



TCM Pediatrics

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Chapter 1

Physiological & Pathological Features of Children

Chinese pediatrics treats the disease of the children under the age of the 14.

Tian Kui: is a kind of essence of yin stored in the kidney.

TCM regard at the age of 14 in female, her Ren meridian begin to flow, the qi in the Chong meridian begin to flourish, a woman will begin to have menstruation and pregnant.

At the age of 16 in male, the kidney qi of a man become more abundant, his sexual function begin to develop, and his sperm is enough to ejaculate.

Physiological Features

1. Deficiency of the zang-fu organs and the immaturity of the body and its functions.

Children have soft body fluid, insufficient qi and blood, unformed tendons and blood vessels, undeveloped spirit, immature essential qi of the internal organs, and weak body resistance.

Although all zangfu organs of child are weak, but their lung, spleen, stomach and kidney are particularly weak.

❖ A child's lung is often insufficient.

The bronchial tube is short.

❖ A child's spleen is often insufficient.

Sp and St is the acquired source, is the source of blood and qi. Control the transportation and transformation, sp qi should ascend to the lung. St. Qi should descend to the large intestine and kidney. How many meals a day do the adults eat every day? Three or four, but the feeding methods of the children is they need, you should give them. Due to the children demand large amounts of nutrient substance for constant growth and development, the function of their sp and st is still weak, relatively speaking.

Jin Yuan dynasty four famous doctors, Liuwansu regards in all of the pathogenic factors, fire and heat is the important, such as: wind, cold, summer heat, damp, dry, fire, everyone can change to heat. So he emphasizes to use cold property herbs.

Zhangzihe regards if the pathogenic factors stay in the meridian and skin, should use the methods of sweating, A child's kidney is often insufficient. if the pathogenic factors are the wind phlegm, indigestion food, the pf in the chest, diaphragm, the upper abdomen, use the methods of vomiting, if the pf in the lower jiao, should use the methods of diarrhea.

Zhudanxi regards yang often excess, yin often deficiency, he is good at using the medicine to notify yin.

Lidongyuan regards sp and st is the most important. In "neijing" a saying someone has a severe disease, if he has the st qi, it's easy to treat, on the opposite, he will be dead.

❖ **A child's kidney is often insufficient.**

Apart from above, the function of the kidney is control the bone, marrow, hair, ear and teeth.

Zhi Yin Zhi Yang means: young yin young yang.

Yin: here means substance in the body, such as: essence, body fluid and blood etc.

Yang: here means various physiological functions of the internal organs.

Therefore improper nursing will easily cause disease.

2. Vigorous in vitality and rapid in growth.

The children grow rapidly. The younger the children, the more rapid in growth and develop. Such as:

A one-year old baby is 2.5 times as tall as a newborn,

A two-year old child is only 2.7 times as tall as a newborn,

A one-year old baby is 3 times as heavy as a newborn

A two-year old child is 4 times as heavy as a newborn

Chunyangzhiti: under 3 years old. However, pure yang doesn't mean absence of yin, here just emphasize children are full of vitality and develop rapidly.

Pathological Features

1. Susceptibility to illness, rapid transformation

❖ Disorders of spleen and stomach

The function of St: receive and digest the food

The function of sp: transportation and transformation of food, water, damp and essence to the whole body.

Improper feeding: easily injure the st and sp

Inappropriate clothing: the st and sp is easily involve by epf.

Manifestation: retention of food, vomiting, diarrhea, malnutrition and anorexia.

Rapid transformation: infantile diarrhea, at the early stage, due to improper feeding or cold pf invade the sp and st, but it's easy to consume the body fluid, yin damage lead to yang damage, appear yin is extreme and yang collapse, the severe disease.

❖ Disorders of the lung system

The lung is located in the thoracic cavity, connects with the throat, in TCM, we called lung “Hua gai” and “jiao zang”, Hua gai means lung is the highest organ in all zangfu organs, jiaozang means it's tender, so easy to induce invasion by epf.

The function of lung:

Manifestation: common cold, coughing, asthma and pneumonia.

Such as common cold, easy change to pneumonia, at this time, we should disperse lung qi in time, otherwise rapidly appear pf invade the heart yang, we know heart yang and heat qi promote the function of the heart that control the blood and vessel. Pf invade the heart yang, lead to the stagnation of heart blood, it will appear difficulty of breath, purple complexion, cold limbs, feeble pulse, the severe disease.

❖ A child's liver is often hyperactive

Because children's resistance is weak, so when suffer from the disease, the epf easy attack internal organs or stir the liver wind, appear convulsion, coma, high fever etc.

2. Quick recovery of health due to cleanness of zang qi and rapid response to treatment.

The children have full of vitality, clear and healthy visceral qi, the pf is improper feeding, six epf, not seven emotions, so if your diagnose and treatment is correct, it's easy to cure.

Pediatrics Normal standards

1. **Weight:** reflect the nutrition of the children, lighter than normal, indicate malnutrition, heavier than normal, indicate nutrition is excess.
12 month weight (kg) =10
1-12 year-old weight (kg) =8+ageX 2
2. **Hight:** reflect the growth of the bone. If shorter than 30% of the normal, indicate the dwarf (midget), malnutrition of the bone.
Newborn: high= 50 centimeter
One-year: high=50+25=75 centimeter
Above 2 year-old=age 5+75 centimeter
3. **Circumference of the head:** from the eyebrow pass the occipital protuberance round the head. smaller than normal, indicate the small head deformity; larger than normal, indicate non-close of the infant fontanel.
Newborn: circumference=34 centimeter
6 month: circumference=34+8=42 centimeter
One year-old: circumference=42+4=46 centimeter
Two year-old: circumference=46+2=48 centimeter
Five year-old: as long as adult's.
4. **Breath and pulse**
Breath: the younger the children, the faster the breath.
1-3 month: 40-45 times per minute
4-6 month: 35-40 times per minute
6-12 month: 30-35 times per minute
13 year-old: 25-30 times per minute

Pulse: the younger the children, the faster the pulse.
Newborn-one year-old: 120-160 beats per minute
1-3 year-old: 100-120 beats per minute
3-5 year-old: 90-110 beats per minute
5-7 year-old: 80-100 beats per minute

7-12 year-old: 70-90 beats per minute

Chapter 2

The four diagnostic methods in pediatrics

1. Inspection

Because the children can't speak or can't express them clearly, when they see the doctor, they always cry, so inspection is the most important methods in four diagnostic methods.

❖ Observation of the expression and complexion

Children's skin is tender, their response to disease is sensitive, especially, visceral disease often can be reflected on the exterior.

Shen observation:

Having Shen: high spirit, bright eyes, vivid expressions, ruddy face and even breath indicate the good health with coordination of qi and blood.

Not having Shen: If occurring disease in such case, it's usually mild and easy to cure. Conversely, if the child is tired, or restlessness, no shen in the eyes, it's difficult to treat.

Pale complexion: cold and deficiency syndromes.

Red complexion: heat syndrome.

Yellow complexion: weak body constitution or retention of damp.

If accompanied by emaciation and a swollen and enlarged abdomen, indicate the infantile malnutrition; if accompanied by white patches on the face indicate the intestinal parasites.

Blue-purple complexion: cold, pain, stagnation of blood, convulsion.

Black complexion: cold, pain or the retention of damp.

GV26: yellow, due to improper feeding lead to vomit and diarrhea.

CV24: yellow, vomit; blue, convulsion

Yintang: black, coma.

❖ Observation of the appearance and body movement

Observe the hair, chest, trunk, limbs and nails to see if they have withered hair, the fontanel failing to close, curved lower limbs, protruding chest, (chicken breast), the curved spinal column (tortoise back), indicate the infantile weak syndromes. Purple nails and clubbed fingers indicate the stagnation and heart yang deficiency.

When we observe the appearance, we should combine the pediatrics normal standards.

Body movement: if a child likes sleeping on the abdomen, this is often due to retention of milk and food, or intestine parasites.

Sleeping by the back indicate prolonged or serious disease.

Holding the abdomen with both hands shouting and crying, acute abdominal pain.

❖ **Observation of the tongue, eye, mouth, nose, ear, and anterior posterior orifice**

Tongue: It's necessary to point a milky-white tongue coating in a nursing infant is normal. Newborn has red tongue and no coating is normal.

❖ **Observation of the capillary vessel of the index finger**

Observe the children under the 3 years-old: The capillary vessel of the index finger is branches of the Lung channel. So its diagnostic principles are similar to the Cunkou pulse. It's difficult to feel the pulse of a baby because the pulse is short and small, they don't like you hold their wrist, crying and shouting, the children's skin is thin and tender, the capillary vessel of the index finger is obvious, so it's more convenient and correct.

Location: from the Hukou to medial of the index. The first segment of index finger from the palm is "wind-gate", the second segment of index finger is "qi-gate", the third segment of index finger is "vital-gate".

Methods: parent holds the baby and sit in a bright place, the doctor holds the baby's index finger, pushes the baby's index finger from the medial side to the palm in order to make the capillary vessel clearer for inspection.

Color: normal is red tinged yellow (light purple), unexposed under the wind-gate. Pathological color includes red, purple, blue, black and pale.

Fresh red: indicate wind cold of epf.

Purplish red: due to heat syndrome

Blue: due to pain and convulsion

Purplish black: due to severe heat and stagnation of qi and blood.

Pale: indicate deficiency.

Shape and state:

Shallow superficial indicate exterior disease

Deep and unexpose indicate interior disease

Thready and light color due to deficiency syndrome

Thick and dark due to excess syndrome.

It's visible at the wind gate, indicate shallow location of pf, mildness disease.

It's visible at the qi gate, indicate invasion of the interior by pf, severe disease.

It's visible at the vital gate, or even at the finger tip, indicate the critical condition and bad prognosis.

Smelling and listening

- ❖ The cry: A healthy baby cried in a strong voice with tears.
Crying is high from time to time often suggests abdominal pain.
Crying for a long time and sucking fingers indicate hungry.
Generally, crying in a strong voice indicates an excess condition, in a weak voice suggests a deficiency condition.

- ❖ the breathing: shortness of breath, asthmatic breathing, ala nasi trembling, and gurgling with sputum in the throat indicate accumulated phlegm blocking the lung.
Asthmatic breathing with the shoulders raised, dyspnea, restlessness, hoarse voice, blue-purple complexion and lips are critical signs of throat obstruction.

Feeble respiration accompanied weak crying indicate collapse of lung qi.

- ❖ The coughing and smelling is like the adult.

Palpation

Including palpating the pulse, skin, head and neck, chest and back, abdomen, four limbs etc. when we palpate this area, we should focus on the temperature.

Cold indicate yang deficiency or yin excess, heat indicate yin deficiency or yang excess. Swollen skin shows pitting when pressed, indicate edema due to damp.

Pulse: Feeling the pulse for children is more simple than for adults, because

cun, guan, chi are indistinguished for children, in clinic we use one finger to determine the 3 regions of the pulse. And children's pulse is less significant than adult's. under 3 year-old children, we just see the capillary vessel of the index finger.

There are 6 main pulses of children: superficial, deep, slow, rapid, forceful and weak to distinguish the exterior, interior, cold, heat, deficiency and excess.

In clinic, sometimes you can see other pulse, a wiry pulse which indicates the abdominal pain and convulsion. A rolling pulse is due to accumulation of excessive phlegm-heat or to retention of food.

five organs	Pathogenic activities	color	pulse	character	manifestation	
Liver	Wind	Blue	Wiry	Often hyperactive	excess	Shouting, directly gazing, neck rigidity, contracture of limbs.
					deficiency	Yawn, grit teeth, intermittent contracture of limbs
					Heat	Severe fever, thirsty, directly gazing, opisthotonos.
Heart	Heat, convulsion	Red	Rapid	Fire, heat	excess	Fever, thirsty, shouting, crying, supine, convulsion
					Deficiency	Sleeping but restlessness
					heat	Severe fever, chest heat, breathing heat, upward gazing, sclera red.
spleen	Damp	Yellow	Slow	Often insufficient	Excess	Lassitude, sleeping, body heat, diarrhea with yellow and red feces.
					deficiency	Vomiting, diarrhea with white feces, sleeping with eyes open.

					heat	Sclera yellow, urination yellow
Lung	Asthmatic breathing	White	Floating	tender	Excess with wind cold	Asthmatic breathing, cough, stuffiness in the chest, thirsty without drinking, sneezing, running nose
					deficiency	Slow, long exhale. Skin, hair is withered, pale lips
					heat	Rapid, short breathing, dry nose, epistaxis.
kidney	Deficiency cold	Black	Deep	Deficiency no excess	Blue complexion, clear and more urination	

Chapter 3

Outline of treatment

1. Correct treatment, careful medication.

The physiological features of child is young yin young yang, immaturity of the body and its functions. The pathological features is rapid transformation, so we should treat rapidly, use the medicine is correct, the dosage is suitable, otherwise the slight disease change to severe, severe disease change to critical.

Herbs should be used cautiously, Children have soft body fluid, insufficient qi and blood, unformed tendons and blood vessels, unevolved spirit, immature essential qi of the internal organs, and weak body resistance. So the extreme bitter, cold, pungent, hot and poisonous herbs should be used carefully. Such as: dahuang, mahuang, xixin, fuzi, longdancao, chuanwu, mangxiao, honghua, mutong etc.

2. Once the condition begins to improve, treatment discontinues.

The children are more sensitive than adult.

Extreme bitter and cold herbs damage the yang qi.

Extreme pungent and hot herbs damage yin fluid.

Herbs with a strong action of eliminating pathogenic factors can impair the yin, qi and middle jiao, so we should grasp the main contradiction, combine nursing and other therapies, give full play to the child's resistance, quickening the recovery.

3. Dosage of herbs for children

Soup:

Under 1 year-old: 60-100 ml (milliliter)/day

1-6 years-old: 150-200 ml/day

7-12 years-old: 200-250 ml/day

acute disease give more times, chronic disease give them less times.

Give some sugar.

Other dosage forms have Pills, tablet, syrup, injection

The dosage for newborn (28 days) is 1/6 of that for adults;

The dosage for babies (1-3 Y) is 1/3-1/2 of that for adults.

The dosage for children (3-7 Y) is 1/2 of that for adults.

The dosage for children of school age (7-12 Y) is the same as for adults.

4. Methods of treatment

❖ steaming and washing methods

use the soup or steam of herbs to wash and steam the superficial skin of the children.

Such as: stew Mahuang, heye, yuansunzi, xiheliu, mix yellow wine, (the wine made in Shaoxin), swab and wash the skin to disperse the measles.

Edema due to kidney disease, stew hebaicao to wash the body.
Xiangzhangmu to treat urticaria.

❖ Inhaling the steam of herbs

Use machine that make the steam of herbs, let the children inhale it to treat sore throat, common cold, cough, asthma, pneumonia, disease of respiration system.

❖ Daubing with herbs

Smashing the herbs, mixed with vinegar or mater, daubing or covering the body. Such as smashing the fresh machijian, fresh furong leaves, fresh sigua leaves to treat mumps.

Baijiezi mixed flour, wrapped with gauze, cover the back of children to treat later stage of pneumonia, has phlegm.

Smashing the garlic bundle the toe and umbilicus to treat chronic diarrhea.

Wubeizi mixed vinegar bundle the umbilicus to treat night sweating.

Stir-fry the salt to treat the abdomen pain.

Stir-fry the green onion and salt to treat anuresis.

Use yanhusuo, baijiezi, gansui, xixin, mixed ginger juice, add a little bit dingxiang daub on the UB13, UB43, bailao to treat asthma.

❖ Massage and pinch the spine

To treat diarrhea, sp and st deficiency, malnutrition.

❖ **Puncture Si Feng**

Methods: first sterilize the skin, use three-edged needle or thick filiform needle puncture 0.1cun, extract some yellow and white mucus. One time a day, till can't extract the mucus. To treat the malnutrition and anorexia.

❖ **Acupuncture**

We often use acupuncture to treat cough, enuresis, asthma, diarrhea, mumps, paralysis etc.

The methods of Diagnosis, choosing the meridian and points are basically the same as adults, but if they don't cooperate with you, don't stay the needles in the body for a period, don't puncture deeply, just puncture rapidly and shallowly.

❖ **The methods of tonify and reducing**

Infantile convulsion 惊风

General Discussion

Definition:

Is commonly seen in pediatrics, the obvious manifestation is series of muscle contractions accompanied by impairment of consciousness. The name of infantile convulsion can't be found before song dynasty, the name is first appeared in the book "taipinshenhuifang", just separate the infantile convulsion into acute and chronic, the other famous doctor in north song dynasty, qianyi, he wrote a book "xiaoeryaozhenzhijue", record the etiology, syndrome, treatment of IC, later doctors treat this disease follow him, till now, we also still use his formula to treat, use his theory to analyse infantile disease. He studies the infantile disease for 40 years. In this book he wrote how to use Zangfu organs theory in syndrome differentiation and treatment, last class I gave you the form; he define the measles, how to analyse the syndrome, diagnose and treatment. Infantile malnutrition, he regards occur due to disorder of sp and st. because he has a big contribution in pediatrics, so we called him the sage in pediatrics.

"Luxinjing" is the earliest extant book of infantile disease in TCM history.

Etiology and Pathogenesis:

Acute infantile convulsion:

- Invasion of seasonal pathogenic factors
 - The children has soft body built, weak resistance, so it's easy to attack by 6 epf. In children body, the pf transform rapidly, change to fire, in addition, infants always have excess activity of the liver, the heat stir up the liver wind, wind and fire damage the consciousness lead to convulsion.
 - The exogenous pathogenic heat can also penetrate deep into the pericardium.
 - the damp easy change to phlegm, block the mind, lead to loss of consciousness and convulsion.

- Accumulation of phlegm fire:
irregular food lead to the food stagnate in the st and intestine, obstructing the free flow of qi and producing phlegm heat, stir up the liver wind, occur the convulsion. So often accompany vomit, distension and painful of abdomen, constipation, or loose stool, diarrhea, high fever.
- Sudden fright:
Infants have weak mind with insufficient vital qi. So sudden see the strange things and hear the strange sounds may disturb their qi and blood and shen, cause convulsion.
Acute incon is easy to damage the heart and liver meridian

Chronic infantile convulsion:

- Persistent dysentery and vomiting, sever vomiting and diarrhea, or acute convulsion can't be cured, or when treat other disease, we use extreme bitter, cool medicine, damage the sp yang, earth deficiency, the wood overcount the earth, produce the wind.
- Yin deficiency stir the wind: after acute and febrile disease, can't be cured, consume the yin fluid, especially damage the kidney yin, kidney and liver have the same source, lead to liver yin deficiency, stir the wind.
- Congenital essence is deficiency, improper nursing, prolonged diarrhea, lead to sp yang deficiency, then damage the kidney yang.

Chronic is easy to damage the sp, liver and kidney meridian.

Acute infantile convulsion:

Syndrome differentiation and treatment

Acute infantile convulsion

The common manifestation of acute infantile convulsion is: unconsciousness, upward gazing, lockjaw, neck rigidity, opisthotonos, contracture of limbs. Rapid and string-tart pulse.

Syndrome 1. invasion of exogenous pathogenic heat [Clinical Manifestation]

fever, headache, cough, congested throat, thirst, and irritability.

[Treatment principle]: disperse the wind and clear the heat

[Herbal prescription]:

Syndrome 2 phlegm heat

[Clinical Manifestation]

fever, anorexia, vomiting, abdominal distention and pain, sputum gurgling in the throat, constipation or feces with stinking smell.

[Treatment principle]: eliminate the phlegm and clear the heat

[Herbal prescription]:

Syndrome 3 sudden fright

[Clinical Manifestation]

there is no fever, but cold limbs, disturbed sleep or lethargy, crying and fearing after waking, intermittent contraction of muscles.

[Treatment principle]: calm down the mind

[Herbal prescription]:

[acupuncture prescription]: Yintang, GV26, LV3

Invasion of pathogenic heat: GV14, LI11, Twelve jing points.

Phlegm heat: TE18, CV12, LI 4, ST40.

Sudden fright: Sishencong, PC8, KI1

Trismus: ST7, ST6

Other methods:

Use finger to press LI4, or GV26, LV1, UB40.

Trismus: wumei swab the teeth.

Severe spasm, smash fresh dilong add honey, cover the fontanel.

Chronic infantile convulsion

Syndrome 1. sp and kid yang deficiency

[Clinical Manifestation]

emaciation, pale complexion, lassitude, lethargy with eyes open, intermittent convulsion, cold limbs, loose stools containing undigested food, clear and profuse urination, deep and weak pulse.

[Treatment principle]: warm and tonify sp and kid, relief of convulsion

[Herbal prescription]:

[acupuncture prescription]: GV20, GV24, CV4, SP6, ST36

SP and KI yang deficiency: BL20, BL23, CV12

Deficiency of blood: LR3, KI 2.

Syndrome 2. yin deficiency stir the wind

[Clinical Manifestation]

lassitude, irritability, tidal red complexion, heat in the palm, toe and chest, intermittent convulsion, constipation, tongue red, no coating, thready and rapid pulse

[Treatment principle]:

[Herbal prescription]:

[acupuncture prescription]: LR3, KI 7, SP6, LR8, LI4.

Other methods:

Moxibustion: GV14, BL17, GV4, CV4, CV6, GV20

Prevention:

1. due to this disease is a serious disease, pay attention to the sanitation of the food, strengthen the resistance, avoid to sudden frighten, to prevent to occur the convulsion.

2. when the children is occurring spasm, convulsion, other people can't enforce to pull the limbs, otherwise lead to paralysis.
3. when appear trismus, we should put a tongue depressor between the teeth, avoid to damage the tongue.
4. clear the phlegm that obstruct in the throat, keep the respiratory passage is unobstructed, prevent to suffocate.
5. when the children occur this disease, we should feed them light food, vegetable and fruit juice. Don't eat too much meat and sugar.

Case study

Case 1. Li feng, 3 Years old, Male

[Chief complain]: Asthmatic breathing for 3 months

[Manifestation]: 3 months ago, patient suffered from cold, running nose, coughing, profuse phlegm, after treatment changed better.

Now patient feels shortness of breath, asthmatic breath, low voice, pale complexion, lassitude, spontaneous sweating, aversion to cold, cold four extremities. Pale tongue, thin white coating, capillary vessel of index finger is pale red.

Case 2: Yang dong, 3 Years old, female

[Chief complain]: Chronic diarrhea for 3 months.

[Manifestation]: 3 months ago, patient had diarrhea 8 times a day for one week because of overeating and aversion to cold. After took some medications, she got better, but it's not cured. Once eating some cold or greasy foods, immediately appear loose stool or watery diarrhea. When the patient comes to the clinic, her parent complains she doesn't have energy, it's easy to be tired, after eating some cold, greasy foods, she feels stomachache, and immediately wants to go to bathroom, diarrhea with indigestion foods or water diarrhea, accompanied poor appetite. Pink and slight purple tongue, the index finger capillary is light red and below the qi gate.

Case 3. Zhao xing, 2 Years old, Male

[Chief complain]: High fever, cough for 2 days. Unconsciousness occasionally, contracture of limbs for 1 day.

[Manifestation]: Two days ago, baby caught cold, chills and fever, cough, restlessness. The body temperature changed to high from the second day, accompanied irritability, profuse sweating. Unconsciousness occasionally, contracture of four limbs. Dark red complexion, congested throat, desire to drink cold water, dry stool, dark yellow urination, gurgling sputum in the throat. Dark red tongue and dry yellow tongue coating, the index finger capillary is dark purple and at the qi gate. Cun kou pulse is rapid and forceful.

Case 4. Xiao qiang, 8 Years old, Male

[Chief complain]: Deficient attention and action changes for 6 months.

[Manifestation]: Increasing actions, no reason but arguing and fighting to schoolmates, he can't pay attention to listen to teacher in the class.

Accompanied feel thirsty, drink lots of juice and coke, poor appetite, he likes to eat sweet foods. Dream disturbed sleep. Red complexion, vivid eyes, clear speech, yellow urination, dry stool. Red and dry tongue, little coating, thin, rapid and wiry pulse.

Case 5. Zhu qing, 14 Years old, Female

[Chief complain]: Nocturnal enuresis 1-4 times from birth

[Manifestation]: Nocturnal enuresis 1-4 times from birth, accompanied lassitude, poor appetite, sallow complexion, poor memory, lethargy, cold four extremities, pale tongue, thin white coating, weak and slow pulse.

Pediatrics Massage Points Form

Points Name	Location	Function	Manipulation
Pi tu xue (Sp earth xue)	Whorl of the thumb	Diarrhea and vomit	Tui Fa 200-500 times
Da chang xue (LI Xue)	A line along the radial side from the tip of the index to Hu Kou	Diarrhea and food stagnation	Tui Fa 100-300 times
Ban men xue (Board gate xue)	thenar eminence	Distention of the chest, vomit, poor appetite	Tui Fa or Rou fa 50-300 times
San guan xue (Three gates xue)	A line from Lu9-Li11	Wind cold: aversion to cold, no sweating, manutration	Tui Fa 200-500 times, from Li11-Lu9
Liu fu xue (Six fu xue)	A Line from Ht7-Ht3	Fever, profuse sweating, but forbidding use in deficiency syndrome	Tui Fa 100-500 times from Ht3-Ht7
Tian he shui xue (sky river xue)	A Line from Pc7-Lu5	Wind heat, fever and restlessness	Tui Fa 100-500 times from Pc7-Lu5
Qi Jie Xue	A line from the 4 th spine to coccyx	Diarrhea, dysentery, food stagnation, constipation	Tui Fa 200-500 times
Gui wei Xue (tortoise's tail xue)	coccyx	Diarrhea, collapse of the rectum(anus)	Rou Fa 300-600 times
Dan Tian xue	2cun below umbilicus	Low abdomen pain, enuresis, collapse of the rectum(anus)	Muo Fa and Rou Fa 3-5 mins

Cough (咳嗽 Ke Sou)

General Discussion

1. Definition:

Ke means dry cough, no phlegm, you just hear the voice, **Sou** means have phlegm, but no voice. In the clinic, we always see dry cough accompany phlegm, so called cough.

This word is first appeared in the book “neijing”, there are two aspects of content in “neijing”: one regard the pathogenic factors injure the lung lead to cough, the second regard not only injure the lung, disorder of other Zangfu organs, also lead to cough.

2. Classification:

In “neijing cough chapter”, named cough by Zangfu organs. Such as: lung cough, heart cough, liver cough, etc.

In the book “Zhubinyuanhou lun”, is written by Sui Caoyuanfang, he named cough in 10 kinds. Except above five kinds, add wind cough, cold cough, prolonged cough, jueyin cough.

In the book “jinyuequanshu” is written by Zhangjinyue. He regard the etiology of cough is epf and internal injury. From then on, we separate cough into exogenous and internal.

GV4, mingmen is a name of point, In TCM, lots of doctors have different opinions of Mingmen theory.

Etiology:

Invasion by the exogenous pathogenic factors. The children has soft body build, immature resistance. When the weather change, they don't know take on or take off the coats, cough occurs in all of seasons, especially in winter and spring, it's easy to invade by epf. (the function of lung) Wind cold and wind heat, wind belong to yang pf, change to heat rapidly, so in children, wind cold is temporary.

Internal injury

- The children's st and sp is often weak, it's easy to invade by milk, improper nursing, cold or hot food, water and food can't change to essence, in the opposite change to damp, damp attach sp qi ascend to the lung, obstruct the passage, lead to the lung qi can't disperse or

- more ascend, lead to cough. “sp is a source that formation of sputum, lung is a container that stored the sputum”.
- Liver of the children is often hyperactivity, liver fire produce heart fire, and counteracting the lung.
 - Deficiency of congenital or exogenous cough for a long time, consume the lung yin.

Syndrome differentiation and treatment

A. Invasion by the exogenous pathogenic factors

Syndrome 1 : Cough due to pathogenic wind cold

[Clinical Manifestation]

cough, itching of throat, thin and white sputum, aversion to cold, no sweating, fever, headache, nasal obstruction and discharge, pink tongue, thin and white tongue coating
Superficial tense pulse.

[Treatment principle] expelling wind and cold and disperse the lung qi and relieving cough.

[Herbal prescription]:

severe chillness:

phlegm:

accompany damp:

Syndrome 2: cough due to pathogenic wind heat

[Clinical Manifestation]

cough with yellow thick sputum, choking cough, thirst, sore throat, fever, headache, aversion to wind, sweating, nasal obstruction, yellow thick and sticky discharge.

Red tongue, thin, yellow tongue coating.

Superficial and rapid pulse.

[Treatment principle]: dispelling wind, clearing heat, dispersing the lung qi and eliminating the phlegm.

[Herbal prescription]:

thick breathing:

sore, red, swelling throat:

severe heat:

severe cough:

phlegm:

epistaxis:

[acupuncture prescription]: LU7, LI4, BL13

Pain and swelling of the throat: LU11

Fever and aversion to cold: GV14, TE5

The wind heat, we use the method that puncture rapidly and shallowly.

If the wind cold, we stay the needle in the body and puncture deeply, but

if the children don't cooperate with you, you puncture the children in

middle degree stimulate then take out the needle, cupping the back shu. (

B. Internal injury:

Syndrome 1 cough due to yin deficiency and dryness of the lung

[Clinical Manifestation]

dry cough without sputum or with scanty sticky sputum, difficult to cough up. Dryness of the nose and throat, sore throat, spitting blood or even coughing blood, afternoon fever, night sweating. malar flush, heat sensation in the chest, palm and soles. Red tongue, thin coating. Thready and rapid pulse.

[Treatment principle]: tonify yin and moisturizing the lung

[Herbal prescription]:

severe yin deficiency:

severe cough:

spitting blood or coughing blood:

tidal fever, night sweating:

[Acupuncture prescription]: BL13, LU1, LU7, KI6

coughing blood: LU6, BL17

Syndrome 2 Blockage of the lung by phlegm

[Clinical Manifestation]

cough with profuse, white and sticky sputum, stuffiness of the chest, bad appetite, pink tongue and white, sticky tongue coating rolling pulse slippery.

[Treatment principle]: strength the spleen to dry the dampness, eliminate the phlegm to relive cough

[Herbal prescription]:

severe dampness:

indigestion:

stuffiness in the chest:

[Acupuncture prescription]: BL13, CV12, LU5, ST36, ST40.

Syndrome 3 cough due to lung deficiency

[Clinical Manifestation]

Cough with clear and white sputum, the voice is low, pale complexion, lassitude, dislike to speaking, sweating. Pale tongue. Thin weak pulse

[Treatment principle]: tonify lung and spleen qi

[Herbal prescription]:

qi and yin deficiency:

[Acupuncture prescription]: BL13, SP3, BL20, ST36, LU9, STto.

Other methods:

Water acupuncture:

In China, we injecting medicine from the points. Dingchuan, BL11, BL12, BL13. vitamin B1, 0.5 milliliter inject the a pair of point, Qod, 20 times a period of treatment, to treat chronic bronchitis.

cupping:

Using three-edges needles to puncture GV14, then around it 6 centimeters puncture eight needles, a little bit bleeding, than cupping GV14, 20-30min.

3. moxibustion:

GV14, BL12, BL13, BL43 once a day, 5-10 min per time, to treat chronic bronchitis.

4. LI11, PC6, CV22, ST40

BL13, LU5, SP3, LI3

Puncture one group per day, then in turn, 10-15 days is a period of treatment, then moxibustion.

5. Zisu 9 gram + Chenpi 9g + white radish 12g stew it a bowl of soup, add a teaspoon red sugar to treat wind cold.

Pear one without the corn, and crystal sugar 15g + xinren 9g to treat wind heat.

Babies usually don't spit the sputum, this shouldn't be regarded as absence of sputum, the doctors should listen to the coughing and gurgling in the throat, the amount of sputum can be estimated.

Whooping cough 百日咳

General Discussion

Definition: is a common infectious disease occurring frequently in winter and spring, mostly seen in children under five years. The character is paroxysmal spasmodic cough with an inspiratory wheezing sound. The course of disease often continues to 2-3 months.

Etiology:

The epf invade the children from their mouth and nose. Combine with phlegm, obstruct the passage of qi, lead to disorder of the function of lung that ascending and descending, then appear cough.

At the beginning of the whooping cough, the syndrome looks like common cold and cough, but because the course of disease is long, damage other zang-fu organs. 1. damage the st, vomiting.

2. damage the kidney, ub, LI, lead to enuresis, can't control the feces.

3. damage the heart, appear ulcers.

4. damage the liver, the orbit is purple black.

Period and treatment:

1. at the beginning of the period of cough:
2. at the paroxysmal spasmodic cough period.

Clinical manifestation: spasmodic cough, after spit the phlegm, the syndrome will change to better, but after some times, appear the same syndrome again, accompany epistaxis, bleeding phlegm, congestion in conjunctiva. In severe case, appear convulsion and spasm.

Treatment: fresh garlic juice mix the sugar water 1-2 times a day, not only can treat the disease, but also prevent to be infected this disease.

The bile of the animals, such as chick, pig, cow, sheep. Fresh bile add sugar, stew. The children should inject the vaccinate.

GV12, GV13, GV14, BL13, LU7, dinchuan,

Profuse phlegm: CV17, ST40.

Itching throat: CV22, shanglianquan

3. at the convalescence: the times of cough is less and less, dry cough, sweating.

Cough 咳嗽

General Discussion

Etiology:

1.

2.

Syndrome differentiation and treatment

A. Invasion by the exogenous pathogenic factors

Syndrome 1 _____

[Clinical Manifestation]

[Treatment principle]

[Herbal prescription]:

severe chillness:

phlegm:

dampness:

Syndrome 2 _____

[Clinical Manifestation]

[Treatment principle]

[Herbal prescription]:

thick breathing:

sore, red, swelling throat:

severe heat:

severe cough:

phlegm:

epistaxis:

[acupuncture prescription]:

B. Internal injury:

Syndrome 1 _____

[Clinical Manifestation]

[Treatment principle]

[Herbal prescription]:

severe yin deficiency:

severe cough:

spitting blood or coughing blood:

tidal fever, night sweating:

[Acupuncture prescription]:

Syndrome 2 _____

[Clinical Manifestation]

[Treatment principle]

[Herbal prescription]:

severe dampness:

indigestion:
stiffness in the chest:

[Acupuncture prescription]:

Syndrome 3 _____
[Clinical Manifestation]

[Treatment principle]

[Herbal prescription]:
qi and yin deficiency:

[Acupuncture prescription]:

Other methods:

Water acupuncture:

2. cupping

3. moxibustion:

Whooping cough 百日咳

Mumps 腮腺炎

General Discussion

Definition:

Etiology:

Syndrome differentiation and treatment

Syndrome 1 _____
[Clinical Manifestation]

[Treatment principle]

[Herbal prescription]:

Syndrome 2 _____
[Clinical Manifestation]

[Treatment principle]

[Herbal prescription]:

[acupuncture prescription]:

Other methods:

Case1. Xiao Qing, Male, 3 Y

High fever for 2 days, severe sharp pain in the inner ears with yellow pus discharge, tinnitus and distention sensation in the ear, the pain reflect to the two sides of the head. Accompanied restlessness, stiff neck and cramp of the four extremities, bitter taste and dry mouth, red tongue yellow coating, rapid and forceful pulse.

Case2. Sun xiao lin, male, 2.5 Y

Constant crying aloud for 2 days, it's getting worse at daytime, red face and dark red lips, restlessness, hot body temperature, dark yellow and scanty urination and without stool, red tongue yellow coating, the index finger pulse is dark purple.

Final Examination

1. The physiological feature of the children is:
 - A. Lung is often insufficient
 - B. Kidney is often insufficient
 - C. Vigorous in vitality and rapid in growth
 - D. Unformed tendons and blood and vessel
 - E. All of the above

2. Except for_____, all of the followings are the pathological features of the children.
 - A. Liver is often hyperactive
 - B. Quick recovery of health due to clearness of Zang qi
 - C. Rapid response to treatment
 - D. Heart is often insufficient

3. Which state of the capillary vessels of the index indicates the critical condition and bad prognosis?
 - A. It's visible at the wind gate.
 - B. It's visible at the qi gate.
 - C. It's visible at the vital gate or even at the finger tip.
 - D. None of above.

4. What color of the capillary vessels of the index indicates heat syndrome?
A. Fresh red
B. Blue
C. Purplish red
D. red tinge yellow
5. The dosage for babies (1-3Y) is _____ of that for adults.
A. 1/6
B. 1/3-1/2
C. 1/2
D. The same as adults
6. In treatment, if the children don't cooperate with you, what methods do you choose?
A. Stay the needles for 20 minutes
B. Don't stay the needles, puncture rapidly and shallowly
C. Prick the points to cause bleeding.
D. Puncture obliquely 0.3-0.5cun.

A girl, 6 years old, cough with profuse, white and sticky sputum, stuffiness of the chest, bad appetite, pink tongue and white, sticky tongue coating, slippery pulse.

7. Diagnose of this case should be:
A. Cough due to lung deficiency
B. Cough due to blockage of lung by phlegm
C. Cough due to pathogenic wind cold
D. Cough due to Yin deficiency and dryness
8. Treatment of this case should be:
A. BL13, SP3, BL20, ST36, LU9
B. BL13, LU1, LU7, KI6
C. LU7, LI4, BL13, GV14, TE5
D. BL13, CV12, LU5, ST36, ST40

A boy, 4 years old, diarrhea for one month, especially diarrhea after eating or at dawn, clear and loose of the feces with indigestion food, borborygmus,

cold extremities, distension of abdomen, lassitude. Pale tongue, white coating, deep and weak pulse.

9. Your Diagnose of this case should be:
 - A. Diarrhea due to deficiency of spleen
 - B. Diarrhea due to retention of food
 - C. Diarrhea due to deficiency of spleen and kidney Yang
 - D. Diarrhea due to heat dampness.
10. Treatment of this case should be:
 - A. BL20, BL23, GV4, SP3, KI3, ST36
 - B. ST25, ST36, CR12, CV6
 - C. BL20, SP6, LI4, LI11
 - D. ST44, SP3, SP6, ST36, ST25
11. The character of infantile malnutrition is:
 - A. Sparse, withered hairs
 - B. Distension of abdomen with outstanding blue veins.
 - C. Loss of appetite, emaciation
 - D. All of the above
12. All the following are the etiology of the acute infantile convulsion, except _____
 - A. Accumulation of phlegm fire
 - B. Sudden fright
 - C. Persistent dysentery and vomiting damage spleen Yang
 - D. Invasion of seasonal pathogenic factors

A boy, 3 years old, acute fever for 7 days, then appear intermittent convulsion, lassitude, irritability, tidal red complexion, constipation, heat in the palm, toe. Red tongue, no coating, thready and rapid pulse.

13. Your Diagnose of this case should be:
 - A. Convulsion due to wind heat
 - B. Convulsion due to Yin deficiency
 - C. Convulsion due to damp heat
 - D. Convulsion due to spleen and kidney yang deficiency
14. Treatment of this case should be:

- A. Yintang, GV26, LV3, TE18
- B. GV20, GV24, CV4, BL20, BL23, ST36
- C. GV20, GV24, LR3, KI7, SP6, LR8, LI4
- D. Yintang, GV26, GV14, LI11

15. Except_____, all of the following are the reasons of occurring enuresis

- A. Qi and blood stagnation
- B. Cold of insufficiency type of Xiayuan.
- C. Dampness and heat of the liver channel.
- D. Spleen and lung qi deficiency

16. The chronic infantile convulsion is easy to damage _____

- A. Heart and liver
- B. Hear, liver and kidney
- C. Liver spleen and kidney
- D. Heart, liver and spleen

17. The acute infantile convulsion is easy to damage _____

- A. Heart and liver
- B. Hear, liver and kidney
- C. Liver spleen and kidney
- D. Heart, liver and spleen

Final Examination

1. The physiological feature of the children is:
A. Lung is often insufficient B. Kidney is often insufficient
C. Vigorous in vitality and rapid in growth
D. Unformed tendons and blood and vessel
E. All of the above
2. Except for_____, all of the followings are the pathological features of the children.
A. Liver is often hyperactive
B. Quick recovery of health due to clearness of Zang qi
C. Rapid response to treatment
D. Heart is often insufficient
3. Which state of the capillary vessels of the index indicates the critical condition and bad prognosis?
A. It's visible at the wind gate.
B. It's visible at the qi gate.
C. It's visible at the vital gate or even at the finger tip.
D. None of above.
4. What color of the capillary vessels of the index indicates heat syndrome?
A. Fresh red B. Blue
C. Purplish red D. red tinge yellow
5. The dosage for babies (1-3Y) is _____ of that for adults.

- A. 1/6
- B. 1/3-1/2
- C. 1/2
- D. The same as adults

6. In treatment, if the children don't cooperate with you, what methods do you choose?

- A. Stay the needles for 20 minutes
- B. Don't stay the needles, puncture rapidly and shallowly
- C. Prick the points to cause bleeding.
- D. Puncture obliquely 0.3-0.5cun.

A girl, 6 years old, got cough with profuse, white and sticky sputum 3 days ago, headache, aversion to cold, stuffiness of the chest, bad appetite, pink tongue and white, sticky tongue coating, slippery, floating pulse.

7. Diagnose of this case should be:

- A. Cough due to lung deficiency
- B. Cough due to blockage of lung by phlegm
- C. Cough due to Yang qi deficiency
- D. Cough due to Yin deficiency and dryness

8. Treatment of this case should be:

- A. BL13, SP3, BL20, ST36, LU9
- B. BL13, LU1, LU7, KI6
- C. LU7, LI4, BL13, GB20, ST40, LU1
- D. BL13, CV12, LU5, ST36, ST40

A boy, 3 years old, diarrhea for one month, especially diarrhea after eating or at dawn, clear and loose of the feces with indigestion food, borborygmus, cold extremities, distension of abdomen, lassitude. Pale tongue, white coating, deep and weak pulse.

9. Your Diagnose of this case should be:

- A. Diarrhea due to deficiency of dampness
- B. Diarrhea due to retention of food
- C. Diarrhea due to deficiency of spleen and kidney Yang
- D. Diarrhea due to heat dampness.

10. Treatment of this case should be:

- A. Er chen tang
- B. San ren hua shi tang
- C. Bao he wan
- D. Xiang sha liu jun zi tang he Jin gui shen qi wan

11. The character of infantile malnutrition is:
A. Sparse, withered hairs
B. Distension of abdomen with outstanding blue veins.
C. Loss of appetite, emaciation
D. All of the above
12. All the following are the etiology of the acute infantile convulsion, except_____
A. Accumulation of phlegm fire
B. Sudden frightened
C. Persistent dysentery and vomiting damage spleen Yang
D. Invasion of seasonal pathogenic factors
13. Except_____, all of the following are the reasons of occurring enuresis
A. Qi and blood stagnation
B. Cold of insufficiency type of Xiayuan.
C. Dampness and heat of the liver channel.
D. Spleen and lung qi deficiency
14. Where is the location of San guan xue?
A. at Yu ji (Lu10) area
B. A line from the forth lumbar vertebra to the tip of the coccyx
C. On the radial side of the forearm, a line connects the transverse crease of the wrist and elbow.
D. The palmar aspect of the forearm, a line from the midpoint of the transverse crease of the wrist to elbow.
15. Which point can be used for Qi stage?
A. San guan xue
B. Tian he shui xue
C. Qi Jie xue
D. Liu fu xue

Pediatrics Normal standards

Weight: reflect the nutrition of the children, lighter than normal, indicate malnutrition, heavier than normal, indicate nutrition is excess.

1-6 month: weight (g) = $3000 + \text{month} \times 600$

7-12 month: weight (g) = $3000 + \text{month} \times 500$

above 2 year-old: weight (kg) = $8 + \text{age} \times 2$

High: reflect the growth of the bone. If shorter than 30% of the normal, indicate the dwarf (midget), malnutrition of the bone.

Newborn: high = 50 centimeter

One-year: high = $50 + 25 = 75$ centimeter

Above 2 year-old = $\text{age} \times 5 + 75$ centimeter

Circumference of the head: from the eyebrow pass the occipital protuberance round the head. smaller than normal, indicate the small head deformity; larger than normal, indicate non-close of the infant fontanel.

Newborn: circumference = 34 centimeter

6 month: circumference = $34 + 8 = 42$ centimeter

One year-old: circumference = $42 + 4 = 46$ centimeter

Two year-old: circumference = $46 + 2 = 48$ centimeter

Five year-old: as long as adult's.

Breath and pulse

Breath: the younger the children, the faster the breath.

1-3 month: 40-45 times per minute

4-6 month: 35-40 times per minute

6-12 month: 30-35 times per minute

1-3 year-old: 25-30 times per minute

Pulse: the younger the children, the faster the pulse.

Newborn-one year-old: 120-160 beats per minute

1-3 year-old: 100-120 beats per minute

3-5 year-old: 90-110 beats per minute

5-7 year-old: 80-100 beats per minute

7-12 year-old: 70-90 beats per minute

Mumps 痄腮

General Discussion

Definition: mumps is an acute infectious disease. The character is fever, painful swelling in the parotid region.

Etiology:

Mumps is mainly due to invasion of the epidemic pathogen which enters the body from the mouth and nose, together with the phlegm fire obstructs the collaterals of Shaoyang meridians, causing abnormal circulation of qi and blood, stagnate in the parotid region. the GB meridian originates from the outer canthus, ascends to the corner of the forehead, then curves downward to the posterior of the ear, travel around the ear and enters the ear. So the children feel pain and swell in the parotid region.

Shao yin and jue yin is the exterior and interior meridian, the foot jueyin connect the genital, so some children will appear the syndrome that lower abdomen pain, testis is red, swelling and painful.

Syndrome differentiation and treatment

Syndrome 1 epidemic pathogenic heat is at the superficial body
[Clinical manifestation]: at the onset there are chills and fever, redness, pain and swelling in one side or both side of the parotid regions, it's convenient to chew. Throat is red.

Tongue is pink, thin white coating, rapid and floating pulse

[Treatment principle]: expel the wind and heat, remove the agglomeration.

[Herbal prescription]:

sore and red throat:

severe pain in the parotid:

Syndrome 2: epidemic pathogen enter the internal body

[Clinical Manifestation]

The redness, pain, swelling in the parotid region and more marked, refuse to press, it's difficult to chew, redness, pain and swelling of the throat, high fever with irritability, headache, dryness of the mouth and constipation, dark urine,

Red tongue, yellow tongue coating, rapid slippery pulse.

[Treatment principle]: clear the heat, relieve the toxic

[Herbal prescription]:

severe swelling of the parotid:

constipation:

[acupuncture prescription]: ST6, TE17, TE5, LI11, LI4

chills and fever: LU7

high fever: GV14, twelve jing points

swelling and pain of testis: LR3, LR8

Other methods:

1. Daubing with herbs

qintaisan mixed vinegar to daub the parotid. 3-4 times a day

smashing tianhuafen and lvdou, add the cold water

smashing the fresh

protect the healthy children:

banlangeng 15-30 gram 2-3 times a day, continue to drink 3-5 days.

In the infectious seasons, puncture the ST6 and LI4.

moxibustion:

TE20: two pieces rush pith soaked in the vegetable oil, burn it, rapid touch the point, when you hear the sound of burning the skin, remove it quickly, usually the swelling will subside after treatment, if the swelling is not completely gone, do it again next day.

4. isolate the patients