>
</tr>
<tr>
<td>- Vomiting; nausea; turbid mucus disturbs</td>
</tr>
<tr>
<td>head; thoracic oppression</td>
</tr>
<tr>
<td>T: White, greasy coat</td>
</tr>
<tr>
<td>P: Wiry slippery</td>
</tr>
<tr>
<td>&gt; Ban Xia Bai Zhu Tian Ma Tang</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Excessive LIW Yang Rising (absolute)</th>
</tr>
</thead>
<tbody>
<tr>
<td>From LIW Fire (total excess)</td>
</tr>
<tr>
<td>&gt; More spirit related, deeper than LIW Fire</td>
</tr>
<tr>
<td>- Hypertension</td>
</tr>
<tr>
<td>- Throbbing headache; dizziness; vertigo</td>
</tr>
<tr>
<td>- Irritability; restlessness</td>
</tr>
<tr>
<td>T: Scarlet or dark red</td>
</tr>
<tr>
<td>C: Yellow or with some cracks</td>
</tr>
<tr>
<td>P: Wiry or slippery</td>
</tr>
<tr>
<td>&gt; Zhen Gan Xi Feng Tang</td>
</tr>
<tr>
<td>&gt; Qi Ju Di Huang Wan</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIW &amp; KID Yin Xu w/ LIW Yang rising = Hyperactivity of LIW Yang d/t LIW &amp; KID Yin Xu</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Relatively too much Yang)</td>
</tr>
<tr>
<td>- Hypertension</td>
</tr>
<tr>
<td>- Dizziness; vertigo; dry eyes; blurred vision</td>
</tr>
<tr>
<td>- Night sweats; numbness of limbs; trembling hands; tinnitus</td>
</tr>
<tr>
<td>T: Red w/ thin yellow coat</td>
</tr>
<tr>
<td>P: Thready, rapid</td>
</tr>
<tr>
<td>&gt; Zhen Gan Xi Feng Tang</td>
</tr>
<tr>
<td>&gt; Qi Ju Di Huang Wan</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>KID Yang Xu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failure to promote urination ⇒ edema ⇒ blood volume increases</td>
</tr>
<tr>
<td>- Hypertension</td>
</tr>
<tr>
<td>- Cold limbs; cold sensation or aversion to cold; sore/ weak low back, knees; impotence</td>
</tr>
<tr>
<td>- Dizziness; vertigo; w/ edema in the face &amp; lower extremities; retention of urination; pale &amp; lustrous face (water retention)</td>
</tr>
<tr>
<td>T: Pale, swollen w/ teeth marks</td>
</tr>
<tr>
<td>C: Moist</td>
</tr>
<tr>
<td>P: Deep, weak, slow, esp. right rear position</td>
</tr>
<tr>
<td>&gt; Zhen Gan Xi Feng Tang</td>
</tr>
<tr>
<td>&gt; Qi Ju Di Huang Wan</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Nourish LIW &amp; KID Yin; Calm LIW Yang</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIW-3, 14</td>
</tr>
<tr>
<td>KID-3, 7, 10</td>
</tr>
<tr>
<td>Taiyang; UB-18</td>
</tr>
<tr>
<td>&gt; Zhen Gan Xi Feng Tang</td>
</tr>
<tr>
<td>&gt; Qi Ju Di Huang Wan</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Warm KID Yang; Promote urination</th>
</tr>
</thead>
<tbody>
<tr>
<td>REN-3; UB-28; ST-28</td>
</tr>
<tr>
<td>Moxa REN-4, 6; UB-23; DU-4</td>
</tr>
<tr>
<td>UB-22, 40, 60</td>
</tr>
</tbody>
</table>
### Common Cold (gan mao)

[“gan”= catch; “mao” = hat]

<table>
<thead>
<tr>
<th>Basic points for Common Cold:</th>
<th>LI-4; LU-7; GB-20; UB-12, 13; SJ-17; Taiyang</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wind-Cold Invasion</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Excess condition</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Acute</strong></td>
<td></td>
</tr>
<tr>
<td>- Acute onset</td>
<td></td>
</tr>
<tr>
<td>- Chills or severe chills; aversion to cold; slight fever; no sweating, no thirst</td>
<td></td>
</tr>
<tr>
<td>- Stiff neck; general body aches</td>
<td></td>
</tr>
<tr>
<td>- Headaches: Taiyang headache</td>
<td></td>
</tr>
<tr>
<td>- Sneezing w/ watery, white nasal discharge and drainage; cough w/ profuse, loose, white mucous</td>
<td></td>
</tr>
<tr>
<td>- Constipation</td>
<td></td>
</tr>
<tr>
<td><strong>T:</strong> Normal <strong>C:</strong> Thin white coat <strong>P:</strong> Superficial; Tight</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Remove External pathogenic Wind-Cold, Regulate Wei &amp; Ying Qi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic points +</td>
</tr>
<tr>
<td>Add: Moxa and/or Cupping</td>
</tr>
<tr>
<td>DU-14 to DU-16 Gua Sha</td>
</tr>
<tr>
<td>Folk therapy: use scraping &quot;gua sha&quot; - along</td>
</tr>
<tr>
<td>Bladder lines 1 &amp; 2 from C7 to L5 until color is fresh or dark red</td>
</tr>
<tr>
<td>Also scrape from 2nd line obliquely outward along ribs</td>
</tr>
<tr>
<td>&gt; Gui Zhi Tang</td>
</tr>
<tr>
<td>Take formula, then eat warm soup. Following,</td>
</tr>
<tr>
<td>take a hot bath/shower and wrap warmly and take a nap.</td>
</tr>
<tr>
<td>Upon waking, the Sx should be much better.</td>
</tr>
</tbody>
</table>

| **Wind-Heat Invasion**                                      |                                             |
| **Excess condition**                                       |                                             |
| **Acute**                                                  |                                             |
| - Acute onset – Wei level                                  |                                             |
| - High fever (fever more pronounced); slight aversion to cold |
| - Sore throat; cough w/ yellow mucous;                      |                                             |
| - Thirst or slight thirst;                                 |                                             |
| - Skin rash; red congestion of eyes & throat               |                                             |
| - May have headache (whole head)                           |                                             |
| - Slight aversion to heat and wind; slight sweat          |                                             |
| **T:** Normal and/or with red tip **C:** Thin, Yellow **P:** Superficial; Rapid |

<table>
<thead>
<tr>
<th>Remove Wind-Heat Regulate Wei &amp; Ying Qi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic points +</td>
</tr>
<tr>
<td>SJ-5; LI-11; DU-14 (removes H)</td>
</tr>
<tr>
<td>High fever:</td>
</tr>
<tr>
<td>Prick LU-11 &amp; LI-1; LU-10 for sore throat</td>
</tr>
<tr>
<td><strong>Formulas:</strong></td>
</tr>
<tr>
<td>&gt; Yin Qiao San (1 tube every hr or 5-6 scoops every hr + Echinacea)</td>
</tr>
<tr>
<td>&gt; Sang Ju Yin (w/ prominent cough)</td>
</tr>
<tr>
<td>&gt; Gan Mao Ling (more severe heat)</td>
</tr>
</tbody>
</table>

| **Wind-Damp Invasion**                                      |                                             |
| **Excess condition**                                       |                                             |
| **Acute**                                                  |                                             |
| - Acute onset                                              |                                             |
| - Chills, aversion to cold & slight fever (one not more than the other) [like W-C] |
| - General heaviness of whole body; joint pain               |                                             |
| - Heaviness of the head (as if wrapped in towel);           |                                             |
| - Fogginess sensation                                       |                                             |
| - Decreased appetite; nausea, vomit; fullness,             |                                             |
| - Distending sensation of epigastrium, abdomen              |                                             |
| - Loose stool or diarrhoea                                  |                                             |
| **T:** Normal (D-C) or Red tip (D-H), or Swollen C: Greasy; Thin or Thick; White or Yellow |
| **P:** Soft (floating, big w/o strength); or superficial & slippery |

<table>
<thead>
<tr>
<th>Remove Wind-Damp Regulate Middle Jiao</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pts from Yin meridians are okay to use – b/c Damp has origins in SP and the pathogen is already inside (diarrhea...). It will not drive epf in deeper.</td>
</tr>
<tr>
<td>LI-4; P-6; REN-12; ST-25, 36, 40; SP-9, 6</td>
</tr>
<tr>
<td>UB-12, 20, 21 Yintang; ST-8 (D-headaches)</td>
</tr>
</tbody>
</table>
Summer Heat Invasion

Excess condition.

*See below for difference betw/ H & S-H

- Fever or high fever; slight chills or aversion to cold
- Great, profuse sweating; rough breath; distending sensation in chest
- Nausea, vomit; esp. in a.m.; decreased appetite;
- Great thirst; desire for cold drink or no desire
- Restlessness; irritable; tossing and turning
- BM is normal, constipated, or loose
- Urine is scanty, yellow

T: Red or scarlet  C: Thick or greasy; yellow
P: Forceful/full (or slippery) & rapid; overflowing in the HT position

Remove Summer-Heat, Calm Shen, Regulate Middle Jiao

DU-20, 14
HT-1, 8; P-6
UB-40; (P-3)
Prick Shi Xuan pts.
LI-4, 11; SJ-5; GB-20
UB-12, 14, 15, 20, 21
REN-12, 17
SP-6, 9

Combination of External Pathogens & Body Deficiencies

- Wind-Heat; Wind-Cold; Wind-Damp plus one or more of: Qi; Blood; Yin; Yang Xu
- Qi Xu: REN-17; LU-9; UB-13, 20, 23; ST-36; LI-10 (> Yu Ping Feng San - Jade screen)
  [primarily W-D + pale face, sob, easy to catch cold, sweats easily, etc…]
- Xue Xu: LIV-8; ST-36; UB-17; SP-10, 6; UB-20, 23 (> Zhai Zao San)
  [+ pale face, poor mem / conc, dd sleep, scanty menses, pale nails, floaters, anemia, weak P, thin & pale T body]
- Yin Xu: Yin tonifying - UB-43; KID-3, 7; SP-6; UB-52 (> Jia Jian Wei Rei Tang)
  [W-H or W-Dry w/ Yin Xu Sx: night sweat, hot flash, low-grade fever, 5 palm heat, dry throat, dry cough, fever w/ sl. aversion to W or C; T: Red, cracks, peeled coat; P: thin, rapid]
- Yang Xu: Warm Yang, Remove epf - UB-23; DU-4; REN-4, 6 - with moxa (if W-C, moxa on all pts)
  (> Tang Bai Qi Wei Yin)
  [W-C or W-D + cold extremities, chronic diarrhea, morning diarrhea (5am), premature ejaculation, edema, etc.;
   T: pale, swollen, teeth marks, white coat; P: deep, weak, slow]

* Difference between H and S-H:
  1- Summer Heat attacks the HT and PC directly – as a result, there are more emotional/mental Sx
  2- There is more Dampness w/ S-H
  3- According to the Nei Jing, any heat after the Summer solstice day (in summer season) is considered S-H

Epistaxis (bi ru)
Nose Bleeding

Basic Points  LI-4; LI-11; SJ-5; LU-6 (Xi-cleft); LI-20
Use sedation or mild stimulation.

Wind-Heat or Summer-Heat in LU

Acute
More predominant in:
  the Spring, Summer, beginning of Autumn (dryness + heat);
  children/teens

- Fresh red color; often in right nostril
- Cough or dry-cough; yellow sticky mucous
- Thirsty with desire for drinks
- Constipation, dark yellow urine
W-H / S-H Sx:
- SL fever, desire for cold drinks, …
- S-H restlessness, tossing and turning, irritability
- History of common cold (due to dryness + heat)
- Burning sensation in chest
T: Red, redder tip, C: Thin yellow
P: Floating, fast ((or slippery, stronger in right front))

Remove W-H, S-H; Cool blood, Stop Bleeding

Basic +
DU-15, GB-20, UB-12, UB-13,
S-H: HT-8, P-8

[[ Look for red spots between scaps—prick to bleed ]]
### Accumulation of Heat in Yang Ming

**Acute**
Severe/violent bleeding w/ large amts of blood
May arise from:
- W-H / S-H, or
- Hx of irregular diet.

Yangming = more Qi and Xue

- Acute onset; related to irregular diet (spicy hotpot!)
- Fresh red, or dark red blood; primarily from right nostril
- W/ other YM Sx: high fever, thirst, desire for cold drinks, bad mouth odor, toothache, gum bleeding, constipation, dark, yellow urination, burning pain in stomach, much acid regurgitation.
  -- Sudden nasal bleeding with fresh red, sticky blood;
  -- Both nostrils and hot sensation
  -- Acne on forehead, cheeks or mouth, red face
  -- Burning pain in stomach, acid regurgitation;
  -- Dark yellow urine with hot sensation

**T:** Red or scarlet
**C:** Thick, yellow/brown, Dry rough coat
**P:** Rapid, forceful, slippery, ((maybe floating))

**Remove Heat from YM, Cool Blood, Stop Bleeding**

Basic points +
Add pts from foot YM:
- ST-44, 45; SJ-6;
- UB-40; SP-10
- SP-6;
- SP-1 (blood let)

* ST-44 is more for internal heat, not W-H (according to Dr. Wu)

### LIV Fire Flaring Up
(hyperactivity of LIV, LIV counterchecking LU)

**Acute**
Left Nostril = Liver
Right Nostril = Lung

- Acute onset; closely related to hx of emotional disorder
- May not have other general physical Sx
- Sticky, fresh red nasal bleeding esp. left nostril
- Anger, irritability
- Bitter taste, thirst, desire for cold drinks
- Red eyes, burning hypochondriac pain
- Constipation, dark yellow urine
  -- Dizziness; tinnitus (thundering, loud)
  -- Insomnia, tossing and turning; severe headache

**T:** Red, redder on sides
**C:** Yellow
**P:** Wiry, fast

**Remove LIV Fire, Cool Blood, Stop Bleeding**

Basic +
- LIV-2, 3, 5
- SJ-5
- GB-41, 43
  ((sedate UB-18, 19))

> Long Dan Xie Gan Tang

### LIV & KID Yin Xu, or LU Yin Xu, with Xu Heat/Fire

**Excess**
Symptoms with **Xu** root:
- Excess above; Xu below.
**Chronic**

* May have a component of LU Yin Xu w/ above
  - This can involve Lung TB

> Can include bleeding during menopause

- Chronic onset; related to overworking, occurs esp. at night; or too much sex
- Off/on bleeding; small amount, fresh red, watery blood
  - Usually left nostril (if LU Yin Xu: right nostril)
- Yin Xu Sx: hot flashes, malar flush, 5 palm heat, low grade fever, tinnitus, dizziness, vertigo, weakness of lower back and knees, night vision problems; nocturnal emissions
- Insomnia; bleed worse at night or after working; dry cough; steaming bone symptoms

**T:** Red or scarlet; or thin and small with cracks
**C:** Yellow, less, or mapped
**P:** Thin, fast and weak (can be floating)

**Nourish Yin Remove Empty-Heat, Stop Bleeding**

Basic +
- LU-7
- KID-1
  (Moxa or soak in hot water)
- KID-6 (start of Yin Qiao which ends at nose)
- KID-3; SP-6
- KID-7 (metal/LU)
- UB-52, 43 (Yin tonifying)

KID-1 is very good to stop epistaxis d/t LIV/KID Yin Xu
Female Infertility (*bu yun zhen*)
Differential Diagnosis & Treatment
– always a disorder of RN & Chong (Regulate REN & Chong)

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>REN-4, 6; Zigong; SP-4, 6, 9, 10</th>
</tr>
</thead>
</table>

### KID Xu (Yin, Yang, Qi, or Essence)
- Yang Xu: can’t conceive = functional d.o.
- Cold extremities, aversion to intercourse
- Qi Xu: weakness of lower back or knees, fatigue …
- Yin Xu Sx …
- Prolonged or shortened menstrual cycle; scanty pale menstrual discharge
- Frequent, copious urination; nighttime urination; dizzy; tinnitus

**T:** Pale, swollen, wet  
**P:** Weaker, deeper in rear positions

**Basic Points**
1. KID-3; GB-39; UB-23, 52; DU-4
2. ST-36; ST-29 (for prolonged cycles)
3. KID-13
4. UB-52
5. LU-7

**Strengthen KID, Strengthen Chong & REN Channels**

### HT & SP Xu (HT Xue Xu & SP Qi Xu)
- Infertility lasting for long time
- Palpitations, insomnia, poor memory, bad concentration, scanty light menses, dizziness, pale complexion, blurred vision
- Poor app, fatigue, SOB, depression…

**T:** Pale, thin  
**C:** Thin white  
**P:** Weak, thin  

**Basic Points**
1. ST-28; UB-20, 21  
2. UB-17, 15; REN-14

**Tonify SP Qi, Nourish HT Blood, Strengthen Chong and REN**

### Cold in Uterus
- Typically, caught cold and severe dysmenorrhea: cold sensation, severe pain, retarded/late menses, dark red clots
- Inability to conceive
- Pain relieved by heat, worse w/ cold
- Cold extremities
- If still has ext. cold pathogen: shivering, chills …
- Pale face

**T:** Normal, or pale, swollen  
**C:** Thin, white coat  
**P:** Slow, deep (if more Yang: slow, weak)

**Basic Points**
1. DU-4; REN-4 w/ moxa
2. UB-12, 13 w/ moxa

**Warm Uterus, Expel Cold epf, Regulate Chong and REN**

Moxa: REN-2 (scatters cold), KID-7; UB-23 (tonify KID Yang)
REN-7 (nourishes KID, strengthens uterus)

**> Ai Fu Nuan Gong Wan (Artemisia-Cyperus Warming The Uterus)**
### Obstruction by Phlegm-Dampness

- Profuse vaginal discharge
- Blockage of fallopian tubes
- Inability to conceive
- Prolonged menstrual cycle; amenorrhea in severe cases
- May be overweight
- Chest distention w/ profuse mucous, phlegm
- Heaviness sensation; n, v
- Dizziness & vertigo

| T: | Normal or Pale, swollen |
| P: | Thick, white or yellow, greasy coat |
| LU-7 + KID-6 | (regulate REN; strengthen uterus) |

| ST-30 | (reg. chong; invigorate Blood to transform water) |
| UB-32 | (drains damp from genital system) |

#### Remove Damp-Phlegm, Open Chong & REN

| T: | Normal or Pale, swollen |
| C: | Thick, white or yellow, greasy coat |
| P: | Slippery |

### LIV Qi Yu

- Clearly related to emotional disorder
- Infertility w/ PMS, irritability
- Irregular, late or absent periods; premenstrual depression/ tension; painful periods
- Sighing, depression
- Breast tenderness, …

| T: | Normal |
| P: | Wiry |

| 4 gates, GB-34; LIV-14; UB-18 | (Depression Opening Jade-Plant Decoction) |

### Blood Stasis

- Inability to conceive; irregular or delayed menses; painful periods; lower abdominal pain worse with pressure; dark blood (purplish-black) with clots
- Irritability; mental restlessness or manic behavior

| T: | Dark purple w/ spots or patches |
| P: | Wiry or choppy |

| UB-17; ST-29; LU-7 + KID-6 | (Lesser Abdomen Stasis-Expelling Decoction) |

### Treatment Principles:

| 1. | Period phase: regulate menstruation: stop period if heavy or invigorate Blood if scanty |
| 2. | Post-menstrual phase: nourish Blood & tonify KID |
| 3. | Inter-menstrual phase: tonify KID & consolidate REN & Chong |
| 4. | Pre-menstrual phase: tonify yang and move LIV Qi |

### Herbal Therapy:

- Placenta powder (from sheep or goat)
- Take 3-5 d before ovulation

- *Ba Zhen San* / 8 Treasure Decoction (sometimes called *Nu Zhe Ba Zhen San*)
# Impotence (yang wei)

[Yang Wei = Yang Flaccidity Syndrome]

## Differential Diagnosis & Treatment

### Qi Xu

- Impotence, infertility
- Fatigue; tiredness; poor appetite; loose stool or diarrhea; gas & bloating in the abdomen
- Incontinence or profuse, frequent urination; low back pain; worse after orgasm
- Sinking sensation in the lower abdomen
- Pale face; may have SOB
- "Palace therapy"—qigong to prevent loss of Qi

**T:** Pale, swollen w/ tm  
**C:** Thin, white  
**P:** Deep, weak

### Yang Xu

- Worse than Qi Xu
- Impotence, failure to achieve erection
- Premature ejaculation
- All of the above Qi Xu Sx, plus:
  - Cold extremities, cold pain in the lower back or abdominal, desire for warm drinks
  - Profuse, clear, frequent urination
  - Morning diarrhea
  - Incontinence (more severe)
  - No desire or aversion to sexual intercourse
  - May have edema

**T:** Pale swollen tongue body  
**C:** Wet/moist  
**P:** Deep, weak, slow

### LIV Qi Yu

- Hx of relationship or emotional disorder, or personality (introverted, scared)
- Impotence, failure of erection
- Stress & depression; prefers to be alone
- Sighing time to time
- Distention of the hypochondriac region or breast
- Distending sensation or pain (esp. after intercourse) at root of penis or scrotum & radiates to perineum, groin or hypochondriac region

**T:** Normal  
**P:** Wiry

### BL-23, DU-4, Ba liao (BL-31 to 34: esp. BL-31, 32 on both sides)

### TONIFY SP & KID Qi; Benefit/Strengthen External Kidneys

- KID-3; SP-6; ST-36; UB-20, 21
- If impotence is predominant Sx:
  - Use moxa for preventative tx
  - [not for long term: if begin to feel: 1) thirsty, 2) have insomnia/poor sleep, 3) dark, yellow urination or constipation – stop moxa! B/c the P_t is not Yang Xu yet!]

**UB-52; REN-17**

### WARM SP & KID Yang; Benefit the external kidneys

- Si-3 + UB-63 for the DU

**May add:**
- SP-6; ST-36; REN-17; DU-20; REN-8

### SOOTHE LIV Qi; Promote circulation; Benefit the external kidneys

- 4 gates; GB-34 (hui of sinews)

**UB-18, 19**
Lower Pouring of Damp Heat

Acute stage of prostatitis

- Related to UTI-type Sx: burning, urgent, frequent and/or painful urination; itchiness
- Impotence, failure of erection
- Dark yellow/brown tea/may even be pink urine (if bleeding)
- Wetness of the scrotum w/ itching or skin rash
- Bitter taste
- If more H: thirsty; If more D: no desire to drink
- May have temporal headaches; restlessness

T: Red, w/ red spots, tm
C: Yellow greasy, may be thick
P: Slippery, wiry, fast

Remove D-H from LJ;
Benefit the external kidneys

-------------------
Basic +
REN-3; UB-28, 22, 39
ST-28; SP-9; SJ-5
If more Heat: LI-11

Herbal therapy – Yang tonifying:
- “King’s Therapy” or “Spring Therapy” [Spring is a very active and upgoing season]
  • Can warm Yang temporarily, but can lead to Yin damage
  • Animal penises soaked in alcohol for 6 months
- Dong Chung Xiao Tiao formula
- Silk worm cocoon soaked in alcohol

Qigong therapy

_Tie Dan gong_ (sp?): Qi gong & massage to tx male infertility
**Morning Sickness (ren shen e zu)**

**Differential Diagnosis & Treatment**

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>P-6; REN-12; ST-36 (even method – no sedation; 34 or 36 gauge only)</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Do not puncture REN-12 after 5 months of pregnancy – typically recommended that during the first 3 months are okay – evaluate on a per P$_T$ basis.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Forbidden Points</th>
<th>LI-4; SP-6; GB-21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points on lower abdomen &amp; low back (below umbilicus and L$_1$; these low points are ok in 1st trimester); Jing Well points (do not use after the 3rd month)</td>
<td></td>
</tr>
<tr>
<td>* Using LI-4 alone (off/on) for W-invasion is okay</td>
<td></td>
</tr>
<tr>
<td>* LI-4 + SP-6 together induces abortion!</td>
<td></td>
</tr>
</tbody>
</table>

* The basic pts are effective for ALL ST disorders, including gastritis, etc. (know these pts well!)

### SP and ST Xu / MJ Disorder

- Nausea & vomiting, worse in the morning, off/on
- Fatigue; decreased or poor appetite
- Drowsy/sleepy; pale face
- Gas and bloating; vomiting out stomach contents
- or sour fluid (vomiting of undigested food right after eating when severe)
- Loose stool or diarrhea
- May have prolapsed sensation in lower abdomen
- Typical Blood Xu Sx: pale face, poor memory, palpitations, dizziness, bad concentration, dream-disturbed sleep
- Baby blocks qi flow

T: Pale, may be thin
C: Thin white; or Thin, White, Greasy
P: Deep, Thin, weak; or slippery w/o strength. [especially in right middle position]

### LIV ➔ SP / Disharmony between Liver & Middle Warmer

- Emotional swings, irritability, easy to anger, stress, depression
- Breast tenderness; hypochondriac pain
- Morning vomiting; acid regurgitation; belching
- Gas/bloating; hiccup; vomiting sour fluids
- Decreased appetite; fatigue
- Crave sour and sweet
- (Blurred vision, floaters)

Temporary LIV Qi Yu w/ gas & bloating (SP Qi Xu)

T: Normal [or pale body, or red tip, red spots on sides]
C: Thin, white
P: Wiry [without strength; or (Slippery—Pregnancy)]

### Tonify SP Qi; Descend Rebellious ST Qi; Regulate MJ; Stop Nausea & Vomiting

<table>
<thead>
<tr>
<th>Basic points +</th>
</tr>
</thead>
<tbody>
<tr>
<td>UB-20, 21</td>
</tr>
<tr>
<td>SP-9, 3, (4)</td>
</tr>
<tr>
<td><strong>Su Ye Huang Lian Tang</strong> (zi su ye 6g: huang lian 3g)</td>
</tr>
<tr>
<td><strong>Xiang Sha Liu Jin Zi Tang</strong> (Si Jun Zi Tang + chen pi + ban xia = Liu Jin Zi Tang + sha ren, mu xiang)</td>
</tr>
</tbody>
</table>

### Soothe Liver Qi; Strengthen MJ; Regulate Spleen & Stomach

<table>
<thead>
<tr>
<th>Basic points +</th>
</tr>
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<tbody>
<tr>
<td>GB-34; LIV-13; UB-18, 20, 21</td>
</tr>
<tr>
<td><strong>Su Ye Huang Lian Tang</strong> (zi su ye 6g: huang lian 3g)</td>
</tr>
</tbody>
</table>

- If severe sinking sensation in lower abdomen, may be indication of miscarriage. Any bleeding/spotting with any lower back pain is even worse – KID Xu. For early signs of miscarriage, should: raise SP Qi and Tonify KID Qi.
- Can use *Tai Shan Pan Shi Jian* to prevent miscarriage – can use in 1st trimester of pregnancy – strengthen SP and K function.
- Also, lift prolapse due to SP Qi Xu, use *Bu Zhong Yi Qi Tang*.
- **Case study example:** following a miscarriage, a P$_T$’s pulse was very, very weak & deep on one side, but still slippery on the other side. This was an indication that a miscarriage had occurred, but there was still a retention of some fetal tissue in the uterus.
**Nausea & Vomiting (ou tu)**

**Differential Diagnosis & Treatment**

**Basic Points:**

<table>
<thead>
<tr>
<th>Invasion of External Pathogen</th>
<th>Food Stagnation</th>
<th>LIV→ST / Disharmony of Liver and Stomach</th>
<th>ST Yin Xu (Only Xu type)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ST-36, REN-12, P-6; add: SP-6 or SP-4</strong></td>
<td>- Acute onset - Damp Sx: - N &amp; v with or without food; decreased appetite Typical Sx of ext invasion: - Fever, chills, aversion to wind or cold, w/ or w/o sweating, general achy or heaviness</td>
<td>- Acute onset with history of irregular diet - Vomiting with undigested food; sour odor; - Severe pain or fullness in the abdomen w/ aversion to touch - Bm alleviates pain/fullness - Decreased appetite or aversion to food - Constipation, or stinky diarrhea with undigested food</td>
<td>- Chronic onset; seen in many chronic disease (@ end of stomach cancer…) - ST Yin is exhausted, no food to vomit, no acid regurgitation - Dry vomiting off/on, n &amp; v worse at night - Burning pain or dull pain in gastric area - Thirsty and dry mouth; constipation; decreased appetite; emaciation - Yin Xu: palm heat; night sweats; low grade fever</td>
</tr>
<tr>
<td><strong>Basic points +</strong></td>
<td><strong>T:</strong> Normal, or red tip <strong>C:</strong> Th, white yellow <strong>P:</strong> Super, tight or fast</td>
<td><strong>T:</strong> Normal or swollen <strong>C:</strong> Bean curd coating; or greasy thick, rough w/o root <strong>P:</strong> Slippery, forceful</td>
<td><strong>T:</strong> Red or scarlet, small and thin, w/ cracks <strong>C:</strong> Mirror or mapped coat; or chicken heart tongue (no coat in ST area but coat everywhere else) <strong>P:</strong> Thin, fast, w/o strength (deep)</td>
</tr>
<tr>
<td><strong>Remove Dampness (external pathogen), Regulate Middle Jiao</strong></td>
<td><strong>Remove Food Yu; Sedate Rebellious Stomach Qi; Regulate Middle Jiao</strong></td>
<td><strong>Regulate LIV &amp; ST by Soothing LIV Qi and Removing LIV Heat</strong></td>
<td><strong>Nourish ST yin and Descend rebellious ST Qi</strong></td>
</tr>
<tr>
<td>Basic points +</td>
<td><strong>Basic points +</strong> 4 gates, GB-41; LIV-13, 2 UB-18, 20, 21</td>
<td><strong>Basic points +</strong></td>
<td><strong>Basic points +</strong></td>
</tr>
<tr>
<td>GB-20; UB-12, 13 ST-5, LI-4, LU-7, SP-9</td>
<td><strong>ST-21, 34; REN-10, 11 UB-20, 21; ST-25, SP-15 All with sedation</strong></td>
<td><strong>4 gates, GB-41; LIV-13, 2 UB-18, 20, 21</strong></td>
<td><strong>SP-4, 6, 9 (more SP pts as Yin ch to nourish Yin UB-20, 21, 43; KID-6; ST-44</strong></td>
</tr>
<tr>
<td><strong>Food therapy or herbs is better than acupuncture (pear, watermelon - not OJ)</strong></td>
<td><strong>Wu Zhi Yin &gt; Sha Shen Mai Men Dong Tang</strong></td>
<td><strong>Food therapy or herbs is better than acupuncture (pear, watermelon - not OJ)</strong></td>
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</tr>
</tbody>
</table>

For any kind of ST disorder, use ST-36, REN-12, P-6 - remember to not use SP-6 if patient is pregnant

To descend ST Qi, use: ST-30, SP-6 (points below umbilicus more descending; above umbilicus more lifting; ST-25 for both)

**Invasion of External Pathogen**

- **Damp-Cold**
- **Damp-Heat**
- **Dampness**
  - (ex. ST flu)

**Food Stagnation**

- **Tu type:**
  - Food Yu vomit, no sound

**LIV→ST / Disharmony of Liver and Stomach**

- Includes motion sickness

**ST Yin Xu (Only Xu type)**

- **Gan Ou:** Vomiting without food (dry heaves); in chronic disease not good Sx.
- May arise from 1st 3 types (b/c loss of fluids or d/t chronic dz).
- Can also show prognosis of disease.
Pharyngitis & Tonsillitis (hou bi)  
Throat blockage

| Basic Points | LU-5; LU-10; LU-11; LI-4, LI-11; REN-23  
SJ-1; SJ-3 (SJ is good to remove heat b/c Shaoyang is pivot; also good to remove swelling of lymph nodes/tonsils)  
SJ-16 (caries); SI-16; SI-17 (tonsils)  
Blood let | LU-10; LU-11; SJ-1 (for emergency situations)  
Chronic pharyngitis | LU-7 + KID-6 (throat, LU, chest problems)  
Acute and Chronic | Window of heaven: REN-22; ST-9; LI-18, SJ-16; SI-16, 17; UB-10 (Promote circulation / Wei Qi)  
Patents | > Super Sore Throat Spray (Shuan Liao Hou Feng San)  
> Liu Shen Wan – *Caution: has a lot of very strong herbs & heavy metals (better to crush & dissolve & apply drops to ulcers)

Wind-Heat Invasion  
Acute  
- Sl. chills, high fever, sweating  
- Thirst, desire for cold drinks  
- Hoarseness of voice, dryness  
- Sensation of burning heat & soreness of the throat  
- Congestion of the retropharyngeal wall  
T: Red w/ red tip  
C: Thin yellow coat  
P: Floating/superficial; rapid  
Remove W-H, Benefit the throat  
---------------------------
Basic points +  
UB-12, 13; DU-14; GB-20; SJ-5  
Gua sha betw/ REN-22 & 23 (light stimulation: downwards, or back & forth)  
> Si Ji Qin Pian  
> Liu Shen Wan (be very careful in usage - very strong & has heavy metals)

Accumulation of Heat in LU & ST  
Acute  
Can arise from: W-H type, or irregular diet.  
- Thirst, desire for cold drinks  
- Distinct sore throat; difficulty in swallowing; thick sputum  
- If from LU: high fever  
- If from ST: bad mouth odor, toothache, gum bleeding  
- Constipation; dark, yellow urination  
T: Red  
C: Thick yellow (brownish) coat, or dry  
P: Fast, slippery; could be forceful (ST Heat)  
Remove Heat from Lung or Stomach organ, Benefit throat  
---------------------------
Basic points – esp. LU-11; LI-1, 4; P-3  
Blood letting: LU-11; LI-1  
For ST-H [if H from ST, use lower pts]: ST-44, 45; SJ-6 (constipation)  
For LU-H [if H from LU, use upper extremity pts]: LU-5, 7; LI-6 (luo), LI-7 (xi-cleft) ← heat in YM  
> Zhu Huang San - external Tx

Chronic Pharyngitis due to Yin Deficiency  
Chronic inflammation of pharyngeal mucous membrane & submucosal lymphoid tissues often d/t on-going Tx of acute pharyngitis or repeated occurrence of URT infection; related to high dust environment.  
- Dry throat, sore throat off/on, itching of throat  
- Cough, feeling of foreign body obstruction in the throat  
- Thirst; prefers to sip water at night  
- Hoarseness of voice  
- SX are worse after overworking or at night  
- Yin Xu Sx: hot flash, low grade fever, 5 palm heat, restlessness, …  
T: Red, thin, small w/ cracks  
C: Less coat, or thin, yellow; or mapped  
P: Thin & rapid  
Nourish Yin; Remove Empty Heat; Benefit throat  
---------------------------
Basic chronic points +  
KID-3; SP-6  
KID-1 (very good pt! Moxa to bring Empty-Heat back to its origin)  
UB-43, 53  
LU-7; KID-6  
> Liu Wei Di Huang Wan

Chronic Pharyngitis due to Yang Deficiency  
Yang Xu – retention of water; if fills in throat, throat problems:  
- Hoarseness, sl. sore throat or dull pain off/on  
- May lose voice  
- Yang Xu Sx: cold limbs, pale face, cold pain in low back/knees, impotence, edema on low extremities  
T: Pale, swollen, teeth marks  
Warm KID Yang; Promote urination; Remove swelling  
---------------------------
Basic chronic points +  
KID-3; REN-4, 6; DU-4; UB-23 w/ moxa  
Best to moxa:  
Du 4, Ren 4  
Ren 17 maybe ok

slightly overweight often. Cold pain but not so severe due to xu.
hoarseness & loss of
voice, less pain.
May also have edema of
lower body.

C: Wet, moist
P: Deep, weak, slow

If swelling/edema are severe: REN-3;
ST-28; UB-28
> Jin Gui Shen Qi Wan

### Tinnitus (er ming) & Deafness (er long)

Tinnitus indicates hyperactivity of ear f(x) – Deafness is hypoactivity of ear f(x)

#### Liver fire and Liver yang rising

<table>
<thead>
<tr>
<th>HYPER</th>
<th>LIV FIRE</th>
<th>LIV Yang Rising</th>
<th>Inner Wind</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anger</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HYPO</td>
<td>LIV Qi Yu</td>
<td>LIV Yin Xu</td>
<td></td>
</tr>
<tr>
<td>Stress, Depression</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1) HYPER = Anger → LIV fire (anger causes liver fire directly)
2) HYPO = Stress, depression → LIV Qi Yu → long-term LIV Qi Yu → LIV fire
3) In turn, LIV Fire: → LIV Yang Rising (excess/absolutely too much LIV Yang), or → LIV Yin Xu (which can lead to LIV Yang rising – Yang is relatively too much: Xu)
   * LIV Yang rising d/t Excess or LIV Yang rising d/t LIV Yin Xu (combination)
4) LIV Fire may cause inner wind (quarrels/anger/personality triggers leading to dizziness/vertigo…temporary = functional d.o.)
5) LIV Yang rising from LIV fire → Inner wind (wind stroke, hemiplegia)
6) LIV Yang rising from LIV Yin Xu → Inner Wind (menopause: anxiety, shaking, …)
7) LIV Yin Xu (no Yang relation) → Inner Wind (Parkinson’s)
8) LIV Xue Xu may cause inner wind (mild, older people, numbness of extremities, twitching of skin, spasms of legs…)

### Liver Fire vs. LIVER Yang UPRISING

<table>
<thead>
<tr>
<th>Sx:</th>
<th>General, superficial Heat in the Qi stage</th>
<th>Internal (deeper), localized Heat in the Xue stage</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Thirst, desire for cold drinks, bitter taste, red eyes, burning pain on hypochondrium, constipation, dark yellow urine</td>
<td>- Wind stroke = cerebral bleeding</td>
<td></td>
</tr>
<tr>
<td>T: Red body w/ red spots on sides</td>
<td>- Xue is involved → Shen disturbances</td>
<td></td>
</tr>
<tr>
<td>C: Yellow</td>
<td>- Throbbing headaches, worse when lying down, hypertension / high bp, dizziness, vertigo, irritability, anger, tossing &amp; turning, restlessness, insomnia</td>
<td></td>
</tr>
<tr>
<td>P: Wiry, slippery, fast</td>
<td>T: Red or scarlet</td>
<td></td>
</tr>
<tr>
<td>* More on head, 5 sense organs, trunk, and LI</td>
<td>P: Wiry &amp; slippery</td>
<td></td>
</tr>
<tr>
<td>If may not be any thirst, or dark yellow urine, or constipation, or fast pulse</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Superficially, LIV Fire looks worse, but LIV Yang rising is, in fact, more internal and worse

If comes from LIV Fire or if comes from LIV Yin Xu, will see Sx of respective differentiations

### Basic points for all Tinnitus & Deafness

Local: SI-19; GB-2; SJ-21; SJ-17
Distal: SJ-3; SJ-5; GB-41
<table>
<thead>
<tr>
<th>LIV &amp; GB Fire Flaring</th>
<th>Remove LIV/GB Fire, Subdue LIV Yang, Benefit ears</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LIV Yang Rising (is included)</strong></td>
<td><strong>Basic +</strong></td>
</tr>
<tr>
<td><strong>Acute, Excess</strong></td>
<td>GB-40, 43, 20</td>
</tr>
<tr>
<td>Seen often in: teenagers &amp; military</td>
<td>LIV-2, 3, 5</td>
</tr>
<tr>
<td></td>
<td>UB-18, 19 (sedate)</td>
</tr>
<tr>
<td>- Acute onset</td>
<td><strong>Remove Phlegm Fire, Benefit Ears</strong></td>
</tr>
<tr>
<td>- Clearly related to emotional disorder</td>
<td><strong>Basic +</strong></td>
</tr>
<tr>
<td>- Loud &quot;thundering&quot; noise in ears or high pitch</td>
<td>REN-17, 12;</td>
</tr>
<tr>
<td>- LIV fire symptoms (anger, irritability, bitter taste, thirsty, hypochondriac pain, etc)</td>
<td>ST-39, 40</td>
</tr>
<tr>
<td>- Or LIV Yang Rising Sx</td>
<td>SP-9</td>
</tr>
<tr>
<td>- Pressure around ears</td>
<td>LI-4, 11</td>
</tr>
<tr>
<td>- Acute onset</td>
<td>GB-43</td>
</tr>
<tr>
<td>- Loud &amp; noisy ringing, like crickets or cicadas</td>
<td>(&gt;3) pts for Xue Stasis:</td>
</tr>
<tr>
<td>- Pressure or sharp pain in/around ears – combined w/ ear ache or ear infection (yellow, sticky discharge): ear infection or allergy related; turbid fluid inside; swimmer's ear</td>
<td>UB-40 (\Rightarrow) SP-10 (\Rightarrow) UB-17</td>
</tr>
<tr>
<td>- Heaviness of head; foggy sensation</td>
<td><strong>Promote circulation, Remove Xue Stasis; Open Channels to benefit ears</strong></td>
</tr>
<tr>
<td>- Tightness of chest &amp; profuse mucous</td>
<td><strong>Basic +</strong></td>
</tr>
<tr>
<td>- Nausea, vomiting; cough w/ yellow sputum</td>
<td>UB-17, 40; SP-10</td>
</tr>
<tr>
<td>- Profuse vaginal discharge</td>
<td>SI-3; UB-62 (open DU/Yang to move Qi)</td>
</tr>
<tr>
<td>- Constipation; dark yellow urine</td>
<td><strong>Strengthen lower back; Tonify KID; Benefit Ear</strong></td>
</tr>
<tr>
<td>T: Red C: Yellow, greasy: thin or thick</td>
<td><strong>Basic Pts +</strong></td>
</tr>
<tr>
<td>P: Slippery, wiry, fast</td>
<td>KID Essence Xu: KID-3; SP-6; GB-39; DU-15, 16 (sea of marrow)</td>
</tr>
<tr>
<td><strong>Phlegm Fire Flaring Up</strong></td>
<td>KID Yin Xu: basic + Essence pts + KID-6, 1; UB-43, 52</td>
</tr>
<tr>
<td><strong>Acute, Excess</strong></td>
<td>KID Yang Xu: basic + Essence pts + UB-23; DU-4; REN-4, 6</td>
</tr>
<tr>
<td>- Chronic onset; intermittent</td>
<td><strong>KID Essence Xu:</strong> KID Essence Xu: KID Essence Xu; SP-6; GB-39; DU-15, 16 (sea of marrow)</td>
</tr>
<tr>
<td>- Intermittent ringing: high pitch (like whistle), not loud or like water flowing</td>
<td><strong>KID Yin Xu:</strong> KID Yin Xu: basic + Essence pts + KID-6, 1; UB-43, 52</td>
</tr>
<tr>
<td>- Gradually leading to deafness</td>
<td><strong>KID Yang Xu:</strong> KID Yang Xu: basic + Essence pts + UB-23; DU-4; REN-4, 6</td>
</tr>
<tr>
<td>+ KID Essence Xu: dizziness, vertigo, weakness of lower back and knee joints, hair loss</td>
<td><strong>Strengthen lower back; Tonify KID; Benefit Ear</strong></td>
</tr>
<tr>
<td>+ KID Yin Xu: hot flash, night sweating, palm heat, low grade fever, steaming bone, night emissions, red tongue body, small and thin in size, cracks, less coating; thin &amp; fast P</td>
<td><strong>Basic Pts +</strong></td>
</tr>
<tr>
<td>+ KID Yang Xu: edema from lower extremities, cold extremities, pale face, fatigue, cold pain on the lower back, water retention in the ears; T: swollen, pale, teeth marks, moist &amp; wet coat; P: deep, weak, slow</td>
<td>KID Essence Xu: KID Essence Xu; SP-6; GB-39; DU-15, 16 (sea of marrow)</td>
</tr>
<tr>
<td>- Old age / overwork related</td>
<td>KID Yin Xu: KID Yin Xu: basic + Essence pts + KID-6, 1; UB-43, 52</td>
</tr>
<tr>
<td>KID Yin Xu (\Rightarrow) LIV Yang (\Rightarrow) tinnitus</td>
<td>KID Yang Xu: KID Yang Xu: basic + Essence pts + UB-23; DU-4; REN-4, 6</td>
</tr>
<tr>
<td>KID essence Xu (\Rightarrow) deafness</td>
<td><strong>Promote circulation, Remove Xue Stasis; Open Channels to benefit ears</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Traumatic accidents w/ Xue Stagnation</th>
<th><strong>Promote circulation, Remove Xue Stasis; Open Channels to benefit ears</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>(blockage of channels around the ears)</td>
<td><strong>Basic +</strong></td>
</tr>
<tr>
<td><strong>Acute, Excess</strong></td>
<td>REN-17, 12;</td>
</tr>
<tr>
<td></td>
<td>ST-39, 40</td>
</tr>
<tr>
<td></td>
<td>SP-9</td>
</tr>
<tr>
<td></td>
<td>LI-4, 11</td>
</tr>
<tr>
<td></td>
<td>GB-43</td>
</tr>
<tr>
<td>- Acute</td>
<td>UB-17, 40; SP-10</td>
</tr>
<tr>
<td>- Clear hx of traumatic accident</td>
<td>SI-3; UB-62 (open DU/Yang to move Qi)</td>
</tr>
<tr>
<td>- Concussion, followed by ringing or deafness</td>
<td><strong>3 pts for Xue Stasis:</strong></td>
</tr>
<tr>
<td>- Dizziness, fixed headache</td>
<td>UB-40 (\Rightarrow) SP-10 (\Rightarrow) UB-17</td>
</tr>
<tr>
<td>- Ringing worse at night</td>
<td><strong>Strengthen lower back; Tonify KID; Benefit Ear</strong></td>
</tr>
<tr>
<td>- Other Sx: bruise, masses, …</td>
<td><strong>Basic Pts +</strong></td>
</tr>
<tr>
<td>T: Purple or w/ purple spots</td>
<td><strong>KID Essence Xu:</strong> KID Essence Xu: KID Essence Xu; SP-6; GB-39; DU-15, 16 (sea of marrow)</td>
</tr>
<tr>
<td>P: Hesitant (se mai: same as choppy in some texts)</td>
<td><strong>KID Yin Xu:</strong> KID Yin Xu: basic + Essence pts + KID-6, 1; UB-43, 52</td>
</tr>
<tr>
<td><strong>KID Xu: Yin, Essence, or Yang</strong></td>
<td><strong>KID Yang Xu:</strong> KID Yang Xu: basic + Essence pts + UB-23; DU-4; REN-4, 6</td>
</tr>
<tr>
<td><strong>Chronic, Deficiency</strong></td>
<td><strong>Strengthen lower back; Tonify KID; Benefit Ear</strong></td>
</tr>
</tbody>
</table>

- Chronic onset; intermittent
- Intermittent ringing: high pitch (like whistle), not loud or like water flowing
- Gradually leading to deafness
+ KID Essence Xu: dizziness, vertigo, weakness of lower back and knee joints, hair loss
+ KID Yin Xu: hot flash, night sweating, palm heat, low grade fever, steaming bone, night emissions, red tongue body, small and thin in size, cracks, less coating; thin & fast P
+ KID Yang Xu: edema from lower extremities, cold extremities, pale face, fatigue, cold pain on the lower back, water retention in the ears; T: swollen, pale, teeth marks, moist & wet coat; P: deep, weak, slow
- Old age / overwork related
KID Yin Xu \(\Rightarrow\) LIV Yang \(\Rightarrow\) tinnitus
KID essence Xu \(\Rightarrow\) deafness
<table>
<thead>
<tr>
<th><strong>Zong Qi Xu or Upper Jiao Xu</strong></th>
<th><strong>Tonify Zong Qi, Benefit ears / Sharpen 5 sense organs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chronic, Deficiency</strong></td>
<td><strong>-----------------------------</strong></td>
</tr>
<tr>
<td>&gt; Zong Qi in charge of skin</td>
<td>Basic pts +</td>
</tr>
<tr>
<td>sensations and f(x) of 5 sense</td>
<td>REN-17; UB-13; UB-20; UB-21</td>
</tr>
<tr>
<td>organs</td>
<td>ST-36; LU-9</td>
</tr>
<tr>
<td>&gt; = Da, Wei, and Ying Qi</td>
<td></td>
</tr>
<tr>
<td><strong>Symptoms</strong></td>
<td></td>
</tr>
<tr>
<td>- Chronic onset</td>
<td></td>
</tr>
<tr>
<td>- May or may not have ringing</td>
<td></td>
</tr>
<tr>
<td>in ears</td>
<td></td>
</tr>
<tr>
<td>- Decreased hearing, until</td>
<td></td>
</tr>
<tr>
<td>it progresses to deafness</td>
<td></td>
</tr>
<tr>
<td>- Zong Qi Xu: Pale face; fati-</td>
<td></td>
</tr>
<tr>
<td>gue/tired; soft voice;</td>
<td></td>
</tr>
<tr>
<td>palpitations; spontaneous</td>
<td></td>
</tr>
<tr>
<td>sweating; poor appetite;</td>
<td></td>
</tr>
<tr>
<td>SOB; numbness of extremi-</td>
<td></td>
</tr>
<tr>
<td>ties T: Pale, swollen</td>
<td></td>
</tr>
<tr>
<td>C: Thin, white</td>
<td></td>
</tr>
<tr>
<td>P: Deep &amp; weak esp. on R</td>
<td></td>
</tr>
<tr>
<td>side (in LU &amp; SP)</td>
<td></td>
</tr>
<tr>
<td><strong>Treatment</strong></td>
<td></td>
</tr>
<tr>
<td>Tonify Zong Qi, Benefit ears</td>
<td></td>
</tr>
<tr>
<td>and Sharpen 5 sense organs</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>HT Xue Xu</strong></th>
<th><strong>Nourish HT Xue; Benefit ears and Shen</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chronic, Deficiency</strong></td>
<td><strong>-----------------------------</strong></td>
</tr>
<tr>
<td>Heart houses Shen: Narrow</td>
<td>Basic +</td>
</tr>
<tr>
<td>definition: memory &amp; concentration</td>
<td>LIV-8; UB-15, 17;</td>
</tr>
<tr>
<td>Broad: includes facial</td>
<td>REN-14; ST-36; SP-6</td>
</tr>
<tr>
<td>complexion, speech, tongue</td>
<td></td>
</tr>
<tr>
<td>movement, eye movement,</td>
<td></td>
</tr>
<tr>
<td>and 5 sense organ f(x)</td>
<td></td>
</tr>
<tr>
<td>Brain houses Shen: therefore</td>
<td></td>
</tr>
<tr>
<td>memory related to HT Xue</td>
<td></td>
</tr>
<tr>
<td>and KID Essence: HT Xue (</td>
<td></td>
</tr>
<tr>
<td>short term), KID Essence (</td>
<td></td>
</tr>
<tr>
<td>long term)</td>
<td></td>
</tr>
<tr>
<td><strong>Symptoms</strong></td>
<td></td>
</tr>
<tr>
<td>- Chronic</td>
<td></td>
</tr>
<tr>
<td>- Ringing: high pitch, not</td>
<td></td>
</tr>
<tr>
<td>loud, off/on; worse</td>
<td></td>
</tr>
<tr>
<td>after over-working</td>
<td></td>
</tr>
<tr>
<td>- Deafness</td>
<td></td>
</tr>
<tr>
<td>- Floaters, blurred vision</td>
<td></td>
</tr>
<tr>
<td>- Dizziness, poor memory &amp;</td>
<td></td>
</tr>
<tr>
<td>concentration, palpita-</td>
<td></td>
</tr>
<tr>
<td>tions</td>
<td></td>
</tr>
<tr>
<td>- Scanty, light menses</td>
<td></td>
</tr>
<tr>
<td>- Fatigue</td>
<td></td>
</tr>
<tr>
<td>- Pale nails</td>
<td></td>
</tr>
<tr>
<td><strong>Treatment</strong></td>
<td></td>
</tr>
<tr>
<td>Nourish HT Xue; Benefit ears</td>
<td></td>
</tr>
<tr>
<td>and Shen</td>
<td></td>
</tr>
<tr>
<td>----------------------------</td>
<td>---------------------------------</td>
</tr>
</tbody>
</table>
**Xiao Ke Differential Diagnosis & Treatment**

1) Great thirst; 2) Great Hunger; 3) Profuse Urination; 4) Emaciation

<table>
<thead>
<tr>
<th>Basic / Special Point</th>
<th>Insulin Point</th>
<th>Remove excess LU heat; Nourish LU Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>In China – point injection technique (Vi B12) at this point w/ qi sensation first – this halves the normal insulin needed</em></td>
<td>1.5 cm lateral to T8 (below spinous process)</td>
<td>---</td>
</tr>
</tbody>
</table>

### Upper-Jiao Diabetes

<table>
<thead>
<tr>
<th>Excessive heat in LU w/ LU Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Initial stage)</td>
</tr>
<tr>
<td>- Acute</td>
</tr>
<tr>
<td>- <strong>Great thirst</strong>: cough, yellow mucous; dry throat, mouth; sweating</td>
</tr>
<tr>
<td>- Desire for drinks</td>
</tr>
<tr>
<td>- Dry stool (constipation); Fatigue</td>
</tr>
<tr>
<td>If more Yin Xu:</td>
</tr>
<tr>
<td>- Dry skin, nose; dry cough, blood tinged sputum; palm heat; night sweating</td>
</tr>
<tr>
<td>*be careful to not misdiagnose w/Yangming or Qi level heat</td>
</tr>
<tr>
<td>T: Red spots on the tip; thin yellow</td>
</tr>
<tr>
<td>P: Thin, fast or (rapid, full)</td>
</tr>
</tbody>
</table>

### Middle-Jiao Diabetes

<table>
<thead>
<tr>
<th>Excessive heat in ST w/ ST Yin Xu</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Middle stage)</td>
</tr>
<tr>
<td>- Could be acute</td>
</tr>
<tr>
<td>- <strong>Great hunger</strong></td>
</tr>
<tr>
<td>- Burning pain in ST; thirsty; constipation; dark yellow urine</td>
</tr>
<tr>
<td>- Feeling of heat</td>
</tr>
<tr>
<td>- Yin Xu Sx: palm heat, night sweating</td>
</tr>
<tr>
<td>- More severe: gum bleeding, toothache; or acne becomes worse</td>
</tr>
<tr>
<td>T: Red or scarlet, w/cracks;</td>
</tr>
<tr>
<td>C: Thick yellow, or yellow greasy, or mirror coat (ST Yin Xu) or no coat</td>
</tr>
<tr>
<td>P: Fast, slippery, forceful; or thin, and fast [maybe floating (Yin cannot hold Yang)]</td>
</tr>
</tbody>
</table>

### Lower-Jiao Diabetes

<table>
<thead>
<tr>
<th>KID Yin Xu with Empty-Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>May have UJ or MJ Diabetes for many years already that progressed into this stage.</td>
</tr>
<tr>
<td>(Last stage)</td>
</tr>
<tr>
<td>- Chronic</td>
</tr>
<tr>
<td>- <strong>Polyuria</strong> = Profuse urination &amp;/or emaciation</td>
</tr>
<tr>
<td>- Frequent urination: daytime 6-10x; night 2-3x (may complain of insomnia s/night time urination)</td>
</tr>
<tr>
<td>- Fatigue, lower back pain, weakness of knees/ankles</td>
</tr>
<tr>
<td>- Tinnitus, deafness; palm heat, night sweat, low-grade fever</td>
</tr>
<tr>
<td>- May still have hunger &amp; thirst. Also: dizzy, vertigo, tinnitus, low back pain; fatigue; n. sweat; low grade fever; 5 palm</td>
</tr>
<tr>
<td>- May progress to KID Yang Xu type w/ water retention near the end → serious → Px is very poor</td>
</tr>
<tr>
<td>T: Red, small, (thin) w/ cracks</td>
</tr>
<tr>
<td>C: Yellow coat, dry (no coat), less coat, or mapped</td>
</tr>
<tr>
<td>P: Weak, thin, fast (deep)</td>
</tr>
</tbody>
</table>

**KID is root of body Yin, therefore, affects all Yin LIV (nerve), HT (shen)**

KID Xu heat disorders: Yin axis (left pulse: HT, LIV, KID) – affects all three organs: Yin/Xue.

### Dietary therapy is very important!

**Nourish Kid Yin**

Insulin point +

+) KID-3, 6, 1; SP-6

UB-23, 52, 43

If Yang Xu: DU-4, REN-4, 6 w/ moxa

Acupuncture is not strong enough; must include herbal therapy

> *Yu Quan Wan* (Jade spring pills) [for all types]

> With LIV & KID Yin Xu: may see burning toes as a symptom

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## Hypothyroidism Differential Diagnosis & Treatment

### 1st – Qi & Yang Xu
- **Basic Points**: Tonify Yuan Qi to support LU and KID: REN-4; REN-6; REN-12; ST-36; DU-4; KID-8
- **Local**: REN-22; ST-9; LI-18; REN-23 (meeting of Yin Wei)
- **To open throat (REN – goes to thyroid)**: LU-7 + KID-6

A lot of moxa is appropriate – on KID channel for edema

### LIV Qi Yu or LIV → SP

#### Excess
- Stress, depression
- Mood/emotional swings
- Sighing from time to time
- Distending feeling in chest, or distention of hypochondriac region
- Poor appetite; alternating constipation and diarrhea; gas/bloating

<table>
<thead>
<tr>
<th>T: Normal or pale (if SP Qi Xu)</th>
<th>C: thin white</th>
<th>P: Wiry</th>
</tr>
</thead>
</table>

*Stubborn depression; fatigue; edema – recommend having thyroid checked!*

#### Chronic
- Chronic
- Hair loss
- Poor memory and concentration
- Poor spirit (lack of initiative), fatigue, sleepiness
- Poor appetite; scanty, pale red menses
- Palpitations, dream-disturbed sleep

<table>
<thead>
<tr>
<th>T: Pale</th>
<th>C: Thin white</th>
<th>P: Thin and weak</th>
</tr>
</thead>
</table>

### SP Qi Xu w/ HT Xue Xu (Qi and Xue Xu)

#### Chronic
- Chronic
- Gas/bloating
- Poor appetite, cravings for sweets
- Overweight; profuse vaginal discharge
- Coughing out mucus
- Nausea, vomiting; general heaviness

<table>
<thead>
<tr>
<th>T: Pale, swollen, teeth marks</th>
<th>C: Thick, greasy, white</th>
<th>P: Deep, slippery, w/o strength</th>
</tr>
</thead>
</table>

### Soothe LIV Qi; Strengthen SP

Basic +
- LI-4, LIV-3
- GB-34; LIV-14
- UB-18, 47
- DU-24, Yintang (for stress & depression)

> Needle DU-24 and Yintang towards each other with e-stim (better to even add O2 if allowed!)

### Tonify SP Qi, Nourish HT Xue

Basic +
- REN-14; UB-15, 17, 20
- ST-36; SP-6
- P-6

### SP Qi Xu w/ Retention of Dampness

#### Chronic
- Chronic
- Gas/bloating
- Poor appetite, cravings for sweets
- Overweight; profuse vaginal discharge
- Coughing out mucus
- Nausea, vomiting; general heaviness

<table>
<thead>
<tr>
<th>T: Pale, swollen, teeth marks</th>
<th>C: Thick, greasy, white</th>
<th>P: Deep, slippery, w/o strength</th>
</tr>
</thead>
</table>

### Tonify SP Qi, Remove Dampness

Basic +
- ST-36; SP-6
- SP-9; ST-40; SJ-5
- UB-20, 21
<table>
<thead>
<tr>
<th>KID Yang Xu with Water retention</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chronic</strong></td>
<td></td>
</tr>
<tr>
<td>- Chronic</td>
<td></td>
</tr>
<tr>
<td>- Cold extremities</td>
<td></td>
</tr>
<tr>
<td>- Fatigue</td>
<td></td>
</tr>
<tr>
<td>- Lower back weakness, edema (whole body: puffy face, esp. lower body)</td>
<td></td>
</tr>
<tr>
<td>- Difficult urination; or profuse, frequent, clear urination</td>
<td></td>
</tr>
<tr>
<td>- Impotence, or aversion to sexual intercourse; male or female infertility</td>
<td></td>
</tr>
<tr>
<td>T: Pale, swollen, teeth marks</td>
<td></td>
</tr>
<tr>
<td>C: White or moist</td>
<td></td>
</tr>
<tr>
<td>P: Deep, slow, weak, esp. in both 3rd positions</td>
<td></td>
</tr>
<tr>
<td><strong>Warm KID Yang, Promote urination, Remove water retention</strong></td>
<td></td>
</tr>
<tr>
<td>------------------------------</td>
<td>---</td>
</tr>
<tr>
<td>Basic +</td>
<td></td>
</tr>
<tr>
<td>KID-3, KID-2, UB-63: paired to promote urination</td>
<td></td>
</tr>
<tr>
<td>REN-3; ST-28; UB-28, 22 SJ-5</td>
<td></td>
</tr>
<tr>
<td>Can use moxa</td>
<td></td>
</tr>
</tbody>
</table>
## Appendicitis (chang yong)

### Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Initial Stage: 2-12 hrs</th>
<th>Differential Diagnosis</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi Yu &amp; Food Retention</td>
<td>1st stage: (gas bloat &amp; qi wandering pain)</td>
<td>Soothe Liver Qi; Promote Qi &amp; Xue circulation; Remove food stagnation</td>
</tr>
<tr>
<td></td>
<td>- Acute pain in epigastric area or distending pain in abdomen (could be wandering &amp; general)</td>
<td><em>Do not tx! Bed rest and npo</em></td>
</tr>
<tr>
<td></td>
<td>- Pain may radiate to hypochondriac region</td>
<td>Basic points +</td>
</tr>
<tr>
<td></td>
<td>- Irritation; aversion to touch &amp; pressure (food Yu)</td>
<td>4 gates; REN-12; UB-20, 21</td>
</tr>
<tr>
<td></td>
<td>- Nausea, vomiting; gas/bloating</td>
<td>--</td>
</tr>
<tr>
<td></td>
<td>- Decreased appetite; may have aversion to food</td>
<td>LI-4; GB-41; DU-14, UB-40</td>
</tr>
<tr>
<td></td>
<td>- Constipation</td>
<td>In Modern Countries you shouldn’t treat with Acupuncture, send to ER</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2nd stage: Pain shifts to lower R-side</th>
<th>Accumulation of Damp-Heat in YM / intestines</th>
<th>Clear Heat or D-H; Promote circulation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Qi Yu &amp; Food Stagnation</td>
<td>Irregular Diet, Over-consumption of spicy or greasy foods</td>
<td><em>Da Huang Mu Dan Pi Tang</em></td>
</tr>
<tr>
<td>(Qi Yu &amp; Food Stagnation)</td>
<td>(Qi Yu &amp; Food Stagnation)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Middle stage</td>
<td>Basic points +</td>
</tr>
<tr>
<td></td>
<td>- Fixed, burning pain in right lower abdomen</td>
<td>SJ-6; LI-11</td>
</tr>
<tr>
<td></td>
<td>- McBurney’s point is reactive/(+) [refer to M.D.!]</td>
<td>ST-44, 45, 34 (xi-cleft)</td>
</tr>
<tr>
<td></td>
<td>- Rebound tenderness</td>
<td>SP-9; ST-40</td>
</tr>
<tr>
<td></td>
<td>- Aversion to touch</td>
<td>--</td>
</tr>
<tr>
<td></td>
<td>- Distending sensation in abdomen</td>
<td>LI-4; GB-41; DU-14, UB-40</td>
</tr>
<tr>
<td></td>
<td>- Walking, coughing makes pain worse</td>
<td><em>In Modern Countries you shouldn’t treat with Acupuncture, send to ER</em></td>
</tr>
<tr>
<td></td>
<td>- Constipation; dark yellow urination</td>
<td>&gt; Da Huang Mu Dan Pi Tang</td>
</tr>
<tr>
<td></td>
<td>- Thirsty; desire for drinks (heat) or no desire to drink (damp)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Fever, high fever; may have chills; sweating (may indicate severe case – refer to MD!)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- Nausea; vomiting; poor appetite</td>
<td></td>
</tr>
<tr>
<td></td>
<td>T: Red</td>
<td></td>
</tr>
<tr>
<td></td>
<td>C: Thick, yellow, greasy</td>
<td></td>
</tr>
<tr>
<td></td>
<td>P: Wiry, slippery, fast</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>3rd stage: Qi Yu with Blood Stasis – may have retention of phlegm (abscess)</th>
<th>Chronic (Sx may last for months to years)</th>
<th>Promote Qi &amp; Blood Circulation; Remove Blood Stasis</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Last stage: abscess is wrapped in body tissue: pus can’t come out; blockage still there</td>
<td>Basic points +</td>
</tr>
<tr>
<td></td>
<td>- Deep, dull pain off &amp; on in lower abdomen; more on lower right region w/distending sensation; sometimes radiates to groin – fixed pain – with prickling, needling sensation (blood stasis)</td>
<td>SP-10; UB-40, 17</td>
</tr>
<tr>
<td></td>
<td>- Aversion to touch; mass in local area (fist-sized)</td>
<td>GB-26, 27, 28 (Dai)</td>
</tr>
<tr>
<td></td>
<td>- Exercise &amp; pressure makes it worse</td>
<td>4 gates, LI-11</td>
</tr>
<tr>
<td></td>
<td>- Worse at Night</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- May not have fever or chills anymore</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- No rebound tenderness; McBurney’s point is negative</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- May have poor appetite, constipation, fatigue, gas, bloating</td>
<td></td>
</tr>
<tr>
<td></td>
<td>T: Normal, or pale-purple</td>
<td>&gt; Da Huang Mu Dan Pi Tang</td>
</tr>
<tr>
<td></td>
<td>C: Yellow, greasy; or less than before</td>
<td>Da Huang: to purge bowel &amp; for blood stasis (high cholesterol); mu dan pi: for blood</td>
</tr>
<tr>
<td></td>
<td>P: Wiry, hesitant</td>
<td></td>
</tr>
</tbody>
</table>

### Basic points for ALL types of Appendicitis

- REN-6; ST-25; SP-15
- ST-36; ST-37
- Lanweixue (appendicitis extra point) – for tx and dx: tender on R side [about 2 cun below ST-36 on right leg - Palpate to find reactive spot]
### Constipation (bian mi)
#### Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic Points:</th>
<th>ST-25 (fin of LI); UB-25 [back shu of LI]; SJ-6; KID-6</th>
<th>Ba liao – for Excess cases; (ST-37 [lower HS of LI])</th>
</tr>
</thead>
</table>

**Liver Qi Yu Type Constipation**  
First hard then soft = Disharmony of Liver & Middle Jiao  
- Hard at first, but then loose at the end, or like pebbles  
- With gas & bloating in the abdomen  
- Distention in the hypochondriac region; irritability  
- Stress, depression  
T: Normal or slightly red  
P: Wiry  

**Soothe Liver Qi; Promote BM**  
Basic +  
4 gates; GB-34; UB-18; Ba liao  
REN-12, 6; LIV-2: Use reducing method

| **Accumulation of Heat or Damp-Heat in the LI**  
Heat-type constipation | Yang Ming Sx:  
- 4 Greats; constipation w/ abdominal distension and even pain  
- In severe cases, may have delirium  
- Perhaps mass - palpable  
- Red face, dry mouth w/ foul breath, thirsty, restlessness, etc.  
T: Red  
P: Rapid, full  

**Clear Heat from Intestines; Promote BM**  
Basic +  
LI-11, SJ-5; ST-36, 34  
ST-44, 45  
ST-37 (lower He Sea of LI); LI-4  
SP-14 (promote distribution of body fluids)

| **Qi Xu (LU & SP)** | Yang Ming Sx:  
- Stool is not hard: may not be dry, may be normal, but difficult to move out  
- During defecation: may sweat, SOB, exhaustion, etc. (common in the elderly)  
- Patient still experiences constipation  
- Discomfort in the lower abdomen, not necessarily distension or pain  
- Pale face, fatigue; spontaneous sweating; depressed appetite; soft voice; SOB; lassitude  
T: Pale  
P: Thin, deep  

**Tonify LU & SP Qi; Promote BM**  
Basic +  
ST-36; SP-3, 6  
UB-13, 20, 21  
REN-6, 17

| **Kidney Yang Xu**  
Cold-type constipation | Yang Ming Sx:  
- Stool is not dry, but infrequent  
- Cold hands & feet; cold sensation in or on abdomen  
- Edema; cold sensation of the back  
- Clear, profuse, frequent urination  
- Impotence; decreased libido  
- Pale face; desire for warmth  
T: Pale, swollen  
P: Deep, Slow, weak  

**Warm Kidney Yang; Promote BM**  
Basic +  
REN-4, 6, (8); DU-4; UB-23 w/ moxa  
> Ji Chuan Jian  
Use herbs of hot nature to warm and reinforce
Cerebrovascular Accident (CVA) / Stroke / Wind Stroke (*zhong feng*)
Differential Diagnosis & Treatment

1. Clear Inner Wind Basic points:

<table>
<thead>
<tr>
<th>Points for Inner Wind</th>
<th>Points for Basic</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 pts for Inner Wind</td>
<td>4 gates</td>
<td></td>
</tr>
<tr>
<td>6 pts for Inner Wind</td>
<td>4 gates + LI-11 + GB-34</td>
<td>[one ea. from normal side = “crossing technique” – esp. good for wind-stroke]</td>
</tr>
<tr>
<td>8 pts for Inner Wind</td>
<td>6 pts + SP-6 + P-6</td>
<td>[best on normal side]</td>
</tr>
<tr>
<td>10 pts for Inner Wind</td>
<td>8 pts + LI-15 + GB-41</td>
<td>[best on normal side]</td>
</tr>
</tbody>
</table>

2. 1 Acute stage – Wind stroke of meridians:

**Liver Yang Rising**

* d/t LIV and KID Yin Xu w/ Inner Wind

May first have sx’s of LIV Yang Rising which then suddenly turn into LIV / Inner Wind

* May be d/t age, hypertension

More Yang type

(fire, wood types)

- Early signs: dizziness, vertigo, headaches, tinnitus, numbness of extremities, local weakness [hx of LIV Yang ^]
- Followed by: sudden deviation of the mouth, dysphagia, aphasia; hemiplegia; facial paralysis (central facial paralysis); disorientation; lose balance/unsteadiness
- LIV & KID Yin Xu Sx:
  - Weakness of lower back, ...
  - *Some patients may have more sx of excess and some with more sx of Xu – if Yin Xu: red face, 5 palm heat, etc – if Xu will have: lower back pain, weakness of lower back and knees
  - *Pre-symptoms: eye twitching, feel numbness of limbs

| T: | Red, small, thin |
| C: | Thin yellow; or less or peeled |
| P: | Wiry, fast; may be superficial |

**Damp-Phlegm and Inner Wind**

* Harassing the meridians

- Acute onset -

* May be d/t high cholesterol, overweight

More Yin type

(water, earth types)

- Hx of overweight or weight gain/obesity, w/ high cholesterol
- Early: heavy head, headaches, heaviness of one side of the body, foggy head or mental confusion
- Profuse yellow, sticky phlegm/sputum w/ chest tightness
- Nausea, vomiting; dark yellow urination, constipation
- Followed by: deviation of mouth; hemiplegia; dysphagia, aphasia; numbness or flaccidity on one side of the body
- Unsteady gait
- Dizziness and vertigo

| T: | Red, may be swollen |
| C: | Thick, greasy, white or yellow |
| P: | Wiry, slippery (fast) |

**Subdue LIV Yang, Nourish LIV & KID Yin, Remove Inner Wind**

-----------------

GB-20; DU-16, 20
KID-3, 6; SP-6; LIV-3; SJ-5
GB-34

**Sedate LIV Yang:**

LIV-3; SJ-5; GB-20; DU-20 (use blood letting at DU-20, esp if high bp)

**Tonify LIV and KID Yin:**

KID-3; SP-6; UB-52

**Remove inner wind:**

4 gates, DU-16

**Points around joints for hemiplegia:**

GB-40, 30; LI-15

**Remove Inner Wind by eliminating Damp-Phlegm; Benefit meridians**

-----------------

Remove inner wind:

DU-16, 20; GB-20 - wind

Remove phlegm:

REN-17, 12; ST-40; SP-9; P-6
# 2.2 Acute Stage – Wind Stroke of Organs

<table>
<thead>
<tr>
<th>Closed/Tense Syndrome</th>
<th>YANG CLOSING</th>
<th>YIN CLOSING</th>
<th>Yang Xu Sx:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Loss of consciousness</td>
<td>LIV Yang rising w/ Rebellious Qi &amp; Blood w/ Inner wind</td>
<td>Turbid Phlegm blocking the 5 sense organs w/ Inner Wind</td>
<td>- Sudden falling with LOC</td>
</tr>
<tr>
<td></td>
<td>- Rising of LIV yang will carry up Qi and blood</td>
<td>- Clearly related to emotional d.o.</td>
<td>- Incontinence + Yang Xu Sx</td>
</tr>
<tr>
<td>Ex. people who are</td>
<td>- Ex. people who are angry and then suddenly collapse OR people who drink too much, then collapse</td>
<td>- Sudden falling down with convulsion, LOC</td>
<td>- Incontinence of urine/stool, tears, nasal discharge, saliva, …</td>
</tr>
<tr>
<td>Clenched teeth, mouth, jaw, fist</td>
<td></td>
<td>- Pale face; clenched teeth, jaw, mouth; tight faced</td>
<td>- Profuse loose or watery, cold sweating; feeble breath</td>
</tr>
<tr>
<td>Total Excess type</td>
<td></td>
<td>- Eyes are closed</td>
<td>- Cold extremities; pale face</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- No bm, no sweat</td>
<td>T: Pale, swollen (with teeth marks)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Cold limbs; cooler body temperature</td>
<td>C: Wet, moist</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- No restlessness (may lie quiet)</td>
<td>P: Deep, feeble, slow - indistinctive</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Rattling sound of phlegm in throat, or rough, fast breath, or wheezing</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Must remove phlegm/mucus or P, may suffocate</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>T: Scarlet</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>C: Yellow, brown, black, dry</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>P: Slippery, wiry, fast</td>
<td></td>
</tr>
</tbody>
</table>

## Yang Shi Sx:
- Clearly related to emotional d.o.
- Sudden falling into convulsion with LOC
- Clenched teeth and mouth; closed fist; Tetany or convulsions; red face
- Eyes remain open
- Warm or hot body temperature; no sweating
- Constipation / retention of stool and urine
- Restlessness; irritability

## Sedate LIV Yang, Remove Inner Wind, Descend Qi and Blood, Open orifices

Five essential points (for consciousness & to open the HT):
- DU-20, 26; HT-1; P-8; KID-1
- Also: GB-20; LIV-2, 3 SJ-5; DU-15, 16

## Yin Shi Sx:
- Clearly related to emotional d.o.
- Sudden falling down with convulsion, LOC
- Pale face; clenched teeth, jaw, mouth; tight faced
- Eyes are closed
- No bm, no sweat
- Cold limbs; cooler body temperature
- No restlessness (may lie quiet)
- Rattling sound of phlegm in throat, or rough, fast breath, or wheezing
- Must remove phlegm/mucus or P, may suffocate

## Remove Turbid Phlegm and Inner Wind; Open orifices of internal organs

5 Essential points:
- DU-20, 26; HT-1; P-8; KID-1
- REN-17, 12; ST-40; SP-9
- Also:
  - P-6; DU-16; GB-20, 34; REN-11, 12; 4 gates

## Yang Xu Sx:
- Sudden falling with LOC
- Open mouth with eyes closed
- Incontinence + Yang Xu Sx
- Incontinence of urine/stool, tears, nasal discharge, saliva, …
- Profuse loose or watery, cold sweating; feeble breath
- Cold extremities; pale face

## Save Yang from collapse

Moxa is very important
- REN-4, 6; DU-20, 4
- UB-35 (mtg of Yang)

Moxa on REN-8: indirect with salt.

> Single red ginseng decoction (w/ ginseng that is over 50 yrs old)
### Xu Syndrome

**Exhaustion of yin with collapse of yang**

**Yin Collapse**

Last stage of Wind attacking the organ

**Yin Xu Sx:**
- Suddenly fall down w/ LOC, or semi-conscious
- Profuse, sticky, warm sweating (Essence comes out)
- Red cheeks; warm limbs
- Incontinence of urine/stools
- Rapid & rough breath

**T:** Scarlet red, thin
**C:** Mirrored, peeled
**P:** Thin, weak, swift \( (ji \ mai) \) \( \approx 140-180 \text{ bpm} \)

Save Yin from collapse

---

**REN-1 (w/ > 2 cun needle)**

w/ strong stim

**KID-1, 3; SP-6**

---

**DU-20, REN-8, 4, 6**

When secondary syndrome under control, then treat primary syndrome.

### 3. CONVALESCENCE/ Recovery STAGE OF WIND STROKE:

**LIV & KID Yin Xu w/ Inner Wind**

[Xu root: LIV Yang \( \wedge \) is no longer present]

Pathogen is not so strong and vital Qi of body is weakened, so more Xu.

- Headaches, dizziness, semi-consciousness – may have several hours where lucid and then LOC
- Twitching of muscles and skin
- Red face
- Tinnitus; trembling or stiff tongue; hemiplegia, dysphagia, aphasia
- Flaccidity / weakness of lower extremities, lower back pain; 5 palm heat, low grade fever, etc.
- Constipation: may have 2nd bleeding d/t difficult bm

**T:** Scarlet, small, thin
**C:** Peeled coating with cracks
**P:** Deep, wiry, thin and rapid

### Nourish LIV and KID Yin; Remove Inner Wind; Prevent LIV Yang Rising

----------

**KID-1, 3, 6; SP-6; LIV-3, 8; GB-39; DU-15, 16** (remove inner W, sea of marrow)

**UB-23, 52, 43**

**Retention of Damp-Phlegm with SP Qi Xu**

Pathogen and Vital Qi of body both weakened.

- Semi-consciousness; drowsy, sleepy
- Foggy headed; heavy sensation of body
- Pale face; wooden
- Chest distension w/ nausea, vomiting w/ mucous
- Poor appetite
- Snoring with rattling sound of phlegm in throat

**SP Qi xu:**
- Loose stool; decreased appetite

**T:** Pale (swollen w/ tm) \( \wedge \) **C:** Thick, greasy
**P:** Slippery w/o strength
  - deep and weak on right side; if damp phlegm is more excessive, left side will be more wiry and slippery.

**Tonify SP Qi; Remove Damp-Phlegm and Inner Wind**

----------

**GB-8, 20; Yintang; REN-17, 22**

**Tonify SP Qi:**

**ST-36, SP-6, UB-20, 21**

**Remove damp phlegm:**

**SP-9, REN-12, 17, ST-40**

**Remove inner wind:**

**GB-20, DU-16, GB-34**

### Qi and Blood Xu

May arise from 1st or 2nd type

 Usually SP Qi xu and HT blood Xu. Usually in later stages – pathogen has impaired Vital Qi of body.

- Exhaustion; pale face; poor spirit
- Poor memory (esp. short term), forgetfulness, bad concentration
- Insomnia, dd sleep, nightmares
- Numbness or flaccidity of one side, local weakness; twitching of muscles & skin, eyelids
- Hemiplegia, aphasia
- Palpitations, poor appetite; loose stool or diarrhea; alopecia

**T:** Pale \( \wedge \) **C:** Thin white coat
**P:** Thin and weak; deep, thin, thready

**Tonify Qi, Nourish Blood**

----------

**Si shen cong**

**ST-36, SP-6; UB-15, 17, 20, 21**

**SP-10; REN-14, 15**

**Remove inner wind:**

**GB-20, 34; DU-16**
**4. SEQUELLAE STAGE OF WIND STROKE:**

<table>
<thead>
<tr>
<th>Central Facial Paralysis</th>
<th>Hemiplegia</th>
<th>Aphasia</th>
<th>Dysphagia (difficulty swallowing)</th>
</tr>
</thead>
<tbody>
<tr>
<td>To test for facial paralysis, have patient blow (puff up cheeks)</td>
<td>Difficult to treat to recovery. If treat within 6 months with acupuncture, Western medicine and physical therapy – good prognosis. If more than one year, difficult to recover or improve because muscle stiffness, etc.</td>
<td>Impairment of speech</td>
<td>Difficulty swallowing d/t blockage of nerve system</td>
</tr>
<tr>
<td>* Should distinguish:</td>
<td></td>
<td>- Stiff tongue</td>
<td>- Eating may cause choking</td>
</tr>
<tr>
<td>1. Central facial paralysis – d/t damage caused by damage to brain – will still have wrinkles on forehead</td>
<td></td>
<td>HT-5 (luo connecting point)</td>
<td>REN-23, 22; ST-9; LI-18</td>
</tr>
<tr>
<td>2. Peripheral facial paralysis – damage to facial nerves – ex. Bell’s palsy – one side of face will not have wrinkles – will have tender point behind ear (SJ-17, GB-20)</td>
<td>Anterior oblique line of vertex – temporal (Si sheng cong to GB-6) upper 1/5 for lower limb – middle 2/5 for upper limb – lower 2/5 for head. Puncture opposite side of affected side – retain 30 minutes and ask patient to move around. Manipulate every 5-10 minutes – twist 100-200x/min.</td>
<td>DU-15 (“gate of muteness”)</td>
<td>LU-7 + KID-6 (open REN)</td>
</tr>
<tr>
<td>- Deviation of tongue and mouth – if drink water and eat, will fall out of corner of mouth.</td>
<td>1- Pts on the Yang Ming for flaccidity (wei) syndrome:</td>
<td>Jing Jin (L) and Yu Ye (R) – prick for blood letting</td>
<td>LI-17; SJ-16; SI-16, 17; LU-7; KID-6 (treat disease of diaphragm and throat)</td>
</tr>
<tr>
<td>- Lateral nasolabial groove disappears on one side</td>
<td>LI-4, 11, 15; ST-31, 36, 40; etc.</td>
<td>LU-7 + KID-6</td>
<td>4 cm scalp-line w/ GB-8 as center (speech area III)</td>
</tr>
<tr>
<td>- If severe, one eye cannot be closed</td>
<td>2- Scal acupuncture:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- If mouth deviated to one side, it’s the other side that is affected</td>
<td>- On opposite side</td>
<td></td>
<td></td>
</tr>
<tr>
<td>* Similar to treatment for Bell's Palsy</td>
<td>- Long duration (3 hrs or overnight)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yin tang, Tai yang, Qian zhen (0.5 cun anterior to ear lobe – “correct deviation”)</td>
<td>- Strong stimulation, esp. w/ e-stim</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LI-20; SI-18, 19</td>
<td>- Do physical therapy w/ needles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ST-3, 4, 6, 7</td>
<td>3- Hua Tuo Jia Ji points – many disorders of zang fa organs:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>REN-24</td>
<td>*C3 - T3 – disorder of upper limbs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>*Do not need to use pts for forehead as in bell’s</td>
<td>*L1 - S1 – disorder of lower limbs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Can use gauze w/ Zheng Gu Shui w/ a metal square (as conductor) for e-stim</td>
<td>4- Body acupuncture:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flaccid paralysis, mainly Yang:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>SJ-4, 5, 14; GB-30, 31, 34, 40; ST-36, 40</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Spasm paralysis, use yin and yang channels:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Yin Channel points:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>HT-1; LU-5; P-6; SP-6, 9; UB-40</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Aphasia**

- Impairment of speech
- Stiff tongue

**Dysphagia**

- Difficulty swallowing d/t blockage of nerve system
- Eating may cause choking

**Ancient text says to use points on Yang Ming channel.**

Now also use points on Shao Yang channel.

First do points on affected side – if long time, do on healthy side to balance.

Moxa is ok, but be careful d/t reduced sensitivity

1- Pts on the Yang Ming for flaccidity (wei) syndrome:

LI-4, 11, 15; ST-31, 36, 40; etc.

2- Scal acupuncture:

- On opposite side
- Long duration (3 hrs or overnight)
- Strong stimulation, esp. w/ e-stim
- Do physical therapy w/ needles

Anterior oblique line of vertex – temporal (Si sheng cong to GB-6) upper 1/5 for lower limb – middle 2/5 for upper limb – lower 2/5 for head. Puncture opposite side of affected side – retain 30 minutes and ask patient to move around. Manipulate every 5-10 minutes – twist 100-200x/min.

3- Hua Tuo Jia Ji points – many disorders of zang fa organs:

* C3 - T3 – disorder of upper limbs
* L1 - S1 – disorder of lower limbs

4- Body acupuncture:

Flaccid paralysis, mainly Yang:

SJ-4, 5, 14; GB-30, 31, 34, 40; ST-36, 40

Spasm paralysis, use yin and yang channels:

Yin Channel points:

HT-1; LU-5; P-6; SP-6, 9; UB-40

**Hemiplegia**

Difficult to treat to recovery. If treat within 6 months with acupuncture, Western medicine and physical therapy – good prognosis.

If more than one year, difficult to recover or improve because muscle stiffness, etc.

**Aphasia**

Difficult to treat – needs long time to treat.

**Dysphagia (difficulty swallowing)**

- Difficulty swallowing d/t blockage of nerve system
- Eating may cause choking

**Ancient text says to use points on Yang Ming channel.**

Now also use points on Shao Yang channel.

First do points on affected side – if long time, do on healthy side to balance.

Moxa is ok, but be careful d/t reduced sensitivity

1- Pts on the Yang Ming for flaccidity (wei) syndrome:

LI-4, 11, 15; ST-31, 36, 40; etc.

2- Scal acupuncture:

- On opposite side
- Long duration (3 hrs or overnight)
- Strong stimulation, esp. w/ e-stim
- Do physical therapy w/ needles

Anterior oblique line of vertex – temporal (Si sheng cong to GB-6) upper 1/5 for lower limb – middle 2/5 for upper limb – lower 2/5 for head. Puncture opposite side of affected side – retain 30 minutes and ask patient to move around. Manipulate every 5-10 minutes – twist 100-200x/min.

3- Hua Tuo Jia Ji points – many disorders of zang fa organs:

* C3 - T3 – disorder of upper limbs
* L1 - S1 – disorder of lower limbs

4- Body acupuncture:

Flaccid paralysis, mainly Yang:

SJ-4, 5, 14; GB-30, 31, 34, 40; ST-36, 40

Spasm paralysis, use yin and yang channels:

Yin Channel points:

HT-1; LU-5; P-6; SP-6, 9; UB-40
## Diarrhea (xie xie)

### Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>ST-25 [fin of LI]; REN-6; SP-15 Distal: ST-36, ST-37 → also, basic pts of appendicitis (+lanweixue) UB-25 [back shu of LI]</th>
</tr>
</thead>
</table>

### Invasion of Damp-Cold

**Acute**

- Acute onset
- Hx of common cold or flu
- Increased frequency of bm; loose or watery stools; clear color; no odor
- Borborygmus, cramps; may have decreased appetite
  
  **Damp-Cold Sx:**
  - Heavy headed; chills, aversion to cold, sl. fever
  - Muscular heaviness
  - No thirst, no sweat; general cold sensation w/ desire for warmth
  - Abdominal pain, cold, nausea and vomiting

  **T:** Normal  
  **C:** Thin, white, greasy  
  **P:** Soft (= superficial, thin, w/o strength)

**Remove Damp-Cold; Regulate MJ; Stop Diarrhea**

---

Basic +

- SP-9; LI-4; LU-7; GB-20
- UB-12, 13

Moxa: indirect w/ fresh ginger on REN-8 and other abdominal pts

*See note about types of ginger in “KID Yang Xu”*

### Damp-Heat Type

**Acute**

- Acute onset
- Hx of ST flu or dysentery
- Loose or watery stools; brown color; w/ strong odor; may have sticky pieces; urgent bm
- Burning pain in the abdomen or anus
- Tenesmus = feeling of incomplete evacuation
  
  **Damp-Heat Sx:**
  - Heavyness w/ headache; thirst w/ desire or no desire for drinks
  - Joint pain; fever, sl. chills

  **T:** Red or red tip  
  **C:** Yellow, greasy  
  **P:** Slippery, fast

**Remove Damp-Heat; Regulate MJ; Stop Diarrhea**

---

Basic +

- LI-4; LI-11; SJ-5; REN-12
- SP-9; ST-40
- No moxa
- ST-44 (use reducing method)

### Food Stagnation Type

**Acute**

- Acute Onset
- Related to irregular diet
- Loose stools; w/ undigested food; sour smell
- Abdominal pain and fullness; aversion to touch
- Pain alleviated after bm
- Aversion to food; nausea, vomiting; vomiting of undigested food; borborygmus
- Sour breath

  **Symptoms of Food Retention:**
  - Fullness and distension in epigastric region
  - Belching with foul smell, or vomiting
  - Decreased appetite or aversion to food; aversion to touch

  **T:** Normal, or red  
  **C:** Thick, greasy (shiny, smooth, rooted = retention of D / more SP); or Curdy (like rough, uneven pieces of bean curd; not rooted = food ya / more ST)  
  **P:** Slippery, forceful, could be fast

**Remove Food Stagnation; Regulate MJ; Stop Diarrhea**

---

Basic +

- REN-10, 13; ST-21, 34
- UB-20, 21
- P-6
### Hemorrhoids/ Piles (zhī)

<table>
<thead>
<tr>
<th>Hemorrhoids/ Piles</th>
<th>Basic Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Works on PNS: UB-35; Ba liao; UB-40, 57</td>
<td></td>
</tr>
<tr>
<td>Er bai (on the palmar aspect of the forearm, 4 cun above P-7 – one pt is on the Pericardium Channel, the 2nd pt is on the radial side of the tendon)</td>
<td></td>
</tr>
<tr>
<td>Folk therapy: Works on CNS b/c on DU Channel: <strong>Dx by inspecting frenulum:</strong> lift up upper lip; the presence of a rice grain-like nodule refers to hemorrhoids. The location &amp; color of the nodule helps to dx the location of the hemorrhoids.</td>
<td></td>
</tr>
<tr>
<td>• If the nodule is clear, small, soft; may not indicate hemorrhoids, but chronic constipation instead.</td>
<td></td>
</tr>
<tr>
<td>• If the nodule is large, brownish or black color, and hard: hemorrhoids</td>
<td></td>
</tr>
<tr>
<td><strong>Tx on the frenulum</strong> = blood-letting therapy: prick and break nodule to release several drops of blood or bodily fluid. The bleeding of the hemorrhoids will stop w/in 24 hrs. DU-1, 2 will also be effective, however, b/c these points are difficult to treat, tx on the frenulum is an effective folk therapy. Further, according to Dr. Wu’s “folding therapy,” if a meridian is folded in half, the end pts overlap the starting pts and thus, also coincide in functions.</td>
<td></td>
</tr>
</tbody>
</table>

### Lower Pouring of Damp-Heat

<table>
<thead>
<tr>
<th>Lower Pouring of Damp-Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Acute onset</td>
</tr>
<tr>
<td>- Sharp pain or burning around anus; itching</td>
</tr>
<tr>
<td>- Tenesmus; or bleeding of turbid red blood</td>
</tr>
<tr>
<td>- Constipation or loose stool</td>
</tr>
<tr>
<td><strong>D-H Sx:</strong></td>
</tr>
<tr>
<td>- Decreased appetite; nausea, vomiting; gas/bloating</td>
</tr>
</tbody>
</table>

### Hemorrhoids/ Piles (zhī)

<table>
<thead>
<tr>
<th>Lower Pouring of Damp-Heat</th>
<th>Remove Damp-Heat; Benefit Rectum &amp; Anus</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic + LI-11, SJ-5; GB-41</td>
<td>---</td>
</tr>
<tr>
<td>Condition</td>
<td>Symptoms</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Thirst or thirst w/o desire to drink</td>
<td>- General heaviness &lt;br&gt; - Red T &lt;br&gt; - Thick, greasy yellow (slimy) C &lt;br&gt; - Slippery, fast P</td>
</tr>
<tr>
<td>Liver Qi Yu</td>
<td>- Acute onset – related to emotional disorders &lt;br&gt; - Or hernias in the abdomen become worse &lt;br&gt; - Hemorrhoids – off/on &lt;br&gt; - Distension or dull pain; may radiate to perineum or groin &lt;br&gt; $LIV$ Qi Yu Sx: &lt;br&gt; - Breast distension; PMS &lt;br&gt; - Stress; hypochondriac pain, chest tightness &lt;br&gt; - Sighing from time to time</td>
</tr>
<tr>
<td>Yin Xu w/Heat in Blood</td>
<td>- Chronic onset &lt;br&gt; - Often d/t unhealthy or irregular diet; chronic diseases; or poor body constitution &lt;br&gt; - Pale red or fresh red bleeding of the hemorrhoids (spouting or dripping blood) &lt;br&gt; - Constipation &lt;br&gt; - Worse d/t overwork or at the end of the day &lt;br&gt; $Yin$ Xu Sx: &lt;br&gt; - Thirsty, dry mouth or throat; desire to dip drinks; night sweats; low-grade fever; hot flashes</td>
</tr>
<tr>
<td>Prolapse of Spleen Qi</td>
<td>- Chronic onset – chronic stage &lt;br&gt; - Hemorrhoids w/ prolapse – off/on &lt;br&gt; [Hemorrhoids protruding especially when walking or defecating] &lt;br&gt; - Overworking makes it worse; Sx alleviated w/ rest &lt;br&gt; - Sinking sensation w/ fullness, distending sensation in the lower abdomen &lt;br&gt; - Constipation d/t insufficient energy &lt;br&gt; - Fatigue, dizziness, vertigo; pale face; poor appetite; gas/bloat; SOB &lt;br&gt; - Hypotension; other organ prolapses are common</td>
</tr>
</tbody>
</table>

Prolapse of fleshy prominence is soft & fresh red

T: Pale, swollen (w/ tm) <br> C: Thin, white <br> P: Very deep, weak [worse on the right middle]
Dizziness & Vertigo (*xuan yun*)
Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic (wind) Points:</th>
<th>GB-20 (remove inner W and Subdue LIV Yang) DU-15, 16, 20 (subdue LIV Yang, remove Inner Wind, esp. DU-15)</th>
</tr>
</thead>
<tbody>
<tr>
<td>SI-3; SJ-3; LU-7</td>
<td>GB-43; UB-62 (confluent of Yang Qiao which ends at GB-20)</td>
</tr>
<tr>
<td>- Distal Points -</td>
<td>&gt; Depending on needling technique, using SI-3 &amp; UB-62 together will not open DU unless</td>
</tr>
<tr>
<td></td>
<td>needed to do so [right or left first depending on gender...]</td>
</tr>
</tbody>
</table>

**LIV Yang Rising**
[Strong emotions]

**Heat in the Xue level**
(*localized sx*)

> *Tian Ma Gou Teng* Yin (subdues LIV yang, nourishes LIV & KID)

- Acute onset
- Hx of hypertension (Xue d.o.)
- Tinnitus, red face

1. **Localized Sx of the head:**
   - Dizziness, vertigo
   - Throbbing headaches, worse when lying down

2. **Emotional Sx:**
   - Restlessness, irritability, anger, insomnia,

<table>
<thead>
<tr>
<th>T: Red or scarlet</th>
<th>C: Yellow</th>
</tr>
</thead>
<tbody>
<tr>
<td>P: Wiry &amp; slippery</td>
<td></td>
</tr>
</tbody>
</table>

*Not necessarily fast: slippery = smooth b/c Heat

in the Xue level dilates vessels to cause this pulse

^ nature, ::, slippery, here, indicates LIV Yang

<table>
<thead>
<tr>
<th>Subdue LIV Yang, Remove Inner Wind</th>
</tr>
</thead>
<tbody>
<tr>
<td>------------------------------------</td>
</tr>
<tr>
<td>Basic +</td>
</tr>
<tr>
<td>LIV-3 + SJ-5 (descends LIV yang)</td>
</tr>
</tbody>
</table>

*May add:*

- P-6 (calm mind)
- LIV-8, SP-6, UB-18 (nourish LIV blood)
- KID-3, UB-23 (nourish KID yin)
- KID-2 (clear deficient heat)
- GB-38 (clears GB heat)
- GB-6, 8, 9 (Headache d/t heat in channel)
<table>
<thead>
<tr>
<th><strong>LIV Fire</strong></th>
<th><strong>Clear LIV fire, Remove Inner Wind</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>[Prolonged emotional → LIV Qi Yu into LIV Fire]</td>
<td>Basic +</td>
</tr>
<tr>
<td><strong>Heat in the Qi level</strong> (general sx)</td>
<td>LIV-2 (clear heat); GB-41</td>
</tr>
<tr>
<td>&gt; Ji Gu Cao Wan (LIV heat)</td>
<td>LIV-5; GB-43</td>
</tr>
<tr>
<td>&gt; Long Dan Xie Gan Wan (drain LIV fire)</td>
<td>LIV-1</td>
</tr>
<tr>
<td>&gt;</td>
<td>May add:</td>
</tr>
<tr>
<td></td>
<td>LIV-3 (sedate LIV fire)</td>
</tr>
<tr>
<td></td>
<td>LI-4, LI-11 (clear heat)</td>
</tr>
<tr>
<td></td>
<td>Taiyang (temporal headache d/t LIV fire blazing)</td>
</tr>
<tr>
<td></td>
<td>SP-6 (yin); UB-18 (reg. &amp; nourish LIV blood)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Inner / LIV Wind</strong></th>
<th><strong>Remove Inner Wind, Treat the inducing factor</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>[Generated by LIV Fire, may also have component of Yin Xu d/t fire consuming Yin]</td>
<td>Basic +</td>
</tr>
<tr>
<td><em>Could arise from 1st 2 types, or last 2 types</em></td>
<td>4 gates</td>
</tr>
<tr>
<td>&gt; Tian Ma Mi Huan Jun Pian</td>
<td>+ LI-11; GB-34 = 6 points for Inner W</td>
</tr>
<tr>
<td></td>
<td>(here, LI-11 is used to relax tendons/ligaments to stop tremors)</td>
</tr>
<tr>
<td></td>
<td>+ P-6, SP-6 = 8 points for Inner W</td>
</tr>
<tr>
<td></td>
<td>(always use pts near joints to help Wind Sx, and on hand and foot to balance energetics)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Turbid Phlegm in Head</strong></th>
<th><strong>Remove Turbid Phlegm, Clear the head</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>[Obstructing so clear yang cannot rise &amp; turbid cannot descend: underlying SP Xu]</td>
<td>Basic +</td>
</tr>
<tr>
<td>Meniere’s Dz</td>
<td>ST-8; Yintang; REN-17; P-6</td>
</tr>
<tr>
<td>&gt; Ban Xia Bai Zhu Tian Ma Tang (specific to resolve phlegm in head)</td>
<td>SP-9; ST-40</td>
</tr>
<tr>
<td></td>
<td>May add:</td>
</tr>
<tr>
<td></td>
<td>REN-12; ST-36; SP-3; UB-20, 21 (mj)</td>
</tr>
<tr>
<td></td>
<td>REN-9; SP-9; ST-40, 41 (resolve damp)</td>
</tr>
<tr>
<td></td>
<td>LI-4; DU-20 (reg. ascending of clear yang)</td>
</tr>
<tr>
<td></td>
<td>ST-8 (phlegm in head)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Blood Stasis</strong></th>
<th><strong>Promote Qi and Xue circulation, Remove Blood stasis</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly d/t trauma, which causes insufficient blood flow to the brain</td>
<td>Basic +</td>
</tr>
<tr>
<td></td>
<td>Ashi points</td>
</tr>
<tr>
<td></td>
<td>UB-17, 40; SP10</td>
</tr>
<tr>
<td></td>
<td>SI-3 &amp; UB-62 to open DU</td>
</tr>
</tbody>
</table>
**Qi & Blood Xu**

- Chronic onset
- Clearly related to anemia, or post-partum
- Dizziness, vertigo – off/on
- Worse after overworking, Sx alleviated by resting
- Pale face, fatigue, poor memory, bad concentration
- Palpitations, dream-disturbed sleep
- Pale, scanty menses

**Anemia**

- Post-partum

**Gui Pi Tang** (SP & HT)

**Bu Nao Wan** (HT & KID)

**Fertility**

- Chronic onset
- Clearly related to anemia, or post-partum
- Dizziness, vertigo – off/on
- Worse after overworking, Sx alleviated by resting
- Pale face, fatigue, poor memory, bad concentration
- Palpitations, dream-disturbed sleep
- Pale, scanty menses

**T: Pale & thin | C: Thin white**

**P: Thin, weak (choppy or fine)**

---

**KID Essence,**

**KID Yin, or**

**KID & LIV Yin Xu**

[Essence fails to nourish brain & marrow]

**Aging**

- Chronic onset – may be related to aging
- Dizziness, vertigo – off/on
- Tinnitus, even deafness
- Lower back pain, weakness of the joints, fatigue; spermatorrhea; etc.
- Wakes often at night; poor memory
- Yin Xu: night sweats, palm heat, hot flashes

**T: Small, red**

**C: Peeled, or less coating**

> pale if yang xu; red & peeled in yin xu

**P: Thin & weak, may be fast (Yin Xu)**

> deep & weak if yang xu; floating-empty if yin xu

---

**Nourish Yin, Tonify Essence**

---

**Basic** +

**KID-3; SP-6; GB-39**

**BL-23, 52**

**May add:**

**REN-4; KID-3; BL-23, 52 (K yin, yang, essence)**

**SI-3; BL-62 (KID yang; DU; marrow, brain)**

**DU-17 (nourishes marrow)**

**GB-39 (influential point of marrow)**

---

**Facial Paralysis (mian tan/Mian Feng)**

**Differential Diagnosis & Treatment**

**Basic Points**

**GB-20; LI-4; LU-7; Taiyang; GB-14; UB-12, Yintang; ST-3, 4, 6, 7, REN-24; Qian zhen** (at level of base of carlobe 1-2 cun anterior to ear lobe)

---

**PNS or Bells Palsy due to Wind-Cold**

**Good Prognosis**

Common cold invades 12 Cutaneous or Tendino-Muscular regions; attacks 12 Regular meridians.

- Acute onset; with history of exposure to wind or wind-cold

**Bell's palsy symptoms:**

- Stiff neck; general aching or headache
- Aversion to wind-cold; slight fever, no sweating
- Mouth & tongue deviated to non affected side
- No wrinkles; can't close eye on affected side;
- - Nasal-labial groove superficial or disappears - affected side
- - Cannot hold liquids or puff cheek on affected side
- - Tenderness of GB-20 & SJ-17 – on affected side

**T: Normal**

**P: Superficial, tight or soft (wei qi xu)**

---

**Remove Wind-Cold, Promote Qi & Xue Circulation, Open Meridians, Benefit Face**

---

**Affected side only**

**Yintang + GB-14; LI-20 + SJ-21**

**Qianzhen; Taiyang; SJ-17; GB-20**

**UB-12, 13; LI-4; SI-3**

*ST-4 + ST-7 (through needling) on affected side 1.5-2 cun

**Facial massage**

E-stim good for CNS

---

**CNS due to Liver Yang Rising**

(Due to Liver and Kidney Yin Xu) *and Xue Stasis*

- History of wind stroke with hemiplegia, headache, aphasia
- Symptoms for central facial paralysis,
- - Numbness and flaccidity on affected side

**T: Purple with purple spots, or dark red or scarlet**

**C: Peeled with cracks or less coat or mapped**

**P: Hesitant or thin and fast**

---

**Remove Inner Wind,**

**Nourish LIV & KID Yin,**

**Subdue Liver Yang**

---

**Basic Points +**

**DU-16, 20; SI-5; KID-3, 6; SP-6, 10; 4 Gates**

E-stim good for CNS
## ATD 2 Class 4

### Epilepsy (dian xian)

#### Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>BL-62; KID-6; P-4, 6; GB-34; SI-3; Yao qi</th>
</tr>
</thead>
</table>

#### Treatment according to the stages

| Early signs | Headaches, dizziness = Qi and Yang ↑
Chest tightness = Ph retention
Greenish tinge between eyebrows
P: Wiry (inner wind), superficial/floating
(tells location of seizure: seizure may be coming) |
|--------------|----------------------------------------------------------------------------------|
| Seizure      | Inner Wind Sx w/ retention of Phlegm and rebellious Wei Qi:
Suddenly falls down, loss of consciousness, screams, clenchd face/jaw/teeth, incontinence
P: Wiry, uneven |
| After seizure: Qi Xu | Fatigue, poor sleep, poor appetite, pale face, ...
T: Pale, white greasy.
P: Weak, deep |

#### Treatment according to the differentiations

<table>
<thead>
<tr>
<th>LIV Fire w/ Phlegm Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Before seizure</em></td>
</tr>
</tbody>
</table>
| - Infrequent yang seizures induced by anger; anxiety or emotional stress
- Irritable & restless after seizures; insomnia;
- Bitter taste in mouth; thirst or dry mouth; constipation
T: Red with yellow coat
P: Wiry & rapid |
| Purge LIV Fire; Transform Phlegm |
| DU-26, 20, 12; GB-13;
P-8; REN-14; ST-40;
LIV-3, 2; UB-18; Si shen cong
> Long Dan Xie Gan Tang + Di Tan Tang
> Chai Hu Jia Long Gu Ma Li Tang |

<table>
<thead>
<tr>
<th>LIV &amp; KID Yin Xu</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Before seizure</em></td>
</tr>
</tbody>
</table>
| - Infrequent seizures; long hx of seizures
- Vague or trance-like mental state
- Dark complexion; tinnitus; dry, sore eyes; withered ears; insomnia or restless sleep; forgetfulness; low back & knee soreness/weakness; dry stool/constipation
T: Red w/ little or no coat
P: Thready, rapid |
| Nourish & tonify LIV & KID |
| UB-23, 18; KID-3, 6; LIV-3; REN-4;
An mian; Si shen cong
Also: SP-6; HT-7; DU-14; GB-13
> Da Bu Yuan Jian |

<table>
<thead>
<tr>
<th>Blood Stasis</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Before Seizure</em></td>
</tr>
</tbody>
</table>
| - Seizures w/ hx of trauma or brain lesions
- Insomnia or restless sleep; irritable or angry;
depression or mood swings
- Low grade fever at night; fixed sharp pains; dry, scaly skin; broken vessels on face, trunk, inner knee or ankle; purplish lips, sclera, conjunctiva, nail beds
T: Dark or purple or w/ purple spots
C: Thin white
P: Choppy or wiry; thready |
| Invigorate Blood; Eliminate Stasis; Soothe Qi |
| UB-17; LI-4; SP-6, 10; LIV-4, 3; SI-6
Si shen cong; GB-20; DU-20; Yintang
> Xue Fu Zhu Yu Tang
> Tong Qiao Huo Xue Tang |
### Uncontrolled Yang Seizures

**Excess type**

*During seizure*
- Tonic-clonic or grand-mal seizures
- Frequent or uncontrolled seizures w/signs of excess
- Before seizure (hrs or days): irritable; mood alteration; uneasiness
- Before (immediately before): aura; hallucinations; jerking of limbs
- During: sudden collapse & loss of consciousness w/tonic contraction of all muscles (arms flexed & adducted; legs extended; jaw clenched); spasms of diaphragm result in cry; spasmodic contractions of muscles w/jerky movements; possible incontinence
- After seizure: loss of consciousness may continue for a time; drowsiness; headache; muscle pain; weakness

T: Greasy, white or yellow coat  
P: Wiry & rapid, or wiry & slippery

---

**Clear & Transform phlegm; Extinguish wind; Stop seizures**

DU-12, 20; GB-13; REN-15, 14, 12  
ST-40; LIV-3  
KID-6 – if at night  
UB-62 – if during day  
P-6, 5; DU-14, 24

Yao qi (2 cun above coccyx)

> **Ding Xian Wan** (caution use – harsh ingredients)

---

### Uncontrolled Yin Seizures

**Deficient type**

*During seizure*
- Partial, “petit-mal” or chronic seizures
- Frequent or uncontrolled seizures w/signs of deficiency
- Hx of long term yang seizures in adults; may have seizure or absence seizure (very brief seizure)
- During: dark or sallow face; cold extremities; eyes half open; LOC with initial rigidity then twitching; drooling; no cry or weak cry
- During absence: sudden blank; expressionless stare; upwards rolling of eyes; unresponsive to sound; usually lasts only a few seconds; may occur many times a day

T: Pale w/ thick greasy white coat

---

**Warm Yang & Transform Phlegm**

DU-12, 20; GB-13; REN-15, 14, 12, 4  
ST-40; LIV-3  
KID-6 – if at night  
UB-62 – if during day  
UB-15; ST-36; SP-6; HT-7

> **Ding Xian Wan** (use w/caution – contains harsh herbs)

---

### SP Deficiency w/ Phlegm

*After seizure*
- Long hx of seizures or medication for epilepsy
- Lethargy & fatigue; emaciation or poor appetite; nausea & vomiting
- Loose stool or diarrhea; pale or sallow complexion; fullness & stuffiness in chest & abdomen

T: Pale w/ greasy white coat  
P: Soft & slippery; or thready, wiry, slippery

---

**Strengthen SP; Transform Phlegm**

Moxa: ST-40, 36; UB-23; SP-6; DU-8; REN-12  
HT-5; DU-20, 26; GB-34; Sishencong  
UB-20, 21; P-6; SP-4; LIV-13

> **Liu Jun Zi Tang**  
> **An Shen Ding Zhi Wan**
Headache (*tou tong*)

<table>
<thead>
<tr>
<th>Type</th>
<th>Location</th>
<th>Etiology:</th>
<th>Guide herbs:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Taiyang</strong></td>
<td>Occiput</td>
<td>W, W-C, Stress</td>
<td>Ma huang, ge gen, qiang huo</td>
</tr>
<tr>
<td>(SI, UB)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Shaoyang</strong></td>
<td>Temporal</td>
<td>D-H in GB, LIV Yang</td>
<td>Chai hu, huang qin</td>
</tr>
<tr>
<td>(SJ, GB)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Yangming</strong></td>
<td>Forehead</td>
<td>YM Disease (epf invasion: sinus ha)</td>
<td>Irregular diet: alcohol, coffee, etc.</td>
</tr>
<tr>
<td>(LI, ST)</td>
<td></td>
<td></td>
<td>Bai zhi, shi gao, sheng ma</td>
</tr>
<tr>
<td><strong>Jueyin</strong></td>
<td>Vertex</td>
<td>LIV Xue Xu; Cold in LIV Ch</td>
<td>Gao ben, xi xin, wu zhu yu (cold in LIV)</td>
</tr>
<tr>
<td>(P, LIV)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>All over headaches</strong></td>
<td></td>
<td>Chuan xiong (most basic herb for ALL types of headaches)</td>
<td>Drink 3-5 g powder w/ green tea; also for allergies, and external invasion headaches</td>
</tr>
</tbody>
</table>

| Basic Points     | GB-20; DU-20; Taiyang; Yintang | LU-7; LI-4 (gao wu command pts for the head/neck & face) | UB-10; SJ-3; SI-3 |

**External Excess**

- **Wind-Cold Invasion Headache**
  - **Taiyang**
    - From occiput down
    - Acute onset
    - Occipital area w/ stiff neck and upper back
    - Chills/fever, aversion to cold, no sweating
    - General aches, sneezing, runny nose, no thirst
    - T: Normal C: Thin, white
    - P: Superficial, tight
  - Remove Exterior Wind-Cold, Benefit Head
    - Basic +
    - UB-12, 13; SJ-17
    - Moxa

- **Wind-Heat Invasion Headache**
  - **Yangming**
    - From forehead down
    - Acute onset
    - Fever or high fever, sl. aversion to cold (not totally Yang yet)
    - Sweating, thirsty, desire for drinks
    - Sore throat
    - T: Red tip C: Thin, yellow
    - P: Superficial, fast
  - Remove Exterior Wind-Heat, Benefit Head
    - Basic +
    - SJ-5; LI-11; UB-12, 13; DU-14, 20

- **Wind-Damp Invasion Headache**
  - **Shaoyang**
    - Temporal or whole head
    - Acute onset
    - History of being wet or camping in damp area
    - Headache with heavy or fogy sensation - like head wrapped in towel
    - Chills, sl. fever, aversion to cold
    - Nausea/vomiting, decreased appetite
    - ST flu; chest tightness
    - Loose stool, gas and bloating
    - T: Normal C: Greasy (or moist coat)
    - P: Soft (superficial, thin small, w/o strength) or slippery
  - Remove Exterior Wind-Dampness, Benefit Head
    - Basic +
    - ST-8; REN-12; P-6; SP-9; ST-40
    - May add:
      - GB-8; SJ-5;
      - REN-17 (sedate rebel Qi / damp-phlegm)

**Internal Excess**

- **Liver Yang Rising & Flaring Up of Liver Fire**
  - Acute onset – clearly emotional related: especially anger -- or Hx of hypertension
  - Throbbing headache w/ irritability, anger, restlessness
  - Hypochondriac pain
  - Bitter taste, red eyes and face
  - Insomnia, dark urination, constipation
  - Reclining makes worse
  - Vertex or temporal area headache; irritability; dizzy
  - Tinnitus: loud-like thunder; bitter taste;
  - Subdue Liver Yang; Remove Liver Fire; Benefit Head
    - Basic +
    - LIV Yang Rising:
      - LIV-3, SJ-5
    - LIV Fire:
      - LIV-2 + GB-41
### ATD 2  
#### Class 5

| **Vertex or temporal area headaches** | thirsty (desire for cold); constipation; dark yellow urine  
T: Red, redder on sides or tip  
C: May have dry coat  
P: Liver Fire/Heat: wiry, fast or Liver Yang Rising: wiry, slippery | GB–8; DU-20 |
|---|---|---|

<table>
<thead>
<tr>
<th><strong>Internal Excess</strong></th>
<th><strong>Retention of Turbid Phlegm and Inner Wind</strong></th>
<th><strong>Remove Turbid Phlegm, Remove Inner Wind, Benefit Head</strong></th>
</tr>
</thead>
</table>
| - **Acute onset**  
- Heavy headed  
- Temporal headaches, primarily  
- Nausea, vomiting  
- Profuse vaginal discharge, heaviness sensation  
- Dizziness, vertigo  
- May be overweight; tends towards irregular diet | T: Normal, or swollen (w/ tm)  
C: Thick, greasy white  
P: Slippery (deep or wiry, too) | Basic +  
ST-8; REN-12, 17; P-6, ST-40; SP-9; SJ-5  
4 gates |

<table>
<thead>
<tr>
<th><strong>Internal Excess</strong></th>
<th><strong>Retention of Xue Stasis</strong></th>
<th><strong>Promote Qi &amp; Xue Circulation, Remove Xue Stasis, Benefit Head</strong></th>
</tr>
</thead>
</table>
| - **Acute stage = trauma**  
- Chronic stage = cervical spondylosis, or degeneration of cervical vertebrae  
- Local headache anywhere  
- Fixed pain, worse at night – sensation of nail driving into head, severe pain, throbbing or needling pain  
- Acute: Bruise or mass  
- Chronic: stiff neck, tingling, radiating pain to the upper extremities, occipital pain | T: Purple w/purple spots  
C: Thin white  
P: Hesitant/choppy | Basic +  
Local ash points  
UB-17, 40; SP-10  
SI-3 + UB-62 to open DU |

<table>
<thead>
<tr>
<th><strong>Internal Xu</strong></th>
<th><strong>Blood Xu</strong></th>
<th><strong>Nourish Xue, Benefit Head</strong></th>
</tr>
</thead>
</table>
| - **Chronic onset**  
- Dull headache – off/on (often related to menses)  
- Worse after overworking, alleviated by resting  
- Blurry vision, poor memory and concentration  
- Fatigue, pale face, palpitations, dream disturbed sleep  
- Scanty, pale-red menses | Anemia, Irregular cycle w/ heavy bleeding, Post-partum  
Jueyin Headache  
Vertex or Inside | Basic +  
Shi shen cong, LIV-8; ST-36; SP-6; UB-15, 17, 18 |

<table>
<thead>
<tr>
<th><strong>Internal Xu</strong></th>
<th><strong>Kidney Xu</strong></th>
<th><strong>Nourish Kidney and Liver Yin; Prevent Liver Yang Rising; Benefit Head</strong></th>
</tr>
</thead>
</table>
| - **Chronic onset w/ dull headaches off/on**  
- Difficult to locate area of headache - empty sensation in head  
- Worse w/ overwork; better w/ rest  
- Dizziness, vertigo, tinnitus, deafness  
- Lower back and knee weakness  
- Black color around eyelids  
- Yin Xu: hot flash, palm heat, night sweats | Essence or Yin  
Jueyin Headache  
around DU-15 & 16 | Basic +  
GB-39; SP-6; KID-3, 6  
DU-15, 16  
UB-23, 52 |
<table>
<thead>
<tr>
<th>ATD 2</th>
<th>Class 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Migraines (pian tou tong)</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Basic Points</strong></td>
<td><strong>GB-4, 5, 8, 14, 20, 41; SJ-5; DU-20; Yintang; Taiyang</strong></td>
</tr>
</tbody>
</table>

### Rising of Excessive Liver Yang & Liver Fire

**Excess**

More for males; For females [may occur before period]

- Acute onset
- History of emotional disorders (anger, irritability) or
- History of irregular diet (alcohol)
- Throbbing headache: one-sided (temporal), around the eyes, or vertex; lying down makes it worse

**Liver Yang & Liver Fire**

"Sx:
- Red eyes, irritability, anger, restlessness, thirst; bitter taste, burning pain in hypochondrium, constipation, dark urine
- Tinnitus – high pitch, red face possible
- May have visual disturbances, photophobia

**T:** Red with red spots on tip or sides
**C:** Yellow, thick, dry
**P:** Wiry, slippery, or wiry, fast

*Clear LIV Fire; Subdue Liver Yang; Benefit head*

* Don’t put local head points in 1st Basic points +
LIV-2, 3; GB-43
SJ-3; UB-18, 19

**Also:**
LIV-3 (SJ-5) Subdue Yang
LIV-2 (GB-41) Clear Fire
LIV-8; SP-6; KID-3

> *Tian Ma Gou Teng Yin*

### Disharmony Between Liver & Middle Jiao (with Rebellious Stomach Qi)

**Excess**

For men or women [3-5 days before period begins]

- History of emotional (anger, irritability) or
- History of irregular diet (alcohol)
- Throbbing pain: headache pain in forehead, eyes, or inside eyes
- Severe nausea or vomiting; stomach upset or discomfort
- Decreased appetite; belching; acid regurgitation
- Dizziness; alternating constipation and diarrhea
- PMS; sighing from time to time; distending sensation in chest
- Heaviness/ fogginess of head

**T:** Normal, or swollen and pale (with tm)
**C:** Thin white coat
**P:** Wiry, or Wiry w/o strength

*Harmonize Liver & Middle Jiao; Benefit Head*

**Basic points +
4 gates; REN-12; P-6
ST-36; SP-4, 6
UB-18, 20, 21

### Heart & Liver Xue Xu

**Deficiency**

More for females [esp. at end of menses or if w/heavy bleeding]

- Chronic onset; worse with work or study
- May have Hx of irregular cycles w/ heavy bleeding; or Anemia
- May occur at the end of the period
- Dull pain in nature; more on vertex
- Worse after overworking, relieved w/ rest

**Xue Xu Sx:**
- Dizziness, vertigo, blurred vision, floaters
- Poor memory and concentration; pale face, fatigue
- Palpitations, dd sleep
- Scanty, pale red menstrual blood

**T:** Pale, thin, small
**C:** Thin white
**P:** Wiry, thin [with out strength; thinner on left]

*Nourish Liver & Heart Xue; Benefit Head*

**Basic points +
LIV-8; ST-36; UB-15, 17, 18
Si shen cong

**Also:**
UB-20, 23
SP-6; SP-8, SP-10; LIV-8
REN-4, HT-7

> *Suan Zao Ren Tang
Jia Wei Si Wu Tang* - Modified
**LIV & KID Xu**  
**Deficiency**

More for females  
[could occur during menopause]

- Chronic onset – may be age related  
- Headaches w/ empty or dull pain; one-sided  
- Sensitivity to light, odors, sound [triggers (auditory)]  
- Tinnitus, deafness

**LIV & KID Yin Xu Sx:**

- Lower back pain, palm heat, night sweats, hot flashes, knee pain  
- Dry throat, dry eyes, blurry vision, insomnia, dream-disturbed sleep, etc.

T: Red, small, thin w/ cracks  
C: Less or mapped or mirror coat  
P: Thin, wiry; may be superficial; weaker on both rear positions

---

**Nourish LIV & KID Yin; Balance Upper and Lower parts of the body; Benefit head**

Basic points +

- KID-3, 6; LIV-3; SP-6  
- KID-1  
- GB-39; UB-23, 52

> Da Bu Yin Wan
# Herpes Zoster / Shingles (she chuan chuang)

## Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Points for Shaoyang &amp; Dai:</th>
<th>SJ-5, GB-41</th>
</tr>
</thead>
<tbody>
<tr>
<td>LI-11 (remove H); ST-40 (remove D); SP-10 (cool Xue, remove D, skin prob)</td>
<td>UB-40 (cool Xue, remove toxic Heat)</td>
</tr>
<tr>
<td><strong>Hua Tuo Jia Ji points (bilateral) at same level as rash and blisters</strong></td>
<td>helps UB &amp; DU; also helps system of nerves</td>
</tr>
</tbody>
</table>

### Basic Points

#### 1st stage: Invasion of Wind-Fire in LIV & GB

**Wind-Fire = infectious, contagious, febrile, epidemic**

- Acute onset
- Heat signs:
  - Fever, chills
  - Restlessness, irritability; thirsty, desire for drinks
- May or may not have burning pain
- Constipation, dark yellow urination; bitter taste

**T:** Red, red spots on tip and sides

**P:** Wiry, slippery; or wiry & fast

**Remove Wind-Fire; Clear LIV and GB**

<table>
<thead>
<tr>
<th>Basic +</th>
<th>LIV-2; UB-18</th>
<th>LI-4; GB-20</th>
<th>UB-12, 13; DU-14</th>
</tr>
</thead>
</table>

* Peripheral Treatment

#### 2nd stage: Damp-Heat or Toxic Heat in the Dai Mai or SP

- Crops of vesicles full of fluid
- Severe pain – sharp, with heavy head; joint pain
- Poor appetite, nausea
- More Heat: burning sensation, redness and heat of local area
- More Dampness: n, v, diarrhea or loose stools

**T:** Red, swollen

**C:** Yellow, greasy, thick

**P:** Slippery, wiry, fast

**Remove Damp-Heat; Benefit the Dai Mai; Regulate the MJ**

<table>
<thead>
<tr>
<th>Basic +</th>
<th>SJ-3; GB-42, 43; SP-9; ST-36</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dai: GB-26, 27, 28</td>
<td></td>
</tr>
</tbody>
</table>

* Deng xin cao moxa therapy

#### 3rd/last stage: Qi & Xue Yu

**Arises from 1st 2 types**

- Severe, sharp or needling pain, worse at night
- fixed pain
- No vesicles any more
- Local skin becomes dark-red in color
- Fatigue, insomnia, restlessness at night (1’ d/t pain)
- Pain may last for weeks, months, years (this typically occurs in 15% of people after “recovery”)

**T:** Dark red, scarlet

**C:** Thin white

**P:** Thin, wiry; or hesitant

**Promote Qi and Xue circulation; Open channels; Stop pain**

<table>
<thead>
<tr>
<th>Basic +</th>
<th>UB-17</th>
</tr>
</thead>
<tbody>
<tr>
<td>P-6 (to clean Xue)</td>
<td></td>
</tr>
<tr>
<td>UB-23; 52 (local area)</td>
<td></td>
</tr>
<tr>
<td>SI-3 + UB-62 (open Du)</td>
<td></td>
</tr>
</tbody>
</table>

* Jia Ji points in local areas (works on system of nerves)

* Row insertion technique
Trigeminal Neuralgia (*mian tong* / *san cha shen jing tong*)
Differential Diagnosis & Treatment

**Basic points**
| 1<sup>st</sup>: eye branch | GB-20; SJ-17; LI-4; LU-7; SJ-5; GB-41; ST-40 + local |
| 2<sup>nd</sup>: maxillary branch | Yintang; GB-14; Taiyang; UB-2 |
| 3<sup>rd</sup>: mandibular branch | LI-20, ST-3; SI-18, 19; SJ-21 |

During acute stage when really painful, use distal points & normal side local points only.

| Invasion of Wind-Heat w/ Phlegm Retention/blockage | - Acute onset; follows a common cold, with fever  
- Severe, sharp, cutting, or burning pain on one side of the face  
- Worse with talking; swallowing; yawning; eating  
- Headaches, thirsty, sore throat  
T: Red, w/ red tip  
P: Superficial & fast | Remove wind-heat; Open Channels; Remove Phlegm; Alleviate Pain  
Basic +  
LI-11; UB-12, 13; DU-14 |
| LIV Fire Flaring w/ Phlegm Retention | - Clearly related to emotional disorder  
- Sharp, burning pain on one side of the face  
- Lasts for short time, but returns  
- Aggravated by emotional disorder  
*LIV Fire/Heat Sx:*  
- Red eyes/face, restlessness, irritability, insomnia, bitter taste, thirsty, constipation, dark yellow urination  
T: Red or redder sides  
P: Wiry, fast; may be slippery, fast | Clear Liver Fire; Remove Phlegm; Open Channels; Alleviate pain  
Basic +  
LIV-2, 3; GB-41, 43  
SI-5  
UB-18, 19 (sedation) |
| Qi Stagnation & Blood Stasis w/Phlegm Retention | - Chronic onset  
- Intermittent facial pain on one side, depressed facial sensation  
- Momentary episodes of dull pain, which is worse at night  
- Also, needling pain (Xue Yu)  
- Associated w/ tight or numb sensation (Qi Yu)  
- Purple or gray face  
T: Normal or purple -- w/purple spots  
P: Wiry, hesitant, or slippery | Promote Qi & Blood Circulation; Remove Blood Stasis; Dispel Phlegm; Alleviate Pain  
Basic Pts +  
Local points if tolerable  
UB-17, 40; SP-10  
SI-3 + UB-62 |
Acupuncture Treatment of Disease

SONG LUO

Made by Dr. Luo
Chief complaint: numbness of the lower limbs, blurred vision for 1 year and aggravation for 1 week.

History: 1 year before her admission, she felt numb in the lower limbs and could not see everything clearly as well as eyes dryness. However, she didn’t tell anyone else because she was engaged in taking care of her grandson wholeheartedly. Unfortunately, 1 week before her admission, her numbness and blurred vision were getting more serious. What’s more, she felt flaccid in the lower limbs and had difficulty in urination. So, she had to tell her family about her problem and tried to make sure what’s wrong with her. But during this process, her symptoms changed fast!
1 day before the admission, she could not move her legs even a little, only lying down on the bed without turning her body, completely losing sensation below her chest. What’s more, she could not see anything and had difficulty in urination and defecation.

She was sent to hospital by ambulance and admitted to the neurological department at once.

In the neurological department, she was treated with steroids and ganglioside for 15 days. There were no changes except that one eye was improved to 0.05.

**Examination:** She was overweighted and had tinnitus in both ears as well as poor appetite and after-meal bloating for long time.
Multiple Sclerosis (Wei Zheng)

- Biomedicine
- TCM
- Differential Diagnosis & Treatment
Multiple Sclerosis *(Wei Zheng)*

**Biomedicine**

- **Incidence** 0.14%
- **Definition** A progressive, degenerative disease of the CNS characterized by the destruction of the myelin sheath surrounding neurons involving optic nerve, brain, and spinal cord.
- **Etiology** Autoimmune / Viral infections
- **Mechanism** Demyelination (picture)
- **Symptoms** Sensation/Motor/Mental/Sexual/Urinary/general
- **Diagnosis** Lumbar puncture + symptoms
- **Treatment**
  - Methylprednisone (steroids)
  - Amantadine (antivirus)
Multiple Sclerosis (Wei Zheng)

TCM

Etiology
- External pathogen
- Emotional disorder
- Diet
- Overworking
- Congenital factor

Mechanism
- MS -- Blockage of Wei Qi in 8 Extra Channels (DU & Dai Vessels)
- Epilepsy--Rebellious Wei Qi
Differential Diagnosis

- **Initial stage** --- Invasion of Dampness (D-H)/D-H in the Dai Mai (MJ)
- **Middle stage** --- LIV & KD Yin Xu
- **Final Stage** --- Yin & Yang Disorder + Inner Wind
Treatment

- **Basic Points**

  - SI-3 + UB-62
  - LU-7 + KID-6
  - GB-41 + SJ-5
  - Hua Tuo’s Jia Ji
  - Cervical Jia Ji
  - Dragon insertion
Chief complaint: numbness of the lower limbs, blurred vision for 1 year and aggravation for 1 week.

History: 1 year before her admission, she felt numb in the lower limbs and could not see everything clearly as well as eyes dryness. However, she didn’t tell anyone else because she was engaged in taking care of her grandson wholeheartedly. Unfortunately, 1 week before her admission, her numbness and blurred vision were getting more serious. What’s more, she felt flaccid in the lower limbs and had difficulty in urination. So, she had to tell her family about her problem and tried to make sure what’s wrong with her. But during this process, her symptoms changed fast!
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She was sent to hospital by ambulance and admitted to the neurological department at once.

In the neurological department, she was treated with steroids and ganglioside for 15 days. There were no changes except that one eye was improved to 0.05.

Examination: She was overweighted and had tinnitus in both ears as well as poor appetite and after-meal bloating for long time.
Pulse: soggy, thin and fast; the 3rd position on both sides were deep, thin and weak
Chief complaint: numbness of the lower limbs & blurred vision of eyes for 1 year & aggravation for 1 week

Symptoms: general heaviness, poor eyesight, poor appetite, numbness and flaccidity of the lower limbs, swollen lower limbs, brownish urine, difficulty and burning sensation in urination and defecation, red tongue, yellow and greasy coating, soggy and fast pulse.
Symptomatic Category

Location:
① poor eyesight—Liver
② poor appetite—Spleen

Property:
① general heaviness—Dampness
② red tongue—Heat
③ yellow and greasy coating—Damp heat
④ soggy and fast pulse—Damp heat

Location & property:
the lower limbs—Kidney deficiency
lower jiao & urine bladder
in urination & defecation—Heat in lower jiao
Principle of treatment:

For excess -- clear away damp heat
For deficiency -- tonify liver and kidney yin
-- strengthen spleen & stomach Qi

- Du
- Yangming
- Five Shu points
- Dai Mai
**clear away heat**  **clear away dampness**  **strengthen Sp. & St.**

<table>
<thead>
<tr>
<th>Stomach</th>
<th>S45(Lidui)</th>
<th>S44(Neiting)</th>
<th>S43(Xian gu)</th>
<th>S41(Jiexi)</th>
<th>S36(Zusanli)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spleen</td>
<td>Sp1(Yinbai)</td>
<td>Sp2(Dadu)</td>
<td>Sp3 (Taibai)</td>
<td>Sp5 (Shangqiu)</td>
<td>Sp9(Yinlingquan)</td>
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<tr>
<td>How to begin?</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Made by Dr. Luo</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

1. metal  water  wood  fire  earth
2. Stomach  S45(Lidui)  S44(Neiting)  S43(Xian gu)  S41(Jiexi)  S36(Zusanli)
3. Spleen  Sp1(Yinbai)  Sp2(Dadu)  Sp3 (Taibai)  Sp5 (Shangqiu)  Sp9(Yinlingquan)
4. wood  fire  earth  metal  water
5. clear away heat  clear away dampness  strengthen Sp. & St.
6. S45(Lidui)  Sp1(Yinbai)  S43(Xiangu)
7. S44(Neiting)  Sp2(Dadu)  S36(Zusanli)
8. S41(Jiexi)  Sp5 (Shangqiu)  Sp3 (Taibai)
9. Sp9(Yinlingquan)  sedation  sedation  tonification
## PUD / Lin Syndrome & UTI (lin zheng)
### Differential Diagnosis & Treatment

#### Basic Points
- For all types of Lin

#### Ren-3; UB-28, 22; Ren-9; St-28; SJ-5
- UB-63 (Xi-cleft), 66 (YS/water pt); Ren-2

### Heat / Re Lin

#### Typical UTI, usually gram (-) bacteria
- Acute onset
- Urgent, frequent, painful urination
- Yellow or brownish (brown tea or blackish) urine
- Scanty and difficult urination that may be dark w/ odor; incomplete sensation
- Thirst w/ desire for cold drinks, hot sensation
- Nausea, no appetite; bitter taste; may have fever
- Constipation
  - If external H: fever, chills
  - If internal H: From LIV: irritability, anger, headaches
    - From HT: tachycardia/palpitations, restlessness, insomnia, tongue ulcers

#### Heat from LIV or HT Heat/Fire (internal), or infection (external)
- Red
- Yellow, greasy, thicker in the back (LJ)
- Hesitant / uneven; wiry (pain)

#### Remove Heat, Promote urination
- Basic +
  - If external H:
    - LI-4, 11; DU-14; UB-12, 13
  - LIV Heat: LIV-2; GB-41, 43
  - HT Fire: P-8; HT-8; UB-15
  - Also: SP-9; SP-6; SI-2; LU-7

### Stony / Shi Lin

#### Sediment of D-H (accumulation of D-H) → Qi Yu, Xue Stasis
- Most Sx are similar to Re lin
- Plus:
  - Chronic pain in the lower abdominal or lower back:
    - Very severe pain
  - Smaller/constricted urine stream
  - Urination suddenly stops while trying to urinate
  - May have blood in the urine
  - Discharge of small stones or sand

#### Promote urination, Relax body tissues (to stop pain)
- Basic +
  - KID-2 + UB-63 together w/ e-stim to remove stones (very effective)
  - SP-9; Ren-6; UB-39

### Qi / Qi Lin

#### Excess: LIV Qi Yu
- Acute onset – related to emotional d.o.
- Sighing, related to women’s PMS
- Distending sensation which may radiate to groin or hypochondriac region
- With other LIV Sx

#### Excess
- LIV-3, 5; GB-34, UB-18

#### Deficiency:
- Tonify SP, KID, LU to promote urination
- Basic +
- REN-4, 6, 17; UB-13, 20, 23

#### For either Shi or Xu:
- Female: LU-7 + KID-6
- Male: SI-3 + UB-62

---

### For all types of Lin
- Ren-3; UB-28, 22; Ren-9; St-28; SJ-5
- UB-63 (Xi-cleft), 66 (YS/water pt); Ren-2
### Bloody / Xue Lin

**Excess** & **Deficiency**

**Excess:** must have all Sx of Re Lin
- Blood in the urine

**Xu:**
- Must have Xu Heat Sx: hot flashes, low grade fever, night sweats, palm heat, …
- Blood in the urine (no pain)
- Similar to Kidney TB

---

**Promote urination,**
**Cool Xue, Stop bleeding**

Basic +
**Shi:** SP-10; UB-40
**Xu:** KID-1, 6; SP-1

### Gao / Cloudy Lin

**Excess** & **Deficiency**

**Excess:**
*Like Re Lin, but D-H is predominant*
- All H Sx, plus:
  - Heaviness, general aching, heavy head sensation
  - Nausea, vomiting
  - Profuse vaginal discharge
  - Cloudy, turbid urination; sticky or mucous-like urination (like sticky rice soup)
- Will have sediment in the urination

**T:** Red
**C:** Yellow, greasy, thick
**P:** Slippery, fast

**Xu:**
*Qi Xu + Cloudy urine*
- Fatigue, SOB, low back pain, …
- With cloudy urine, possibly blood-tinged, …

**T:** Pale, swollen, teeth marks
**C:** Greasy white
**P:** Slippery w/o strength, or Deep, weak

---

**Excess:**
Basic +
**SP-9, 6; ST-40; SJ-3**

### Lao / Fatigue (Exhaustion)

**KID Yang Xu**
(qi/Yin/yang)

- Chronic onset
- Profuse, clear, frequent urination
- Lower back weakness, fatigue, cold pain on the lower abdomen or no pain
- Cold extremities
- Decreased libido
- Pale face; exhaustion; depression

**T:** Pale, swollen, tm
**C:** Wet
**P:** Deep, weak, slow

---

**Warm KID Yang,**
**Promote urination**

Basic +
**REN-4, 6, 17; UB-20, 23, 13**

### Profuse Vaginal Discharge (*bai dai / dai xia*)

#### Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>GB-41 (right 1st); SJ-5 (left 2nd); GB-26, 27, 28; Ba liao Also, SP-9; ST-36; SP-6</th>
</tr>
</thead>
</table>

| SP Qi Xu | SP Qi Xu SP Yang Xu SP Qi sinking | SP Qi Xu
---|---|
- Chronic onset
- Profuse whitish, watery, or loose discharge w/ no odor
- SP Qi Xu Sx: poor appetite, gas/bloat, loose stools, chronic diarrhea, fatigue, etc.

**T:** Pale
**C:** White greasy
**P:** Weak, deep

---

**Strengthen SP; Tonify SP Qi; Resolve Dampness**

Basic +
**SP-6, ST-36, BL-20, 21**

May also use: **REN-3, 6, 12; SP-3, 9; BL-22, 32; DU-20**

May add: DU-20; ST-36; SP-6, 9 tonify & moxa

Moxa is applicable

> *Wan Dai Tang* > *Yi Huang Tang*
| **KID Yang Xu**  
(or KID Qi Xu) | - Profuse whitish, watery vaginal discharge  
- Worse after working or at the end of the day  
- Lower back weakness or pain  
- Dizziness, vertigo  
- Decreased libido  
- If Yang Xu: cold extremities, pale urination, fatigue | **Tonify & Warm KID;**  
**Hold body fluids (stop discharge)** | Basic +  
REN-4, 6; BL-23; DU-4  
Yang Xu: add moxa  
DU-20 w/ moxa to astringe/hold fluid  
> *Nei Bu Wan Wu*  
> *Zi Yan Zong Wan* |
| Can arise from 1st type, but more severe | T: Pale  
P: Deep, weak, slow | |
| **Damp-Heat**  
**Excess** | - Acute onset  
- Whitish, yellowish, or brownish sticky discharge w/ a strong/bad odor  
- Vaginal irritation: itching, burning  
- Nausea, vomiting, gas/bloating in the lower abdomen  
- Heavy headed, general aches | **Remove Heat; Regulates Dai** | Basic +  
SP-9, 6; LI-4; SJ-5; LI-11; ST-40  
*No moxa*  
May also add: REN-2, 3; BL-22, 33, 30, 53 |
| | T: Red  
P: Slippery fast  
C: Yellow greasy | | |
| **Toxic Heat**  
May be cancer or tumor | - Acute onset related to emotional disorder  
- Profuse greenish vaginal discharge; no odor  
- PMS  
- Hypochondriac pain; irritability; depression, sighing from time to time  
- Decreased appetite | **Remove toxic heat; Regulate Dai** | Basic +  
ST-40, BL-40; SP-10  
*No moxa*  
May also add: LI-11; SP-6, 9; REN-2, 3; KID-2; LIV-3  
> *Wu Wei Xiao Du Yin*  
> *Zhi Mei Jing Yin Sai*  
> *Pen Qiang Jie Du Tang* |
| | T: Scarlet/dark red  
P: Slippery, fast  
C: Yellow or brownish | | |
| **LIV Qi Yu** | - Acute onset related to emotional disorder  
- Profuse greenish vaginal discharge; no odor  
- PMS  
- Hypochondriac pain; irritability; depression, sighing from time to time  
- Decreased appetite | **Soothe LIV; Tonify SP, Regulate Dai** | Basic +  
4 gates, GB-34, LIV-14, ST-36  
BL-18, 19, 20, 21  
LIV-3  
> *Xiao Yao San* |
**Differential Diagnosis & Treatment of Menopause**

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>KID-3, 8; SP-6; UB-23, 52; LIV-3; HT-7 (LIV-8; P-6; KID-6)</th>
</tr>
</thead>
</table>

**KID Yin Xu**
- Irregular cycle followed by menopause
- Weakness of low back and knees
- Dizziness, tinnitus
- Hot flash, palm heat, night sweats, low-grade fever
- Dry throat, desire to sip water

T: Thin, small, red  C: Less or peeled
P: Thin, fast; weaker in both rear

**Nourish KID Yin, Remove Xu Heat**

- Basic +
- KID-6
- KID-1 (may be w/ moxa)

**Liver Yang Rising d/t LIV & KID Yin Xu**
- Irregular cycle followed by menopause
- Headaches, hypertension/high bp; dizziness, vertigo
- Irritability, restlessness, anger, insomnia
- Lower back pain
- Dry eyes

T: Red  C: Yellow, or less
P: Thin, wiry, fast

**Subdue Liver Yang, Nourish LIV and KID Yin**

- Basic +
- LIV-3; SI-5; GB-21, 20
- DU-20 may also be added

**HT & KID Disharmony**
**Very common type!**
- Irregular cycle followed by menopause
- Palpitations, anxiety, restlessness; insomnia, dream-disturbed sleep
- Lower back pain, weakness of knee
- Night emissions: incontinence, …

T: Red  C: Less coat
P: Thin, fast; floating; or surging

**Nourish Yin, Harmonize HT and KID**

- Basic +
- KID-6; HT-6; P-6
- UB-15

**KID Xu w/ bone and joint disorders**
**Decreased hormone levels cause joint problems**
- Irregular cycle followed by menopause
- Many joint pain Sx: knee, shoulder, …
- Degeneration of vertebrae, OA
- Bone spurs; neuroma (pain of dorsal aspect of foot)
- Sciatic pain, lower back pain
- Bones easily fracture, steaming bone heat

T: Thin, red  C: Less
P: Thin, deep, weak; may be fast

**Fortify KID, Strengthen Bones**

- Basic +
- GB-39 (hui marrow)
- UB-11 (bone)
- DU-15, 16 (sea of marrow)

**KID Yang Xu**
- May have hyper or hypo Sx
- Irregular cycle followed by menopause
- Lower back pain w/ cold sensation
- Edema on the lower extremities, cold extremities
- Puffy sensation
- Stiff joints
- Decreased libido
- Frequent, profuse clear urination; or retention of urine in the urinary bladder; incontinence
- Fatigue, pale face

T: Pale, swollen, tm  C: Wet, moist
P: Deep, weak, slow

**Warm KID Yang, Promote urination**

- Basic +
- REN-4, 6; DU-4 w/ moxa
- REN-3; UB-28, 22; ST-28 to promote urination
### Differential Diagnosis & Treatment of Mastitis

<table>
<thead>
<tr>
<th>Initial Stage</th>
<th>GB-21; ST-18; LI-7; SI-1, 9, 11</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>LIV Qi Yu</strong></td>
<td><strong>Soothe Liver Qi, Promote circulation</strong></td>
</tr>
<tr>
<td></td>
<td>Basic +</td>
</tr>
<tr>
<td></td>
<td>4 gates</td>
</tr>
<tr>
<td></td>
<td>GB-34, 22, 23</td>
</tr>
<tr>
<td></td>
<td>UB-18</td>
</tr>
<tr>
<td></td>
<td>If heat signs: add LIV-2, GB-41</td>
</tr>
<tr>
<td></td>
<td>Tuina – rubbing/massage in circular motions w/ heat is very effective! (no ice pack!)</td>
</tr>
</tbody>
</table>

#### Basic Points (for all types)

- Acute
- May not see a lot of Heat signs, more Qi Yu Sx
- Related to emotional d.o.: irritability; weeping; sighing; depression; stress
- Severe distention in the breast / engorgement
- Hypochondriac pain
- Slight or low fever
- Decreased appetite (d/t LIV → SP)
- Swelling of breast

**T:** Normal, or red tip and sides
**C:** Thin white or thin yellow
**P:** Wiry, or wiry & fast

#### Middle Stage

**Accumulation of heat or Toxic Heat in YM Channel**

- 4 Greats: thirst, fever, sweat, pulse
- Desire for cold drinks, chills
- Constipation, dark yellow urination
- Locally: redness, swelling, hot sensation, burning or distending severe pain – may have local infection

**T:** Red  
**C:** Yellow  
**P:** Forceful, slippery, rapid

**Herbal paste:** *Wu Wei Xiao Du Yin* – apply fresh herbal paste on local area and change every 2-3 hrs (herbs will dry out)

[Common herbal Rx for acute toxic heat infections.]

#### Last Stage

**Qi & Xue Yu w/ Retention of Phlegm**

- May not have fever and chills
- Will have discharge of pus w/ a hard mass inside
- Distending pain
- Pain is fixed, worse at night

**T:** Normal, or purple  
**P:** Wiry, hesitant, or slippery

*Toxic H causes erosion of body tissue (flesh, muscle) and forms pus [according to *Nei Jing*, Chp. 81]*
*Toxic H consumes jin ye, makes fluids thicker and this is considered Phlegm retention

**Promote circulation, Remove Phlegm**

**Basic +**
**4 gates**
**SP-9; ST-40**
**SP-10; UB-17** (move Xue)
Arthritis / Bi Syndrome (guan jie yan)

According to Symptoms

Wandering Bi / Xing Bi (pain moves)

Painful Bi / Tong Bi (fixed pain, severe)

Fixed Bi / Zuo Bi (pain doesn’t move; fixed & always in the same joint)

Hot Bi / Re Bi (hot, red skin – inflammation)

According to Etiology

Wind Bi / Feng Bi

Cold Bi / Han Bi

Damp Bi / Shi Bi

Heat Bi / Re Bi (acute stage: shows how severe the inflammation is)

According to Location

[5 Element Based]
Definitions here are much broader (not just localized to joint)

Skin Bi ➔ Lung Bi

Muscle Bi ➔ Spleen Bi
- fibromyalgia

Bone Bi ➔ Kidney Bi
- osteoarthritis

Blood Vessel Bi ➔ Heart Bi

Sinews/ Ligaments ➔ Liver Bi
- rheumatoid

According to Body Constitution

Wind-Damp Bi / Feng Shi Bi

Rheumatoid Arthritis / Li Jie Bi ("painful & stiff joint")
- LIV & KID Yin Xu w/ or w/o E-H [autoimmune dz]

1 group of pts to address

<table>
<thead>
<tr>
<th>ETIOLOGY</th>
<th>Location</th>
<th>1 group of points to address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wind</td>
<td>Shoulder</td>
<td>SI-9; LI-15; jian qian &gt; 3 Needle treatment on shoulder: Jian San Zhen &gt; Acute: use shallow needling; Chronic: use deep needling</td>
</tr>
<tr>
<td>Cold</td>
<td>Elbow</td>
<td>LI-11; SJ-10; SI-8</td>
</tr>
<tr>
<td>Damp</td>
<td>Wrist</td>
<td>LI-5; SJ-4; SI-5</td>
</tr>
<tr>
<td>Heat</td>
<td>Interphalanges</td>
<td>Ba Xie; LI-2; 3; SI-5 Herbal Patch: Shang Shi Zhi Tang Gao</td>
</tr>
<tr>
<td></td>
<td>Hip</td>
<td>GB-30, 29; UB-54, 36; ST-31</td>
</tr>
<tr>
<td></td>
<td>Knee</td>
<td>ST-35; UB-40; GB-34; he ding; SP-9 (only w/ swelling)</td>
</tr>
<tr>
<td></td>
<td>Ankle</td>
<td>ST-41; GB-40; UB-60; SP-6 (only w/swelling)</td>
</tr>
<tr>
<td></td>
<td>Toes</td>
<td>Ba Feng; SP-2, 3; GB-44; UB-67 Herbal Patch: Shang Shi Zhi Tang Gao</td>
</tr>
<tr>
<td></td>
<td>General bi everywhere</td>
<td>SI-3; UB-62; SP-21 (GB-34 is good, too)</td>
</tr>
</tbody>
</table>

WIND INVASION

Wandering Bi
- Acute onset
- Wandering pain in joints; mainly upper part of body & upper extremities
- Other wind invasion symptoms: aversion to wind; slight fever; sweating from time to time (slight)

T: Normal; white coat
P: Superficial; soft

CAM: will have greasy tongue coat because of wind-cold-damp combination

Remove external pathogenic wind,
Promote qi & blood circulation,
Alleviate pain

Warm body yang,
Remove external pathogenic cold,
<table>
<thead>
<tr>
<th>INVASION</th>
<th>Painful Bi</th>
<th>½ of pain due to cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Alleviated by warmth; worse in cold: cold extremities; aversion to cold; profuse, clear urine</td>
<td></td>
<td></td>
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<tr>
<td>- Slight fever no sweat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- More pathogen = more pain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T: Normal or slightly pale</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C: Thin, white or wet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: Superficial &amp; tight, or deep &amp; slow</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Promote qi & blood circulation; Stop pain**

Use moxa: esp. herbal ai ye: mixed moxa sticks are stronger, more warmth

> *Chuan Wu Tang*: cook for hours: great for cold bi

<table>
<thead>
<tr>
<th>DAMP INVASION</th>
<th>Fixed Bi</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Acute or chronic onset</td>
<td></td>
</tr>
<tr>
<td>- Mainly on lower extremities (damp sinks);</td>
<td></td>
</tr>
<tr>
<td>- Dull pain with heaviness sensation; swelling in local area; even edema; severe numbness</td>
<td></td>
</tr>
<tr>
<td>- Other damp symptoms: general heaviness; foggy/muzziness; morning nausea; decreased appetite; vomiting; middle distension gas bloating; profuse vaginal discharge; loose stool w/ sticky pieces</td>
<td></td>
</tr>
<tr>
<td>T: Normal or pale; swollen w/ teeth marks</td>
<td></td>
</tr>
<tr>
<td>C: Thin white or thick, greasy or wet</td>
<td></td>
</tr>
<tr>
<td>P: Deep; slippery or soft; superficial</td>
<td></td>
</tr>
</tbody>
</table>

**Remove/Resolve Damp, Promote qi & blood circulation to stop pain**

If Yin xu also; treatment more complicated: balance between removing damp & nourishing yin

Moxa is also fine for damp - dry out

<table>
<thead>
<tr>
<th>HEAT INVASION</th>
<th>Hot Bi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Could be other pathogen blocked and turned into heat</td>
<td></td>
</tr>
<tr>
<td>- Acute onset</td>
<td></td>
</tr>
<tr>
<td>- Burning pain around joints w/ red skin, higher temperature of skin (swollen joints)</td>
<td></td>
</tr>
<tr>
<td>- Other heat: fever or high fever; slight aversion to cold; thirsty; desire for cold drink; sore throat</td>
<td></td>
</tr>
<tr>
<td>T: Red body or tip</td>
<td></td>
</tr>
<tr>
<td>C: Thin yellow; or thick greasy, yellow</td>
<td></td>
</tr>
<tr>
<td>P: Slippery, fast</td>
<td></td>
</tr>
</tbody>
</table>

**Clear Heat, Promote Qi & blood circulation to stop pain**

Can use moxa on hot bi because heat is wrapped in damp & can't escape: use moxa to remove damp to allow heat to escape

<table>
<thead>
<tr>
<th>LI JIE Rheumatoid</th>
<th>Bi due to LIV/KID Xu w/ dampness retention</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Chronic onset - mostly begins in small joints</td>
<td></td>
</tr>
<tr>
<td>- Soreness/stiffness; a.m. stiffness</td>
<td></td>
</tr>
<tr>
<td>- Better after exercise or by mid-day</td>
<td></td>
</tr>
<tr>
<td>- Severe cases: joint deformity</td>
<td></td>
</tr>
<tr>
<td>- Other Liver and Kidney Xu signs:</td>
<td></td>
</tr>
<tr>
<td>T: Thin &amp; small; red or scarlet; cracks</td>
<td></td>
</tr>
<tr>
<td>C: Less coat; mapped or peeled; mirror or yellow</td>
<td></td>
</tr>
<tr>
<td>P: Thin; rapid w/o strength</td>
<td></td>
</tr>
</tbody>
</table>

**Remove External Pathogen, Strengthen Liver and Kidney, Promote Qi and Xue Circulation**

KID-3; SP-6; UB-23, 43, 52, 11
GB-34, 39
## Carpal Tunnel Syndrome

<table>
<thead>
<tr>
<th>Test</th>
<th>Protocol</th>
<th>(+) for CTS if:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wrist flexion test</strong></td>
<td>Have patient make a loose fist w/ thumb under the other 4 fingers; flex wrist as much as possible. If possible, flex wrist and rotate slightly toward little finger and hold for 40 seconds.</td>
<td>Numbness, tingling, or shooting pain will occur all the way to the finger tip or to the upper arm (medial side); or in the thumb, index, middle and radial side of ring finger.</td>
</tr>
<tr>
<td><strong>Forearm Block Test / Compression Test</strong></td>
<td>Take bp and use readings as a gauge (i.e. 110/80); Move bp cuff to distal part of forearm: apply pressure w/ in range of the person’s bp (should be between 135-85). Maintain pressure for 30 s. *Do not use too much pressure nor maintain pressure for &gt;30 sec.</td>
<td>Shooting pain to palm, fingers, or upper arm will occur [Pumping bp cuff too high or for too long can cause pseudo-(+) results]</td>
</tr>
<tr>
<td><strong>Tinel test</strong></td>
<td>Tap forearm &amp; wrist along the path of the median nerve (pericardium channel)</td>
<td>Tingling or shooting pain</td>
</tr>
<tr>
<td><strong>Phalen test</strong></td>
<td>Have patient hold hands w/ dorsal sides of hands together (as in an upside-down, backwards prayer position) – hold for at least 1 minute.</td>
<td>Within 1 minute; strong symptoms of tingling, pain, shooting pain will occur</td>
</tr>
<tr>
<td><strong>Check little finger</strong></td>
<td>When symptoms flare (at any time), ask patient to pinch off little finger to see if it is involved</td>
<td>The little finger will not get numb or tingle w/ CTS *If the little finger is also affected, it may be other structural or nerve problems.</td>
</tr>
<tr>
<td><strong>Electromyography / Nerve conduction study</strong></td>
<td>Performed by specialist (M.D.)</td>
<td></td>
</tr>
<tr>
<td>Acute Stage</td>
<td>Promote Qi and Xue Circulation, Stop Pain, (Unblock Meridians)</td>
<td></td>
</tr>
<tr>
<td>-------------</td>
<td>---------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| **Qi & Xue Stagnation / Bi / Blockage** | **T**: Normal with thin white coating  
| | **P**: Tight or choppy |
| - Tingling or sharp pain or numbness on thumb, index, middle, and radial half of ring fingers - pain may radiate to upper arm or armpit  
| - Local weakness, spasm and inflammation of the wrist joint; local inflammation/swelling around wrist joint  
| - May be d/t bone fracture or sprain, or injury to tendon  
| - If severe: hyposensitivity or hypersensitivity (anesthesia), no feeling  
| - Symptoms aggravated at night or when temperature of hand is higher.  
| - Also aggravated by overworking.  
| *Determine whether pain is more Qi Yu or Xue Yu type  
| | **T**: Normal with thin white coating  
| | **P**: Tight or choppy |
| **Chronic Stage** | **Tonify Qi, Nourish Xue, Promote Qi & Xue Circulation** |
| **Qi and Xue Xu / Wei / Flaccidity** | **T**: Pale with thin, white coat  
| | **P**: Thin and weak |
| - Chronic = more than 6 months  
| - Dull pain or local weakness – atrophy of major thenar eminence & thumb with severe local weakness (cannot hold/grasp cup)  
| - Severe ones may have impairment of function of thumb – thumb cannot abduct on palmar side (cannot make thumb perpendicular to pain).  
| - Patient can’t hold objects, weakness  
| - Other Qi and Xue Xu signs  
| | **T**: Pale with thin, white coat  
| | **P**: Thin and weak |
| | **P-4, 6, 7, 8**  
| | **HT-7, 8**  
| | **LU-9, 10**  
| | **SJ-4** |
| | **P-6, 7; LI-4, 5; LU-7, 9, 10**  
| | **SJ-5; SI-3, 5**  
| | **ST-36 (Wu’s “influential pt for muscle”)**  
| | **GB-34**  
| | **Massage is better than acupuncture**  
| | **Zheng Gu Shui** – use only for 3-5 wks  
| | **> Ru Yi Jing Huang San / “Happy Golden Yellow Powder” (from Wu Ke Zhen Zong Formula Book): can use as external wrap** |
Low back pain

Biomedicine

Prevalence: 1 in 45 or 2.21% or 6 million people in USA

Low back pain: Pain felt in the low back. There are many causes of low back pain.

It can be either acute, subacute or chronic in its clinical presentation. Typically, the symptoms of low back pain do show significant improvement within two to three months from its onset. In a significant number of individuals, low back pain tends to be recurrent in nature. In a small proportion of sufferers this condition can become chronic.

Interrogation

- Duration
- Character
- Radiation
- What makes it worse and better
- Associated symptoms
- Neurologic symptoms of numbness, tingling or weakness
- Trauma
- Previous treatment

Type of low back pain:

1. Acute low back pain

An acute lower back injury may be caused by a traumatic event, like a car accident or a fall. It occurs suddenly and its victims will usually be able to pinpoint exactly when it happened. In acute cases, the structures damaged will more than likely be soft tissue like intervertebral discs, muscles, ligaments and tendons. With a serious accident or due to osteoporosis, vertebral fractures in the lumbar spine may also occur. At the lowest end of
the spine, some patients may have tailbone pain. Others may have pain from sacroiliac joint dysfunction.

2. Chronic low back pain

Chronic lower back pain usually has a more insidious onset, occurring over a long period of time. Physical causes may include osteoarthritis, rheumatoid arthritis, spinal disc herniation, osteoporosis, or rarely, a tumor or infection.

Note: Pain in the upper back can also be a result of disorders of the aorta, chest tumors, and inflammation of the spine.

Differential diagnosis

- Sciatica
- Herniated nucleus pulposus with/without nerve impingement
- Spondylolysis with or without Spondylolysis
- Scoliosis
- Sacroiliac joint dysfunction
- Rare causes:
  - Infection
  - Connective tissue disease (e.g. Ankylosing spondylitis)
  - Tumor
  - Referred pain – e.g. kidney stone, abdominal aortic aneurysm
  - Spinal stenosis

Physical Exam

- Check for range of motion of the back in
  - Flexion
  - Extension
  - Rotation to the right and left
- Inspect the back for obvious signs of deformity.
- While forward flexing, look for one shoulder higher than the other - this would suggest scoliosis.
- Palpate the spinous processes and surrounding tissues for tenderness.
- Note any paraspinal muscle spasm.
- Neurological exam

Treatment

- If there are no worrisome signs or symptoms, low back pain is usually managed conservatively very successfully – 80-90 percent will be recovered in 2-3 months.
- Reduce activity – relative rest!
- Pain management - NSAIDs, tylenol
- Modalities such as ice, heat, ultrasound may help
• Gentle flexibility exercises for back, hamstrings
• Strengthening of abdominal muscles/trunk support
• If signs and symptoms worsen or do not improve over 4 weeks, consider radiographic studies.

TCM

The low back is the “Residence of the Kidneys” meaning that the low back is most closely related, but not limited to, the health of the Kidney system.

Mechanism: Kidney deficiency or blockage in lumbar channel

If there is free flow, there is no pain;  
If there is no free flow, there is pain.

Etiology:

1. Invasion by pathogenic cold and damp.  
   In this case, low back pain is due to obstruction of circulation of Qi in the meridians and collaterals. The precipitating factors may be living in cold and damp places, exposure to the rain, or wading in water, or being drenched with sweat.

2. Damp heat retention in the low jiao  
   In this case, patients can have both short or long history of low back pain. The damp heat can come from the chronic damp retention or come from the acute damp and heat retention.

3. Blood Stasis obstructing the channels and collaterals.  
   The patient has a long history of acute lumbar muscle sprain which has not been treated correctly. It has lingered for a long time and become a chronic condition. Or, the patient has a history of strain to the lower back on the job. Longshoreman and other workers who must carry heavy loads, or who have their back bent for a long time can easily overstrain their backs.

4. Deficiencies of the Kidney  
   In this case, the low back pain is generally due to congenital deficiency or weakness of the Kidneys in old age. The weakness of the Kidneys could also be due to overwork or excessive sexual activity resulting in poor nourishment of the meridians in the lumbar region.

Differentiation and Treatment:

1) Dredging the meridian passages (reduce XS)  
2) Tonifying Kidney Qi

Basic Points:  

Points are mainly selected from the Du and Foot Tai Yang (UB) channels.

KI 3 "Tai Xi" (Great River) Stream (Earth) Point for Kidney  
UB 40 One of four key points, distal usage
GB 34 Influential point of the tendon
Ashi Points in the Lumbar Region

1. Cold/Damp syndrome

Coldness, severe cold pain, heavy sensation and stiffness of the lower back, gradually aggravated by turning the body. Not relieved, but aggravated by lying down quietly and aggravated by rainy days or damp weather.

Tongue: Normal body with greasy white coating.
Pulse: Deep and slow.

Treatment:

Du Huo Ji Sheng Wan.

2. Damp/heat retention in the low jiao

Hot feeling, bitter taste, restlessness, scanty and dark urine.

Tongue: red body with yellow greasy coating
Pulse: slippery and fast

Treatment:

Si Miao San

3. Blood stasis

Severe pain in the lower back, which is generally fixed in a certain area, and is aggravated by pressure and impaired movement by bending forward or backward and turning the body.

Tongue: Dark or purplish body with purple spots.
Pulse: Uneven

Treatment:

Shen Tong Zhu Yu Wan

4. Kidney Deficiencies

Sustained pain and soreness in the lower back, aggravated by fatigue and alleviated by bed rest.

1) Kidney Yang Xu: Cramp-like sensations in the lower abdomen. Pale face, hypofunction of taste sense, cold limbs.

Tongue: Pale body
Pulse: Deep and thready, or deep and slow.
Treatment:

You Gui Wan

2) Kidney Yin Xu: Irritability, insomnia, dry mouth and throat, malar flush, five center heat.

Tongue: Red body with scanty coating.
Pulse: Thready and weak, or thready and rapid.

Treatment:

Zuo Gui Wan

Glomerulonephritis

Biomedicine

Prevalence: 1 in 4,428 or 0.02% or 61,422 people in USA

Glomerulonephritis (glomerular nephritis), is a renal disease characterized by inflammation of the glomeruli or small blood vessels in the kidneys. It may present with isolated hematuria, proteinuria and edema which can result in renal failure finally.

Causes

Glomerulonephritis may be caused by specific problems with the body's immune system, but the precise cause of some cases is unknown. Damage to the glomeruli causes blood and protein to be lost in the urine.

The condition may develop after survival of the acute phase of rapidly progressive glomerulonephritis. In about a quarter of people with chronic glomerulonephritis there is no prior history of kidney disease and the disorder first appears as chronic renal failure.

Symptoms:

- Blood in the urine
• Foamy urine

Chronic renal failure symptoms that may gradually develop include the following:

• Unintentional weight loss
• Nausea, vomiting
• Fatigue
• Decreased urine output
• Need to urinate at night
• Easy bruising
• Decreased alertness (Drowsiness, delirium, Coma)
• Muscle twitching
• Muscle cramps
• Seizures
• Generalized itching

Treatment:

• Blood pressure medications
• Corticosteroids
• Immunosuppressives
• Dietary restrictions on salt, fluids, protein

TCM

Mechanism:

Kidney, Spleen and Lung dysfunction with water retention and blood stasis

Differentiation and Treatment:

UB 23; UB 40; Du 3 ("Kidney Yang Door"); GB 39
1. **Spleen and Kidney Qi Xu**

Pale face, fatigue, shortness of breath, poor appetite, loose stool, low back and knee soreness, bloody urine

**Tongue**: pale with thin and white coating

**Pulse**: weak

2. **Liver and Kidney Yin Xu**

Dizziness, headache, dry eye, blurred vision, restlessness, insomnia, soreness of knee, tinnitus

**Tongue**: red body with less coating

**Pulse**: thin and fast

3. **Lung and Kidney Qi Xu**

Common cold easily, cough, white phlegm, puffy face and limb edema, scanty or foamy urine

**Tongue**: pale body with thin and white coating

**Pulse**: weak

4. **Blood stasis retention in Kidney**

Dusky or black face, dry or fish scale skin, macula, fixed back pain

**Tongue**: dusky body with purple spots

**Pulse**: deep and choppy
Sciatica (zuo gu shen jing tong)/Yao Tui Tong (lower back and leg pain)

I. TCM
A. Etiology & Mechanism
1. Invasion of Wind-Cold-Dampness:
   - Esp. Damp & Cold, b/c wind tends to affect upper body – but if pain travels from location to location, this is “wandering pain” → wind [GB-31!]
   - Dai meridian may be involved [Dai syndrome: 1- low back pain, 2- vaginal discharge, 3- SP Xu]
     *Dai connects LIV, GB, UB, DU, etc.
   - Functional disorder, not mechanical (cannot visualize through x-ray) – determine root of pain accordingly:
     - If pain in located in the big toe/foot → L4 & L5
     - If pain is located on the lateral 3 toes → disc problem between L5 & S1
2. Traumatic accident: Blood stasis – will affect the bone/vertebrae
   More organic disorder
3. Overwork:
   Functional problem → may become organic
4. Aging:
   KID Xu → low back pain (pinching, compressing of nerve)
   Degeneration of the vertebrae/spine often occurs w/ aging
5. Involves GB, UB, Dai and sometimes LIV or ST meridians
   a. L1 - L4: for GB and Dai
   b. L2: for Dai: DU-4; UB-23; UB-52; GB-26; GB-27; GB-28; LIV-13
   c. L3 - S1: for UB
   d. Hip joint or L-S joint for ST, LIV; esp. S-I joint: subluxation radiates to front/groin
   > Vertebral pain will not radiate. L-S or I-S joint pain will radiate

II. Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic points</th>
<th>Huatuo's Jia ji points for L1-L5</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UB-54; GB-30; UB-40</td>
</tr>
</tbody>
</table>

### Invasion of Cold-Damp (Wind-Cold-Damp)
- Acute onset with Hx of camping, skiing, or catching cold
- Cold pain on low back, radiates down GB or UB meridians
- Desire for warmth
- Exercise alleviates symptoms (if it worsens it, then it is a xu syndrome: exercise promotes yang, opens circulation)
- Heaviness sensation around the waist “like sitting in cold water” or “carrying 5000 coins around waist”
- Arthritic-type symptoms
P: Superficial, tight; or deep slow & soft
T: Normal

Remove Ext. Pathogen Cold-Damp, Open Dai Meridian, Stop Pain
------------------------
Moxa / warming therapy
SI-5 & GB-41 for Dai - open & stimulate 1st
If pain is GB meridian, add: GB-31, 34, 40
If pain is UB meridian, add: UB-36, 60

### Qi & Xue Stagnation
*Functional disorder*
- Qi: trauma or acute muscle strain (Fx disorder)
- Xue: bruising or disk rupture (x-ray)
- Acute onset; Hx of trauma; excess lifting
- Sharp stabbing or needling pain on lower back which radiates to GB or UB meridians; fixed pain
- Worse at night; exercise can alleviate pain
P: Superficial, tight; or deep slow & soft
T: Normal or purple

Promote Qi & Xue Circulation, Remove Blood Stasis, Alleviate Pain
---------------------------
Cupping, blood letting, 7-star needle
SP-10; UB-17
Ba Liao (1.5" deep)
SI-3 + UB-62 to open DU
If really acute: DU-26 or blood let UB-40 (to promote blood circulation) [get consent from patient before blood letting UB-40 and warn patient that this area may be a bit sore for a few days following tx]
**External Epicondylitis / Tennis elbow (zhou lao)**
cupital fatigue / elbow weakness

**I. Diagnosis**

A. Tongue & pulse not for diagnosis of tendino-muscular disorders (T: & P: only for internal disorders)
B. Very specific location of pain
C. Tennis Elbow test -
   a. Tennis elbow test: flex wrist & elbow joints with palm towards chest
   b. Begin rotating both wrist & elbow, palm downwards and outwards
   c. Extend elbow & wrist joints – *stretching of extensor group of muscles*
   d. Check where pain is
D. Resistant Wrist Joint test – (this test will distinguish between lateral and medial epicondylitis)
   a. Flex wrist joint (90°) – pressure on dorsal aspect of hand (by practitioner)
      - Ask patient to extend/straighten joint while applying pressure – pain will be felt on external epicondylitis (LI-11) → **external epicondylitis**
   b. Extend wrist joint – pressure on palmar aspect of hand (by practitioner)
      - Ask patient to flex/straighten joint (push down) while applying pressure – pain will be felt on the medial epicondylitis (SI-8) → **medial epicondylitis**

**II. Differential Diagnosis & Treatment**

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>Pts on the 3 Yang Channels of the arm: [this set of pts also balances pts on medial and lateral sides of arm]</th>
</tr>
</thead>
<tbody>
<tr>
<td>LI-11, 12; SJ-5, 8, 10; SI-3, 6, 8</td>
<td><strong>[SJ-8 = “3 yang junction” = a good pt for any disorder of the arm]</strong></td>
</tr>
</tbody>
</table>

**Invasion of Wind-Cold or Wind-Cold-Dampness**

- Acute onset w/ immediate Hx of camping, catching cold; sl. fever; aversion to cold; spasm of elbow joint; dull pain & tenderness around LI-11; SJ10; LI-12
- Pain reducible by warm therapy
- If combo with damp: swollen & heaviness sensation

T: Normal or white, greasy
P: Superficial tight or soft

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>LI-4; LU-7; GB-20; UB-12, 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local points with moxa</td>
<td></td>
</tr>
<tr>
<td>Or special Tx w/sulfur: slice ginger into pieces &amp; poke holes – place a cone of sulfur &amp; light the cone – when the patient feels warmth, press/“smash’ the cone of sulfur down onto ginger w/ (tongue) depressor</td>
<td></td>
</tr>
<tr>
<td><strong>Herbal patches:</strong> 701 or Salonpas</td>
<td></td>
</tr>
<tr>
<td>Qi Stagnation &amp; Blood stasis</td>
<td>Promote qi &amp; blood circulation; Remove blood stasis</td>
</tr>
<tr>
<td>-----------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td><strong>Traumatic Accident</strong></td>
<td>+ SJ-5; UB-40, 17; SP-10; GB-34</td>
</tr>
<tr>
<td>- Acute onset w/Hx of accident; dull pain or fixed pain around joint; with or without swelling; bruise or not; pain could be worse at day (qi) or night (blood)</td>
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<tr>
<td>- Limitation of joint movement</td>
<td></td>
</tr>
<tr>
<td>T: Normal or purple w/o spots</td>
<td></td>
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<tr>
<td>P: Hesitant or choppy</td>
<td></td>
</tr>
<tr>
<td><strong>Blood letting w/ 7-star needle</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Herbal patches:</strong> 701 or Salonpas</td>
<td></td>
</tr>
<tr>
<td><strong>Qi &amp; Blood Xu w/ Empty Meridians Overwork</strong></td>
<td>GB-34, 39; UB-11; ST-36</td>
</tr>
<tr>
<td>- Chronic onset</td>
<td></td>
</tr>
<tr>
<td>- Dull pain around elbow joint; off &amp; on; worse at end of day or after work; alleviate by resting; numbness of forearm; local weakness</td>
<td></td>
</tr>
<tr>
<td>T: Normal or pale face, tongue; thin white coat</td>
<td></td>
</tr>
<tr>
<td>P: Thin, weak</td>
<td></td>
</tr>
<tr>
<td><strong>Do not use plaster patches</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Alternating heat/cold therapy</strong></td>
<td></td>
</tr>
</tbody>
</table>
Chemical Dependency (yao wu yi lai zheng)

I. Definition
Normal internal organ fx(s) are replaced partly or totally by chemicals & therefore the human body depends on the chemical.

II. Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Qi Xu</th>
<th>LU, SP or KID Qi Xu</th>
<th>Remove Toxic Heat; Tonify Qi</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>- Fatigue; easy to catch cold; SOB</td>
<td>REN-17, 4, 6; LU-9; ST-36; LI-10; UB-13, 20, 23 …</td>
</tr>
<tr>
<td></td>
<td>- Soft voice; pale face; depressed appetite</td>
<td>Add tonifying points for affected organ (i.e. backshu, yuan, etc)</td>
</tr>
<tr>
<td></td>
<td>T: Pale, swollen, w/ moist coat</td>
<td>Herbs: white ginseng, or xi yang shen</td>
</tr>
<tr>
<td></td>
<td>P: Deep, weak</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Yin Xu</th>
<th>- Palm fever; night sweats; tidal fever in the afternoon/p.m.; thirsty etc.</th>
<th>Remove Toxic Heat; Nourish Yin</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>T: Red w/ cracks &amp; little or no coat</td>
<td>KID-3; UB-23, 43, 52; SP-6;</td>
</tr>
<tr>
<td></td>
<td>P: Thin, fast</td>
<td>Herbal therapy is stronger</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Retention of Damp-Heat or Toxic Heat</th>
<th>Remove Toxic Heat or Damp-Heat</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Restless; irritable</td>
<td>P-6 (toxic heat + nausea vomit)</td>
</tr>
<tr>
<td>- Thirst for cold or w/ no desire to drink</td>
<td>SP-10; REN-3; UB-40; DU-14; SJ-5</td>
</tr>
<tr>
<td>- Fever; nausea; vomit</td>
<td>LI-11 + SJ-6 - if very severe</td>
</tr>
<tr>
<td>- Constipation; dark yellow urine</td>
<td>Herbs for toxic heat from LU: yu xin cao</td>
</tr>
<tr>
<td>T: Scarlet</td>
<td>LIV: long dan cao</td>
</tr>
<tr>
<td>C: Yellow, greasy</td>
<td></td>
</tr>
<tr>
<td>P: Slippery, fast</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Disharmony between internal organs: LIV &amp; SP, HT &amp; KID, …</th>
<th>Soothe LIV Qi; Tonify SP Qi; Harmonize LIV &amp; SP</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Depression; stress; chest distension; sighing from time to time</td>
<td>4 gates; ST-36; SP-6</td>
</tr>
<tr>
<td>- Depressed appetite; loose stool/diarrhea; gas &amp; bloating</td>
<td>GB-34; LIV-8, 1 to 3, 14 (or UB-18, 20)</td>
</tr>
<tr>
<td>- Hypochondriac pain or upper abdomen</td>
<td>If more:</td>
</tr>
<tr>
<td>T: Pale, thin white</td>
<td>HT &amp; KID: P-6, HT-7, KID-6</td>
</tr>
<tr>
<td>P: Wiry, weak in SP area</td>
<td>SP &amp; ST: ST-25, 36; REN-12; SP-6</td>
</tr>
</tbody>
</table>

Anxiety Disorder (jiao lu zheng)

I. Biomedicine
A. Definition
Anxiety disorders involve a state of distressing, chronic, but fluctuating nervousness which are inappropriately severe for the person’s circumstances.

B. Types
1. Acute Panic Disorders (functional disorder)
   a. palpitations or tachycardia
   b. sweating [HT]
   c. trembling or shaking – of the whole body or extremities [LIV]
   d. shortness of breath or difficulty breathing (suffocating sensation) [HT]
   e. chest pain [HT]
   f. dizziness, even fainting [LIV Yang]
   g. nausea, diarrhea [LIV→SP/ST]
   h. numbness or tingling [LIV Xue xu]
   i. fear of losing control (or dying) [KID]
   j. choking sensation – cannot speak/stuck [LIV – plum pit Qi]
   k. hot flash or chills [HT, LIV, KID = Yin axis]
2. **General Anxiety Disorders** *(more organic – involves internal organs)*
   - Not as severe; may last longer (days, months, etc.) w/ the following symptoms:
     a. general nervousness
     b. headaches
     c. chronic fatigue
     d. poor concentration
     e. irritability
     f. easily startled

3. **Phobic Disorders or Obsessive Compulsive Neurosis**
   - Fear of something specific: heights, flying, spiders, …

4. **Post-traumatic Stress Disorder**
   - Survivors of traumatic events: war, natural disasters, etc

II. **TCM**
   A. **Etiology & Mechanism**
      1. **Emotional disorders**
      2. **Overworking:** Internal Organ Xu, Qi Xu, Xue Xu

   B. **Mechanism**
      - Rebellious Qi of the HT, KID, LIV (all these energies move upwards – too much energy moving upwards leads to the feeling of loss of control… ) = *Too much energy in the upper body, not enough in the lower body*
      - Excess in the UJ, Deficiency in the LJ

III. **Differential Diagnosis & Treatment**

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>DU-20; REN-14, 17; UB-14, 15; KID-3, 6; SP-6 HT-7; P-6</th>
</tr>
</thead>
</table>
| **HT & GB Qi Xu** | - Genetic factors: personality; family tree  
- Timidity; hesitant to make decisions; fatigue & tired  
- Nightmares; palpitations; sob; poor appetite  
T: Pale, swollen w/tm  
P: Deep, weak  
C: Thin, white |
| **Tonify Heart Qi; Calm Spirit** | Basic +  
HT-7; P-6; GB-34, 24  
(+ Qi herbs) |
| **HT & LIV Blood Xu** | - Palpitations w/ empty sensation in chest; poor concentration; bad memory  
- Dream disturbed sleep (HT & LIV Xue Xu); scanty, light red (color) menses; amenorrhea  
- Blurred vision; pale face, floaters  
- Severe cases: fainting or trembling hands.  
  (Inner wind due to Liver Xue Xu)  
T: Pale  
P: Weak, thin (thready), esp. on left  
C: Thin, white |
| **Nourish HT & LIV Blood; Benefit Shen** | Basic +  
UB-17, 18; LIV-3, 8; ST-36, DU-20, 24 |
| **Heart & KID Disharmony:**  
**Heart Yin and KID Yin Xu**  
with Empty Heat | - Palpitations w/ empty sensation in lower dantien; hot flash; dizzy, even fainting, tinnitus  
- Palm sweat or spontaneous sweating (from Qi going up)  
- Insomnia; tachycardia; low back pain (must have KID symptoms such as low back pain)  
T: Red, small size w/ cracks  
P: Thin & fast, could be superficial  
C: Less, or mapped/peeled, or thin yellow  
* KID-1: only point to use for Xu Heat (to take empty fire back to its origin) - use 20-30 gauge needle |
| **Harmonize HT & KID; Nourish Heart & KID Yin; Remove Empty Heat; Benefit Shen** | Basic +  
UB-23, 52; KID-3, 8  
KID-1* w/ moxa or needling  
Yintang  
- Must do both HT & KID points |
## Depression and Melancholia (yu zheng)

### A. Etiology
1. Emotional disorders
2. Seasonal and climatic changes
   - a. Spring and summer: yang seasons – more movement
   - b. Autumn and winter: yin seasons – too much yin doesn’t support the movement of energy throughout the body
      - i. Thus, women are more likely to become depressed than men
3. Congenital factors: KID
4. Overworking: weakens internal organs → emotional disorders
5. Irregular diet: esp. too many yin foods

### B. Symptoms
- Depression, restlessness, fullness of chest, distending sensation in hypochondrium, feeling of lump in the throat, etc.

### C. Mechanism
- **Dan Xi Xin Fa / Dan Xi’s Clinical Experience:** text which addressed Yu Syndrome
  1. Discusses 6 Yu/stagnations:
     a. Qi Yu / Qi
     b. Shi Yu / Dampness
     c. Tan Yu / Phlegm
     d. Xue Yu / Blood
     e. Huo Yu / Fire
     f. Shi Yu / Food

### Qi stagnation of LIV & LU

<table>
<thead>
<tr>
<th>Qi stagnation of LIV &amp; LU</th>
<th>Qi flow = 2 cycles:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Xue Stagnation</td>
<td>i. Small cycle = SP ↔ ST</td>
</tr>
<tr>
<td>Xue Stasis</td>
<td>ii. Larger cycle = LIV (left) moves ↑</td>
</tr>
<tr>
<td>Body fluid stagnation</td>
<td>LU (right) moves ↓</td>
</tr>
<tr>
<td>Dampness stagnation</td>
<td></td>
</tr>
<tr>
<td>Heat &amp; Fire</td>
<td></td>
</tr>
<tr>
<td>Food stagnation</td>
<td></td>
</tr>
</tbody>
</table>

### D. Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic points</th>
<th>For 6 Yu:</th>
<th>Emotional symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>REN-17 (Qi yu)</td>
<td>ST-40 (phlegm yu)</td>
<td>Yintang</td>
</tr>
<tr>
<td>UB-17 (Xue yu)</td>
<td>LI-11 (fire yu)</td>
<td>4 gates</td>
</tr>
<tr>
<td>SP-9 (dampness yu)</td>
<td>REN-12 (food yu)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>LIV Qi Yu Type</th>
<th>Soothe Liver Qi; Regulate Emotions; Harmonize Liver and Middle Warmer</th>
</tr>
</thead>
<tbody>
<tr>
<td>- History of emotional disorder</td>
<td>4 gates; SP-6; KID-6; GB-34; LIV-14</td>
</tr>
<tr>
<td>- Depression; restlessness, stress</td>
<td>GB-24; HT-5; DU-16</td>
</tr>
<tr>
<td>- Fullness in chest; dull pain in hypochondrium</td>
<td>UB-18, 47 (Spiritual pt of LIV)</td>
</tr>
<tr>
<td>- Abdominal distension; poor appetite; nausea, vomit</td>
<td></td>
</tr>
<tr>
<td>- LIV overact on SP, alternating diarrhea-constipation</td>
<td></td>
</tr>
<tr>
<td>T: Thin, greasy coat P: Wiry</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Qi Yu with Retention of Phlegm</th>
<th>Soothe Liver Qi; Resolve Phlegm; Benefit Qi Tract (brachial to nose)</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Plum pit Qi (sensation on lump in throat which is difficult to spit out, choking) could be initial stage of esophageal cancer</td>
<td>REN-22, 17; P-6; ST-40, 36</td>
</tr>
<tr>
<td>-- “Plum-pit Qi” term from Golden Chamber</td>
<td>SP-9; LU-7; KID-6; ST-9; LI-18</td>
</tr>
<tr>
<td>- Depression; chest fullness</td>
<td></td>
</tr>
<tr>
<td>- Cough with profuse mucus; vaginal discharge, severe PMS; likely to sigh</td>
<td></td>
</tr>
</tbody>
</table>
Blood Xu Type

Zang Zao = Internal Organ Dryness

- Grief without any obvious reason (usually seen in patients with hysteria), may faint
- Abnormal joy or abnormal rage; unreasonable suspiciousness; unreasonable fear
- Liable to be frightened (like a squirrel)
- Sudden aphasia
- Poor memory, poor concentration; palpitations; unsound sleep, dream disturbed sleep

T: Normal or pale body
C: Thin, greasy, white coat (d/t phlegm)
P: Wiry, slippery

Tonify Qi; Nourish Blood; Benefit Shen /Calm HT & Mind
-------------------------------
REN-14; LIV-3; HT-7; P-5; SP-6
UB-15, 17, 18, 19, 44
ST-36; DU-24; GB-13 (for shen)
- Should also suggest patient get treatment with therapist/MD
- Should have good relationship with patient because may be very sensitive about trivial things
- Recommend Tai Chi or Qi Gong!

Depression with Tightness of Muscles and Ligaments
due to Liver and Spleen

- Tightness or soreness of muscles and ligaments in upper back and shoulders
- Stiff neck
- Spasm of abdomen (esp. Stomach and Intestines
- Irritable bowel syndrome or colitis (chronic non-specific)
- Emotional swings, anxiety

T: Normal or pale body
C: Thin coat
P: Wiry or uneven

Harmonize Liv and Spleen; Relax Muscles and Ligaments
-------------------------------
GB-20, 21; Bailao; GB-34; SP-6
4 Gates; ST-25; SP-15
ST-36 (influential point of muscle Dr. Wu)

Insomnia (shi mian)

A. Etiology
   1. Emotional disorder: LIV hyperactivity
      a. Blood is stored in the liver at night – with liver hyperactivity, the blood cannot be properly stored and goes outward
   2. Irregular diet: food stagnation – connection betw/ ST & HT is disrupted
   3. Invasion of external pathogen: esp. yang pathogens in the 3 yang stages (taiyang, yangming, shaoyang)

B. Mechanism
   - Insomnia is a yin-yang disorder
   - Also, a bio-clock disorder

Insomnia

<table>
<thead>
<tr>
<th>Excess</th>
<th>Deficiency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Too much yang in the superficial regions - holds wei qi and cannot go inside</td>
<td>Too little yin within – cannot attract yang to pull wei qi inside</td>
</tr>
</tbody>
</table>

4 types d/t excess Heat/Fire:

- LIV Fire Blazing
- HT Fire Blazing
- Phlegm-Heat Harassing the Mind
- Residual Heat in the diaphragm

3 types d/t too little Yin:

- LIV Yin Xu
- HT Yin Xu
- HT & KID disharmony

1 d/t Xue Xu:

- HT Xue & SP Xu

1 d/t personality:

- HT & GB Xu
> Flow of Wei Qi:
The Yin Qiao gathers the Wei Qi from the internal organs and sends it to the superficial layers when one awakes.

Yin Qiao

During the daytime, the Wei Qi makes 25 cycles through the 6 Yang Channels & DU

@ UB-1

Yangming

at ST-1, 3, 4; LI-1, 2, 3, 4

Shaoyang

at SI-15; GB-29, 20

Taiyang

at ST-10, GB-40, 41

during night, the Wei Qi makes 25 cycles as indicated

HT (Face)

KID (Ear)

SP

UB-62 (Control)

Yang Qiao

The Yang Qiao gathers Wei Qi from the superficial areas & sends it into the internal organs through UB-62.

- Yang qiao has the most mtg pts b/c it must pass through all 6 yang channels

> Flow of Ying Qi – follows pathway of “Chinese clock”

LU → LI → ST → LI → SP → HT → SI → UB → KID → PC → SJ → GB → LIV → back to LU

C. Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>DU-24</th>
<th>GB-12, GB-13</th>
<th>HT-7</th>
<th>these 3 pts adjust the flow of wei Qi</th>
<th>Anmian (1): midway between SJ-17 &amp; GB-20</th>
<th>Anmian 2: midway betw/ annian 1 &amp; GB-20</th>
<th>Shimian: on the sole of the foot, ½ way betw/ the lateral and medial malleoli – often treated w/ acupressure</th>
</tr>
</thead>
<tbody>
<tr>
<td>LIV Fire Blazing</td>
<td>- Restless sleep; unpleasant dream; nightmares; dreams of fires; irritability; bitter taste; headache; thirst; dark urine; dry stools; dizziness</td>
<td></td>
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<tr>
<td>T: Red, redder on sides</td>
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<tr>
<td>C: Dry, yellow</td>
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<tr>
<td>P: Wiry, rapid</td>
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</tr>
<tr>
<td>Drain LIV Fire; Calm Mind; Settle Ethereal Soul</td>
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<tr>
<td>LIV-2, 3; GB-44, 20, 12, 13, 15</td>
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<tr>
<td>SP-6; UB-18, 47; DU-24</td>
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<tr>
<td>UB-62 (reduce), UB-1 (even), KID-6 (reinforce)</td>
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<tr>
<td>&gt; Long Dan Xie Gan Tang</td>
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<tr>
<td>&gt; An Mian Pian</td>
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<tr>
<td>HT Fire Blazing</td>
<td>- Wake up frequently during night; nightmares; dreams of flying; mental restlessness; bitter taste; thirst; tongue ulcers; palpitations</td>
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<tr>
<td>T: Red; redder tip &amp; red points</td>
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<tr>
<td>C: Yellow</td>
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<tr>
<td>P: Rapid &amp; overflowing in HT position</td>
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<tr>
<td>Drain HT Fire; Calm the Mind</td>
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<tr>
<td>HT-8, 7; SP-6; LI-11</td>
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<tr>
<td>REN-15 + DU-19; UB-15, 44</td>
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<tr>
<td>&gt; Xie Xin Tang</td>
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<tr>
<td>&gt; Dao Chi San</td>
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<tr>
<td>&gt; Zhu Sha An Shen Wan</td>
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</tr>
<tr>
<td>Phlegm-Heat Harassing the Mind</td>
<td>- Restless sleep; tossing &amp; turning; unpleasant dreams; feeling of heaviness; dizziness; feeling of oppression of chest; no appetite; palpitations; mental restlessness; sticky taste</td>
<td></td>
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<tr>
<td>T: Red</td>
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</tr>
<tr>
<td>Clear Heat; Resolve Phlegm; Calm The Mind</td>
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<tr>
<td>ST-40; REN-12, 9; SP-9</td>
<td></td>
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<tr>
<td>UB-20; LI-11; ST-8; GB-12</td>
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<tr>
<td>SP-6; ST-45 (moxa only); SP-1 + ST-44</td>
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<td></td>
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<tr>
<td>*Reduce all except REN-12 &amp; UB-20</td>
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</tbody>
</table>

Phlegm-Heat Harassing the Mind

LIV Fire Blazing

HT Fire Blazing

Phlegm-Heat Harassing the Mind

Clear Heat; Resolve Phlegm; Calm The Mind

LIV Fire Blazing
<table>
<thead>
<tr>
<th>C: Sticky yellow, ST crack</th>
<th>Residual Heat in Diaphragm</th>
<th>&gt; Shi Wei Wen Dan Tang</th>
</tr>
</thead>
<tbody>
<tr>
<td>P: Slippery &amp; rapid</td>
<td></td>
<td>&gt; Huang Lian Wen Dan Tang</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; An Shen Bu Xin Wan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Clear Residual Heat; Calm Irritability; Calm The Mind</td>
</tr>
<tr>
<td></td>
<td></td>
<td>LU-10; HT-8; UB-17; ST-40</td>
</tr>
<tr>
<td></td>
<td></td>
<td>LI-11; SP-6; REN-12, 17, 15</td>
</tr>
<tr>
<td></td>
<td></td>
<td>LI-4; SI-5; UB-13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*Reducing, no moxa</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; Zhu Ye Shi Gao Tang (clears residual heat esp. in diaphragm)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; Zhi Zi Chi Tang (lighty clears heat, oft used to clear residual heat)</td>
</tr>
<tr>
<td>Residual Heat in Diaphragm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Restless sleep; waking during the night; mental restlessness; cannot lie down or sit; feeling of stuffiness of chest; epigastric discomfort &amp; sour regurgitation</td>
<td>Nourish LIV Yin; Root The Soul; Calm The Mind</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>LIV-8; REN-4; SP-6; P-7</td>
</tr>
<tr>
<td></td>
<td></td>
<td>DU-24; GB-15; UB-47; Anmian</td>
</tr>
<tr>
<td></td>
<td></td>
<td>*No moxa</td>
</tr>
<tr>
<td>T: Red in front or red points around center</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: Deep &amp; slightly rapid</td>
<td></td>
<td>&gt; Suan Zao Ren Tang</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; Yin Mei Tang</td>
</tr>
<tr>
<td>HT Yin Xu</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Wake up early during night; dream a lot; talks in sleep (sleep walk in severe cases); dry throat; irritability; blurred vision; feeling of heat; sore &amp; dry eyes; dry skin &amp; hair; dizziness</td>
<td>Nourish HT Yin; Calm The Mind</td>
<td></td>
</tr>
<tr>
<td>- Ethereal soul w/o root</td>
<td>Nourish Yin; Tonify KID &amp; HT; Clear Empty Heat; Calm The Mind</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>HT-7; UB-15; REN-14</td>
</tr>
<tr>
<td></td>
<td></td>
<td>SP-6; ST-36; REN-4</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; Yang Xin Tang (II)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; Ding Xin Wan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; An Shen Bu Nao Pian</td>
</tr>
<tr>
<td>T: Red, heart crack; redder tip</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C: w/o coat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: Floating, empty</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HT &amp; KID not Harmonized</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Wake up frequently; dry throat; mental restlessness; palpitations; poor memory; five palm heat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Difficulty falling asleep; dry throat; night sweats; five palm heat; poor memory; palpitations; dizziness; mental restlessness; tinnitus; headache</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T: Red, redder tip; HT cracks, dry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C: w/o coat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: Floating, empty, slightly rapid</td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>HT &amp; SP Xu [HT Xue &amp; SP Qi Xu]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Difficulty falling asleep; palpitations; tiredness; poor appetite; slight anxiety; blurred vision; dizziness; poor memory; pale face</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- More than a pattern - personality type</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T: Pale</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: Choppy</td>
<td></td>
<td></td>
</tr>
<tr>
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<td></td>
<td></td>
</tr>
<tr>
<td>HT &amp; GB Xu</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Wakes up early in a.m. and unable to sleep again; light sleep; dreaming a lot; propensity to be startled easily; timidity; lack of initiative &amp; assertiveness; palpitations; breathlessness; tiredness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- More than a pattern - personality type</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T: Pale, HT crack</td>
<td></td>
<td></td>
</tr>
<tr>
<td>P: Empty</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Tonify HT &amp; GB; Calm The Mind</td>
</tr>
<tr>
<td></td>
<td></td>
<td>HT-7; GB-40 (both yuan)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&gt; An Shen Ding Zhi Wan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Single herb: zhu ru</td>
</tr>
</tbody>
</table>
HIV and AIDS (xu lao)

Xu Lao = Deficiency & Weakness Syndrome (term from Golden Chamber)

I. TCM

<table>
<thead>
<tr>
<th>Xu Zheng</th>
<th>Xu Lao</th>
<th>Lao Zhai</th>
</tr>
</thead>
<tbody>
<tr>
<td>虛症</td>
<td>虛勞</td>
<td>劳瘴</td>
</tr>
<tr>
<td>Deficiency syndrome</td>
<td>Deficiency &amp; weakness syndrome</td>
<td>Epidemic (infectious) deficiency syndrome</td>
</tr>
<tr>
<td>Early stage</td>
<td>Late/ end stage</td>
<td>- Often refers to chronic LU TB patients</td>
</tr>
<tr>
<td>HIV, cancer, …</td>
<td>AIDS, cancer, …</td>
<td>Or end-stage of HIV/AIDS b/c it is considered infectious</td>
</tr>
<tr>
<td>Xu Lao: must have 3 diagnostic standards:</td>
<td></td>
<td>Belongs within xu lao &amp; xu zheng</td>
</tr>
<tr>
<td>1. Yin &amp; Yang xu</td>
<td>2. Qi, xue, body substance xu</td>
<td></td>
</tr>
<tr>
<td>3. Exhuastion of internal organs</td>
<td></td>
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</tr>
</tbody>
</table>

* Xu Zheng is broad concept
* Xu Lao is a type of deficient syndrome that develops over time → systemic

According to TCM, AIDS should to called “Lao Zhai”, instead of “Xu Lao”.

Etiology & Mechanism

1. Latent pathogen = Fu xie 伏邪 / Fu Qi → Damp-heat, toxic Damp-heat in Ying or Xue stage, or in the LJ
   a. Viral = gram (-) → attacks from the lower to the upper, from in to out [from Ying → Qi → Wei level]

Treatment

1. Support Zheng Qi:
   a. LU & SP Qi Xu
   b. KID Qi or Yang Xu
   c. LIV & KID Yin Xu

2. Remove pathogens
   d. Damp-heat in SP: n, v, chronic diarrhea, heaviness, jt pain, …
   e. Toxie heat in Ying stage

* These 5 types (a-e) may form any combination of disease patterns
  • Combinations may complicate tx process: i.e. if Yin & Yang Xu? If Yin Xu + Dampness?
  • Treat qi & yang first (damp blocks qi) : yin & blood second (heat dries yin)
  • If Yin & Yang Xu, and both are about the same levels: warm Yang first
  • If Yin Xu + Dampness w/ both at about the same level: tx Dampness first as this always makes the patient feel better faster
  • If Yin Xu + Dampness, and Yin Xu is more severe: Tx Yin Xu 1st, w/ caution, then resolve/dry Dampness
  - Tx Yin 1st w/ caution as it may make condition worse by increasing damp

* To remove pathogen, use herbs – to support zheng Qi, use acupuncture

Focus on “3 main injuries” and the “Qi axis”

1. LUNG – Air/Da Qi
2. SPLEEN – Food/Gu Qi
3. KIDNEY – Prenatal Qi/jing

3. Techniques:
   a. Moxabustion on 9 needles:
      • With 1 cun needle (or 1.5 cun on larger patients) * * *
      • Needle DU-4, 1 cun lateral to DU-4 on each side, 1 cun above 1 cun & below DU-4, and complete the “box corners” to have 9 needles * *DU-4 *
      • DU-4 is pure Yang in nature – by needling these 9 needles, 1 cun work on DU (CNS) and on Jia Ji * * *
      • Needle perpendicularly – 1 to 1.5 cun – w/ strong stimulation * *
      • Place moxa box over needles for 10-15 minutes (warm yang) 1 cun 1 cun
• Repeat 2-3 x week for 1 month
  > This tx is good for those w/ lowered immune systems, or good for “normal” patients for prevention
Lupus (hong ban lang chuan or li jie)
[“red butterfly sores” or “stiff & painful joints”]

li jie = a term from Golden Chamber

I. Biomedicine
A. Lupus Erythematosus = an autoimmune diseases
1. Autoimmune disease = Imbalance of yin & yang: hyper immune system: hyper Yang / hypo Yin
   - TCM: consumptive disease: emaciation, Qi & Yin Xu, always thirsty
2. Affects more women (after 30 yrs of age) d/t the fact that women have more yin
   - For humans: “Yang is often excessive, while Yin if often deficient”
3. Two types:
   a. Discoid Lupus Erythematosus (DLE)
      - 30%: skin rash; red butterfly sores (primarily on cheeks, or ears & scalp)
      - Primarily localized skin lesions; lesions most often occur in areas exposed to UV sunlight. Permanent hair loss, loss of skin pigment, dusky red, well localized plaques, 5-20 mm in diameter. Scalp, external ears and mucus membranes of mouth are involved. Lesions are dry and hard. A persistent disease, but not life threatening. Pattern: outbreak then remission.
   b. Systemic Lupus Erythematosus (SLE)
      - 70%: internal organ [KID (50%); LU; HT; SP]; 90% will have joint disorders; arthritis. Only 10% have lesions. 90% have multiple system involvement. Includes depression of wbc’s and platelets
      - Attacks primarily joints, mucus membranes (causing mouth sores)
      - Also, attacks walls of blood vessels
      - Attacks internal organs, esp. kidneys (kidney failure is often the cause of death in lupus patients); lung, or liver
B. Etiology
1. Unknown
   a. Viral – latent pathogen?
   b. Chemicals? (chemotherapy has been said to induce lupus)
C. Diagnosis
1. 8 symptoms – diagnosis follows the presence of at least 4 of the following 8 signs:
   a. Abnormal cells in the urine (wbc, rbc, protein ➔ kidney issue)
   b. Red butterfly rash on cheeks / skin rash
   c. Sun sensitivity
   d. Mouth sores
   e. Joint pain (multiple joint pain – begins in small joints) / stiffness, swelling ➔ arthritic-type sx
   f. Mental symptoms: seizures, psychosis, etc.
   g. Low wbc count; low platelet count; anemia
   h. Antibodies present in blood

II. TCM
A. Etiology
1. Invasion of external pathogens: Heat / Toxic heat
2. Retention of latent pathogen: Damp-heat
3. Overworking: KID Xu
B. Mechanism
1. Evils / Toxic-heat in the Ying and Blood levels [5 groups of symptoms]:
   a. Must have heat sx:
   b. Tendency for bleeding:
      [More for Xue level] Presence of rbc in urine, epitaxis, gum bleeding, bloody lin, metallic/iron breath (d/t blood), purpura
   c. Severe Yin Xu sx:
      Night sweating, thirsty w/ desire to drink or sip water at night, less
   d. Mental/ Shen sx:
      Restlessness, psychosis, mania, insomnia
   e. Skin problems:
      Rash – red, butterfly; sun sensitivity
f. Scarlet tongue

2. **Treatment** – Remove toxic heat, w/ more sedation (compare: HIV – more supporting)
### Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Stage</th>
<th>Syndrome</th>
<th>Symptoms</th>
<th>Treatment</th>
</tr>
</thead>
</table>
| 1st | Heat Bi Syndrome | - Acute onset  
- Painful joints with hot sensation & redness  
- Swelling & stiffness  
- Fever or high fever; slight aversion to cold  
- Sore throat; thirst with desire for cold drink  
T: Red, redder in tip  
C: Yellow, dry [may be sticky]  
P: Rapid and superficial or forceful (toxic heat) | Remove Toxic Heat; Promote Circulation  
LIV-2 + LI-4; SJ-5; LI-11; DU-14  
UB-40; SP-10  
UB-12; ST-44; HT-8  
Local joint points esp. on yangming m.  
[Look for area on feet that turns red easily on palpation] |
| 2nd | Toxic Heat in Ying Level | - High fever; worse at night  
- Great thirst with or without desire to drink  
- Severe bleeding tendency; spit blood; gum bleed; erosion on lips, tongue or cheek  
- Metal/iron smell from gum bleed; epistaxis; purpura  
- Blood in stool or urine  
- Dark butterfly sores (both cheeks); rash elsewhere; sunlight makes worse  
- Palm heat; night sweats  
- Severe cases with mania; mental confusion; delirium  
T: Scarlet, dark or purple-red w/cracks  
C: Peeled; mapped or mirror  
P: Thin, deep, rapid; maybe choppy | Remove (Toxic) Heat from Ying; Calm Shen  
DU-20, 16, 14; UB-40  
HT-8; LIV-2  
LI-4, 11; LU-5; P-3, 6  
SP-6, 10  
Shi xuan (10 pts) – blood let  
Need herbs, too:  
> Xi Jiao Di Huang Tang |
| Last | Lung & Kidney Qi Xu | - Pale face; extreme fatigue; palpitations; sob  
- Low back pain; spontaneous sweat;  
- Easy to catch cold  
- Incontinence of stool &/or urine; frequent urination  
T: Pale; swollen with teeth marks  
C: Thin, white, moist  
P: Deep, weak | Tonify Yuan Primary Qi: Support Lung & Kidney  
REN-4, 6; DU-4; UB-23  
REN-17; LU-9; KID-3  
ST-36; UB-20 |
| Liver & Kidney Yin Xu | - Chronic onset  
- Thirsty; dry throat worse at p.m.; sip water all the time (day & night)  
- Dry skin; hair loss  
- Night sweat; palm heat; low fever; tinnitus;  
- Low back pain; weak knees; nighttime emission  
- Red butterfly rash, primarily on the cheeks: light red or pink  
- Dream disturbed sleep- maybe  
- Hypochondriac pain  
- Ulcers in mouth and maybe tongue  
- Menses: amenorrhea or irregular menstruation  
T: Small, thin, scarlet  
C: Less coat; peeled, mirror  
P: Thin rapid; esp. thin on L; or thready and floating | Nourish Essence; Nourish Liver & Kidney Yin; (Clear False Heat)  
KID-6, 3, 1; SP-6, 10  
LIV-3, 8; UB-43, P-6  
UB-18, 23, 52  
LI-4, 11; ST-44  
Need animal herbs for essence  
Herbal therapy is very important for treating Yin Xu |

May also have Qi & Yin Xu w/ toxins in Ying Level

### EXCESS

- Invasion of Wind-Heat-Toxins (penetrating to Ying and Xue levels)

### DEFICIENCY
# Obesity (fei pang)

## I. Biomedicine

### A. Definition

Obesity = accumulation of excessive body fat

### B. Diagnosis

1. **Relative Weight (RW):** see handout/chart given in class
   
   \[ \text{Relative Weight (RW)} = \frac{\text{measured body weight}}{\text{desirable body weight}} \times 100 \]

   - ≥ 120% is considered overweight or obese

2. **BMI / Body Mass Index**

   BMI Formulas:

   \[
   \text{BMI} = \frac{\text{Weight in kg}}{\text{Height in meters}^2}
   \]

   \[
   \text{BMI} = \frac{\text{(weight in pounds)}}{\text{(height in inches)}^2} \times 704.5
   \]

   BMI is more accurate to distinguish between overweight and obesity – *more commonly used today*

<table>
<thead>
<tr>
<th>RW</th>
<th>BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild obesity</td>
<td>120 - 140%</td>
</tr>
<tr>
<td>Moderate</td>
<td>140 - 200%</td>
</tr>
<tr>
<td>Severe / morbid obesity</td>
<td>Over 200%</td>
</tr>
</tbody>
</table>

More specifically for male and female:

<table>
<thead>
<tr>
<th></th>
<th>Male BMI</th>
<th>Female BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under weight</td>
<td>&lt; 20</td>
<td>&lt; 18.7</td>
</tr>
<tr>
<td>Normal body weight</td>
<td>20 – 25</td>
<td>18.7 – 23.8</td>
</tr>
<tr>
<td>Overweight</td>
<td>25 – 30</td>
<td>23.8 – 28.6</td>
</tr>
<tr>
<td>Obese</td>
<td>30 – 40</td>
<td>28.6 – 36</td>
</tr>
<tr>
<td>Morbid obesity</td>
<td>&gt; 40</td>
<td>&gt; 36</td>
</tr>
</tbody>
</table>

## II. TCM

### A. Etiology

1. **Irregular diet** → SP → hypofunction of SP
   
   ST → hyperfunction of ST

   LI, SI → separates nutrition from waste

2. **Emotional disorder** → LIV

3. **Lack of exercise:** exercise produces movement of yang energy → no movement → stagnation

4. **Aging:** KID Qi or KID Yang Xu

### B. Diagnosis based on distribution of fat

1. Fat accumulation on chin → ST
2. … on abdomen → SP Qi or Yang Xu w/ Dampness retention
3. … on buttocks and lower back → KID type (aging, menopause, pregnancy related)

**Visual inspection of face** – three types (san ting/ three parts) – most are mixed types!

1. Vertex to eyebrow – upper ting
   
   > if larger than other parts: intellectual type; often suffer from neurosis, psychosis, headaches

2. Eyebrow to nose – middle ting
   
   > if larger: respiratory type: often LU disorders; allergies; nasal problems

3. Tip of nose to lower chin – lower ting
   
   > if larger: digestive type: gum bleeding, hemorrhoids, obesity

## III. Differential Diagnosis & Treatment
Basic Points

<table>
<thead>
<tr>
<th>Tuina</th>
<th>Chili powder massage: (use gloves &amp; cotton ball in navel) – massage the dry powder on local area until they feel warm or until area is pink-red; or use chili oil for water metabolism, threading or needle each pt); KID-2 + UB-63 (promote urination)</th>
</tr>
</thead>
<tbody>
<tr>
<td>E-stim</td>
<td>Electro-acupuncture: 32#, 3 cun needles, subcutaneous insertion: ST-32 – ST-34: insert/thread towards each other – alternate between left/right ST-36 – ST-40: insert/thread towards each other – alternate between left/right SP-15: needle towards each other (can e-stim across abdomen) – always use</td>
</tr>
<tr>
<td>Ear</td>
<td>ST, SJ, Shenmen, hunger, endocrine</td>
</tr>
<tr>
<td>-------</td>
<td>------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
</tbody>
</table>
|       | **ST Heat w/ retention of phlegm**  
|       | hyperfunction of ST – metabolic  
|       | high cholesterol  
|       | - Fat more on face; cheek; lower chin; neck  
|       | - Eat excessive, hungry a lot; constipation; hemorrhoids; acid regurgitation; chest tightness; bad mouth odor; thirst; desire for drink; profuse mucous; high cholesterol  
|       | T: Red or dark red; yellow thick, or greasy coat  
|       | P: Slippery & fast, full  
|       | **SP Qi Xu w/ retention of dampness**  
|       | hypofunction of SP – metabolic  
|       | - Fat more in abdomen  
|       | - Pale face; puffy face; stiff joints; feel like retention of dampness; a lot of nausea, vomiting; poor appetite; don’t go bathroom often (not constipated)  
|       | **KID Qi & KID Yang Xu w/ Retention of water**  
|       | hypofunction of KID – endocrine, edema  
|       | - Fat distribution on lower body - fat more on buttocks & thighs  
|       | - Over 40 y.o. or after child birthing; cold extremities; edema on lower extremities; weakness of low back & knee joints; difficulty in urination or retention of urine  
|       | - Moxa is good  

**Toothache (ya tong)**

I. Biomedicine  
A. Etiology & Mechanism  
1. **4 stages**  
   1st: Bacterial acid destroys the enamel and leads to the formation of cavities,  
   2nd: Decay spreads to the dentin,  
   3rd: Enlarged cavity allows bacteria to attack the exposed pulp in the center of the tooth,  
   4th: Untreated and infected pulp causes eventual death of pulp and entire tooth  
2. Causes of toothaches: cavities/caries, pulpitis, periodontitis  
3. Toothache = a yang/heat disease  

B. Symptoms  
- Gum bleeding, pressure sensation (abscess), pain & swelling, sinus infection  

II. TCM  
A. Distribution of internal organs and teeth:  
   Teeth = excess of bone (related to KID)  
   Enamel → LU  
   Dentin → KID  
   Pulp → HT  
   Peridental ligament → LIV  
   Gum → SP/ST  

A. Etiology  
1. Invasion of external pathogens (yang pathogens): Wind  
2. Irregular diet  
3. Overworking: causes imbalance between yin and yang – Xu Fire attacks teeth [LIV & KID Yin Xu]
B. Mechanism

- More yang and excess in nature

III. Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>Remove Wind-heat; Benefit Teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td>LI-4; SJ-5</td>
<td>Basic points + GB-20; UB-12; SJ-17; DU-14</td>
</tr>
<tr>
<td>ST-3 (upper teeth), ST-6 (lower teeth), ST-5, 7 SI-18; ST-44 ST-9, LI-18 (bridges local and distal pts – window of sky pt and acts as anesthesia)</td>
<td>Electro-acupuncture for anesthetic: SJ-5 + LI-4; + ST-6, 9, 3</td>
</tr>
<tr>
<td>*LI-4: needle upwards towards head [hold index finger to prevent energy from going downward]</td>
<td></td>
</tr>
</tbody>
</table>

### Invasion of Wind-Heat
- Acute onset – hx of common cold (often after fever & chills)
- Toothache with burning; swelling of gums
- Preference for cold foods; headache; fever or high fever & chills; dry mouth; thirst prefer cold drinks
- T: Red body, thin, yellow coat
- P: Superficial, fast or deep slippery

### Accumulation of Stomach Heat
- Acute onset; history of irregular diet - overeating spicy foods
- Bad mouth odor; thirst w/desire for cold drinks; acid regurgitation
- Gum bleeding or swelling of gum or cheek, maybe pus; acne; red face; fever or high fever w/no chills (yangming)
- Dark yellow urine; constipation
- Restlessness, tossing and turning
- T: red or dark red
- C: thick, yellow, dry
- P: forceful or slippery and deep

### Deficient Fire from Kidney Yin Xu
- Chronic onset with intermittent tooth pain;
- Worse in afternoon esp. at night, dull pain
- Atrophy of gums; loose teeth
- Tinnitus or deafness; low back pain; hot flash; night sweat; palm heat
- T: Small & red w/cracks
- C: Less coat or peeled (mapped) or thin yellow
- P: Thin, rapid; maybe superficial

## Additional Notes
- Nourish KID Yin, Remove Deficient Fire, Benefit Teeth
- GB-41
- KID-3, 6; UB-52; GB-39, UB-11
- KID-1 w/ moxa - very good to bring deficient fire back to its origin
Psoriasis (bai bi or bi feng / song pi xian)

I. Biomedicine

A. Differentiation amongst types of dermatitis

<table>
<thead>
<tr>
<th>URTICARIA</th>
<th>ECZEMA</th>
<th>PSORIASIS</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Feng Zhen &quot;Wind-Rash&quot;)</td>
<td>(Shi Zhen &quot;Damp Rash&quot;)</td>
<td>Internally related pathogens: Heat in Blood, Blood Stasis, Blood Dryness</td>
</tr>
<tr>
<td>External related pathogen: WIND</td>
<td>Externally related pathogen: DAMP</td>
<td></td>
</tr>
<tr>
<td>- Acute; wind-driven; comes &amp; goes (lasts a few minutes to a few hours, up to 36 – 72 hrs)</td>
<td>- More chronic, may last for long time</td>
<td>- Most difficult to treat chronic, recurring – deeper, more internal</td>
</tr>
<tr>
<td>- Typically an allergic reaction to food or air borne pathogens – epf related</td>
<td>- Very itchy, papules; redness; moistened or wet; many small blisters with fluid</td>
<td>- Severe itching, papules – like eczema</td>
</tr>
<tr>
<td>- Easiest type to treat</td>
<td>- Mainly found in yin areas (creases, armpit; popliteal fossa; vaginal or scrotal areas) – may have &quot;dirty&quot; appearance or stronger smell [damp]</td>
<td>- White, silvery scales w/ multiple layers; under which is a fat-like lustrous film (film phenomenon), and further, pin-head sized bleeding spots</td>
</tr>
<tr>
<td>- Typically upper regions of the body (chest, back, upper extremities)</td>
<td>- Mainly Heat in Blood (with blood xu; yin xu); Blood Dryness; or Blood stasis [all with inner wind]</td>
<td></td>
</tr>
</tbody>
</table>

II. TCM

A. Etiology & Mechanism

1. Invasion of external pathogens: Wind, Heat, Dampness, Cold, Dryness
2. Emotional disorder: anxiety, irritability, worry, stress 
   → LIV → Blood
3. Diet: Spicy, pungent, strong-smelling foods (meat, fish, shellfish) 
   → increases circulation 
   [for Xue Stasis type, increasing circulation may bring patient back to acute phase]
4. Overworking: → Xue Xu, Xue Dryness

B. Mechanism


III. Categories: 3 Types/Stages

<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute</td>
<td>- Papules: flat &amp; smooth at first, then rapidly develop into erythema (red skin lesion) with clear demarcation of border&lt;br&gt;- Covered with many layers of white-silvery scales.&lt;br&gt;- At deepest layer, if scratched is fat-like lustrous film; may have red bleeding spots under film.&lt;br&gt;- Severe itching sensation&lt;br&gt;- General symptoms of whole body heat (or febrile sensation with slight aversion to cold)</td>
</tr>
<tr>
<td>Resting</td>
<td>- Expansion has stopped; skin is not red anymore&lt;br&gt;- Cessation of itching; can go back &amp; forth to acute stage – esp. with emotional triggers&lt;br&gt;- Blood stasis, still somewhat heat or toxic heat; not cured - keep treating</td>
</tr>
<tr>
<td>Regression</td>
<td>- Lesions become brown or will have darker skin pigmentation; without silver scale or itching.&lt;br&gt;- Possible to recover completely</td>
</tr>
</tbody>
</table>

IV. Differential Diagnosis & Treatment

| Basic Points | DU-10; ST-9; GB-31- main points for all general itching <br>SP-10; SJ-5 (remove heat, SJ is pivot to dispel pathogens) <br>P-6 (cleanse blood) <br>DU-14 |
### Invasion of Wind-Heat

**Acute stage**
- Acute onset; red skin lesions covered by white-silver scales w/ red halo around lesion (demarcation); swollen w/ hot, burning sensation; severe itching; when scratching, remove many layers may have fresh bleeding at bottom
- Red skin lesion can spread & expand thru whole body
- Other Wind-Heat symptoms

<table>
<thead>
<tr>
<th>T: Red, redder in tip</th>
<th>C: Thin, yellow</th>
</tr>
</thead>
<tbody>
<tr>
<td>P: Superficial tight</td>
<td></td>
</tr>
</tbody>
</table>

**Remove Wind-Heat; Cool Blood**
------------------------
Basic +
LI-4; LI-11; GB-20
UB-12, 13, UB-40
DU-11, 12, 13 (cools xue)

### Retention of Blood Stasis

**Resting stage**
- Skin lesion, not red - darker red or scarlet
- Has stopped expanding/spreading; white silvery scales are worse; no local swollen; not burning or hot
- More thirsty; don't want to drink (just rinse mouth)

<table>
<thead>
<tr>
<th>T: Purplish</th>
<th>C: W/ yellow or thick, white</th>
</tr>
</thead>
<tbody>
<tr>
<td>P: Choppy</td>
<td></td>
</tr>
</tbody>
</table>

**Move Qi & Xue; Remove Xue Stasis; Eliminate Inner Wind**
------------------------
Basic +
UB-17, 12
GB-20; UB-40; P-6

### Blood Dryness With Inner Wind

**Between resting & regressive stage**
- Red lesions total gone; local area very thick, uneven (like pine bark); pigmentation darker or brown; skin very dry w/o itching
- Other Yin & Xue Xu: local numbness; sip water time to time at night; sensation of worms walking under skin; night sweat; palm heat
- Affects older people more

<table>
<thead>
<tr>
<th>T: Small, pale or red (or scarlet: heat in ying level)</th>
<th>C: Thin, white or yellow; dry &amp; rough</th>
</tr>
</thead>
<tbody>
<tr>
<td>P: Thin or thin, fast</td>
<td></td>
</tr>
</tbody>
</table>

**Nourish Yin & Xue; Remove Inner Wind**
------------------------
Basic +
UB-17, 18, 20, 21, 43
LIV-8
ST-36; SP-6

### Fibromyalgia / Chronic Fatigue Syndrome (*man xin pi lao zheng*)

#### I. Biomedicine

**A. Diagnosis**
1. No laboratory tests available
2. Hx of CFS, general body aches, sleep disturbance (for ≥ 3 months)
3. Also, presence of 11-18 trigger points according to some Western thoughts
   a. Trigger points include:
      - 9 areas, bilaterally:
        - occipital/neck: GB-20, GB-21, around Bai lao (antero-intertransverse space of C5-C6),
        - chest: KID-26
        - elbow: LI-10
        - supraacapular: SI-13
        - hip: GB-30, UB-36
        - medial popliteal: KID-10

#### II. TCM

**A. Etiology**
1. **Residual pathogen:** often in diaphragm
2. **Retention of latent pathogen:** at Shaoyang → Zhouli (layer between skin and muscles)

**B. Mechanism**
- Blockage of Wei Qi in the 12 regular or tendino-muscular regions (more functional) → pain, fatigue, sleep problems

#### III. Differential Diagnosis & Treatment
<table>
<thead>
<tr>
<th>Retention of Dampness (or Damp-Heat) in the Middle Jiao and Muscle system (12 Tendino-Muscular meridians)</th>
<th>Strengthen Middle Jiao; Remove Damp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excess in early stage</td>
<td>UB-20, 21 SP-6, 9; ST-36, 40 REN-12; P-6</td>
</tr>
<tr>
<td><strong>Qi Xu of Lung, Spleen and Kidney</strong></td>
<td><strong>Panax Ginseng Extractum</strong></td>
</tr>
<tr>
<td><strong>Second stage:</strong> Xu</td>
<td><strong>Tonify LU, SP, KID Qi (wei Qi system); Strengthen Wei Qi</strong></td>
</tr>
<tr>
<td>- Fatigue; tiredness; heaviness sensation of whole body; - General achy or muscle pain and tightness; - Sleepy; foggy, chest tightness; poor spirit - Decreased appetite or craving for - Gas bloating; nausea, vomiting</td>
<td>REN-4, 6, 17 LU-9; ST-36; LI-10 SP-6; KID-3 UB-13, 20, 21, 23 SP-21 DU-14 if yang xu</td>
</tr>
<tr>
<td>T: Swollen, pale, w/ teeth marks</td>
<td><strong>Panax Ginseng Extractum</strong></td>
</tr>
<tr>
<td>C: Thick, greasy white or yellow</td>
<td>P: Deep, slippery w/o strength</td>
</tr>
<tr>
<td><strong>Yin Xu of Heart, Liver, Kidney</strong></td>
<td><strong>Nourish HT, LIV, KID Yin; Strengthen Essence</strong></td>
</tr>
<tr>
<td><strong>3rd Stage:</strong> Xu</td>
<td>KID-3, 6 SP-6; GB-39 UB-23, 52, 15, 18, 43 (yin)</td>
</tr>
<tr>
<td>Not fatal, but stubborn</td>
<td><strong>Panax Ginseng Extractum</strong></td>
</tr>
<tr>
<td>Prognosis not good; Complicated</td>
<td>&gt; Panax Ginseng Extractum</td>
</tr>
<tr>
<td>- Fatigue; thirsty; dry mouth; worse at night - Sips water from time to time - Low back pain or skeletal pain (along spine) - Tinnitus (high pitch) - Low grade fever or tidal fever; hot flashes; palm heat - Night sweats; swollen lymph nodes</td>
<td>T: Red, scarlet; small/thin C: Less or peeled/mapped or mirrored P: Thin, fast, thinner on left</td>
</tr>
</tbody>
</table>
Schizophrenia (*jing shen bing*)

**Dian** (depressive disorder / Yin syndrome) and **Kuang** (mania / Yang syndrome)

I. TCM

**Flow of qi:** spirit flow = energy flow = emotional work  
- emotional affects qi first: anger is up going vs. fear / fright is down going

A. Two Categories

1. **Dian**: Depressive disorder – Yin Syndrome  
   - LIV Qi Yu w/ phlegm retention  
   - HT & SP deficiency

2. **Kuang**: Mania – Yang Syndrome  
   - Heat-phlegm harassing HT shen  
   - HT & KID Disharmony w/ shen disorder

3. Can switch back & forth between depressive and manic stages

II. Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>DU-20, 26; HT-8; P-6 or 8; REN-17</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>UB-62; K-6; SP-6; ST-40</td>
</tr>
<tr>
<td>auditory hallucinations</td>
<td>SI-19; SJ-3, 17</td>
</tr>
<tr>
<td>visual hallucinations</td>
<td>UB-1; GB-20, 37</td>
</tr>
<tr>
<td>muteness</td>
<td>DU-15; HT-5; REN-23</td>
</tr>
</tbody>
</table>

| DEFICIENCY – dian, yin | LIV Qi Yu | - Gradual onset  
|                       |          | - Emotional dejection; followed by incoherent speech; wooden; mute; isolated  
|                       |          | T: swollen, greasy thick coat  
|                       |          | P: slippery, wiry |
| HT Xue & SP Qi Xu     | - Poor memory; poor concentration; anxiety; chest tightness; fatigue; poor appetite  
|                       | - Gui Pi Tang- type symptoms |

| EXCESS – kuang, yang  | Heat-phlegm Harassing the Mind | - Sudden onset; irritability, insomnia, toss & turn; excessive motor activity with increasing energy; qi gong psychosis; full of energy  
|                       |                                | - Stripping naked & running; desire to climb high on a mountain & sing  
|                       |                                | T: red or dark red, yellow greasy thick  
|                       |                                | P: fast, slippery, forceful |
| HT & KID Disharmony   | - Often from taking drugs (heroin, marijuana – affects yin of whole body);  
| deficient root with excess Sx |                                | - HT & KID yin xu → more floating of yang & empty heat/fire  
|                       |                                | hallucinations (visual & auditory)  
|                       |                                | T: red, cracks through out, peeled or no coat or mirror |

Nicotine Dependency (*zheng jiu jian yan*)

I. Biomedicine

A. Definition  
Nicotine produces pleasurable feelings that make the smoker want to smoke more

B. Etiology & Mechanism

1. Nicotine spreads through LIV, SP, HT, Brain via bloodstream  
2. LU & LIV metabolizes, KID eliminates  
3. Nicotine affects or causes:  
   - Main cause and contributing factor of lung cancer: 87% of lung cancer is due to nicotine  
   - Cardiovascular disease: affects blood vessels and brain  
   - Reproductive system: infertility, etc.  
   - Hormonal, metabolic systems
C. Withdrawal symptoms:
- irritability (LIV)
- trouble sleeping (HT)
- increased appetite (SP)
- headache (LIV, SP)
- feeling of frustrations and anger (LIV)
- poor concentration (SP, HT)
- fatigue (LU, SP Qi)
- restlessness (HT)

Others:
- depression (LIV, HT)
- poor spirit (HT)
- shaking (LIV)
- anxiety (HT)
- craving to smoke (KID)
- constipation or diarrhea (LU/LI)
- restlessness (HT)
- body aches
- thirst (heat)

II. TCM
A. Mechanism
LU Qi Xu  
→ SP (mother): digestive disorders [increased appetite upon w/d, diarrhea]  
→ HT (mother)  
→ LIV (mother)  
→ KID (mother): KID Xu = can’t control desire

Which Sx come first (usually 50-60%)
1st: LU: cough & coughing phlegm; chest tightness; chest pain  
- LU Qi Xu d’t quitting smoking (nicotine was being used by body as LU qi)
2nd: SP (LU needs help from mother organ) – craving; hunger; gain weight
3rd: HT – poor spirit; restlessness; insomnia; anxiety
4th: LIV – irritability; shaking; inner wind
5th: KID – desire to smoke

B. Smoking creates heat or even toxic heat – stays in LU  
retention of heat/ toxic heat in LU

III. Differential Diagnosis & Treatment

<table>
<thead>
<tr>
<th>Basic Points</th>
<th>LI-4, 5, 11; LU-7; SJ-5; ST-36; REN-17; P-6; LIV-3; GB-13 (root of shen; good to remove heat-phlegm &amp; calm shen)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auricular</td>
<td>Shenmen; sympathetic; ST; LU; external nose</td>
</tr>
<tr>
<td>Herbs</td>
<td>Jamie Wu’s</td>
</tr>
</tbody>
</table>
|              | ren shen/dang shen 10 g (white/ xi yang shen) + yuan zhi 12 g (works on nerve system; relax brachial) + di long 10 g (relax brachial spasm; convulsions, wind) + yu xing cao 20 g (can add mai men dong, …)  
- if yu xing cao is not available, use pi pa ye (W-H in UJ) or huang qin (D-H in UJ)  
- may have some dark urine or constipation – heat is coming out: keep taking until successfully quits |

Retention of Toxic-Heat w/ Damp-Phlegm (or Heat-Phlegm)

<table>
<thead>
<tr>
<th>- Phlegm + heat Sx</th>
<th>REN-12; SP-9; ST-40 DU-14; UB-13</th>
</tr>
</thead>
<tbody>
<tr>
<td>T: Red or scarlet or dark red</td>
<td></td>
</tr>
<tr>
<td>C: Yellow greasy thick rough or even brown</td>
<td></td>
</tr>
<tr>
<td>P: Slippery, forceful, fast</td>
<td></td>
</tr>
</tbody>
</table>

LU & SP Qi Xu

<table>
<thead>
<tr>
<th>- Fatigue; SOB; spontaneous sweating; easy to get cold; poor appetite; loose stool; diarrhea; craving; + dampness in SP</th>
<th>Tonify SP &amp; LU Qi</th>
</tr>
</thead>
<tbody>
<tr>
<td>T: Pale swollen w/ teeth marks</td>
<td>LU-9; SP-6 UB-13, 20, 21</td>
</tr>
<tr>
<td>C: Thin white coat</td>
<td></td>
</tr>
<tr>
<td>P: Deep, weak, esp. on right</td>
<td></td>
</tr>
</tbody>
</table>

LU & LIV Yin Xu

<table>
<thead>
<tr>
<th>- Dry cough; LIV yin Sx w/ empty heat in LIV – irritability; anger; dizziness; shaking of hands; frequent constipation</th>
<th>UB-43; LIV-8; UB-18, 13; LU-9, 5; KID-7</th>
</tr>
</thead>
<tbody>
<tr>
<td>T: Small, thin, peeled w/cracks</td>
<td></td>
</tr>
<tr>
<td>P: Thin; fast – thinner on left</td>
<td></td>
</tr>
</tbody>
</table>

Disharmony between HT & KID

<table>
<thead>
<tr>
<th>- Insomnia; palpitations; poor spirit; low back pain; dizziness; vertigo; desire for smoking</th>
<th>HT-7, 8; KID-1, 6 UB-15, 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>T: Small &amp; thin, red tip; less coat</td>
<td></td>
</tr>
<tr>
<td>P: Thin &amp; fast – over flowing on HT</td>
<td></td>
</tr>
</tbody>
</table>
Ankle Sprains (Huai Guan Jie Niu Shang)

I. Biomedicine

A. Differentiate: Sprain vs. Strain

<table>
<thead>
<tr>
<th>SPRAIN</th>
<th>STRAIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Often due to wrenching &amp; laceration of ligament</td>
<td>More to do w/ stretching or force beyond physical limit of muscle &amp; ligament</td>
</tr>
<tr>
<td>(2&lt;sup&gt;nd&lt;/sup&gt; &amp; 3&lt;sup&gt;rd&lt;/sup&gt; stage with Body Fluid &amp;/or Xue Yu)</td>
<td>(1&lt;sup&gt;st&lt;/sup&gt; stage- Qi Yu)</td>
</tr>
</tbody>
</table>

Often combined = sprains and strains

B. Ankle Joint, Bones, Ligaments & Tendons

1. Ankle joint = 2 separate joints

<table>
<thead>
<tr>
<th>True ankle joint</th>
<th>Subtalar joint</th>
</tr>
</thead>
<tbody>
<tr>
<td>Movement:</td>
<td></td>
</tr>
<tr>
<td>Up &amp; down movement</td>
<td>Medial &amp; lateral movement</td>
</tr>
<tr>
<td>Bones:</td>
<td></td>
</tr>
<tr>
<td>Tibia: bears 80% of weight to the foot; base forms the medial malleolus</td>
<td>Talus</td>
</tr>
<tr>
<td>Fibula: 20% of weight to foot; base forms the lateral malleolus</td>
<td>Calcaneus</td>
</tr>
<tr>
<td>Talus: sits on top of calcaneus. Bears all of weight from upper body. Sits on loose cartilage and likes to slip medially/laterally to avoid stress of heavy impact</td>
<td></td>
</tr>
</tbody>
</table>

2. Ligaments (bone to bone)

<table>
<thead>
<tr>
<th>Ligament groups</th>
<th>Specific ligaments</th>
<th>See drawing</th>
<th>Incidence of injury</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lateral ligaments</td>
<td>Anterior inferior tibiofibular ligament</td>
<td>(a)</td>
<td>Most commonly injured</td>
</tr>
<tr>
<td>*connect tibia-fibula</td>
<td>Posterior inferior tibiofibular ligament</td>
<td>(b)</td>
<td></td>
</tr>
<tr>
<td>Lateral Collateral ligaments</td>
<td>Calcaneofibular ligament</td>
<td>(c)</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; most commonly injured</td>
</tr>
<tr>
<td>*connect fibula to calcaneus &amp; talus – gives lateral stability</td>
<td>Anterior talofibular ligament</td>
<td>(d)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Posterior talofibular ligament</td>
<td>(e)</td>
<td></td>
</tr>
<tr>
<td>Deltoid Ligaments</td>
<td>Anterior tibiotalar ligament</td>
<td>(f)</td>
<td>Strongest tendon – least likely to tear</td>
</tr>
<tr>
<td>*connect tibia to calcaneus and talus – provides medial stability</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Tendons (attach muscle to bone) – 13 tendons cross the ankle joint

A. Achilles Tendon: strongest plantar flexor *most commonly torn

- 3 muscles use it for attachment: gastrocnemius, soleus, & plantaris

B. Anterior Tibial Tendon: inverts and plantar flexes *very commonly torn

C. Others: Extensor Hallucis longus, External Digitorum longus, Peroneus longus & brevis (UB-62 lies between these 2), Tibialis Posterior, etc.

C. Diagnostic Exams: always compare to normal side

1. Heel Percussion Test (very important) – this test rules out possible fracture

:: Stabilize the foot at 90° to leg, and tap heel w/ fist.
:: Positive test = acute pain = fracture

2. Thompson Test

:: Patient lies supine (face down) w/ feet hanging off the table. Squeeze both calf muscles (squeeze the tibia and fibula together).
:: Positive test = no reflex on affected side = Achilles tear.
:: Second positive test = pain along the length of the fibula = sprain.

3. Anterior Drawer Test

:: Slide both ankles like a cabinet drawer anteriorly w/ the ankle at 90° to the leg. Grasp the heel and pull forward while, w/ the other hand, placing posterior force on the tibia.
:: Positive test = more movement on affected side = tear of Anterior ligament
:: Second positive test = dimpling is observed at the anterolateral aspect of the ankle = compromise of the anterior ligament

4. Talar Tilt Test
:: Abduct & invert both feet – performed w/ the ankle at 90º to the leg.
:: Positive test = more movement of affected side = tear of calcaneal fibular tendon. Note that the degree of tilt ranges from 0-23º

D. Palpate: tender around GB-40; UB-62, 60

II. Symptoms (general sx for all types of sprains & strains)
1. Pain, tenderness
2. Swelling
3. Dysfunction or limitation of movement
4. May have bruising in local area (avoid local work for

III. RICE therapy
Rest   Ice   Compression   Elevation

IV. Grading to determine severity of a sprain

<table>
<thead>
<tr>
<th>Grade 1</th>
<th>Grade 2</th>
<th>Grade 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>Moderate</td>
<td>Severe</td>
</tr>
<tr>
<td>Ligament is still intact</td>
<td>Ligament is partly or incompletely torn</td>
<td>Ligament is completely torn</td>
</tr>
<tr>
<td>Acupuncture can treat very well</td>
<td>Acupuncture &amp; tuina are ok</td>
<td>Do not use acupuncture/tuina</td>
</tr>
</tbody>
</table>

VI. TCM
A. Etiology and Mechanism
1. Traumatic injuries
2. Local Qi & Xue Yu

VI. Differential Diagnosis

<table>
<thead>
<tr>
<th>Basic points</th>
<th>Ashi points</th>
<th>Promote Circulation of Qi; Remove Stagnation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Stage: Qi Stagnation Functional disorder</td>
<td>Sudden onset; overwork</td>
<td>Ashi + distal points</td>
</tr>
<tr>
<td>TUINA THERAPY: Wait 24 Hours</td>
<td>Tenderness – area may be unclear</td>
<td>Moxa unless there are heat signs</td>
</tr>
<tr>
<td>- Distending sensation in local area or dull pain which radiates along joints</td>
<td>Acute, sharp or dull pain</td>
<td>For men - Open the Du - SI-3 + UB-62</td>
</tr>
<tr>
<td>- Aversion to touch</td>
<td>Swelling of local area with heaviness sensation</td>
<td>For women - Open the Ren - LU-7 + KID-6</td>
</tr>
<tr>
<td>- No bruising or swelling – may have slight limitation in range of movement</td>
<td>Dysfunction of joint</td>
<td></td>
</tr>
<tr>
<td>T: C: Normal</td>
<td>No bruising</td>
<td></td>
</tr>
<tr>
<td>P: Wiry if pain is severe, or short or uneven</td>
<td>Acupuncture &amp; BF:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2nd Stage: Retention of Body Fluids</th>
<th>Arises from Qi Yu:</th>
<th>Promote Circulation of Qi &amp; BF; Remove Retained Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUINA THERAPY: Wait 36 Hours</td>
<td>- Acute, sharp or dull pain</td>
<td>Ashi + SP-9, 6; SJ-5; ST-40</td>
</tr>
<tr>
<td>- Swelling of local area with heaviness sensation</td>
<td>- Dysfunction of joint</td>
<td>Moxa is good in local area</td>
</tr>
<tr>
<td>- No bruising</td>
<td>- No tuina or massage; no cupping</td>
<td></td>
</tr>
</tbody>
</table>
3rd Stage: Blood Stagnation / Blood Stasis

**TUINA THERAPY:** Wait 72 Hours

- Acute onset with fixed pain; tingling or needling sensation
- Worse at night, or swelling & edema of joint
- Aversion to touch
- Bruising
- Not thirsty or desire for water to moisten mouth & then water is spit out

**T:** Normal or purple
**P:** Hesitant or thin or wiry

**Promote Qi & Xue Circulation; Remove Blood Stasis**

*Seven-star needle; blood letting; cupping*

- Ashi +
  1. Cupping Therapy (quick or stationary)
  2. Blood Letting (very important)
  3. Tuina (wait 72 hrs)
  4. Points along entire channel on opposite limb
  5. Moxa after 24 hours but not if extreme heat signs present

(UB-40; UB-17; SP-10)

---

**Stiff Neck/Cervical Spondylosis**

I. **Etiology & Mechanism**
   
   A. Atrophy of cervical intervertebral discs [age related]
   
   B. Narrowing of cervical intervertebral space [age related]
   
   C. Inflammation of soft tissues due to overuse of neck (hyperplasia)

II. **Special Diagnostic Tests**

   A. Cervical vertebral flexion test: Have P touch chin to chest and hold for at least 30 sec.
      
      > look for ability to do so along w/ pain?, numbness?, tingling?
   
   B. Head percussion test: Perform w/ head perpendicular (looking straight on) and percuss, then tilt head
      
      slightly and repeat test
   
   C. Brachial plexus test: Begin on normal side, then affected side:
      
      Traction – countertraction: hold patient’s wrist (pulling motion) while pushing with palm of other hand on the side of the head to create flexion.

III. **TCM**

   A. **Etiology** (direct causes)
      
      1. **Invasion of external pathogens**
      2. **Overworking and age** (Essence & Yin Xu)
      3. **Traumatic Accident:** blood stasis; channel blockage
      4. **Emotional disorder:** stress, depression, etc.

   B. **Treatment**
      
      1. Massage and/or chiropractic therapy are the #1 Tx for acute stiff neck: muscle spasms and the 12 tendino-muscular meridians.

IV. **Differential Diagnosis & Treatment**

<table>
<thead>
<tr>
<th>Basic for Stiff Neck acute and chronic</th>
<th>GB-20, 21, 39; Bai Lao; LU-7; Luo Zhen</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• SI-3/UB-62 [to open DU - only if no external invasion (do not open extra meridians then)]</td>
</tr>
<tr>
<td></td>
<td>• Cervical jia ji points (more for chronic stage)</td>
</tr>
<tr>
<td></td>
<td>• Jing Gen (see below for location of extra pts)</td>
</tr>
<tr>
<td>Blood Xu &amp;/or Blood Stasis; Meridian Blockage - Cervical Bi-Syndrome -</td>
<td>More localized symptoms to one or both sides of the upper extremities: 70% excess; 30% deficiency</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>*Cervical Spondylopathy of nerve root type</td>
<td>- Cervical-shoulder pain; cervical-occiput pain; sensory disturbance of the occiput (hyper- or hypo-); stiffness or limited movement of the neck; radiated pain in neck/shoulder/arm (one or both sides) w/ numbness of fingers; flaccidity of upper arms; weakness in holding objects</td>
</tr>
<tr>
<td>General Blood Xu w/ Inner Wind - Wei syndrome -</td>
<td>- Numbness &amp; flaccidity of the extremities (upper or lower, bi- or uni-lateral); quivering/trembling of neck &amp; shoulder; or incomplete spastic paralysis manifested as limited movement of extremities, staggering gait, confinement in bed from inability to walk; dyspnea; hypermyotonia; tendon hyperflexia; weak or loss of reflexes</td>
</tr>
<tr>
<td>* Cervical Spondylopathy of the spinal cord type</td>
<td>- Worse w/ emotional stress - Worse w/ wind-cold invasion</td>
</tr>
<tr>
<td>LIV Blood &amp; KID Essence Xu w/ Turbid Phlegm in Head</td>
<td>More localized symptoms to the head and 5 sense organs: - Cervical &amp; shoulder pain; cervical-occiput pain; dizziness; heavy headed; vomiting; nausea; positional vertigo; sudden falling to the ground; dysfunction in holding objects; tinnitus; deafness; blurring of vision, etc. - Sx induced or deteriorated by movement of head &amp; neck or bending of head &amp; neck laterally to certain extent.</td>
</tr>
<tr>
<td>*Cervical Spondylopathy of the vertebral artery type</td>
<td></td>
</tr>
<tr>
<td>Disharmony of Yin/Yang (Wei &amp; Ying d.o.) w/ LIV Qi Yu &amp; Retention of Phlegm</td>
<td>- Occipital pain; heaviness in head; dizziness or migraine; palpitation; chest distress; coldness of extremities; low skin temp.; feverish palms/soles; soreness/swelling sensation in extremities. - Generally no radiation pain or numbness in upper arms. - Postbulbar pain; blurring of vision; photophobia; lacrimation; rhinorrhea; sensation of foreign body in throat; pain in anterior pectoral region &amp; facial sweating in a few patients</td>
</tr>
<tr>
<td>*Cervical Spondylopathy of the sympathetic nerve type</td>
<td></td>
</tr>
</tbody>
</table>
Wei Zheng (flaccidity syndrome)

Flaccidity syndrome is a disorder characterized by muscular flaccidity and weakness of the limbs with impeded voluntary movement resulting in muscular atrophy. The lower limbs are frequently affected, but the whole body may be involved. Muscular flaccidity occurring in myelitis, progressive muscular dystrophy, acute infectious multiple neuritis, progressive myodystrophy, myasthenia gravis, periodic paralysis, progressive spinal myodystrophia and hysterical paralysis.

Etiology and Pathogenesis

The causes of flaccidity syndrome are either exogenous or endogenous. Dampness-heat and wind-cold are the common exogenous pathogenic factors. Deficiency of spleen and stomach, improper food intake, overstrain, congenital insufficiency, longstanding illness and sexual indulgence may damage the liver and kidneys, leading to insufficiency of qi, blood and body fluids and malnutrition of tendons, muscles and meridians. Whether exogenous or endogenous in origin, the pathogenesis can be summarized as:

- Consumption of body fluids by lung-heat
- Retention of dampness-heat
- Deficiency of spleen and stomach, leading to failure of nutrient transportation
- Deficiency of liver and kidney, resulting in malnutrition of tendons and muscles
- Blockage of collaterals by blood stasis

The prognosis of flaccidity-syndrome due to exogenous pathogenic factors is comparatively more favorable and may be cured when the treatment is given in time, while cases of endogenous origin is more intractable.

Differential diagnosis

Bi Syndrome

Syndrome Differentiation and Therapeutic Principles

A. Syndrome differentiation

(a) Differentiation between Xu and Shi syndromes:

In general, those of exogenous origin with sudden onset and rapid progress are mostly attributed to Shi-syndrome, while those of endogenous origin with insidious onset, slow progress and prolonged cause are attributed to Xu-syndrome.

(b) Identification of complications: Although the spleen, stomach, liver and kidneys are the organs chiefly involved, complications frequently develop during the course of the disease, such as phlegm-dampness, blood stasis, dampness-heat, retention of food.

B. Therapeutic principles

It has been stated in ancient literature that one should "select points only from the yangming meridians for the treatment of flaccidity-syndrome." This may achieve two purposes, i.e., eliminating
pathogenic evil from yangming meridians and tonifying the deficient yangming. For cases due to exogenous pathogenic factors, the general principles is to eliminate evil, including clearing away sthenia-heat from yangming, eliminating dampness-heat, etc.

For cases caused by impairment of internal organs, regulating spleen and stomach is the major principle, and invigorating liver and kidneys, nourishing blood and dredging meridians may be employed if necessary. When complications appear, the therapy of eliminating phlegm, removing blood stasis, clearing away stagnated heat, relieving food retention, etc., should be applied accordingly.

**Classification and Treatment**

**A. Consumption of body fluids by lung-heat**

Manifestations: High fever, flaccidity of limbs, muscular atrophy, vexation, thirst, dry throat, cough, dry stool, oliguria with yellow urine, red tongue with yellow coating and thready and rapid pulse.

Therapeutic principles: Clear away heat, moisten dryness, nourish the lungs and produce body fluids.

Prescription:

**Acupuncture**: Hand Taiyin, Yangming channels  
Hua Tou Jia Ji according to spinal nerves, LU 9, LI 11, ST 37 (大腸下合穴)

**Modification**: - Lung dryness- LU 7, KI 6, Ren 23

**Herb**: Sha Shen Mai Men Dong Tang  
Qing Zao Jiu Fei Tang

**B. Retention of dampness-heat**

Manifestations: Flaccidity, heaviness or numbness or edema of limbs (especially the lower ones), fever, deep color and burning urination, yellow greasy tongue coating and slippery and rapid pulse.

Therapeutic principles: Clear away heat and dampness.

Prescription:

**Acupuncture – Foot Taiyin, Yangming,**  
Hua Tou Jia Ji, SP 9, LI 4, 11, Pai Ci (from ST31 to ST41 along ST meridian on the lower limbs-needle every cun),

**Modification - digestion- Ren 12, Nei Ting**
Herb: Si Miao San

C. Deficiency of spleen and stomach

Manifestations: Weakness of limbs aggravated by movement, fatigue, spontaneous sweating, poor appetite, loose stool, pale tongue with thin white coating and thready and weak pulse.

Therapeutic principles: Tonify the spleen, and strengthen qi.

Prescription:

Acupuncture – Foot Yangming, Pai Ci,

Hua Tou Jia Ji, Ren 6, SP 6, 9

Modification: Vertigo-GB20, DU 20

Herb: Bu Zhong Yi Qi Tang

D. Deficiency of liver and kidney

Manifestations: Insidious onset of flaccidity of lower limbs, emaciation, lumbago, dizziness, tinnitus, nocturnal emissions, fecal and urinary incontinence, muscular twitching, irregular menstruation, red tongue with little coating and thready and rapid pulse.

Therapeutic principles: Tonify the liver and kidneys, nourish yin, and clear away heat.

Prescription:

Acupuncture – foot Shaoyin, Yangming,

Hua Tou Jia Ji, Pai Ci (upper and lower limbs), Wei Ci (around troubled area), Ren 4, SP 6, KI 3, BL 23

Herb: Da Bu Yin Wan; Zuo Gui Yin; You Gui Yin

Experiential Prescriptions

Bone marrow of pig or cow cooked with beans; taken daily; for cases with poor appetite, the bone marrow is dried and prepared as powder and taken after being mixed with sugar and rice powder or cooked and mixed with sugar and rice powder.

E. Blockage of collaterals by blood stasis

Manifestations: Weakness or numbness of limbs, dry and scaled skin, muscular spasm, dusky or purple tongue and choppy and thready pulse

Therapeutic principles: promote Qi and blood circulation, dredge the collaterals

Prescription:

Acupuncture – Tai yin and Tai yang channels
Hua Tou Jia Ji, local points, Ren 6, SP 6, 10, BL 40

Herb: Tao Hong Si Wu Tang

**General acupuncture treatment:**

Upper extremities: LI 15, LI 11, LI 4

Lower extremities: ST 31, ST 34, ST 36, ST 41

Modification: Lung heat: +LU 5, UB 13

Damp heat: +SP 9, UB 20

LV and KD Xu: +UB 18, UB 23, GB 34, GB 39

**Alternative Treatment Methods**

Electrical- Intermittent or alternating frequency, must see muscle twitch, 10-30min

7 star- BL meridian(Back shu points)

Injections- Huang Qi, Dan shen zhu she ye, Dang gui zhu she ye

B 1, B 12

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**Syringomyelia**

*Syringomyelia* is a generic term referring to a disorder in which a cyst or cavity forms within the spinal cord. This cyst, called a syrinx, can expand and elongate over time, destroying the spinal cord. Since the spinal cord connects the brain to nerves in the extremities, this damage may result in weakness, and stiffness in the back, shoulders, arms, or legs. In some cases paralysis occurs. Other symptoms may include headaches and a loss of the ability to feel extremes of hot or cold, especially in the hands. **MRI** has significantly increased the number of syringomyelia cases diagnosed in the beginning stages of the disorder.

Prevalence: **8.4 cases per 100,000 people**, or about 21,000 Americans, with symptoms usually beginning in young adulthood. Signs of the disorder tend to develop slowly, If not treated surgically, syringomyelia often leads to progressive weakness in the arms and legs, loss of hand sensation.
Etiology and pathogenesis:

1. In most cases it is related to a congenital malformation involving the hindbrain (cerebellum) called a Chiari I Malformation. This malformation occurs during fetal development and is characterized by downward displacement of the lower part of the brain (cerebellar tonsils) beneath the foramen magnum, into the cervical spinal canal. This displacement blocks the normal flow of cerebrospinal fluid. When normal flow is obstructed, a syrinx can form in the spinal cord. Not all patients with Chiari Malformations will develop a syrinx, however.

2. Also occur as a complication of trauma, meningitis, tumor, arachnoiditis.

Symptoms

Symptoms develop slowly over time, but can come on suddenly after a fall or minor trauma. Sensation may be affected first. Some common symptoms include:

- Loss of sensitivity to hot and cold
- Numbness and tingling
- Bowel and bladder function may be affected
- Scoliosis
- Pain
- Muscle weakness
- Spasticity
- Paralysis (in severe cases, quadriplegia)

Treatment
Treatment is aimed at restoring the normal flow of spinal fluid. In persons with Chiari and SM, a procedure known as a posterior fossa decompression may be recommended. This procedure allows the cerebellar tonsils to move into a normal position, restoring the normal flow. After this procedure the syrinx will often reduce or resolve on its own. This can take months and may never completely collapse the syrinx. Some patients may require repeat surgeries. The most important consideration in deciding to undergo surgery is the severity of symptoms and overall quality of life issues.

**TCM**

**Mechanism:**

Deficiency of SP; LV ; KD

**Pattern differentiation and treatment**

1. **SP and ST Xu**
   - Numbness of hands or fingers, loss of pain and warm feeling, atrophied small muscles of hands, weakness, poor appetite, loose stool, pale tongue and thin white coating, deep and weak pulse.
   - **Formula**: Bu Zhong Yi Qi Tang.

2. **Lower Jiao Yang Deficiency**
   - Numbness of extremities, loss of pain and warm feeling. Abnormally curved spine, cold limbs, slow response, pale, swollen tongue with teeth mark, white coating, deep, slow and weak pulse.
   - **Formula**: Di Huang Yin Zi

3. **LV and KD Xu**
   - Obvious muscular atrophy, limbs spasm, muscular shivering, dry skin, loose nail, distal necrosis of extremities, dizziness, night sweating, tinnitus, red tongue, less coating, thin and fast pulse.
   - **Formula**: Hu Qian Wan

**Acupuncture:**
- **Basic points**: GB20, DU 16, K3, Jia ji xue
- **Modification**: SP Xu: + Ren 12, ST36, UB20
  - KD Xu: +UB23, Ren4
  - LV and KD Xu: +UB23, UB18, SP6, GB39, GB34.
- **Moxibustion**: Ren 6, Re 4, ST36.

**Diet treatment**: Du Zhong Yao Hua
- Du zhong 12g, Pig Kidney 250g, scallion, ginger, garlic, sauce.
“Please exactly make sure” that you also study case discussions that applied to Quizzes 1 and 2.

Class 8 - Multiple Sclerosis

What is Multiple Sclerosis (MS)?

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

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

What are the overall symptoms one finds in MS patients?
- Fatigue
- Pain

Name some sensory symptoms associated with MS.
- Optic neuritis
- Double vision
- Perception of a band in the abdomen (Dai Channel!)
- Tingling, numbness, tightness, heaviness of extremities

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

List some mental/emotional signs associated with MS.
- Stress
- Mental confusion
- Forgetfulness
- Hysteria

The Kidney, uterus and Bladder are connected to the brain via the Du channel and are thus related to MS. What are these symptoms?
- Sexual dysfunction
Decreased libido
Infertility, impotence
Urinary disorders such as frequency, incontinence

What are the TCM etiologies for MS?

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

What is the TCM mechanism for MS?

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

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

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

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

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

Du, Ren and Dai

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

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

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

1. Initial stage (acute) is Invasion/Retention of Damp or Damp Heat. This is the virus stage and is a more excess type.
2. Retention of Damp Heat in the Dai Mai or MJ
   Most characteristic sign is the band around the abdomen feeling and a bunch of damp signs
3. Middle stage is the Liver and Kidney Yin Xu stage
   Most characteristic sign is affected vision.
4. The final stage (very long term by the way) is Yin and Yang disorder with Inner Wind. *Be sure you know this pattern!*
   a. Yang signs:
      Frequent, clear, profuse urination.
      Early morning diarrhea
      Incontinence, impotence, decreased libido
      Coldness with edema
      Cold pain in the back
      Tongue: Swollen pale, moist coating
      Pulse: Deep, weak, slow
   
   b. Yin signs:
      Deep tendon reflexes
      Night sweats
      Low grade fever
      Tongue: Red, small with less/no coat
      Pulse: Weak, thin, fast
   
   c. Inner wind signs
      Dizziness, vertigo, tremors and shaking of extremities, staggering (often ataxic) gait, hemiplegia/paraplegia
      Falling down and loss of consciousness

   d. Other
      Mental confusion, poor spirit

**Case Studies**

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

**Inner wind**  **liver blood xu**

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

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

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

**Liver blood xu**

clearly as well as eyes dryness. However, she didn’t tell anyone else because she was engaged in taking care of her grandson wholeheartedly. Unfortunately, 1 week before her admission, her numbness and blurred vision were getting more serious. What’s more, she felt flaccid in the lower limbs and had KI/BL involvement difficulty in urination. So, she had to tell her family about her problem and tried to make sure what’s wrong with her. But during this process, her symptoms changed fast!

1 day before the admission, she could not move her legs even a little, only lying down on the bed
without turning her body, completely losing sensation below her chest. What’s more, she could not see
Kidney not controlling lower openings
anything and had difficulty in urination and defecation. She was sent to hospital by ambulance and
admitted to the neurological department at once. In the neurological department, she was treated with
(this will toast the immune system…)
steroids and ganglioside for 15 days. There were no changes except that one eye was improved to
0.05.

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

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

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

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

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

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

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

What are the primary symptoms of appendicitis?
(You need to be able to generate 4 of these for the test.)

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

What are the 3 TCM etiologies of appendicitis?

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

What is the TCM Mechanism?

Blockage of the Yangming organs

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

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

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

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

What are the pattern differentiations for appendicitis?

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

How is constipation defined?

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

What are the biomedical etiologies for constipation?

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

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

3

What is the TCM etiology?

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

What is the TCM mechanism for constipation?

Blockage of the Large Intestine
(duh!)

ST/LI blockage = constipation while SP/ST blockage = diarrhea.
What are the basic points for constipation?
ST 25, UB 25, SJ 6, KI 6, Ba liao (for excesses), ST 37

What are the pattern differentiations?
- LV Qi yu
- Accumulation of heat or damp heat in the LI
- Qi xu
- Kidney Yang xu

Case Studies
Case 1
Semi chronic stage…may still be excess
30 yo male has suffered from constipation for several months. He has had only 2 or 3 bm’s per week and

Body fluids compromised? Qi stagnation in MJ damp heat? toxic heat?
the stools were dry and small. He also had epigastric and abdominal distention. He has acne and
toothache both upper and lower that comes and goes. Apart from this, no other sx. The body of his

upper = stomach, lower = intestines
tongue is normal, but has a dry yellow coating which was thicker at the root. His pulse is slightly
damp/food stagnation…right middle is spleen pulse.
slippery on the right/middle.

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

   Answer: D.

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

   Answer: B
Case 2

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

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

   Answer: A

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

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

Case 3
Li, female, 71 yo
She is seeking treatment for constipation. 4 years ago she was diagnosed with Parkinson’s disease. She has a very slight tremor in her arm, drags her foot slightly, and her handwriting has been getting progressively smaller. Apart from this, she has also been suffering from constipation more or less. She had resorted to taking a laxative per day. Because of this it was difficult to find out how her stools would be without them. She also suffered backache, dizziness, tinnitus, night sweats, poor sleep, irritability, bitter taste in the mouth, palpitations and a dry throat at night with desire to sip water. Tongue is red esp on the sides, dry yellow coating. Pulse is slippery/rapid on both sides. Left guan was full and wiry, left cun was thin, both chi were thin and fast.

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

c. Signs of liver yang rising

d. Signs of inner or liver wind

Answer: D

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

Answer: B

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

Answer: D

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

Answer: B
Class 10 – Diarrhea and Hemorrhoids

What is the TCM set of etiologies for diarrhea?

- Irregular diet
- Emotional disorder
- Invasion of external pathogens

What is the TCM mechanism for diarrhea?

Disorder of the Middle Jiao and the Spleen Qi

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

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

What are the basic points?

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

What are the patterns for diarrhea?

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

What are hemorrhoids?

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

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

What are the TCM etiologies of hemorrhoids?

- Irregular Diet
- Emotional disorder
- Improper habits
- Overworking
What is the TCM mechanism of hemorrhoids?

Qi and blood stagnation in the anorectal area.

What are the basic points for hemorrhoids?

UB 35 and Ba liao points  
UB 40 and 57  
Er bai (4 cun proximal to PC 7 at the crease of the wrist … or 2 cun proximal to PC 6)

What are the differentiations for hemorrhoids?

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

Case Study 1

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

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

   Answer is C

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

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

   Answer is D

Case Study 2

Excess acute
Li is a 32 yo male. He has been suffering from diarrhea w/strong odor for 3 days. It started suddenly and
he still has a fever and nausea. He was prescribed antibiotics but didn’t help. Bowel movements are
always very loose with some cramping and burning pain during evacuation which occurs about 3-4
times per day. He also suffers from a feeling of fullness and distention and his appetite has decreased.

Damp damp heat excess heat
His head feels muzzy and his body feels heavy. His tongue is red w/thick and sticky yellow coating and
damp slippery pulse.

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

   Answer = D

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

   Answer = A

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

Wang, 52 year old female.

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

Lung heat    Spleen qi xu    MJ    Qi xu
bod fluid dmg    excess    yin xu

She also had poor appetite and abdominal distention. She sweated a lot in her meal (ew!!). Her tongue was red with yellow greasy coating at the root. Her pulse was slippery and fast, thin and fast in the 1st position on the right.

Lung yin xu . . . . . . . . . . . .causing wind    Lu yin xu

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

What is your diagnosis and suggestion for points?

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

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

Points:
- Spleen Qi xu: ST 36, SP 6
- LU yin xu: LU 9
- Damp heat to lower jiao: ST 40, LI 11, SJ 5
- Can use ST 37 for constipation and the Insulin Point for diabetes.
A 75 year old woman has been suffering from a persistent cough for 6 years. The cough was productive “less” before accumulation of damp? Heat Qi xu or phlegm retention with scanty sticky yellow sputum and she experienced a sensation of oppression of the chest. Her health was otherwise very good: she was a keen practitioner and teacher of Yoga. Her body was thin and her skin was dry. Her pulse was thin and slightly slippery on the lung position. Her tongue was red, dry without coating in the front part.

1. In this case, her “thin” pulse and tongue indicate:
   a. Invasion of external pathogenic wind
      no. no wind signs, no floating pulse
   b. Invasion of external pathogenic damp
      again, no superficial pulse, not enough damp signs
   c. A sign of lung yin deficiency
      yes. Lung xu in long term cough, oppression of chest. Lung yin xu in lack of coating in front of tongue as well as in the thin Lung position in the pulse
   d. Wind-phlegm retention
      no wind signs, not a ton of phlegm signs though there are some.

2. The differential diagnosis is
   a. Lung and spleen Qi xu with phlegm retention
      No spleen Qi xu signs, though there is lung xu and phlegm retention. Note that there is no lung qi deficiency signs though – no shortness of breath or fatigue.
   b. Lung Yin xu, heat phlegm retention
      You can see the Lung Yin xu in the pulse and in the tongue. You can also see how deficient heat is cooking the fluids in the Lung causing scanty sticky phlegm. By the long term cough you know it’s a deficiency of the lung.
   c. Zong Qi xu with Lung Qi and Yin xu
      not enough fatigue signs for Qi deficiency.
   d. Rebell ing of lung Qi with body fluid retention
      There would be fluid retention signs, but in this case there’s actually some evidence that the body fluids are so burned up they are damaged – dry tongue coating, scanty-sticky phlegm. Also, rebelling Lung Qi would have a harsher cough and would be more excess.

3. Which group of points is for this case?
   a. **LU 9, BL 43, LU 5, BL 13, RN 17, LI 11, ST 40**
      LU 9 for tonifying Lung yin. BL 43 for long term Lung yin xu with cough, LU 5 to help LU qi flow correctly, BL 13 = bk shu of LU, Ren 17 soothes chest and helps Qi flow. LI 11 to clr xu heat, ST 40 to clr phlegm.
   b. **LU 7, LU 9, RN 17, ST 36, RN 4, RN 6**
      Ren 4 and 6 give this one away...you might use this combo for asthma to assist KI function not grasping breath.
   c. **DU 14, BL 12, GB 20, BL 15**
      This combo is more for wind invasion and BL 15 is the heart back shu.
   d. **SP 6, SP 10, RN 12, BL 20, BL 23**
      Not even close!
Li, 25 years old, female

Amenorrhea or preggers  

Li, a 35yo female has not menstruated for 50 days. She also felt faint and tired, was sick and had no appetite. Over the past 2 weeks she frequently vomited coffee-like liquids and was unable to eat or drink. Biomedicine tests showed no pathology. But she was found to be preggers. Treatment with fluid infusion and anti-emetics was unsuccessful and she was referred for acupuncture and moxibustion.

She was emaciated and sleepy. Her eyes were deeply sunken. Her tongue was pale with a thin white greasy coat. Her pulse was slow, weak and slippery.

She’s got morning sickness. Specifically, her morning sickness is caused by Spleen and Stomach Qi Xu with damp retention and cold.

Don’t let the “coffee-like liquids” throw you off. You learn this in Physical Assessment as the vomit looking like it has coffee grounds in it. I think this wording is just Dr. Luo speak.

Points to use: basic points for morning sickness, plus treatment for Spleen/Stomach Qi Xu and some for damp retention.
This is subtle Dr. Luo speak for emotional disturbance…basically he got peeved at the meeting and his Liver overacted on his spleen…became nauseated and began to vomit continuously. He was so weak that he had to be carried home, and from that time on vomited whenever he ate. Various investigations including EEG, spinal puncture barium meal X-ray and esophagoscopy were normal, so he was given a diagnosis of neurogenic dysphagia. The vomiting continued and he was fed nasally with glucose drips. After 50 days he was very distraught and came to find help from acupuncture. He was restless, thin, yellow, and exhausted. His tongue has a red body with a white dry coating that is cracked. (You might remember him as the one toothed dude in the powerpoint slides in class.) His pulse is thin and slightly wiry.

What’s wrong with this dude? He’s got Nausea and Vomiting with a differential diagnosis is Liver and Stomach Disharmony.

And yes, per Dr. Luo, his yellow cast is jaundice, which can be yang from damp/heat or yin from damp/cold. Because Dude has so many heat signs, his is a Yang Jaundice. Use Du 9 for this. Other than that, use basic points for Nausea and Vomiting and then specific points for his liver/stomach disharmony. ST 36, RN 12, PC 6, SP 6, 4 gates, GB 41, LV 13?, LV 2, UB 18/20/21.

LV Qi stagnation has led to the heat, overacted on ST and caused the stomach Qi to rebel as a result.
Li, 62 y.o., male

Since 15\textsuperscript{th} September 1986 the patient had unquenchable thirst, hunger and general weakness. He was diagnosed with diabetes in a hospital. Blood sugar on empty stomach was 148mg/dl, urinary glucose ++++. He was prescribed oral Glyburide and his condition improved in a month. Urinary glucose was reduced to ++. He was given medication to reduce his hunger and thirst from Feb 1987, but these persisted and he still felt weak. At this point he came for acupuncture and moxa. His tongue is thin and heat damaged bfs? heat yin xu/dryness xu xu heat red with a dry, yellowish brown cracked coating. His pulse is weak, thin and fast.

Upper and middle Jiao diabetes. Both of these can be chronic. Know that just because it’s chronic doesn’t mean it’s lower. You must have the lower signs of urination issues and emaciation before you can classify it as Kidney Yin Xu and Empty Heat type lower jiao diabetes.

This is \textbf{upper jiao diabetes} and \textbf{middle jiao diabetes}. Unquenchable thirst is indicated in the initial upper jiao stage while the extreme hunger indicates the middle stage. In the study guide, upper jiao diabetes is defined as Excessive heat in the Lung with Lung yin xu. Middle Jiao diabetes is Excessive Stomach heat with Stomach yin xu.

Treatment principle: Clear heat and nourish the Yin of Lung and Stomach.
Points to use: weiguan xia shu, LU 5, LI 11, ST 44.
Zhang, 56 y.o., male

- Qi or blood xu
- Cold signs/spleen
- Spleen related phenomena

He began to feel chronically tired and overly sensitive to cold 5 years ago. Muscle and joint aches often developed. Modest weight gain was common even though appetite diminished. One year ago edema developed causing a round puffy face with a sleepy appearance. He also began to have hair loss. He had a poor memory and concentration during the past 1 and ½ years. He has a poor appetite, palpitations and dream-disturbed sleep. His tongue is pale and swollen with a white thick greasy coating. His pulse is damp and weak.

This guy should go to the doc and have his thyroid tested because he’s gonna test hypothyroid. This is Spleen Qi deficiency and some Heart blood deficiency with damp retention. If you look at the study guide this is a combination of SP Qi Xu w/ Heart Xue Xu + Sp qi xu w/retention of dampness.

There is also a generalized Qi xu for Zhang. Use the basic points: Ren 4, Ren 6, Ren 12, ST 36, Du 4 and KI 8. Kidney 8 is a biggie. This is an important point for the endocrine system.

Local points for the thyroid are Ren 22/23, ST 9, and LI 18. Use Lu 7 and Ki 6 to open the throat. You can use moxa on the Kidney channel for this dude’s edema too.

Other points to use for the differential diagnoses are Ren 14, UB 15/17/20, SP 6 and P6. Add in SP 9 and ST 40 to resolve phlegm and damp, SJ 5 and UB 21.
Case Study

Zhong, 34 yo male

History: Pt has contacted with hepatitis carrier and had weak and nauseous for 2 weeks. His appetite was poor. He had nausea and general heaviness. He also had pain and fullness in the LV area with dark yellow urine.

Examination: bright yellowing of sclera and skin. HT and LU negative, abdomen flat and soft, LV with tenderness on pressure/percussion. SGPT.

Tongue coating is yellow and greasy

Pulse is wiry, thin, rapid on the left, slippery and fast on the right.

Damp is more than heat. Yang Huang damp heat. Principle is to clear the damp heat and soothe the liver. Points to choose: SP 6, 9, ST 40, SJ 5, LI 11 for damp and heat. UB 18 for liver, DU 9 for jaundice. Yin chen hao tang formula taken 2ce per day, rest 2 days during the weekend, so take 5 days, off 2 days. Tian Ji Huang is the best single herb as a tea that you can use. (He’s jotting that down…on the test?)
Mr. Li, 47 yo male

**Invasion of cold is etiology of low back pain. Now it’s chronic.**

Suffers from lumbar tightness after cold exposure 6 months ago. From then on he started to feel lumbar excess distension. He got to a chiropractic treatment for several times which didn’t help him. Lately he has overwork is causing more 

been very busy in his work and felt tired frequently. What is more, he started to feel obvious deep and blood stasis excess wei qi deficiency

fixed pain in his low back which was distended with pressure. He had spontaneously sweating easily and yin xu DDS – blood disturbance of some kind – heat of xu of blood

felt hot at night with occasional night sweating. He had vivid dreams at night and felt unclear early in he spleen qi deficiency ki yang or qi xu perhaps

morning. He had poor appetite with gas and bloating sometimes. He also had frequent urination. He blood stasis again

went to see a doctor and had some examinations which indicate a mass (1x2x2cm) in his right kidney. Qiyang/blood xu heat stasis/interior

His tongue was pale with thick yellow coating on the entire surface. Pulse was uneven and deep. The 3\textsuperscript{rd} KI xu

position on the right side was weak.

**DX: Low back pain**

**Diff and points:**

- **Spleen Qi deficiency**
  - ST 36, SP 3
- **KI Qi and yin xu**
  - KI 3, BL 23, REN 4 & 6
- **Interior heat – Dr. Luo says damp heat, but I don’t see the damp…do you?**
  - LI 11, UB 40 (Both heat and low back pain), GB 34, SJ 5 (if indeed damp heat)
- **Blood stasis**
  - BL 17, SP 10
Li, Male, 20 y.o.

Chief complaint: Muscular weakness for 3 days
Fluid/yin loss – Qi xu lung and heart - + sensation problem of blood/yin xu – ying
3 days ago he sweat heavily and felt tightness on his head after exercise in the morning. Early next morning he felt very tired and weakness in the extremities. Yesterday he felt stuffiness in his chest and could not move his limbs. Today he was admitted into the inpatient department and had a comprehensive examination. His mental status was clear but he had complete paralysis in his arms and legs. Deep reflexed were reduced. Babinski sign was negative. He also had abdominal distention. His tongue was dusky with yellow and greasy coating. Pulse is slippery and fast.

Tongue and pulse indicate damp heat. Fluid loss and Retention of Damp Heat, leading to wei syndrome (Qi and blood xu due to internal/external causes – in this case external. KI, LV, SP, ST are primary organs in consideration for this syndrome.)

Spleen Qi xu
Damp heat
Stasis of Qi and blood

DX is a Wei Syndrome due to damp heat retention and Qi xu of spleen.

Points to use:
- Jia ji (estim on one side)
- SP 9 + Li 11 + ST 40
- GB 34, GB 30, UB 40 help joints move
- SJ 5 for damp heat
- DU 14 – bleed to drain off heat
- Jing well points – but only for acute cases like this.
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, 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 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
   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 3\textsuperscript{rd} 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 dpleen 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
Case Studies for Final – study previous ones too!!

Some Nameless 75 Year Old Woman

Chronic/deficient, Lung

A 75 year old woman has been suffering from a persistent cough for 6 years. The cough was productive with scanty sticky yellow sputum and she experienced a sensation of oppression of the chest. Her health was otherwise very good: she was a keen practitioner and teacher of Yoga. Her body was thin and her skin was dry. Her pulse was thin and slightly slippery on the lung position. Her tongue was red, dry without coating in the front part.

1. In this case, her “thin” pulse and tongue indicate:
   a. Invasion of external pathogenic wind
      no. no wind signs, no floating pulse
   b. Invasion of external pathogenic damp
      again, no superficial pulse, not enough damp signs
   c. A sign of lung yin deficiency
      yes. Lung xu in long term cough, oppression of chest. Lung yin xu in lack of coating in front of tongue as well as in the thin Lung position in the pulse
   d. Wind-phlegm retention
      no wind signs, not a ton of phlegm signs though there are some.

2. The differential diagnosis is
   a. Lung and spleen Qi xu with phlegm retention
      No spleen Qi xu signs, though there is lung xu and phlegm retention. Note that there is no lung qi deficiency signs though – no shortness of breath or fatigue.
   b. Lung Yin xu, heat phlegm retention
      You can see the Lung Yin xu in the pulse and in the tongue. You can also see how deficient heat is cooking the fluids in the Lung causing scanty sticky phlegm. By the long term cough you know it’s a deficiency of the lung.
   c. Zong Qi xu with Lung Qi and Yin xu
      not enough fatigue signs for Qi deficiency.
   d. Rebelling of lung Qi with body fluid retention
      There would be fluid retention signs, but in this case there’s actually some evidence that the body fluids are so burned up they are damaged – dry tongue coating, scanty-sticky phlegm. Also, rebelling Lung Qi would have a harsher cough and would be more excess.

3. Which group of points is for this case?
   a. **LU 9, BL 43, LU 5, BL 13, RN 17, LI 11, ST 40**
      LU 9 for tonifying LU yin. BL 43 for long term LU yin xu with cough, LU 5 to help LU qi flow correctly, BL 13 = bk shu of LU, Ren 17 soothes chest and helps Qi flow. LI 11 to clr xu heat, ST 40 to clr phlegm.
   b. **LU 7, LU 9, RN 17, ST 36, RN 4, RN 6**
      Ren 4 and 6 give this one away…you might use this combo for asthma to assist KI function not grasping breath.
   c. **DU 14, BL 12, GB 20, BL 15**
      This combo is more for wind invasion and BL 15 is the heart back shu.
   d. **SP 6, SP 10, RN 12, BL 20, BL 23**
      Not even close!
Li, 25 years old, female

Amenorrhea or preggers  Qi xu

Li, a 35yo female has not menstruated for 50 days. She also felt faint and tired, was sick and had no appetite. Over the past 2 weeks she frequently vomited coffee-like liquids and was unable to eat or drink. Biomedicine tests showed no pathology. But she was found to be preggers. Treatment with fluid infusion and anti-emetics was unsuccessful and she was referred for acupuncture and moxibustion.

She was emaciated and sleepy. Her eyes were deeply sunken. Her tongue was pale w/a thin white greasy coat. Her pulse was slow, weak and slippery.

She’s got morning sickness. Specifically, her morning sickness is caused by Spleen and Stomach Qi Xu with damp retention and cold.

Don’t let the “coffee-like liquids” throw you off. You learn this in Physical Assessment as the vomit looking like it has coffee grounds in it. I think this wording is just Dr. Luo speak.

Points to use: basic points for morning sickness, plus treatment for Spleen/Stomach Qi Xu and some for damp retention.
Zhang, a 45 year old male, has been healthy and strong until October 1, 2000, when after a meeting he became nauseated and began to vomit continuously. He was so weak that he had to be carried home, and from that time on vomited whenever he ate. Various investigations including EEG, spinal puncture barium meal X-ray and esophagoscopy were normal, so he was given a diagnosis of neurogenic dysphagia. The vomiting continued and he was fed nasally with glucose drips. After 50 days he was very distraught and came to find help from acupuncture. He was restless, thin, yellow, and exhausted. His tongue has a red body with a white dry coating that is cracked. (You might remember him as the one toothed dude in the powerpoint slides in class.) His pulse is thin and slightly wiry.

What’s wrong with this dude? He’s got Nausea and Vomiting with a differential diagnosis is Liver and Stomach Disharmony.

And yes, per Dr. Luo, his yellow cast is jaundice, which can be yang from damp/heat or yin from damp/cold. Because Dude has so many heat signs, his is a Yang Jaundice. Use Du 9 for this. Other than that, use basic points for Nausea and Vomiting and then specific points for his liver/stomach disharmony. ST 36, RN 12, PC 6, SP 6, 4 gates, GB 41, LV 13?, LV 2, UB 18/20/21.

LV Qi stagnation has led to the heat, overacted on ST and caused the stomach Qi to rebel as a result.
Li, 62 y.o., male

One of 4 great heats  ST fire  Qi xu

Since 15th September 1986 the patient had unquenchable thirst, hunger and general weakness. He was diagnosed with diabetes in a hospital. Blood sugar on empty stomach was 148mg/dl, urinary glucose ++++. He was prescribed oral Glyburide and his condition improved in a month. Urinary glucose was reduced to ++. He was given medication to reduce his hunger and thirst from Feb 1987, but these persisted and he still felt weak. At this point he came for acupuncture and moxa. His tongue is thin and red with a dry, yellowish brown cracked coating. His pulse is weak, thin and fast.

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<table>
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<th>spleen related phenomena</th>
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<tr>
<td>Dampness</td>
<td>Qi xu of Spleen</td>
<td>poor water metabolism</td>
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<tr>
<td>myxedema signs</td>
<td>Qi xu</td>
<td>Blood xu related</td>
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<td>heart blood xu</td>
<td>spleen qi xu</td>
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<td>shen/heart</td>
<td>Qi or Yang xu</td>
<td>damp ret</td>
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<td>dream-disturbed sleep</td>
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<td>damp/phlegm retention</td>
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He began to feel **chronically tired** and overly sensitive to cold 5 years ago. **Muscle and joint aches** often developed. **Modest weight gain** was common even though **appetite diminished**. One year ago edema developed causing a **round puffy face** with a **sleepy appearance**. He also began to have **hair loss**. He had a **poor memory** and concentration during the past 1 and ½ years. He has a **poor appetite**, palpitations and **dream-disturbed sleep**. His **tongue is pale and swollen** with a **white thick greasy coating**. His pulse is **damp** **deficient** **soggy and weak**.

This guy should go to the doc and have his thyroid tested because he’s gonna test hypothyroid. This is Spleen Qi deficiency and some Heart blood deficiency with damp retention. If you look at the study guide this is a combination of **SP Qi Xu w/ Heart Xue Xu + Sp qi xu w/retention of dampness**.

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Final review:

- Yangming meridian vs. yangming organ
- Weak pulse (deep, thin, no strength) versus deficient pulses (may be all 3 loc very weak)
- Different headaches: Liver yang rising (more shen – deeper colored tongue) versus Liver fire (vertigo, dizziness, bitter taste, yellow urine, red tongue w/ yellow coat.
- All mechanisms
- 4 needle technique
- 24 hour clock, meridians
- 100 questions. Covers back pain, arthritis, HA, tooth ache, Bi syndromes, asthma, anxiety, stiff neck, upper respiratory infection, palpitations, insomnia, cough.
- All da in this term.
- Lower chin – what organ? (stomach)
- Itching/skin disease, general itching.
- What meridian meets at the shoulder and related to shoulder pain– yang qiao and du. Bi syndrome class.
- Taiyang syndrome –manifestations: Taiyang xu/excess, water/blood retention. Blood retention is shen disturbed.
- Disease where you don’t want to talk/eat: what channel? Shaoyang. SEE APPENDIX A
- Review all cases…though there will be a lot of new ones.