Simplified TCM Internal medicine

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Part 1 Lung Diseases

1. Common cold (Gan Mao)

Definition
A frequently recurring disorder caused by attacks of exterior pathogenic wind, manifested as nasal congestion, runny nose and sneezing, sore throat, coughing, headache, aversion to cold, fever, general discomfort, floating pulse.

Etiology
1. Exterior wind and/or cold, heat, summer-heat, dampness, dryness, fire
2. Pandemic toxin
3. Insufficient righteous qi

Pathogenesis
1. Protective qi fails to consolidate the surface---- Aversion to cold, fever, headache, body ache.
2. Lung fails to disperse----Nasal congestion, runny nose and sneezing, sore throat, coughing

Relevant diseases of western medicine
1. common cold
2. influenza
3. upper respiratory tract infection

Classification & treatment
1. Exterior wind cold
   Jing fang bai du san
   Jing jie, Fang feng, Sheng jiang---
   Qiang huo, Du huo—
   Chai hu, Bo he---
   Chuan xiong---
   Qian hu, jie gen, Zhi qiao---

   Du 16, UB 12, GB 20, LU 7, LI 4

2. Exterior wind heat
   Fever, sweating, aversion to wind, cough, sore throat, H/A, yellow phlegm
   T - thin yellowcoat, P - floating, rapid.
   Treatment: Promote lung function, expel wind heat, and relieve superficial area.
   Formula: Yin qiao san
   Jin yin hua, Lian qiao---
   Bo he, Niu bang zi---
   Jing jie, Dan dou chi---
   Jie geng---
   Zhu ye, Lu gen---
3. **Exterior summer heat-dampness**
   Similar to wind heat symptoms but hotter. Thirst, nausea, dizzy, heavy head, high fever.
   T – yellow greasy coat, P – rapid soft, floating
   Treatment: Clear summer heat and dampness and relieve superficial area.
   Formula: **Xin jia xiang ru yin**
   - Xiang ru---
   - Jin yin hua, Lian qiao---
   - Hou po---
   - Bai bian dou---
   LU 6, LI 4, ST 36, RN 12, SJ 6

4. **Pre-existing qi deficiency with invasion of exterior pathogens**
   Easily feels cold, spontaneous sweating, general wind cold superficial symptoms.
   T – white coating P – floating, weak
   Treatment: Nourish Qi, harmonize defensive Qi and relieve superficial area.
   Formula: **Shen su yin**
   - Zi su ye, Ge gen, Qian hu---
   - Ren shen, Fu ling---
   - Zhi qiao, Jie geng, Ban xia---
   - Chen pi, Mu xiang---
   - Gan cao---
   DU 16, UB 12, GB 20, LU 7, LI 4 (for wind-cold)
   ST 36, UB 13

5. **Pre-existing yin deficiency with invasion of exterior pathogens**
   Low grade fever in evening, 5-centre heat sensation, night sweat, emaciation, dry mouth/skin and throat, aversion to wind, H/A
   T – red, peeled, P – thin, rapid
   Treatment: Nourish yin, relieve superficial area
   Formula: **Jia jian wei rui tang**
   - Yu zhu---
   - Cong bai, Dan dou chi, Bo he---
   - Jie gen---
   - Bai wei---
   DU 14, LI 11, SJ 5, LI 4, LU 10, LU 11 (for wind-heat)
   KI 7, UB 43

**Personal clinical experience**

1. **Zheng chai hu yin** for wind cold
   - Chai hu, Chen pi, Fang feng, Shao yao, Sheng jiang, Gan cao

2. Plaster --- Du 14, UB 13

3. Prevention:
   - Ban lan gen
   - Guan zhong
2. Cough (Ke Sou)

Definition
1. Ke---coughing with sound but without production of sputum
2. Sou---productive coughing with sputum but without sound

Relevant diseases of western medicine
- Upper Respiratory tract infection
- Acute bronchitis
- Chronic bronchitis
- Pneumonia
- Lung Tuberculosis
- Lung cancer
- Pulmonary heart disease

Etiology & pathogenesis
1. Exterior pathogen attack the lung, inhibit the disperse and descending function of lung
2. Disharmony among interior organs affecting the lung

Differential diagnosis
1. Exterior or Interior---by onset, course, presence of exterior syndromes or not
2. Cold, heat, deficiency and excess---by time, sound, characteristics of sputum

Classification & treatment
Classification is based on:
- Cough
- Sputum
- Secondary symptoms
- Tongue body
- Tongue coating
- Pulse

1. Cough due to exterior pathogenic factors:

(1). Wind-cold attacking the lung
San Ao Tang (Knapping cough with 3 herbs):
- Ma huang---
- Xing ren---
- Gan cao---

And Zhi sou san (Stopping cough decoction):
- Zi yuan, Bai bu, Jing jie, Jie gen, Chen pi, Bai qian---
- Gan cao---

LU 7 Lieque, LI 4 Hegu, BL13 Feishu, TE 5 Waiguan

Commonly used herbs: Ma huang, Xing ren, Jie geng, Qian hu, Gan cao, Ju pi, Jin fuo cao,
(2). Wind-heat attacking the lung
   **Sang ju yin** (Sang ye and Ju hua decoction):
   Sang ye, Ju hua, Bo he, Lian qiao---
   Xing ren, Jie gen---
   Lu gen---
   Gan cao---

   LU 5 Chize, BL13 Feishu, LI 11 Quchi, DU 14 Dazhui

(3). Wind-dryness attacking the lung
   **Sang xing tang** (Sang ye, Xing ren decoction): For warm-dryness
   Sang ye, Dan dou chi---
   Xin ren, Bei mu---
   Sha shen, Li pi---
   Zhi zi---

   **Xing su san**: For cool dry-ness
   Zi su ye, Qian hu---
   Xing ren, Jie geng---
   Ban xia, Fu ling---
   Chen pi, Zhi qiao---

   BL 12 Fengmen, BL 13 Feishu, LI 1 Shangyang, KI 7 Fuliu, KI 6 Zhaohai

2. Cough due to interior injuries

(1). Phlegm-dampness accumulating in the lung
   **Er chen tang** (2 old ingredients decoction):
   Ban xia, Chen pi, Fu ling, Gan cao

   And **San zi yang qin tang** (3 seeds for parents):
   Su zi, Bai jie zi, Lai fu zi

   BL 13 Feishu, BL 20 Pishu, ST 36 Zusanli, ST 40 Fenglong, LU 5 Chize, CV 12 Zhongwan

(2). Phlegm-heat accumulating in the lung
   **Qing jin hua tan tang** (Cleaning lung and expel phlegm decoction):
   Sang bai pi, Huang qin---
   Zhi zi, Zhi mu---
   Bei mu, Gua lou---
   Jie geng, Ju hong, Fu ling---
   Mai men dong, Gan cao---

   BL 13 Feishu, BL 20 Pishu, ST 36 Zusanli, ST 40 Fenglong, LU 10 Yuji, LI 11 Quchi

(3). Liver fire insulting the lung
   **Xie bai san** (Purging lung powder):
   Sang bai pi, Di gu pi, Jing mi, Gan cao

   **Dai ge san** (Qing dai and Hai ge ke powder):
   Qing dai, Hai ge ke
(4). Lung yin deficiency

Sha shen mai dong tang (Sha shen and mai dong decoction):
Sha shen, Mai dong, Yu zhu, Tian hua fen, Sang ye---
Bian dou, Gan cao---

BL 13 Feishu, LU 1 Zhongfu, LU7 Lieque, K 6 Zhao hai

Prevention

Personal clinical experience
3. Wheezing (Xiao Zheng)

**Definition:**
Breathing difficulty with whistling sound

**Relevant diseases of western medicine:**
- Asthma
- Asthmatic bronchitis
- Asthmatic pulmonary eosinophilia

World Asthma Day: May 3, 2000
7% to 10% of children in the United States have asthma

**Etiology**
1. Exterior pathogens: wind-heat or wind-cold
2. Improper diet
3. Emotion
4. Deficiency or post-illness

**Pathogenesis**
1. Phlegm obstructs the airway
2. Lung
3. Spleen
4. Kidney

**Differentiation and Treatment**

1. **Acute phase**

   1. **Cold pattern**
      Warm the lung, disperse cold, transform phlegm and calm wheezing
      **She gan ma huang tang**
      She gan, *Ma huang*, Gan Jiang, Xi xin, Zi Wuan, Kuan dong hua, Ban xia, Wu wei zi
      Acupuncture: CV22, PC 6, Ding Chuan, LU 7, LI 4

   2. **Heat pattern**
      **Ding chuan tang**
      *Ma huang*, Huang qin, Sang ba pi, Xing ren, Ban xia, Kuan dong hua, Su zi, Bai guo
      Acupuncture: CV 22, PC 6, Ding Chuan, LU5, ST 40. LU 6

2. **Remission phase**

   1. **Lung deficiency**
      **Yu ping feng san**
      Huang qi, Bai zhu, Fang feng
      BL 13, Lu 9, ST 36,

   2. **Spleen deficiency**
      **Liu jun zi tang**
      Dang shen, fu ling, Bai zhu, Gan cao, Chen pi, Ban xia
3. **Kidney deficiency**

   **Jin gui shen qi wan**
   Liu wei di huang wan + Gui zhi, Fu zi

   **Qi wei du qi wan**
   Liu wei di huang wan + Wu wei zi

   BL 13, Lu 9, ST 36, BL 23, CV 4
4. Breathlessness (Chuan Zheng)

**Definition:**
Breathing difficulty without whistling sound

**Relevant diseases of western medicine:**
- Asthma
- Pneumonia
- Asthmatic bronchitis
- Pulmonary emphysema
- Cor pulmonale
- Pulmonary tuberculosis
- Silicosis (silicon)
- Hysteria

**Etiology**
1. Exterior pathogens: wind-heat or wind-cold
2. Improper diet
3. Emotion
4. Deficiency or post-illness

**Pathogenesis**
1. Lung
2. Kidney

**Differentiation and Treatment**

**Excess patterns**

1. **Wind cold invading the lung**
   - *Ma huang tang*
   - *Ma huang*, Xing ren, Gui zhi, Gan cao

2. **Exterior cold with lung heat**
   - *Ma xing shi gan tang*
   - *Ma huang*, Xin ren, Shi gao, Gan cao

3. **Turbid phlegm accumulated in the lung**
   - *Er chen tang + san zi yang qin tang*
   - Ban xia, Chen pi, Fu ling Gan cao
   - Su zi, Bai jie zi, Lai fu zi

4. **Phlegm-heat accumulation in the lung**
   - *Sang bai pi tang*
   - Sang bai pi, Huang qin, Huang lian, Zhi zi, Bei mu, Xing ren, Ban xia

5. **Stagnant qi obstructing the lung**
   - *Wu mo yin zi*
   - Wu yao, Chen xiang, Zhi qiao, Mu xiang, Bing lang
Deficiency patterns

1. Lung deficiency
   Sheng mai san
   Ren Shen, Mai Men dong, Wu wei zi

2. Kidney deficiency
   Jin gui shen qi wan + Shen ge san (Ren shen, ge jie)

Acupuncture
1. BL 12, BL13, BL 14 Ding chuan,
2. Points of LU
3. Heat + LI 11 Qu chi
   Phlegm + ST 40
   Kidney deficiency + UB 23, K3
   Spleen deficiency + BL 20, ST 36
5. Lung abscess  
(Fei Yong)

**Definition**  
Suppurated sore and boil in the lung

**Stages**  
1. exterior stage  
2. suppurative stage  
3. perforating stage  
4. recovery stage

**Relevant modern diseases**  
1. pulmonary abscess  
2. suppurative pneumonia  
3. pulmonary gangrene  
4. bronchiectasis

**Etiology & pathogenesis**  
1. wind-heat attacking lung  
2. phlegm-heat hidden in the lung

**Herbal formula treatment**

1. **exterior stage**  
   **yin qiao san**  
   Jin yin hua, Lian qiao---  
   Bo he---  
   Niu bang zi---  
   Jing jie, Dan dou chi---  
   Jie geng---  
   Zhu ye, Lu gen---  
   DU 14, LI 4, SJ 5, LI 11, LU 7, UB 13

2. **suppurative stage**  
   **qian jin wei jin tang**  
   Lu gen---  
   Dong gua ren, Yi yi ren, Tao ren---  
   RN 22, LU 5, ST 40, LU 7, LI 11, UB 3

3. **perforating stage**  
   **jia wei jie geng tang**  
   Jie geng---  
   Yi yi ren, Bei mu, Ju hong---  
   Jin yin hua, Gan cao---  
   Bai ji---  
   RN 22, LU 5, ST 40, LU 7, LI 11, UB 3

4. **recovery stage**  
   **sha shen qing fei tang**
Sha shen, Huang qi, Tai zi shen---
Dong gua ren, Yi yi ren---
Jie gen---
Bai ji---
Sheng gan cao---
BU 13, LU 1, LU 7, KI 6, LU 9, SP 3
Part 2 Heart and brain diseases

6. Palpitation (xin ji)

Definition
A subjective sensation of rapidly or irregularly heart beating

Classification
1. Jing ji: intermittent palpitation due to panic attack, fright and anger
2. zhen chong: constant palpitation with restless and rapid heartbeat

Relevant modern diseases
1. myocarditis
2. pericarditis
3. myocardial infarction
4. heart failure
5. menopause
6. arrhythmia
7. neurosis
8. hyperthyroidism

Etiology & pathogenesis
1. heart and gallbladder qi deficiency
2. heart blood deficiency
3. yin deficiency
4. heart yang deficiency
5. congested fluid overflowing to the heart
6. blood stasis obstructing the channel

Herbal formula treatment

1. heart and gallbladder qi deficiency
   an shen ding zhi wan
   Long chi, Fu shen, Yuan zhi, Shi chang pu---
   Ren shen, Fu ling---

2. heart blood deficiency
   gui pi tang
   Dang gui, long yan rou---
   Ren shen, huang qi, Bai zhu---
   Mu xiang---
   Gan cao---

3. heart yin deficiency
   tian wang bu xin dan
   Sheng di huang, Xuan shen, Mai men dong, Tian meng dong---
   Dang gui, Dan shen---
   Ren shen, Fu ling---
   Suan zhao ren, Bai zi ren---
   Wu wei zi, Yuan zhi---
4. heart yang deficiency
   gui zhi gan cao long gu mu li tang
   Gui zhi, Zhi gan cao---
   Long gu, Mu li---

5. cold congested fluid overflowing to the heart
   ling gui zhu gan tang
   Hui zhi, Gan cao---
   Fu ling, Bai zhu---

6. blood stasis obstructing the channel
   xue fu zhu yu tang
   Tao ren, Hong hua---
   Dang gui, Sheng di huang, Chuan xiong, Chi shao---
   Chai hu, Zhi qiao---
   Jie geng---
   Niu xi---

Acupuncture treatment
   PC 6, BL 15, RN 14, HT 7

Clinical experience

7. Chest pain (xiong bi)

Definition
   Chest oppression and stabbing pain that radiates to the left upper back, shoulder and down to
   the arm.

Relevant modern diseases
   1. Angina pectoris
   2. Myocardial infarction
   3. Intercostal neuralgia
   4. Pleurisy

Etiology & pathogenesis
   1. Cold invasion
   2. Improper diet
   3. Emotional stress
   4. Aging

Herbal formular treatment
   1. Heart blood stasis
      Xue fu zhu yu tang
      Tao ren, Hong hua---
      Dang gui, Sheng di huang, Chuan xiong, Chi shao---
      Chai hu, Zhi qiao---
      Jie geng---
      Niu xi---
2. Turbid phlegm accumulation
   Gua lou xie bai ban xia tang
   Lua lou---
   Xie bai---
   Ban xia---

3. Congealed cold in the chest
   Gua lou xie bai bai jiu tang
   Gua lou---
   Xie bai---
   Bai jiu---

4. Heart and kidney yin deficiency
   Zuo gui yin
   Shu di huang, Shan zhu yu, Gou qi zi---
   Shan yao, Fu ling, Gan cao---

5. Qi and yin deficiency
   Sheng mai san
   Ren shen, Mai dong, Wu wei zi---
   Ren shen yang yin tang
   Ren shen, Da zhao, Huang qi, Bai zhu, Fu ling, gan cao---
   Dang gui, Bai shao, Shu di huang, Wu wei zi---
   Rou gui---
   Yuan zhi---
   Chen pi, Sheng jiang---

6. Yang qi exhaustion
   Shen fu tang
   Ren Shen, Fu zi---
   Sheng jiang, Da zhao---
   You gui yin
   Shu di huang, Gou qi zi, Shan zhu yu---
   Shan yao, Fu ling, Gan cao---

Acupuncture treatment
   PC 6, BL 15, RN 17, RN 14

Clinical experience
8. Insomnia (shi mian)

Definition:
Inability to experience normal sleep

Relevant modern diseases
Sleep disorder
Neurosis

Etiology & pathogenesis
1. Emotional stress
2. Prolonged illness weaken kidney yin
3. Heart and gallbladder qi deficiency
4. Improper diet

Herbal formula treatment

Excess patterns

1. liver qi stagnation

   Long dan xie gan tang
   Long dan cao, Huang qin, Zhi zi---
   Ze xie, Mu tong, Che qian zi---
   Dan gui, Sheng di huang---
   Chai hu---

2. phlegm heat disturbance

   Huang lian wen dan tang
   Huang lian---
   Ban xia, Chen pi, Fu ling---
   Zhi shi---
   Zhu ru---

3. disharmony of stomach qi

   Bao he wan
   Shan zha, Shen qu, Lai fu zi---
   Ban xia, Chen pi, Fu ling---
   Lian qiao---

Deficiency patterns

4. lack of communication of heart and kidney

   Tian wang bu xin dan
   Sheng di huang, Xuan shen, Mai men dong, Tain meng dong---
   Dan shen, Dang gui---
Ren shen, Fu ling---
Suan zao ren, Bai zi ren---

5. **heart and spleen deficiency**

**Gui pi tang**
Ren shen, Huang qi, Bai zhu, Gan cao---
Dang gui, Long yan rou---
Suan zao ren, Fu shen, Yuan zhi---
Mu xiang---

6. **heart and gallbladder qi deficiency**

**An shen ding zhi wan**
Ren shen, Fu ling---
Long chi, Fu shen, Yuan zhi, Shi chang pu---

**Acupuncture treatment**
Extra 13 Anmian, HT 7, SP 6, Auricular points
9. Manic-Depressive Psychosis (Dian kuang)

Definition

Dian--- thinking disorder, depressed emotion and facial expression, lingual absence/silence, bodily still
Kuang--- thinking disorder, excited emotion and facial expression, talktive, active movement, abnormally brave or aggressive

Relevant diseases of western medicine
Dian
1. schizophrenia (Catatonic type)
2. bipolar disorder (Manic-Depressive Psychosis) (depressive episode)

Kuang
1. schizophrenia (Paranoid type)
2. Manic-Depressive Psychosis (manic episode)

Etiology & pathogenesis
1. lack of equilibrium of yin and yang
2. emotional factors
3. turbid phlegm misting heart orifice
4. qi and blood stagnation
5. miscellaneouse

Differential diagnosis
1. Dian and kuang
2. Dian kuang and epilepsy
3. Dian kuang and Yu syndrome

Classification & treatment
Dian

1. Stagnated qi combining with phlegm
   Xiao yao san & Di tan tang
   Chai hu---
   Gang gui, Bai Shao---
   Ban xia, Ju hong---
   Dan nan xing, Zhu ru, Zhi shi---
   Shi chang pu---

2. Heart and spleen deficiency
   Yang xin tang
   Ren shen, Huang qi, Fu ling, gan cao---
   Ganhg gui, Chuan xiong---
   Suan zao ren, Bai zi ren, Wu wei zi, Yuan zhi---

   BL 15 Xin Shu, BL 18 Gan Shu, BL 20 Pi Shu, HT 7 Shenmen, ST 40 Feng long, PC 7 Da ling
Kuang

1. Phlegm-fire disturbing the heart
   **Xie xin tang**
   Huang lian, Huang qin---
   Da huang---
   **Meng shi gun tan wan**
   Meng shi---
   Huang qin---
   Da huang---
   Chen xiang---
   Pu xiao---

2. Excessive fire injuring yin
   **Er yin jian**
   Sheng di huang, Mai meng dong, Xuan shen---
   Huang lian, Mu tong, Zhu ye, Deng xin cao---
   Fu shen, Suan zao ren---
   **Ding zhi wan**
   Dang shen, Fu ling, Bai zhu, Gan cao---
   Fu shen, Shi chang pu, Yuan zhi---
   Mai meng dong---

Acupuncture treatment
   PC 8 Lao gong, GV 26 Ren zhong, GV 14 Da zhui, GV 16 Feng fu, PC 6 Nei guan St 40
   Feng long, K 14 Da zhong

Prevention

Personal clinical experience
10. Epilepsy

**Definition**
A recurrent paroxysmal neurological disorder characterized by sudden, brief episodes of altered consciousness. During an epileptic seizure, the patient may emit a cry, fall, drool or froth at mouth, fixate their eyes in an upward stare, and experience localized or general muscular contractions.

**Relevant diseases of western medicine**
Epilepsy

**Etiology & pathogenesis**
1. Liver wind and phlegm
2. Emotional stimulation
3. Congenital exposure
4. Head trauma

**Differential diagnosis**
1. Yin and yang patterns during an epileptic episode
2. Organ involvement
3. Differential diagnosis of wind stroke and hypertonicity disorder

**Classification & treatment**

1. **Episode**

   1. **Yang pattern**
      - Long dan xie gan tang & Di tan tang
      - Long dan cao, Zhi zi, Huang qin---
      - Ban xia, Dan nan xing, Ju hong, Shi chang pu---

   2. **Yin pattern**
      - Ding xiang wan
      - Dan nanxing, Ban xia, Bei mu---
      - Tian ma---

      GV 26 Ren zhong, CV 15 Jiu wei, PC 5 Jian li, LR 3 Tai chong, ST 40 Feng long

**Remission**

1. **Spleen deficiency with excessive phlegm**
   - Liu jun zi tang
   - Ren shen, Bai zhu, Fu ling Gan cao---
   - Ban xia, Chen pi---

2. **Liver and kidney yin deficiency**
   - Zuo gui wan
   - Shu di huang, Shan yao, Shan zhu yu---
   - Tu si zi, Gou qi zi---
   - Gui ban jiao, Lu jiao jiao---
Niu xi---

BL 15 Xin shu, Yintang, HT 7 Shen men, SP 6 San yi jiao, KI 3 Tai xi, Yao qi

Prevention

Personal clinical experience
11. **Hypertonicity disorder (Jing zhen)**

**Definition**
Rigidity and stiffness of neck and upper back, contractions and tremors of the extremities, and in extreme cases, opisthotonos.

**Relevant diseases of western medicine**
1. Meningitis
2. Encephalitis
3. Febrile diseases
4. Parkinson’s disease

**Etiology & pathogenesis**
1. wind, dampness and cold obstruct the channels
2. extreme heat
3. yin and blood deficiency

**Differential diagnosis**
1. wind-stroke
2. epilepsy

**Classification & treatment**

1. **Pathogenic factors accumulating & obstructing channels**
   **Qiang huo sheng shi tang**
   Qiang hu, Du hu, Fang feng, Gao ben---
   Chuang xiong, ---
   Man jing zi---

   LI 4 He gu, TE 5 Wai guan, GV 14 Da zhui, GV 20 Feng chi, BL 12 Feng men

2. **Extreme heat inducing hypertonicity**
   **Zeng ye cheng qi tang**
   Da huang, Mang xiao---
   Xuan shen, Mai men dong, Sheng di huang---

   GV 14 Da zhui, LI 11 Qu chi, LR 3 tai chong, KI 1 Yong quan, Jing-well points

3. **Yin & blood deficiency**
   **Si wu tang**
   Dang gui, Shu di huang---
   Chuan xiong---
   Bai shao---

   **Da ding feng zhu**
   Ji zi huang, E jiao, Gui ban, Bie jia,Bai shao---
   Wu wei zi, Zh gan cao---

   GV 20 Bai hui, SP 6 San yin jiao, KI 1, Yong quan, CV 4 Guan yuan, ST 36 Zusanli
12. Syncope (Jue zheng)

Definition
1. loss of consciousness
2. coolness of fingertip and toes

Relevant diseases of western medicine
1. Transient ischemic attack (TIA)
2. Hypoglycemia
3. Hysterical syncope
4. Shock
5. Encephalopathy

Etiology & pathogenesis
1. Qi
2. blood
3. phlegm

Differential diagnosis
1. Stroke
2. Epilepsy

Classification & treatment
1. Excess qi syncope
   Wu mo yin zi
   Wu yao---
   Chen xiang, Zhi shi, Bing lang, Mu xiang---
   CV 26 Ren zhong LR 3 Tai chong

2. Deficient qi syncope
   Si ni jia ren shen tang
   Ren shen---
   Fu zi, Ga jiang---
   Zhi gan cao---
   CV 26 Ren zhong PC 6 Nie guan CV 6 Qi hai

3. Excess blood syncope
   Tong yu tang
   Dang gui wei, Hong hua, Shan zha---
   Qing pi, Wu yao, Mu xiang, Xiang fu---
   Ze xie---
   Ren zhong PC 6 Nie guan KI 1 Yong quan

4. Deficient blood syncope
   (A). Du shen tang
   Ren shen---
(B). Renshen yang yin tang
Ren shen, Huang qi---
Dang gui, Shu di huang---
Bai shao, Wu wei zi---

CV 26 Ren zhong  PC 6 Nie guan  CV 6 Qi hai  ST 36 zu san li

5. Phlegm syncope
Dao tan tang
Ban xia, Tian nan xing, Fu ling---
Chen pi, Zhi shi---

CV 26 Ren zhong  PC 6 Nie guan  ST 36 Feng long

Personal clinical experience
13. Stroke (Zhong Feng)

- **Definition**
  --- A disorder manifested by sudden loss of consciousness with unilateral weakness, numbness, paralysis and dysphasia, or to a disorder manifested by sudden onset of unilateral paralysis and facial paralysis without experiencing unconsciousness.

- **Relevant diseases of western medicine**
  1. Cerebrovascular disease
  2. Bell’s palsy

- **Etiology & pathogenesis**
  1. Unconsolidated channels with the invasion of exterior wind
  2. Improper diet
  3. Emotional stress
  4. Prolonged exhaustion

- **Differential diagnosis**
  A. Identification of channel and organ involvement:
    1. Channel involvement
    2. Organ involvement
  B. Identification of closed disorder and abandon disorder
    1. Closed disorder
    2. Abandon disorder

- **Classification & treatment**
  **Channel involvement:**
  1. Exterior wind invading into the unconsolidated channels
     * Da Qin Jiao Tang*
     Qin Jiao, Fang Feng, Bai Zhi, Xi Xin, Qiang Huo and Du Huo---
     Shu Di Huang, Dang Gui, Shao Yao and Chuan Xiong---
     Bai zhu and Fu Ling---
  2. Wind-Yang disturbing upwards with liver and kidney Yin deficiency
     * Zhen Gan Xi Feng Tang*
     Gui Ban, Bai Shao, Xuan Shen and Tian Men Dong---
     Long Gu, Mu Li and Dai Zhe Shi---
     Niu Xi---

  **Organ involvement:**
  1. Heat-type of closed disorder
     * Zhi Bao Dan or An Gong Niu Huang Wan* and *Ling Jiao Gou Teng Tang (tube feeding)*
     Ling Yang Jiao and Gou Teng---
     Sang Ye and Ju Hua---
     Sheng Di Huang and Bai Shao---
     Bei Mu and Zhu Ru---
  2. Cold-type of closed disorder
     * Su He Xiang Wan and Di Tan Tang (tube feeding)*
     Ban Xia, Ju Hong, and Fu Ling---
     Zhu Ru---
Shi Chang Pu and Dan Nan Xing---
Zhí Shi---

3. **Abandon disorder**
   **Shen Fu Tang and Sheng Mai San**
   Ren Shen---.
   Fu Zi---
   Mai Men Dong---
   Wu Wei Zi---

**Sequelae:**
1. **Hemiplegia associated with qi deficiency and blood stasis**
   **Bu Yang Huan Wu Tang**
   Huang Qi---
   Tao Ren, Hong Hua, Dang Gui Wei, Chuan Xiong and Chi Shao---
   Di Long---

2. **Hemiplegia associated with yin deficiency and yang rising**
   **Tian Ma Gou Teng Yin**
   Tian Ma, Gou Teng and Shi Jue Ming---
   Zhi Zi and Huang Qin---
   Yi Mu Cao---
   Niu Xi---
   Du Zhong and Sang Ji Sheng---

3. **Dysphasia associated with wind-phlegm obstructing the channels**
   **Jie Yu Dan**
   Tian Ma, Quan Xie, Dan Nan Xing and Fu Zi---
   Yuan Zhi and Shi Chang Pu---
   Qiang Huo---

4. **Dysphasia associated with kidney essence deficiency**
   **Di Huang Yin Zi**
   Shu Di Huang and Shan Zhu Yu---
   Rou Cong Rong and Ba .li Tian---
   Mai Men Dong, Shi Hu and Wu Wei Zi---
   Shi Chang Pu, Yuan Zhi and Fu Ling---

5. **Facial paralysis**
   **Qian Zheng San**
   Bai Fu Zi---
   Jiang Can and Quan Xie---

- **Acupuncture treatment**

**Channel involvement**
GV20 Baihui, BL7 Tongtian, GV16 Fengfu

**Supplementary points:**
- Paralysis of the upper limbs. + LI l5 Jianyu; LI ll Quchi; TE 5 Waiguan;
LI 4 Hegu  
- Paralysis of the lower limbs. + GB 30 Huantiao; ST 36 Zusanli; ST 41 Jiexi;  
GB34 Yanglingquan  
- Facial paralysis. + ST 4 Dicang; ST 6 Jiache; LI 4 Hegu; ST 44 Neiting

**Organ involvement**

**Closed disorder:**  
GV20 Baihui, GV26 Renzhong, ST40 Fenglong, LR3 Taichong, KI1 Yongquan, 12 Jing-well points

**Supplementary points:**
- Locked jaws. + ST7 Xiaguan; ST6 Jiache; LI4 Hegu  
- Rigid tongue and aphasia. + GV15 Yarnen; CV23 Lianquan; HT5 Tongli

**Abandon disorder:** Moxibustion  
CV8 Shenque, CV6 Qihai, CV 4 Guanyuan

- **Personal clinical experience**

  **14. Headache**

**Definition**  
Diffuse pain in different areas of the head

**Relevant modern diagnosis:**

1. Migraine  
2. tension-type headache  
3. Cluster headache  
4. subarachnoid hemorrhage  
5. Sinusitis  
6. head trauma  
7. brain tumor  
8. glaucoma  
9. Meningitis

Few of us are spared the experience of head pain during our lifetimes; indeed, severe, disabling headache is reported to occur at least annually by 40 percent of individuals worldwide. Headache is usually a benign symptom. Even in emergency settings, only 5 percent of patients who present with headache are found to have a serious underlying neurologic disorder.

**Migraine:** A severe, recurring headache, usually affecting only one side of the head, characterized by sharp pain and often accompanied by nausea, vomiting, and visual disturbances. Also called megrim

**Cluster headache:** A severe recurring headache that is associated with the release of histamine and is characterized by sudden sharp pain, watering of the eye, and runny nose on one side of the head.

**Glaucoma:** Any of a group of eye diseases characterized by abnormally high intraocular fluid pressure, damaged optic disk, hardening of the eyeball, and partial to complete loss of vision.
Head is considered by TCM:
1. the merging area of clear yang
2. the location of sea of marrow

Etiology & pathogenesis
1. exterior pathogens:
   (1). wind-cold
   (2). wind-heat
   (3). wind-dampness
2. interior organ dysfunction:
   (1). liver and kidney malnourishing
   (2). spleen and stomach maltransform and maltransport

Differiencial diagnosis
1. exterior and interior headache
2. identification by channel:
   (1). Taiyang headache: occipital
   (2). Yangming headache: forehead
   (3). Shaoyang headache: temporal
   (4). Jueyin headache: vertex
3. blood stagnation and phlegm-turbidity headache

Herbal treatment
1. exterior headache
   1. wind-cold headache
      Chuan xiong cha tiao san
      Chuan xiong, Bai zhi, Qiang hu---
      Jing jie, fang feng---
      Xi xin---
      Bo he---

   2. wind-heat headache
      Xiong zhi shi gao tang
      Chuan xiong, Bai zhi---
      Ju hua, Shi gao---

   3. wind-dampness headache
      Qiang hou sheng shi tang
      Qiang hu, Du hu, Fang feng, Gao ben---
      Chuan xiong, ---
      Man jing zi---

2. interior headache
   1. liver yang headache
      Tian ma gou teng yin
      Tian ma, Gou teng, Shi jue ming---
      Huang qin, Zhi zi---
      Du zhong, Niu xi, sang ji sheng---
2. phlegm-turbidity headache
   **Ban xia bai zhu tian ma tang**
   Ban xia, Chen pi---
   Bai zhu, Fu ling---
   Tian ma---
   Man jing zi---

3. Blood stasis headache
   **Tong qiao huo xue tang**
   Tao ren, Hong hua, Chuan xiong, Chi shao---
   She xiang, Cong bai---

4. Blood deficiency headache
   **Si wu tang**
   Shu di huang, Dang gui---
   Bai shao---
   Chuan xiong---

5. Kidney essence deficiency headache
   **Da bu yuan jian**
   Shu di huang, Shan yao, Shanzhu yu, Gou qi zi---
   Ren shen, Dang gui---
   Du zhong---

**Acupuncture treatment**

1. exterior headache
   (1). Taiyang headache---GB 20 Feng chi,
   (2). Yangming headache---ST 8 Tou wei, Extra 2 Yin tang, GV 23 Shang xing
   (3). Shaoyang headache---Extra 1 Tai yang, GB 8 Shuai gu
   (4). Jueyin headache---GV 20 Bai hui,

2. interior headache
   (1) liver yang headache--- GB 20 Feng chi, GV 20 Bai hui, GB 5 Xuan lu, LR points
   (2) phlegm-turbidity headache--- GV 20 Bai hui, Extra 2 Yin tang, ST40 Feng long
   (3) Blood stasis headache---Ashi points, LI 4 He gu, SP 6 San yin jiao
   (4) Blood essence deficiency headache--- GV 20 Bai hui, CV 6 Qi hai, ST 36, Back shu points

**Personal clinical experience**
15. Dizziness (Xuan yun)

Definition
Subjective sensation of blurred vision, sensation of turning in space or objects self-movement.

In TCM,
- **Xuan**: sensation of blurred, dark or dull vision.
- **Yun**: sudden spinning sensation or perception that the surroundings are spinning.

Relevant modern diagnosis:
1. **Physiologic dizziness**:
   - (1) the brain is confronted with a mismatch among the three stabilizing sensory systems;
   - (2) the vestibular system is subjected to unfamiliar head movements to which it has never adapted, such as in seasickness; (3) unusual head/neck positions, such as the extreme extension when painting a ceiling.

2. **Pathologic dizziness**
   - 1. Vestibular dysfunction--- vertigo accompanied by nausea, jerk nystagmus, postural unsteadiness, and gait ataxia.
      - (1) Meniere’s disease
      - (2) purulent or serous labyrinthitis
      - (3) toxic labyrinthitis due to drug intoxication (e.g., with alcohol, quinine, streptomycin, gentamicin, and other antibiotics)
   - 2. Abnormal blood pressure
      - (1) hypotension,
      - (2) hypertension
   - 3. Metabolism disorder
      - (1) hypoglycemia
   - 4. Trauma
      - (1) eighth cranial nerve injury
      - (2) head injury
   - 5. Others
      - (1) anemia

Etiology & pathogenesis
1. Liver yan rising
2. qi and blood deficiency
3. kidney essence deficiency
4. phlegm-dampness accumulation

Differiencial diagnosis
1. headache
2. wind stroke

Treatment
1. **Liver yan rises**---dizziness, headache, insomnia, red tongue, yellow coating, wiry pulse.
   - *Pacify liver, subdue yan, and nourish liver & kidney*
   - **Tian ma gou teng yin**
   - Tian ma, Gou teng, Shi jue ming---
   - Zhi zi, Huang qin---
Yi mu cao, Niu xi---
Duzhong, Sang ji sheng---
Ye jiao teng, Fu shen---

GB 20, BL 18, BL 23, KI 3, LR 2

2. Phlegm-dampness obstruction---dizziness, headache, stuffy chest, poor appetite, white greasy tongue coating, slippery pulse.

Dry dampness, resolve phlegm, augment spleen and harmonize stomach
Ban xia bai zhu tian ma tang
Tian ma ---
Ban xia, Chen pi---
Bai zhu, Fu ling---

ST 8, BL 20, CV 12, PC 6, ST40

3. Qi and blood deficiency---dizziness, palpitation, insomnia, poor appetite and fatigue

Tonify qi and nourish the blood
Gui pi tang
Ren shen, Huang qi, bai zhu---
Long yan rou, Fu shen, Shuan zhao ren---
Mu xiang---

CV 20, BL 20, CV 4, ST 36, SP 6

4. Kidney yang deficiency---dizziness, cold intolerance, coldness and soreness of lower back and knees, deep and slow pulse.

Tonify kidney
You gui wan
Shu di huang, Shan yao, Shan zhu yu---
Gou qi zi, Du zhong, Tu si zi---
Dan gui---
Lu jiao jiao---
Fu zi, Rou gui---

Gv 20, BL 17, BL 23, CV 4, KI 6

5. Kidney yin deficiency---dizziness, soreness of lower back and knees, red tongue with scanty coating, thready pulse.

Nourish kidney
Zuo gui wan
Shu di huang, Shan yao, Shan zhu yu---
Tu si zi, Gou qi zi---
Gui ban jiao, Lu jiao jiao---
Niu xi---

Gv 20, BL 17, BL 23, CV 4, KI 6

Personal clinical experience
Part 3 Spleen and stomach diseases

16. Epigastric pain

- **Definition**
  A painful sensation located between the lower margin of sternum and infracostal margine.

- ** Relevant diseases of western medicine**
  1. Gastritis
  2. Gastric ulcer
  3. Prolapse of gastric mucosa
  4. Indigestion

- **Etiology & pathogenesis**
  1. Exterior pathogens attacking stomach
  2. Improper diet injuring stomach
  3. Stagnated liver qi overacting on stomach
  4. deficiency of SP and ST

- **Differential diagnosis**
  1. Cold and heat
  2. Excess and deficiency
  3. Qi stagnation and blood stasis

- **Classification & treatment**
  - Cold invading stomach
    - **Liang Fu Tang**
      - Gao Liang Jiang---
      - Xiang Fu---
  - Retention of food
    - **Bao He Wan**
      - Shan Zha—
      - Shen Qu, Lai Fu Zi---
      - Ban Xia, Chen Pi---
      - Fu Ling---
      - Lian Qiao---
  - Stagnant liver qi invading the stomach
    - **Chai Hu Shu Gan Wan**
      - Chai Hu---
      - Xiang Fu, Chuan Xiong, Shao Yao---
      - Chen Pi, Zhi Qiao---
o Congested liver fire invading stomach

_Hua Gan Jian_
Qing Pi, Chen Pi---
Shao Yao---
Mu Dan Pi, Zhi Zi---

o Blood stasis in stomach

_Shii Xiao San+Dan Shen Yin_
Pu Huang---
Wu Ling Zi---

Dan Shen---
Tan Xiang---
Sha Ren---

o Stomach yin deficiency

_Yi Wei Tang + Shao Yao Gan Cao Tang_
Sha Shen, Mai Men Dong, Sheng Di Huang, Yu Zhu---

Shao yao---
Zhi Gan Cao---

o Spleen and stomach yang deficiency

- **Acupuncture treatment**
  RN12, ST36, PC6, SP4
  Stomach cold + RN6, RN8
  Stomach heat + ST44
  Stagnant liver qi invading the stomach + LR14, LR3
  Retention of food + Inner Neiting
  Blood stasis in stomach + UB17, SP10

- **Personal clinical experience**
17. **Vomiting (Ou Tu)**

- **Definition**
  The ejection of stomach contents via mouth due to disharmony stomach and rebellion qi.
  
  Ou---Vomiting with sound
  Tu---Vomiting without sound

- **Relevant diseases of western medicine**
  - Gastritis
  - Hepatitis
  - Pancreatitis
  - Cholecystitis
  - Appendicitis
  - Meniere’s disease
  - End stage renal failure
  - Morning sickness

- **Etiology & pathogenesis**
  - exterior pathogens
  - Improper diet
  - Emotional stress
  - deficiency of SP and ST

- **Differential diagnosis**

- **Classification & treatment**

  **Excess patterns**

  1. **Exterior pathogens attacking stomach**

     **Huo Xiang Zheng Qi San**
     Huo Xiang, Zi Su Ye, Bai Zhi---
     Ban Xia---
     Chen Pi, Hou po, Da Fu Pi---
     Bai Zhu, Fu Ling---

  2. **Food retention**

     **Bao He Wan**
     Shan zha, Shen qu, Lai fu zi---
     Ban xia, Chen pi, Fu ling---
     Lian qiao---

  3. **Accumulation of congested fluid**

     **Xiao Ban Xia Tang + Ling Gui Zhu Gan Tang**
     Ban Xia, Sheng Jiang---
Fu Ling, Bai Zhu, Gui Zhi---
Gan Cao---

4. **Stagnant liver qi overacting on stomach**

   Ban Xia Hou Po Tang + Zuo Jin Wan
   Hou Po, Zi Su Ye---
   Ban Xia, Sheng Jiang, Fu Ling---
   Huang Lian, Rou Gui---

**Deficient patterns**

1. **Deficient cold in ST and SP**

   Li Zhong Wan
   Gan Jiang---
   Ren Shen, Bai Zhu, Gan Cao---

2. **Stomach yin deficiency**

   Mai Men Dong Tang
   Ren Shen, Mai Men Dong, Jing Mi, Gan Cao---
   Ban Xia---

- **Acupuncture treatment**

   RN12, ST36, PC6, SP4
   Exterior pathogens attacking stomach + GB20, LI4
   Accumulation of congested fluid + RN17, ST36
   Stagnant liver qi overacting on stomach + LR3, GB34
   Deficiency of ST and SP + UB20, LR13

- **Personal clinical experience**
18. Hiccups

- **Definition**
  Involuntary short, sharp and frequent inspiratory cough caused by ST qi rebelling upward to disturb diaphragm

- **Relevant diseases of western medicine**
  1. Indigestion
  2. Gastro-neurosis
  3. Post gastric surgery
  4. Phrenic nerve disturbance
  5. Cerebral lesion

- **Etiology & pathogenesis**
  1. Improper diet
  2. Emotional stress
  3. Insufficiency of righteous qi

- **Differential diagnosis**
  1. Excess or deficiency pattern
  2. Retching---This is the process by which the contents of the stomach are expelled through the mouth. When the effort of vomiting is made but nothing is expelled the process is called retching. Retching is a common symptom of alcoholism. The vomiting centre in the brain co-ordinates the contraction of the abdominal wall and the opening of the cardiac sphincter of the stomach. The vomiting centre is found in the floor of the fourth ventricle.
  3. Belching---the act of bringing up air from the stomach with a typical sound.

- **Classification & treatment**
  **Excess patterns**

  1. **Stomach cold**
     *Ding Xiang San*
     Ding Xiang, Shi Di---
     Gao Liang Jiang, Zhi gan Cao---

  2. **Stomach fire blazing upward**
     *Xin Zhi Ju Pi Zhu Ru Tang*
     Zhu Ru, Shi Di---
     Sheng Jiang, Ju Pi---

  3. **Liver qi stagnation**
     *Wu Mo Yin Zi*
     Wu Yao, Mu Xiang---
     Zhi Shi, Chen Xiang, Bing Lang---

  **Deficient patterns**
4. **Spleen and Stomach yang deficiency**  
   - *Li Zhong Wan*  
   - Gan Jiang---  
   - Ren Shen, Bai Zhu, Gan Cao---

5. **Stomach yin deficiency**  
   - *Mai Men Dong---*  
   - Ban Xia---  
   - Ren Shen, Gan Cao, Jing Mi---

- **Acupuncture treatment.**  
  RN12, PC6, ST36, UB17

- **Personal clinical experience**
19. Dysphagia & gagging syndrome (Ye Ge)

- **Definition**
  Ye (Dysphagia) --- Inability to swallow or having difficulty swallowing
  Ge (Gagging) --- Involuntary resistance to food and water after swallowing

- **Relevant diseases of western medicine**
  1. Stroke
  2. Esophageal cancer
  3. Esophagitis
  4. Dysphagia spastica
  5. Dysphagia paralytica
  6. Dysphagia lusoria
  7. Hiatal hernia
  8. Esophageal diverticulosis
  9. Spasm of cardiac sphincter

- **Etiology & pathogenesis**
  1. Emotional stress
  2. Improper diet

- **Differential diagnosis**
  1. Excess or deficient
  2. Gastric reflux
  3. Plum pit syndrome

- **Classification & treatment**
  1. Constraint of phlegm and qi
     * Qing Ge San*
     Dan Shen, Yu Jin, Sha Ren---
     Sha Shen, Chuan Bei Mu, Fu Ling---
  2. Fluid depletion and heat accumulation
     * Wu Zhi An Zhong Yin*
     Li Zhi, Ou Zhi, Niu Ru---
     Sheng Jiang Zhi---
     Jui Zhi---
  3. Internal accumulation of blood
     * Tong you tang*
     Sheng Di Huang, Shu Di Huang---
     Dang Gui---
     Tao Ren, Hong Hua---
  4. Qi deficiency and yang devastation
     * Liu Jun Zi Tang + You Gui Wan*
Ren Shen, Bai Zhu, Fu Ling, Zhi Gan Cao
Chen Pi Ban Xia

Shu Di Huang, Shan Yao, Shan Zhu Yu
Gou Qi Zi, Du Zhong
Dang Gui, Lu Jiao Jiao
Fu Zi, Rou Gui

- **Acupuncture treatment**
  RN22, RN17,

- **Personal clinical experience**
20. Diarrhea

- **Definition**
  --- Frequent passage of unformed, loose or watery stool.

- **Relevant diseases of western medicine**
  1. Acute or chronic enteritis
  2. Acute Gastritis
  3. Colitis
  4. IBS
  5. Stomach flu
  6. Intestinal tuberculosis
  7. Malabsorption syndrome
  8. Intestinal tumor
  9. Food poisoning (campylobacter enteritis)
  10. IBD (Inflammatory bowel disease)
  11. Emotional diarrhea

- **Etiology & pathogenesis**
  1. Exterior pathogens
  2. Improper diet
  3. Emotional stress
  4. Deficiency of spleen and stomach
  5. Yang deficiency of kidney

- **Differential diagnosis**
  1. Cold or heat
  2. Diarrhea and dysentery

- **Classification & treatment**
  1. Cold dampness (Wind-cold)
    **Huo Xiang Zheng Qi San**
    Huo Xiang, Zi Su Ye, Bai Zhi---
    Ban Xia---
    Chen Pi, Hou po, Da Fu Pi---
    Bai Zhu, Fu Ling---
  2. Damp-heat (summer heat-dampness)
    **Ge Gen Qin Lian Tang**
    Huang Qin, Huang Lian---
    Ge Gen---
  3. Food retention
Bao He Wan
Shan zha, Shen qu, Lai fu zi---
Ban Xia, Chen pi, Fu ling---
Lian qiao---

4. Stagnant liver qi overacting on the spleen
   Tong Xie Yao Fang
   Bai Zhu---
   Bai Zhu---
   Fang Feng---
   Chen Pi---

5. Spleen qi deficiency
   Shen Ling Bai Zhu San
   Dang Shen, Bai Zhu, Fu Ling, Gan Cao---
   Bian Dou, Yi Yi Ren---
   Shan Yao, Lian Zi---
   Sha Ren---

6. Kidney yang deficiency (day break diarrhea)
   Si Shen Wan
   Bu Gu Zhi---
   Rou Dou Kou---
   Wu Zhu Yu---
   Wu Wei Zi---

- Acupuncture treatment
  ST25, ST36

- Personal clinical experience
21. Dysentery

- **Definition**
  Abdominal pain, tenesmus, diarrhea with passage of blood, pus or mucous.

- **Relevant diseases of western medicine**
  1. Bacillary dysentery
  2. Amebic dysentery
  3. Viral dysentery
  4. Food poisoning
  5. Intoxication
  6. Inflammatory bowel disease (IBD)—includes Crohn's Disease and ulcerative colitis

- **Etiology & pathogenesis**
  1. Seasonal epidemic pathogens
  2. Improper diet

- **Differential diagnosis**
  1. Diarrhea
  2. Bloody stool
  3.

- **Classification & treatment**
  1. Damp-heat dysentery
     **Shao Yao Tang**
     Shao Yao, Dang Gui, Gan Cao---
     Huang Qin, Huang Lian, Da Huang---
     Mu Xiang, Bing Lang---
  2. Epidemic dysentery
     **Bai Tou Weng Tang**
     Bai Tou Weng---
     Huang Lian, Huang Bai, Qing Pi---
  3. Cold-dampness dysentery
     **Wei Ling Tang**
     Cang Zhu, Hou Po---
     Bai Zhu, Fu Ling---
     Gui Zhi---
     Chen Pi---
  4. Deficient heat dysentery
     **Zhu Che Wan**
     Huang Lian-
     E Jiao---
     Dang Gui---
  5. Deficient cold dysentery
Fu Zi Li Zhong Wan
Fu Zi, Gan Jiang---
Ren Shen, Bai Zhu, Gan Cao---

6. Intermittent dysentery
Lian Li Tang
Gan Jiang---
Ren Shen, Bai Zhu, Gan Cao---
Huang Lian---

- Acupuncture treatment
  ST 25, ST 37

- Personal clinical experience
22. Abdominal pain

- **Definition**
Painful sensation in the abdominal region

- **Relevant diseases of western medicine**
  1. Chronic appendicitis
  2. Chronic enteritis
  3. Ulcerative Colitis (UC)
  4. Chronic Nonspecific Ulcerative Colitis (CNUC)
  5. Crohn's disease
  6. Cholecystitis
  7. Intestinal obstruction
  8. Intestinal tuberculosis
  9. Colon cancer
  10. Pancreatitis

- **Etiology & pathogenesis**
  1. Seasonal exterior pathogens
  2. Improper diet
  3. Emotional stress
  4. Constitutional yang deficiency
  5. Miscellaneous Qi and blood stagnation and so on

- **Differential diagnosis**
  1. Intestinal obstruction
  2. Intestinal ascariasis
  3. Abdominal masses
  4. Intestinal abscess
  5. Hernia

- **Classification & treatment**
  1. **Cold invasion**
     - Li Zhong Wan
     - Gan Jiang---
     - Dang Shen, Bai Zhu, Gan Cao---

  2. **Damp-heat accumulation**
     - Da Cheng Qi Tang
     - Da Huang---
     - Mang Xiao---
     - Zhi Shi, Hou Po---

  3. **Food retention**
     - Bao He Wan
     - Shan zha, Shen qu, Lai fu zi---
     - Ban Xia, Chen pi, Fu ling---
     - Lian qiao---
4. Qi stagnation and blood stasis

**Chai Hu Shu Gan San--- Qi stagnation**
Chai Hu, Xiang Fu, Chen Pi, Zhi Qiao---
Chuan Xiong---
Shao Yao, Gan Cao---

**Shao Fu Zhu Yu Tang--- blood stasis**
Dang Gui, Chuan Xiong, Chi Shao---
Pu Huang, Wu Ling Zhi, Yan Hu Suo---
Rou Gui, Gan Jiang, Xiao Hui Xiang---

5. Spleen and stomach yang deficiency

**Xiao Jian Zhong Tang**
Yi Tang---
Gui Zhi---
Bai Shao, Gan Cao---
Sheng Jiang, Da Zhao---

- **Acupuncture treatment**
  ST36, ST25, RN12, RN6, UB20, UB 21, UB 25

- **Personal clinical experience**
23. **Constipation**

- **Definition**
  Difficult and/or infrequent defecation with passage of unduly hard and dry stool.

- **Relevant diseases of western medicine**
  1. Habitual constipation
  2. Atonic constipation
  3. Spastic constipation
  4. Intestinal nourosis
  5. Bowel abstrution
  6. Intestinal tumor
  7. Perianal inflammation and infection
  8. Hemorrhoid
  9. Over dosage of antidoarrheal medicine
  10. Adverse effect of medicine

- **Etiology & pathogenesis**
  1. Constutional yang excess and accumulation of heat in the intestine and stomach
  2. Qi stagnation
  3. Qi and blood deficiency
  4. Yang deficiency with internal cold

- **Classification & treatment**
  1. **Heat accumulation**
     *Ma Zi Ren Wan*
     Huo Ma Ren---
     Da Huang---
     Xing Ren, Feng Mi---
     Zhi Shi, Hou Po---
  2. **Qi Stagnation**
     *Liu Mom,Tang*
     Mu Xiang, Wu Yao---
     Zhi Shi, Chen Xiang, Bing Lang---
     Da Huang---
  3. **Qi deficiency**
     *Huang Qi Tang*
     Huang Qi, Gan Cao---
     Hu Ma Ren, Feng Mi---
     Chen Pi---
  4. **Blood deficiency**
     *Run Chang Wan*
     Dang Gui, Sheng Di Huang---
     Huo Ma Ren, Tao Ren---
     Zhi, Qiao---
5. **Yang deficiency**
   - **Ji Chuan Jian**
   - Rou Cong Rong---
   - Dang Gui---
   - Niu Xi---
   - Zhi Qiao---
   - Sheng Ma, Ze Xie---

- **Acupuncture treatment**
  UB25, ST25, SJ6, Kl6

- **Personal clinical experience**
Part 4 Liver and gallbladder diseases

24. Hypochondriac pain

- **Definition**
  Pain in the infracostal region

- **Relevant diseases of western medicine**
  1. Cholecystitis
  2. Cholelithiasis
  3. Bile Duct Tumors
  4. Hepatitis
  5. Liver cancer

- **Etiology & pathogenesis**
  1. Liver Qi stagnation
  2. Blood stasis in the liver channel
  3. Liver and gallbladder damp-heat
  4. Liver yin deficiency

- **Differential diagnosis**
  1. exterior and interior patterns
  2. Cold and heat patterns
  3. Qi stagnation and blood stasis
  4. Epigastric pain and chest painful obstruction

- **Classification & treatment**
  1. **Liver Qi stagnation**
     Chai Hu Shu Gan San
     Chai Hu---
     Xiang Fu, Chen Pi, Zhi Qiao---
     Chuan Xiong---
     Shao Yao, Gan Cao---

  2. **Blood stasis in the liver channel**
     Xuan Fu Hua Tang---
     Qian Cao---
     Xuan Fu Hua---

  3. **Liver and gallbladder damp-heat**
     Long Dan Xie Gan Tang
     Long Dan Cao---
     Zhi Zi, Huang Qin, Sheng Di Huang---
     Che qian Zi, Mu Tong, Ze Xie---
     Chai Hu---

  4. **Liver yin deficiency**
     Yi Gan Jian
     Sheng Di Huang, Dang Gui---
Sha Shen, Mai Men Dong---
Gou Qi Zi---
Chuan Lian Zi---

- **Acupuncture treatment**
  - Excess patterns---LR14, SJ6, GB34,
  - Deficiency patterns---LR14, UB18, SP6, UB23

- **Personal clinical experience**
25. Jaundice

Definition
Yellowish discoloration of sclera, skin and urine due to obstruction of bile and abnormal deposition of bile pigments in body fluid and blood.

Relevant diseases of western medicine
1. hepatitis
2. cirrhosis
3. hemolytic jaundice
4. yellow atrophy
5. cholecystitis
6. cholelithiasis
7. cholangioma
8. leptospirosis
9. pancreatic cancer

Etiology & pathogenesis
1. Exterior pathogenic factors: damp-heat
2. improper diet: damp-heat
3. spleen and stomach yang deficiency: cold-dampness
4. stones or parasites obstructing the bile ducts
5. blood stasis obstructing the bile ducts

Differential diagnosis
1. yang jaundice and yin jaundice
2. jaundice and sallow skin (wei huang)

Classification & treatment
A. yang jaundice
   o preponderance of heat
     Yin chen hao tang
     Yin chen hao---
     Zhi zi---
     Da huang---

   o preponderance of dampness
     Yin chen wu ling san
     Yin chen hao---
     Wu ling san---Gui zhi, Bai zhu, Fu ling, Zhu ling, Ze xie
     Gan lu xiao du dan
     Hua shi, Yin chen hao, Huang qin, Shi chang pu, Huo xiang---
     Chuang bei mu---
     Mu tong---
     She gan, Lian qiao, Bo he, Bai dou kou---

   o heat toxin jaundice
     Xi jiao san
     Shui niu jiao---
Yin chen hao---
Hang lian Zhi zi, Sheng ma---

B. yin huang
  • cold-dampness
    Yin chen zhu fu tang
    Yin chen hao---
    Fu zi---
    Bai zhu---
    Gan cao---
    Gan jiang---

Acupuncture treatment
  SP 9, ST 36, UB 18, UB 19, DU 9

Prevention

Personal clinical experience
26. Tympanic abdominal distention (Gu zhang)

Definition

---Drum-like abdominal distention, pale-sallow skin tone, distended vein on the abdominal wall, hypochondriac or abdominal masses, and thin limbs.

Relevant diseases of western medicine

1. Hepatitis
2. ascites
3. hepatic tumor
4. tuberculosis peritonitis
5. metastatic cancer
6. schistosomiasis
7. systemic lupus erythematosus

Etiology & pathogenesis

1. Improper diet
2. emotional stress
3. infestation of schistosomes
4. chronic jaundice

Differential diagnosis

Classification & treatment

1. Qi stagnation and dampness obstruction
   Chai hu shu gan san
   Chai hu, Xiang fu, Zhi ke
   Chi shao, Chuan xiong
   Gan cao

2. cold-dampness hindering spleen
   Shi pi yin
   Fu zi, Gan jiang, Bai zhu, Gan cao
   Mu gua, Fu ling
   Hou po, Da fu pi, Mu xiang, Cao gou

3. damp-heat accumulation
   Zhong man fen xiao wan
   Huang qin, Huang lian, Zhi mu
   Hou po, Zhi qiao, Ban xia, Chen pi
   Fu ling, Zhu ling, Ze xie

4. liver and spleen blood stasis
   Tiao ying yin
   Dang gui, Chuan xiong, Chi shao, Yan hu suo
Da huang, E zhu---
Bing lang, Ting li zi, sang bai pi---
Fu ling, Qu mai---

5. **spleen and kidney yang deficiency**
   Fu zi li zhong tang + wu ling san

6. **spleen and kidney yin deficiency**
   ge xia zhu yu tang + liu wei di huang wan

**Acupuncture treatment**

1. **Qi stagnation**
   Rn 17 tan zhong, RN 12 zhong wan, RN 6 qi hai, LR 3 tai chong, ST 36 zu san li

2. **dampness accumulation**
   BL 20 pi shu, BL 23 shen shu, RN 9 shui fen, KI 7 fu liu, SP 4 gong sun

3. **blood stasis**
   LR 14 qi men, LR 13 zhang men, RN shi men, SP 6 san yin jiao

**Personal clinical experience**
Part 5 Kidney and urinary bladder diseases

27. Edema (Shui zhong)

Definition
---Abnormal retention of water

Classification
1. **Yang edema**: short course, acute, mainly head and face, bright skin, insignificant or no pitting on pressure.
2. **Yin edema**: long course, chronic, mainly legs, darkening skin, significant pitting on pressure.

Relevant modern diseases
1. nephritis
2. nephrosis
3. heart failar
4. primary hyperaldosteronism
5. hypoproteinemia
6. Vitamin B1 deficiency
7. hypothyroidism
8. liver cirrhosis
9. idiopathic edema

Etiology & pathogenesis
Wind, damp-heat, damp-cold, improper diet, overexertion, excessive sexual activity, multiple birth
Lung, spleen, kidney

Herbal treatment
A. **Yang edema**
1. **Water retention due to external wind**
   Yue bi jia zhu tang
   Ma huang---
   Shi gao---
   Bai zhu, Sheng jiang---
   Gan cao---

2. **Damp-heat toxicity affecting lung and spleen**
   Ma huang lian qiao chi xiao dou tang + Wu wei xiao du yin
   Ma huang, Xing ren, Sang bai pi---
   Lian qiao---
   Chi xiao dou---
   Jin yin hua, Ye ju hua, Pu gong ying, Zhi hua di ding---

3. **Dampness accumulation**
   Wu pi san + Wei ling tang
   Sang bai pi, Chen pi, Da fu pi, Fu ling pi, Sheng jiang pi---
   Bai zhu, Fu ling---
   Cang zhu, Hou po---
Zhu ling, Ze xie---
Gui zhi---

4. **Damp-heat accumulation**
   - **Shu zao yin zi**
     - Qiang huo, Qin jiao---
     - Fu ling pi, Sheng jiang, Da fu pi---
     - Shang lu---
     - Ze xie, Mu tong, Chi xiao dou---

B. **Yin edema**
   1. **Spleen yang deficiency**
      - **Shi pi yin**
        - Gan jiang, Fu zi, Gan cao---
        - Bai zhu, Fu ling---
        - Da fu pi, Mu gua---
        - Mu xing, Hou po---

   2. **Kidney yang deficiency**
      - **Ji sheng shen qi wan + zhen wu tang**
        - Rou gui, Fu zi---
        - Shu di huang, Shan yao, Shan zhu yu---
        - Bai zhu, Fu ling, Ze xie, Che qian zi---
        - Niu xi---

**Acupuncture treatment**

A. **Yang edema**
   - LU 7, LI 4, LI 6, SP 9, BL 39

B. **Yin edema**
   - BL 20, Bl 23, RN 9, RN 4, KI 7, ST 36

**Clinical experience**

1. fu zi 15g, gui zhi 10g, dan shen 30g, yi mu cao 30g, zhi gan cao 6g
2. Sang lu 15g, Lu dou 50g
3. yu mi xu 50g
28. Painful urinary syndrome (Lin zheng)

Definition
A group of symptoms characterized by discomfort during urination, including various experience of urgency, increased frequency, oliguria, and difficult, painful urination.

Relevant diseases of western medicine
1. urinary tract infection
2. urinary calculi
3. prostatitis
4. prostatic hypertrophy
5. chyluria
6. bladder tumor

Etiology & pathogenesis
1. damp-heat in the bladder
2. spleen and kidney deficiency
3. liver qi stagnation

Differential diagnosis
1. excess and deficiency
2. different patterns: stone lin, cloudy lin, blood lin, qi lin, heat lin, exhaustion lin
3. with oliguria-anuria, hematuria, turbid urination

Classification & treatment

1. Heat lin
   **Ba zheng san**
   Bian xu, Qu mai, Che qian zi, Hua shi---
   Da huang, Zhi zi---

   RN 3, SP 9, UB 28 + LI 4, SJ 5

2. Stone lin
   **Shi wei tang**
   Shi wei---
   Qu mai, Dong kui zi, Hua shi, Che qian zi---

   RN 3, SP 9, UB 28 + UB 39, KI 2

3. Excess pattern of qi lin
   **Chen xiang san**
   Chen xiang, Chen pi---
   Dang gui, Bai shao---
   Shi wei, hua shi, Dong ui zi---

   RN 3, SP 9, UB 28 + LR 2

4. Deficient pattern of qi lin
Bu zhong yi qi tang  
Huang Qi---  
Ren Shen, Dang Shen, Bai Zhu, Can Cao---  
Dan Gui, Chen Pi---  
Sheng Ma, Cahi Hu---  

RN 3, SP 9, UB 28 + LR 2

5. Excess pattern of blood lin  
Xiao ji yin zi  
Xiao ji---  
Pu huang, Ou jie---  
Hua shi, tong cao, Zhu ye, zhi zi---  
Sheng di huang---  

RN 3, SP 9, UB 28 + SP 10

6. Deficient pattern of blood lin  
Zhi bai di huang wan  

RN 3, SP 9, UB 28 + SP 10

7. Excess pattern of cloudy lin  
Chen shi bi xie fen qing yin  
Bi xie, Shi chang pu---  
Che qian zi, huang bai---  
Bai zhu, Fu ling---  
Lian zi, Dan shen---  

RN 3, SP 9, UB 28 + UB 23, KI 6

8. Deficient pattern of cloudy lin  
Gao lin tang  
Dang shen, shan yao---  
Di huang, qian shi---  
Long gu, Mu li, Bai shao---  

RN 3, SP 9, UB 28 + UB 23, KI 6

9. Exhaustion lin  
Wu bi shan yao wan  
Shan yao, Shan zhu yu, Tu si zi, Wu wei zi---  
Fu ling, Ze xie---  
Shu di huang, du zhong, niu xi, Rou cong rong---  

Personal clinical experience
29. Oliguria-anuria syndrome (Long Bi)

Definition

Oliguria: 24-h urine output of <500 mL.
Anuria: complete absence of urine formation

Relevant diseases of western medicine
1. renal calculi
2. atony of bladder
3. urinary retention
4. prostatic hypertrophy
5. renal or bladder tumor
6. renal failure
7. postpartum urinary retention
8. post stroke urinary retention
9. dehydration
10. excessive blood loss

Etiology & pathogenesis
1. heat accumulated in the lung
2. damp-heat accumulation
3. spleen qi fail to ascend
4. deficiency of kidney
5. liver qi constrained
6. obstruction in urinary tracts

Differential diagnosis
1. excess and deficiency
2. oliguria-anuria & painful urinary syndrome
3. identification of intoxication from urinary toxin

Classification & treatment
1. lung heat accumulation
   Qing fei tang
   Huang qin, Sang bai pi, Mai men dong---
   Chen qian zi, Mu tong, Zhi zi---
   Fu ling---

2. damp-heat accumulation in bladder
   Ba zheng san
   Mu tong, Chen qian zi, bian xu, hua shi---
   Zhi zi---
   Da huang---

3. liver qi stagnation
   Chen xiang san
   Chen xiang, Cehn pi---
   Dang gui, Wang bu liu xing---
   Hua shi, Shi wei---
   Dong kui zi---
4. substantial obstruction in urinary passage
   Dai di dang wan
   Dang gui wei, Chuan shan jia, Tao ren---
   Da huang---
   Sheng di huang---
   Rou gui---

5. spleen qi sinking
   Bu zhong yi qi wan
   Ren shen, Huang qi, Bai zhu, gan cao---
   Dang gui, Chen pi, Sheng ma, Chai hu---
   Wu ling san
   Gui zhi, Bai zhu---
   Fu ling, Zhu ling, Zhe xie---

6. kidney yang deficiency
   Jin sheng shen qi wan
   Rou gui, Fu zi---
   Liu wei di hung wan---

Acupuncture treatment

1. Excess
   SP 6, SP 9, RN 3, UB 28

2. Deficiency
   KI 10, UB 23, UB 20, DU 20, RN 4, SJ 4

Prevention
Personal clinical experience
30. Seminal emission

Definition
---Spontaneous discharge of semen not induced by sexual activity.
1. Nocturnal emission---ejeculation of semen during sleep
2. Spermatorrhoea ---involuntary emission of semen while awake

Relevant diseases of western medicine

1. Neurosis
2. Neurasthenia
3. Spermocystitis
4. Orchitis

Etiology & pathogenesis
1. Lack of communication between heart and kidney
2. Damp-heat infusing downward
3. Kidney deficiency and seminal gate instability

Differential diagnosis

Classification & treatment
1. Lack of communication between heart and kidney
   Tian wang bu xin dan
   Sheng di huang, Xuan shen, Mai men dong, Tain meng dong---
   Dan shen, Dang gui---
   Ren shen, Fu ling---
   Suan zao ren, Bai zi ren---

2. Damp-heat infusing downward
   Cheng shi bi xie fen qing yin
   Bi xie, Shi chang pu---
   Che qian zi, huang bai---
   Bai zhu, Fu ling---
   Lian zi, Dan shen---

3. Qi deficiency failing to bind essence
   Bu Zhong Yi Qi Tang
   Huang Qi---
   Ren Shen, Dang Shen, Bai Zhu, Can Cao---
   Dan Gui, Chen Pi---
   Sheng Ma, Cahi Hu---Created by yu qi

Kidney deficiency and seminal gate instability
   Zuo gui yin
   Shu di huang, Shan yao, Shan zhu yu---
   Gou qi zi, Du zhong---
   Fu zi, Rou gui---
   Gan cao---
Acupuncture treatment

1. Nocturnal emission
   HT 7, UB 15, KI 3, UB 52

2. Spermatorrhea
   UB23, KI 12, SP 6, RN 4, RN 6

Personal clinical experience
Impotence

1. Failure of the fire in the gate of vitality  
   *Wu zi yan zong wan*  
   Gou qi zi, Tu si zi, Fu pen zi---  
   Wu wei zi---  
   Che qian zi---

2. Deficiency of heart and spleen  
   *Gui pi wan*  
   Dang shen, Huang qi, Bai zhu, zhi gan cao---  
   Fu shen. Suan zao ren, long yan rou, Yuan zhi---  
   Dang gui---  
   Mu xiang---  
   Shen jiang, da zao---

3. Shock and fire injuring kidney  
   *Da bu yin wan*  
   Zhi mu, Huang bai---  
   Shu di, gui ban---  
   Zhu ji sui (pork spinal cord)---
31. Tinnitus and deafness

Definition
Tinnitus---the subjective sensation of hearing a ringing or buzzing sound in the ear.
Deafness---partial or complete loss of hearing

Relevant diseases of western medicine
1. Otitis media---Inflammation of the middle ear, occurring commonly in children as a result of infection and often causing pain and temporary hearing loss.
2. labyrinthitis---inflammation of labyrinth
3. ototoxicity---usually caused by streptomycin, gentamicin
4. Meniere’s disease
5. excessive cerumen in the ear [si’ru:men]
6. brain tumor

Etiology & pathogenesis
1. kidney essence deficiency
2. spleen and stomach deficiency
3. emotional stress
4. damp-heat accumulation
5. wind-heat invasion
6. miscellaneous

Differential diagnosis
1. identification of etiology
   A. exterior wind-heat
   B. liver yang
   C. turbid phlegm
   D. kidney essence deficiency
   E. qi deficiency

2. identification of excess and deficiency patterns
   A. excess pattern
   B. deficiency pattern

Classification & treatment
1. liver fire---clear liver heat and purge fire
   Long dan xie gang tang:
   Long dan cao, zhi zi, huang qin---clear liver fire
   Mu tong, che qian zi, zhe xie-----clear damp-heat
   Sheng di huang, dang gui-----------nourish liver blood
   Chai hu------------------------spread liver qi

2. Phlegm-fire---transform phlegm, purge fire and harmonize stomach
   Wend dan tang
   Ban xia, chen pi---dry dampness, activate qi and transform phlegm
Fu ling---------leach out dampness
Zhu ru, zhi shi-----clear heat, decend qi and expel phlegm

3. **Wind-heat**---disperse wind and clear heat
   **Yin qiao san**
   Jin yin hua, Lian qiao---disperse wind-heat and relieve toxicity
   Bo he, Niu bang zi-----disperse wind-heat
   Jing jie, Dan dou chi----release exterior pathogen
   Zhu ye, Lu gen--------clear heat

1. **Kidney essence deficiency**---Nuorish kidney essence
   **Er long zuo ci wan**
   Liu wei di huang wan---nourish kidney yin
   Wu wei zi(Chai hu)-----astringes and bind the essence
   Ci shi----------------anchor rebellious turbid

5. **Spleen failing to raise clear yang**---Benefit spleen qi to raise yang
   **Yi qi cong ming tang**
   Ren sheng, Huang qi---augment qi and raise yang
   Sheng ma, Ge gen-----raise clear yang
   Man jing zi-------------raise clear qi and unblock orifice

**Acupuncture treatment**

**Excess:**
   TE 17, GB 2, TE 3, GB 43

**Deficiency:**
   TE 17, GB2, BL 23, CV 4, KI 3, GV 4

**Personal clinical experience**
   GB 2 Ting hui, SJ 17Yi feng, SI 19 Ting gong, SJ 21 Er men
Part 6 Channels and body diseases

32. Painful obstructive syndrome (Bi Zheng)

Definition
Localized discomforts in the muscles, joints and tendons caused by invasion of exterior pathogens such as wind, cold, dampness and heat.

Relevant diseases of western medicine
1. Rheumatic arthritis—rheumatic: of, relating to, or suffering from rheumatism. Arthritis: Inflammation of a joint or joints resulting in pain and swelling.
2. Rheumatoid arthritis—A chronic disease marked by stiffness and inflammation of the joints, weakness, loss of mobility, and deformity.
3. Degenerative arthritis
4. Osteoarthritis—A form of arthritis, occurring mainly in older persons, that is characterized by chronic degeneration of the cartilage of the joints. Also called degenerative joint disease.
5. Gout—A disturbance of uric-acid metabolism occurring predominantly in males, characterized by painful inflammation of the joints, especially of the feet and hands, and arthritic attacks resulting from elevated levels of uric acid in the blood and the deposition of urate crystals around the joints. The condition can become chronic and result in deformity.
6. Sciatica—Pain along the sciatic nerve usually caused by a herniated disk of the lumbar region of the spine and radiating to the buttocks and to the back of the thigh.
7. Subacromial bursitis 肩峰下滑液囊炎
8. Olecranal bursitis 鹰嘴的滑液囊炎
9. Carpal tunnel syndrome 腕管综合征
10. Fibromyalgia 肌痛—(fibro-: fiber, especially fibrous tissue, myalgia: muscular pain or tenderness, especially when diffuse and nonspecific.)

Etiology & pathogenesis
1. Exterior invasion—wind, cold, dampness and heat

Differential diagnosis
1. Identification of wind, cold, damp and heat Bi
2. Identification of complication
3. Differential diagnosis of painful obstruction (Bi) and atrophy syndromes (Wei)

Classification & treatment

Treatment principle—expel wind, cold, dampness, clear heat, unblock channels

A. Acute episode:

1. Wind Bi—expel wind, cold, dampness, unblock channels
   Moving pain in the joints and limbs, apin of indeterminate location, difficulty in flexion and extension of joints, aversion to cold and in some cases, fever. Thin white coating, wiry and floating pulse.
Fang fen tang
Fang feng, Ma huang, Qin jiao--- expel wind, cold, dampness
Dang gui, Ge gen, Rou gui-------invigorate blood, warm and unblock channels
Fu ling------------------------strengthen spleen and drain dampness

BL 12, BL 17, SP 10

2. Cold bi--- warm channels, expel wind, cold and dampness
Severe pain of the joints and limbs, apin of fixed location accompanied by sensation of cold, decrease in pain with application of heat, increase in pain upon exposure to cold, without redness or feverishness of joints, with difficulty moving the affected parts. Thin white coating, tight, wiry pulse.

Wu tou tang
Wu tou, ma huang--- warm channels, disperse cold and dampness, alleviate pain
Shao yao, gan cao--- alleviate pain
Huang qi----------Augment qi

BL 23, CV4

3. Damp bi---- expel dampness and wind-cold, unblock channels
Heaviness and pain of the joints and limbs, distention and swelling in some case, pain of fixed location, local numbness or loss of sensation, with symptoms often increasing during overcast or rainy weather. White slimy coating, soft tardy pulse.

Yi yi ren tang
Yi yi ren, Cang zhu-------------strengthen spleen, expel dampness
Fang feng, Qiang huo, du huo-----expel wind-dampness
Chuan wu, Ma huang, Gui zhi--- warm channels, disperse cold
Dang gui, Chuan xiong---------nourish blood

ST 36, BL20, SP 5

4. Heat bi--- clear heat, unblock channels, expel wind and dampness
Severe pain, local heat, redness and swelling; difficulty of movement affecting one or more joints accompanied by fever, sore throat, thirst, irritability and dark scanty urine. Yellow coating, rapid and slippery pulse.

Bai hu jia gui zhi tang
Bai hu tang--- clear heat and eliminate irritability
Gui zhi------- expel wind and unblock channels

GV 14, LI 11

B. Chronic active episode:

1. Phlegm accumulation and blood stasis---Transform phlegm, expel stasis, and unblock channels
Swelling, stiffness and deformity of the joints, incessant pain and complete immobility.
Dark or purple with white slimy coating, deep, rough or deep slippery pulse.

**Tao hong yin**
Tao ren, Hong hua, Dang gui wei-------invigorate blood, expel stasis
Chuan xiong---------expel wind, alleviate pain, invigorate blood, and move qi
Wei ling xian--------expel wind-dampness and unblock channels

ST 40, Sp10

2. **Qi and blood deficiency**----expel exterior pathogen, stop pain, and tonify qi and blood
Aching pain in the lower back and knees, difficulty in the flexion and extension of joints, numbness or loss of sensation in affected areas, palpitations and shortness of breath, in some cases aversion to cold and symptoms relieved by warmth. Pale with white coating. Weak thready pulse

**Du huo ji sheng tang**
Du huo-------------expel wind-dampness, unblock channels and alleviate pain
Xi xin, Fang fen, Qin jiao--------expel wind, cold, dampness
Du zhong, Niu xi Sang ji sheng---strengthen sinews and bones, nourish kidney and liver
Dang gui, Chuan xiong, Di huang, Bai shao--harmonize blood
Ren shen, Fu ling-------------tonify qi and spleen
Gui zhi------------------warm and unblock blood circulation

ST 36, SP 6, RN 6

3. **Heart bi**----augment qi, nourish heart, warm yang, restore regular pulse
Palpitations, oppression in the chest, shortness of breath, edema, aggravation of symptoms with physical activity, lusterless complexion and, in some cases, cyanosis. Tongue: Pale. Pulse: Rapid, forceless or intermittent.

**Zhi gan cao tang**
Zhi gan cao----------augment qi and yang
Gui zhi---------------- warm yang qi
Ren shen, Da zhao----augment qi and tonify heart and spleen
Di huang, Er jiao, Mai men dong, Huo ma ren---nourish blood and yin, tonify heart

PC 6, UB 15

**Acupuncture treatment for different joints**

1. shoulder-----SJ 14, LI 15, SI 10
2. Elbow-----LI 11, LI 4, SJ 10, SJ 5, LU 5
3. wrist-----SJ 4, SJ 5, LI 5, SI 5
4. hip-----GB30, GB 29, GB 39
5. knee-----He ding, Xi yan, ST 35, SP 9, GB 34
6. ankle-----ST 41, SP 5, GB 40, UB 60, KI 3
7. lower back and spine-----DU 26, DU 3, DU 12

**Personal clinical experience**
33. **Atrophy syndrome (Wei Zheng)**

**Definition**
A group of disorders whose symptoms range from flaccidity and weakness in sinuws and muscles to diminished muscle mass

**Relevant diseases of western medicine**
1. **Multiple sclerosis** 多发性硬化, 多发性脑脊髓硬化症 --- A chronic degenerative disease of the central nervous system in which gradual destruction of myelin occurs in patches throughout the brain or spinal cord or both, interfering with the nerve pathways and causing muscular weakness, loss of coordination, and speech and visual disturbances. It occurs chiefly in young adults and is thought to be caused by a defect in the immune system that may be of genetic or viral origin.
2. **Myasthenia gravis** 重症肌无力 --- A disease characterized by progressive fatigue and generalized weakness of the skeletal muscles, especially those of the face, neck, arms, and legs, caused by impaired transmission of nerve impulses following an autoimmune attack on acetylcholine receptors.
3. **progressive muscular dystrophy** 进行性肌营养不良---
4. **Hypokalemic Periodic Paralysis (hypoKPP)** 低钾性周期性瘫 --- Paralysis owing to low serum potassium
5. **Polyneuritis** (multiple neuritis) 多发性神经炎 --- Inflammation of several nerves at one time, as in leprosy.
6. **syringomyelia** 脊髓空洞症 --- A chronic disease of the spinal cord characterized by the presence of fluid-filled cavities and leading to spasticity and sensory disturbances.
7. **myelitis** 脊髓炎 --- Inflammation of the spinal column.
8. **hysterical paralysis** 癔症性瘫痪---

**Etiology & pathogenesis**
1. Lung heat with fluid injury
2. damp-heat accumulation
3. deficiency of spleen and stomach
4. deficiency of liver and kidney

**Differential diagnosis**
1. excess and deficiency patterns
2. Bi syndrome
3. wind stroke

**Classification & treatment**
1. **Lung heat injurying the fluid** --- clear heat, moisten dryness, nourish lung and generate fluid.

**Qing zao jiu fei tang**
Sang ye, shi gao---
Mai dong, er liao, hu ma ren---
Xing ren, pi pa ye---
Ren shen, gan cao---

2. **damp-heat accumulation**---clear heat and drain dampness, unblock and facilitate circulation in channels and vessels

   **Si miao wan**
   Huang bai---
   Cang zhu---
   Niu xi---
   Yi yi ren---

3. **deficiency of spleen and stomach**---strengthen spleen, augment qi

   **Shen ling bai zhu san**
   Dang shen, bai zhu, shao yao, bai bian dou, lian zi---
   Fu ling, yi yi ren---
   Chen pi, sha ren---

4. **deficiency of liver and kidney**---tonify liver and kidney, nourish yin and clear heat

   **Hu qian wan**
   shu di huang, gui ban---
   bai shao---
   suo yang---
   zhi mu, huang bai---

**Acupuncture treatment**

**Upper limbs:**
LI 15 Jian yu, LI 11 Qu chi, LI 4 He gu, TE 5 Wai guan,

**Lower limbs:**
ST 31 Bi guan, ST 34 Liang qiu, ST 36 Zu san li, ST 41 Jie xi, GB 39 Xuan zhong,
GB 39 Yang ling quan, GB 30 Huan tiao, SP 10 Xue hai

Lung heat + LU 5 Chi ze, BL 13 Fei shu
Damp heat + SP 9 Yin ling quan, BL 20 Pi shu
Spleen and stomach deficiency + Ren 6 Qi hai, Ren 4 Guan yuan
Liver and kidney deficiency + BL 18 Gan shu, BL 23 Shen shu

**Personal clinical experience**
34. Lower back pain (Yao Tong)

Definition
A subjective sensation of discomfort or pain on the lumbar region, that may be unilateral, bilateral or centered.

Relevant diseases of western medicine
1. Strain of lumbar muscle
2. Sprain of the lumbar ligament
3. Herniated intervertebral disk
4. Glomerulonephritis
5. Pyelitis
6. Rheumatoid spondylitis

Etiology & pathogenesis
1. Invasion by exterior pathogens
2. Qi and blood stagnation
3. Kidney essence deficiency

Differential diagnosis
Excess and deficiency

Classification & treatment

2. Cold-dampness invasion
   Gan jiang ling zhu tang
   Gan jiang, Gan cao---
   Fu ling, Bai zhu---

3. Damp-heat invasion
   Si miao wan
   Cang zhu, Huang bai, Yi yi ren---
   Niu xi---

4. Blood stasis
   Shen tong zhu yu tang
   Tao ren, Hong hua, Dang gui, Chuan xiong---
   Mo yao, Wu ling zhi---
   Xiang fu---
   Niu xi---
   Di long---

5. Kidney essence deficiency
   Zuo gui wan
   Shu di huang, Shan yao, Shan zhu yu---
   Tu si zi, Gou qi zi---
   Gui ban jiao, Lu jiao jiao---
   Niu xi---

You gui wan
Shu di huang, Shan yao, Shan zhu yu---
Gou qi zi, Du zhong, Tu si zi---
Dan gui---
Lu jiao jiao---
Fu zi, Rou gui---

Acupuncture treatment
UB 23, UB 40, DU 3, UB 57

Prevention

Personal clinical experience
Part 7 Diseases of Qi, blood and body liquid

35. Emotional disorder (Yu syndrome)

Definition
2. broad concept of yu syndrome—all clinical stagnation manifestation of qi, blood, phlegm, fire, dampness and food
3. narrow concept of yu syndrome—a specific set of psychological or affective presentation

Relevant diseases of western medicine
1. Somatoform disorder 身体症状性疾患— Patients with multiple somatic complaints that cannot be explained by a known medical condition or by the effects of alcohol or of recreational or prescription drugs are seen commonly in primary care practice.
2. Hystera 疑是症— A neurosis characterized by the presentation of a physical ailment without an organic cause, sleepwalking, amnesia, episodes of hallucinations, and other mental and behavioral aberrations.
3. hypochondria 疑病症— The persistent neurotic conviction that one is or is likely to become ill, often involving experiences of real pain when illness is neither present nor likely.
4. neurasthenia 神经衰弱症— A neurotic disorder characterized by chronic fatigue and weakness, loss of memory, and generalized aches and pains. It was formerly thought to result from exhaustion of the nervous system.
5. Depression 抑郁症— A psychotic or neurotic condition characterized by an inability to concentrate, insomnia, and feelings of extreme sadness, dejection, and hopelessness.
6. anxiety 焦虑症— to be excited and also worried at the same time.
7. Neurosis 神经官能症— Any of various mental or emotional disorders, such as hypochondria 疑病症 or neurasthenia 神经衰弱症, arising from no apparent organic lesion or change and involving symptoms such as insecurity, anxiety, depression, and irrational fears.
8. Menopause 绝经期, 更年期— The period marked by the natural and permanent cessation of menstruation, occurring usually between the ages of 45 and 55.

Etiology & pathogenesis
1. liver qi stagnation
2. qi stagnation turing into fire
3. obstruction of phlegm-qi complex
4. heart deficiency and liver constraint
5. heart and spleen deficiency
6. heart and kidney disharmony

Differential diagnosis
1. deferent emotional factors
2. early and later stage of yu syndromes

Classification & treatment
Treatment principles---soothe liver and facilitate qi flow

1. Liver qi stagnation--- soothe liver and releases constraint qi
   **Chai hu shu gan san**
   Chai hu, zhi qiao, xiang fu---
   Chen pi---
   Chuan xiong---

2. Liver qi stagnation turning into fire--- clear liver fire and releases constraint qi
   **Dan zhi xiao yao san**
   Chai hu, bo he, yu jin, xiang fu---
   Dang hui, sao yao---
   Bai zhu, fu ling---
   Dan pi, zhi zi---

3. Obstruction of phlegm-qi complex (plum-pit syndrome)---resolve phlegm and move qi
   **Ban xia hou po tang**
   Ban xia---
   Hou po---
   Fu ling---
   Zj su ye---
   Sheng jiang---

4. Heart deficiency and liver constraint (restless organ disorder)--- nourish heart and calm spirit
   **Gan mai da zao tang**
   gan cao, da zao---
   xiao mai---

5. Heart and spleen deficiency--- tonify spleen qi, nourish blood and heart
   **Gui pi tang**
   dang shen, huang qi, bai zhu---
   dang gui---
   suan zao ren, long yan rou---
   fu shen, yuan zhi---
   mu xiang---

6. Heart and kidney disharmony--- nourish yin and clear heat, sedate heart and clam spirit
   **Tian wang bu xin dan**
   sheng di huang, xuan shen, mai men dong---
   dan shen, dang gui---
   ren shen, fu ling---
   suan zao ren, bai zi ren, yuan zi, wu wei zi---

**Acupuncture treatment**

1. Liver qi stagnation
   LR 3 Tai chong, BL 18 Gan shu, CV 17 Tan zhong, CV12 Zhong wan, ST 36 Zu san li, SP 4 Gong sun
2. qistagnation turning into fire  
   CV 13 Shang wan, TE 6 Zhi gou, GB 34 Yang ling quan, LR 2 Xing jian, GB 43 Xia xi

3. obstruction of phlegm-qi complex (plum-pit syndrome)  
   CV 22 Tian tu, CV 17 Tan zhong, PC 6 nei guan, ST 40 Feng long, LR 3 Tai chong

4. heart deficiency and liver constraint (restless organ disorder)  
   CV 14 Ju wei, HT 7 Shen men, SP 6 San yin jiao, LR 3 Tai chong

5. heart and spleen deficiency  
   HT 7 Shen men, BL 15 Xin shu, GB 20 Feng chi, SP 6 San yin jiao, BL 20 Pi shu

6. heart and kidney disharmony  
   HT 7 Shen men, BL 15 Xin shu, GB 20 Feng chi, KI 3 Tai xi, BL 23 Shen shu

Personal clinical experience

**36. Goiter (Ying Liu)**

**Definition**
A disorder manifested with enlargement or nodules by the thyroid cartilage at neck.

**Relevant diseases of western medicine**
1. Hyperthyroidism---
2. thyroid tumor---
3. Thyoiditis---
4. nodular goiter ---
5. simple (nontoxic) goiter ---
6. exophthalmic goiter ---

**Etiology & pathogenesis**
Basic etiology:
1. emotional stress
2. improper diet and endemic water or food factor
3. constitutional factors
Basic pathogenesis:
1. qi stagnation
2. phlegm accumulation
3. blood stasis (if being chronic)

**Differential diagnosis**
**Classification & treatment**
1. Qi stagnation and phlegm accumulation---move qi, resolve phlegm and reduce goiter
   Si hai shu yu wan  
   Chen pi, qing mu xiang---  
   Kun bu, hai zao, hai piao xiao, hai ge ke, hai dai---

2. Phlegm accumulation and blood stasis---move qi and blood, resolve phlegm and reduce goiter
**Hai zao yu hu tang**
Kun bu, hai zao, hai dai---
Qing pi, chen pi---
Dang gui---
Chuang xiong---

3. **Liver fire blazing upward**---clear and drain liver fire, and reduce goiter

**Jia wei xiao yao wan**
Chai hu , bo he---
Shao yao, dan gui---
Fu ling, bai zhu---
Mu dan pi , zhi zi---
Wei jiang, gan cao---

4. **Heart and liver yin deficiency**---nourish yin, calm heart and soften liver

**Tian wang bu xin dan**
Sheng di huang, xuan shen, maim Meng dong, tian men dong---
Dan shen, dang gui---
Suan zao ren, wu wei zi---
Bai zhi ren, yuan zhi---

**Acupuncture treatment**
SJ 13 Nao hui, LI 17 Tan ding, SI 17 Tian rong, RN 22 Tian tu, LI 4 he gu, ST 36 zu san li, LR 3 Tai chong

**Personal clinical experience**
37. Aggregation and accumulation syndrome (Ji Ju)

**Definition**

Ji ju---palpable or impalpable abdominal mass accompanied by pain or distention.

Ji---substantial masses with pain at a fixed location, disorder of blood level and yin organs
Ju---insubstantial masses with distention greater than pain, disorder of qi level and yang organs

**Relevant diseases of western medicine**

1. Hepatosplenomegaly
2. Abdominal tumor
3. Pyloric stenosis
4. Partial bowel obstruction
5. Intussusception
6. Intestinal volvulus

**Etiology & pathogenesis**

1. Emotional stress
2. Improper diet
3. Exterior pathogen
4. Liver related pathogen

Spleen and liver are involved
Qi and blood stagnation, dampness and phlegm accumulation, deficiency of righteous qi are pathogenesis

**Differential diagnosis**

1. Focal distention
2. Tympanic abdominal distention

**Classification & treatment**

A. Ju syndrome

1. Liver qi stagnation
   Xiao yao san
   Chai hu---
   Dang gui---
   Bai shao---
   Bai zhu, fu ling, gan cao---
   Bo he---

2. Food retention and phlegm obstruction
   Liu mo tang
Da huang---
Zhi shi, Bing lang---
Chen xiang, Mu xiang, Wu yao---

B. Ji syndrome

1. Qi stagnation obstructing blood circulation
   Jin ling zi san
   Chuang lian zi---
   Yan hu suo---

2. blood stasis
   Ge xia zhu yu tang
   Tao ren, Hong hua, Chuan xiong, Chi shao, Dang gui, Wu ling zhi, Mu dan pi, Yan hu suo---
   Xiang fu, Wu yao, Zhi qiao---

3. deficient righteous qi with pathological aggregation
   Ba zhen tang + Hua ji wan

   Ba zhen tang (si jun zi tang + si wu tang )
   Ren shen, fu ling, bai zhu, gan cao (si jun zi tang )---
   Dang gui, bai shao, chuang xiong, shu di huang (si wu tang )---

   Hua ji wan
   San leng, E zhu, Fu hai shi, Xiang fu, Xiong huang, Bing lang, Su mu, Wa leng zi, Wu ling zi---

Acupuncture treatment

RN 12 Zhong wan, PC 6 Nei guan, GB 34 Yang ling quan, BL 18 Gan shu, Extra 20 Pi gen

Personal clinical experience

Reference

2. Hepatosplenomegaly 肝脾肿大--- enlargement of the liver and spleen to a degree that they are clinically palpable. There are a large number of causes in childhood, many of which overlap the causes of isolated hepatomegaly and splenomegaly. A list of conditions is given in Table 1. Any cause of chronic liver disease may cause portal hypertension and so is a possible cause of hepatosplenomegaly. Splenic enlargement displaces the stomach medially and the splenic flexure downward, liver enlargement is not reliably assessed on radiographs. Spleen size as measured on ultrasound can be compared with normograms. Hepatic size is not reliably assessed on radiographs.

Table 1. Causes of hepatosplenomegaly

Metabolic
Haematologic
   myeloproliferative disorders
myelofibrosis

**Oncologic**
leukaemia
lymphoma

**Infective**
Viral
hepatitis
rubella
cytomegalovirus disease
cytomegalovirus disease

Parasitic
malaria
leischmaniasis

1. lysosomal storage diseases 溶酶体贮积症--- a family of over 30 disorders that result from different defects in lysosomal function. Lysosomes 溶酶体 are cytoplasmic 胞浆的 organelles 细胞器 containing acid hydrolases 水解酶 that degrade macromolecules 大分子,高分子 to their basic building blocks: peptides, amino acids, monosaccharides 单糖, nucleic acids 核酸, and fatty acids.

2. Chronic Lymphocytic Leukemia/Small Lymphocytic Lymphoma---

3. Aplastic anemia--- a disorder of hematopoiesis 血细胞生成 characterized by marked reduction or absence of erythroid 红色的, granulocytic 粒细胞, and megakaryocytic 巨核细胞 cells in the bone marrow with resultant pancytopenia 全血细胞减少症.

3. Abdominal tumor---
4. Pyloric stenosis 幽门狭窄---
5. Partial bowel obstruction---
6. Intussusception intussusception 肠套叠---
7. Intestinal volvulus 肠扭转---
38. Hemorrhage

Definition
Emmission of blood from its physiological reservoirs with seepage into the surrounding tissues or discharge through the orifices.

Relevant diseases of western medicine
1. Epistaxis (nosebleed)
2. bleeding gums
3. hemoptysis (coughing blood)
4. hematemesis (vomiting blood)
5. hematochezia and melena (blood in stool)
6. hematuria (blood in urine)
7. subcutaneous bleeding

Etiology & pathogenesis
1. external pathogenic factors
2. improper diet
3. emotional stress
4. overexertion
5. chronic illness or the late stage of a febrile disease

Differential diagnosis

Classification & treatment

1. Epistaxis (nosebleed)
   1. heat attacking lung
      sang ju yin
      Sang ye, Ju hua, bo he, Lian qiao---
      Lie gen, Xing ren---
      Xing ren---
      Lu geng---

   2. stomach heat
      yu nu jian
      Shi gao, Zhi mu---
      Di huang, Ma dong---
      Niu xi---

   3. liver fire
      long dan xie gan tang
      Long dan cao, Zhi zi, huang qin---
      Sheng di huang, Dang gui---
      Che qian zi, Mu tong, Ze xie---

   4. qi and blood deficiency
      gui pi tang
2. bleeding gums

1. stomach fire
   qing wei san
   Huang lian---
   Sheng di, Mud an pi---
   Dang gui---
   Shengma---

2. yin deficiency with empty fire
   zi shui qing gan yin (liu wei di huang wan + dan zhi xiao yao san)

3. hemoptysis (coughing blood)

1. dry-heat attacking lung
   sang xing tang
   Sang ye, Dan dou chi, Zhi zi---
   Sha shen, Li pi---
   Xing ren, Bei mu---

2. liver fire
   xie bai san + dai ge san
   Sang bai pi, Di gu pi---
   Qing dai---
   Hai g eke, Gan cao---

3. lung yin deficiency with empty fire
   bai he gu jin tang
   Bai he, Mai dong, Xuan shen, Di huang---
   Dang gui, Bai shao---
   Bei mu, Gan cao---

4. hematemesis (vomiting blood)

1. stomach heat
   xie xin tang
   Huang Qin, Huang lian, Da huang---

2. liver fire
   long dan xie gan tang

3. qi deficiency failing to control blood
   gui pi tang

5. hematochezia and melena (blood in stool)

1. damp-heat in intestines
   di yu san
   Di yu, Qian cao gen---
Huang qin, Huang lian, Zhi zi---
Fu ling---

2. Spleen and stomach yang deficiency
Huang tu tang
Zao xin tu (Fu long gan)---
Fu zi---
Bai zhu, Gan cao---
E jiao, Di Huang---

6. Hematuria (blood in urine)

1. Heat in lower jiao
Xiao ji yin zi
Xiao ji, Sheng di huang, Ou jie, Pu huang---
Zhi zi, Zhu ye---
Hua shi, Mu tong---

2. Kidney yin deficiency with empty fire
Zhi bai di huang wan
Liu wei di huang tang---
Zhi mu, Huang bai---

3. Spleen deficiency failing to control blood
gui pi tang

4. Kidney deficiency failing to consolidate lower jiao
Wu bi san yao wan
Shu di hang, Shan yao, Shan zhu yu---
Rou cong rong, Tu si zi, Ba ji tian, Du zhong, Niu xi---
Fu ling---
Wuwei zi, Chi shi zhi---

7. Subcutaneous bleeding

1. Heat in blood
Xi jiao di huang wan
Shui niu jiao, Sheng di huang---
Mu dan pi, Chi shao---

2. Yin deficiency with empty fire
Qian ge san
Qian cao gen, Ce bai ye, Huang qin---
Di huang, E jiao---
Gan cao---

3. Qi deficiency failing to control blood
gui pi tang

Acupuncture treatment
1. **Epistaxis (nosebleed)**
   LI 20 ying xiang, LI 4 he gu, Du 23 shang xing
2. **bleeding gums**
   LI 4 he gu, ST 7 xia guan, ST 6 jia che
3. **hemoptysis (coughing blood)**
   BL 13 fei shu, LU 6 kong zui, LU 5 chi ze
4. **hematemesis (vomiting blood)**
   RN 13 shang wan, PC 7 da ling, PC 4 i men
5. **hematochezia and melena (blood in stool)**
   BL 20 pi shu, BL 25 da chang shu, BL 32 ci liao, Du 1 chang qiang
6. **hematuria (blood in urine)**
   BL 17 shen shu, RN guan yuan
7. **subcutaneous bleeding**
   BL 17 ge shu, BL 20 pi shu, SP 10 xue hai, SP 6 san yin jiao

**Personal clinical experience**
39. Abnormal sweating (Han zheng)

**Definition:**
Abnormal and excessive sweating that is not related to any environmental or physical influence.

**Classification:**
1. spontaneous sweating
2. night sweating
3. localized sweating
4. collapse (tuo) sweating
5. shivering (zhan) sweating
6. yellow (huang) sweating

**Relevant modern diseases:**
1. **Hyperthyroidism**—A clinical condition encompassing several specific diseases, characterized by hypermetabolism and elevated serum levels of free thyroid hormones.
2. **Tuberculosis**—A bacterial infection that usually affects the lungs (pulmonary TB), but can affect other parts of the body (extrapulmonary TB).
3. **Hypoglycemia**—also called low blood sugar, occurs when your blood glucose (blood sugar) level drops too low to provide enough energy for your body's activities.
4. **Prostration**—a state of extreme physical exhaustion, weakness or collapse.
5. **Rheumatic diseases**
6. **Shock**
7. **Vegetative nerve functional disturbance**

**Etiology & pathogenesis**
1. Deficiency of ling qi
2. disharmony of protective qi and nutritive qi
3. yin deficiency
4. excess heat
5. damp heat accumulation

**Herbs review**
- Ma huang gen
- Fu xiao mai
- Duan long gu
- Duan mu li

**Herbal treatment**

1. **Lung qi deficiency**
   - Yu ping feng san
   - Huang qi---
   - Bai zhu---
   - Fang feng---

2. **Disharmony of protective qi and nutritive qi**
   - Gui zhi tang
   - Gui zhi---
Bai shao---
Sheng jiang, Da zao, Gan cao---

3. **Yin deficiency**
   **Dang gui liu huang tang**
   Sheng di huang, Shu di huang, Dang gui---
   Huang qin, Hung lian, Huang bai---
   Huang qi---

4. **Excess heat**
   **Bai hu tang**
   Shi gao---
   Zhi mu---
   Gan cao, Jing mi---

5. **Damp heat accumulation**
   **Long dan xie gan tang**
   Long dan cao, zhi zi, Huang qin---
   Che qian zi, Mu tong, Ze xie---
   Dang gui, Sheng di huang---

**Acupuncture treatment**

1. **Excess**
   RN 14, LI 11

2. **deficiency**
   RN 14, DU 20, KI 1
40. **Congestive fluid (Tan yin)**

**Definition:**
Retention of unmetabolized water in specific regions of body.

**Classification:**
1. Phlegm-fluid (tan yin)
2. suspended fluid (xuan yin)
3. diffused fluid (yi yin)
4. propped fluid (zhi yin)

**Relevant modern diseases:**
1. Chronic bronchitis
2. bronchial asthma
3. pleurisy
4. nephritis
5. incompletely pyloric stenosis
6. Intestinal obstruction
7. chronic cor pulmonale

**Etiology & pathogenesis**
7. Cold dampness
8. improper diet
9. exhaustion, fatigue and chronic illness
10. obstruction of water passage in san jiao

**Herbal treatment**

1. **Phlegm-fluid (tan yin)**
   1. Spleen yang deficiency
      Ling gui zhu gan tang + xiao ban xia tang
      Fu ling, bai zhu---
      Gui zhi, Gan cao---
      Ban xia, Sheng jiang---

   2. Fluid retention in stomach and intestine
      Ji jiao li huang wan
      Da huang, ting li zi---
      Fang ji, Jiao mu---

2. **Suspended fluid (xuan yin)**
   1. Shi zao tang
      Yuan hua, Gan shui, Da ji---
      Da zhao---

3. **Diffused fluid (yi yin)**
   1. Xiao qing long tang
Ma huang, Gui zhi---
Gan jiang, Xi xin---
Ban xia---
Wu wei zi, Bai shao---

4. Propped fluid (zhi yin)

1. Cold congested fluid hidden in lung
   Ling gan wu wei jiang xin tang
   Gan jiang, Xi xin---
   Fu ling---
   Wu wei zi---

2. Spleen and kidney yang deficiency
   Jin gui shen qi wan + Ling gui zhu gan tang

Acupuncture treatment

2. Phlegm-fluid (tan yin)
   RN 12, BL 20, ST 36, PC 6, ST 40, ST 36

3. Suspended fluid (xuan yin)
   BL 20, RN 9, KI 7, SP 4, GB 40, GB 38

4. Diffused fluid (yi yin)
   LU 7, LI 4, LI 6, SP 9, BL 39, BL 13

5. Propped fluid (zhi yin)
   LU 7, BL 13, LU 5, LI 4, BL 12, Lu 9
41. Diabetes--Wasting and thirsting disorder (Xiao ke)

Definition
Excessive urine production (polyuria)
Excessive thirst (polydipsia)
Excessive food intake (polyphagia)

Classification & pathogenesis
Upper xiao: (mainly polydipsia due to Dryness-heat in the lung)
Middle xiao (mainly polyphagia due to heat of stomach)
Lower xiao: (mainly polyuria due to kidney Yin deficiency)

Relevant modern diseases
1. Diabetes mellitus
2. Diabetes insipidus

Etiology
1. Improper diet
2. Emotional stress
3. Overexertion

Herbal treatment
1. Upper xiao
   The patient suffers mainly from polydipsia, thirsty right after drinking water,
   accompanied with restlessness, dry tongue and mouth, polyphagia and polyuria, red
tongue with yellowish fur, slippery and rapid pulse.
   Xiao ke fang
   Tian hua fen---
   Huang lian---
   Sheng di huang, Ou zhi, Feng mi---

2. Middle xiao
   The patient mainly has polyphagia with susceptibility to hunger, accompanied by
   emaciation, dry mouth, thirsty, constipation, polyuria, red tongue with dry and yellow fur,
   slippery, solid and forceful pulse.
   Yu nu jian
   Shi gao, Zhi mu---
   Sheng di huang, Mai men dong---
   Niu xi---

3. Lower xiao
   The patient mainly manifests as polyuria with turbid urine, accompanied with soreness
   and weakness in the loins, scanty red and sticky menorrhea, dry mouth and lips,
   emaciation, dysphoria with feverish sensation in the chest, palms and soles, red tongue
   with little fur, and deep, thready and rapid pulse.
   Kidney yin deficiency: Liu wei di huang wan
   Both kidney yin and yang deficiency: Jin gui shen qi wan

Acupuncture treatment
Upper xiao: HT 8, BL 15, LU 9, BL 13  
Middle xiao: ST 44, SP 6, BL 20, BL 21  
Lower xiao: KI 3, LR 3, BL 18, BL 23  

Clinical experience
42. **Fever of internal disequilibrium (Nei Shang Fa Re)**

**Definition**
Both a subjective sensation of heat and an objective elevation in body temperature.

**Classification**

**Relevant modern diseases**
1. endocrine disorders: hyperthyroidism
2. malignant tumor
3. chronic infectious disorders: tuberculosis (TB)
4. connective tissue diseases (CTD): rheumatic fever, systemic lupus erythematosus (SLE)
5. hematological disorders: leukemia
6. menopause

**Etiology & pathogenesis**
1. Liver qi stagnation
2. blood stasis
3. dampness accumulation
4. spleen qi deficiency
5. blood deficiency
6. essence and yin deficiency

**Herbal formula treatment**

2. **Liver constraint fever**
   **Dan zhi xiao yao san**
   Mu dan pi, Zhi zi---
   Chai hu, Bo he---
   Dang gui, Bai shao---
   Bai zhu, Fu ling, Gan cao---

3. **Blood stasis**
   **Xue fu zhu yu tang**
   Tao ren, Hong hua, Chuan xiong, Chi shao, Niu xi---
   Dang gui, Sheng di huang---
   Chai hu, Zhi qiao, Jie geng---

4. **Dampness accumulation**
   **San ren tang**
   Xing ren---
   Bai dou kou---
   Yi yi ren---
   Hua shi, Tong cao---
   Ban xia, Hou po---

5. **Spleen qi deficiency**
   **Bu zhong yi qi tang**

6. **Blood deficiency**
   **Dang gui bu xue tang**
7. Yin deficiency
   Zhi bai di huang wan

Acupuncture treatment

1. excess
   DU 14, LI 11, LI 4

2. deficiency
   RN 4, SP 6, ST 36

Clinical experience