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Essentials of Chinese Medicine

Volume 3

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Essentials of Chinese Medicine

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Foreword

The Essentials of Chinese Medicine is a text book intended for international students who wish to gain a basic understanding of Chinese Medicine (CM) at the university level. The idea of writing such a text was originated from the Sino-American Consortium for the Advancement of Chinese Medicine (SACACM), which was founded in February 2000. In 1995, the British Hong Kong Administration set up a Preparatory Committee for the Development of Chinese Medicine to look into ways of bringing Chinese medical practice and herbal trade under proper control and regulation. After the reunification of Hong Kong with mainland China in 1997, the Government of the Hong Kong Special Administrative Region continued the efforts to uplift the practice of CM to a fully professional level through legislation.

To help bring up a new generation of professional CM practitioners, the Hong Kong Baptist University (HKBU) obtained approval from the Government's university funding authority to develop a School of Chinese Medicine to prepare students who will meet the future professional requirements through public examinations. In order to establish itself quickly as a rigorous provider of university level CM education, HKBU sought alliance with eight major CM universities in the Chinese Mainland, and one US university which was interested in developing CM education within its medical college. As a result, the Consortium known as SACACM was formed, with ten founding institutions from Beijing, Shanghai, Nanjing, Shandong, Guangzhou, Chengdu, Heilongjiang, Hong Kong, and the United States. (The University of Macau and the Macao University of Science and Technology joined the Consortium 2 years later.)

One of the first projects the Consortium decided to pursue was the writing of a high quality CM text book in English to be endorsed by the member institutions as the foundation for the study of traditional Chinese medicine. The Beijing University of Traditional Chinese Medicine, being one of the oldest and better developed institutions in the field, was nominated to be the coordinating university for the project, with the active assistance of the State Administration of Traditional Chinese Medicine of China (SATCM). The initial funding for the project was provided by the Hong Kong Baptist University and the Ohio University of the USA. An editorial committee was formed to decide on the general coverage and level of the text, and each of the member universities of CM were requested to nominate their senior professors to write the assigned chapters according to their fields of specialty. These

authors were to prepare their scripts in both Chinese and English with the help of the Editor. After the English version of the text was checked against the Chinese version for accuracy and consistency, it was sent to an expert who is well versed in both Chinese and Western Medicine and at the same time fluent in both the Chinese and English languages at the mother tongue level. The expert was invited to go over the entire text line by line to make sure that both the language style and the terms used are understood by the international students whose native language is English.

The above steps looked innocent enough, but the execution of the entire process was extremely time consuming and tedious. It has also proven to be a very meaningful, if not “ground-breaking,” move which makes the text truly different from publications of similar nature. I am happy that after 9 years of hard work and perseverance this text is finally ready for the press. I do hope that when it comes out, it will prove to be a significant contribution to the education of CM internationally.

Founding Chair, SACACM
February 2009

Daniel C. W. Tse

Preface

“Health for all” is still an important task for the World Health Organization (WHO) to accomplish in the twenty-first century. The accomplishment of this task requires mutual cooperation and common efforts of various medical sciences, which includes Chinese medicine. WHO has increasingly emphasized the development of traditional medicine and has made great efforts to promote its development. Because traditional medicine is deeply rooted in history and culture, it is part of the traditions of a country and employs healing practices handed down from generation to generation.

Large portions of the population in a number of developing countries still rely mainly on traditional practitioners, including traditional birth attendants, herbalists, and bone-setters, and local medicinal plants to satisfy their primary health care needs. Although modern medicine is now available in many countries, traditional medicine has maintained its popularity because of its historical and cultural impact. People believe in it, and it is still effective against many common diseases, has few side effects, and is economically preferable to modern medicine.

Nowadays, the modern medical model is changing. It is gradually shifting from its original medical model of biomedicine into a physiological–psychological–sociological–medical model, which emphasizes that the people, the natural environment, ecological conditions and society are all aspects of a united whole. With the transformation into the new medical model, alternative medicine and therapies are developing very rapidly. The study of Chinese Medicine (CM) in the west is both timely and challenging. It is timely because of public demand for traditional medicines to be provided by safe, efficient and competent practitioners. It is challenging because of the greater demand for science-based treatment and evidence-based practice. These perspectives suggest that the integration of orthodox medicine with complementary or alternative medicine is a historical trend in the world medical scene. Therefore, the role of CM in medical treatment and health-care will certainly become even more important in the world medical scene in the twenty-first century.

CM is an integral part of Chinese culture. Over the centuries, various activities and aspects of the practice of CM have made tremendous contributions to the prosperity of the Chinese nation. Its good reputation resulted from its great vitality is

demonstrated by the fact that when compared with other traditional medicine its clinical application has never declined over the past several thousand years.

CM appears to have a bright future in the world. There appears to be a growing reliance on it by people everywhere. This seems to be an irresistible historical trend. Working together to develop CM will not only be in line with the developing trend in the world, but also will fundamentally solve existing problems and increase competitive advantages. Collaboration among universities will benefit cultural exchange, the blending of the East and the West, and the global development of CM. However, much work needs to be done in order to meet the health requirements of human beings and to promote the course of internationalization of CM, especially the compilation of textbooks suitable for medical students in western countries in addition to international readers.

With the encouragement of the State Administration of Traditional Chinese Medicine of China, the compilation of this textbook series was initiated by the Sino-American Consortium for the Advancement of Chinese Medicine which was made up of the Ohio University in Athens, Ohio, Beijing University of CM, Chengdu University of TCM, China Academy of Chinese Medical Sciences, Guangzhou University of TCM, Heilongjiang University of TCM, Hong Kong Baptist University, Nanjing University of TCM, Shandong University of TCM, and Shanghai University of TCM. The Beijing University of CM was the lead institution of this project. It gathered experts from the member institutions to compile the series and translate it into English which is now known as *Essentials of Chinese Medicine*. This textbook series contains three volumes: Volume 1 *Foundations of Chinese Medicine*; Volume 2, *Clinical Fundamentals in Chinese Medicine*; and Volume 3 *Essentials of the Clinical Specialties in Chinese Medicine*. These volumes systematically introduce the basic theories, the diagnostic methods, the therapeutic methods based on symptom differentiation, and the knowledge of principles of health preservation and rehabilitation. They explain the basic methods and theories of acupuncture and moxibustion, as well as expounding upon 154 kinds of Chinese herbs; each Chinese medicinal herb is illustrated. The textbooks also introduce 84 Chinese herbal formulas and 11 associated formulas commonly used in clinical practice. Furthermore, it elucidates treatments of commonly and frequently encountered diseases in internal medicine, surgery, gynecology, pediatrics, ophthalmology and otorhinolaryngology.

In the arrangement of contents and compilation, the following features characterize this textbook series:

1. Emphasis on the basic knowledge of CM

Medical students who want to learn CM, especially students in western countries, need to adapt CM to Western medical terms and conditions, but this adaptation can only take place on the solid foundation of the theories of CM. There can be no mastery of CM without a true understanding of the theories and practice of CM. The first volume introduces the terminology and methodology of Chinese medicine

in order to improve the critical thinking of medical students and practitioners. It also contains a detailed explanation of the basic theories. The second volume covers the fundamentals of clinical practice. The more solid the foundation is, the easier it will be to have a better understanding and mastery of CM

2. Concise and systematic content

On the basis of developments of CM in education and research in the past, great efforts have been made to highlight the essence of CM through accurate exposition and to introduce them to the world. These textbooks systematically introduce the basic theories, diagnostic methods, acupuncture skills, knowledge of Chinese herbs, knowledge of formulas, as well as clinical application. Mastery of these textbooks will lay a foundation for the further study of CM.

3. Suitability for teaching and self-study

In this textbook series, at the end of most chapters guidance is provided on the aims of study, the objectives of study and exercises for review. The structure combines the features of textbooks and modular handbooks. Therefore, it is highly suitable for self-study by medical students.

4. Reinforcing effects of illustrations

To facilitate the understanding of CM, the textbook series contains many illustrations. There are black and white photographs, line graphs, tables in the text with necessary indexes, color photographs of the tongue, and color photographs of 151 Chinese herbs. These illustrations provide a better appreciation of CM and promote its learning.

5. Case studies

In Volume 3 and Part III of Volume 2 each section contains a successful case study. These case studies enhance the understanding of CM.

6. Standardization

This textbook series is reasonable in structure and distinct in categorization. Most of the technical terms of CM have been standardized in translation with an index glossary. Simultaneously, habitual terms used in countries using English as the mother tongue have been considered in the translation and compilation.

In order to ensure academic standards and an accurate English translation of this textbook series, we invited international experts of the CM profession and the English language to review and revise the English translation.

Professor Zheng Souzeng, the former President of Beijing University of Chinese Medicine, was the Director of the Compilation Board. Dr. Warner Fan of the United States is the English Consultant who has gone through the whole text to ensure the language consistency throughout the text.

International advisors invited include Ryan Thompson from Canada, Ioannis Solos from Greece and Georgia Ross from the United States of America. They and others have given much help in the compilation of this series of books. We are grateful to them for very useful suggestions and revisions.

Note on Conventions Used in the Text

Several conventions of usage have been adopted in the English version of this textbook, and are intended to make the students' task easier.

A number of concepts in traditional Chinese medicine cannot be adequately translated. The terms representing them are therefore presented in transliteration, using the *Pinyin* system. Where the term is already in common usage but in this text are used as technical terms, they are capitalized. Examples include Qi, Yin, Yang, the Five Elements (Metal, Wood, Water, Fire, Earth), the six exogenous pathogenic evil (Wind, Heat or Summer Heat, Cold, Phlegm, Dampness, Fire) and their endogenous counterparts, all the acupoints, the four Levels (Defensive, Qi, Nutritive, and Blood), etc. Where there is no risk of confusion between ordinary and technical usage, they are not capitalized. Examples include the zang and fu organs, the sanjiao, etc.

In the discussion of CM *materia medica*, all materials are referred to as "herbs," even though many are derived from animal or mineral sources. This is the time-honored approach, as comparable medieval European books are often entitled "Herbals." In traditional CM, herbs are seldom prescribed alone. A prescription is referred to here as a "formula."

In addition, the name of each formula is given as one word, in *pinyin* transliteration of the Chinese name. In Chapter 7 of volume 2, which contains the main descriptions of the herbs, each entry is headed by the name of the herb in *pinyin* with its botanical name in brackets. The first line then gives the actual Chinese name in characters and the herb's pharmaceutical name (in Latin). When an herb is mentioned in the text elsewhere, at its first appearance it is followed in brackets by its genus name if it is described in Chapter 7 of volume 2 or by its botanical name, both genus and species, if it is not. It is hoped that doing so will make it easier for the student who chooses to look it up in the Appendix III: Herbs or in Chapter 7 of volume 2. When the herb is mentioned again in the same passage, only the name in *pinyin* is given.

Strictly speaking, the clinical manifestations of an illness include both symptoms and signs. The symptoms are supposed to be what the patient feels and perceives subjectively, whereas the signs are what the physician finds objectively. Take fever, for example. The symptom is the hot sensation, especially in the face and head, that the patient feels, whereas the sign is the higher than normal temperature as measured with a thermometer. In accordance with the recent trend towards simplification, however, in this text the word “symptoms” encompasses both symptoms and signs.

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Note on Organization of Volume 3

This volume is composed of six parts, which present some of the commonly encountered clinical conditions in six Chinese Medicine (CM) specialties. These are internal medicine, gynecology, pediatrics, dermatology, EENT and emergency conditions. All together, 69 types of illnesses are discussed in detail, including their etiology, pathology, clinical diagnosis and treatment. Each type of illness is illustrated with one or two case studies.

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Chapter 1

Wind-Injury (Common Cold)

Wind-injury is also called Wind-exposure; it is sometimes also known as the common cold. It is an illness with the main symptoms of headache, nasal mucosal congestion and discharge, sneezing, cold-aversion, fever, and a floating pulse. In general, it lasts 3–7 days. Its course seldom varies.

In more severe cases, especially if it spreads widely within a fairly short period of time with similar symptoms in different patients, it is called influenza.

I Etiology and Pathology

Although the main cause of Wind-injury is the Wind evil, its development is closely related to the strength or weakness of the body's genuine Qi. The illness is mainly located in the lung-Defensive Level. Mostly it results from strong exogenous Wind, but if the patient is exposed to Wind while the body is deficient the result may be an illness of root-deficiency and appearance-strength.

Exogenous Wind is the chief of the six climatic pathogenic evils. It is often accompanied by the various seasonal evils when it causes illness, and can even induce epidemic influenza. Clinically, the most common types are Wind-Cold and Wind-Heat. In addition, the Summer Heat, Dampness and Dryness evils can also join Wind to cause illnesses.

Whether or not Wind attacks depends intimately on the strength or weakness of the body's resistance. Weakness of the body and deficiency of genuine Qi lead to weakening of resistance. An improper lifestyle or excessive fatigue can cause laxity of the interstitial spaces and dissipation of Defensive Qi. In such circumstances an exogenous evil can attack the skin, hair, the lung or the Defensive Level and result in Wind injury. Furthermore, differences in the body's constitution are associated with different susceptibilities. For example, Wind-Cold can easily exploit Yang deficiency; Wind-Heat or Dryness-Heat can easily exploit Yin deficiency; and exogenous Dampness can easily complicate a body with much Phlegm and endogenous Dampness.

The pathway of Wind attack is the lung system and the Defensive exterior, and the location of the illness is generally also limited to the lung-Defensive Level.

If Defensive Yang is constrained by any factor, there may be disharmony between Nutritive Qi and Defensive Qi. The struggle between evil Qi and genuine Qi can generate such symptoms of the Defensive Level or the exterior as cold-aversion and fever. When an exogenous evil attacks the lung, the air passage becomes blocked. lung-Qi cannot rise and clarify properly, giving rise to cough and nasal mucosal congestion – symptoms of the lung system. Influenza, because it is a more serious attack by the exogenous evil, has more severe symptoms, and can manifest high fever and delirium.

If the patient's constitution is vigorous the exogenous evil is confined to the lung-Defensive Level and the illness is mild, with mainly symptoms of the exterior. But if the patient is elderly or has a weak constitution then resistance is weak so that the exogenous evil may transmit from the exterior to the interior. This aggravates the illness and may lead to complications.

II Clinical Manifestation

In general, Wind-injury occurs most frequently in winter and spring and usually begins abruptly. It lasts 3–7 days. The main symptoms are those of the lung and the Defensive Level. Those of the exterior-Defensive Level are cold-aversion, fever, headache, and aching pain of the limbs or body. Those of the lung system are sneezing, nasal mucosal congestion with clear discharge, throat irritation and cough.

Wind-injury is usually localized to the lung-Defensive Level. It rarely extends or transforms. But if it recurs repeatedly lung-Qi may become deficient, and this state may give rise to such symptoms as shortness of breath, coldness of body, and sweating. If the body's constitution is weak prior to Wind injury, the illness is one of root-deficiency and appearance-strength.

Influenza, on the other hand, tends to be epidemic and is more severe.

III Key Points of Analysis

1 *Wind-Cold and Wind-Heat*

Cold and Heat have very different nature and require very different treatment. It is therefore important first to determine whether the illness is one of Wind-Cold or of Wind-Heat. In general, injury by Wind-Cold is characterized by stronger cold-aversion than fever, headache and body aches, and nasal mucosal congestion with clear discharge. Injury by Wind-Heat is characterized by fever stronger than cold-aversion, headache, thirst, nasal mucosal congestion with thick yellow discharge, and sore or swollen throat. Among these symptoms, whether the throat is sore and swollen or not is often the key for differentiating Wind-Heat from Wind-Cold.

Sometimes, in the initial stages an illness may be one of injury by Wind-Cold, but a few days later sore throat may develop and the nasal discharge changes from clear to yellow and thick. This reflects gelling of the Cold evil and its transformation into Heat. At this stage the treatment is that for Wind-Heat.

2 Accompanying Pathogenic Evils

In attacking the body Wind is frequently accompanied by one or more of the other exogenous pathogenic evils.

Dampness often accompanies Wind during the rainy season of late spring and early summer (“plum-rain season”). Wind-Dampness injury is characterized by low-grade fever, headache as though being squeezed, bone and joint pains, chest tightness and a bland or sweet taste in the mouth.

Heat accompanies Wind mostly during summer. Wind-Heat injury is characterized by fever with sweating, agitation, thirst, decreased and dark urine and a yellow and greasy tongue coating.

Dryness accompanies Wind mostly during autumn. Dryness-Wind injury is characterized by fever, headache, a dry nose and throat, cough with no or slight sputum, thirst and a red tongue.

Indigestion from dietary excesses occurs mostly following festivals or celebrations. Indigestion with Wind injury is characterized by a feverish body, chest and epigastric distention, anorexia with nausea, diarrhea and a greasy tongue coating.

In clinical practice, it is important to determine what pathogenic evils have accompanied Wind. Building on the foundation of releasing the exterior and unblocking the lung the physician applies treatment to dissipate Dampness, expel Heat, moisten Dryness and remove stagnation; only by doing so can the physician obtain excellent response.

3 Strength and Deficiency

Wind-injury is mostly an illness of strength of pathogenic evils, but not invariably so. In differential diagnosis the physician must first determine whether the illness is due to strength in the exterior or underlying deficiency in the exterior.

In general, fever with sweating and wind-aversion are symptoms of deficiency in the exterior, whereas fever without sweating, cold-aversion and body aches are symptoms of strength in the exterior.

In an illness of deficiency in the exterior the appropriate treatment is to disperse Wind to release the exterior but not to over-use acrid-release. In an illness of strength in the exterior the appropriate treatment is to induce sweating to release the exterior, as fever subsides upon sweating. If a deficient body is attacked by an exogenous evil,

there may be repeated episodes of illness. The proper approach to treatment must be principally to support the genuine in order to dispel the evils. Thus, in addition to applying a method of exterior-release in accordance with the specific exogenous evil the physician must always attend to the support of genuine Qi.

IV Herbal Treatment

1 *Strength Illnesses*

i Wind-Cold Injury

Main Symptoms. Nasal mucosal congestion or nasal itch, sneezing, and clear discharge; itchy throat; and cough with thin sputum. In severe cases, there may be fever without sweating, cold-intolerance, headache, aching pain in the body and limbs. The tongue coating is white. When there is fever the pulse is floating and rapid; when there is cold-intolerance it is floating and tight. If Dampness has joined the attack, there may be low-grade fever, headache as though being squeezed, and aching pain and heaviness in the limbs; alternately, there are exterior Wind-Cold symptoms and interior symptoms of chest tightness, nausea, anorexia, a bland taste and a greasy tongue coating.

Therapeutic Principle. Acrid-warm release of the exterior to clear the lung and dispel Cold.

Treatment. Cong Chi Tang (Green Onion and Soybean Decoction) and Jing Fang Bai Du San (Schizonepeta-Saposhnikovia Detoxifying Powder) are commonly used.

The composition of Cong Chi Tang is as follows: congbai (*Allium fistulosum*) three pieces and dandouchi (*Glycine max*) 6 g. This formula is especially suitable for mild cases.

The composition of Jing Fang Bai Du San is as follows: Qianghuo (*Notopterygium*) 6 g, duhuo (*Angelica pubescens*) 10 g, chaihu (*Bupleurum*) 10 g, Qianhu (*Peucedanum*) 10 g, zhiqiao (*Poncirus trifoliata*, *Citrus aurantium*) 10 g, fuling (*Poria*) 10 g, fangfeng (*Saposhnikovia*) 10 g, jingjie (*Schizonepeta*) 10 g, jiegeng (*Platycodon*) 6 g, chuanxiong (*Ligusticum*) 6 g and gancao (*Glycyrrhiza*) 5 g. If nasal mucosal congestion is very severe, cangerzi (*Xanthium sibiricum*) may be added.

When a patient is exposed to cold and rain, Dampness may attack along with Wind-Cold. This may be treated with Qianghuo Sheng Shi Tang (Notopterygium Dampness-Defeating Decoction), with the following composition: Qianghuo (*Notopterygium*) 6 g, duhuo (*Angelica pubescens*) 9 g, gaoben (*Ligusticum sinense*) 2 g, fangfeng (*Saposhnikovia*) 6 g, fried gancao (*Glycyrrhiza*) 3 g, chuanxiong (*Ligusticum*) 5 g and manjingzi (*Vitex trifolia*) 10 g. If Dampness is more severe than Wind-Cold, add cangzhu (*Atractylodes*), houpo (*Magnolia*), banxia (*Pinellia*) and chenpi (*Citrus tangerina*) to promote spleen functions and to dry Dampness.

ii Wind-Heat Injury

Main Symptoms. Fever with mild aversion to wind and cold, sometimes with sweating; headache; nasal mucosal congestion with turbid discharge; and cough productive of thick yellow sputum; dry mouth with thirst; and inflamed and painful throat. The tongue coating is thin and yellow, and the pulse slippery and rapid.

If there is exposure to Summer Heat as well, there may be fever not relieved by sweating, agitation, thirst dark urine and yellow and greasy tongue coating.

Therapeutic Principle. Acrid-cool release of the exterior to dispel Wind and cool Heat.

Treatment. Yin Qiao San (Lonicera and Forsythia Powder) and Sang Ju Yin (Mulberry and Chrysanthemum Drink) are both commonly used. Both are acrid-cooling formulas. Sang Ju Yin is less potent than Yin Qiao San, and is more suitable for treating mild cases.

If Wind-Heat is complicated by much exposure to Summer Heat, there is often Dampness and more Heat. In such cases, in addition to the usual symptoms of Wind-Heat there may be fever not relieved by sweating, agitation, thirst with desire to drink, decreased and dark urine, a yellow and greasy tongue coating and a soft and rapid pulse. This may be treated with Xin Jia Xiangru Yin (Newly Supplemented *Elscholtzia* Decoction) together with huoxiang (*Agastache*), peilan (*Eupatorium*), yiyiren (*Coix*) and Liu Yi San (Six-One Powder). The composition of Xin Jia Xiangru Yin is as follows: xiangru (*Elsholtzia splendens*) 6 g (late decocted), jinyinhua (*Lonicera*) 9 g, biandou blossom (*Dolichos lablab*) 9 g, houpo (*Magnolia*) 6 g, and lianqiao (*Forsythia*) 12 g. The composition of Liu Yi San is as follows: huashi (talcum) six parts and gancao (*Glycyrrhiza*) one part. This combined prescription can release the exterior, cool Heat and dissipate Summer Heat and promote the excretion of Dampness in the urine.

iii Exterior-Cold and Interior-Heat

Main Symptoms. Fever and chills without sweating; headache; aching pain in body and limbs; nasal mucosal congestion; sore throat; and cough with viscous or mixed yellow and white sputum. The tongue is red along the sides and in the tip, the coating is thin and white or thin and yellow, and the pulse is floating and rapid.

Therapeutic Principle. Dispel Wind, clear the lung, expel Cold and cool Heat.

Treatment. Ma Xing Shi Gan Tang (Ephedra, Almond, Gypsum and Licorice Decoction) with added Qianghuo (*Notopterygium*) and yuxingcao (*Houttuynia*).

If exterior Cold is more severe than interior Heat, with cold-intolerance and joint pain, add zisu leaf (*Perilla*) and guizhi (*Cinnamomum*) to dispel Wind and Cold. If interior Heat is more severe than exterior Cold, with inflamed and painful throat, add banlangen (*Isatis*) and huangqin (*Scutellaria*) to cool Heat and remove poison.

In the case of constipation, persistent fever, greasy tongue coating and slippery but replete pulse, it is an illness of strength in both interior and exterior.

Use Fangfeng Tong Sheng San (Miraculous Saposhnikovia Powder) to release both interior and exterior. It has the following composition: fangfeng (*Saposhnikovia*) 15 g, chuanxiong (*Ligusticum*) 6 g, danggui (*Angelica*) 6 g, baishaoyao (*Paeonia*) 15 g, dahuang (*Rheum*) 10 g, bohe (*Mentha*) 10 g, mahuang (*Ephedra*) 9 g, lianqiao (*Forsythia*) 15 g, mangxiao (*Mirabilite*) 15 g, shigao (gypsum) 30 g, huangqin (*Scutellaria*) 30 g, jiegegeng (*Platycodon*) 30 g, huashi (talc) 90 g, gancao (*Glycyrrhiza*) 6 g, jingjie (*Schizonepeta*) 6 g, baizhu (*Atractylodes*) 9 g and zhizi (*Gardenia*) 9 g.

2 Deficiency Illnesses

i Wind-Injury with Qi Deficiency Condition

Main Symptoms. Fever with cold-aversion, or fever that is not high but accompanied by coldness, spontaneous sweating, headache, nasal mucosal congestion, cough with white sputum, low timorous voice, shortness of breath, lassitude, a white tongue coating and a floating and forceless pulse.

Therapeutic Principle. Augment Qi, release the exterior, and harmonize Nutritive and Defensive Qi.

Treatment. Shen Su Yin (Ginseng and Perilla Drink) and Huangqi Guizhi Wu Wu Tang (Astragalus-Cinnamon Five-Ingredient Decoction) are commonly used.

The composition of Shen Su Yin is as follows: muxiang (*Aucklandia*) 6 g, zisu leaf (*Perilla*) 10 g, washed gegen (*Pueraria*) 15 g, processed banxia (*Pinellia*) 10 g, Qianhu without sprouts (*Peucedanum*) 9 g, renshen (*Panax*) 9 g, peeled fuling (*Poria cocos*) 12 g, zhìqiao (*Poncirus trifoliata*, *Citrus aurantium*) 15 g, jiegegeng without reeds (*Platycodon*) 15 g, fried gancao (*Glycyrrhiza*) 10 g, and juhong (*Citrus tangerina*, orange scraping from peel) 15 g. The banxia is washed in hot water for several times, roasted with ginger, then parched before use.

The composition of Huangqi Guizhi Wu Wu Tang is as follows: huangqi (*Astragalus*) 9 g, baishaoyao (*Paeonia*) 9 g, guizhi (*Cinnamomum*) 9 g, shengjiang (*Zingiber*) 9 g, and dazao (*Ziziphus*) five pieces.

Patients who have Qi deficiency, with spontaneous sweating and cold body, are highly susceptible to Wind attack. They may take Yu Ping Feng San often to augment Qi, strengthen the exterior and enhance resistance against exogenous evils. Doing so may prevent recurrent attacks by Wind.

ii Wind-Injury with Yang Deficiency Condition

Main Symptoms. Intermittent cold-aversion or in severe cases shaking chills; sometimes mild fever; no sweating or spontaneous sweating, the sweating being accompanied by cold-intolerance; headache; coldness and pain in the joints; pallid

complexion; feeble voice; and cold limbs. The tongue is pale and plump with white coating, and the pulse is deep, threadlike and forceless.

Therapeutic Principle. Warm Yang and release the exterior.

Treatment. Guizhi Jia Fuzi Tang (Cinnamon Plus Aconite Decoction). Its composition is as follows: guizhi (*Cinnamomum*) 9 g, baishaoyao (*Paeonia*) 9 g, gancao (*Glycyrrhiza*) 6 g, shengjiang (*Zingiber*) 9 g, dazao (*Ziziphus*) four pieces, and prepared fuzi (*Aconitum*) 3 g.

If there are diarrhea and vague abdominal pain as well, add baked ganjiang (*Zingiber*) and rougui (*Cinnamomum*) to warm Yang in the middle-jiao and stop diarrhea.

iii Wind-Injury with Blood Insufficiency Condition

Main Symptoms. Headache, fever, mild cold-aversion with no or little sweating; lusterless complexion; pale lips; pale fingernails; palpitations of the heart; and dizziness. The tongue is pale, with white coating, and the pulse is threadlike, floating and forceless, or hesitant and intermittent.

Therapeutic Principle. Nourish blood and release the exterior.

Treatment. Congbai Qi Wei Yin (Green Onion Seven-Ingredient Drink) with modifications. The composition is as follows: congbai (*Allium fistulosum*) 9 g, cut gegen (*Pueraria*) 9 g, freshly prepared dandouchi (*Glycine max*) 6 g, shengjiang (*Zingiber*) 6 g, fresh maimendong (*Ophiopogon*) 9 g, and gandihuang (*Rehmannia*) 16 g.

If cold-intolerance is severe, huangqi (*Astragalus*), fangfeng (*Saposhnikovia*) and jingjie (*Schizonepeta*) may be added.

If fever is high, add jinyinhua (*Lonicera*) and lianqiao (*Forsythia*).

If blood circulation is impaired, with obstruction of vessels and a hesitant and intermittent pulse, add guizhi (*Cinnamomum*), honghua (*Carthamus*) and danshen (*Salvia*) to stimulate Yang, mobilize blood and relieve obstruction.

iv Wind-Injury with Yin Deficiency Condition

Main Symptoms. Fever with mild aversion to wind or cold; little or no sweat, or night sweats; headache; agitation; dry mouth and throat; hotness in the palms and soles; and dry cough with scant sputum, or blood-streaked sputum. The tongue is red, and the pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin and release the exterior.

Treatment. Jia Jian Weirui Tang (Modified Polygonatum Decoction). Its composition is as follows: raw yuzhu 9 g, raw congbai (*Allium fistulosum*) 9 g, jiegeng (*Platycodon*) 5 g, baiwei (*Cynanchum atratum*) 3 g, dandouchi (*Glycine max*) 9 g, bohe (*Mentha*) 5 g, fried gancao (*Glycyrrhiza*) 5 g, and dazao (*Ziziphus*) two pieces. (Weirui is an alternate name for yuzhu, *Polygonatum odoratum*.)

If agitation and thirst are severe, add huanglian (*Coptis*), zhuye (*Phyllostachys nigra*) and tianhuafen (*Trichosanthes*) to cool Heat, generate fluids and tranquilize.

For cough with sputum that is difficult to expectorate and dry throat add niubangzi (*Arctium*), shegan (*Belamcanda*) and gualou peel (*Trichosanthes*) to soothe the throat and dissolve the sputum.

For cough with chest pain and blood-streaked sputum, add fresh baimaogen (*Imperata*), raw puhuang (*Typha angustifolia*) and oujie (*Nelumbo nucifera*, nodes) to clear the lung, cool blood and remove blood stasis.

V Acupuncture Treatment

For Wind-Cold injury select principally the acupoints on the Lung Meridian of Hand-Taiyin, the Large Intestine Meridian of Hand-Yangming and the Bladder Meridian of Foot-Taiyang, such as Lieque (LU-7), Fengmen (BL-12), Fengchi (GB-20) and Hegu (LI-4). Use filiform needles with the reducing method. For patients with a weak constitution, use the mild reinforcing and reducing method; moxibustion may be applied in addition.

For Wind-Heat injury select acupoints on the Small Intestine Meridian of Hand-Taiyang, the Large Intestine Meridian of Hand-Yangming and the Sanjiao Meridian of Hand-Shaoyang, such as Dazhui (GV-4), Quchi (LI-11), Hegu (LI-4), Yuji (LU-10) and Waiguan (SJ-5). Use filiform needles by shallow insertion and the reducing method.

VI Case Study

The patient was a 29-year old male. He became ill with abrupt onset the day before consultation. He had cold-aversion, fever without sweat, headache, joint pains, cough with itchy throat and white sputum, and a dry mouth but no desire to drink.

His tongue coating was white and smooth, and his pulse floating, tight and rapid. His temperature was 37.9°C (100.2°F), and pulse rate 92 beats per minute. His white blood cell count was 7,200, with 78% neutrophils and 22% lymphocytes. X-ray and fluoroscopic studies of the chest were normal.

Diagnosis. Wind-Cold joined by Dampness, all lodged in the exterior-Defensive Level and causing impaired flow of lung-Qi.

Therapeutic Principle. Acrid-warm release of the exterior.

Treatment and Course. Modified Jing Fang Bai Du San (Schizonepeta-Saposhnikovia Detoxifying Powder). The modified composition is as follows: jingjie (*Schizonepeta*) 5 g, fangfeng (*Saposhnikovia*) 6 g, Qianghuo (*Notopterygium*) 5 g, duhuo (*Angelica pubescens*) 5 g, bohe (*Mentha*) 3 g, xingren (*Prunus*

armeniaca) 10 g, Qianhu (*Peucedanum*) 6 g, jiepeng (*Platycodon*) 5 g, stirfried zhiqiao (*Poncirus trifoliata*, *Citrus aurantium*) 5 g, prepared banxia (*Pinellia*) 6 g, chenpi (*Citrus tangerina*) 6 g, shengjiang (*Zingiber*) three pieces, and congbai (*Allium fistulosum*) three pieces.

After one dose (a package of herbs), the patient sweated and the cold-aversion and fever subsided. The headache and body aches improved, and the pulse calmed. Only cough remained. He was further treated by the method of unblocking the lung and dissolving sputum. This was accomplished by further modifying Jing Fang Bai Du San – removing jingjie, fangfeng, Qianghuo, duhuo and bohe and adding zisu root (*Perilla*) 10 g, beimu (*Fritillaria*) 10 g and gancao (*Glycyrrhiza*) 3 g. After two successive doses the patient recovered completely and left the hospital.

Guidance for Study

I Aim of Study

This chapter describes the various illnesses that arise from attack by Wind and associated exogenous pathogenic evils.

II Objectives of Study

After completing this chapter the learners will:

1. Understand the pathology and symptoms of Wind injury;
2. Know the varieties of illnesses due to attack by Wind and associated exogenous evils;
3. Know the treatment of the varieties of illnesses due to attack by Wind and associated exogenous evils.

III Exercises for Review

1. Describe the pathology of Wind-injury.
2. Describe the varieties of Wind-injury and related illnesses.
3. Explain the differences between Wind-injury of the strength variety and that of the deficiency variety. Compare and contrast the treatment used in each variety.
4. In Wind-injury of the deficiency variety explain the differences between that in Qi deficiency and that in Yin deficiency, and the appropriate treatment for each type.

IV Additional Exercises

1. Provide an analysis of the prescription (combined Cong Chi Tang and Jing Fang Bai Du San) used in the treatment of Wind-Cold injury.
2. Provide an analysis of the formulation of Qianghuo Sheng Shi Tang used in the treatment of Wind-Cold-Dampness.
3. Provide an analysis of the formulation of the combined Xin Jia Xiangru Yin and Liu Yi San, with additional herbs used in the treatment of Wind-Heat, with stronger Heat than Wind.
4. Provide an analysis of the formulation of Fangfeng Tong Sheng San used in the treatment of exterior-Cold and interior-Heat with constipation.
5. Provide an analysis of the formulation of the combined Shen Su Yin and Huangqi Guizhi Wu Wu Tang used in the treatment of Wind-injury in Qi deficiency.
6. Provide an analysis of the formulation of Guizhi Jia Fuzi Tang used in the treatment of Wind-injury in Yang deficiency.
7. Provide an analysis of the formulation of the modified Congbai Qi Wei Yin, used in the treatment of Wind-injury in blood insufficiency.
8. Provide an analysis of the formulation of Jia Jian Weirui Tang used in the treatment of Wind-injury with Yin deficiency condition.

Chapter 2

Cough

I Etiology and Pathology

Cough has two principal types of causes, exogenous and endogenous.

Exogenous cough is due to attack by an exogenous pathogenic evil on the lung system. Most commonly Wind attacks first and is subsequently joined by Cold, Heat, Dryness or the others. Attack on the lung system disturbs the dispersing and descending actions of lung-Qi, and lung-Qi ascends abnormally causing illness. Thus, exogenous cough is a condition of strength of the exogenous evil. If the exogenous evils cannot be removed promptly, there may be further development or complication, such as Wind-Cold transforming into Heat, Wind-Heat transforming into Dryness, or Lung-Heat transforming into normal fluids into the pathogenic Phlegm.

Endogenous cough is due to internal injury disturbing the functions of the *zang-fu* organs and causing disordered dispersion and abnormal rise of lung-Qi. The internal injury may result from a variety of causes. It may be due to over-stimulation by the passions, so that liver-Qi becomes stagnant and transforms into Fire; the liver-Qi and Fire then move upward along the pathways of the meridians and attack the lung. It may be due to intemperate diet, with excessive spices, fats, alcohol or smoking burning the stomach and the lung. It may be due to impaired transportation by the spleen, so that turbid Phlegm arises endogenously and permeates the lung. It may be due to deficiency of both kidney-Qi and kidney-essence brought about by excessive fatigue or sexual indulgence, so that Yin is injured and Qi exhausted; and this leads to the impairment of the lung's ability to govern Qi. Similarly, chronic illnesses may bring about insufficiency of the lung with injury to Yin and exhaustion of Qi.

Whether the cough is exogenous or endogenous, the pathological mechanism is injury to the lung system, with disturbance of its dispersion and purifying functions – this injury being mediated mainly by Phlegm and Fire. Prolonged exogenous cough can transform into internal injury. Endogenous cough generally results from the weakening of the lung and the Defensive Level; it is also readily induced or aggravated by exogenous evils attacking when the body is in a weakened state.

II Clinical Manifestation

Cough is a symptom. In general, exogenous cough has a rapid onset and a short course. Endogenous cough tends to have a more prolonged course and is often accompanied by symptoms of injured visceral organs. The characteristics of the most common illnesses with cough are listed here.

1 *Exogenous Cough*

Wind-Cold attacking the lung: cough with throat itch; thin and white sputum; nasal mucosal congestion with clear discharge; or cold-aversion, fever, headache and body aches. The pulse is floating and tight, and the tongue coating is thin and white.

Wind-Heat attacking the lung: frequent and intense cough, with viscous and yellow sputum that is difficult to expectorate; thick yellow nasal discharge; thirst or fever. The tongue is red, with a thin yellow coating, and the pulse is floating and rapid.

Dryness attacking the lung: cough without sputum or with slight viscous sputum that is difficult to expectorate, or blood-streaked sputum; and dry lips and nose, with strong thirst. The tongue is dry, with a thin white or thin yellow coating, and the pulse is floating and tight or floating and rapid.

2 *Endogenous Cough*

Liver-Fire attacking the lung: paroxysmal cough with each spell difficult to stop, with thick sputum in the throat that is very difficult to expectorate; flushed face with dry throat; chest and subcostal pressure and pain; and a dry mouth with a bitter taste. The tongue coating is thin, yellow and dry, and the pulse is taut and rapid.

Phlegm-Dampness accumulating in the lung: recurrent cough with much viscous white or gray sputum that is easy to expectorate, the cough stopping when the sputum is expectorated; hoarse voice; chest and epigastric tightness; anorexia; and tiredness. The tongue coating is white and greasy, and the pulse is soft and slippery.

Phlegm-Heat blocking the lung: cough with heavy breathing; copious sputum that is viscid and difficult to expectorate; flushed face; dry mouth; or fever. The tongue is red, with a yellow and greasy coating, and the pulse is slippery and rapid.

Yin deficiency of the lung: dry cough without sputum or with blood-streaked sputum; the cough is short but explosive, or hoarse; dry mouth and throat; or low-grade fever, or sometimes hotness in the five centers. The tongue is red with scant coating, and the pulse is threadlike and rapid.

Qi insufficiency: cough with copious thin sputum; shortness of breath; weakness; and spontaneous sweating.

III Key Points of Analysis

1 *Endogenous versus Exogenous*

In general, exogenous cough arises as a new illness, with abrupt onset following exposure to cold, and is accompanied by nasal mucosal congestion and discharge, sneezing, an itchy throat, distending headache, generalized body aches, aversion to wind or cold, and fever. Endogenous cough is generally chronic, with slow onset. There usually are symptoms of other visceral organs, such as fatigue and weakness, chest distention, flank pain, anorexia, diarrhea, or other symptoms.

2 *Quality and Timing of Cough*

A vigorous cough indicates an illness of exogenous strength, whereas a weak or soft cough indicates an illness of deficiency. Frequent cough during the day, nasal mucosal congestion, and a nasal quality to the sound generally indicate an exogenous cough. Cough that begins on arising in the morning and comes in repeated and worsening paroxysms, with a hoarse sound, is mainly due to turbid Phlegm. Cough that is worse when recumbent at night and that persists, with shortness of breath and weakness, indicates deficiency of Qi or Yin of the lung.

3 *Color, Texture and Amount of Sputum*

Cough with scant sputum or dry cough is mainly due to Dryness-Heat or Yin deficiency. A copious amount of sputum generally indicates Phlegm-Dampness, Phlegm-Heat, or deficiency-Cold. White and thin sputum indicates Wind or Cold. White but thick or viscous sputum indicates Dampness. Yellow and viscous sputum indicates Heat. Blood-streaked sputum is mostly due to Heat injuring the lung or dryness of the lung due to Yin deficiency.

IV Herbal Treatment

In general, the treatment of exogenous cough should focus on unblocking the lung and expelling the exogenous pathogenic evil. The treatment of endogenous cough will depend upon the interplay between strength and deficiency of the genuine, upon

the rapidity of disease progression, upon the relative urgency of root and appearance, and upon the specific deficiency and the strength.

1 Exogenous Cough

i Cough due to Wind-Cold Attack

Symptoms. Main symptoms: cough with thin white sputum and throat itch. Frequently accompanying symptoms: nasal mucosal congestion with clear discharge; sneezing; cold-aversion without sweating; headache; and joint pain. The tongue coating is white and the pulse is floating.

Therapeutic Principle. Expel Wind and Cold, and disperse and unblock lung-Qi.

Treatment. Several formulas are commonly used, including San Ao Tang, Zhi Sou San, and others. San Ao Tang emphasizes the unblocking of the lung and the elimination of Cold, whereas Zhi Sou San (Cough-Stopping Powder) emphasizes unblocking of the lung and dispersal of Wind.

The composition of Zhi Sou San is as follows: jiegeng (*Platycodon*) 10 g, jingjie (*Schizonepeta*) 10 g, ziwán (*Aster tartaricus*) 10 g, baibu (*Stemona*) 10 g, baiqian (*Cynanchum*) 10 g, chenpi (*Citrus tangerina*) 6 g and gancao (*Glycyrrhiza*) 3 g.

If symptoms of the exterior are particularly severe, fangfeng (*Saposhnikovia*) and Qianghuo (*Notopterygium*) may be added.

For Wind-Cold combined with Dampness, with the symptoms of cough with viscid sputum, chest tightness and a greasy tongue coating, add processed banxia (*Pinellia*) and houpo (*Magnolia*).

In an illness of interior-Heat-exterior-Cold, known to lay persons as “Fire wrapped by Cold,” the symptoms are cough with a hoarse sound, thick viscid sputum that is difficult to expectorate, chest pain from coughing, cold-intolerance and nasal mucosal congestion. Alternately, there may be fever, thirst with sore throat, or in severe cases retrograde flow of Qi producing wheezing. The tongue is red, with a white or yellow and greasy coating, and the pulse is slippery and rapid. A patient with syndrome of interior-Heat-exterior-Cold should be treated with Ma Xing Shi Gan Tang to disperse Cold and cool Heat.

ii Cough due to Wind-Heat Attack

Main Symptoms. Cough with white or yellow and viscid sputum that is difficult to expectorate; dry mouth; sore throat; yellow nasal discharge; fever, sweating, cold-aversion; and headache. The tongue coating is thin and yellow, and the pulse floating and rapid.

Therapeutic Principle. Dispel Wind, cool Heat, unblock the lung and relieve cough.

Treatment. Sang Ju Yin.

For severe cough, add yuxingcao (*Houttuynia*), pipaye (*Eriobotrya japonica*), beimu (*Fritillaria*) and aidicha (*Ardisia japonica*).

If the Heat evil is particularly strong, with prominent fever and thirst, add huangqin (*Scutellaria*), zhimu (*Anemarrhena*) and gualou (*Trichosanthes*) to enhance the ability of the formula for eliminating Lung-Heat.

If throat pain is severe, add shegan (*Belamcanda*).

For epistaxis or blood-streaked sputum, due to Wind-Heat injuring the vessels, add baimaogen (*Imperata*) and oujie (*Nelumbo nucifera*, node).

If Wind-Heat is aggravated by Summer Heat, the typical symptoms are cough, chest tightness, irritability, thirst, dark urine, a red tongue with thin coating and a soft but rapid pulse. It is appropriate to use xiangru (*Elsholtzia splendens*), Qianhu (*Peucedanum*), fresh huoxiang (*Agastache*), peilan (*Eupatorium*) and Qingheye (*Nelumbo*, leaf), or Liu Yi San (Six-One Powder), to disperse Wind and relieve Summer Heat.

If Heat has injured the body fluids, add nanshashen (*Adenophora tetraphylla*), tianhuafen (*Trichosanthes*) and lugen (*Phragmites*) as appropriate.

iii Cough due to Dryness

Main Symptoms. Cough with scant sputum, or slight amount of viscid sputum that is difficult to expectorate or that is blood-streaked; dry and sore throat; and dry nose and lips. When the cough is severe there may be chest pain. In the initial stages there may be cold-aversion, fever, headache and other symptoms of the exterior. The tongue coating is thin and white or thin, yellow and dry. The tongue tip is red. The pulse is floating and tight, or threadlike and rapid, or unchanged.

Therapeutic Principle. In the case of Heat-Dryness, unblock the lung, moisten Dryness, disperse Wind and clear Heat. In the case of Cold-Dryness, disperse Wind and Cold, moisten the lung and stop the cough.

Treatment. Heat-Dryness. Sang Xing Tang (Mulberry and Apricot Decoction). The composition is as follows: sangye (*Morus*) 10 g, xingren (*Prunus*) 10 g, nanshashen (*Adenophora tetraphylla*) 12 g, beimu (*Fritillaria*) 6 g, dandouchi (*Glycine max*) 6 g, zhizi peel (*Gardenia jasminoides*) 6 g and pear peel 6 g.

If symptoms of Dryness-Heat are prominent, add maimendong (*Ophiopogon*), yuzhu (*Polygonatum*), zhimu (*Anemarrhena*) and shigao (gypsum).

If headache and fever are severe, add bohe (*Mentha*), lianqiao (*Forsythia*) and chantui (*Cryptotympana*).

If throat pain is severe, add xuanshen (*Scrophularia*) and mabo (*Calvatia lilacina*).

If there is epistaxis as well, add baimaogen (*Imperata*) and shengdihuang (*Rehmannia*).

Cold-Dryness. Xing Su San. When applying this herbal formula, use the standard of warming without drying and moistening without cooling. If cold-intolerance without sweating is prominent, add jingjie (*Schizonepeta*) and fangfeng (*Saposhnikovia*).

2 Endogenous Cough

i Cough due to Phlegm-Dampness

Main Symptoms. Cough with much white and viscous sputum; chest and epigastric tightness; anorexia; and weakness in the limbs. The tongue coating is white and greasy, and the pulse is soft and slippery.

Therapeutic Principle. Strengthen the spleen, dry Dampness, regulate Qi and dissipate Phlegm.

Treatment. Er Chen Tang.

If Phlegm and Dampness are severe, with copious sputum and prominent epigastric distention, add cangzhu (*Atractylodes*), houpo (*Magnolia*), yiyiren (*Coix*) and xingren (*Prunus armeniaca*) to enhance the ability to dry Dampness and dissipate Phlegm.

If there is Cold as well, add ganjiang (*Zingiber*), xixin (*Asarum*), and baijiezi (*Brassica alba*) to warm and dissipate.

If there is Wind as well, add bile-treated nanxing (*Arisaema erubescens*) and baifuzi (*Typhonium giganteum*) to dispel Wind and dissipate Phlegm.

If gelled Phlegm causes indigestion, resulting in much sputum, chest tightness, anorexia, a greasing tongue coating and a slippery pulse, use in conjunction with San Zi Yang Qing Tang (Three Seeds Decoction for the Aged) to regulate Qi, dissipate Phlegm and promote food digestion. The composition of San Zi Yang Qing Tang is as follows: baijiezi (*Brassica alba*) 10 g, zisuzi (*Perilla*) 10 g and laifuzi (*Raphanus*) 10 g.

If Cold-Phlegm is severe, with white viscous and foamy sputum and cold-aversion, add ganjiang (*Zingiber*).

If the spleen is insufficient due to chronic illness, with faint cough sounds, shortness of breath, lassitude and proneness to sweating, add dangshen (*Codonopsis*), baizhu (*Atractylodes*) and fried gancao (*Glycyrrhiza*) to support Earth (Spleen) in order to generate Metal (Lung).

ii Cough due to Phlegm-Heat

Main Symptoms. Cough with viscid yellow sputum that is difficult to expectorate, sometimes blood-streaked; chest tightness; a dry mouth with a bitter taste; and sore throat. The tongue coating is yellow and greasy, or yellow and white. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat to clear the lung, eliminate Phlegm and stop cough.

Treatment. Qing Jin Hua Tan Tang (Metal-Clearing and Phlegm-Dissipating Decoction). Its composition is as follows: huangqin (*Scutellaria*) 10 g, zhizi (*Gardenia jasminoides*) 10 g, jiegegeng (*Platycodon*) 6 g, maimendong (*Ophiopogon*) 9 g, beimu (*Fritillaria*) 9 g, juhong (*Citrus tangerina*, orange scraping from the peel) 9 g, fuling (*Poria cocos*) 9 g, sangbaipi (*Morus*) 10 g, zhimu (*Anemarrhena*) 10 g, parched gualou seed (*Trichosanthes*) 10 g, and gancao (*Glycyrrhiza*) 3 g.

For severe accumulation of Heat in the lung, with cough and wheezing, yellow purulent or putrid sputum, high fever and thirst, remove jiegegeng and chenpi but add jinyinhua (*Lonicera*), yuxingcao (*Houttuynia*), shigao (gypsum), tinglizi (*Lepidium*) or similar herbs that cool Heat and release the lung.

If the body fluids are damaged by Phlegm-Heat, add beishashen (*Glehnia*), tianmendong (*Asparagus chochinensis*) and tianhuafen (*Trichosanthes*) as appropriate.

iii Cough due to Liver-Fire Attacking the Lung

Main Symptoms. Dyspnea with paroxysmal cough that is difficult to stop; in severe cases, there may be blood-streaked sputum or hemoptysis; pain in both the chest and the epigastrium; irascibility; fever; a bitter taste in the mouth; and a flushed face and red eyes. The tongue coating is thin, yellow and dry. The pulse is taut and rapid.

Therapeutic Principle. Clear the liver and purge the lung to stop cough.

Treatment. Dai Ge San combined with Xie Bai San.

Dai Ge San (Indigo and Concha Powder) has the following composition: Qingdai (*Baphicacanthus cusia*) 6 g and haigeqiao (*Cyclina sinensis*) 10 g.

Xie Bai San (Lung-Purging Powder) has the following composition: digupi (*Lycium*) 30 g, parched sangpi (*Morus alba*) 30 g, jingmi (*Oryza sativa*) 10 g and gancao (*Glycyrrhiza*) 3 g.

For blazing Fire with frequent cough it is appropriate to add zhizi (*Gardenia jasminoides*), mudanpi (*Paeonia suffruticosa*), beimu (*Fritillaria*) and pipaye (*Eriobotrya japonica*) to enhance Heat cooling and cough relief.

If lodged Fire injures the body fluids, add beishashen (*Glehnia*) and maimendong (*Ophiopogon*).

iv Cough due to Yin Deficiency of the Lung

Main Symptoms. Dry cough without sputum, or scant sputum that is difficult to expectorate, or hemoptysis. The tongue is red with little coating. The pulse is thread-like and rapid.

Therapeutic Principle. Augment Yin to moisten the lung and relieve cough.

Treatment. Shashen Maidong Tang (Adenophora-Ophiopogon Decoction). Its composition is as follows: nanshashen (*Adenophora tetraphylla*) 9 g, yuzhu (*Polygonatum*) 15 g, raw gancao (*Glycyrrhiza*) 3 g, sangye (*Morus*) 9 g, maimendong (*Ophiopogon*) 9 g, biandou (*Dolichos lablab*) 5 g, tianhuafen (*Trichosanthes*) 9 g, zhimu (*Trichosanthes*) 10 g, beimu (*Fritillaria*) 10 g, tianmendong (*Asparagus chochinchinensis*) 10 g, baihe (*Lilium*) 10 g and shengdihuang (*Rehmannia*) 10 g.

If the cough is severe, add baibu (*Stemona*), ziwán (*Aster tartaricus*) and kuandonghua (*Tussilago farfara*) to moisten the lung and stop the cough.

If the sputum is viscid and difficult to expectorate, add powdered haigeqiao (*Cyclina sinensis*) to cool Heat and dissolve sputum.

For hemoptysis add baiji (*Bletilla*), Qiancao (*Rubia*) and oujie (*Nelumbo nucifera*, node) to stop bleeding.

For cough with tachypnea (rapid respiration) add wuweizi (*Schisandra*) and hezi (*Terminalia chebula*).

v Cough due to Qi Deficiency of the Lung

Main Symptoms. Weak cough with much clear and thin sputum; shortness of breath; fatigue; wind-aversion; spontaneous sweating; and low resistance. The tongue is pale with a thin and white coating, and the pulse is feeble.

Therapeutic Principle. Augment lung-Qi, dissipate Phlegm and relieve cough.

Treatment. Bu Fei Tang (Lung-Nourishing Decoction). Its composition is as follows: renshen (*Panax*) 10 g, huangqi (*Astragalus*) 10 g, shudihuang (*Rehmannia*) 10 g, sangbaipi (*Morus*) 10 g, ziwán (*Aster tartaricus*) and wuweizi (*Schisandra*) 6 g.

For abundant thin sputum due to spleen insufficiency, subtract sangbaipi and add baizhu (*Atractylodes*), fuling (*Poria*) and kuandonghua (*Tussilago farfara*) to enhance the effect of invigorating Qi of the formula, replenishing the spleen and resolving Phlegm to relieve cough.

V Acupuncture Treatment

In the acupuncture treatment of cough, the most commonly selected principal acupoints are Feishu (BL-13) and Hegu (LI-4). Auxiliary acupoints are also often selected. If sputum is copious, add Fenglong (ST-40). For throat itch and cough add Tiantu (CV-22). For chest tightness add Neiguan (PC-6) and Tanzhong (CV-17). For chronic cough with a weak constitution the acupoints Feishu (BL-13), Shenshu (BL-23) and Pishu (BL-20) may be selected.

In general, for exogenous cough use the reducing method. For endogenous cough use the mild reinforcing and mild reducing methods; moxibustion may also be incorporated as appropriate.

1 *Exogenous Cough*

Wind-Cold attacking the lung: select Feishu (BL-13), Dazhu (BL-11), Fengmen (BL-12) and Lieque (LU-7). Use filiform needles and apply the retention technique. Apply moxibustion.

Wind-Heat attacking the lung: select Feishu (BL-13), Yuji (LU-10) and Hegu (LI-4). Use filiform needles and shallow insertion with the reducing method. Do not apply moxibustion.

Wind-Dryness attacking the lung: select Feishu (BL-13), Pohan (BL-42), Chize (LU-5) and Fuliu (KI-7). Use filiform needles and the mild reinforcing and reducing method. Do not apply moxibustion.

2 *Endogenous Cough*

Phlegm-Dampness accumulating in the lung: select Feishu (BL-13), Taiyuan (LU-9), Zhangmen (LR-13), Taibai (SP-3) and Fenglong (ST-40). Use filiform needles and the mild reinforcing and reducing method. Moxibustion can be applied.

Heat-Phlegm blocking the lung: select Feishu (BL-13), Zhongfu (LU-1), Chize (LU-5) and Fenglong (ST-40). Use filiform needles and the reducing method. Do not apply moxibustion.

Liver-Fire attacking the lung: select Feishu (BL-13), Chize (LU-5), Yanglingquan (GB-34) and Taichong (LR-3). At the acupoints of the Liver Meridian of Foot-Jueyin use the reducing method. At the acupoints of the Lung Meridian of Hand-Taiyin use the mild reinforcing and reducing method. Do not apply moxibustion.

Deficiency of Lung-Yin: select Feishu (BL-13), Gaohuangshu (BL-43), Shufu (KI-27) and Taixi (KI-3). Use filiform needles and the reinforcing method. Do not apply moxibustion.

VI Case Study

The patient was a 34-year old female who had a cough for nearly 4 weeks.

During the last 10 days the cough had become frequent and violent, and productive of sputum that was a mixture of white foam-like material and yellow viscous streaks. Coughing was accompanied by pain in the chest and especially in the epigastrium, worsened by pressure, and by chest tightness. Her respiration was rapid. She also had pain in her head, neck and the body. She was intolerant of cold and had fluctuating fever and little sweating, and her distal extremities were very cold.

She had an itch in the throat and a dry mouth, but no desire to drink. She had not defecated for several days.

Her temperature was 38.3°C (101°F). Her tongue was pale with a thin and yellow but moist coating. Her pulse was threadlike, at a rate of 84 beats per minute. Auscultation of the lung showed no abnormality. The abdomen was flat without any fixed tenderness. Her total white blood cell count was 12,200, with 84% neutrophils, 2% acidophils and 14% lymphocytes. Chest fluoroscopy was normal.

Diagnosis: Exogenous cough, with Wind-Cold lodged in the exterior in the Defensive Level and turbid Phlegm gelled in the lung.

Therapeutic Principle: Use acrid-warming to release the exterior, unblock the lung and dissipate Phlegm.

Treatment and Course: She was treated with a combination of Mahuang Tang and Guizhi Houpo Xingzi Tang (Cinnamon-Magnolia-Apricot Decoction) with modifications. The prescription had the following composition: fried mahuang (*Ephedra*) 3 g, guizhi (*Cinnamomum*) 3 g, bitter xingren (*Prunus armeniaca*) 10 g, gancao (*Glycyrrhiza*) 3 g, houpo (*Magnolia*) 3 g, stirfried zisuzi (*Perilla*) 10 g, stirfried laifuzi (*Raphanus*) 10 g, banxia (*Pinellia*) 6 g, gualou (*Trichosanthes*) 15 g, stirfried zhishi (*Citrus aurantium*) 10 g and chenpi (*Citrus tangerina*) 5 g.

Following one dose (a package of prescribed herbs) she had profuse sweating and the fever subsided. The pains decreased gradually. The cough became milder but still recurred in spells and still induced epigastric pain. The sputum was still large in amount and was an intermixed white and yellow. Following three more daily doses the cough was relieved and defecation became unobstructed, with only slight residual tenderness in the epigastrium. The prescription was continued for another day to consolidate the gains. The patient recovered completely and was discharged from the hospital.

Guidance for Study

I Aim of Study

This chapter provides the learners a correlated understanding of and approach to the very common clinical problem of cough.

II Objectives of Study

After completing this chapter the learners will:

1. Understand cough and its many associated symptoms;

2. Master the differentiation between exogenous and endogenous cough, and how the symptoms of cough relate to the functions of the *zang* organs;
3. Master the differentiation and treatment of the common syndromes of cough.

III Exercises for Review

1. Describe the pathological mechanisms of cough.
2. Discuss how one differentiates exogenous cough and endogenous cough. Describe the varieties of exogenous cough.
3. Compare the treatments of cough due to Wind-Cold and cough due to Wind-Heat.
4. Describe the various types of endogenous cough. How does one differentiate between these types? Describe how each type is treated?
5. Compare the treatments of cough due to Phlegm-Dampness and cough due to lung insufficiency.

IV Additional Exercises

1. Provide an analysis of the formulation of Zhi Sou San used in the treatment of exogenous cough due to Wind-Cold.
2. Provide an analysis of the formulation of Sang Xing Tang used in the treatment of cough due to Dryness.
3. Provide an analysis of the formulation Qing Jin Hua Tan Tang used in the treatment of cough due to Phlegm-Heat.
4. Provide an analysis of the formulation Dai Ge San used in the treatment of Cough due to Liver-Fire Attacking the Lung.
5. Provide an analysis of the formulation Shashen Maidong Tang used in the treatment of cough due to Yin Deficiency.
6. Provide an analysis of the formulation Bu Fei Tang used in the treatment of cough due to Qi Deficiency.
7. Provide an analysis of the prescription of the combined Mahuang Tang and Guizhi Houpo Xingzi Tang used in the Case Study.

Chapter 3

Wheezing

Wheezing is a condition that flares up paroxysmally. It falls in the category of latent Rheum accumulation among illnesses of Phlegm-Rheum. It is characterized by a whistling sound during exhalation, rapid breathing and dyspnea. In severe cases the patient has great difficulty breathing in a recumbent position and prefers to be upright.

I Etiology and Pathology

In general the basic pathology that produces wheezing is Phlegm lodged in the interior and stimulated to act by a new exogenous pathogenic agent attacking the body. It blocks the air passages and impairs the dispersion and descent of lung-Qi. Phlegm is an abnormal product, the result of transformation from the body fluids.

The spleen is located at the center of the body. It governs the transportation and transformation of the essences of food as well as fluids; hence it is said, “the spleen is the source of Phlegm.” However, disturbance of the functions of the other visceral organs can also produce Phlegm, and at the same time the process cannot be severed from the influence of the many exogenous pathogenic agents on the human body. For example, when Wind-Cold or Dryness-Heat attack the lung, these exogenous evils may become lodged in the lung system and impair the movement of both Qi and fluids, and after many days turbid Phlegm is formed. An inappropriate diet, such as excessive raw and cold foods, foods of strong flavors, or foods laden with fats or sweets, may lead to injury of the spleen. Inhaled pollen, fumes and noxious gases, as well as cigarette smoke over many years can also irritate the air passages and cause the production of Phlegm.

In addition, in certain situations in which genuine Qi becomes injured or deficient Phlegm may also form. These include frustration of the passions, impairment of Qi flow leading to Qi stagnation, weakening of the body following a major illness and not properly managed, impairment of the functions of various visceral organs, inherent deficiency of kidney-Qi leading to diminished resistance, deficiency of lung-Qi, and deficiency of Yin permitting the rise of endogenous Heat.

Whenever Phlegm is formed and permitted to lodge in the interior, it may gel and not dissipate. In this state, when stimulated by an additional pathogenic agent it can stir, follow Qi in movement and accumulate in the lung system. In this way it is potentially an ever-present cause of wheezing.

The lung governs Qi movement and regulates respiration. It links with the skin and hair on the surface and is responsible for the functions of dispersion and depuration. Failure of lung-Qi to disperse and descend is the basic mechanism leading to wheezing. Since turbid Phlegm often lodges in the lung, “the lung is the container of Phlegm.” Because Phlegm tends to remain in the body it gradually wears down genuine Qi. If the spleen now becomes insufficient, so that its transportation and transformation functions are impaired, then new Phlegm is formed. If lung-Qi is depleted the resistance of the Defensive Level is weakened, allowing exogenous agents to attack effectively or endogenous factors to arise. In such circumstances, Phlegm readily compromises the dispersion and depuration actions of lung-Qi, forcing it to rise abnormally and resulting in wheezing, rapid breathing and dyspnea.

II Clinical Manifestation

Wheezing is typically associated with air hunger, gasping wet-sounding whistling in the throat, cough with sputum and chest tightness. The whistling characteristically resembles the croaking of frogs.

It tends to develop abruptly or follows chills and fever, sneezing, nasal and throat itch, cough or chest tightness, nausea and vomiting, abdominal distention, or emotional distress. It tends to worsen. The patient has difficulty breathing, with a prolonged exhalation phase, and often resists lying down. Coughing tends to be unproductive, but may bring up mucoid or water-like sputum; and if the patient is able to expectorate mucoid sputum the wheezing may be briefly alleviated. If wheezing is severe, the patient may attempt to breathe with an open mouth and raised shoulder (to strengthen expansion of the chest). There may be palpitation of the heart, anxiety and agitation, profuse cold sweat on the forehead, cyanosis of the lips, bulging of the eyeballs and distress. Each attack of wheezing may last a few minutes, several hours or even several days.

During remission patients may be free of all symptoms or may have mild productive cough or slight shortness of breath. If the illness is chronic and the attacks recurrent, even during remission there may be gasping breathing, noisy breathing, spontaneous sweating with wind-intolerance, fatigue, emaciation, flank aches and edema.

In general, wheezing first appears during childhood, and may be precipitated by Wind injury, seasonal changes, excessive fatigue, intemperate diet, and irregular living habits. It often recurs repeatedly over several years or several decades. Wheezing attacks show a strong relationship to seasons, occurring most commonly between early autumn and early winter, and next most commonly during spring. Few attacks occur in summer. Some patients, however, have attacks all year round.

Wheezing is often hereditary and affects relatives as well.

III Key Points of Analysis

Wheezing is the result of combined exogenous evil strength and genuine Qi deficiency. During an attack the exogenous evil is the principal factor; during remission genuine Qi deficiency is the principal factor. New onset wheezing is mainly due to strong exogenous evil; chronic recurrent wheezing is often due to Qi deficiency of the lung, the spleen and the kidney.

Exogenous wheezing may be precipitated by Cold or Heat. If precipitated by Cold it is known as **Cold-wheezing**. In general, Cold is in both the interior and the exterior. Its main symptoms are respiration that sounds like frog-croak, cough with thin-clear or white-foamy sputum, no thirst, a pale tongue with white and smooth coating, and floating and tight pulse. If precipitated by Heat it is known as **Heat-wheezing**. In this case, generally Phlegm and Fire are both strong. Its main symptoms are coarse breath sounds that resemble sawing, barrel chest, cough, yellow and viscid sputum that is difficult to expectorate, thirst with desire to drink, a red tongue, yellow and greasy tongue coating, and a slippery and rapid pulse.

Deficiency wheezing may be due to Qi deficiency of the lung, the spleen or the kidney. In deficiency of lung-Qi wheezing is associated with spontaneous sweating, wind-intolerance, shortness of breath, and weakness. In deficiency of spleen-Qi it is associated with anorexia, diarrhea, and copious sputum. In deficiency of kidney-Qi it is associated with lumbar aches, tinnitus, and wheezing and fatigue on engaging in any activity.

IV Herbal Treatment

In treating wheezing, during an attack treat the symptom (appearance). During remission from wheezing treat the cause (root). During an attack the focus is on unblocking the lung and eliminating Phlegm. During remission the focus is on the diseased visceral organ.

1 *During Attack*

i **Cold-Wheezing**

Main Symptoms. Initially, cold-aversion, fever, headache, no sweating, cough, dyspnea, itch in the throat, nose or body, and watery nasal discharge. There follow worsening of dyspnea, wheezing, and frog-croak-like gurgling in the throat. Additionally, there may be cough that produces thin sputum, refusal to lie down, chest distention and tightness, a pallid or bluish-gray complexion, coldness in the

back, no thirst or thirst with preference for warm drinks, a pale tongue with white and smooth coating, and a floating and tight pulse.

Therapeutic Principle. Unblock the lung, dispel Cold, dissipate Phlegm and relieve wheezing.

Treatment. Shegan Mahuang Tang (Belamcanda-Ephedra Decoction) and Xiao Qing Long Tang are commonly used.

Shegan Mahuang Tang is especially suitable for Cold in both interior and exterior with persistent cough. Its composition is as follows: shegan (*Belamcanda*) 9 g, mahuang (*Ephedra*) 9 g, shengjiang (*Zingiber*) 12 g, xixin (*Asarum*) 9 g, ziwan (*Aster tartaricus*) 9 g, kuandonghua (*Tussilago farfara*) 9 g, wuweizi (*Schisandra*) 3 g, dazao (*Ziziphus*) five pieces and processed banxia (*Pinellia*) 9 g.

Xiao Qing Long Tang is especially suitable for Cold in the exterior and Rheum in the interior. If turbid Phlegm is particularly abundant, add laifuzi (*Raphanus*) and baijiezi (*Brassica alba*).

For the chronically ill with deficiency of genuine Qi, frequently recurring attacks of wheezing and strong Phlegm, use Suzi Jiang Qi Tang to dissipate Phlegm and regulate Qi and complement it with Liu Jun Zi Tang to strengthen the spleen and dissipate Phlegm. (For Liu Jun Zi Tang, see Volume 2, Part III, Chapter 9, Section 6, Subsection I, Sub-subsection V.)

ii Heat-Wheezing

Main Symptoms. Fever, headache, sweating, shortness of breath, barrel chest, coarse and gurgling wheeze in the throat, open mouth, raised shoulders, refusal to lie down, yellow and viscid sputum, chest tightness, agitation and anxiety, flushed face, thirst with desire to drink, and constipation. The tongue is red, with a yellow greasy or smooth coating. The pulse is slippery and rapid.

Therapeutic Principle. Unblock the lung, cool Heat, dissipate Phlegm and facilitate Qi movement.

Treatment. Ding Chuan Tang (Asthma-Relieving Decoction).

For thick and viscid sputum, add zhuru (*Phyllostachys nigra*), Sichuan beimu (*Fritillaria*), whole gualou (*Trichosanthes*), yuxingcao (*Houttuynia*), sangbaipi (*Morus*) or similar herbs that cool Heat and dissipate Phlegm.

If the wheezing is especially severe, add xingren (*Prunus armeniaca*) and dilong (*Pheretima*). If the mouth is dry and the tongue is red, add nanshashen (*Adenophora tetraphylla*) and tianhuaafen (*Trichosanthes*).

For Phlegm and blazing Fire injuring the fluids, causing a yellow and dry tongue coating and constipation, use Mengshi Gun Tan Wan to purge Phlegm and Heat, or Da Cheng Qi Tang combined with Xiao Xian Xiong Tang (Minor Lung-Clearing Decoction) to clear the viscera and to purge Heat.

2 *During Remission*

i **Deficiency of Both Spleen and Lung Qi**

Main Symptoms. Shortness of breath, cough with thin clear sputum; pale complexion: spontaneous sweating with wind-aversion; anorexia, loose stool; and edema of head, face and limbs. The tongue is pale and plump, with indentations along the edges, and the tongue coating is pale white. The pulse is soft and feeble.

Therapeutic Principle. Strengthen the spleen and augment Qi of the lung (invigorate Earth to generate Metal).

Treatment. Si Jun Zi Decoction, often with added shanyao (*Dioscorea*) and yiyiren (*Coix*) for their sweet flavor and bland nature to strengthen the spleen and wuweizi (*Schisandra*) to promote the acceptance of Qi by the lung.

For deficiency of Defensive Qi with spontaneous sweating add fried huangqi (*Astragalus*), fuxiaomai (*Triticum*) and dazao (*Ziziphus*). If this is ineffective, further add fuzi (*Aconitum*), longgu (fossil bone) and muli (*Ostrea*) to astringe sweat and strengthen Defensive Qi.

For poor appetite, abdominal distension and much sputum add processed banxia (*Pinellia*), chenpi (*Citrus tangerina*) and Qianhu (*Peucedanum*).

For pale complexion, cold body and loose stool, add guizhi (*Cinnamomum*) and ganjiang (*Zingiber*) to warm the spleen and the lung and to resolve fluid retention.

ii **Insufficiency of Both Lung and Kidney**

Main Symptoms. Cough with shortness of breath; rapid breathing on activity; spontaneous sweating with wind-aversion; lumbar and knee aches and weakness; tinnitus; night sweats; and spermatorrhea. The tongue is pale and the pulse is feeble.

Therapeutic Principle. Nourish the lung and the kidney simultaneously.

Treatment. Si Jun Zi Tang combined with Jin Shui Liu Jun Jian. The composition of Jin Shui Liu Jun Jian is as follows: danggui (*Angelica*) 10 g, shudihuang (*Rehmannia*) 15 g, chenpi (*Citrus tangerina*) 6 g, banxia (*Pinellia*) 10 g, fuling (*Poria*) 12 g and fried gancao (*Glycyrrhiza*) 6 g.

If deficiency of lung-Qi is the principal abnormality, add huangqi (*Astragalus*), shanyao (*Dioscorea*) and herbs with similar actions.

If deficiency of lung-Yin is the principal abnormality, add maimendong (*Ophiopogon*), baihe (*Lilium*) and beishashen (*Glehnia*).

If deficiency of kidney-Yang is the principal abnormality, add buguzhi (*Psoralea*), pieces of lujiao (*Cervus nippon*), tusizi (*Cuscuta*), and yinyanghuo (*Epimedium*).

If deficiency of kidney-Yin is the principal abnormality, add shanzhuyu (*Cornus*), zishiying (fluorite) and the gelatin from guiban (*Chinemys*).

3 *Wheezing Crisis (Abrupt Collapse of Yang-Qi)*

Main Symptoms. During the course of wheezing, the patient may develop abrupt vomiting and diarrhea, muscular cramps or tetany, severe fatigue, facial cyanosis, oily sweat, coldness in all limbs, cyanosis of the tongue with a smooth white coating, and a pulse that is indistinct and on the verge of cessation.

Therapeutic Principle. Restore Yang and rescue the patient from collapse.

Treatment. Si Ni Decoction with added renshen (*Panax*).

If the face and the tongue are purple, add taoren (*Prunus persica*) and honghua (*Carthamus*) to mobilize blood and remove stasis.

If there is collapse of Yang-Qi and depletion of body fluids, the treatment is to restore Yang, consolidate Yin, augment Qi and re-activate the pulse. Use Hui Yang Ji Jiu Tang (Emergency Yang-Rescue Decoction). Its composition is as follows: processed fuzi (*Aconitum*), ganjiang (*Zingiber*), rougui (*Cinnamomum*), renshen (*Panax*), baizhu (*Atractylodes*), fuling (*Poria*), chenpi (*Citrus tangerina*), fried gancào (*Glycyrrhiza*), wuweizi (*Schisandra*), processed banxia (*Pinellia*) and shexiang (*Moschus*).

V Acupuncture Treatment

Illnesses of Strength. Acupuncture is suitable. The most commonly selected acupoints are Dazhui (GV-14), Shen-zhu (GV-12), Fengmen (BL-12), Feishu (BL-13), Fenglong (ST-40), Tanzhong (CV-17), Quchi (LI-11), Hegu (LI-4), Waiguan (SJ-15), Shangyang (LI-1) and Yujì (LU-10).

For Cold-wheezing select Tanzhong (CV-17), Feishu (BL-13), Fengmen (BL-12) and Lieque (LU-7). Use the reducing method and apply moxibustion.

For Heat-wheezing select Zhongfu (LU-1), Feishu (BL-13), Chize (LU-5) and Fenglong (ST-40). Use filiform needles and the reducing method.

Illness of Deficiency. Moxibustion is suitable. The most commonly selected acupoints are Feishu (BL-13), Xuanji (CV-21), Tanzhong (CV-17), Tiantu (CV-22), Qihai (CV-6), Guanyuan (CV-4), Gaohuang (BL-43), Shenque (CV-8), Sanyinjiao (SP-6), Shenshu (BL-23), Fuliú (KI-7) and Mingmen (GV-4).

VI Case Study

The patient was a 28-year old female. She had recurrent wheezing attacks for over 3 years. Despite repeated treatment with anti-asthma drugs, antibiotics and high-dose glucocorticoids, as well as Chinese medicines and cutting of the acupoint Tanzhong

(CV-17), the attacks became more frequent and more severe during the past year. She was transferred from another hospital.

At the time of admission her main symptoms were frog-croak-like respiration with gurgling, cough, shortness of breath and refusal to lie down. Her sputum was expectorated with difficulty, and was white, sticky and foamy, or sometimes yellow and viscid. She had chest tightness and pain, aggravated by cough. Her throat was itchy and her mouth dry.

The patient sat upright and refused to lie flat. She was restless and agitated. She had cold-aversion and her hands and feet were cold. Her respiration was rapid and shallow, at a rate of 64 breaths per minute. She was covered with sweat. Her face was flushed, and her lips and nail beds were cyanotic. The tongue was red, with pale yellow and greasy coating, and her pulse was threadlike and slippery. Auscultation of the lung revealed wheezing throughout and fine rales in the left lower lung.

Diagnosis. Wheezing illness.

Therapeutic Principle. Started with the accumulation of Phlegm and Heat in the lung and treated its loss of dispersion and descending functions. Used the method of cooling Heat, to unlock the lung and dissipate Phlegm.

Treatment and Course. The prescription was based on a combination of Ding Chuan Tang and Ma Xing Shi Gan Tang. The combined composition is as follows: fried mahuang (*Ephedra*) 3 g, Guangdong xingren (*Prunus armeniaca*) 10 g, shigao (gypsum) 30 g (decoted first), gancao (*Glycyrrhiza*) 3 g, zhimu (*Anemarrhena*) 6 g, huangqin (*Scutellaria*) 6 g, shegan (*Belamcanda*) 5 g, sangbaipi (*Morus alba*) 10 g, processed banxia (*Pinellia*), haifushi (pumice) 10 g and lugen (*Phragmites*) 30 g.

Following administration of this herbal formula cough and wheezing improved noticeably. After a week of successive daily doses fever, agitation, and flushed face were resolved, and wheezing disappeared. The patient still had a dry cough, occasionally producing viscous sputum. She had abnormal Fire and Qi in the throat causing a dry mouth and throat and red lips. These residual symptoms indicated that the gelled Phlegm and Heat had injured Yin and fluids. The prescription was altered by removing mahuang, banxia and shegan, and adding nanshashen (*Adenophora tetraphylla*), tianmendong (*Asparagus choichinchinensis*) and gualou (*Trichosanthes*) to nourish Yin and generate fluids. The patient completely recovered. After consolidating the therapeutic effect, she was discharged from hospital.

Guidance for Study

I Aim of Study

This chapter summarizes the various illnesses featuring wheezing as the principal symptom.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and main symptoms associated with wheezing;
2. Know the etiology and pathology of the various illnesses associated with wheezing;
3. Know the differentiating features of the various illnesses associated with wheezing.

III Exercises for Review

1. What are the key diagnostic points of wheezing illness? Describe how to differentiate and treat the various types of wheezing illness in the acute phase (during the attack).
2. Describe how to differentiate and treat the various types of wheezing illness during remission.
3. Explain why the kidney should be strengthened during the stage of remission from wheezing?

IV Additional Exercises

1. Provide an analysis of the formulation of Shegan Mahuang Tang used in the treatment of Cold-wheezing.
2. Provide an analysis of the formulation of the combined Si Jun Zi Tang and Jin Shui Liu Jun Jian used in the treatment of insufficiency of both the lung and the kidney.
3. Provide an analysis of the formulation of Hui Yang Ji Jiu Tang used to treat collapse of Yang-Qi and depletion of body fluids in a patient suffering from a wheezing crisis.

Chapter 4

Asthma

Asthma is principally characterized by air hunger, to the point of necessitating breathing with open mouth and raised shoulders and by refusal or inability to lie down. As a symptom, asthma may appear in the course of various acute and chronic illnesses. When it becomes the main symptom at a certain stage of these illnesses, it is called asthma syndrome.

I Etiology and Pathology

The basic pathogenic factor of asthma syndrome is either exogenous attack or internal injury. Exogenous attack is invasion by the climatic pathogenic evil of Wind, Cold, Dryness or Heat, or a combination of these. A variety of internal injuries may also lead to asthma syndrome.

Attack by Climatic Evils. The climatic evils invade the body via the body surface, mouth and nose. The skin and hair are the external counterpart of the lung and the lung opens to the outside via the nose. When exogenous evils invade the body the exterior-Defensive Level becomes blocked. This in turn leads to failure of lung-Qi to disperse normally, stagnation of lung-Qi and failure of the lung's functions of depuration and descent. As a result breathing becomes rapid and urgent, giving rise to asthma syndrome.

Injury by Passions. Excessive passion affects the normal physiological functions of the viscera and induces disharmony between them. As with exogenous evils this may lead to stagnation of lung-Qi and loss of its dispersion and depuration. At the same time, extreme passion is also one of the causes of the production of Phlegm and Rheum. The reason is that excessive passions cause illness mainly by disturbing the liver, which controls conveyance and dispersion. When excessive rage injures the liver, liver-Qi moves abnormally and injures the spleen and the kidney.

Accumulation of Phlegm and Rheum. Phlegm and Rheum are pathological products of body fluids. Phlegm arises when Fire scorches body fluids and Rheum arises when Cold induces gelling of body fluids. Phlegm and Rheum are closely related

and each can cause and result from the other. The thick and turbid is Phlegm and the clear and thin is Rheum. “Phlegm is thickened Rheum and Rheum is thinned Phlegm.” Both can attack the lung and block the lung’s meridians, thus leading to asthma.

Improper Diet. Overeating especially of rich and spicy foods may lead to food retention and impaired digestion. This disturbs the functions of the spleen and the stomach, and the retained foods may transform into turbid Phlegm or Fire. The ascending and descending activities of Qi become compromised, and asthma may ensue.

Fatigue, Excessive Sexual Activity and Chronic Illness. Fatigue, excessive sweating, chronic cough, chronic Phlegm-Heat, Rheum, frequent attacks by exogenous evils, and chronic illness can all lead to deficiency of lung-Qi and lung-Yin. Impaired Qi regulation leads to shortness of breath, wheezing and gasping respiration.

The kidney resides in the lower-*jiao*. It is the root of Qi and governs the reception of Qi. If the kidney is injured by excessive sexual activity or weakened by chronic illness, it becomes insufficient. Kidney insufficiency leads to the failure of acceptance and regulation, so that exhalation becomes prolonged and inspiration shortened. Any physical exertion aggravates the gasping respiration and wheezing. The kidney also regulates water and houses the Fire of the Vital Gate. If Vital Gate Fire weakens, for example by excessive sexual activity, water metabolism becomes impaired. Excess water overflows upward and transforms into Phlegm-Rheum, again leading to asthma.

Pathology. The fundamental pathological process is disordered functions of the lung, the spleen and the kidney. Asthma due to attack by exogenous pathogenic evil is an illness of strength. Asthma due to internal injury may be of strength or of deficiency.

In general, in asthma of the strength type illness is located in the lung. This may be due to lodging of Wind-Cold in the interior, lung attack by Wind-Heat or accumulation and gelling of turbid Phlegm causing stagnation of liver-Qi, which in turn causes blockage of lung-Qi. Thus, the key abnormality is disturbance of lung-Qi activities.

In asthma of the deficiency type, the illness is located in the kidney. This may be due to exhaustion, chronic illness, sexual overindulgence or deficiency of genuine Qi. The key abnormality is impairment of the kidney’s ability to receive Qi, which in turn leads to impairment of the lung-Qi to disperse and deplete.

In complex cases, there may be lower (kidney) deficiency and upper (lung) strength.

If the lung and the kidney are both insufficient, the illness is severe and serious. When the isolated Yang is on the verge of collapse, the heart is frequently affected so that heart-Qi becomes deficient as well. In such a situation, severe wheezing and profuse sweating exhaust both Yang and Yin.

II Clinical Manifestation

In asthma syndrome of the strength type, the illness develops rapidly. Respiration is coarse and loud, sometimes necessitating an open mouth and elevation of the shoulders. In asthma of the deficiency type, the illness develops more gradually but there may be anxiety and urgency in respiration. Exhalation is prolonged and inhalation is shortened. Physical exertion tends to aggravate the respiratory symptoms.

Asthma differs from wheezing and dyspnea. Clinically asthma is seen in the course of a variety of illnesses, both urgent and gradual. Wheezing is an illness that stands on its own. Wheezing is always accompanied by asthma, and is characterized by recurrence and noisy respiration in the throat. Dyspnea is shortness of breath with inadequate movement of air, as though respiration is unsteady. It resembles asthma but there is no gurgling in the throat and the shoulders are not elevated. It should be noted, however, that dyspnea is often an early stage of asthma.

III Key Points of Analysis

Strength versus Deficiency. Asthma that begins abruptly, has a rapid course and shows symptoms of the exterior is mostly an illness of strength. Asthma that begins gradually, has a longer course, recurs and does not show symptoms of the exterior is mostly an illness of deficiency.

An illness is of the strength type if the following apply. Respiration is deep and prolonged. The face is flushed, and the body is warm. The tongue is red, with a thick and greasy or yellow and dry coating. The pulse is floating, large, slippery and rapid.

An illness is of the deficiency type if the following apply. Respiration is shallow and weak, and exhalation is longer than inhalation. The patient is anxious. The complexion is pallid or dusky, and there is cold sweat on the forehead. The tongue is pale, with white and smooth or black and moist coating, or without coating. The body is wasted or has edema. The pulse is indistinct and feeble or floating, large and hollow.

In some cases, there is a gurgling noise in the throat accompanying asthma. Respiration is intermittent and requires an open mouth and raised shoulders. The patient refuses to lie down. The limbs are cold, with a pallid complexion and sweat pouring out as oily beads. The pulse is difficult to find, as though sometimes present and sometimes absent, in all six positions. These together indicate that genuine Qi is on the verge of collapse, and the illness is critical

Cold versus Heat. In asthma due to attack by exogenous Cold the sputum is thin like water or white and foamy, the complexion is blue-gray and there is no thirst or thirst with preference for warm drinks. The tongue is pale, with white and smooth coating, and the pulse is floating and tight or taut and slow.

In asthma due to attack by exogenous Heat the sputum is difficult to expectorate. It is yellow and viscid or white but viscid. The complexion is red and there is thirst with preference for cold drinks. The tongue is red, with yellow coating that is greasy or dry. The pulse is slippery and rapid.

IV Herbal Treatment

In treating asthma syndrome of the strength type, the urgent task is to eliminate the pathogenic evil. If the evil is in the exterior, release it. If it is in the interior, purge it. If the cause is Cold-Phlegm, the approach is to apply warming to unblock the lung. If it is Heat-Phlegm, the approach is to apply cooling to clear the lung. If it is Dampness-Phlegm, the approach is to dry Dampness and regulate Qi.

In treating the deficiency type of asthma, the basic approach is to support genuine Qi and restore normal function. This may require strengthening the lung, the spleen or the kidney. Yang deficiency requires warm restoration. Yin deficiency requires nourishment.

In treating asthma with the mixed strength and deficiency conditions, with both Cold and Heat, it is imperative to distinguish between and weigh the primary and the secondary processes and to select the therapeutic approach based on the actual clinical condition.

1 *Strength-Type Asthma*

i Wind-Cold Constraining Lung

Main Symptoms. Cough, asthma, chest tightness, clear thin sputum; absence of thirst; initially, chills and fever without sweating; headache, body aches; and throat and nasal itch. The tongue is not red and the tongue coating is thin and white. The pulse is floating and tight.

Therapeutic Principle. Release the exterior by acrid-warm herbs, unblock the lung and relieve asthma.

Treatment. Mahuang Tang (Ephedra Decoction) with modifications.

For severe asthma, add zisuzi (*Perilla*) and Qianhu (*Peucedanum*) to lower abnormally risen Qi and to relieve asthma.

If sputum is copious, add banxia (*Pinellia*) and juhong (*Citrus tangerina*) or bile-treated nanxing (*Arisaema erubescens*) and baijiezi (*Brassica*) to dry Dampness and dissipate Phlegm.

For chest tightness, add zhiqiao (*Poncirus trifoliata*), jiepeng (*Platycodon*) and zisu stem (*Perilla*).

If asthma persists following diaphoresis or there are wind-intolerance and a floating and even pulse following diaphoresis and fever, use Guizhi Jia Houpo Xingzi Tang (Cinnamon Plus Magnolia and Apricot Decoction) to regulate the Nutritive and Defensive Levels and to lower abnormal risen Qi and stop asthma. Guizhi Jia Houpo Xingzi Tang has the following composition: guizhi (*Cinnamomum*), baishaoyao (*Paeonia*), shengjiang (*Zingiber*), gancao (*Glycyrrhiza*), dazao (*Ziziphus*), houpo (*Magnolia*), and xingren (*Prunus armeniaca*).

If symptoms of the exterior are not severe, remove guizhi from the formula.

For an elderly patient with a constitution of Qi deficiency, there is concern in treating with mahuang and guizhi. Use Shen Su Yin (Ginseng and Perilla Drink) instead.

ii Exterior-Cold and Interior-Heat

Main Symptoms. Urgent asthma; agitation; yellow and thick sputum, difficult to expectorate; chills and fever, with little or no sweat, and thirst. The tongue coating is thin and white or slightly yellow. The pulse is floating and rapid.

Therapeutic Principle. Release the exterior, purge the interior, dissipate Phlegm and relieve asthma.

Treatment. Ding Chuan Tang (Asthma-Relieving decoction).

If sputum is copious and viscid, add Sichuan beimu (*Fritillaria*), gualou (*Trichosanthes*), yuxingcao (*Houttuynia*), dongguazi (*Benincasa hispida*) and yiyiren (*Coix*).

For high fever, add huangqin (*Scutellaria*) and shigao (gypsum).

For asthma associated with much gurgling in the throat from sputum, add tinglizi (*Lepidium*) and dilong (*Pheretima*).

iii Phlegm-Dampness Blocking Lung

Main Symptoms. Asthma; cough, much viscid sputum, difficult to expectorate; chest tightness; and nausea. The tongue coating is white and greasy, and the pulse slippery.

Therapeutic Principle. Dissipate Phlegm, suppress the abnormally risen Qi, unblock the lung and relieve asthma.

Treatment. San Zi Yang Qing Tang (Three Seeds Decoction for the Aged) and Er Chen Tang (Two Aged-Herbs Decoction) together.

If there is Cold as well, add warming herbs or use Suzi Jiang Qi Tang (Perilla Qi-Suppressing Decoction) to dispel Cold and warm the interior, suppress the abnormally risen Qi and relieve asthma.

If there is Heat as well, add cooling herbs such as huangqin (*Scutellaria*), gualou seed (*Trichosanthes*), danxing (*Arisaema consanguineum*), haigeqiao (*Cyclina sinensis*) and sangbaipi (*Morus*).

If abnormally risen Qi is particularly marked, add bitter xingren (*Prunus*), ziwan (*Aster tartaricus*) and xuanfuhua (*Inula britannica*).

iv Phlegm-Heat Blocking Lung

Main Symptoms. Urgent asthma, chest tightness; yellow viscid or white viscid sputum, difficult to expectorate; flushed face; high fever; and dry mouth. The tongue is red and the coating yellow, greasy but dry. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat, dissipate Phlegm, unblock the lung and relieve asthma.

Treatment. Ma Xing Shi Gan Tang (Ephedra, Almond, Gypsum and Licorice Decoction). Yiyiren (*Coix*), dongguaren (*Benincasa hispida*), dilong (*Pheretima*) and other herbs are often added to enhance the actions of cooling Heat, dissipating Phlegm and relieving asthma.

If interior Heat is marked, add huangqin (*Scutellaria*), daqingye (*Isatis tinctoria*), banlangen (*Isatis indigotica*) and Qiyeyizhuhua (*Paris polyphylla*) to purge Heat and detoxify poisons.

For sputum that is yellow and has a fishy odor, add yuxingcao (*Houttuynia*).

If asthma is severe and there is copious sputum, add shegan (*Belamcanda*), sangbaipi (*Morus*) and tinglizi (*Lepidium*).

For constipation and abdominal distention, add juemingzi (*Cassia*), gualou kernel (*Trichosanthes*) and dahuang (*Rheum palmatum*).

v Liver-Qi Stagnation with Lung Blockage

Main Symptoms. Sudden and urgent asthma, chest tightness and distention, choking in the throat often precipitated by passion; or, chest pain, mental depression, insomnia and palpitation of the heart. The tongue coating is thin, and the pulse taut.

Therapeutic Principle. Unblock the liver, relieve depression and lower the abnormally risen Qi to relieve asthma.

Treatment. Xiao Yao San (Carefree Powder) modified by removing baizhu and adding yujin (*Curcuma*), xiangfu (*Cyperus*), chuanxiong (*Ligusticum*), zhizi (*Gardenia jasminoides*) and mudanpi (*Paeonia suffruticosa*).

For Qi stagnation accompanied by Phlegm, add zisuzi (*Perilla*), kuxingren (*Prunus armeniaca*) and chuanpohua (*Magnolia*).

If there are palpitation of the heart and insomnia, add baihe (*Lilium*), hehuanhua (*Albizia julibrissin*), suanzaoren (*Ziziphus*) and yuanzhi (*Polygala*).

Alternately, for severe stagnation of liver-Qi and blockage of the lung, instead of modifying Xiao Yao San, use it in combination with Wu Mo Yin Zi (Drink of Five Ground Substances). The latter has the following composition: wuyao (*Lindera strychnifolia*) 9 g, chenxiang (*Aquilaria sinensis*) 9 g, binglang (*Areca catechu*) 6 g, zhiquiao (*Poncirus trifoliata*) 9 g and muxiang (*Aucklandia lappa*) 6 g.

2 Deficiency-Type Asthma

i Insufficiency of Spleen and Lung

Main Symptoms. Urgent asthma, shortness of breath, tiredness, cough and thin sputum. There usually are additional symptoms, as follows: spontaneous sweating, wind-aversion, pallid complex, pale tongue and threadlike and feeble pulse; or, flushed complexion, dry mouth, throat discomfort, night sweats, a red tongue with little coating or exfoliate coating and threadlike and rapid pulse; or, anorexia, epigastric distention and discomfort following meals, loose feces or defecation promptly after eating or sensation of incomplete defecation, wasting of muscles, and copious sputum.

Therapeutic Principle. Strengthen the spleen and augment Qi (Invigorate the Earth Element to generate the Metal Element).

Treatment. Bu Zhong Yi Qi Tang (Middle-Restoring and Qi-Augmenting Decoction) combined with Sheng Mai San (Pulse-Generating Powder).

If sputum is thin, the body is cold and there is no thirst, there is deficiency-Cold in the lung. Remove maimendong and add ganjiang (*Zingiber*) to warm and nourish Yang-Qi.

If lung-Yin is deficient, use Sheng Mai San with added baihe (*Lilium*), nan-shashen (*Adenophora tetraphylla*, *axilliflora*, *pereskiaefolia*), beishashen (*Glehnia*) and yuzhu (*Polygonatum*). Alternately, use Baihe Gu Jin Tang (Lily Metal-Solidifying Decoction).

ii Depletion of Kidney-Yang

Main Symptoms. Chronic asthma, more exhalation than inhalation, aggravated by even slight activity, shortness of breath, much thin sputum; timidity; sweating; cold limbs, aching waist; nocturia, edema in the face and legs; lassitude, and dispiritedness. The tongue is pale. The pulse is deep, threadlike and forceless, or taut, large and depletive.

Therapeutic Principle. Warm the kidney and restore its ability to receive Qi.

Treatment. Jin Gui Shen Qi Wan (kidney-Qi Pill from the *Golden Cabinet*). It has the following composition: shudihuang (*Rehmannia*) 12 g, shanyao (*Dioscorea*)

12 g, shanzhuyu (*Cornus*) 12 g, fuling (*Poria*) 9 g, zexie (*Alisma*) 9 g, mudanpi (*Paeonia suffruticosa*) 9 g, guizhi (*Cinnamomum*) 3 g, and fuzi (*Aconitum*) 3 g.

Renshen (*Panax*) may be added to enhance augmentation of lung-Qi if it is a case of significant deficiency of Qi.

If deficient kidney-Yang is unable to metabolize water, so that Rheum forms and floods upward, use Zhen Wu Tang (True Warrior Decoction) combined with Ling Gui Zhu Gan Tang (Poria-Cinnamomum-*Attractylodes*-*Glycyrrhiza* Decoction), with an increased amount of fuzi.

If Phlegm is abundant and causes much blockage, with upper strength and lower deficiency, add as clinically appropriate the following herbs to supple abnormally risen Qi and dissipate Phlegm: zisuzi (*Perilla*), Qianhu (*Peucedanum*), haigeqiao (*Cyclina sinensis*), xingren (*Prunus armeniaca*), juhong (*Citrus tangerina*) and cheqianzi (*Plantago*).

If asthma is severe, with agitation, fearfulness, cold limbs, sweat like oily droplets, a floating, large and rootless or swift, rapid and vague pulse, the condition is critical for collapse of both Yin and Yang. This requires emergency treatment with Shen Fu Tang (Ginseng-*Aconitum* Decoction) with added longgu (fossil bone), muli (*Ostrea*), guizhi pith (*Cinnamomum*), gejie (*Gekko gecko*), zishiying (fluorite), wuweizi (*Schisandra*) and maimendong (*Ophiopogon*) and in combination with Hei Xi Dan (Black Tin Pill). This treatment is designed to rescue genuine Qi, prevent collapse and stabilize kidney-Qi. Hei Xi Dan has the following composition: chuanlianzi (*Melia*), huluba (*Trigonella foenum-graecum*), muxiang (*Aucklandia*), fuzi (*Aconitum*), roudoukou (*Myristica*), buguzhi (*Psoralea*), chenxiang (*Aquilaria*), xiaohuixiang (*Foeniculum vulgare*), yangqishi (actinolite), rougui (*Cinnamomum*), heixi (*tin*), and liuhuang (sulfur).

iii Deficiency of Kidney-Yin

Main Symptoms. Asthma, aggravated by exertion, shortness of breath; tinnitus; aches in the waist; dry mouth; agitation; hotness in the palms and soles; flushed face; recurrent fever, night sweats; and yellow urine. The tongue is red, and the pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin, replenish essence and receive Qi to relieve asthma.

Treatment. Qi Wei Du Qi Wan (Seven-Ingredient All-Qi Pill) or Heche Da Zao Wan (Placenta General Restorative Pill).

Qi Wei Du Qi Wan has the following composition: shudihuang (*Rehmannia*) 15 g, shanzhuyu (*Cornus*) 12 g, slightly baked shanyao (*Dioscorea*) 12 g, mudanpi (*Paeonia suffruticosa*) 10 g, peeled fuling (*Poria*) 10 g, de-haired zexie (*Alisma*) 10 g, and wuweizi (*Schisandra*) 3 g.

He Che Da Zao Wan has the following composition: ziheche (human placenta) 15 g, shengdihuang (*Rehmannia*) 10 g, guiban (*Chinemys*) 10 g, huangbai (*Phellodendron*) 10 g, duzhong (*Eucommia*) 10 g, renshen (*Panax*) 10 g, tianmendong

(*Asparagus cochinchinensis*) 10 g, maimendong (*Ophiopogon*) 10 g, niuxi (*Achyranthes*) 10 g, sharen (*Amomum*) 6 g, and fuling (*Poria*) 12 g.

If genuine Qi is on the verge of collapse, with severe asthma, it is appropriate to treat with Renshen Hutao Tang (Ginseng-Juglans Decoction), Shen Ge San (Ginseng-Gecko Powder) or Ziheche Fen (Placenta Powder).

If there is deficiency of lung-Yin as well, add Sheng Mai San (Pulse-Generating Powder) and Baihe Gu Jin Tang (Lily Metal-Solidifying Decoction).

V Acupuncture Treatment

1 *Strength-Type Asthma*

Wind-Cold Constraining Lung. The therapeutic method is to unblock the lung and to dispel Cold. Select the acupoints Lieque (LU-7), Tanzhong (CV-17), Feishu (BL-13), Fengmen (BL-12) and Hegu (LI-4). Apply the reducing method and add moxibustion.

Phlegm-Heat Blocking Lung. The therapeutic method is to dissipate Phlegm and purge Heat. Select the acupoints Chize (LU-5), Zhongfu (LU-1), Fenglong (ST-40) and Dingchuan (EX-BA-1). Use filiform needles and apply the reducing method.

2 *Deficiency-Type Asthma*

Deficiency of Lung-Qi. The therapeutic method is to augment lung-Qi. Select the acupoints Tanzhong (CV-17), Zhongfu (LU-1), Feishu (BL-13), Taiyuan (LU-9), Zusanli (ST-36). Apply the reinforcing method and add moxibustion.

Failure of Kidney to Receive Qi. The therapeutic method is to strengthen the kidney and enable it to receive Qi. Select the acupoints Feishu (BL-13), Gaohuangshu (BL-43), Shenshu (BL-23), Qihai (CV-6), Guanyuan (CV-4), Zusanli (ST-36), Taixi (KI-3) and Chuanxi. (Chuanxi is an extra-meridian acupoint; it is located 1 cun lateral to the acupoint Dazhui, GV-14.) Apply the reinforcing method and add moxibustion.

VI Case Study

The patient was a 65-year old female who had chronic asthma and cough. Ten days earlier, during winter, she walked in the open country during the night and was exposed to wind and cold. Shortly thereafter, her asthma worsened markedly, with shortness of breath and gurgling in the throat. The cough also worsened and

produced much sputum that was thin but foamy. She refused to lie down flat, and felt tightness in the chest. She had mild chills and fever, which did not subside with sweating.

Her tongue coating was white, greasy and moist. Her pulse was threadlike and slippery. The chest was distended, with reduced respiratory vital capacity.

Diagnosis. Asthma due to exogenous evils attacking the exterior and the Defensive Level. This activated Cold and Phlegm in the lung, leading to failure of lung-Qi to disperse.

Therapeutic Principle. Warm the lung and dissipate Phlegm.

Treatment and Course. The patient was treated with the herbal formula with the following composition: processed mahuang (*Ephedra*) 3 g, guizhi (*Cinnamomum*) 3 g, baishaoyao (*Paeonia*) 10 g, xixin (*Asarum*) 1.5 g, ganjiang (*Zingiber*) 3 g, wuweizi (*Schisandra*) 3 g, processed banxia (*Pinellia*) 6 g, parched zisuzi (*Perilla*) 10 g, roast baiqian (*Cynanchum*) 6 g, and fried gancao (*Glycyrrhiza*) 3 g.

Following three daily doses, the mild chills and fever resolved and the asthma improved but persisted. The patient continued to cough, with gurgling and much sputum. The tongue coating was dirty and greasy. The formula was modified as follows. Wuweizi was removed and baijiezi (*Brassica*) 5 g, parched laifuzi (*Raphanus*) 10 g and roast ziwan (*Aster tartaricus*) 10 g were added.

After two daily doses, asthma and paroxysmal cough both resolved. Sputum became scant. Chest tightness resolved. The therapeutic gains were consolidated by an additional day of treatment, and the patient was then discharged from hospital.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of asthma, and discusses the main illnesses that present prominently with asthma.

II Objectives of Study

After completing this chapter the learners will:

1. Be familiar with the concept and main symptoms of asthma;
2. Know the differences between the deficiency and the strength types of asthma;
3. Understand the pathology of both types of asthma;
4. Know how to differentiate between the illnesses that cause asthma and their treatments.

III Exercises for Review

1. Describe the etiology and pathology of asthma syndrome.
2. Compare and contrast deficiency-type and strength-type of asthma. Compare their treatment principles and prescriptions.
3. Explain the saying, “strength-type asthma is in the lung, and deficiency-type asthma is in the kidney.”
4. Describe the treatment of deficiency-type asthma with acupuncture.
5. Describe the treatment of strength-type asthma with acupuncture.

IV Additional Exercises

1. The formula of Guizhi Jia Houpo Xingzi Tang is recommended for treating asthma due to Wind-Cold constraining the lung where asthma persists despite diaphoresis induced by Mahuang Tang. Supply the amount of each herb in this formula and provide an analysis of its formula.
2. Provide an analysis of the prescription of the combined San Zi Yang Qing Tang and Er Chen Tan used for treatment of asthma due to Phlegm-Dampness blocking the lung.
3. Provide an analysis of the formulation of Jin Gui Shen Qi Wan used in treatment of asthma due to depletion of kidney-Yang.
4. Provide an analysis of the formulation of Qi Wei Du Qi Wan used in treatment of asthma due to deficiency of kidney-Yin.
5. Provide an analysis of the formula of the formulation of He Che Da Zao Wan used in treatment of asthma due to deficiency of kidney-Yin.

Chapter 5

Palpitation of Heart

Palpitation of the heart refers to the subjective sensation of the heart beating fast and vigorously, and its associated symptoms of anxiety and restlessness. Its severity and its cause both vary.

I Etiology and Pathology

Palpitation occurs principally when the body's constitution is weak, when stimulated by strong passions, or when certain exogenous pathogenic evils invade the body. A weak constitution may be due to its inherent weakness, chronic illness, various conditions of blood loss or excessive fatigue, or excessive sexual activity. These conditions may lead to deficiency of Qi, blood, Yin or Yang, so that the heart loses its nourishment. The effects of the passions are mainly the result of prolonged brooding or fear, which depletes heart-Qi and makes it insecure. When heart-Qi is deficient and insecure, Yin-blood also becomes insufficient and unable to nourish the heart. Alternately, heart-Qi may become gelled, thereby allowing Phlegm to form and Fire to blaze. Disturbance of the heart by Phlegm and Fire leads to disturbance of the mind and palpitation of the heart. Certain illnesses of Heat or rheumatism due to exogenous evils may injure the heart channels or block the heart meridians and vessels. This causes stasis of heart-blood.

In addition to these three categories, palpitation of the heart can also occur when the patient overindulges in smoking, alcohol or greasy foods. Such overindulgence can also lead to the generation of endogenous Phlegm and Heat, which can in turn cause disturbance of the mind and palpitation of the heart.

Thus, though the heart is the principal organ affected in palpitation, the spleen and the kidney are often also intimately involved in the causation of palpitations.

Overall, the pathology of palpitations may be of deficiency or of strength. Deficiency type of palpitation includes deficiency of Qi, blood, Yin or Yang, which leads to the heart losing its nourishment; while strength type includes strength of Phlegm and Fire that disturb the heart, or heart-blood gelling and stagnating so that Qi and blood cannot circulate smoothly. Such deficiency and strength may be mixed, and one condition can transform into the other. If a condition of strength becomes

prolonged it can damage genuine Qi and lead to its deficiency. And a condition of deficiency often enables attack by exogenous factors and concomitant symptoms. Moreover, in certain severe illnesses, deficiency of Qi or Yin can injure Yang so that heart-Yang becomes depleted, sometimes so severely that it collapses.

II Clinical Manifestation

Palpitation is characterized by the subjective sensation of the heart beating rapidly, with anxiety, restlessness and the feeling of having lost control over oneself. It is often accompanied by shortness of breath, weakness, fatigue, and disinclination to speak.

During the attack there may be abnormalities of the pulse, so that palpation of the pulse is of exceedingly important significance during an attack. Depending on its cause palpitation may be associated with a pulse that is hurried, hesitant, intermittent, rapid, swift, impeded or threadlike. In some patients with more severe cases the beating of the heart may be so pronounced that it moves the clothing overlying the apex of the heart.

Palpitations may be intermittent or sustained. Depending upon the cause intermittent palpitations may occur once in several days or several times in 1 day. It may be quite intense during the attack but the patient may be without discomfort during remission. With sustained palpitation, on the other hand, the patient may be continually restless and anxious, with loss of self-control.

III Key Points of Analysis

The causes of palpitation are complex, and its differential diagnosis is therefore also complex. Broadly speaking, the following are key.

First differentiate between strength and deficiency of the illness. In palpitation due to a deficiency state, differentiate between deficiency of Qi and blood of the *zang* organs and that of Yin–Yang. In strength type of palpitations, differentiate between Phlegm–Rheum, blood stasis and Fire. Palpitations most commonly occur in a deficiency state, but the symptoms often show a mixture of deficiency and strength. Hence in diagnosis attention must be paid to both and to their relative degrees.

The degree of deficiency of the genuine is affected by the degree of injury to the visceral organs. In general, if only one visceral organ is involved the palpitation tends to be mild, whereas if several visceral organs are involved it tends to be severe. The visceral organs are interrelated through several types of interactions. Heart illnesses can induce impairment or injury of the other *zang–fu* organs; similarly, illnesses of other organs can directly or indirectly affect the heart. In ordinary circumstances, if palpitation is due to only the heart itself being diseased it tends to be mild with few mixed symptoms. Clinically, the main symptoms are limited

to palpitation, anxiety, chest tightness and insomnia. But if other organs are involved then additional symptoms become apparent. For example, if kidney-Yang or kidney-Yin is deficient, there may be such additional symptoms as aching pains in the waist, Yin-deficiency Cold, impotence, polyuria, cold limbs with cold-aversion and hotness in the palms and soles. If Liver-Fire is active or liver-Yin deficient, there may be dizziness, tinnitus, blurred vision, a bitter taste in the mouth, agitation and flank pains. If the spleen is insufficient, there may be nausea, epigastric distention, fatigue, weakness and a white and greasy tongue coating. In these more complex situations the condition is more severe.

IV Herbal Treatment

1 Deficiency of Heart-Qi

Main Symptoms. Palpitation with shortness of breath; dizziness with weakness; and spontaneous sweating. Activity tends to aggravate while quiescence to ameliorate the palpitation. The tongue coating is thin and white and the tongue red. The pulse is threadlike and feeble.

Therapeutic Principle. Replenish heart-Qi.

Treatment. Modified Wuweizi Tang (Schisandra Decoction). Its composition is as follows: renshen (*Panax*) 15 g, Huangqi (*Astragalus*) 15 g, wuweizi (*Schisandra*) 10 g, maimendong (*Ophiopogon*) 12 g and fried gancao (*Glycyrrhiza*) 6 g.

If deficiency of heart-Qi progresses to deficiency of heart-Yang, with associated cold limbs and cold-aversion, use Bao Yuan Tang instead to augment heart-Qi and support heart-Yang.

If Yin deficiency has caused impairment of Qi and water movement so that Rheum accumulates beneath the heart, there may be shortness of breath, thirst without desire to drink and decreased urine output. In this case use Ling Gui Zhu Gan Tang (Poria-Cinnamomum-Atractylodes-Glycyrrhiza Decoction) to warm Yang, dissipate Rheum, strengthen the spleen and promote water movement. The composition of Ling Gui Zhu Gan Tang is as follows: fuling (*Poria*) 12 g, guizhi (*Cinnamomum*) 9 g, baizhu (*Atractylodes*) 9 g, and fried gancao (*Glycyrrhiza*) 6 g.

2 Deficiency of Heart-Yin

Main Symptoms. Palpitation with fearfulness; restlessness with insomnia; thirst; mild fever; hotness in the five centers; and night sweats. The tongue is red with little moisture, and the pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin, generate blood and calm the heart and the mind.

Treatment. Tian Wang Bu Xin Dan or Zhusha An Shen Wan (Cinnabar Tranquilizer Pill). The composition of Zhusha An Shen Wan is as follows: shengdihuang (*Rehmannia*) 20 g, xuanshen (*Scrophularia*) 15 g, danshen (*Salvia*) 15 g, danggui (*Angelica*) 10 g, wuweizi (*Schisandra*) 10 g, maimendong (*Ophiopogon*) 10 g, yuzhu (*Polygonatum*) 10 g, baiziren (*Biota*) 10 g, suanzaoren (*Ziziphus*) 10 g, cishi (magnetite) 25 g, zhenzhumu (*Pteris magaritifera*) 25 g, and fried gancao (*Glycyrrhiza*) 6 g. (Note that this formula has the same name as that cited in Volume 3, Part I, Chapter 7, [Section III](#), Subsection 1, but comes from a different source. Hence it has a different composition.)

Both formulas are designed to nourish Yin, generate blood and calm the heart and the mind. Tian Wang Bu Xin Dan is stronger in restoration and weaker in calming the heart and the mind; it is more suitable for treating deficiency of heart-Qi or Yin deficiency with fever. Zhusha An Shen Wan is stronger in calming the heart and the mind and is relatively weak in restoration; it is more suitable when Yin deficiency is mild but Heart-Fire is blazing.

If heart-Yin and kidney-Yin are both deficient, with stirring of deficiency-Fire and spermatorrhea, add guiban (*Chinemys*), huangbai (*Phellodendron*) and zhimu (*Anemarrhena*) as appropriate.

If restlessness and dizziness are prominent, add baishaoyao (*Paeonia*), heshouwu (*Polygonum*) and gouqizi (*Lycium*).

3 *Insufficiency of Both Heart and Spleen*

Main Symptoms. Palpitation; shortness of breath; dizziness; lusterless complexion; lassitude and weakness; and abdominal distention with anorexia. The tongue is red and the pulse threadlike and feeble.

Therapeutic Principle. Strengthen the spleen, nourish the heart and replenish Qi and blood.

Treatment. Gui Pi Tang (Spleen-Restoring Decoction).

However, if heart-blood is insufficient and heart-Qi deficient, giving rise to palpitation with a hesitant and intermittent pulse, use Zhi Gancao Tang to augment Qi, generate blood, nourish Yin and restore the pulse.

4 *Yin Deficiency of Liver and Kidney*

Main Symptoms. Palpitation; insomnia; hotness in the five centers; dizziness with tinnitus; irascibility; and spermatorrhea with lumbago. The tongue is red with slight moisture, and the pulse is rapid.

Therapeutic Principle. Nourish the liver and the kidney, and nourish the heart to calm the mind.

Treatment. Yi Guan Jian combined with Suanzaoren Tang. Using these two formulas together can achieve the effect of nourishing both the liver and the kidney, generating blood and tranquilizing the mind.

If there is constipation as well, add gualou seed (*Trichosanthes*) and increase the amount of shengdihuang.

For recurrent fever in Yin deficiency, with hotness in the palms and soles, add digupi (*Lycium*) and baiwei (*Cynanchum atratum, versicolor*).

If there is thirst as well, add shihu (*Dendrobium*) and yuzhu (*Polygonatum*).

In Yin deficiency of both the liver and the kidney, if deficiency-Fire blazes internally so that strong Fire disturbs the heart and the liver and produces such symptoms as agitation, irascibility and a red tongue, add huanglian (*Coptis*) and zhizi (*Gardenia jasminoides*) to clear the heart and purge Fire.

5 *Yang Deficiency of Spleen and Kidney*

Main Symptoms. Palpitation; lassitude; shortness of breath with disinclination to speak; watery feces; abdominal distention with anorexia; lumbago; cold-aversion with cold limbs; and dysuria. The tongue is pale, with white and greasy coating, and the pulse is deep, threadlike and slow or hesitant and intermittent. (Note that the pulse may be objectively slow despite the subjective sensation of palpitation.)

Therapeutic Principle. Warm restoration of the spleen and the kidney; mobilization of water; and calming of the heart.

Treatment. Li Zhong Tang combined with Zhen Wu Tang. (Li Zhong Tang has the same composition as Li Zhong Wan, but prepared as a decoction.)

If urine output is reduced, with edema in the limbs, add zhuling (*Polyporus*), fangji (*Stephania*), dafupi (*Areca catechu*, peel) and tinglizi (*Lepidium*).

If water and Dampness accumulate in the middle-jiao, preventing stomach-Qi from descending normally and inducing nausea, vomiting and epigastric discomfort, add processed banxia (*Pinellia*) and chenpi (*Citrus tangerina*) to regulate Qi and lower the abnormally ascent.

6 *Heart Insufficiency with Timidity*

Main Symptoms. Palpitation; fearfulness; restlessness with fidgeting; fitful sleep with excessive dreaming; anorexia with nausea; and aversion to noise. The tongue and its coating are generally normal. The pulse is threadlike and somewhat rapid, or threadlike and taut.

Therapeutic Principle. Replenish Qi, nourish the heart, relieve convulsions and tranquilize the mind.

Treatment. An Shen Ding Zhi Wan (Mind-Calming Pill). Its composition is as follows: dangshen (*Codonopsis*) 12 g, wuweizi (*Schisandra*) 10 g, shanyao (*Dioscorea*) 10 g, fuling (*Poria*) 12 g, tianmendong (*Asparagus choichinchinensis*) 10 g, shudihuang (*Rehmannia*) 10 g, suanzaoren (*Ziziphus*) 10 g, longchi (fossil teeth) 20 g, cishi (magnetite) 20 g, shichangpu (*Acorus*) 10 g, yuanzhi (*Polygala*) 6 g and fried gancao (*Glycyrrhiza*) 5 g.

If there is spontaneous sweating as well, add fuxiaomai (*Triticum*), shanzhuyu (*Cornus*) and meihua (*Armeniaca mume*).

If heart deficiency is accompanied by blood stasis, add danshen (*Salvia*), taoren (*Prunus persica*) and honghua (*Carthamus*).

If heart insufficiency is accompanied by stagnation of heart-Qi, manifesting as palpitation, restlessness, depression and intermittent chest and subcostal distention and pain, add chaihu (*Bupleurum*), yujin (*Curcuma*), hehuanpi (*Albizia julibrissin*) and white wumei (*Prunus mume*).

7 Blockage by Retained Turbid Phlegm

Main Symptoms. Palpitation with shortness of breath; heart and chest tightness and distention; much sputum; and abdominal distention with anorexia or nausea. The tongue coating is white and greasy or smooth and greasy, and the pulse is taut and slippery.

Therapeutic Principle. Regulate Qi, dissipate Phlegm, calm the heart and tranquilize the mind.

Treatment. Dao Tan Tang (Phlegm-Dissipating Decoction). Its composition is as follows: processed banxia (*Pinellia*) 10 g, bile-treated nanxing (*Arisaema consanguineum, erubescens*) 10 g, chenpi (*Citrus tangerina*) 10 g, zhishi (*Citrus aurantium*) 10 g, fuling (*Poria*) 15 g and gancao (*Glycyrrhiza*) 5 g.

For stronger action to calm the heart and the mind add suanzaoren (*Ziziphus*), baiziren (*Biota*) and yuanzhi (*Polygala*).

Chronic accumulation of turbid Phlegm can transform into Heat. Phlegm-Heat disturbing the interior can lead to palpitations, insomnia, chest tightness, restlessness, a dry and bitter mouth, yellow and greasy tongue coating and slippery and rapid pulse. In this case the therapeutic principle is to clear Heat, dissipate Phlegm and calm the heart and the mind. Use augmented Huanglian Wen Dan Tang (Coptis Gallbladder-Warming Decoction). The composition is as follows: huanglian (*Coptis*) 5 g, chenpi (*Citrus tangerina*) 10 g, zhuli (*Phyllostachys nigra*) 10 g, processed banxia (*Pinellia*) 10 g, fuling (*Poria*) 10 g, zhuru (*Phyllostachys nigra*) 10 g, zhizi (*Gardenia jasminoides*) 10 g, bile-treated nanxing (*Arisaema consanguineum, erubescens*) 10 g, danshen (*Salvia*) 10 g, yuanzhi (*Polygala*) 6 g, suanzaoren (*Ziziphus*) 10 g, dazao (*Ziziphus*) six pieces, and gancao (*Glycyrrhiza*) 5 g.

If palpitation and restlessness are prominent, add zhenzhu (*Pteris magaritifera*, *martensii*) and muli (*Ostrea*).

8 Obstruction of Blood Vessels

Though palpitation is mostly due to deficiency of genuine Qi, obstruction of blood vessels by stasis is also common.

Main Symptoms. Palpitation; frequent heart pain; shortness of breath with wheezing and chest tightness; or cold body and limbs. The tongue is dark or has petechiae. The pulse is depletive, or hesitant and intermittent.

Therapeutic Principle. Promote blood circulation and remove blood stasis.

Treatment. Xue Fu Zhu Yu Tang (Decoction for Releasing Blood Stasis).

If there is Qi deficiency as well, remove chaihu, zhiqiao and jiepeng, but add huangqi (*Astragalus*), dangshen (*Codonopsis*) and huangjing (*Polygonatum*) to replenish Qi.

If there is blood insufficiency as well, add shudihuang (*Rehmannia*), gouqizi (*Lycium*) and prepared heshouwu (*Polygonum multiflorum*) to nourish blood.

If there is Yin deficiency as well, remove chaihu, zhiqiao, jiepeng and chuanxiong, but add maimendong (*Ophiopogon*), yuzhu (*Polygonatum*), nuzhenzi (*Ligustrum*), moliancao (*Eclipta*) and other herbs that nourish Yin and generate fluids.

If there is Yang deficiency as well, remove chaihu and jiepeng, but add fuzi (*Aconitum*), rougui (*Cinnamomum*), yinyanghuo (*Epimedium*), bajitian (*Morinda*) and other herbs that warm the channels and augment Yang.

If there is turbid Phlegm as well, add gualou (*Trichosanthes*), xiebai (*Allium macrostemon*) and processed banxia (*Pinellia*).

If chest pain is prominent, add ruxiang (*Boswellia*), moyao (*Commiphora*), puhuang (*Typha angustifolia*) and wulingzhi (*Pteropus pteropus*).

V Acupuncture Treatment

The principal acupoints to select are Xinshu (BL-15), Jueyinshu (BL-14), Tanzhong (RN-17), Juque (CV-14), Shenmen (HT-7), and Neiguan (PC-6).

If Fire blazes in Yin deficiency, add Taixi (KI-3) and Sanyinjiao (SP-6).

If Phlegm-Fire moves internally, add Zhongwan (CV-12) and Fenglong (ST-40).

If there is blockage by retained water, add Zhongwan (CV-12), Yinlingquan (SP-9) and Zusanli (ST-36).

If there are shortness of breath and wheezing in addition to palpitation, add Feishu (BL-13), Chize (LU-5) and Taiyuan (LU-9).

If there is edema, add Shuifen (CV-9), Yinlingquan (SP-9) and Sanyinjiao (SP-6). In general, apply the reinforcing method. Moxibustion may be added.

VI Case Study 1

The patient was an adult female. She had palpitation with chest tightness and shortness of breath for over a year. At the time of admission to hospital, she felt tightness and pressure in her chest and precordial pain. Any physical activity precipitated palpitation with panic and shortness of breath, alleviated by sighing. For about a month she also had mild fever and three episodes of heavy menstruation within the month.

The tongue was tender, red and purple, with a thin coating, and the pulse was rapid, at a rate of 160 beats per minute. The heart was slightly enlarged, with the point of maximal impulse in the fifth intercostal space and 1 cm lateral of the nipple line. On auscultation there was a grade 2–3 systolic murmur over the apex. The electrocardiogram showed an inverted T-wave in all leads, indicating strain of the heart muscle.

Diagnosis. Palpitation due to deficiency of both Qi and Yin, resulting in disharmony among the vessels, stasis of heart-blood and failure of nourishment for the heart.

Therapeutic Principle. Replenish Qi and Yin, mobilize blood and harmonize the vessels, and calm the heart and the mind.

Treatment and Course. The prescribed formula had the following composition: dangshen (*Codonopsis*) 12 g, danshen (*Salvia*) 12 g, longchi (fossil teeth) 15 g, shudihuang (*Rehmannia*) 10 g, maimendong (*Ophiopogon*) 10 g, honghua (*Carthamus*) 10 g, chuanxiong (*Ligusticum*) 10 g, guizhi (*Cinnamomum*) 5 g, wuweizi (*Schisandra*) 5 g, calcined muli (*Ostrea*) 30 g, huzhang (*Polygonum cuspidatum*) 30 g and fried gancao (*Glycyrrhiza*) 6 g.

After five daily doses, the mild fever abated. The formula was continued. Over a period of over 70 days treatment all symptoms, including chest tightness and pressure and palpitation, gradually subsided with only occasional precordial aching. The cardiac murmur disappeared and the electrocardiogram also showed marked improvement.

VII Case Study 2

The patient was an adult male with a medical history of palpitations, accompanied by a sensation of chest pressure and tightness. During an attack he also had panic, restlessness and a dry and sticky mouth.

The tongue coating was yellow and sticky, and the pulse was threadlike, rapid but irregular. Auscultation of the heart confirmed an irregular heart rhythm with an overall rate of 200 beats per minute. The electrocardiogram showed supraventricular tachycardia.

Diagnosis. Palpitation due to Phlegm-Fire disturbing the heart and causing panic.

Therapeutic Principle. Purge Fire, dissipate Phlegm and calm the heart and the mind.

Treatment. The prescribed formula had the following composition: huanglian (*Coptis*) 3 g, shichangpu (*Acorus*) 3 g, zhizi (*Gardenia jasminoides*) 10 g, ginger-treated zhuru (*Phyllostachys nigra*) 10 g, processed banxia (*Pinellia*) 10 g, fuling (*Poria*) 10 g, juhong (*Citrus tangerina*) 6 g, yujin (*Curcuma*) 6 g, roasted yuanshi (*Polygala*) 5 g, and hupo powder (amber) 2 g. The hupo was taken separately.

After two doses the palpitation was relieved. After other five doses, the tongue coating returned to normal. The pulse remained threadlike but was now normal in rate and rhythm.

Guidance for Study

I Aim of Study

This chapter provides a detailed description of the various conditions that feature palpitation as the most prominent syndrome, and their diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and the main associated symptoms of palpitation;
2. Understand the etiology and pathology of palpitation;
3. Know the various common conditions that produce palpitation and the relevant treatments.

III Exercises for Review

1. Explain the etiology and pathology of palpitation.
2. Compare palpitations due to deficiency and strength.
3. Describe the treatment of palpitations due to deficiency.
4. Describe the treatment of palpitation due to strength.

IV Additional Exercises

1. Provide an analysis of the formulation of modified Wuweizi Tang used in treatment of deficiency of heart-Qi.
2. Provide an analysis of this version of the formulation of Zhusha An Shen Wan used in the treatment of deficiency of heart-Yin.
3. Provide an analysis of the formulation of An Shen Ding Zhi Wan used in treatment of heart insufficiency with timidity.
4. Provide an analysis of the formulation of Dao Tan Tang used in treatment of blockage of the lung by retained turbid Phlegm.
5. Provide an analysis of the formulation of the augmented Huanglian Wen Dan Tang used for treatment of chronic accumulation of turbid Phlegm transforming into Heat, so that Phlegm-Heat disturbs the interior, in a patient with blockage of the lung by retained turbid Phlegm.

Chapter 6

Angina Pectoris

Angina pectoris (angina for short) refers to tightness and suffocating pain in the chest and dyspnea. In mild cases, there may be only chest tightness with dyspnea. In severe cases, chest pain penetrates to the back, back pain penetrates to the chest, and the dyspnea is accompanied by orthopnea (inability to breathe except in an upright position).

I Etiology and Pathology

In angina pectoris the main pathogenic agents are Yin-Cold and turbid Phlegm. Its primary location of illness is the heart; but the liver, the spleen and the kidney may also be involved. The pathology is that of chronic deficiency of chest-Yang complicated by opportunistic attack by pathogenic evils of Yin and cold nature, which results in blockage and stagnation of chest-Yang and disharmony of the meridians. The causes of the chronic deficiency of chest-Yang are often closely related to the body's constitution, old age and the aftermath of illnesses. The precipitating agents may be exogenous Cold, intemperate diet, excessive brooding, or habitual lack of physical activity.

Angina often results from attack by exogenous Cold evil in a patient with chronic deficiency of heart-Qi or ineffective heart-Yang. Exogenous Cold gels inside the chest and prevents chest-Yang from acting, resulting in blockage of the heart vessels and sudden appearance of angina.

Anxiety, brooding rage and fright can impede the movement of heart and lung Qi, leading to impaired circulation of blood. This can also lead to angina. When there is excessive brooding, spleen insufficiency or Qi stagnation, turbid Phlegm can easily form; and turbid Phlegm contributes to the blockage of chest-Yang.

A diet rich in spices and fats or irregular satiation and hunger, if continued for a long time, can injure the spleen and the stomach, disrupting digestion, transportation and transformation. The essence from the foods and drinks cannot be efficiently extracted and cannot support the generation of Qi and blood. In such circumstances, Dampness can accumulate and transform into Phlegm. Dampness and Phlegm can attack upward and invade the clear and hollow areas of the heart and the chest, so

that Qi movement is disrupted and the heart vessels obstructed. Angina develops as a result. If turbid Phlegm persists for a long time, the condition may become one of intermixing of Phlegm and static blood. In that case, the illness becomes difficult to treat.

Chronic fatigue, internal injury or prolonged illness can all impair the functions of the spleen and the stomach and lead to their insufficiency. Qi and blood then lose the source of their generation and become deficient in the visceral organs. Similarly, if there has been significant blood loss, the blood vessels become depleted of blood and the heart also loses its nourishment. Deficiency of heart-Qi in turn leads to deficiency of heart-Yang. Deficiency of both Yang and Qi in the heart deprives the heart of its motive force, causing failure of Yang action and impeding Qi and blood circulation. Angina then results.

In the elderly, the body constitution may become weak or there may be deficiency of both heart-Yin and heart-Yang. After a long time this may affect the kidney. When kidney-Yang becomes deficient it fails to invigorate heart-Yang. Debility of heart-Yang leads to failure to warm the blood vessels, which then fail in their function of transportation. This can also lead to angina. At the same time, deficiency of kidney-Yin means failure of the Water Element to stimulate the Wood Element and inability to aid the heart. Fire then blazes in the heart and the liver, which can not only scorch the fluids and transform them into Phlegm, causing angina, but also can injure Yin-blood and disrupt the nourishment of the heart vessels. With both deficiency of heart-Yin and poor nourishment of the heart vessels, Heart-Fire flares up and injures kidney-Yin. Deficiency of heart and kidney Yang permits Yin-Cold and Phlegm-Rheum to occupy Yang's place, causing obstruction of the heart vessels. This further aggravates angina.

In habitual physical inactivity the movement of Qi may become impaired, and this can lead to impaired activity of chest-Yang. This is the reason why obese persons beyond middle age are quite susceptible to angina.

II Clinical Manifestation

Angina is characterized by suffocating pain in the chest. The pain characteristically appears suddenly, but may be intermittent. It is frequently accompanied by chest tightness, shortness of breath and palpitation of the heart. The heart pain is usually located in the precordial area, and may be suffocating, vague, stabbing, colicky or burning in quality. Sometimes the pain radiates to the shoulders, the back or the inner aspect of the left arm.

In mild cases, there may not be significant heart pain, but only chest tightness as though being suffocated, palpitation of the heart and anxiety. In severe cases, chest pain may penetrate to the back and back pain to the chest. It is intense and unrelenting. There may be accompanying sweating, cold limbs, pallid complexion, cyanotic lips and dusky hands and feet. In the gravest cases, angina may develop suddenly in the morning and result in death by evening, or begin in the evening and result in death by morning.

III Key Points of Analysis

Quality of Pain. The chief characteristic of angina is suffocating pain in the chest. The quality of the pain may vary according to the relative degrees of deficiency and strength.

The most common syndrome is pain with an oppressive quality, with more oppression than pain and without a fixed location. The chest pain is usually accompanied by rib pain and distention and by frequent sighing. This is mainly due to Qi impedance.

If there is much sputum and salivary drool, pain that comes mostly during damp or overcast days, and tongue coating is greasy, it is mainly due to disturbance by turbid Phlegm.

If the chest pain is vague but suffocating, is precipitated by activity and is accompanied by shortness of breath and anxiety, it is mainly due to deficiency of heart-Qi.

If the pain is stabbing or cutting and has a fixed location, or is accompanied by a tongue that is cyanotic and has petechiae, it is mainly due to blood stasis.

If the pain is colicky and is precipitated by Cold, tends to be aggravated by exposure to cold temperatures and is accompanied by cold-intolerance and cold limbs, it is due mainly to gelling of Yin-Cold in the interior so that the heart vessels are obstructed by the gelled Cold.

If the pain is accompanied by symptoms of Yang deficiency, it is mainly due to strong Yin-Cold in the interior and occupying the place of Yang.

Deficiency versus Strength. Angina is principally a condition of root-deficiency and appearance-strength – that is, deficiency is the “root cause” and the “appearance” is largely that of the symptoms of strength. Therefore the first step in diagnosis is to ascertain what is deficient and what is strong, and what is root and what is appearance. In general, appearance-strength is primary during an attack while root-deficiency is primary during remission.

Appearance-strength is mostly Yin-Cold gelling in the interior, turbid Phlegm causing blockage, blood stasis with Qi impedance, or accumulated Phlegm blocking Qi movement. Root-deficiency is mostly deficiency of heart-Qi, deficiency of both Qi and Yin, deficiency of heart and kidney (and spleen) Yang, deficiency of liver and kidney Yin, deficiency of heart and kidney Yin, or Qi deficiency with Yang collapse.

Occasionally, root-deficiency and appearance-strength are equally prominent. This is mostly Qi deficiency with blood stasis, or Yang deficiency with turbid Phlegm.

Severity of Illness. The severity of angina can be assessed on the basis of several analyses. These include frequency of attack, the duration of each attack, the location of the pain and whether it is fixed or not, whether the symptoms are primarily of deficiency or of strength, and the overall duration of the course of illness.

The more frequent the attacks the more severe is the illness. Short duration of an attack indicates a mild illness and long duration a severe illness. Duration of several hours, even several days, indicates the most serious illness. Pain with a fixed location indicates a more severe illness and pain without a fixed location a milder illness.

If the main symptoms reflect strength the illness is relatively mild; if they reflect deficiency it is relatively severe. Recent onset indicates a relatively mild illness, but persistence indicates a relatively severe illness.

In general, to assess the severity of the condition, it is essential to analyze the symptoms of the entire body as well as the local symptoms in order to arrive at an accurate diagnosis.

IV Herbal Treatment

The first decision the physician must make in the treatment of angina is whether to treat the root or the appearance first. In general, if the apparent symptoms are urgent it is acceptable to treat mainly the appearance; if not urgent then treat both the appearance and the root.

1 *Blood Stasis and Qi Stagnation*

Main Symptoms. Chest tightness as though being suffocated, and stabbing or intermittent colicky chest pain with fixed location. In severe cases, chest pain penetrating to the back and back pain penetrating to the chest, or pain radiating to the shoulders; and dusky hands and feet. The tongue is cyanotic or speckled with petechiae. The tongue coating is thin and white. The pulse is taut or shows missing beats.

Therapeutic Principle. Promote blood circulation to remove stasis and activate Qi to remove stagnation.

Treatment. Xue Fu Zhu Yu Tang (Decoction for Releasing Blood Stasis).

If the chest pain is especially severe, remove shengdihuang and niuxi and add jiangxiang (*Dalbergia odorifera*), yujin (*Curcuma*), yanhusuo (*Corydalis*) and danshen (*Salvia*) to mobilize blood and regulate Qi in order to stop the pain.

If blood stasis and Qi stagnation are equally severe, with strong chest pain, add chenxiang (*Aquilaria*), tanxiang (*Santalum album*), bibo (*Piper longum*) and other acrid and aromatic herbs to regulate Qi and stop pain. Also take sanQi power (*Panax pseudoginseng*) separately.

If cold-intolerance and cold limbs accompany the acute pain, add xixin (*Asarum*), guizhi or rougui (*Cinnamomum*), gaoliangjiang (*Alpinia officinarum*) and other herbs that warm meridians and disperse Cold.

If the patient sweats, has cold limbs and a pallid complexion, the pulse is thread-like and feeble and Yang-Qi is on the verge of collapse, treat immediately with Si Ni Tang with added renshen (*Panax*), longgu (fossil bone) and muli (*Ostrea*) to rescue Yang and reverse collapse. Alternately, administer renshen powder or Du Shen Tang (Lone Ginseng Decoction) and infuse a solution of Sheng Mai San (Pulse-Generating Powder) intravenously.

If chest tightness and pain are due to blood stasis and Qi stagnation complicated by Phlegm and Dampness, use Xuanfuhua Tang (Inula Decoction) augmented with yujin (*Curcuma*), danggui whiskers (*Angelica*), taoren (*Prunus persica*), honghua (*Carthamus*), guizhi (*Cinnamomum*), gualou (*Trichosanthes*) and xiebai (*Allium*).

2 Gelling of Yin-Cold in Interior

Main Symptoms. Chest tightness with shortness of breath and palpitation; or, chest pain penetrating to the back, aggravated by cold, and cold body and limbs. The tongue coating is white and smooth or white and greasy. The pulse is deep and slow.

Therapeutic Principle. Activate Yang with acrid and warm herbs, and release obstruction and disperse accumulations.

Treatment. Gualou Xiebai Baijitu Tang (Trichosanthes-Allium Wine Decoction). Its composition is as follows: gualou (*Trichosanthes*) 10 g, xiebai (*Allium*) 10 g, zhishi (*Citrus aurantium*) 10 g, guizhi (*Cinnamomum*) 10 g, processed fuji (*Aconitum*) 10 g, danshen (*Salvia*) 15 g, and gancao (*Glycyrrhiza*) 5 g.

If the pain is especially acute, add xixin (*Asarum*).

If the pain is unrelenting and interpenetrates the chest and back, with cold body and limbs, orthopnea and a deep pulse that is tight or indistinct, the condition is due to extreme Yin-Cold. For such severe angina, add one pill of Suhexiang Wan (Storax pills) to be taken orally in order to resolve turbidity with fragrant herbs, and to warm, dredge and open the orifices to stop the pain.

If the pain is intermittent, accompanied by chest tightness and a sensation of suffocation, and there are other concomitant symptoms of Dampness, the condition is due to Yang deficiency with Cold and Dampness lodging in the interior. Use Yiyi Fuzi San (Coix-Aconitum Powder) to warm and eliminate Cold-Dampness.

3 Obstruction by Turbid Phlegm

Main Symptoms. Chest tightness with the sensation of being suffocated, or pain penetrating to the back; shortness of breath with dyspnea; and cough producing much white viscid sputum. The tongue coating is dirty and greasy, and the pulse is soft and slow.

Therapeutic Principle. Activate Yang, purge the turbid and eliminate Phlegm.

Treatment. Gualou Xiebai Banxia Tang (Trichosanthes-Allium-Pinellia Decoction). It has the following composition: gualou (*Trichosanthes*) 10 g, xiebai (*Allium*) 10 g, prepared banxia (*Pinellia*) 10 g, chenpi (*Citrus tangerina*) 10 g, shichangpu (*Acorus*) 10 g, yujin (*Curcuma*) 10 g, ganjiang (*Zingiber*) 5 g, baidoukou (*Amomum cardamomum*) 5 g and gancao (*Glycyrrhiza*) 6 g.

For especially strong turbid Phlegm, with suffocating chest tightness and epigastric distention, add zhishi (*Citrus aurantium*) and houpo (*Magnolia*) to loosen the chest and suppress abnormally risen Qi.

If cough produces copious sputum, add xingren (*Prunus armeniaca*), chenpi (*Citrus tangerina*) and fuling (*Poria*).

If in addition the tongue coating is yellow and greasing, the sputum is yellow and the pulse is slippery and rapid, these indicate that turbid Phlegm has transformed into Heat. For treatment, remove guizhi and xiebai and add zhuru (*Phyllostachys nigra*), bile-treated nanxing (*Arisaema consanguineum, erubescens*), huangqin (*Scutellaria*), huanglian (*Coptis*) and tianzhuhuang (*Bambusa textilis*) to dissipate Phlegm and cool Heat.

If chest tightness with a suffocating sensation is especially prominent, accompanied by Qi stagnation, add jieqeng (*Platycodon*), zisu stem (*Perilla*), xiangfu (*Cyperus*) and meihua (*Armeniaca mume*).

If there is blood stasis as well, Phlegm and blood stasis can obstruct each other. In such an illness the tongue is dark purple or is speckled with petechiae. Treat with Gualou Xiebai Banxia Tang augmented with taoren (*Prunus persica*), honghua (*Carthamus*), danggui (*Angelica*), chuanxiong (*Ligusticum*), chishaoyao (*Paeonia*) and shudihuang (*Rehmannia*). Taoren and honghua act to remove stasis and mobilize blood, and the others to nourish and harmonize blood in order to unblock the meridians.

4 Deficiency of Heart and Kidney Yin

Main Symptoms. Cardiac pain or chest tightness; dizziness with tinnitus; fever with a dry mouth and restlessness; and lumbar aches. The tongue is red or dark purple, or speckled with petechiae. The pulse is threadlike and taut.

Therapeutic Principle. Nourish Yin, strengthen the kidney, promote blood circulation and unblock meridians.

Treatment. Zuo Gui Yin (kidney-Yin-Augmenting Drink). It has the following composition: shudihuang (*Rehmannia*) 15 g, gouqizi (*Lycium*) 10 g, shanzhuyu (*Cornus*) 10 g, danshen (*Salvia*) 10 g, fuling (*Poria*) 10 g, shanyao (*Dioscorea*) 15 g, wuweizi (*Schisandra*) 5 g and fried gancao (*Glycyrrhiza*) 6 g.

If insufficiency of the heart and the kidney is primary, with palpitation, shortness of breath, restlessness, insomnia and a threadlike and rapid pulse, add yuzhu (*Polygonatum odoratum*), huangjing (*Polygonatum sibiricum*), maimendong (*Ophiopogon*), wuweizi (*Schisandra*), baiziren (*Biota*), suanzaoren (*Ziziphus*), longgu (fossil bone) and muli (*Ostrea*).

If Yin is deficiency and Yang hyperactive, so that Yang and Wind attack upward and give rise to such symptoms as dizziness, headache, blurred vision, numbness in the tongue and limbs, feverish face or flushed face and eyes, and a taut pulse, use Lingjiao Gouteng Tang. Depending on the clinical circumstances tianma

(*Gastrodia*), chouwutong (*Clerodendron trichotomum*), mudanpi (*Paeonia suffruticosa*), xiakucuo (*Prunella*) and shijueming (*Haliotis*) may be added.

5 Deficiency of Both Qi and Yin

Main Symptoms. Chest tightness or intermittent cardiac pain; palpitation, shortness of breath; dizziness, weakness; insomnia; and lusterless complexion. The sides of the tongue are red or dentate, or there may be petechiae. The pulse is threadlike or hesitant and intermittent.

Therapeutic Principle. Augment Qi, nourish Yin, promote blood circulation and unblock meridians.

Treatment. Combined Sheng Mai San and Gui Pi Tang.

If Yin deficiency is relatively more severe, add yuzhu (*Polygonatum odoratum*), shengdihuang (*Rehmannia*) and heshouwu (*Polygonum*).

If Qi deficiency is relatively more severe, with spontaneous sweating, anorexia, loose feces and malaise, remove maimendong and danggui and add baizhu (*Atractylodes*) and shanyao (*Dioscorea*).

If heart pain and cyanotic tongue are prominent, add danshen (*Salvia*), chishaoyao (*Paeonia*), yujin (*Curcuma*), honghua (*Carthamus*) and sanQi powder (*Panax pseudoginseng*).

If the pulse is hesitant, slow and regularly intermittent, use Zhi Gancao Tang instead.

6 Deficiency of Yang-Qi

Main Symptoms. Chest tightness or intermittent heart pain, palpitation; shortness of breath or rapid breathing; lumbar aches; cold-aversion, cold limbs; and a pallid complexion, with pale lips and nail beds. The tongue is blue purple or dusky purple, or pale with a white coating. The pulse is deep and threadlike or hesitant and intermittent.

Therapeutic Principle. Augment Qi, warm Yang, promote blood circulation and unblock meridians.

Treatment. Shen Fu Tang (Ginseng-Aconitum Decoction) combined with Guizhi Qu Shaoyao Tang (Cinnamomum Without Paeonia Decoction). The combined formulas has the following composition: red renshen (*Panax*) 5 g, processed fuzi (*Aconitum*) 10 g, rougui (*Cinnamomum*) 10 g, duzhong (*Eucommia*) 10 g, shanzhuyu (*Cornus*) 10 g, ganjiang (*Zingiber*) 6 g and fried gancao (*Glycyrrhiza*) 6 g. The red renshen should be decocted alone, and the rougui decocted after the rest.

If kidney-Yang is more severely deficient, causing nocturia and spermatorrhea, add kidney-warming herbs such as suoyang (*Cynomorium songaricum*), lujiao slices (*Cervus nippon*) and bajitian (*Morinda*).

If heart-Yang is more severely deficient, causing a hesitant and intermittent or slow and even pulse, increase the amount of renshen and gancao and add xixin (*Asarum*).

If deficient kidney-Yang is unable to control water, so that Rheum overflows and affects the heart, causing dyspnea, palpitation and edema, use Zhen Wu Tang with added fangji (*Stephania*), zhuling (*Polyporus*) and cheqianzi (*Plantago*) to warm Yang and excrete water.

7 *Heart-Yang on Verge of Collapse*

Main Symptoms. All four limbs cold; cold sweat; severe palpitation and dyspnea; dull or confused mental state; and dusky complexion, with cyanotic lips and nail beds. The pulse is deep, indistinct and on the verge of disappearing.

Therapeutic Principle. Rescue Yang, reverse collapse, augment Qi and restore the pulse.

Treatment. Combined Si Ni Tang (Frigid-Extremities Decoction), Shen Fu Tang (Ginseng-Aconitum Decoction) and Sheng Mai San (Pulse-Generating Powder).

If the condition is particularly urgent, administer red renshen powder in water, or Du Shen Tang (Lone Ginseng Decoction).

If palpitation and neurasthenia are prominent, add longgu (fossil bone) and muli (*Ostrea*).

If the condition is critical, with orthopnea, cold sweat on the limbs and cyanosis, increase the amounts of renshen and fuzi.

8 *Qi Deficiency and Blood Stasis*

Main Symptoms. Chest tightness, heart pain, palpitation; shortness of breath; spontaneous sweating; and fatigue. The pulse is threadlike and even or hesitant and intermittent.

Therapeutic Principle. Augment Qi and mobilize blood.

Treatment. Renshen Yang Ying Tang (Ginseng Nutritive-Supporting Decoction) combined with Tao Hong Si Wu Tang (Prunus-Peony Four-Ingredient Decoction). The combined composition is as follows: dangshen (*Codonopsis*) 15 g, Huangqi (*Astragalus*) 15, danggui (*Angelica*) 10 g, shudihuang (*Rehmannia*) 10 g, taoren (*Prunus persica*) 10 g, chuanxiong (*Ligusticum*) 10 g, chishaoyao (*Paeonia*) 10 g, baizhu (*Atractylodes*) 10 g, chenpi (*Citrus tangerina*) 10 g, fuling (*Poria*) 10 g,

honghua (*Carthamus*) 6 g, shengjiang (*Zingiber*) 5 g, dazao (*Ziziphus*) five pieces, and fried gancao (*Glycyrrhiza*) 6 g.

If Qi deficiency is relatively more severe, change dangshen to renshen powder (taken separately) and increase the amount of huangqi.

If chest pain is especially severe, add rougui (*Cinnamomum*), danshen (*Salvia*), sanQi powder (*Panax pseudoginseng*) and yanhusuo (*Corydalis*).

If Yin is deficient as well, add yuzhu (*Polygonatum*) and maimendong (*Ophiopogon*).

If there is turbid Phlegm as well, add gualou (*Trichosanthes*), xiebai (*Allium macrostemon*), processed banxia (*Pinellia*) and shichangpu (*Acorus*).

V Acupuncture Treatment

In the acupuncture treatment of angina pectoris, the main acupoints selected are Xinshu (BL-15), Jueyinshu (BL-14), Jueque (CV-14), Tanzhong (CV-17), Neiguan (PC-6), Tongli (HT-5), and Ximen (PC-4).

If the condition is due to obstruction by exogenous Cold evil, it is appropriate to apply moxibustion to Jueque (CV-14) and Tanzhong (CV-17). Moxibustion may be applied to Guanyuan (CV-4) also.

If it is due to the accumulation of turbid Phlegm, add Fenglong (ST-40), Zusanli (ST-36) and Sanyinjiao (SP-6). Use filiform needles and apply the reducing method, retained the needles for 20 min.

VI Case Study 1

The patient was a 55-year old male. He had a history of hardening of the arteries and neurasthenia. His sleep was restless, and he had vague chest pains. At presentation he had chest tightness with a feeling of suffocation, difficulty with breathing, and dizziness with headache. On examination his tongue coating was white and his pulse threadlike and slippery.

Diagnosis. Angina pectoris due to turbid Phlegm causing blockage of chest-Yang.

Treatment and Course. Modified Gualou Xiebai Banxia Tang, with the following composition: gualou (*Trichosanthes*) 20 g, taizishen (*Pseudostellaria heterophylla*) 10 g, xiebai (*Allium macrostemon*) 10 g, processed banxia (*Pinellia*) 10 g, yujin (*Curcuma*) 10 g, guizhi (*Cinnamomum*) 5 g, chenpi (*Citrus tangerina*) 5 g and yuanzhi (*Polygala*) 5 g.

After five daily doses, chest tightness, difficulty with breathing and headache all diminished. The formula was continued until all symptoms resolved.

VII Case Study 2

The patient was an 81-year old male with a 15-year history of high blood pressure. For the past 8 years he was also diagnosed to have coronary artery disease. He presented with suffocating chest tightness, as though a heavy stone is pressing on his precordium. He also had intermittent colicky precordial pain, difficulty with breathing, and trance-like sleep at night from which he awakened with difficulty.

His pulse was slow and irregular, with an overall rate of 30 beats per minute. His tongue coating was a dirty white and greasy. His blood pressure was 150/100 mmHg.

Diagnosis. Angina pectoris due to gelling of turbid Yin inactivating heart-Yang, obstructing the meridians and impeding the movement of Qi and blood.

Therapeutic Principle. Activate Yang, eliminate the turbid, mobilize blood and open orifices.

Treatment and Course. The patient was prescribed a formula with the following composition: processed fuzi (*Aconitum*) 6 g, xiebai (*Allium macrostemon*) 10 g, alum-treated yujin (*Curcuma*) 10 g, taoren (*Prunus persica*) 10 g, honghua (*Carthamus*) 10 g, parched dangshen (*Codonopsis*) 12 g, gualou peel (*Trichosanthes*) 12 g, xingren (*Prunus armeniaca*) 12 g, guizhi (*Cinnamomum*) 5 g, jiujiiechangpu (*Anemone altaica*) 5 g and fried gancao (*Glycyrrhiza*) 5 g.

After three daily doses, the patient gained in spirit and chest felt less suffocating. Treatment was modified as follows. The processed fuzi in the formula was increased to 10 g. Sanqi powder was administered at the dosage of 1.5 g twice daily. After 20 daily treatment, chest tightness and suffocation were completely resolved and the pulse rate increased from 30 to 40 beats per minute. The greasiness of the tongue coating also resolved. The treatment, with modifications as appropriate for the changing status, was continued and the patient continued to show improvement.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of angina pectoris, and details of the key points for the analysis and diagnosis of the various illnesses presenting with angina, and the treatment of these illnesses.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and main symptoms of angina pectoris;
2. Know the etiology and pathology of angina pectoris;
3. Know the diagnosis and treatment of angina.

III Exercises for Review

1. Define angina pectoris.
2. Explain how the principle of root-appearance can be applied to the analysis of pathological changes in illnesses presenting with angina pectoris. Explain the relationship between root and appearance.
3. Explain how to design the methods of treatment for the root and the appearance of angina.
4. Describe how to differentiate between the illnesses that present with angina pectoris? What are the criteria for assessing the degree of severity of angina?
5. Describe the common herbal formulas used in treating these types of angina.

IV Additional Exercises

1. Provide an analysis of the formulation of Gualou Xiebai Baijiu Tang used in the treatment of gelling of Yin-Cold in the interior.
2. Provide an analysis of the formulation of Zuo Gui Yin used in the treatment of deficiency of heart and kidney Yin.
3. Provide an analysis of the prescription, combined Shen Fu Tang and Guizhi Qu Shaoyao Tang, used in treatment of deficiency of Yang-Qi.
4. Provide an analysis of the prescription, combined Renshen Yang Ying Tang and Tao Hong Si Wu Tang, used in treatment of Qi deficiency and blood stasis.
5. Provide an analysis of the formulation Modified Gualou Xiebai Banxia Tang used to treat the patient in Case Study 1.
6. Provide an analysis of the formula used to treat the patient in Case Study 2.

Chapter 7

Insomnia

Insomnia means insufficient duration of sleep or sleep of poor quality. In mild cases, it may be difficulty in falling asleep or frequent waking from sleep. In severe cases, it may be inability to fall asleep all night.

In general, insomnia may be caused by exogenous illness or by internal injury. Exogenously induced insomnia most commonly occurs during the course of the various illnesses of Heat. Endogenously induced insomnia is primarily due to deficiency. In this chapter the emphasis is on endogenously induced insomnia.

I Etiology and Pathology

A weak constitution or a chronic illness can cause insomnia. The constitution may be inherently weak or be weakened by illness. Most illnesses that weaken the constitution do so through injury to the heart and the spleen, through impairment of the generation of Qi and blood, through failure of nourishment of the heart, or through blood depletion. Exhaustion of kidney-Yin, flaring of Heart-Fire and disturbance of the mind can also cause insomnia.

The passions are among the common causes. Excessive brooding injures the heart and the spleen and may result in failure of heart nourishment. Sudden and violent fright may lead to deficiency of heart and gallbladder Qi and conduce to the production of Phlegm and Heat. Pent-up rage impairs the liver, conducing to stagnation of liver-Qi and its transformation into Liver-Fire; and Liver-Fire in turn can disturb the mind and induce insomnia.

An immoderate diet, with excessive consumption of spices, fats and sweets over a long period of time, can impair the spleen and the stomach. These organs may fail in their transportation and transformation functions, permitting Dampness to accumulate. If Dampness is permitted to gel, it may produce Phlegm and give rise to Heat. Phlegm and Heat together can cause obstruction in the middle-jiao and upward disturbance of the mind, leading to insomnia.

Excessive resting with too little activity can lead to deficiency of spleen-Qi, so that the spleen fails in its transporting and transforming functions. The essence of foods and drinks become unavailable for the generation of Qi and blood, so that nourishment of the heart fails. This also leads to insomnia.

II Key Points of Analysis

Types of Insomnia. The clinical features of insomnia are related to its cause, its severity and its duration. In general, if the patient is able to fall asleep but readily awakens and is then unable to fall asleep again, it is mostly due to insufficiency of both the heart and the spleen. If difficulty falling asleep is associated with restlessness, palpitation of the heart, aphthous sores in the mouth and mouth dryness in the night, it is mostly due to flaming Fire in Yin deficiency. If the patient falls asleep readily but wakes up with fright and is generally fearful and irascible, with frequent sighing, it is mostly due to insufficiency of the heart and the gallbladder, or to blood insufficiency and liver hyperactivity.

Visceral Organ Affected. Because different visceral organ dysfunction can produce insomnia, its associated symptoms also differ. For example, if insomnia is accompanied by anorexia, loss of taste, postprandial epigastric and abdominal distention, loose feces, sallow complexion, foul eructation or acid regurgitation, it is mainly due to illness of the spleen and the stomach. If insomnia is associated with frequent dreams, dizziness, headache and forgetfulness, it is mainly due to illness of the heart.

Deficiency or Strength. Insomnia may be of the deficiency or strength type. The deficiency type is mainly due to Qi and blood deficiency, so that the heart loses its function of nourishment, or due to Yin deficiency with strong Fire. This type is commonly associated with restlessness. The strength type is mainly due to Phlegm-Heat causing upward disturbance, and typically shows agitation, irascibility, a bitter taste in the mouth and a dry throat, constipation and dark urine.

III Herbal Treatment

The treatment of insomnia focuses on Qi, blood, Yin and Yang, and on the visceral organs affected. The general principle is: “Replenish what is deficient, purge what is excessive, and treat deficiency and strength.” The goal is to regulate Qi and blood, balance Yin and Yang, and restore to the normal functions of the visceral organs. At the same time, it is important on the basis of the clinical circumstances to select an appropriate method to calm the mind.

1 *Hyperactivity of Heart-Fire*

Main Symptoms. In addition to insomnia: dysphoria, restlessness; a dry mouth and tongue; sores in the mouth and on the tongue; and scanty dark urine. The tongue tip is red, with a thin yellow coating, and the pulse is rapid.

Therapeutic Principle. Purge Heart-Fire and calm the heart and the mind.

Treatment. Zhusha An Shen Wan (Cinnabar Tranquilizer Pill). It has the following composition: huanglian (*Coptis*) 5 g, huangqin (*Scutellaria*) 10 g, zhizi (*Gardenia jasminoides*) 10 g, lianqiao (*Forsythia*) 10 g, gandihuang (*Rehmannia*) 12 g, danggui (*Angelica*) 10 g, cinnabar treated fushen (*Poria*) 10 g and gancao (*Glycyrrhiza*) 6 g. (Note that this formula has the same name as that cited in Volume 3, Part I, Chapter 5, Section IV, Subsection 2, but comes from a different source. Hence it has a different composition.)

If irritability, dyspnea and nausea are prominent, add dandouchi (*Glycine max*) and zhuru (*Phyllostachys nigra*).

If there is constipation and the urine is dark, in addition to insomnia, add raw dahuang (*Rheum palmatum*) and danzhuye (*Lophatherum gracile*).

2 Deficiency of Both the Heart and Spleen

Main Symptoms. Difficulty falling asleep, or frequent dreams and waking easily followed by difficulty falling asleep again. Sometimes accompanied by palpitation of the heart, panic, lassitude and weakness; tastelessness or postprandial abdominal distention; and a sallow complexion. The tongue is pale, with a white coating, and the pulse is even but feeble. Often there has been recent major surgery, blood loss or anemia. Females often have had uterine bleeding or excessive menses.

Therapeutic Principle. Strengthen both the heart and the spleen, nourish blood and sedate the mind.

Treatment. Gui Pi Tang, with modifications as required.

If there has been obvious blood insufficiency, add shudihuang (*Rehmannia*), baishaoyao (*Paeonia*) and ejiao (*Equus asinus*).

For severe insomnia add wuweizi (*Schisandra*), hehuanpi (*Albizia julibrissin*) and yejiaoteng (*Polygonum multiflorum*).

If dreaming is excessive and there is a tendency to easy panic, add longchi (fossil teeth) and zhenzhumu (*Pteris margaritifera*).

3 Strong Fire due to Yin Deficiency

Main Symptoms. Difficulty falling asleep with restlessness; hotness in the palms and soles; night sweat; dry mouth and throat with thirst, or lingual and buccal aphthous sores. The tongue is red, or only the tip of the tongue, and the coating is scant. The pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin to suppress Fire, clear Heat in the heart and sedate the mind.

Treatment. Modified Huanglian Ejiao Tang (Coptis-Donkey-Gelatin Decoction), which has the following composition: huanglian (*Coptis*) 6 g, huangqin (*Scutellaria*) 10 g, shengdihuang (*Rehmannia*) 12 g, baishaoyao (*Paeonia*) 12 g, ejiao (*Equus*) 12 g, and jizihuang (egg yolk) one piece. Alternately, Zhusha An Sheng Wan or Tian Wang Bu Xin Dan may be used.

If Liver-Fire is particularly strong, consider adding longdancao (*Gentiana*) and zhizi (*Gardenia*).

If there is frequent spermatorrhea as well, add zhimu (*Anemarrhena*) and huang-bai (*Phellodendron*).

If there is disharmony between the heart and the kidney, add rougui (*Cinnamomum*) to conduct Fire back to its origin, the Life-Gate.

4 Stagnated Liver Qi Turning into Fire

Main Symptoms. Difficulty in falling asleep; when asleep, frequent dreams, sometimes nightmares; restlessness, irascibility; chest and subcostal fullness; dizziness, head distention; conjunctival congestion; tinnitus; constipation; dark urine; a red tongue with yellow coating, and a taut and rapid pulse.

Therapeutic Principle. Clear the liver to reduce Fire, calm the heart and sedate the mind.

Treatment. Modified Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction), with the following composition: longdancao (*Gentiana*) 6 g, huangqin (*Scutellaria*) 10 g, zhizi (*Gardenia*) 10 g, cheqianzi (*Plantago*) 10 g, zexie (*Alisma*) 10 g, chaihu (*Bupleurum*) 6 g, shengdihuang (*Rehmannia*) 10 g, danggui (*Angelica*) 10 g, cinnabar-treated fushen (*Poria*) 10 g, raw longgu (fossil bone) 15 g, raw muli (*Ostrea*) 15 g, and gancao (*Glycyrrhiza*) 6 g.

For severe chest and subcostal fullness, with frequent sighing, add yujin (*Curcuma*) and xiangfu (*Cyperus*) to soothe the liver and relieve depression.

For severe dizziness and distending headache, irascibility and constipation, add luhui (*Aloe vera*) and raw dahuang (*Rheum*).

5 Phlegm-Heat Disturbing the Interior

Main Symptoms. Insomnia, agitation; a bitter taste; dizziness with a heavy head; chest tightness; nausea with eructation; and much sputum. The tongue is reddish, with a yellow and greasy coating. The pulse is slippery and rapid.

Therapeutic Principle. Dissipate Phlegm, purge Heat, nourish the heart and sedate the mind.

Treatment. Qing Huo Di Tan Tang (Fire-Purging Phlegm-Cleansing Decoction). It has the following composition: bile-treated nanxing (*Arisaema consanguineum*,

erubescens) 10 g, beimu (*Fritillaria*) 10 g, ginger-treated zhuru (*Phyllostachys nigra*) 10 g, baiziren (*Biota*) 10 g, fushen (*Poria*) 10 g, danshen (*Salvia*) 10 g, baijiangcan (*Bombyx*) 10 g, juhua (*Chrysanthemum*) 10 g, chenpi (*Citrus tangerina*) 10 g, yuanzhi (*Polygala*) 6 g and shenqu (medicated leaven) 10 g.

When the condition has improved, it is permissible to continue this herbal formula in pill form in order to consolidate the therapeutic effect.

For most mild cases, it is appropriate to use Wen Dan Tang (Gallbladder-Warming Decoction) instead.

6 Disturbance of Stomach-Qi

Main Symptoms. Insomnia accompanied by indigestion, with such symptoms as epigastric distention or pain, nausea or vomiting; foul eructation; acid regurgitation; and malodorous feces or constipation. The tongue coating is yellow and either greasy or dry. The pulse is taut and slippery or rapid and slippery.

Therapeutic Principle. Settle the stomach and relieve indigestion.

Treatment. Mild cases are commonly treated with Bao He Wan or Yue Ju Wan augmented with shanzha (*Crataegus*), maiya (*Hordeum*) and laifuzi (*Raphanus*). Severe cases are more appropriately treated with Tiao Wei Cheng Qi Tang. This formula, however, should be stopped as soon as the movement of Qi becomes smooth.

If indigestion is relieved but stomach-Qi is not yet smooth functioning and insomnia is still present, use Banxia Shumi Tang (Pinellia-Sorghum Decoction) to regulate stomach-Qi.

IV Acupuncture Treatment

Acupuncture is quite effective in treating insomnia. The most commonly selected acupoints include Shenmen (HT-7), Sanyinjiao (SP-6), Xinshu (BL-15), Shenshu (BL-23), Zhaohai (KI-6) and Yongquan (KI-1). Depending on the clinical circumstances, some acupoints may be omitted and others included.

For insufficiency of heart-blood select Zhongwan (CV-12), Qihai (CV-6), Sanyinjiao (SP-6), Baihui (GV-20) and Tongli (HT-5). Apply the reinforcing method and add moxibustion.

For blazing Fire due to Yin deficiency select Tongli (HT-5), Neiguan (PC-6), Shaofu (HT-8) and Sanyinjiao (SP-6). Apply the reducing method and retain the needles for 20 min.

For disharmony of the stomach, select Zhongwan (CV 12), Neiguan (PC 6), Gongsun (Sp 4), Fenglong (ST 40), Neiting (ST 44) and Shenmen (HT 7), insert with mild reinforcing and reducing method. For hyperactivity of the liver and the

gallbladder fire, select Yangbai (GB 14), Ganshu (BL 18), Danshu (BL 19) and Taichong (LR 3), insert with reducing method and reserve the needles for 20 min.

Acupuncture treatment should be applied 2 h before sleep.

V Case Study 1

The patient was a 38-year old female blue-collar worker. She presented with insomnia, palpitation of the heart, forgetfulness, dizziness, lassitude, anorexia and scant menses. Her tongue was pale, with a thin white coating, and her pulse was depletive and soft.

Diagnosis. Insomnia due to insufficiency of the heart and the spleen, with deficiency of both Qi and blood, so that nourishment of the heart-mind failed.

Therapeutic Principle. Augment Qi, generate blood and sedate the mind.

Treatment and Course. The prescription used was based on Gui Pi Tang. It had the following composition: taizhishen (*Pseudostellaria heterophylla*) 9 g, singed baizhu (*Atractylodes*) 9 g, danggui (*Angelica*) 9 g, fuling (*Poria*) 9 g, fried huangqi (*Astragalus*) 9 g, longyanrou (*Euphoria longan*) 9 g, muxiang (*Aucklandia*) 2.4 g, fried yuangzhi (*Polygala*) 4.5 g, stir-fried zaoren (*Ziziphus*) 15 g, baked ganjiang (*Zingiber*) 1.5 g, dazao (*Ziziphus*) five pieces, and fried gancao (*Glycyrrhiza*) 3 g.

Following three daily treatments, the patient was able to sleep better and the palpitation also abated. This prescription was continued for a while to consolidate the effect.

VI Case Study 2

The patient was a 36-year old male. He had insomnia for several years, sometimes unable to sleep at all through the entire night. He frequently had recurrent aphthous sores in the mouth and on the tongue. In addition, he had dizziness and headaches. At the time of presentation he had much thirst with desire to drink large amounts. His tongue was red, with scant coating. His pulse was threadlike and rapid.

Diagnosis. Insomnia due to disharmony of the heart and the kidney, with deficiency-Fire flaming upward.

Therapeutic Principle. Nourish Yin, suppress Yang and harmonize the heart and the kidney.

Treatment and Course. The following composition was prescribed: guiban (*Chinemys*) 24 g, muli (*Ostrea*) 18 g, gouqizi (*Lycium*) 12 g, shengdihuang (*Rehmannia*) 12 g, zaoren (*Ziziphus*) 12 g, huanglian (*Coptis*) 1.8 g, chuanxiong (*Ligusticum*) 1.8 g, tianma (*Gastrodia*) 4.5 g and rougui (*Cinnamomum*) 0.6 g.

After five daily treatments, the patient was able to fall asleep more easily and no longer stayed up all night.

Guidance for Study

I Aim of Study

This chapter describes the various illnesses with insomnia as a major symptom, including their etiology and pathology, diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and main symptoms of insomnia;
2. Understand the basic pathological mechanism and processes in illnesses that present with insomnia;
3. Know how to differentiate and treat the common insomnia-illnesses with Chinese herbal medicine and acupuncture.

III Exercises for Review

1. Describe the main abnormalities that characterize illnesses presenting with insomnia.
2. Explain how to treat insomnia due to deficiency of both the heart and the spleen? Include treatment with both herbal medicine and acupuncture.
3. Compare the different types of insomnia due to strong Fire induced by Yin deficiency and insomnia due to Phlegm-Heat disturbing the interior, both in clinical manifestation and treatments.

IV Additional Exercises

1. Provide an analysis of the formula of Huanglian Ejiao Tang used for treatment of insomnia with strong Fire due to Yin Deficiency.
2. Provide an explanation for the modifications of Longdan Xie Gan Tang used in treatment of Stagnated Liver Qi turning into Fire.
3. Provide an analysis of the formula Qing Huo Di Tan Tang used in treatment of insomnia with Phlegm-Heat Disturbing the interior.

Chapter 8

Depression

Depression is a condition brought about by pent-up passions and impeded Qi movement. In addition to the pent-up emotions, it manifests mainly as emotional lability, chest fullness or tightness, subcostal distention or pain, and globus hystericus.

I Etiology and Pathology

The passions are the primary causative factors in depression. When the regulation of the emotions becomes impaired, the liver's ability to disperse and transport and the heart's ability to govern the mind become compromised.

However, whether or not this loss of regulation actually leads to illness will depend upon a number of factors. These include the state of the organic body as well as the degree of severity and duration of the emotional imbalance. For example, a patient with a chronically high level of liver activity is more prone to illness on being emotionally frustrated. Conversely, if the object of prolonged brooding or planning is unattained or pent-up rage is unreleased, the liver may lose its smooth functioning and liver-Qi may stagnate, causing chest and subcostal distention and pain. Stagnant liver-Qi can transform into Fire, which if persistent leads to obstruction of meridians and stasis of blood. If stagnant Qi transforms into Phlegm, the blocked liver injures the spleen, or there is excessive brooding and anxiety, then the spleen loses its ability to transport and transform so that Dampness accumulates and transforms into Phlegm. This results in an illness of Phlegm accumulation and Qi stagnation. Intermixture of stagnant Qi and Phlegm blocking the throat gives rise to globus hystericus. If heart and spleen Qi become chronically stagnant, there may be anorexia so that the sources for the generation of Qi and blood become reduced. This may lead to two varieties of illnesses. It can lead to poor nourishment of the mind, which in turn produces so-called "visceral restlessness," that is, emotional lability with proneness to sadness, worry, and weeping. Or, it can lead to an illness of deficiency of both Qi and blood in the heart and the spleen. If gelled Fire persists and damages Yin, the patient may develop an illness of Yin deficiency of the heart and the kidney or one of blazing Fire.

In depression, the main visceral organs affected are the liver and the heart, but other organs may become involved. These include the gallbladder, the spleen, the stomach, the lung, the kidney, the brain and in females the uterus.

In its initial stages, depression is an illness of strength caused by pathogenic factor. Its pathology is principally Qi stagnation, but may involve blood stasis, rise of endogenous Fire, gelling of Phlegm or food retention. If it persists it evolves from an illness of strength to one of deficiency. Because many visceral organs may become affected and the injuries to Qi, blood, Yin and Yang may differ, depression may manifest a variety of symptoms, related variously to the heart, the spleen, the liver and the kidney. Clinically, strength and deficiency may become intermixed, and it is common for the illness, after the initial stages, to become one of deficiency of Qi, blood, Yin or Yang.

II Clinical Manifestation

The principal clinical symptoms of depression are those of Qi stagnation, such as pent-up and unstable emotions, and chest and subcostal distention and pain. If other stagnation develops there may be other corresponding symptoms. For example, if there is blood stasis as well, then the patient may show distending or stabbing pain in the chest and flank, with fixed location, and the tongue may be cyanotic with ecchymosis or petechiae. If there is gelling of Fire, there may be impatience, irascibility, chest tightness, subcostal pain, acid regurgitation, a dry mouth with bitter taste, constipation, a red tongue with yellow coating, and a taut and rapid pulse. If there is food retention, there may be gastric distention, foul eructation and anorexia. If there is accumulation of Dampness, there may be heaviness in the body, abdominal distention, eructation, a greasy mouth, loose feces or diarrhea. If there is gelling of Phlegm, there may be abdominal distention, a sensation of a foreign object in the throat and a greasy tongue coating. If there is deficiency as well, there may be symptoms associated with the specific deficiency.

In the case of “visceral restlessness” there is absent-mindedness, emotional lability with unpredictable sadness, weeping or laughing, or globus hystericus. These symptoms are of great significance in the analysis of symptoms and in diagnosis.

Depression is most commonly seen in young and middle-aged women. Most patients have a history of melancholy, anxiety, sorrow or fear. The waxing and waning of the symptoms of depression are intimately related to the vicissitudes of the emotions.

III Key Points of Analysis

The development of depression is principally due to blockage of the liver-Qi leading to the spleen losing its transportation and transformation functions and the heart losing its nourishment. Though all three organs are generally involved, in deciding

treatment it is important to ascertain whether there is stasis of blood, gelling of Fire, accumulation of Dampness or Phlegm, or other conditions of blockage or stagnation. Stasis of blood, stagnation of Qi and gelling of Fire are mostly related to the liver. Food retention, Dampness and Phlegm accumulation are mostly related to the spleen. Deficiency, on the other hand, is most intimately related to the heart.

In diagnosis a critical differentiation is between strength and deficiency. However, strength and deficiency can transform into each other. For example, stagnation of liver-Qi and accumulation of Phlegm are both illnesses of strength. In persistent illness, if they injure the heart and the spleen they may lead to deficiency of Qi and blood, and this in turn may develop into insufficiency of the heart and the spleen. If they injure the liver and the kidney they may lead to depletion of Yin-essence, and this in turn may develop into deficiency of liver and kidney Yin. Among the deficiency illnesses causing depression the condition of stagnant Qi transforming into Fire often leads to Yin injury by Fire, hence production of blazing Fire due to Yin deficiency.

Deficiency illnesses causing depression can evolve from strength illnesses as well as from melancholic brooding, pent-up rage or other extreme passions damaging the visceral organs and consumption of their Qi, blood, Yin and Yang. In an illness of the latter category the symptoms of deficiency are relatively prominent early in the course. Among the deficiency illnesses, that of mental derangement has its own unique symptoms and needs not evolve from a strength illness. It may result from pent-up anxiety or depletion of heart-Qi, with insufficiency of Nutritive Level blood; either may lead to the heart losing its nourishment, which in turn gives rise to mental derangement. In a patient with prolonged depression, there may also be mixed symptoms of deficiency and of strength. On the one hand, there is deficiency of genuine Qi or depletion of Qi and blood; on the other hand, there is depletion of Yin-essence accompanied by stagnation of Qi, stasis of blood, accumulation of Phlegm or gelling of Fire.

IV Herbal Treatment

The basic principle in the treatment of depression is to regulate Qi and open orifices. For illnesses of the strength variety it is important to determine whether there is blood stasis, rise of Fire, gelling of Phlegm, accumulation of Dampness or retention of food. These will require the additional use of blood mobilization, Fire purging, Phlegm dissipation, Dampness elimination and digestion promotion, respectively. For illnesses of the deficiency variety it is important to strengthen the visceral organs or to augment Qi, blood, Yin or Yang, depending on the individual circumstances of the patient. This may require the additional method of nourishing the heart and tranquilizing the mind, nourishing and strengthening the heart and the spleen, or nourishing the liver and the kidney as appropriate. For illnesses of the mixed strength-deficiency variety it is important to attend equally to both, or focus more on one or the other as necessary.

In general, depression has a relatively prolonged course. The herbs employed in prescriptions must not be too harsh or potent. In the treatment of depression of the strength variety, focus on regulating Qi without depleting it, mobilizing blood without inducing bleeding, cooling Heat without injuring the stomach, or dissipating Phlegm without damaging genuine Qi. In the treatment of depression of the deficiency variety, focus on strengthening the heart and the spleen without excessive drying, or nourishing the liver and the kidney without dietary excesses.

1 Stagnation of Liver-Qi

Main Symptoms. Mental depression; emotional lability; chest distention and tightness; subcostal pressure and pain without a fixed position; epigastric bloating and eructation; anorexia; and irregular defecation. The tongue coating is thin and greasy, and the pulse taut.

Therapeutic Principle. Regulate the liver Qi to relieve depression.

Treatment. Chaihu Shu Gan Tang (Bupleurum Liver-Releasing Decoction). It has the following composition: chaihu (*Bupleurum*) 10 g, xiangfu (*Cyperus*) 10 g, zhiqiao (*Poncirus trifoliata*) 10 g, chenpi (*Citrus tangerina*) 6 g, chuanxiong (*Ligusticum*) 6 g, baishaoyao (*Paeonia*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

If subcostal distention or pain is particularly severe, add yujin (*Curcuma*), Qingpi (*Citrus tangerina*, unripe peel) and foshou (*Citrus medica* L. v. *sacrodactylis*) to unblock the liver and regulate Qi.

If liver-Qi attacks the stomach, causing impairment of the stomach's harmonizing and descending functions and giving rise to frequent eructation and discomfort in the chest and epigastrium, add xuanfuhua (*Inula britannica*), daizheshi (hematite), zisu stalk (*Perilla*) and processed banxia (*Pinellia*) to settle the stomach and suppress the abnormally risen Qi.

If in addition there is food retention and abdominal distention, add shenqu (medicated leaven), maiya (*Hordeum*), shanzha (*Crataegus*) and jineijin (*Gallus gallus domesticus*, inner lining of chicken gizzard) to relieve food retention.

If liver-Qi attacks the spleen, giving rise to abdominal distention, abdominal pain and diarrhea, add cangzhu (*Atractylodes*), fuling (*Poria*), wuyao (*Lindera*) and baidoukou (*Amomum cardamomum*) to strengthen the spleen, eliminate Dampness, warm the channels and stop pain.

If there is blood stasis also, with stabbing chest and subcostal pain and petechiae or ecchymoses on the tongue, add danggui (*Angelica*), danshen (*Salvia*) and honghua (*Carthamus*) to mobilize blood and remove stasis.

2 *Stagnant Qi Transforming into Fire*

Main Symptoms. Impatience and irascibility, chest and subcostal fullness, and dry bitter mouth; or, headache, red eyes, and tinnitus; or, epigastric distress, acid regurgitation, and constipation. The tongue is red and its coating yellow. The pulse taut and rapid.

Therapeutic Principle. Unblock the liver Qi to relieve depression, clear the liver Heat and purge Fire.

Treatment. Dan Zhi Xiao Yao San (Carefree Powder with Paeonia and Gardenia).

If Fire is severe, with bitter taste in the mouth and constipation, add longdancao (*Gentiana*) and dahuang (*Rheum palmatum*) to purge Heat and unblock the viscera.

If Liver-Fire invades the stomach, causing subcostal pain, bitter taste, epigastric distress, acid regurgitation, eructation and vomiting, add huanglian (*Coptis*) and wuzhuyu (*Evodia*) to clear the liver, purge Fire, suppress the abnormally risen and stop vomiting.

If Liver-Fire flames upward, causing headache and red eyes, add juhua (*Chrysanthemum*), gouteng (*Uncaria*) and jili (*Tribulus terrestris*) to cool Heat and settle the liver.

If strong Heat injures Yin, producing a red tongue with scant coating and a threadlike and rapid pulse, remove danggui, baizhu and shengjiang (because of their warm-drying action) and add shengdihuang (*Rehmannia*), maimendong (*Ophiopogon*) and shanyao (*Dioscorea*) to replenish Yin and strengthen the spleen.

If chronic Qi stagnation has produced blood stasis, add taoren (*Prunus persica*) and honghua (*Carthamus*).

3 *Gelled Phlegm and Qi*

Main Symptoms. Mental depression; chest tightness; subcostal distention and pain; and globus hystericus. The tongue coating is white and greasy, and the pulse taut and slippery.

Therapeutic Principle. Mobilize Qi, relieve obstruction, dissipate Phlegm and dissolve gelled accumulations.

Treatment. Banxia Houpo Tang.

If gelled Phlegm has given rise to Heat, producing restlessness and a red tongue with yellow coating, add zhuru (*Phyllostachys nigra*), gualou (*Trichosanthes*), huangqin (*Scutellaria*) and huanglian (*Coptis*) to cool Heat and dissipate Phlegm.

If fluids are damaged, the mouth dry and the tongue red, remove houpo and zisu stalk and add beishashen (*Glehnia*) and maimendong (*Ophiopogon*).

If the illness is prolonged and has entered the collateral meridians, there may be such symptoms as blood stasis, stabbing chest and subcostal pain, a tongue that is cyanotic or speckled with petechiae or ecchymosis, and an impeded pulse. Add yujin

(*Curcuma*), danshen (*Salvia*), jiangxiang (*Dalbergia odorifera*) and jianghuang (*Curcuma*) to Banxia Houpo Tang to mobilize blood and relieve stasis.

4 *Insufficiency of Heart and Spleen*

Main Symptoms. Brooding, suspiciousness; dizziness, lassitude; palpitation of the heart; timidity; insomnia, forgetfulness; anorexia; and a lusterless complexion. The tongue is pale, with a white and thin coating. The pulse is threadlike.

Therapeutic Principle. Strengthen the spleen, nourish the heart, augment Qi and generate blood.

Treatment. Gui Pi Tang.

If there is chest tightness with subdued spirit, add yujin (*Curcuma*) and foshou slices (*Citrus medica* L. v. *sacroductylis*) to regulate Qi and relieve stagnation.

If there is headache, add chuanxiong (*Ligusticum*) and baizhi (*Angelica dahurica*) to mobilize blood, dispel Wind and stop pain.

5 *Deficiency of Liver-Yin*

Main Symptoms. Dizziness, tinnitus, dry eyes, photophobia, blurred vision; or, expanding headache, facial flushing, red eyes, impatience and irascibility; or, numbness of the limbs and muscle twitching. The tongue is dry and red, and the pulse taut and threadlike or rapid.

Therapeutic Principle. Nourish and replenish Yin-essence and invigorate the liver and the kidney.

Treatment. Qi Ju Dihuang Wan.

If deficiency of liver-Yin is accompanied by hyperactivity of liver-Yang and upward disturbance by liver-Wind causing headache, dizziness, recurrent flushing of the face or muscle twitching, add jili (*Tribulus terrestris*), gouteng (*Uncaria*) and shijueming (*Haliotis*) to calm the liver, suppress Yang and extinguish Wind.

If deficiency of liver-Yin is accompanied by Liver-Fire, add huanglian (*Coptis*), zhimu (*Anemarrhena*), baihe (*Lilium brownii*) and maimendong (*Ophiopogon*) to replenish Yin and suppress Fire.

If menstruation is irregular, add xiangfu (*Cyperus*), zelan (*Lycopus lucidus*) and yimucao (*Leonurus*) to regulate Qi, relieve depression, mobilize blood and regulate menstruation.

In males with frequent spermatorrhea, consider adding muli (*Ostrea*), jinyingzi (*Rosa laevigata*) and Qianshi (*Euryale ferox*) to strengthen the kidney and astringe essence.

6 Mental Derangement

Main Symptoms. Absent-mindedness, restless mind, emotional lability, suspiciousness, and fearfulness; or, frequent yawning and stretching, chorea-like movements, and outbursts of uncontrollable cursing or swearing. The tongue is pale and the pulse is taut.

Therapeutic Principle. Nourish the heart and tranquilize the mind by means of sweet and moistening herbs to ameliorate the urgency.

Treatment. Gan Mai Dazao Tang (Liquorice-Wheat-Date Decoction). It has the following composition: gancao (*Glycyrrhiza*) 10 g, fuxiaomai (*Triticum*) 10 g, baiziren (*Biota*) 10 g, fushen (*Poria*) 10 g, hehuanpi (*Albizia julibrissin*) 10 g, yujin (*Curcuma*) 10 g, foshou (*Citrus medica* L. v. *sacroductylis*) 10 g, and dazao (*Ziziphus*) five pieces.

If endogenous Wind arises in blood insufficiency, producing twitching of the hands and feet or convulsions, add danggui (*Angelica*), shengdihuang (*Rehmannia*), zhenzhumu (*Pteris magaritifera, martensii*) and gouteng (*Uncaria*) to generate blood and extinguish Wind.

For irritability and insomnia, add suanzaoren (*Ziziphus*), roast heshouwu (*Polygonum*) and other herbs that nourish the heart and tranquilize the mind.

For insufficiency of the heart and the spleen, with lassitude, anorexia, palpitation preventing sleep, consider adding dangshen (*Codonopsis*), huangqi (*Astragalus*), danggui (*Angelica*) and longyanrou (*Euphoria longan*).

V Acupuncture Treatment

Stagnation of Liver-Qi. Select Qimen (LR-14), Yanglingquan (GB-34), Zhongwan (CV-12), Zusanli (ST-36) and Ganshu (BL-18). Use filiform needles and apply the reducing method.

Gelled Phlegm and Qi. Select Zhongwan (CV-12), Fenglong (ST-40), Tiantu (CV-22) and Taichong (LR-3). Use filiform needles and apply the reducing method.

Failure of Heart-Nourishment. Select Neiguan (PC-6), Shenmen (HT-7), Shuigou (GV-26) and Xinshu (BL-15). Neiguan may be replaced by Jianshi (PC-5), and Shenmen by Tongli (HT-5). Use filiform needles and apply the reinforcing method.

Mental Derangement. Select Neiguan (PC-6), Shenmen (HT-7), Houxi (SI-3) and Sanyinjiao (SP-6). Use filiform needles and apply the reinforcing method. If mental derangement is accompanied by tics of the upper limbs, add Quchi (LI-11) and Hegu (LI-4). If it is accompanied by tics of the lower limbs, add Yanglingquan (GB-34) and Kunlun (BL-60). If it is accompanied by rapid breathing and abnormal Qi movement, add Tanzhong (CV-17).

VI Case Study 1

The patient was a 46-year old woman. For more than 20 years she had frequent sensation of obstruction by a foreign object in the throat, chest tightness, nausea and dysphagia. She received treatment on many occasions, without benefit. Her pulse was small, deep and slippery.

Diagnosis. Depression caused by liver-Qi rising abnormally and attacking the stomach, and leading to gelling of Phlegm and Qi.

Therapeutic Principle. Unblock the liver-Qi, settle the stomach, suppress the abnormally risen Qi and dissipate Phlegm.

Treatment and Course. The patient was prescribed with a formula based on combined Si Mo Yin (Four-Powdered Drink) and Xuanfu Daizhe Tang Xuanfu Daizhe Tang (Inula and Hematite Decoction). It had the following composition: xuan-fuhua (*Inula britannica*) (wrapped), calcined daizheshi (hematite), ginger-treated banxia (*Pinellia*), houpo (*Magnolia*), yujin (*Curcuma*), binglang (*Areca*), zhishi (*Citrus aurantium*), fried zhuru (*Phyllostachys nigra*), fuling (*Poria*) and shengjiang (*Zingiber*).

Following taking the formula, nausea abated and the sensation of a foreign object obstructing the throat diminished. Treatment was continued with the formula, but without fuling and with added processed chuanlianzi (*Melia*) and wuzhuyu (*Evodia*). This modified herbal formula was continued for several weeks, and all symptoms improved.

VII Case Study 2

The patient was a married woman. For several months she had palpitations of the heart, dizziness, anxiety, periodic shaking, headache, insomnia, much dreaming when able to sleep, spontaneous sweating, chest tightness and anorexia. Her feces tended to be dry, and came once every two or several days. The shaking was sufficiently severe as to cause her bed to creak, and sometimes it came several times a day. Her tongue was pale and her pulse threadlike.

Diagnosis. Depression of the “visceral restlessness” variety, due to mental derangement.

Therapeutic Principle. Nourish the heart and tranquilize the mind.

Treatment and Course. The basic formula used was Gan Mai Dazao Tang (Liquorice-Wheat-Date Decoction), augmented variously during the course by adding Ci Zhu Wan (Magnetite-Cinnabar Pill), suanzaoren (*Ziziphus*), baiziren (*Biota*), yejiaoteng (*Polygonum multiflorum*), daizheshi (hematite), taizishen (*Pseudostellaria heterophylla*), or fushen (*Poria*).

There was improvement after 5 day treatment. After about 20 doses, the shaking stopped recurring, her appetite improved and her sleep became more restful. She also began to resume normal physical activity.

Four years later, she came to hospital for another illness. On questioning, she did not have any relapse of depression during these 4 years.

Guidance for Study

I Aim of Study

This chapter describes in details the various illnesses with depression as a prominent feature. It also discusses the etiology, pathology, key points of analysis for differential diagnosis and the treatment of these conditions.

II Objectives of Study

After completing this chapter the learners will:

1. Understand the concept and main features of depression;
2. Know the etiology and pathology of depression;
3. Know the diagnosis and treatment of the common illnesses presenting depression.

III Exercises for Review

1. What does depression mean? What are its clinical features?
2. Compare the clinical manifestation and treatment of the types of stagnation of liver-Qi and stagnant Qi transforming into Fire of depression.
3. Describe the diagnosis and treatment (herbal treatment and acupuncture) of depression with gelled Phlegm and Qi.

IV Additional Exercises

1. Provide an analysis of the formula of Chaihu Shu Gan Tang used for treatment of stagnation of liver-Qi.
2. Provide an analysis of the formula of Gan Mai Dazao Tang used for treatment of mental derangement.
3. In Case Study 1, the patient was prescribed with a formula based on combined Si Mo Yin and Xuanfu Daizhe Tang. Provide an analysis of the prescription.

Chapter 9

Stomachache

The ancients knew stomachache, or epigastric pain, as “heart pain.” It must be distinguished from true heart pain, which originates in the heart.

I Etiology and Pathology

Stomachache mostly arises when the patient overindulges in raw, cold foods or excessive spices, or is irregular in hunger and satiation. In such circumstances the spleen and the stomach may be injured and their Qi impeded. Stomachache may also arise when pent-up rage injures the liver, anxiety and brooding injure the spleen, stagnant Qi damages the stomach, or stagnant Qi transforms into Fire and scorches the interior. If spleen-Yang is chronically deficient, so that endogenous Cold is formed, then attack by exogenous pathogenic evil can prevent central Yang action and lead to imbalance in stomach-Qi activity.

Though stomachache is caused by the organ of the stomach, it is intimately related to the liver and the spleen. The liver prefers to function without restriction and governs conduction and facilitation. If liver-Qi moves abnormally, due to obstruction of its normal paths, then the Wood Element becomes too strong and can overwhelm the Earth Element. If Liver-Fire blazes, it can scorch and damage stomach-Yin. If liver-blood becomes static, the stomach loses its nourishment. Thus, illnesses of the stomach are frequently related to dysfunction of the liver. The stomach and the spleen are both the basis of post-natal acquisition and the houses of storage. They complement each other in physiology. The stomach governs the reception and decomposition of foods and drinks, and prefers harmony and normal descending in its functions. The spleen governs the transformation and transportation of the essences derived from foods and drinks, and prefers normal ascending and raising. In pathology too the stomach and the spleen are complementary and affect each other. Where excessive fatigue or exhaustion induces internal injury or cycles of hunger and satiation are irregular, in most cases the spleen and the stomach are similarly affected.

Broadly speaking, the main causes and mechanisms of stomachache include the following.

Pent-Up Rage and Other Passions. Anxiety, brooding, rage and emotional depression all can lead to liver blockage, liver-Qi stagnation and failure of the liver's functions of conveyance and dispersion. In its attempt to move liver-Qi follows abnormal paths and may attack the stomach. Impedance of movement of Qi and blood also leads to pain. Moreover, because of the interdependence of Qi and blood, if Qi impedance persists for a long time it may lead to blood stasis. Blood stasis in turn causes blockage of meridians. As a result, there is aggravation of the pain and there may be hematemesis, hematochezia and other bleeding. If Qi is stagnant for a long time it may also transform into Fire. Of Fire of the *zang* viscera, Liver-Fire is the most violent. Liver-Fire blazes upward and scorches liver and stomach Yin, producing long-lasting and unremitting pain.

Dietary Indiscretion. Excessive indulgence in food and drink or irregularities in the cycle of hunger and satiation can easily injure spleen and stomach Qi. Excessive indulgence in raw and cold foods can lead to Cold accumulation in the stomach cavity. This in turn impairs the movement of Qi and blood in the stomach and produces pain. Overindulgence in fats, sweets and spicy foods or in alcoholic drinks can lead to Dampness and Heat blocking the middle-jiao. Heat in the stomach also produces pain. These are all commonly seen in clinical practice.

Innate and Other Deficiency. Innate weakness of the constitution, chronic fatigue, persistent internal injury, prolonged illness and inappropriate medications can all cause spleen and stomach insufficiency. Deficiency-Cold in the spleen and the stomach leading to impaired action of Yang in middle-jiao can produce stomachache. This is frequently precipitated by attack of the exogenous Wind-Cold or dietary indiscretion. Blazing Fire due to Yin deficiency leading to insufficiency of spleen Yin and blood depletion also produce pain. This is frequently precipitated by pent-up passions or over indulgence in dry and hot foods.

In general, the key pathological mechanism of stomachache is stagnation of stomach-Qi. Stagnant stomach-Qi fails to harmonize and descend, and the impaired movement produces pain. The pathological change may be of deficiency or of strength nature. The mechanism of a strength illness causing stomachache is stagnation of Qi in the middle-jiao, stagnant Qi transforming into Fire, or Qi stagnation leading to blood stasis. The mechanism of a deficiency illness is Yang deficiency of spleen and stomach or accumulated Heat injuring Yin. However, deficiency and strength often transform into each other, and are often intermixed.

II Clinical Manifestation

The principal symptom is pain in the epigastrium. The pain may be dull, distending, stabbing, vague or acute. Dull or vague pain is particularly common. The pain is often accompanied by epigastric or abdominal distention, foul eructation, acid regurgitation, nausea, vomiting, anorexia, and constipation or watery feces. There may also be lassitude, weakness, a sallow complexion, emaciation or edema.

III Key Points of Analysis

Acute versus Gradual Onset. If stomachache begins abruptly it is mostly due to attack by exogenous evils, dietary indiscretion inducing Cold, or gross overindulgence in food and drink. Any of these can lead to Cold injuring Yang in middle-jiao or food retention with indigestion. If stomachache begins gradually it is mostly due to liver blockage and Qi impedance or insufficiency and dysfunction of the spleen and the stomach. In either case, there is disharmony between the liver and the stomach, conducing to Qi stagnation and blood stasis.

Heat or Cold Nature. The nature of Cold is to congeal and astringe. Hence, pain induced by Cold attacking the stomach tends to be accompanied by epigastric distention, with guarding, anorexia, pallid tongue coating and a taut and tight pulse. Pain induced by Cold arising in deficiency of spleen and stomach Yang tends to be vague and accompanied by preference for warmth and pressure, worsening by cold, cold limbs, a pale tongue with thin coating, and a feeble pulse. Pain induced by gelled Heat or Fire, causing the stomach to lose its descending transportation function, tends to be accompanied by irritation, thirst with desire to drink, heat-aversion, cold-preference, scant urine, constipation, dry tongue coating and a taut and rapid pulse.

Deficiency versus Strength. Stomachache with distention and constipation is mainly due to an illness caused by strength pathogenic evils. Stomachache without distention or constipation is mainly due to an illness of deficiency. Preference for cold suggests an illness of strength; preference for warmth suggests one of deficiency. Guarding of the abdomen suggests an illness of strength; amelioration by pressure suggests one of deficiency. Aggravation following eating suggests an illness of strength; aggravation by hunger suggests one of deficiency. A replete pulse and abnormal Qi movement suggest an illness of strength; a depletive pulse and insufficient Qi suggest one of deficiency. Severe and acute pain with fixed location suggests an illness of strength; moderate and slow pain without fixed location suggests one of deficiency. A new illness in a patient with a stout body tends to be of strength; a chronic illness in a patient with weak constitution tends to be of deficiency.

Qi versus Blood. In general, an illness in the initial stage tends to be one of Qi abnormality; a chronic illness tends to be one of blood abnormality. A Qi type of pain is frequently accompanied by distention; distention tends to be the main symptom, whereas pain tends to be intermittent and without fixed location. A blood type of pain is usually persistent and stabbing in quality and fixed in location; the tongue is usually cyanotic. Pain due to retention of food or blockage by Phlegm tends to have fixed location.

IV Herbal Treatment

The fundamental principle for treating stomachache is to settle the stomach and regulate Qi. For disharmony between the liver and the stomach, unblock the liver and settle the stomach. For disharmony between the spleen and the stomach, strengthen the spleen and settle the stomach. Be careful also to distinguish strength and deficiency, Cold and Heat, and Qi and blood.

Since stomachache often involves Qi impedance, treatment often uses acrid-aromatic herbs that regulate Qi. In general, these should be discontinued as soon as the illness shows significant improvement to avoid depleting Qi and injuring Yin. When using bitter-cold herbs that purge downward, take special care to ensure that the herbs are appropriate for the illness and that the dosage is just right; and avoid prolonged treatment.

1 Stomach-Cold

Main Symptoms. Sudden acute stomachache; cold-aversion, preference for warmth, amelioration by warmth; and no thirst, preference for warm drinks. The tongue coating is white, and the pulse is taut and tight or taut and slow.

Therapeutic Principle. Warm the stomach, dispel Cold, mobilize Qi and stop pain.

Treatment. Liang Fu Wan (Alpinia-Cyperus Pill). It has the following composition: gaoliangjiang (*Alpinia officinarum*) 5 g, xiangfu (*Cyperus*) 10 g, ganjiang (*Zingiber*) 3 g, zisu stem (*Perilla*) 10 g, wuyao (*Lindera*) 6 g, chenpi (*Citrus tangerina*) 6 g, muxiang (*Aucklandia*) 6 g, yanhusuo (*Corydalis*) 10 g, and gancao (*Glycyrrhiza*) 5 g.

If Cold is severe, add wuzhuyu (*Evodia*).

If there are cold-aversion, fever, body aches and symptoms of the exterior, add zisu leaf (*Perilla*) and shengjiang (*Zingiber*) to dispel Wind and Cold.

If the Cold evil lodges for a long time and gels, there are alternating chills and fever, chest tightness and distention, anorexia, nausea, vomiting, epigastric pain with a burning quality, a bitter taste and dry mouth, a red tongue with yellow tongue coating and a soft and rapid pulse. In this case, use acrid-bitter Banxia Xie Xin Tang to treat both Cold and Heat.

2 Stomach-Heat

Main Symptoms. Intermittent but urgent stomachache, epigastric discomfort; acid regurgitation; irritability, irascibility; and a dry mouth with a bitter taste. The tongue is red with yellow coating, and the pulse is taut and rapid.

Therapeutic Principle. Clear the stomach, purge Heat and stop pain.

Treatment. Hua Gan Jian (Liver-Comforting Decoction) combined with Zuo Jin Wan. The combined composition is as follows: huanglian (*Coptis*) 5 g, mudanpi (*Paeonia suffruticosa*) 10 g, zhizi (*Gardenia*) 10 g, baishaoyao (*Paeonia*) 10 g, wuzhuyu (*Evodia*) 5 g, chuanlianzi (*Melia*) 10 g, Qingpi (*Citrus tangerina*) 10 g, zhuru (*Phyllostachys nigra*) 10 g, lugen (*Phragmites*) 10 g, and gancao (*Glycyrrhiza*) 5 g.

For abnormal movement of stomach-Qi with frequent eructation, add daizheshi (hematite) and chenxiang (*Aquilaria*).

For food retention, with fetid eructation and a dirty tongue coating, add shenqu (medicated leaven), maiya (*Hordeum*) and shanzha (*Crataegus*).

For Dryness and stagnation of visceral Qi due to stomach-Heat, with constipation and thick yellow and dry tongue coating, add raw dahuang (*Rheum palmatum*) and mangxiao (sodium sulfate).

For Dampness and Heat gelling in the stomach, with nausea, vomiting and a yellow greasy tongue coating, add huangqin (*Scutellaria*), houpo (*Scutellaria*) and pugongying (*Taraxacum*).

For intermixed Cold and Heat in the stomach, see Stomach-Cold, above.

3 Food Retention

Main Symptoms. Epigastric distension and pain, with guarding, fetid eructation, and acid regurgitation; or, vomiting of undigested food followed by easing of symptoms, anorexia and constipation. The tongue coating is thick and greasy, and the pulse slippery.

Therapeutic Principle. Promote digestion, remove food retention, settle the stomach and stop pain.

Treatment. Bao He Wan.

If epigastric distention does not abate, add xiangfu (*Cyperus*) and zhiqiao (*Poncirus trifoliata*).

If retained food has given rise to Fire, with yellow tongue coating and constipation, add mangxiao (sodium sulfate) and dahuang (*Rheum palmatum*) to relieve blockage.

4 Qi Stagnation

Main Symptoms. Attacks of epigastric pain with distention, extending to the flanks; chest tightness; eructation; and frequent sighing. Pain is often precipitated by emotional distress or pent-up rage. The tongue coating is thin and white, and the

pulse taut. In severe cases, pain is severe and acute; there are accompanying agitation and irascibility, acid regurgitation, a dry mouth with bitter taste, a red tongue with yellow coating, and a taut and rapid pulse.

Therapeutic Principle. Unblock the liver, regulate Qi, settle the stomach and stop pain.

Treatment. Chaihu Shu Gan Yin (Bupleurum Liver-Unblocking Drink). Its composition is as follows: chaihu (*Bupleurum*) 6 g, xiangfu (*Cyperus*) 10 g, zhiqiao (*Poncirus trifoliata*) 10 g, chuanxiong (*Ligusticum*) 6 g, chenpi (*Citrus tangerina*) 6 g, baishaoyao (*Paeonia*) 10 g, foshou (*Citrus medica* L. v. *sacrodactylis*) 10 g, danshen (*Salvia*) 10 g, and gancao (*Glycyrrhiza*) 5 g.

If pain is severe, add yanhusuo (*Corydalis*) and chuanlianzi (*Melia*) to enhance Qi regulation and pain stopping.

For belching, add baidoukou (*Amomum cardamomum*), chenxiang (*Aquilaria*) and xuanfuhua (*Inula britannica*) to normalize Qi movement and suppress the abnormally rising Qi.

For chronically stagnant Qi transforming into Fire and Heat accumulating in the liver and the stomach, with burning epigastric pain and distress and acid regurgitation, add mudanpi (*Paeonia suffruticosa*), zhizi (*Gardenia jasminoides*), huanglian (*Coptis*) and wuzhuyu (*Evodia*) to clear Heat and purge Fire in the stomach.

For vomiting and nausea, add banxia (*Pinellia*) and zisu stem (*Perilla*).

For acid regurgitation, add wuzeigu (*Sepia esculenta*) and walengzi (*Arca inflata*).

5 Blood Stasis

Main Symptoms. Stabbing or cutting epigastric pain, with fixed location and guarding; or, hematemesis and melena. The tongue is cyanotic or speckled with petechiae. The pulse is impeded.

Therapeutic Principle. Mobilize blood and relieve stasis. (Note that since Qi is the commander of blood, when Qi moves normally so does blood circulate normally; hence when mobilizing blood use a formula that also contains herbs to mobilize Qi).

Treatment. Shi Xiao San (Stasis-Relieving Powder). It has the following composition: puhuang (*Typha angustifolia*) 10 g, wulingzhi (*Pleropus pselaphon*) 6 g, yanhusuo (*Corydalis*) 10 g, Qingpi (*Citrus tangerina*) 10 g, danggui (*Angelica*) 10 g, danshen (*Salvia*) 10 g, zhiqiao (*Poncirus trifoliata*) 10 g, sharen (*Amomum*) 6 g, and tanxiang (*Santalum album*) 5 g.

If there is Qi deficiency as well, add dangshen (*Codonopsis*), baizhu (*Atractylodes*), huangqi (*Astragalus*) and huangjing (*Polygonatum*) to augment Qi. The ancients regarded dangshen and wulingzhi as incompatible, but the concern is unnecessary in some cases. These two herbs enhance each other to augment Qi and mobilize blood.

If the pain is especially severe, add taoren (*Prunus persica*), honghua (*Carthamus*), yujin (*Curcuma*) and chishaoyao (*Paeonia*).

6 Deficiency Cold

Main Symptoms. Vague but constant epigastric pain, preference for warmth and pressure, alleviation by food; occasional regurgitation of clear fluid from stomach; reduced appetite; weakness, lassitude; cold hands and feet; and loose feces. The tongue is pale, and the pulse threadlike and feeble.

Therapeutic Principle. Warm Yang of the middle-jiao, augment Qi, settle the stomach and strengthen the middle-jiao.

Treatment. Huangqi Jian Zhong Tang (Astragalus Middle-Strengthening Decoction). It has the following composition: dangshen (*Codonopsis*) 12 g, huangqi (*Astragalus*) 12 g, guizhi (*Cinnamomum*) 6 g, baishaoyao (*Paeonia*) 12 g, baizhu (*Atractylodes*) 10 g, shengjiang (*Zingiber*) three slices, dazao (*Ziziphus*) five pieces, and fried gancao (*Glycyrrhiza*) 6 g.

If there is vomiting of much clear fluid, add chenpi (*Citrus tangerina*), processed banxia (*Pinellia*) and fuling (*Poria*) to suppress the abnormally risen and settle the stomach.

If there is vomiting of much acid fluid, add calcined walengzi (*Arca inflata*) huanlian (*Coptis*) and wuzhuyu (*Evodia*).

If cold-pain in the stomach is severe, add gaoliangjiang (*Alpinia officinarum*) and xiangfu (*Cyperus*) to enhance the action of warming the middle-jiao, dispelling Cold, mobilizing Qi and stopping pain.

For melena, add charred ganjiang (*Zingiber*), fulonggan (baked yellow earth), baiji (*Bletilla*), and charred diyu (*Sanguisorba*).

7 Yin Deficiency

Main Symptoms. Vague burning epigastric pain; dry mouth and throat, strong thirst with desire to drink; reduced appetite; and dry feces. The tongue is red and has little coating. The pulse is either threadlike and rapid or threadlike and taut.

Therapeutic Principle. Replenish Yin and nourish the stomach.

Treatment. Yi Wei Tang (Stomach-Nourishing Decoction). It has the following composition: nanshashen (*Adenophora tetraphylla*) 10 g, maimendong (*Ophiopogon*) 10 g, yuzhu (*Polygonatum*) 10 g, shengdihuang (*Rehmannia*) 10 g, processed banxia (*Pinellia*) 10 g, foshou (*Citrus medica* L. v. *sacrodactylis*) 6 g, dazao (*Ziziphus*) five pieces, and gancao (*Glycyrrhiza*) 5 g.

For severe stomach Heat, add huanglian (*Coptis*) and zhuye (*Phyllostachys nigra*) to enhance Fire-purging and Heat-cooling.

For poor appetite, add chenpi (*Citrus tangerina*), shenqu (medicated leaven) and maiya (*Hordeum*) to smooth the path of stomach-Qi and enhance its actions.

For acid regurgitation, add calcined walengzi (*Arca inflata*).

If pain is severe, add baishaoyao (*Paeonia*) and gancao (*Glycyrrhiza*) to calm the liver and relieve spasm and pain.

For severe distending pain, add the blossom of Sichuan houpo (*Magnolia*), foshou (*Citrus medica* L. v. *sacrodactylis*), meigui (rose) and similar herbs.

If accompanied by blood stasis, add danshen (*Salvia*) and taoren (*Prunus persica*) to mobilize blood and remove stasis.

V Acupuncture Treatment

Zhongwan (CV-12), Neiguan (PC-6) and Zusanli (ST-36) are among the most commonly selected acupoints for treating stomachache.

If there is Qi stagnation, add Qimen (LR-14), Zhigou (SJ-6) and Yanglingquan (GB-34).

For food retention, add Liangmen (ST-21), Jianli (CV-11) and Tianshu (ST-25).

For Stomach-Fire, add Neiting (ST-44) and Lidui (ST-45).

For stomach-Cold, add Pishu (BL-20), Weishu (BL-21) and Gongsun (SP-4).

For blood stasis, add Geshu (BL-17) and Qimen (LR-14).

For pain due to parasites, add Siba (ST-2) needled through Yingxiang (LI-20), Tianshu (ST-25), Xuehai (SP-10) and Shangjuxu (ST-37).

For gastric distress and acid regurgitation, add Yanglingquan (GB-34) and Qiuxu (GB-40).

In general, for illnesses of strength or Heat, apply the reducing method. For illnesses of Cold or deficiency, apply the reinforcing method and moxibustion.

VI Case Study 1

The patient was an adult male who had suffered from stomachache for several years. The pain was worse on an empty stomach and lessened with food. He also had much eructation. His tongue coating was greasy in the middle. The tongue itself was somewhat pale. His pulse was small and taut.

Diagnosis. Stomachache due to deficiency and stagnation of middle-jiao-Qi and failure of the stomach's functions of harmonizing and descending.

Therapeutic Principle. Strengthen the middle-jiao and warm the stomach.

Treatment and Course. The formula prescribed had the following composition: roasted guizhi (*Cinnamomum*) 3 g, baishaoyao (*Paeonia*) 12 g, fried gancao (*Glycyrrhiza*) 5 g, parched dangshen (*Codonopsis*) 12 g, parched baizhu (*Atractylodes*) 10 g, ganjiang (*Zingiber*) 3 g, processed xiangfu (*Cyperus*) 10 g, gao-liangjiang (*Alpinia officinarum*) 3 g, and dazao (*Ziziphus*) four pieces.

After 5 days treatment the stomachache essentially abated. The formula was continued for a while to consolidate the therapeutic efficacy.

VII Case Study 2

The patient was a 71-year old male who had had stomach problems for 20 years. The current problem began 2 weeks ago, with periodic pain worst in the afternoon and the night. The pain was burning, and was accompanied by an epigastric mass, eructation, anorexia, and a dry mouth. The tongue was red with a coating that was yellow and greasy in the middle. The pulse was taut and threadlike.

Diagnosis. Stomachache caused by Dampness-Heat blocking the middle-jiao and failure of stomach-Qi to harmonize and descend.

Therapeutic Principle. Regulate Qi and settle the stomach by means of bitter to induce descending and acrid to unblock.

Treatment and Course. The formula prescribed had the following composition: parched huangqin (*Scutellaria*) 10 g, processed banxia (*Pinellia*) 10 g, zhuru (*Phyllostachys nigra*) 10 g, binglang (*Areca*) 10 g, wuyao (*Lindera*) 10 g, Shi Xiao San (Stasis-Relieving Powder) 10 g, chenpi (*Citrus tangerina*) 10 g, wuzhuyu (*Evodia*) 3 g, zisu stalk (*Perilla*) 3 g, baidoukou (*Amomum cardamomum*) 1.5 g, and jiangxiang (*Dalbergia odorifera*) 3 g.

After 2 days treatment the pain diminished. After five doses, it subsided and appetite improved.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of illnesses that present stomachache as a main symptom, and its diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and main characteristics of stomachache;
2. Know the etiology and pathology of illnesses that present stomachache as the main symptom;
3. Know the key methods for diagnosis and treatment of these illnesses.

III Exercises for Review

1. What are pathological features of stomachache?
2. Compare and contrast the treatment of stomachache due to stagnation of stomach-Qi and retention of food.
3. Describe the treatment of stomachache due to blood stasis. Include both herbal and acupuncture treatments.
4. Explain the differential diagnosis and treatment of epigastric distress with acid regurgitation.

IV Additional Exercises

1. Provide an analysis of the formula Liang Fu Wan used in treatment of stomachache due to Cold in the stomach.
2. Provide an analysis of the formula combined Hua Gan Jian and Zuo Jin Wan used in treatment of stomachache due to Heat in the stomach.
3. Provide an analysis of the formula of Chaihu Shu Gan Yin used in treatment of stomachache due to Qi stagnation.
4. Provide an analysis of the formula of Shi Xiao San used in treatment of stomachache due to blood stasis.
5. Provide an analysis of the formula of Huangqi Jian Zhong Tang used in treatment of stomachache due to deficiency Cold.
6. Provide an analysis of the formula of Yi Wei Tang used in treatment of stomachache due to Yin deficiency.
7. Provide an analysis of the formula used to treat the patient in Case Study 1.
8. Provide an analysis of the formula used to treat the patient in Case Study 2.

Chapter 10

Vomiting

Vomiting is caused by abnormally rising of the stomach-Qi in retrograde fashion and propelling the food in the stomach upward. In a narrower sense, vomiting is the throwing up of food accompanied by sound. Throwing up without sound is called spitting up, and sound without throwing up is called retching.

I Etiology and Pathology

The principal causes of vomiting are attack by exogenous pathogenic evils, intemperate diet and internal injury by the passions.

Attack by Exogenous Evil. This is mostly attack by Wind, Cold, Summer Heat, Dampness or another of various turbid factors. Such an attack injures the stomach and causes it to fail in its functions of harmonization and descent, forcing stomach-Qi to ascend abnormally in retrograde fashion. Whatever is in the stomach can follow stomach-Qi in its abnormal movement, and vomiting results. In general, sudden vomiting is mainly due to these exogenous evils attacking the stomach. In summer, it is mostly Summer Heat or Dampness; in autumn and winter, it is mostly Wind or Cold.

Intemperate Diet. An intemperate diet means mainly imbalance between hot and cold foods, overindulgence, or excessive raw, cold, greasy foods or foods that are hard to digest. Any of these can lead to indigestion and food retention, which in turn injures the stomach. When stomach-Qi is unable to descend normally it ascends abnormally and induces vomiting. Intemperate diet can also affect the spleen and the stomach and impair their transportation and transformation functions. The essences from food and drink can no longer be extracted, and Phlegm-Rheum would be formed. When Phlegm and Rheum rise adversely, vomiting can also result.

Internal Injury by Passions. Anxiety, brooding and rage can all constrain liver-Qi movement. When liver-Qi becomes constrained it moves abnormally and injures the stomach, leading to disharmony between the liver and the stomach. stomach-Qi may then ascend abnormally and induce vomiting. Alternately, liver-Qi becomes pent-up, transforms into Fire and forces stomach-Qi to move upwards. Anxiety and

brooding also injure the spleen. When spleen functions are impaired, food cannot be readily digested and its essences transported and made available for generating Qi and blood. The stomach then loses its ability to harmonize and descend. This also induces vomiting. Conversely, prolonged vomiting can itself injure Qi and Yin, leading in turn to insufficiency of the spleen and the stomach.

Thus, though vomiting is primarily a symptom of stomach illnesses it also involves the liver and the spleen. An illness with vomiting as the prominent symptom may be of strength or of deficiency. A strength illness is due to an exogenous evil, retained food, accumulated Phlegm-Rheum or liver-Qi attacking the stomach. A deficiency illness is due to deficiency of spleen and stomach Qi and Yin. In general, an illness in the early stages is likely to be of strength. But if prolonged it can easily transform into one of deficiency, or one of mixed strength and deficiency.

II Clinical Manifestation

In addition to vomiting, these illnesses manifest principally food retention and much sputum and saliva, or a bitter and acid taste in the mouth, or retching. In an illness of strength vomiting tends to be sudden or prompt following eating, though it may also occur without eating. In an illness of deficiency, vomiting tends to be recurrent without pattern, or there is nausea and retching. What is vomited is usually food taken on that day.

If vomiting is due to exogenous Wind and Cold attacking the stomach, the tongue coating is white and the pulse floating and tight.

If it is due to exogenous Wind and Heat, the tongue is red with a thin yellow coating, and the pulse is floating and rapid.

If it is due to food retention, the vomitus contains acid and has a fetid unpleasant odor. The tongue coating is thick and greasy and the pulse slippery.

If it is due to liver-Qi (Fire) attacking the stomach, the vomitus contains bitter and yellow water. The sides of the tongue are red, with a thick greasy coating, and the pulse is taut.

If it is due to deficiency of spleen and stomach Qi giving rise to endogenous Cold, the vomitus contains clear water, sputum and saliva. The tongue is pale, with white and moist coating, and the pulse is threadlike and feeble.

If it is due to deficiency of stomach-Yin, the vomitus contains sticky foam. The tongue is red and dehydrated, with scant coating, and the pulse is threadlike and rapid.

III Key Points of Analysis

Deficiency versus Strength. Vomiting in an illness of strength tends to have a short course and occurs abruptly. The volume is usually large, and the vomitus usually contains much acid or malodorous content. The pulse is usually replete and forceful.

Vomiting in an illness of deficiency, on the other hand, tends to have a prolonged or an intermittent course. The volume is usually small, and the vomitus usually is unbearably acid or foul. The pulse is usually feeble and forceless. Keep in mind, however, that an illness of strength can transform into one of deficiency and vice versa, and that mixed deficiency-strength illnesses are also common.

Quality of Vomitus. Acid, fetid and foul vomitus is typical of vomiting due to food retention. Bitter yellow fluid is typical of vomiting due to Heat in the gallbladder. Acid green fluid is typical of vomiting due to Heat in the liver. Turbid sputum or saliva is typical of vomiting due to the Phlegm-Rheum. Clear fluid is typical of vomiting due to cold or insufficiency of the stomach. Small amounts of sticky foam are typical of deficiency of stomach-Yin.

IV Herbal Treatment

1 *Strength Illnesses*

i **Exogenous Evils Attacking Stomach**

Main Symptoms. Abrupt vomiting. If due to Cold, there are also fever, cold-aversion, headache, absence of sweating, a thin white tongue coating, and a floating and tight pulse. If due to Wind-Heat, there are also fever, wind-intolerance, headache, spontaneous sweating, a red tongue with thin yellow coating, and a floating and rapid pulse. If due to Summer Heat and Dampness, there are also fever, sweating, restlessness, thirst, a red tongue with yellow greasy tongue coating, and a soft and rapid pulse.

Therapeutic Principle. Eliminate the exogenous pathogenic evil, release the exterior, dissipate the turbid and settle the stomach.

Treatment. For Wind-Cold attacking the stomach, Huoxiang Zheng Qi San. If there is food retention, with chest tightness and abdominal distention, remove baizhu, gancao and dazao, and add shenqu (medicated leaven), maiya (*Hordeum*), jineijin (*Gallus*) and other herbs that promote digestion and intestinal motility.

For Wind-Heat attacking the stomach, Yin Qiao San.

For Summer Heat and Dampness causing vomiting, Xin Jia Xiangru Yin (Newly Supplemented Elsholtzia Drink).

ii **Food Retention**

Main Symptoms. Vomiting of acid and fetid materials; epigastric and abdominal distention or pain, amelioration after vomiting; eructation; anorexia; and constipation or loose feces. The tongue coating is thick and greasy. The pulse is slippery.

Therapeutic Principle. Promote digestion, relieve food retention, settle the stomach and suppress abnormally risen stomach Qi.

Treatment. Bao He Wan.

If there is strong stomach-Heat, add lugen (*Phragmites*), huanglian (*Coptis*) and huangqin (*Scutellaria*).

If there is strong stomach-Cold, remove lianqiao and add ganjiang (*Zingiber*) and sharen (*Amomum*).

If there is much retained food, with abdominal distention and constipation, add dahuang (*Rheum palmatum*) and zhishi (*Citrus aurantium*) to unblock the intestines and conduct turbid Qi downward.

If the vomiting is due to unclean foods or drinks, or due to overindulgence, with epigastric pain and nausea without vomiting, first induce vomiting as soon as possible with normal saline (0.9%) solution.

iii Interior Blockage by Phlegm-Rheum

Main Symptoms. Vomiting of sputum, saliva and clear fluids, chest tightness, epigastric distention and distress, anorexia, dizziness, and palpitation of the heart; or, vomiting accompanied by borborygmus. The tongue coating is white and greasy, and the pulse is slippery.

Therapeutic Principle. Warm the middle-jiao, dissipate Phlegm and Rheum, settle the stomach and suppress the abnormally risen stomach Qi.

Treatment. Er Chen Tang combined with Ling Gui Zhu Gan Tang (Poria-Cinnamomum-Atractylodes-Zingiber Decoction). The combined formula has the following composition: processed banxia (*Pinellia*) 10 g, fuling (*Poria*) 12 g, guizhi (*Cinnamomum*) 10 g, baizhu (*Atractylodes*) 10 g, chenpi (*Citrus tangerina*) 10 g, shengjiang (*Zingiber*) three slices, and gancao (*Glycyrrhiza*) 6 g.

If Phlegm gels and transforms into Heat, the middle-jiao may become blocked and the stomach's functions may be impaired. This produces such symptoms as a bitter taste, nausea and vomiting, a red tongue with yellow greasy coating, and a slippery and rapid pulse. In this case, use Wen Dan Tang instead to cool Heat, settle the stomach, dissipate Phlegm and stop vomiting.

iv Liver-Qi Attacking Stomach

Main Symptoms. Vomiting, acid regurgitation, frequent eructation; chest and subcostal distention and pain; restlessness and discomfort. Vomiting and acid regurgitation are aggravated by emotional distress. The sides of the tongue are red, with thin and greasy coating. The pulse is taut.

Therapeutic Principle. Unblock the liver, regulate Qi, settle the stomach and suppress the abnormally risen stomach Qi.

Treatment. In the early stages, Banxia Houpo Tang.

If stagnant Qi gives rise to Heat, with chest tightness, dysphoria and vomiting of acid fluids, use Si Ni San combined with Zuo Jin Wan to unblock the liver, regulate Qi, cool Heat and stop vomiting.

For constipation and blockage of visceral Qi, add dahuang (*Rheum palmatum*) and zhishi (*Citrus aurantium*).

If Fire injures stomach Yin, producing dry mouth and throat, burning in the stomach and a red tongue with little coating, add nanshashen (*Adenophora tetraphylla*, *axilliflora* or *pereskiaefolia*) and shihu (*Dendrobium chrysanthum*).

2 Deficiency Illnesses

i Deficiency-Cold in Spleen and Stomach

Main Symptoms. Intermittent nausea following even slightly excessive intake; poor appetite; indigestion; chest and epigastric tightness; dry mouth without desire to drink; a pale and lusterless complexion; lassitude and weakness; preference for warmth with cold-aversion (cold limbs if severe); and loose feces. The tongue is pale, with thin white coating, and the pulse is threadlike and feeble.

Therapeutic Principle. Warm the middle-jiao, strengthen the spleen, settle the stomach and suppress the abnormally risen stomach Qi.

Treatment. Li Zhong Wan or Liu Jun Zi Tang as the basic formula.

For vomiting of sputum, saliva and clear fluids, add guizhi (*Cinnamomum*) and wuzhuyu (*Evodia*) to warm the middle-jiao and suppress the abnormally risen Qi.

For vomiting of clear fluids accompanied by coldness in the epigastrium and the limbs, in addition to guizhi and wuzhuyu add processed fuzi (*Aconitum*), rougui (*Cinnamomum*) and other herbs that warm Yang of the middle-jiao and disperse Cold.

ii Deficiency of Stomach-Yin

Main Symptoms. Repeated vomiting of small amounts, or frequent nausea and retching; dry mouth and throat; hunger without appetite; and epigastric distress. The tongue is red and dry, with little coating. The pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin, moisten dryness, suppress abnormally risen Qi and stop vomiting.

Treatment. Maimendong Tang (Ophiopogon Decoction). It has the following composition: maimendong (*Ophiopogon*) 10 g, renshen (*Panax*) 10 g, processed banxia (*Pinellia*) 10 g, jingmi (*Oryza sativa*) 9 g, dazao (*Ziziphus*) three pieces, and gancao (*Glycyrrhiza*) 6 g.

If Yin is severely injured, use smaller amounts of banxia to avoid Yin injury through warming Dryness, but add shihu (*Dendrobium chrysanthum*), tianhuafen (*Trichosanthes*) and yuzhu (*Polygonatum*) to generate fluids and nourish the stomach.

If vomiting is frequent, add zhuru (*Phyllostachys nigra*), chenpi (*Citrus tangerina*) and pipaye (*Eriobotrya japonica*) to settle the stomach.

For constipation, add huomaren (*Cannabis sativa*) and baimi (mel) to moisten the intestines and lower visceral Qi.

V Acupuncture Treatment

1 *Strength Illnesses*

Exogenous Evils Attacking Stomach. The principle is to dispel the evil, release the exterior, dissipate the turbid and settle the stomach. Select the acupoints Hegu (LI-4), Zhongwan (CV-12), Zusanli (ST-36) and Neiguan (PC-6). Apply the reducing method. At Zhongwan, following needling apply moxibustion. If treatment at these acupoints is not effective and the illness worsens, apply acupuncture to the acupoint Jinjinyue (EX-HN 12). Prick to induce slight bleeding.

Food Retention. The principle is to promote digestion and settle the stomach. Select the acupoints Zhongwan (CV-12), Zusanli (ST-36) and Taibai (SP-3). The following acupoints are held in reserve, to use if necessary: Jianli (CV-11) and Gongsun (SP-4). At these acupoints apply the reducing method.

Interior Blockage by Phlegm-Rheum. The principle is to warm the middle-jiao, dissipate Phlegm-Rheum, settle the stomach and suppress the abnormally risen Qi. Select Zhongwan (CV-12), Neiguan (PC-6), and Zusanli (ST-36). The following acupoints are held in reserve, to use if necessary: Jianli (CV-11), Zhangmen (LR-13), Liangmen (ST-21) and Fenglong (ST-40). Moxibustion is applied after needling.

Liver-Qi Attacking Stomach. The principle is to unblock the liver, relieve stagnation, settle the stomach and suppress the abnormally risen Qi. Select Zhongwan (CV-12), Zusanli (ST-36) and Taichong (LR-3). The following acupoints are held in reserve, to use if necessary: Qimen (LR-14), Zhangmen (LR-13) and Gongsun (SP-4). At these reserve acupoints apply the reducing method.

2 *Deficiency Illnesses*

Deficiency-Cold in Spleen and Stomach. The principle is to strengthen the spleen and settle the stomach. Select Zhongwan (CV-12), Zhangmen (LR-13), Zusanli (ST-36) and Tianshu (ST-25). Apply the reinforcing method and add moxibustion.

Deficiency of Stomach-Yin. The principle is to nourish Yin and settle the stomach. Select Zhongwan (CV-12), Zusanli (ST-36), Sanyinjiao (SP-6) and Gongsun (SP-4). Apply the reinforcing method without moxibustion.

VI Case Study

The patient was an adult male who had chronic gastritis. For 5 days he had relapse of his condition, with epigastric pain and anorexia. On the day of consultation vomiting worsened, producing thin fluids and saliva. It was accompanied by intermittent nausea, stickiness and bitter taste in the mouth, slightly yellow urine and watery feces. His tongue was dark purple, with white greasy coating covered by yellow. His pulse was small and slippery.

Diagnosis. Chronic deficiency of middle-jiao Yang, with strong Cold in the interior. The relapse was precipitated by intemperate diet causing injury to the middle-jiao, so that Cold and retained food interact and give rise to Heat, and impairment of the stomach functions.

Therapeutic Principle. Warm the middle-jiao, dispel Cold, regulate Qi with acrid herbs, complemented with bitter herbs to drain downward and relieve stagnation.

Treatment and Course. The formula prescribed had the following composition: processed fuzi slices (*Aconitum*) 5 g, wuzhuyu (*Evodia*) 2 g, zisu stalk (*Perilla*) 10 g, processed banxia (*Pinellia*) 10 g, chenpi (*Citrus tangerina*) 5 g, baidoukou (*Amomum cardamomum*) 3 g, ginger-treated huanglian (*Coptis*) 3 g, ganjiang (*Zingiber*) 3 g, zhishi (*Citrus aurantium*) 10 g, and binglang with peel (*Areca*) 10 g.

After 2 days treatment vomiting stopped, but the patient still had retching and eructation, abdominal distention, difficulty with defecation and discomfort relieved by passing gas. Treatment was continued with modified formula: processed fuzi and baidoukou were removed and gualou (*Trichosanthes*) 12 g added. The patient defecated large amounts of foul brown feces. The tongue coating became normal, and all symptoms resolved except for vague epigastric pain. Treatment was continued to consolidate the therapeutic effect.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of illnesses presenting with vomiting and discusses their diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and main characteristics of vomiting;
2. Understand the significance of differentiating between strength and deficiency in the diagnosis of vomiting;
3. Know the diagnosis and treatment of the common vomiting illnesses.

III Exercises for Review

1. Explain the pathology of vomiting. Describe the pathology of vomiting related to the stomach, the spleen and the liver.
2. Describe the differences and similarities between vomiting due to blockage by Phlegm-Rheum and vomiting due to liver-Qi attacking the stomach.
3. Explain the differences in the diagnosis and treatment of vomiting caused by exogenous pathogenic evils attacking the stomach and by deficiency-Cold in the spleen and the stomach.

IV Additional Exercises

1. Provide an analysis of the formula of combined Er Chen Tang and Ling Gui Zhu Gan Tang used in treatment of vomiting due to Phlegm-Rheum blocking the interior.
2. Provide an analysis of the formula of Maimendong Tang used in treatment of vomiting due to deficiency of stomach-Yin.
3. In the Case Study, provide an analysis of the prescription used to treat the patient, both the initial herbal formula and the subsequent modifications.

Chapter 11

Diarrhea

Diarrhea is abnormal defecation or the passing of abnormal feces. It may manifest as more frequent defecation or as abnormal feces that are poorly formed or water-like. It is often accompanied by abdominal distention, abdominal pain or borborygmus.

Note that diarrhea is distinct from dysentery, which usually presents with tenesmus and feces that contain blood or pus.

I Etiology and Pathology

The pathogenic factors of diarrhea include attack by exogenous evils, injury by imtemperate diet, unbalanced passions and weakness or insufficiency of the visceral organs. The key, however, is disturbance of the functions of the spleen and the stomach.

Among the six **climatic pathogenic evils**, Dampness is the most important in the pathogenesis of diarrhea. Because the spleen detests dampness and prefers dryness, exogenous Dampness can readily block the spleen (the unduly strengthened Water Element counter-restraining the Earth Element). When the spleen's functions of transportation and transformation are impaired, the mishmash of water and food descends, leading to diarrhea. For this reason it has been said that "much Dampness is five-tenths of diarrhea" and that "without Dampness there is no diarrhea." As for Cold and Summer Heat, they can invade the lung and the Defensive Level, transmit from the exterior to the interior and impair the functions of the spleen and the stomach. They can also injure the spleen and the stomach directly, impairing their ability to separate the pure from the turbid and causing diarrhea. Even so, they usually accompany Dampness where diarrhea is concerned.

Intemperate diet causing diarrhea means mostly excessive intake, overindulgence in raw and cold foods, overindulgence in spicy and fatty diet, or inadvertent eating of rotten or unclean foods. Any of these can impair spleen-stomach functions. Since the essences of the food and drink cannot be properly absorbed they become stagnant as Dampness and can lead to diarrhea.

Passions, especially excessive depression, rage, anxiety and brooding, can block the liver and induces stagnation of Qi. Stagnant liver-Qi then moves abnormally and attacks the spleen and the stomach.

A **weak constitution**, a **chronic illness** and **convalescent weakness** can all cause insufficiency of the spleen. If spleen insufficiency extends to the kidney, vital gate Fire weakens and is unable to assist the spleen in the digestion of food. This can also lead to diarrhea.

In addition, there are less common causes of diarrhea. When excessive fluid is taken in, beyond the capacity of the stomach and the intestines to absorb, the excess fluid remains in the large intestine and can lead to diarrhea. Prolonged gelling of Cold, Heat or Dampness in the sigmoid colon can affect the meridians and lead to diarrhea as well.

In general, the main pathologic change in diarrhea is in the spleen, the stomach and the intestines, but is also related to the liver and the kidney. Spleen insufficiency with ascendancy of Dampness is the key to the development of diarrhea. The exogenous causes are most intimately related to Dampness. When Dampness invades and injures the spleen and the stomach, their transportation and transformation functions are impaired. Hence *Plain Questions* states: "When Dampness wins, diarrhea ensues." The endogenous causes are most intimately related to insufficiency of the spleen. An insufficient spleen fails in its functions, so that the essences of foods and drinks cannot be extracted. Endogenous Dampness and turbidity result; and the descent of the mishmash of undigested foods and turbidity descend and lead to diarrhea. In the *Collected Works of Zhang Jingyue* it is stated: "The basic pathology of diarrhea is no other than the spleen and the stomach." Even diarrhea due to liver or kidney dysfunction develops primarily on the basis of impaired spleen and stomach function.

Acute diarrhea is principally due to Dampness and is an illness of strength. Chronic diarrhea is principally due to spleen insufficiency and is an illness of deficiency or mixed strength and deficiency. Strength and deficiency are interrelated also, since impairment of spleen functions leads to the ascendancy of Dampness and ascendancy of Dampness affects spleen functions.

II Clinical Manifestation

Diarrhea may present as increased frequency of defecation. It may occur three times, five times, even more than a dozen times in one day. The feces may be loose (poorly formed) or watery, or may be mostly undigested foods. The main accompanying symptoms are abdominal pain and borborygmus.

If it is due to attack by Cold-Dampness, the tongue coating is white and greasy and the pulse is soft and even.

If it is due to attack by Dampness-Heat, the tongue coating is yellow and greasy and the pulse is either soft or slippery and rapid.

If it is due to injury by intemperate diet, the tongue coating is dirty or thick and greasy.

If it is due to spleen insufficiency, the tongue is pale with a white and moist coating and the pulse is threadlike and feeble.

If it is due to kidney insufficiency, the tongue is pale with thin and white coating and the pulse is deep and threadlike.

Patients often have a history of eating binges or of eating unclean food or drinks. Diarrhea may occur throughout the year, but is most common in summer and autumn.

III Key Points of Analysis

Acuteness and Severity. Acute or explosive diarrhea begins abruptly and has a relatively short course. It is mainly due to strong Dampness. Chronic diarrhea begins more slowly and has a longer course, often persisting for many days, and it often relapses when the patient indulges in intemperate diet or is excessively fatigued. Chronic diarrhea is mostly due to spleen insufficiency. If prolonged, there may be kidney insufficiency as well, with such symptoms as pre-dawn diarrhea and flank aches. These indicate weakness of the Fire of the vital gate and simultaneous illness of the spleen and the kidney. In mild diarrhea, appetite and diet are generally normal and the prognosis is good. If there are anorexia and emaciation and the diarrhea is unchecked, or defecation is persistent and uncontrollable, the body fluids may become depleted. This may lead to collapse of Yin or Yang.

Wind-Heat and Deficiency-Strength. If the illness is acute, with epigastric and abdominal distention, abdominal pain with guarding and relief following defecation and difficulty with urination, it is mostly one of strength. If the course is more prolonged, with mild or moderate abdominal pain that is alleviated by pressure, normal urination and absence of thirst, the illness is mostly one of deficiency. If the feces are like water and contain undigested food, with abdominal pain, cold-aversion with preference for warmth, and cold hands and feet, the illness is mostly one of Cold. If the feces are yellow-brown, with strong foul odor, burning of the anus, explosive urgency to defecate, scant urine that is red, thirst with preference for cold drinks, the illness is mostly due to Heat.

Mixed Illnesses. If cold-intolerance, spontaneous sweating, fever, headache and a floating pulse accompany the diarrhea there is Wind as well. If it comes in high summer or in especially hot weather, with fever, thirst, a heavy head, spontaneous sweating and a soft and rapid pulse, there is Summer Heat as well. If distention and pressure in the epigastrium and foul eructation accompany the diarrhea there is injury by intemperate diet as well.

IV Herbal Treatment

In the treatment of diarrhea, first determine whether it is acute or chronic. The treatment of acute diarrhea is based on the elimination of Dampness. Additional treatment will depend on which additional exogenous evil has joined with Dampness. The treatment of chronic diarrhea is based on strengthening the spleen, complemented by additional treatment as needed.

For acute diarrhea, do not apply vigorous restoration or astringency, so as not to trap the exogenous evil within. For chronic diarrhea, be cautious in treatment during defervescence of fever through sweating in order to avoid aggravating depletion of Yin-fluids.

1 Acute Diarrhea

i Cold-Dampness

Main Symptoms. Diarrhea with very loose or watery feces, abdominal pain, borborygmus, epigastrium discomfort, poor appetite. If there is Wind as well, aversion to cold, fever, headache, aches and pain in the body and limbs. The tongue coating is thin and white, and the pulse floating.

Therapeutic Principle. Eliminate Dampness with aromatic herbs, release the exterior and dispel Cold.

Treatment. For mild cases, Ping Wei San.

For more severe cases, Ping Wei San (Stomach-Settling Powder) combined with Wu Ling San (Five-Ingredient Poria Powder). Wu Ling San has the following composition: guizhi (*Cinnamomum*), baizhu (*Atractylodes*), fuling (*Poria*), zhuling (*Polyporus*) and zexie (*Alisma*).

If there is Wind in addition to Cold and Dampness, use Huoxiang Zheng Qi San. If symptoms of Cold in the exterior are severe, add jingjie (*Schizonepeta*) and fangfeng (*Saposhnikovia*) to enhance the formula's ability to disperse Wind and dispel Cold.

ii Dampness-Heat

Main Symptoms. Diarrhea with abdominal pain; urgent and explosive or uncomfortable defecation; yellow brown feces with foul odor; anal burning; restlessness with thirst; and scant urine that is yellow. The tongue coating is yellow and greasy. The pulse is rapid and either slippery or soft.

Therapeutic Principle. Cool Heat and drain Dampness.

Treatment. Gegen Qin Lian Tang (Pueraria-Scutellaria-Coptis Decoction). It has the following composition: gegen (*Pueraria*) 15 g, huangqin (*Scutellaria*) 10 g, huanglian (*Coptis*) 6 g, yiyiren (*Coix*) 20 g, houpo (*Magnolia*) 10 g, jinyinhua (*Lonicera*) 10 g, muxiang (*Aucklandia*) 6 g, fuling (*Poria*) 15 g, pugongying (*Taraxacum*) 20 g, and gancao (*Glycyrrhiza*) 6 g.

If accompanied by food retention, add shenqu (medicated leaven), shanzha (*Crataegus*) and maiya (*Hordeum*).

If there are symptoms of Wind-Heat in the exterior, such as fever, headache and a floating pulse, add lianqiao (*Forsythia*) and bohe (*Mentha*).

If diarrhea occurs in high summer, with such symptoms as fever, heaviness in the head, strong thirst, spontaneous sweating, scant urine and a soft and rapid pulse, it is an illness of Summer Heat and Dampness affecting the interior and the exterior simultaneously. Treat with Xin Jia Xiangru Yin combined with Liu Yi San to dissipate Dampness and stop diarrhea.

iii Intemperate Diet

Main Symptoms. Diarrhea with abdominal pain, borborygmus, feces that smells like rotten egg; abdominal pain reduced following defecation; epigastric and abdominal distention; foul and fetid eructation; and anorexia. The tongue coating is dirty or thick and greasy. The pulse is slippery.

Therapeutic Principle. Relieve food retention.

Treatment. Bao He Wan.

If food retention is especially severe, with epigastric and abdominal distention and discomfort during defecation, add zhishi (*Citrus aurantium*) and binglang (*Areca*).

For food retention transforming into Heat, add huanglian (*Coptis*).

For vomiting, add baidoukou (*Amomum cardamomum*).

2 Chronic Diarrhea

i Spleen Insufficiency

Main Symptoms. Feces sometimes loose, sometimes watery, sometimes containing undigested food; postprandial epigastric distress; even small amounts of greasy foods followed by increased frequency of defecation; sallow complexion; and lassitude. The tongue is pale, with white coating. The pulse is threadlike and feeble.

Therapeutic Principle. Strengthen the spleen and augment Qi.

Treatment. Shen Ling Baizhu San (Ginseng-Poria-Atractylodes Powder). It has the following composition: renshen (*Panax*) 10 g, baizhu (*Atractylodes*) 10 g, fuling

(*Poria*) 15 g, shanyao (*Dioscorea*) 10 g, biandou (*Dolichos lablab*) 10 g, yiyiren (*Coix*) 20 g, lianzi (*Nelumbo*) 10 g, chenpi (*Citrus tangerina*) 6 g, sharen (*Amomum*) 5 g, jiegeng (*Platycodon*) 6 g, and fried gancao (*Glycyrrhiza*) 6 g.

If spleen-Yang is deficient, conducing to hyperactivity of Yin-Cold, add processed fuzi (*Aconitum*), rougui (*Cinnamomum*) and ganjiang (*Zingiber*).

For persistent unrelenting diarrhea, so that middle-jiao-Qi sinks and the rectum prolapses, add huangqi (*Astragalus*), shengma (*Cimicifuga*) and chaihui (*Bupleurum*).

For anorexia, add maiya (*Hordeum*) and shenqu (medicated leaven).

ii Kidney Insufficiency

Main Symptoms. Predawn peri-umbilical pain, borborygmus followed promptly by diarrhea, the abdominal symptoms being relieved by defecation; cold body and limbs; and aching pain in the waist and knees. The tongue is pale, with white coating. The pulse is deep and threadlike.

Therapeutic Principle. Warm and strengthen the spleen and the kidney, astringe the leaking and stop diarrhea.

Treatment. Li Zhong Tang (Middle-Regulating Decoction) combined with Si Shen Wan. Their combined composition is as follows: wuzhuyu (*Evodia*) 6 g, buguzhi (*Psoralea*) 10 g, wuweizi (*Schisandra*) 5 g, roudoukou (*Myristica*) 10 g, processed fuzi (*Aconitum*) 10 g, dangshen (*Codonopsis*) 15 g, baizhu (*Atractylodes*) 10 g, ganjiang (*Zingiber*) 6 g, and fried gancao (*Glycyrrhiza*) 6 g.

If diarrhea is unrelenting, leading to the sinking of middle-jiao Qi, add herbs to augment Qi, raise Yang and astringe, such as huangqi (*Astragalus*), kezi fruit (*Terminalia chebula*), chishizhi (halloysite) and yuyuliang (limonite).

iii Stagnation of Liver-Qi

Main Symptoms. Chronic chest and flank distention and pain; eructation, anorexia; abdominal pain and diarrhea precipitated by passions or emotional stress and borborygmus. The tongue is pale red and the pulse taut.

Therapeutic Principle. Suppress the liver, strengthen the spleen and harmonize the middle-jiao to stop diarrhea.

Treatment. Tong Xie Yao Fang (Essential Formula for Painful Diarrhea).

If the diarrhea persists for a long time, add sour and astringent herbs such as wumei (*Prunus mume*), shiliu rind (*Punica granatum*) and kezi (*Terminalia chebula*).

If there is also spleen insufficiency, with decreased appetite and lassitude, add dangshen (*Codonopsis*), shanyao (*Dioscorea*), Qianshi (*Euryale ferox*) and biandou (*Dolichos lablab*) to strengthen the spleen.

If constipation and diarrhea alternate, add muxiang (*Aucklandia*) and sharen (*Amomum*) to regulate Qi and settle the spleen and the stomach.

If Qi stagnation is especially prominent, with subcostal pain, abdominal distention, pain promptly inducing diarrhea and not relieved by it, add zhishi (*Citrus aurantium*), xiangfu (*Cyperus*), gancao (*Glycyrrhiza*) and similar herbs to unblock the liver, regulate Qi and settle the middle-jiao.

V Acupuncture Treatment

1 Violent Diarrhea

For **Cold-Dampness attacking the spleen**, the approach is to warm the middle-jiao and dry Dampness. Select the acupoints Zhongwan (CV-12), Tianshu (ST-25) and Zusanli (ST-36). The acupoints Zhangmen (LR-13) and Pishu (BL-20) are reserve. Apply the reducing method and moxibustion.

For **Dampness-Heat injuring the middle-jiao**, the approach is to cool Heat and dry Dampness. Select the acupoints Zhongwan (CV-12), Tianshu (ST-25), Shangjuxu (ST-37) and Yinlingquan (SP-9). Apply the reducing method. Do not apply moxibustion.

For **food retention**, the approach is to promote digestion and relieve retention. Select the acupoints Jianli (CV-11), Qihai (CV-6), Tianshu (ST-25), Zhangmen (LR-13), Pishu (BL-20) and Zusanli (ST-36). Apply the reducing method.

2 Chronic Diarrhea

For **spleen and stomach insufficiency**, the approach is to strengthen the spleen and invigorate the middle-jiao. Select the acupoints Zhongwan (CV-12), Zhangmen (LR-13), Qihai (CV-6), Tianshu (ST-25), Pishu (BL-20) and Sanyinjiao (SP-6). Apply the reinforcing method and moxibustion.

For suppressed vital gate Fire, the approach is to warm and augment kidney-Yang. Select the acupoints Mingmen (GV-4), Shenshu (BL-23), Shenque (CV-8), Qihai (CV-6), Guanyuan (CV-4) and Sanyinjiao (SP-6). Apply moxibustion to all the acupoints.

VI Case Study

The patient was an adult female who the day before had acute onset fever and chills. By evening she began having diarrhea of thin yellow feces. The diarrhea had recurred seven or eight times by the time of consultation. Each bout was preceded

by abdominal pain, epigastric distress and nausea. Her urine was scant. Her tongue was red, with thin and white coating, and the pulse was soft and rapid. Her body temperature was 39.3°C (102.7°F). Stool analysis showed zero to two white blood cells and zero to two red blood cells.

Diagnosis. Diarrhea due to Summer Heat and Dampness disturbing the interior and aggravated by new exogenous evils in the exterior, leading to disharmony of the spleen and the stomach.

Therapeutic Principle. Release both the interior and the exterior.

Treatment and Course. The prescribed formula had the following composition: dandouchi (*Glycine max*) 12 g, Ji Su San 12 g, gegen (*Pueraria*) 10 g, huoxiang stalk (*Agastache*) 10 g, fuling (*Poria*) 10 g, zexie (*Alisma*) 10 g, processed banxia (*Pinellia*) 6 g, parched zhiqiao (*Poncirus trifoliata*) 6 g, huangqin (*Scutellaria*) 6 g, muxiang (*Aucklandia*) 3 g, and huanglian (*Coptis*) 1.5 g.

After the first dose, sweating stopped and fever subsided. The following day diarrhea also stopped. After two more doses the patient recovered completely.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of illnesses presenting with diarrhea, and summarizes the diagnosis and treatment of these illnesses.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept of diarrhea and the main symptoms associated with it;
2. Understand the key role of spleen insufficiency and Dampness in diarrhea;
3. Know the differential diagnosis and treatment of the common illnesses that present with diarrhea.

III Exercises for Review

1. Compare and contrast the central roles in diarrhea of spleen insufficiency and Dampness.
2. Describe how acute diarrhea differs from chronic diarrhea. How are they differentiated in clinical practice? Describe the differences in their treatment.

3. Compare diarrhea due to spleen insufficiency, kidney insufficiency and stagnation of liver-Qi.
4. Discuss the use of astringent herbs to arrest diarrhea. Compare this with the use of herbs of sour flavor.

IV Additional Exercises

1. Provide an analysis of the prescription, combined Ping Wei San and Wu Ling San, used in the treatment of acute diarrhea due to Cold-Dampness.
2. Provide an analysis of the formula of Gegen Qin Lian Tang used in treatment of acute diarrhea due to Dampness-Heat.
3. Provide an analysis of the formula of Shen Ling Baizhu San used in treatment of acute diarrhea due to spleen insufficiency.
4. Provide an analysis of the formula of combined Li Zhong Tang and Si Shen Wan used in treatment of acute diarrhea due to kidney insufficiency. (Note: Li Zhong Tang has the same composition as Li Zhong Wan.)

Chapter 12

Abdominal Pain

In this context, the abdomen refers to the anterior trunk from the epigastrium to the pelvic bone. The abdomen is subdivided into regions that are not precisely demarcated. The epigastrium principally relates to the stomach. The large central region principally relates to the spleen and the intestines. The middle lower abdomen principally relates to the kidney, the urinary bladder, the large intestine and the domains of the Chong and Ren Meridians. The two sides of the lower abdomen principally relates to the Liver Meridian and the large intestine.

I Etiology and Pathology

Abdominal pain relates mainly to exogenous evils, intemperate diet, the passions or deficiency of visceral Yang.

Exogenous Evils. When exogenous Cold and Wind attack the middle-jiao, or Cold gels in the interior and blocks the stomach and the intestines, or excessive raw and cold foods injure middle-jiao-Yang, Qi movement is impaired, so that its ascent and descent become abnormal, and Yin-Cold becomes strong in the interior. In all these cases Qi movement is blocked, and such blockage leads to pain. Excessive exposure to summer heat as well as Dampness invading and lodging in the middle-jiao can also disturb stomach and intestine functions and lead to pain.

Yang Deficiency. Several circumstances can result in chronic deficiency of Yang-Qi. Depression of spleen-Yang results in the loss of motive force for transportation and transformation. Such loss of nourishment makes the visceral organs insufficient and at risk for the production of endogenous Cold. Depletion of middle-jiao-Yang enables Cold and Dampness to lodge in the middle-jiao and cause blockage. Insufficiency of Qi and blood means the visceral organs lose their nourishment. Similarly, insufficiency of genuine Fire permits endogenous Cold to form and to cause Qi and blood to fail to nourish the visceral organs. In these circumstances abdominal pain can also result.

Intemperate Diet. Overeating injures the middle-jiao and can lead to food retention and the formation of endogenous Heat. These in turn cause blockage of

stomach and intestine Qi. Excessive fats or spices facilitate the interaction between Dampness-Heat and retained food and induce impedance of Qi movement. Rotten or unclean foods also injure the spleen and the stomach. All these can lead to abdominal pain.

Passions. Passions, rage and depression all can injure the liver and cause blockage of the normal paths for liver-Qi movement. Pent-up liver-Qi then moves abnormally. This may lead to impairment of the functions of other visceral organs. The resultant Qi stagnation and blood stasis can also produce abdominal pain.

Less common causes of abdominal pain include malnutrition due to parasitic infestation, kidney insufficiency with anuria and abdominal masses.

The illnesses that present with abdominal pain also fall in the two categories of strength and deficiency. Strength illnesses are those caused by exogenous Cold, Dampness or Heat, or food retention, all leading to impedance to Qi movement and blood flow. Deficiency illnesses are those due to deficiency of visceral Qi, with endogenous Cold and inability to Qi and blood to warm and nourish.

II Clinical Manifestation and Key Points of Analysis

Abdominal pain may be acute and short lasting or chronic and long lasting. It may be distending, vague, stabbing, twisting (colicky) or burning in quality.

1 *Acute versus Chronic*

Acute abdominal pain tends to begin abruptly and be severe. There often are prominent accompanying symptoms. Acute abdominal pain is usually due to attack by exogenous pathogenic evil, intemperate diet or parasitic infestation. Chronic pain begins slowly, has a prolonged course and is not very severe. It is usually due to internal injury, gelling of formless pathogenic evils such as Cold or Heat, chronic illness, or deficiency of Yang with Cold in the visceral organs.

2 *Quality of Pain*

Cold. Cold-induced abdominal pain tends to have an urgent quality, is severe and is associated with borborygmus. If the pain is due to strong exogenous Cold, it may be accompanied by Qi stagnation and vomiting and tends to be acute and have a distending and firm quality. If the pain is due to deficiency Cold, it tends to be continual and to persist.

Heat. Heat-induced abdominal pain is mainly peri-umbilical and often has a feverish quality. It may be accompanied by constipation and preference for cold drinks.

Qi Stagnation. Abdominal pain in Qi stagnation tends to fluctuate in severity and migratory in location. There are chest and subcostal discomfort, eructation and abdominal distention. Passing of gas usually brings temporary relief.

Blood Stasis. Abdominal pain due to blood stasis tends to have a fixed location and is stabbing in character. There is guarding. It usually worsens at night. It is usually accompanied by a dusky complexion and cyanotic lips.

Overindulgence or indigestion produces abdominal pain with eructation. The pain is alleviated by defecation.

Abdominal pain due to **deficiency** is chronic and often persistent. There is no guarding; sometimes there is preference for pressure.

Abdominal pain due to the pathogenic evil **strength** is acute and abrupt, and is often accompanied by abdominal distention, vomiting and guarding.

3 Location of Pain

Abdominal pain between the lower ribs and the umbilicus relates mostly to the spleen, the stomach and the intestines.

Peri-umbilical pain that fluctuates and sometimes becomes prostrating is often due to heavy parasitic infestation. Often there is vomiting of yellow-green fluids or of parasites. When the pain subsides, the appetite returns to normal. Pain due to parasitic infestation is most commonly seen in children.

Abdominal pain below the umbilicus, on one or the other side or on both sides, relates mostly to illness in the Liver Meridian.

Abdominal pain below the umbilicus that comes in recurrent attacks, often accompanied by spasm or firm masses, relates mostly to disease in the kidney or urinary bladder.

III Herbal Treatment

When treating abdominal pain, be careful to identify the affected meridian, ascertain whether it is due to Qi or blood or to Cold or Heat, and differentiate between strength and deficiency. For abdominal pain of strength emphasize expulsion of disease evil and relief of blockage. For abdominal pain of deficiency-Cold emphasize warm-augmentation of Yang-Qi.

1 Blockage by Cold

Main Symptoms. Severe acute abdominal pain worsened by cold and lessened by warmth; cold-aversion; lying in curled position; absence of thirst; either diarrhea or

constipation; and clear urine. The tongue coating is thin and white, and the pulse taut and tight.

Therapeutic Principle. Warm the interior, dispel Cold and stop pain.

Treatment. Zheng Qi Tian Xiang San (Qi-Supporting Cyperus Powder). It has the following composition: xiangfu (*Cyperus*) 10 g, wuyao (*Lindera*) 10 g, zisu leaf (*Perilla*) 10 g, muxiang (*Aucklandia*) 10 g, yanhusuo (*Corydalis*) 10 g, ganjiang (*Zingiber*) 3 g, gaoliangjiang (*Alpinia officinarum*) 6 g, and fried gancao (*Glycyrrhiza*) 6 g.

If Cold is especially severe and the pain violent, add processed fuzi (*Aconitum*) and rougui (*Cinnamomum*).

If there is constipation, add processed fuzi (*Aconitum*) and dahuang (*Rheum palmatum*) to warm and unblock visceral Qi.

If the pain is due to ascarid roundworms, and there is vomiting of worms or passing of worms in the feces, add Wumei Wan (Wumei Pill).

If there is lower abdominal spasm or cold pain, add wuzhuyu (*Evodia*) and xiaohuixiang (*Foeniculum vulgare*).

2 Deficiency-Cold

Main Symptoms. Intermittent or continual abdominal pain, preference for warm pressure which alleviates the pain; lusterless complexion; lassitude; cold-intolerance; and shortness of breath. The tongue is pale and the coating white. The pulse is threadlike and without force.

Therapeutic Principle. Warm the middle-jiao, augment Qi and strengthen the spleen to stop pain.

Treatment. Xiao Jian Zhong Tang (Minor Middle-Jiao-Strengthening Decoction).

If there is blood loss causing deficiency, so that abdominal pain is unrelenting or spasm in the lower abdomen radiates to the waist and back, add danggui (*Angelica*).

If there is Qi deficiency, with spontaneous sweating, shortness of breath and fatigue, add huangqi (*Astragalus*).

In some patients, Yin-Cold is especially severe and causes excruciating epigastric pain. There is usually vomiting with inability to eat, or borborygmus. On palpation there may be a mass that seemingly has head and feet and that is exquisitely tender to touch. In such patients, add wuzhuyu (*Evodia*), wuyao (*Lindera*) and huajiao (*Zanthoxylum bungeanum*).

If Cold is in the Taiyin Meridian, abdominal pain is accompanied by borborygmus. There is no guarding, but the patient prefers warmth and pressure. There is either constipation or watery diarrhea. The urine is clear and increased in volume. The hands and feet are cold and difficult to warm. The tongue is pale, with white and smooth coating. The pulse is deep and threadlike, or slow. Treat with Li Zhong Wan.

If Cold is in the Yueyin Meridian, the limbs are cold and the pulse is threadlike and on the verge of collapse. Treat with Danggui Si Ni Tang.

If the large intestine is the site of deficiency-Cold, there is cold constipation and abdominal pain. Treat with Wen Pi Tang.

3 *Dampness-Heat*

Main Symptoms. Sudden abdominal pain and abdominal distention with guarding; constipation, foul feces; fetid eructation; nausea and vomiting. The tongue coating is yellow and greasy, and the pulse taut and rapid.

Therapeutic Principle. Cool Heat, dry Dampness, relieve stagnation and stop pain.

Treatment. Modified Da Cheng Qi Tang (Potent Purgation Decoction), with the following composition: raw dahuang (*Rheum palmatum*) 10 g, houpo (*Magnolia*) 10 g, zhishi (*Citrus aurantium*) 10 g, binglang (*Areca*) 5 g, zhizi (*Gardenia jasminoides*) 10 g, muxiang (*Aucklandia*) 6 g, and gancao (*Glycyrrhiza*) 6 g.

If Heat is stronger than Dampness, add huanglian (*Coptis*), huangqin (*Scutellaria*), pugongying (*Taraxacum*) and baijiangcao (*Bombyx*).

If Dampness is stronger than Heat, with white and greasy tongue coating, add cangzhu (*Atractylodes*), yiyiren (*Coix*) and sharen (*Amomum*).

If there is food retention as well, add laifuzi (*Raphanus*), jineijin (*Gallus gallus domesticus*) and shanzha (*Crataegus*).

4 *Qi Stagnation*

Main Symptoms. Intermittent and migratory abdominal distention and pain, the pain followed by spasm; eructation, which brings some relief; and pain aggravated by irascibility. The pulse is taut.

Therapeutic Principle. Unblock the liver, relieve stagnation, regulate Qi and stop pain.

Treatment. Chaihu Shu Gan San (Bupleurum Liver-Unblocking Powder). It has the following composition: chaihu (*Bupleurum*) 10 g, baishoyao (*Paeonia*) 10 g, zhiqiao (*Poncirus trifoliata*) 10 g, Qingpi (*Citrus tangerina*) 6 g, xiangfu (*Cyperus*) 10 g, chuanxiong (*Ligusticum*) 6 g, and gancao (*Glycyrrhiza*) 6 g.

If there is severe chest and subcostal pain as well, add chuanlianzi (*Melia*) and yanhusuo (*Corydalis*).

5 *Blood Stasis*

Main Symptoms. Persistent stabbing abdominal pain that has no fixed location and that worsens at night; and in some patients abdominal masses. The tongue is cyanotic. The pulse is impeded.

Therapeutic Principle. Mobilize blood and remove stasis.

Treatment. Shao Fu Zhu Yu Tang.

If static blood accumulates in the abdomen, producing stabbing pain between the ribs in addition to abdominal pain, add chaihu (*Bupleurum*), jianghuang (*Curcuma*), taoren (*Prunus persica*) and dahuang (*Rheum palmatum*).

If there is Cold in addition, add rougui (*Cinnamomum*) and ganjiang (*Zingiber*).

IV Acupuncture Treatment

The causes of abdominal pain are many, and each produces a different clinical picture. Acupuncture treatment uses the basic approach of harmonizing the intestines and the stomach and regulating Qi to suppress pain. The most commonly selected acupoints are Zhongwan (CV-12), Qihai (CV-6) and Zusanli (ST-36).

Treat abdominal pain due to Cold strength by warming the middle-jiao and dispelling Cold. Add the acupoints Liangmen (ST-21) and Shenque (CV-8). Apply the reducing method and moxibustion. For Shenque apply moxibustion with salt.

Treat abdominal pain due to deficiency-Cold by warming the middle-jiao and augmenting Qi. Add the acupoints Zhangmen (LR-13), Tianshu (ST-25) and Guanyuan (CV-4). Apply the reinforcing method and moxibustion.

Treat abdominal pain due to Qi stagnation by unblocking the liver and regulating Qi. Add the acupoints Neiguan (PC-6), Qimen (LR-14) and Yanglingquan (GB-34). Apply the reducing method.

Treat abdominal pain due to blood stasis by promoting blood circulation and activating the channels. Add the acupoints Shuidao (ST-28) and Qimen (LR-14). Apply the reducing method.

Treat abdominal pain due to accumulation of Dampness-Heat by cooling Heat and relieving accumulation. Add the acupoints Tianshu (ST-25), Shangjuxu (ST-37), Sanyinjiao (SP-6) and Yinlingquan (SP-9). Apply the reducing method.

V Case Study

The patient was a sexagenarian who came to the clinic because of severe acute periumbilical pain. The pain was aggravated by food. Defecation and urination were normal. The tongue coating was thin and greasy, and the pulse deep and taut. Stool examination did not show any parasitic ova.

He was treated for stagnation of liver-Qi with vinegar-treated chaihu (*Bupleurum*), zhiqiao (*Poncirus trifoliata*), Qingpi (*Citrus tangerina*), danggui (*Angelica*), baishaoyao (*Paeonia*), xiangfu (*Cyperus*), wuyao (*Lindera*), chuanlianzi (*Melia*), muxiang (*Aucklandia*) and foshou (*Citrus medica* L. v. *sacroductylis*). After three doses, abdominal pain worsened and the patient groaned incessantly. He also vomited half a bowl of blood.

Because the pain had a fixed location and was aggravated by food and there was hematemesis, a new diagnosis of evil Qi entering blood, with stasis in the blood vessels and overflow of blood, was made. Wulingzhi (*Pteropus pselaphon*) 10 g was added to the previous formula. After three doses of the augmented formula, pain lessened, the patient was able to eat, and the illness was eight-tenths improved. The formula without wulingzhi was continued until the patient was completely cured.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of the illnesses that present abdominal pain as a prominent symptom. It discusses the key points for formulating a diagnosis and the main treatments of these illnesses.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and main symptoms of illnesses with abdominal pain as the presenting symptom;
2. Understand the etiology and pathology of these illnesses;
3. Know the diagnosis and treatment of these illnesses.

III Exercises for Review

1. Briefly describe the illnesses that have abdominal pain as a main symptom. Include their etiology and pathology.
2. Compare and contrast obstruction by Cold and deficiency-Cold as causes of abdominal pain. Include diagnosis and treatment.
3. Compare Qi stagnation and blood stasis as causes of abdominal pain. Explain their diagnosis and treatment, including treatment with acupuncture.

IV Additional Exercises

1. Provide an analysis of the formula Zheng Qi Tian Xiang San used to treat abdominal pain due to blockage by Cold.
2. Justify the modifications to Da Cheng Qi Tang used to treat abdominal pain due to Dampness-Heat.
3. Provide an analysis of the formula Chaihu Shu Gan San used to treat abdominal pain due to Qi stagnation.
4. Provide an analysis of the formula Shao Fu Zhu Yu Tang used to treat abdominal pain due to blood stasis.
5. In the Case Study explain why adding wulingzhi to the prescription made so much difference?

Chapter 13

Dysentery

Dysentery is the syndrome of abdominal pain, tenesmus and diarrhea with viscid red or white grains as well as pus and blood in the feces. It occurs most commonly in summer and autumn. When blood predominates it is known as “red dysentery.” When white viscid grains or pus predominates it is known as “white dysentery.” If pus and blood are comparable in quantity it is known as “red and white dysentery.”

I Etiology and Pathology

The causes of dysentery as an illness are principally exogenous pathogenic evils and intemperate diet. These two often occur together and interact.

The main exogenous pathogenic evils causing dysentery are Dampness-Heat, pestilential evils and Cold-Dampness. When Dampness-Heat or a pestilential evil invades, it injures the stomach and the intestines and can cause impairment of transportation and transformation, stagnation of Qi and stasis of blood. These interact with the accumulating Heat poisons, and from this interaction arise pus and blood in the intestinal tract and the feces. When Cold-Dampness invades the stomach and the intestines, the nature of Cold is to induce gelling and that of Dampness is to impede and make viscous. The interaction between these two processes leads to Qi stagnation and blood stasis, so that the fluids in the intestinal tract become viscid and mixed with the turbid contents of chyme. This also leads to dysentery.

Intemperate diet is an important cause of dysentery. Excessive consumption of fatty, sweet or deep-fried foods, excessive drinking of alcoholic drinks, or eating of unclean foods or drinks induces internal accumulation of Dampness-Heat. Like exogenous Dampness-Heat this can lead to pus and blood in the intestinal tract and the feces. Excessive consumption of raw, cold fruits and vegetables, or unclean foods can injure the spleen and the stomach. Insufficiency of the spleen in turn leads to internal accumulation of Dampness and constraint on Yang on middle-jiao. Cold and Dampness hinder intestinal function, causing stagnation of Qi and stasis of blood. Like exogenous Cold-Dampness this also leads to dysentery.

The main pathological mechanism leading to dysentery is the interaction within the visceral organs between Dampness-Heat or Cold-Dampness with retained foods.

As a result the large intestine loses its function of transportation. Impairment of descent causes impedance of Qi and blood movement, so that the fatty membranes and blood channels of the intestines become damaged.

The illness may show a different set of symptoms depending upon whether it is due to Dampness-Heat or Cold-Dampness. In the case of Dampness-Heat, Heat may be more severe than Dampness, Dampness more severe than Heat, or Heat and Dampness equally severe. If Dampness-Heat is especially severe and is intermixed with pestilential poison, the illness is called “fulminant dysentery.” If it extends to the stomach it may become “dysentery with inability to eat.” In the latter two forms, there is danger of loss of consciousness and collapse.

Persistent dysentery may lead to deficiency of genuine Qi and lodging of the pathogenic evil. Dampness-Heat may injure Yin-blood and produce dysentery of Yin deficiency. Cold-Dampness may injure Yang-Qi and produce dysentery of Yang deficiency. If genuine Qi becomes depleted before eradication of evil Qi, dysentery may become latent, breaking out intermittently.

II Clinical Manifestation

Dysentery is characterized by abdominal pain, increased frequency of defecation that is difficult and of small volumes, tenesmus and viscid grains of pus or blood. These are common to all forms of dysentery and are essential for the diagnosis of dysentery.

Dysentery may be acute or chronic, though the acute form often develops into the chronic form and the chronic form may show acute exacerbation. Care must be exercised in diagnosis. In general, acute dysentery is mainly seen in summer and autumn while chronic dysentery can be seen in all seasons. In its early stages acute dysentery presents a typical clinical picture while chronic dysentery is often atypical.

III Key Points of Analysis

Characteristics of Feces. The color of the feces often varies with the changing features of the illness. In general, if the feces are white in color and are like either granulated jelly or nasal discharge, the illness is due to Cold or abnormality of Qi. This usually indicates a mild illness, though the pattern may also be seen in chronic dysentery. Slick white feces suggest an illness of deficiency-Cold. White pus suggests an illness of Heat. In general, red feces or feces with bright red blood indicates an illness of Heat, Fire or blood. This usually indicates a more severe illness. If red and white are interspersed in the feces, the illness is mainly due to Heat, with both Qi and blood affected. The illness may be mild or severe. If interspersed red and white make the feces resemble fish brain, the illness is due to Heat. But if there is more white than red it may be due to Cold. Purple feces indicate blood stasis. Dark

purple and thin feces indicate Yang deficiency. If the feces are a burnt black in color and are thick and strong in stench the illness is of Fire. If they are deep yellow and foul smelling the illness is of Heat. If there is undigested food in the feces the illness is of food retention. Feces that are light and only mildly malodorous the illness is of Cold. Feces that are multi-colored indicate strong Dampness. Feces that contain much pus and blood and are difficult to pass may be due to Heat, Dryness or Yin deficiency.

Tenesmus. Tenesmus due to exogenous pathogenic evil typically lessens following defecation. If due to Cold the abdominal pain is spastic. If due to Fire or Heat it is accompanied by urgency and burning of the anus. If due to food retention it tends to be distending with a hard mass and there is guarding. Tenesmus due to deficiency illness does not lessen following defecation. If due to deficiency Cold the symptoms are more variable. Abdominal pain may be mild or vague, without tension or firmness; there may be preference for massaging pressure or warmth; or pain is not bothersome. If due to Qi deficiency or depletion tenesmus is accompanied by fecal incontinence. If due to Qi collapse, tenesmus is aggravated following defecation. If due to Qi and blood deficiency defecation is difficult requiring much straining yet sometimes unproductive.

Urgency and Severity. The assessment of urgency, or lack of urgency, depends upon the clinical picture. Observe whether evil poison is strong, whether stomach-Qi is suppressed, whether Yin-fluids are exhausted and whether Yang-Qi has collapsed. In severe illness there are pus and blood without much fecal material in the feces; in milder illness there is fecal material.

If the frequency of defecation decreases but the abdomen is distended and tense like a drum, with vomiting, anorexia, restlessness, thirst, coarse tachypnea, the illness is due to blazing of disease evil poison burning and attacking upward. In serious cases there may be mental confusion, delirium and a replete and rushed pulse.

If refusal to eat, prompt vomiting upon any eating or drinking, listless lethargy and eructation accompany dysentery, stomach-Qi is on the verge of collapse. If the feces contain viscid pus and blood and the dysentery is accompanied by restlessness, thirst, a flushed complexion with crimson lips and a rapid, swift and large pulse, Yin-fluids are on the verge of total depletion or Yin and Yang no longer interact.

If Yang-Qi is on the verge of total collapse, the symptoms may be variable and include the following. The dysentery may be persistent and uncontrollable. Abdominal pain may be absent but there is frequent expulsion of pus-containing blood. Defecation may be absent but there is lethargy, with assumption of the fetal position and cold-intolerance. The body may be cold with spontaneous sweating. The breath is short and the breathing very shallow. The pulse is either deep, threadlike and slow or indistinct and threatening to collapse.

The appearance of certain symptoms also indicates potentially serious worsening, such as the following: reduction in frequency but all other symptoms show no improvement; uncontrollable dysentery; increasing abdominal distention; agitation; increasing lethargy; worsening coldness in the hands and feet; and dissonance between the pulse and the clinical appearance.

IV Herbal Treatment

Regardless of the specific illness presenting with dysentery, whether deficiency or strength, there is impedance in the intestines so that Qi and blood cannot flow smoothly. Hence the basic principle in the treatment of dysentery is to remove impedance, regulate Qi and harmonize blood.

1 Dampness-Heat

Main Symptoms. Abdominal pain, red and white dysentery with grains of blood or pus and blood, tenesmus, burning in the anus; tightness in the chest and epigastrium; and scant urine. The tongue coating is yellow and greasy, and the pulse slippery and rapid.

Therapeutic Principle. Cool Heat, remove blockage, regulate Qi and mobilize blood.

Treatment. Shaoyao Tang.

In general, in the initial stages remove rougui and add jinyinhua (*Lonicera*). If there are symptoms of the exterior at onset, use Jing Fang Bai Du San (Schizonepeta-Saposhnikovia Detoxifying Powder) in addition to release the exterior.

If the exterior is not yet cleared and Heat is already strong in the interior, use Gegen Qin Lian Tang (Pueraria-Scutellaria-Coptis Decoction) to clear the superficials and cool Heat.

If Heat is more severe than Dampness, with red dysentery, add baitouweng (*Pulsatilla*), chishaoyao (*Paeonia*), huangbai (*Phellodendron*) and Qinpi (*Fraxinus rhynchophylla*).

If Dampness is more severe than Heat, with white dysentery and tightness in the chest, remove danggui, dahuang, huangqin and jinyinhua, and add fuling (*Poria*), houpo (*Magnolia*), cangzhu (*Atractylodes*) and chenpi (*Citrus tangerina*).

If there is food retention in addition, with abdominal pain and distention and guarding, add shanzha (*Crataegus*), shenqu (medicated leaven), zhishi (*Citrus aurantium*) and laifuzi (*Raphanus*).

2 Cold-Dampness

Main Symptoms. Spastic abdominal pain, white dysentery, tenesmus; loss of taste; epigastric discomfort and tightness; heaviness in the head and weariness; and clear urine. The tongue is pale, with white and greasy coating. The pulse is soft and even. In some patients, there may be cold-intolerance, body aches, fever without sweating and a floating pulse.

Therapeutic Principle. Warm and eliminate Cold-Dampness and mobilize Qi and blood.

Treatment. Wei Ling Tang (Stomach Ling Decoction) with added danggui (*Angelica*), muxiang (*Aucklandia*), baked ganjiang (*Zingiber*) and zhishi (*Citrus aurantium*). Wei Ling Tang has the following composition: cangzhu (*Atractylodes*) 10 g, houpo (*Magnolia*) 10 g, chenpi (*Citrus tangerina*) 6 g, rougui (*Cinnamomum*) 6 g, baizhu (*Atractylodes*) 10 g, fuling (*Poria*) 15 g, zhuling (*Polyporus*) 10 g, and ginger-treated banxia (*Pinellia*) 10 g.

If there are symptoms in the exterior, add Qianghuo (*Notopterygium*), fangfeng (*Saposhnikovia*) and huoxiang (*Agastache*).

If Cold is especially severe, add caoguo (*Amomum tsao-ko*).

If there is food retention as well, add laifuzi (*Raphanus*), charred shanzha (*Crataegus*) and binglang (*Areca*).

If Cold-Dampness dysentery develops in the presence of Summer Heat, use Chun Yang Zheng Qi Wan (Pure Yang Qi-Regulating Pill) combined with Huoxiang Zheng Qi San.

3 Fulminant Dysentery

Main Symptoms. Sudden attack with severe red and white dysentery, sometimes with clots, frequent defecation, and excruciating tenesmus and abdominal pain. The tongue is red or crimson, with dry yellow coating. The pulse is slippery and rapid or swift.

This is the most severe form of dysentery, with grave prognosis. Sometimes, the dysentery itself is relatively mild but the systemic symptoms are grave, such as coma, convulsion or delirium, dysphagia, tight drum-like abdominal distention and gasping respiration. The tongue is red with dry coating, and the pulse taut and rapid or deep and swift.

Therapeutic Principle. Cool Heat, eliminate poison, cool blood and remove retention.

Treatment. Baitouweng Tang (Pulsatilla Decoction) combined with Shaoyao Tang (Paeonia Decoction). Baitouweng Tang contains the following four ingredients: baitouweng (*Pulsatilla chinensis*), huanglian (*Coptis chinensis*), huangbai (*Phellodendron chinense*), and Qinpi (*Fraxinus rhynchophylla*).

If Heat poison has entered the Nutritive and Blood Levels, with high fever and dulled sensorium, it is appropriate to add Xijiao Dihuang Tang (Rhinoceros Horn-Rehmannia Decoction) and further complement with Zi Xue Dan (Purple-Snow Pill) or Zhi Bao Dan to clear the Nutritive Level, cool blood and open orifices.

If Heat is extreme and gives rise to Wind, with loss of consciousness and convulsion, add Lingyangjiao Fen, gouteng (*Uncaria*) and shijueming (*Haliotis*) to extinguish Wind and stop convulsion.

If fulminant dysentery is leading to collapse, urgently treat with Shen Fu Tang (Ginseng-Aconitum Decoction), Shen Fu Long Mu Tang (Ginseng-Aconitum-Fossil Bone-Oyster Shell Decoction) or Du Shen Tang (Lone Ginseng Decoction) in order to rescue Yang. When the patient has revived, then treat further in accordance with the clinical condition.

If Heat poison is trapped in the interior, so that the chronic dysentery is not severe but the condition of the patient is serious, treat urgently to unblock the trap and purge Heat poison. The appropriate treatment is Da Cheng Qi Tang (Potent Purgation Decoction) combined with Baitouweng Tang, with modifications as required. To further enhance the effectiveness of Heat-cooling and detoxification, kushen seed (*Sophora*), jinyinhua (*Lonicera japonica*) and other herbs may be added.

4 *Dysentery with Inability to Eat*

Main Symptoms. Pathogenic evil strength: dysentery accompanied by hiccup, chest tightness, anorexia, halitosis, a yellow greasy tongue coating, and a slippery and rapid pulse. **Deficiency:** dysentery accompanied by nausea, inability to eat or vomiting upon eating, emaciation, absence of taste or thirst, a pale tongue and a threadlike and feeble pulse.

Therapeutic Principle. Pathogenic evil strength: purge Heat, settle the stomach and promote smooth flow and descent with bitter and acrid herbs. **Deficiency:** strengthen the spleen, settle the stomach, suppress the abnormally risen and stop vomiting.

Treatment. Pathogenic evil strength: Kai Jin San (Inability-Reversing Powder), which has the following composition: huanglian (*Coptis*) 5 g, processed banxia (*Pinellia*) 10 g, chenpi (*Citrus tangerina*) 6 g, shichangpu (*Acorus*) 10 g, fuling (*Poria*) 15 g, heye (*Nelumbo nucifera*) 10 g, dongguaren (*Benincasa hispida*) 10 g, danshen (*Salvia*) 10 g, ganjiang (*Zingiber*) 6 g, and baizhu (*Atractylodes*) 10 g. Decoct until there is only a small volume of decoction. Administer slowly as many sips.

If dysentery persists for days so that genuine Qi gradually declines, decoct renshen and huanglian, and sip the decoction throughout the day.

If there is frequent vomiting, so that stomach-Yin is injured and the tongue is red or crimson and dry, remove banxia and chenpi and add xiyangshen (*Panax quinquefolium*), maimendong (*Ophiopogon*), shihu (*Dendrobium nobile*) and lugen (*Phragmites*) to support Yin and strengthen the stomach.

For vomiting upon any drinking, hold a small amount of Yu Shu Dan (Jade Pivot Pill) in the mouth and slowly swallow it with saliva. Follow with Kai Jin San.

Deficiency: Xiang Sha Liu Jun Zi Tang (Six Gentlemen Pill with Saussurea and Amomum) or Shen Ling Baizhu San (Ginseng-Poria-Atractylodes Powder) augmented with the juice of shengjiang (*Zingiber*).

If there is deficiency-Cold in the stomach, with incessant vomiting, add rougui (*Cinnamomum*), buguzhi (*Psoralea*) and ganjiang (*Zingiber*).

If dysentery is unrestrained, without oral intake and cold limbs, the illness is becoming grave. Urgently administer strong Du Shen Tang (Lone Ginseng Decoction) or Si Ni Jia Ren Shen Tang (Ginseng-Augmented Frigid-Extremities Decoction) to replenish Qi and rescue Yang.

5 Recurrent Dysentery

Main Symptoms. Dysentery that recurs intermittently and persists for many years, often precipitated by intemperate diet, improper lifestyle, exposure to exogenous pathogenic evils, excessive strain, or unbridled passions. Accompanying symptoms include fatigue with a desire to recline, abdominal distention and anorexia. During an attack, there are red and white dysentery and tenesmus. The tongue is pale red, with a greasy coating. The pulse may be threadlike and impeded, or large but depletive, or soft.

Therapeutic Principle. Strengthen the spleen, augment Qi, promote digestion and relieve food retention.

Treatment. Zi Sheng Wan (Health-Promoting Pill). It has the following composition: dangshen (*Codonopsis*) 15 g, baizhu (*Atractylodes*) 10 g, biandou (*Dolichos lablab*) 10 g, fuling (*Poria*) 15 g, yiyiren (*Coix*) 15 g, zhishi (*Citrus aurantium*) 6 g, muxiang (*Aucklandia*) 6 g, baidoukou (*Amomum cardamomum*) 6 g, shanzha (*Crataegus*) 6 g, shenqu (medicated leaven) 10 g, maiya (*Hordeum*) 10 g, huanglian (*Coptis*) 3 g, and fried gancao (*Glycyrrhiza*) 6 g.

If dysentery is due to injury by brooding and anxiety, use Zi Sheng Wan together with Gui Pi Tang (Spleen-Restoring Decoction).

If it is due to pent-up passions, especially rage, use Zi Sheng Wan together with Tong Xie Yao Fang (Essential Formula for Painful Diarrhea) to suppress the liver and strengthen the spleen.

If it is due to deficiency of spleen-Yang, with unresponsive food retention, use Wen Pi Tang (Spleen-Warming Decoction) to warm the spleen and eliminate retained food.

6 Yin Deficiency

Main Symptoms. Protracted and refractory red and white dysentery, sometimes hematochezia; acute lower abdominal pain; inability to defecate despite frequent attempts; refusal of food; and fever with strong thirst, worst at night. The tongue is red or crimson and dry, with a coating that is greasy or with patchy exfoliation. The pulse is threadlike and rapid.

Therapeutic Principle. Stiffen Yin, purge Heat, support the genuine and stop dysentery.

Treatment. Huanglian Ejiao Tang combined with Zhu Ju Wan without ganjiang. The composition of the combined formula is as follows: huanglian (*Coptis*) 5 g, huangqin (*Scutellaria*) 10 g, danggui (*Angelica*) 10 g, wumei (*Prunus mume*) 10 g, shanyao (*Dioscorea*) 10 g, maimendong (*Ophiopogon*) 10 g, lianzi (*Nelumbo nucifera*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

If Yin deficiency is particularly severe, with strong thirst and little urine, add dried shengdihuang (*Rehmannia*), shihu (*Dendrobium nobile*) and beishashen (*Glehnia*).

If there is hematochezia, add danpi (*Paeonia suffruticosa*) and chishaoyao (*Paeonia lactiflora*).

Note: when attacking this illness the physician must not do so casually, in order to avoid injuring genuine Yin.

7 Deficiency-Cold

Main Symptoms. Protracted and unresponsive dysentery producing thin feces with white gel-like grains; impeded defecation; continual abdominal pain with preference for pressure, warmth and massage; absence of taste or thirst; diminished appetite; lassitude; and cold-aversion. The tongue is pale and its coating thin. The pulse is depletive and threadlike. If the illness worsens, there may be rectal prolapse, aches in the waist, cold-intolerance, sometimes even cold limbs and fecal incontinence.

Therapeutic Principle. Mild cases: warm the middle-jiao, dispel Cold, strengthen the spleen and dry Dampness. Severe cases: warm and strengthen the spleen and the stomach, astringe and stop leakage.

Treatment. Mild cases: Fuzi Li Zhong Wan.

Severe cases: Taohua Tang (Peach Blossom Decoction) combined with Zhen Ren Yang Zang Tang, with modification. The combined composition is as follows: dangshen (*Codonopsis*) 10 g, baizhu (*Atractylodes*) 10 g, rougui (*Cinnamomum*) 6 g, ganjiang (*Zingiber*) 3 g, roudoukou (*Myristica*) 10 g, shiliu rind (*Punica granatum*) 10 g, chishizhi (halloysite) 10 g, kezi (*Terminalia chebula*) 10 g, danggui (*Angelica*) 10 g, baishaoyao (*Paeonia*) 10 g, muxiang (*Aucklandia*) 6 g, and fried gancao (*Glycyrrhiza*) 6 g.

If there is relatively strong internal Cold, with cold-aversion and cold limbs, add wuyao (*Lindera*) and wuzhuyu (*Evodia*).

If there is food retention, with abdominal pain, guarding and uncomfortable defecation, remove roudoukou, kezi, shiliupi and chishizhi and add raw dahuang (*Rheum palmatum*), zhiqiao (*Poncirus trifoliata*) and shanzha (*Crataegus*).

If dysentery is protracted and leads to rectal prolapse, add Bu Zhong Yi Qi Tang to raise the sunken Qi.

If dysentery is unrestrained and leads to fainting, use Shen Fu Long Mu Tang (Ginseng-Aconitum-Fossil Bone-Oyster Shell Decocion) with Taohua Tang to astringe and rescue Yang.

V Acupuncture Treatment

Select Hegu (LI-4), Tianshu (ST-25) and Shangjuxu (ST-37) as the principal acupoints. Shangjuxu may be replaced by Zusanli (ST-36). Use filiform needles and apply the reducing method.

If there is Cold, add moxibustion.

For dysentery due to Dampness-Heat, add Quchi (LI-11) and Neiting (ST-44).

For dysentery due to Cold-Dampness, add Zhongwan (CV-12) and Qihai (CV-6).

For dysentery with inability to eat, add Zhongwan (CV-12) and Neiting (ST-44).

For recurrent dysentery, add Pishu (BL-20), Weishu (BL-21), Guanyuan (CV-4) and Shenshu (BL-23).

If there is rectal prolapse, add ChangQiang (GV-1) and apply moxibustion to Baihui (GV 20).

If tenesmus is severe, add Zhonglushu (BL-29).

VI Case Study

The patient was a 36-year old male with a history of dysentery. For 2 days he had chills and fever, distending headache, body aches and abdominal pain. Thereafter he had red and white dysentery, tenesmus and rectal prolapse. The feces were more red than white, with color resembling that of hog liver. He defecated over 20 times in one day. The feces soon changed to more white than red. He also had chest tightness, dryness of the mouth without thirst, a pale tongue with thin white coating, and a small slippery and rapid pulse. His body temperature was 38.8°C (101.8°F).

Therapeutic Principle. Release the exterior, unblock the intestines and eliminate retention.

Treatment and Course. The composition of the prescribed formula is as follows: huoxiang (*Agastache*) 10 g, peilan (*Eupatorium*) 10 g, parched cangzhu (*Atractylodes lancea*) 10 g, processed banxia (*Pinellia*) 10 g, binglang (*Areca*) 10 g, charred shanzha (*Crataegus*) 10 g, charred shenqu (medicated leaven) 10 g, houpo (*Magnolia*) 5 g, muxiang (*Aucklandia*) 5 g, zhishi (*Citrus aurantium*) 10 g, chenpi (*Citrus tangerina*) 10 g, and dandouchi (*Glycine max*).

Following administration of this formula, the patient sweated slightly. Chills and fever subsided, but he still had white gel-like dysentery over ten times in one day. Following defecation the anus felt heavy and unrelieved. He had no thirst. The tongue coating was white at the bottom with yellow overlay. The tongue was pale.

At this stage, the diagnosis was Cold-Dampness accumulating and lodging in the interior and causing blockage. The therapeutic principle was now to warm, relieve blockage and conduct downward.

The new formula had the following composition: huanglian (*Coptis*) 1.5 g, wuzhuyu (*Evodia*) 1.5 g, ganjiang (*Zingiber*) 2 g, rougui (*Cinnamomum*) 2 g, dahuang (*Rheum palmatum*) 10 g, parched cangzhu (*Atractylodes*) 10 g, parched zhishi (*Citrus aurantium*) 10 g, binglang (*Areca*) 10 g, parched laifuzi (*Raphanus*) 10 g, houpo (*Magnolia*) 5 g, muxiang (*Aucklandia*) 5 g, chishaoyao (*Paeonia*) 6 g, and baishaoyao (*Paeonia*) 6 g.

After two days, the frequency of defecation was unchanged. Huanglian was removed, and the modified formula was continued for four more days. The frequency of defecation decreased to four times a day and the feces became loose and yellow. Rectal prolapse also improved. Dahuang was removed and the formula was continued. After six more days, the frequency of defecation decreased further to twice a day and the feces became soft normal. The only symptom still present was left abdominal pain. Danggui (*Angelica*) 10 g was added to harmonize blood. After several days, the patient was completely cured.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of illnesses that present with dysentery. It also discusses their key points of diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and main symptoms of illnesses with dysentery as a prominent symptom;
2. Know the etiology and pathology of dysentery;
3. Know the differential diagnosis and treatment of the common illnesses presenting with dysentery.

III Exercises for Review

1. Describe the pathological features of dysentery. How does one differentiate between dysentery due to Cold and Heat, and due to deficiency and strength?

2. Compare dysentery due to Dampness-Heat and fulminant dysentery, and their treatment.
3. Describe the therapeutic principle and treatment of dysentery due to deficiency-Cold.
4. Explain the use of astringent herbs in treatment of dysentery due to Yin deficiency and deficiency-Cold.

IV Additional Exercises

1. Provide an analysis of the formula of augmented Wei Ling Tang used in treatment of dysentery due to Cold-Dampness.
2. Provide an analysis of the formula of the prescription, combined Baitouweng Tang and Shaoyao Tang, used in treatment of fulminant dysentery.
3. Provide an analysis of the formula of Kai Jin San used in treatment of dysentery with inability to eat due to pathogenic evil strength.
4. Provide an analysis of the formula of Zi Sheng Wan used in treatment of recurrent dysentery.
5. Provide an analysis of the formula of combined Huanglian Ejiao Tang and Zhu Ju Wan without ganjiang used in treatment of dysentery due to Yin deficiency.
6. Provide an analysis of the formula of modified combined Taohua Tang and Zhen Ren Yang Zang Tang used in treatment of severe dysentery due to deficiency Cold.
7. For the Case Study explain the initial choice of formula and its subsequent modifications.

Chapter 14

Constipation

Constipation means either feces remaining overlong in the large intestine, so that the interval between defecations is prolonged, or difficult or painful defecation due to dry, large or hard feces.

I Etiology and Pathology

Constipation results principally from the large intestine losing its function of transmission. There are four groups of causes.

Heat-Induced Constipation. The first group of causes includes mainly intemperate diet. This may be excessive intake of alcoholic drinks, overindulgence in acrid, spicy or rich foods, or intake of the wrong or poisonous medicinal herbs. Any of these can induce the accumulation of Heat in the stomach and the intestines and injure the body fluids. This in turn leads to dehydration and impedance of the intestinal tract, resulting in Heat-induced constipation. In addition, residual Heat from an illness of exogenous Heat or downward transmission of Dryness-Heat from the lung to the large intestine can also lead to this type of constipation.

Impaired Qi Movement. Excessive melancholy or brooding, insufficient physical activity or overactive Wood Element (liver) suppressing the Earth Element (spleen) can each lead to impedance in the movement of large intestine-Qi. This in turn leads to loss of the functions of descending and downward transmission, so that chyme dwells overlong in the large intestine and turns into Qi-induced constipation. Furthermore, stagnation of Qi can transform into Fire, and accumulated Fire can injure the body fluids. This leads to the drying of feces and difficulty with defecation.

Qi, Yin or Body Fluid Deficiency. A variety of conditions can lead to deficiency of Qi, Yin or body fluids. They include convalescence from a severe illness, having given birth and a weak constitution in the elderly. Excessive use of herbs that induce diaphoresis or catharsis or that dry Dampness can injure Yin-fluids. Excessive physical activity, excessive sweating or overindulgence in sexual activity can injure Qi,

blood and Yin-essence. Diabetes can lead to depletion of Yin-fluids. In all these conditions, there is loss of the motive force for the large intestine and the intestinal tract becomes dehydrated. Deficiency-induced constipation ensues.

Deficiency of Yang-Qi. Routine overeating of cold and raw foods or excessive use of bitter and cold herbs can injure Yang-Qi. In senescence or weak constitution genuine Yang is deficient. If Yang-Qi of the spleen and the kidney is deficient, it can no longer warm the body fluids or to moisten the intestinal tract. As a result Yin-Cold gels in the interior, causing blockage in the intestines and impedance of the movement of chyme. This is Cold-induced constipation.

Although constipation is primarily due to the large intestine losing its transmission function, it is intimately related to the functions of other visceral organs, especially the lung, the spleen and the kidney. The lung and the large intestine are related as an interior – exterior dyad. Heat or Dryness in the lung easily extends or transmits to the large intestine. The spleen governs transformation and transportation. Disturbance of these functions leads to stagnation of chyme. The kidney governs the fluids and controls urination and defecation. Deficiency of kidney-essence leads to dehydration of the intestinal tract. Insufficiency of kidney-Yang and decline of the Fire of the vital gate conduce to the gelling of Yin-Cold and loss of intestinal transmission. All these can lead to constipation.

II Clinical Manifestation

Constipation is often manifested as a decreased frequency of defecation, that is, longer intervals between successive defecation. In most cases, the frequency is once every 3–5 days, or every 5–7 days. Occasionally, defecation may not come even after half a month; but this is uncommon.

Some patients may defecate at a normal frequency but their feces are very dry and the defecation is difficult or painful. Sometimes, the feces may not even be dry or hard, but because of deficiency of Qi and blood the patient does not have strength to expel the feces or to evacuate completely.

Because constipation causes turbid Qi to fail to descend, abdominal distention may result. There may be abdominal pain, dizziness, distending headache, epigastric discomfort, eructation, anorexia, restless sleep or agitation and irascibility. When constipation is protracted, there may be palpable sausage-like masses in the left lower abdomen. These are masses of accumulated feces; they disappear or decrease following defecation.

In general, even when defecation occurs every 2 or 3 days and the feces are dry, if there is no difficulty or pain and there is no other symptom, the physician should not diagnose constipation.

III Key Points of Analysis

Tongue and Its Coating. A red tongue that has little moisture and no or little coating indicates constipation mostly due to insufficiency of blood and fluids. A pale tongue that has little coating indicates constipation mostly due to deficiency of Qi and blood. A white and smooth tongue coating that is not greasy indicates constipation mostly due to internal gelling of Yin-Cold. A thick yellow tongue coating that is dirty and greasy indicates constipation mostly due to Heat accumulation in the stomach and the intestines.

Feces and Defecation. Hard and dry feces and a burning sensation in the anus during defecation indicate gelling of Dryness-Heat in the interior. Hard and dry feces that are difficult to evacuate indicate gelling of Yin-Cold. Feces that are not especially hard or dry but are difficult to evacuate or not evacuated smoothly indicate Qi deficiency.

Palpation of Abdomen. If there is guarding of the abdomen along with constipation, the condition is one of disease evil strength. If there is no guarding but preference for abdominal pressure along with constipation, the condition is one deficiency.

IV Herbal Treatment

1 Constipation due to Strength

i Heat-Constipation

Main Symptoms. Constipation with dry feces; scant dark urine; and a flushed face and restlessness. Or, fever, dry mouth with halitosis; and abdominal distention or pain. The tongue is red with yellow and dry coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat and moisten the intestines.

Treatment. Pi Yue Maren Wan (Spleen-Restraining Cannabis Pill). If the pills are not available, use the decoction. The composition is as follows: huomaren (*Cannabis sativa*) 10 g, kuxingren (*Prunus armeniaca*) 10 g, baishaoyao (*Paeonia*) 10 g, zhishi (*Citrus aurantium*) 10 g, houpou (*Magnolia*) 10 g, raw dahuang (*Rheum palmatum*) 10 g, and baimi (mel) 10 ml.

If the feces are especially dry and hard, add mangxiao (mirabilite) to soften, purge Heat and promote evacuation.

If the mouth and tongue are dry, indicating damage to body fluids, add shengdi-huang (*Rehmannia*), xuanshen (*Scrophularia*), shihu (*Dendrobium chrysanthum*) and herbs with similar actions to nourish Yin and generate fluids.

If there are hemorrhoids that sometimes bleed, add huaihua (*Sophora japonica*) and diyu (*Sanguisorba*) to clear the intestines and stop bleeding.

If depression and rage have injured the liver, with red eyes, irascibility and a taut and rapid pulse, add mudanpi (*Paeonia suffruticosa*) and zhizi (*Gardenia*) to soothe the liver and cool Heat.

If Heat-constipation is due to Phlegm-Heat blocking the lung meridian, add huangqin (*Scutellaria*), gualouren (*Trichosanthes*) and herbs with similar actions to unblock the lung, moisten the intestines and purge Heat.

ii Qi-Constipation

Main Symptoms. Difficulty with defecation; frequent eructation; and subcostal and abdominal distention and pain. The tongue coating is thin and greasy, and the pulse taut.

Therapeutic Principle. Smooth Qi movement and remove blockage.

Treatment. Liu Mo Tang (Decoction of Xix Ground Substances). It has the following composition: binglang (*Areca*) 10 g, wuyao (*Lindera*) 10 g, muxiang (*Aucklandia*) 10 g, zhishi (*Citrus aurantium*) 10 g, chenxiang (*Aquilaria*) 3 g, raw dahuang (*Rheum palmatum*) 10 g, and yuliren (*Prunus japonica*) 10 g.

If Qi has been stagnant for a long time and transforms into Fire, with such symptoms as a bitter taste, dry throat, a yellow coating and a rapid pulse, add zhizi (*Gardenia*), longdancao (*Gentiana*) and herbs with similar actions to cool Heat and purge Fire.

For pent-up passions, especially melancholy, add chaihū (*Bupleurum*), baishaoyao (*Paeonia*), hehuanpi (*Albizia julibrissin*) and herbs of similar actions to unblock the liver and release the passions.

If the obstruction of Qi movement is due to infestation by parasites, increase the amount of binglang and add vermicides such as leiwan (*Polyporus mylittae*), feizi (*Torreya grandis*) and shijunzi (*Quisqualis indica*).

If Qi-constipation is due to traumatic injury or post-surgical adhesions, it is necessary to mobilize blood and relieve stasis in addition to regulating Qi. Add such herbs as taoren (*Prunus persica*), honghua (*Carthamus*), chishoyao (*Paeonia*) and herbs with similar actions.

If it is due to Phlegm-Rheum obstructing Qi, add zaojia (*Gleditsia sinensis*), gansui (*Euphorbia kansui*) and herbs with similar actions to dissipate Phlegm and Rheum and induce catharsis.

2 Constipation due to Deficiency

i Constipation due to Qi Deficiency

Main Symptoms. The feces may be normal and there is desire to defecate, but despite much straining evacuation does not take place. On the other hand, straining

induces sweating, shortness of breath and tiredness. There may also be facial pallor, lassitude and reluctance to speak. The tongue is pale and tender, with a white coating. The pulse is feeble.

Therapeutic Principle. Augment Qi and strengthen the spleen.

Treatment. Huangqi Tang (Astragalus Decoction). Its composition is as follows: roasted huangqi (*Astragalus*) 15 g, dangshen (*Codonopsis*) 15 g, chenpi (*Citrus tangerina*) 6 g, huomaren (*Cannabis sativa*) 10 g, danggui (*Angelica*) 10 g, and baimi (mel) 10 ml.

If deficient Qi sinks and leads to rectal prolapse, add shengma (*Cimicifuga*), chaihu (*Bupleurum*), jiepeng (*Platycodon*) and renshen (*Panax*) to assist huangqi in augmenting Qi and raising the sunken.

If there is lung insufficiency, with chronic cough and shortness of breath, add Sheng Mai San, ziwang (*Aster tartaricus*) and baiqian (*Cynanchum*).

If there is accompanying blood insufficiency, add dried shengdihuang (*Rehmannia*) and heshouwu (*Polygonum*).

For dry feces that are difficult to evacuate, add kuxingren (*Prunus armeniaca*) and roucongrong (*Cistanche*).

ii Constipation due to Blood Insufficiency

Main Symptoms. Dry feces; pallid and lusterless complexion; palpitations of the heart; forgetfulness; dizziness; and blurred vision. The lips and tongue are pale. The pulse is threadlike.

Therapeutic Principle. Nourish blood and moisten Dryness.

Treatment. Run Chang Wan (Intestine-Moistening Pill). It has the following composition: danggui (*Angelica*) 10 g, dried shengdihuang (*Rehmannia*) 12 g, huomaren (*Cannabis sativa*) 10 g, taoren (*Prunus persica*) 10 g, zhiqiao (*Poncirus trifoliata*) 10 g, raw heshouwu (*Polygonum*) 10 g, and baiziren (*Biota*) 10 g.

If there is Heat arising out of blood insufficiency, with dry mouth, restlessness, a denuded tongue and a rapid threadlike pulse, add yuzhu (*Polygonatum*), zhimu (*Anemarrhena*) and herbs with similar actions to generate fluids and cool Heat.

If body fluids have recovered but the feces are still dry, use Wu Ren Wan (Five-Seeds Pill) to moisten and smooth the intestinal tract.

iii Constipation due to Yin Deficiency

Main Symptoms. Dry feces and emaciation. Or, malar flushing, dizziness, tinnitus, palpitation of the heart, weakness and aching in the waist and knees, and feces like that of goats. The tongue is red, with little coating. The pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin and strengthen the kidney.

Treatment. Liu Wei Dihuang Tang (Six-Ingredient Rehmannia Decoction) with augmentation. The augmented formula has the following composition: dried shengdihuang (*Rehmannia*) 12 g, baishaoyao (*Paeonia*) 10 g, shanzhuyu (*Cornus*) 10 g, shanyao (*Dioscorea*) 10 g, mudanpi (*Paeonia suffruticosa*) 10 g, huomaren (*Cannabis sativa*) 10 g, xuanshen (*Scrophularia*) 10 g, yuzhu (*Polygonatum*) 10 g, maimendong (*Ophiopogon*) 10 g, and baimi (mel) 10 ml.

iv Constipation due to Yang Deficiency

Main Symptoms. Normal feces, but much difficulty with evacuation; increased clear urine; pallid complexion; cold hands and feet, with cold-aversion and preference for warmth; and cold pain in the abdomen, or cold heaviness in the waist and spine. The tongue is pale and coating white. The pulse is deep and slow.

Therapeutic Principle. Warm and moisten to ease defecation.

Treatment. Ji Chuan Jian (Blood-Replenishing Decoction). It has the following composition: danggui (*Angelica*) 10 g, niuxi (*Achyranthes*) 10 g, roucongrong (*Cistanche*) 15 g, zhiqiao (*Poncirus trifoliata*) 10 g, shengma (*Cimicifuga*) 3 g, processed fuzi slices (*Aconitum*) 6 g, rougui (*Cinnamomum*) 3 g, and fried gancao (*Glycyrrhiza*) 6 g.

If there is Qi deficiency as well, add dangshen (*Codonopsis*) and huangqi (*Astragalus*).

If there is much nocturia, add jinyingzi (*Rosa laevigata*), wuyao (*Lindera*) and shanyao (*Dioscorea*).

For prominent abdominal pain, add muxiang (*Aucklandia*) and yanhusuo (*Corydalis*).

In the elderly with constipation due to Yang deficiency, it is acceptable to use Ban Liu Wan (Pinellia-Sulfur Pill). In this herbal formula, liuhuagang (sulfur) is of very hot nature and can replenish genuine Fire of the vital gate. Doing so mobilizes Yang-Qi, so that defecation is facilitated. It is assisted by banxia (*Pinellia*) for its ability to lower the turbid. With only two ingredients, this herbal formula has a simple composition and very focused action.

V Acupuncture Treatment

For treatment of constipation with acupuncture, select Dachangshu (BL-25), Tianshu (ST-25), Zhigou (SJ-6) and other acupoints as needed. For constipation due to disease evil strength apply the reducing method. For deficiency-constipation apply the reinforcing method. For Cold-constipation moxibustion may be applied. For Heat-constipation add the acupoints Hegu (LI-4) and Quchi (LI-11). For Qi-constipation add Zhongwan (CV-12) and Xingjian (LR-2). For constipation due to

Qi or blood deficiency add Pishu (BL-20) and Weishu (BL-21). For constipation due to deficiency of Yang-Qi, apply moxibustion at Shenque (CV-8) and Qihai (CV-6).

VI Case Study

The patient was a 28-year old female. For 5 years she had frequent difficulty with defecation, being able to evacuate only once in 10 days or so. She had abdominal distention and discomfort, poor appetite, dizziness and a lusterless complexion. Her tongue coating was thin and white. Her pulse was threadlike.

Diagnosis. Constipation caused by insufficiency of blood and dry intestines.

Therapeutic Principle. Nourish blood and moisten the intestines.

Treatment and Course. She was prescribed with the following herbs: danggui (*Angelica*) 10 g, baishaoyao (*Paeonia*) 10 g, xuanshen (*Scrophularia*) 10 g, huomaren (*Cannabis sativa*) 10 g, baiziren (*Biota*) 10 g, gualou seed (*Trichosanthes*) 10 g, heshouwu (*Polygonum*) 10 g, heizhima (*Sesamum indicum*) 10 g, and binglang (*Areca*) 12 g.

After five doses, she was able to defecate every day. Abdominal distension decreased and appetite improved. However, she had a burning sensation in both eyes. Dried shengdihuang (*Rehmannia*) 12 g was added to the prescription. After several doses, all symptoms disappeared.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of illnesses that present constipation as a main symptom. It discusses the key points for their diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and main symptoms of illnesses that present with constipation;
2. Know the etiology and pathology of these illnesses;
3. Understand the differential diagnosis and treatment of the common illnesses presenting with constipation.

III Exercises for Review

1. Describe the etiology and pathology of constipation.
2. What are the main types of illnesses that present with constipation? Explain how to diagnose each of them.
3. Describe the treatment appropriate to each type of illness presenting with constipation.
4. Compare types of constipation due to Qi deficiency, blood insufficiency, Yin deficiency and Yang deficiency.

IV Additional Exercises

1. Provide an analysis of the formula Pi Yue Maren Wan used in treatment of Heat-constipation.
2. Provide an analysis of the formula Liu Mo Tang used in treatment of Qi-constipation.
3. Provide an analysis of the formula Huangqi Tang used in treatment of Constipation due to Qi deficiency.
4. Provide an analysis of the formula Run Chang Wan used in treatment of Constipation due to blood insufficiency.
5. Provide an analysis of the formula Liu Wei Dihuang Tang used in treatment of constipation due to Yin deficiency.
6. Provide an analysis of the formula Ji Chuan Jian used in treatment of constipation due to Yang-Qi deficiency.
7. In the Case Study provide an analysis of the formula of the initial prescription. Also, explain why the patient developed a burning sensation in both eyes, and why adding shengdihuang (*Rehmannia*) was effective in relieving this symptom.

Chapter 15

Stroke

Stroke is a condition characterized by sudden loss of unconsciousness, hemiplegia, numbness, wry mouth and tongue, and dysphasia or aphasia. Depending on the extent of injury to the brain, or meridians, it may be classified into two kinds: that involving the meridians and that involving the viscera.

I Etiology and Pathology

Stroke develops in a patient when chronic dysfunction of the visceral organs leads to Qi deficiency and blood insufficiency. In this state, a number of processes can result in disordered movement of Qi and blood and give rise to endogenous Wind, Fire, Phlegm and blood stasis, thereby causing blockage of or extravasation of blood from the cerebral vessels. These processes include the following: excessive fatigue injuring the interior; melancholic brooding or excessive rage; dietary overindulgence or overtaxing physical activity leading to blood stasis and blockage; internal accumulation of Phlegm and Heat; and Yang transforming into Wind. In all these cases, cerebral vessel blockage or extravasation of blood can lead to coma and partial or total paralysis.

Cumulative Deficiency of Genuine Qi. Senescence may reduce Yang-Qi to as low as half of its normal level. Chronic illness with a weak constitution also results in deficiency of both Qi and blood. Regardless of its cause, deficient Qi loses its motive force for blood circulation, so that blood becomes static and forms clots that block the cerebral vessels. In Yin deficiency Yang become hyperactive so that endogenous Wind stirs. This in turn causes Qi and blood to move abnormally, carrying Phlegm and blood clots to attack the orifices and cause a stroke.

Intemperate Diet. Overindulgence in alcohol or fatty and sweet foods or obesity with impairment of Qi actions may impair spleen functions. Spleen dysfunction allows endogenous Dampness and Phlegm to form and accumulate. Gelling of Phlegm transforms into Heat and induces the stirring of liver-Wind. Erratic Wind in turn attacks upward and disturbs the channels and meridians, causing blockage of the orifices and inducing a stroke.

Injury by Passions. Unregulated passions can lead to stagnation of liver-Qi and blood stasis in the cerebral vessels. Strong rage can injure the liver and cause sudden hyperactivity of liver-Yang and blazing of Heart-Fire. Wind and Fire interact and readily cause Qi and blood to move erratically. If this erratic movement of Qi and blood disturbs the brain, a stroke may result.

Physical Exhaustion. This leads to impaired regulation of Yang-Qi, which may then rise upward and cause Wind to stir. Phlegm and static blood move upward, carried by ascending Qi and Fire, and disturb the upper orifices. This may also cause a stroke.

Exogenous Pathogen. Deficiency of genuine Qi makes the patient highly susceptible to attack by exogenous pathogenic evils. In this state, the exogenous pathogen may induce the stirring of Phlegm and Dampness or stagnation of Qi and blood by direct attack on the meridians. In either case, blockage of cerebral vessels may ensue and lead to a stroke.

The location of a stroke is principally the brain, but the heart, liver, spleen and kidney are also affected. Broadly speaking, the pathological mechanism of stroke falls within the following six categories: deficiency (Yin or Qi), Fire (liver or heart), Wind (liver or exogenous), Phlegm (with Wind or Fire), Qi (abnormal movement) and blood (stasis). Any of them can interact and influence any other.

II Clinical Manifestation

The principal and characteristic features of stroke are loss of consciousness, hemiplegia, numbness, dysphasia or aphasia, and wry mouth and tongue. In addition, there may be dizziness, headache, vomiting, agitation, convulsion, much sputum, hiccup and incontinence of both urine and feces. The pupils may be dilated or constricted. The tongue may be stiff, wry or curled. It may be cyanotic, red or crimson, and may be speckled with petechiae. The tongue coating may be thin and white, white and greasy, yellow or yellow and greasy. The pulse is mostly taut, but may be slippery and threadlike, hesitant or intermittent. The stroke may be preceded by an aura, usually dizziness, headache, tinnitus, speech difficulty or numbness in the limbs.

Loss of Consciousness. In mild cases, there may be mental confusion or somnolence. In severe cases, there is loss of consciousness or coma. The patient may fall into coma from the outset, or may be mentally clear at first but gradually fall into coma, with delirium and agitation along the way.

Paralysis. This may be hemiplegia or paralysis in only one limb. In mild cases, the affected part is merely weak or poorly controlled. In severe cases, it is complete paralysis, often with anesthesia. During the acute phase, the affected limbs are usually flaccid but a small portion of patients may have clonic or tonic tetany. In later stages, the affected limbs may have stiffness or contracture, especially in the joints of the fingers.

Mouth and Tongue. These may be wry, with deviation toward the side of hemiplegia. This is often accompanied by excessive salivation.

Speech. In mild cases, speech may be slow or slurred, with a sensation of stiffness in the tongue. In severe cases, there is aphasia.

III Key Points of Analysis and Differential Diagnosis

Diagnosis. Stroke may be diagnosed if there are two or more of the following groups of findings. (1) Principal symptoms: mental confusion, loss of consciousness or coma; hemiplegia, with wry mouth and tongue; dysphasia or aphasia; or numbness in the affected parts. (2) Abrupt onset often associated with sudden changes in weather; excessive physical fatigue or exhaustion; or over-stimulation by passions or other emotional stress. (3) Preceding symptoms of dizziness, headache, numbness or weakness in the limbs. (4) Patient's age is over 40.

Deficiency versus Strength. Stroke is a condition wherein the root is deficiency and the appearance is the strength of symptoms.

The acute phase is mainly a condition of strong symptoms. In a patient with chronic dizziness and headache, sudden appearance of hemiplegia, especially if accompanied by loss of consciousness, tetany or convulsion, the condition is due to the stirring of endogenous Wind. If the prominent symptoms are expectoration of much sputum, respiration with gurgling in the throat, a disturbed mental state and a white and greasy tongue coating, it is due to large accumulation of turbid Phlegm. If the prominent symptoms are a dry mouth with bitter taste, restless agitation, scant dark urine, constipation and feverishness in the neck and back, it is due to exogenous Heat. If the limbs are flaccid and the tongue cyanotic, it is due to deficiency of Yang-Qi and much stasis of blood.

The convalescent phase is mainly a condition of deficiency. If paralysis of the limbs is accompanied by edema of the hands and feet, shortness of breath, spontaneous sweating and copious salivation, the condition is mostly due to Qi deficiency. If there is cold-aversion and the limbs are cold, it is mostly due to Yang deficiency. If the prominent symptoms are restlessness with insomnia, dry mouth, hotness in the palms and soles, a red tongue with scant coating, it is due to Yin deficiency with internal Heat.

Meridian versus Viscera. Stroke may be classified as that primarily involving the meridians and that primarily involving the viscera. In stroke involving the meridians only, the mental state is unaffected and the prominent symptoms are hemiplegia or numbness, stiff tongue with dysphasia or aphasia, and wry mouth and tongue. The pathogenic evil is relatively shallow and the condition relatively mild. In stroke involving the visceral organs, there is mental confusion or loss of consciousness. The pathogenic evil is relatively deeper and the condition relatively more serious.

Stroke involving the visceral organs may be further classified as the blockage type and the prostration type. The **blockage type of stroke** manifests disturbances of the mental state, trismus and spasticity of the limbs. It is due to pathogenic evil Qi blocking the upper orifices, and is a condition of symptom (pathogen) strength. If in addition there are facial flushing, body feverishness, coarse respiration, halitosis, restlessness, a yellow and greasy tongue coating and a slippery and rapid pulse, the blockage is caused by Phlegm-Heat. This is stroke due to **Yang-blockage**. If instead the additional symptoms are pallid lips and complexion, calm resting, copious saliva and sputum, cold limbs, a white and greasy tongue coating and a deep and slippery or even pulse, the blockage is caused by Dampness-Phlegm. This is stroke due to **Yin-blockage**. In contrast to the blockage type, the **prostration type of stroke** manifests coma, closed eyes and open mouth, flaccidity of all limbs with open and relaxed hands, cold limbs, incontinence of urine and feces, and shallow and weak respiration. Prostration-stroke is caused by the escape to the outside of genuine Yang of the *zang* viscera.

Course and Prognosis. Progression from the meridian-type to the viscera-type reflects waning of genuine Qi and waxing of evil Qi. It indicates worsening of the condition and a poor prognosis. This progression can be recognized from the development of coma, and spasticity and impairment of pupillary reaction to light. Conversely, progression from the viscera-type to the meridian-type, with improvement in the mental state, indicates improvement and a better prognosis.

IV Herbal Treatment

1 Meridian-Type Stroke

i Hyperactivity of Liver-Yang with Upward Attack by Wind-Fire

Main Symptoms. Hemiplegia and numbness, dysphasia or aphasia; or, wry mouth and tongue, headache, dizziness, flushed face with red eyes, restlessness, irascibility, dark urine, dry feces, bitter taste in the mouth, a deep red tongue body with thin yellow coating, and a taut and forceful pulse.

Therapeutic Principle. Calm the liver, extinguish Wind, purge Fire and unblock channels.

Treatment. Tianma Gouteng Tang (Gastrodia-Uncaria Decoction). Its composition is as follows: tianma (*Gastrodia*) 10 g, gouteng (*Uncaria*) 10 g, shijueming (*Haliotis*) 30 g, huangqin (*Scutellaria*) 12 g, zhizi (*Gardenia jasminoides*) 10 g, chuanniuxi (*Cyathula officinalis*) 10 g, duzhong (*Eucommia*) 12 g, sangjisheng (*Loranthus*) 15 g, yimucao (*Leonurus*) 10 g, fushen (*Poria cocos*) 10 g, and yejiaoteng (*Polygonum multiflorum*) 10 g. Note: shijueming is decocted first.

If headache and dizziness are severe, add jili (*Tribulus terrestris*), juhua (*Chrysanthemum*) and muli (*Ostrea*) to enhance the formula's ability to suppress Yang and extinguish Wind.

If restlessness and irascibility are severe, add mudanpi (*Paeonia suffruticosa*) and baishaoyao (*Paeonia lactiflora*).

ii Wind-Phlegm-Induced Blood Stasis and Meridian Blockage

Main Symptoms. Hemiplegia with numbness; wry mouth and tongue; stiff tongue with dysphasia; dizziness with blurred vision; gray tongue with white and greasy coating; and a taut and slippery pulse.

Therapeutic Principle. Extinguish Wind, dissipate Phlegm, mobilize blood and unblock channels.

Treatment. Hua Tan Tong Luo Tang (Phlegm-Dissipating Channel-Unblocking Decoction). It has the following composition: tianma (*Gastrodia*) 10 g, bile-treated nanxing (*Arisaema erubescens*) 10 g, tianzhuhuang (*Bambusa textilis*) 5 g, danshen (*Salvia*) 10 g, banxia (*Pinellia*) 10 g, baizhu (*Atractylodes*) 12 g, fuling (*Poria*) 10 g, raw dahuang (*Rheum palmatum*) 6 g, and xiangfu (*Cyperus*) 10 g.

If blood stasis is marked, with cyanotic tongue speckled with ecchymosis, add taoren (*Prunus persica*), honghua (*Carthamus*) and chishaoyao (*Paeonia*).

For agitation, with a yellow and greasy tongue coating, add huangqin (*Scutellaria*) and zhizi (*Gardenia jasminoides*) to cool Heat and purge Fire.

For dizziness and headache, add juhua (*Chrysanthemum*) and xiakucao (*Prunella*) to extinguish liver-Wind.

iii Phlegm-Heat in *Fu*-Viscera Inducing Upward Attack by Wind-Phlegm

Main Symptoms. Hemiplegia with numbness, dysphasia, wry mouth and tongue; abdominal distention, constipation; dizziness, blurred vision; copious sputum and saliva; or fever. The tongue coating is yellow and greasy. The pulse is either taut and slippery or taut, slippery and large on the side with hemiplegia.

Therapeutic Principle. Dissipate Phlegm and unblock the *fu*-viscera.

Treatment. Xing Lou Cheng Qi Tang (Arisaema-Trichosanthes Qi-Soothing Decoction). It has the following composition: bile-treated nanxing (*Arisaema erubescens*) 10 g, gualou (*Trichosanthes*) 10 g, raw dahuang (*Rheum palmatum*) 6 g, and mangxiao (*Mirabilite*) 6 g.

For constipation and marked abdominal distention lasting many days, add zhishi (*Citrus aurantium*), houpou (*Magnolia*) and herbs with similar actions to regulate Qi.

For an elderly patient with weak constitution and insufficient fluids, add shengdi-huang (*Rehmannia*), xuanshen (*Scrophularia*) and maimendong (*Ophiopogon*).

iv Qi Deficiency and Blood Stasis

Main Symptoms. Hemiplegia with numbness, dysphasia, wry mouth and tongue; pallid complexion; shortness of breath, lassitude; drooling of saliva; spontaneous sweating; edema of the hands and feet; and palpitation of the heart. The tongue is pale gray, with a thin coating. The pulse is deep and threadlike or threadlike and impeded.

Therapeutic Principle. Augment Qi, mobilize blood and unblock channels.

Treatment. Modified Bu Yang Huan Wu Tang (Yang-Tonifying Balance-Restoring Decoction), with the following composition: huangqi (*Astragalus*) 15 g, danggui (*Angelica*) 10 g, chishaoyao (*Paeonia*) 10 g, chuanxiong (*Ligusticum*) 10 g, taoren (*Prunus persica*) 10 g, honghua (*Carthamus*) 10 g, and dilong (*Pheretima*) 10 g.

For dysphasia, add yuanzhi (*Polygala*), shichangpu (*Acorus*) and yujin (*Curcuma*) to dissipate Phlegm and open orifices.

For wry mouth and tongue, add baifuzi (*Typhonium giganteum*), jiangcan (*Bombyx mori*) and quanxie (*Buthus*) to expel Wind and dissipate Phlegm.

For numbness in the limbs, add mugua (*Chaenomeles*), shenjinciao (*Lycopodium japonicum*) and fangji (*Stephania*) to loosen the sinews and unblock channels.

v Wind Stirring due to Yin Deficiency

Main Symptoms. Hemiplegia with numbness, dysphasia, wry mouth and tongue; dizziness, tinnitus; hotness in the palms and soles; and restlessness, insomnia. The tongue is red, with scant coating. The pulse is threadlike and taut, either even or rapid.

Therapeutic Principle. Nourish the liver and the kidney, suppress Yang and extinguish Wind

Treatment. Zhen Gan Xi Feng Tang (Liver-Sedating and Wind-Extinguishing Decoction).

If restlessness and insomnia are prominent, add huangqin (*Scutellaria*) and zhizi (*Gardenia*) to remove restlessness and cool Heat and yejiaoteng (*Polygonum multiflorum*) and zhenzhu (*Pteris magaritifera*) to sedate and calm.

2 Stroke Involving Viscera

i Yang-Blockage Stroke

Main Symptoms. Sudden onset mental confusion or loss of consciousness, spasticity in the limbs, trismus; flushed face, fever; snoring; gurgling of sputum; restlessness; anuria and constipation; or, convulsion and hematemesis. The tongue is crimson red, with yellow and greasy coating. The pulse is taut, slippery and rapid.

Therapeutic Principle. Open orifices with acrid-cool herbs, cool the liver and extinguish Wind.

Treatment. An Gong Niu Huang Wan, initially administered by naso-gastric or oral feeding tube, followed by Lingyangjiao Tang (Goat-Horn Decoction). Lingyangjiao Tang has the following basic composition: lingyangjiao (*Saiga tatarica*) 0.5 g, juhua (*Chrysanthemum*) 10 g, xiakucao (*Prunella*) 10 g, baishaoyao (*Paeonia*) 10 g, guiban (*Chinemys*) 20 g, shijueming (*Haliotis*) 20 g, shengdihuang (*Rehmannia*) 10 g, and mudanpi (*Paeonia suffruticosa*) 10 g. Note: shijueming is decocted first, and lingyangjiao is decocted separately. (In its original composition, Lingyangjiao Tang includes chaihu, bohe and chanyi. These have an ascending and dispersing nature and should be removed for treating Yang-blockage stroke.)

If sputum is copious, add zhuli (*Phyllostachys nigra*), bile-treated nanxing (*Arisaema consanguineum*) and tianzhuhuang (*Bambusa textilis*) to cool Heat, dissipate Phlegm and open orifices.

For constipation, add raw dahuang (*Rheum palmatum*) and mangxiao (*Mirabilite*).

If there is convulsion, add herbs that extinguish Wind and relieve spasm, such as quanxie (*Buthus*), wugong (*Scolopendra*) and baijiangcan (*Bombyx*).

If there is hematemesis and hemochezia, add huangqin (*Scutellaria*), digupi (*Lycium*) and baiji (*Bletilla*).

ii Yin-Blockage Stroke

Main Symptoms. Sudden coma, hemiplegia, flaccidity; cold limbs; pallid complexion, cyanotic lips; copious sputum and saliva. The tongue is dark or pale, with white and greasy coating. The pulse is deep and slippery, or even.

Therapeutic Principle. Open orifices with acrid-warm herbs, eliminate Phlegm and extinguish Wind.

Treatment. Suhexiang Wan by naso-gastric or oral feeding tube, followed by Di Tan Tang (Phlegm-Cleansing Decoction). Di Tan Tang has the following basic composition: processed banxia (*Pinellia*) 10 g, processed nanxing (*Arisaema consanguineum*) 10 g, chenpi (*Citrus tangerina*), zhishi (*Citrus aurantium*) 10 g, fuling (*Poria*) 10 g, renshen (*Panax*), shichangpu (*Acorus*) 6 g, zhuru (*Phyllostachys nigra*) 10 g, gancao (*Glycyrrhiza*) 6 g, and raw ganjiang (*Zingiber*) 6 g.

If symptoms of Cold are prominent, add guizhi (*Cinnamomum*).

iii Prostration Stroke

Main Symptoms. Sudden loss of consciousness or coma, flaccidity of the limbs; incontinence of urine; sweating with cold limbs; eyes shut; spastic tongue; retracted testes; and shallow and weak respiration. The tongue is cyanotic, with white and greasy coating. The pulse is either deep and even or indistinct, threadlike and on the verge of collapse.

Therapeutic Principle. Augment Qi, rescue Yang and arrest collapse.

Treatment. Shen Fu Tang (Ginseng-Aconitum Decoction). The composition is very simple: renshen (*Panax*) 10 g and processed fuzi (*Aconitum*) 10 g.

For persistent sweating, add shanzhuyu (*Cornus*), longgu (fossil bone) and muli (*Ostrea*).

V Acupuncture Treatment

1 Meridian-Type Stroke

i Hemiplegia

Use filiform needles and apply the reducing method on the affected side and the reinforcing method on the unaffected side.

Upper limbs: select Jianjing (GB-21), Quchi (LI-11), Shousanli (LI-10), Waiguan (SJ-5) and Hegu (LI-4).

Lower limbs: select Huantiao (GB-30), Yanglingquan (GB-34), Zusanli (ST-36), Jiexi (ST-41) and Kunlun (BL-60).

ii Wry Mouth and Tongue

Use filiform needles and apply the even method (neither reducing nor reinforcing).

Select the acupoints Dicang (ST-4), Jiache (ST-6), Hegu (LI-4), Neiting (ST-44) and Taichong (LR-3).

2 Viscera-Type Stroke

i Blockage-Stroke

Select the twelve Jing (Well) acupoints, Shuigou (GV-26), Taichong (LR-3) and Fenglong (ST-40). Use filiform needles and apply the reducing method. The Jing (Well) acupoints are pricked with a three-edged needle to cause bleeding.

ii Prostration-Stroke

Select the acupoints Guanyuan (CV-4) and Shenque (CV-8). Apply ignited moxa cones at these acupoints.

VI Case Study

The patient was a 65-year old female with a 10-year history of high blood pressure and frequent headaches. She was admitted to hospital because of sudden coma, right-sided hemiplegia and aphasia for 3 days. There was no vomiting.

On examination the patient was comatose. Her temperature was 38.5°C (101.3°F) and blood pressure 150/90 mmHg. She had trismus and dry lips. The tongue was flaccid, with thin, yellow and greasy coating. The pulse was slippery, rapid and forceful.

Auscultation of the lung revealed medium and fine moist rales over the lower lobes. Percussion of the heart showed the cardiac border at the left mid-clavicular line in the fifth intercostal space. The heart rhythm was normal. Neurological examination revealed a stiff neck. On the right (affected side) the muscle tone was reduced, deep tendon reflexes were 1+ , and the Babinski sign was positive. Lumbar puncture yielded blood in the cerebrospinal fluid and a cerebrospinal fluid pressure of 270 mmH₂O.

Diagnosis. Stroke of the viscera-type and Yang-blockage.

Therapeutic Principle. Dissipate Phlegm, unblock the viscera, cool heart-Heat and open orifices (resuscitate).

Treatment and Course. Upon admission, the patient was given the following treatment. An infusion of 40 ml of Qing Kai Ling (Wonder Solution to Clear and Open) in 500 ml of 10% glucose solution and antibiotics was given intravenously, and the decoction from the following herbal formula by naso-gastric catheter. The formula had the following composition: gualou (*Trichosanthes kirilowii*) 30 g, bile-treated tiannanxing (*Arisaema consanguineum*, *erubescens*) 10 g, tianzhuhuang (*Bambusa textilis*) 10 g, raw dahuang (*Rheum palmatum*) 10 g, mangxiao (*Mirabilite*) 6 g, shichangpu (*Acorus gramineus*) 10 g, and yujin (*Curcuma wenyujin*, *aromatica*) 10 g. Mangxiao was infused separately.

The patient remained comatose with stiff neck and trismus, but fever subsided and feces evacuated. The tongue was now red, with thin yellow and dry but greasy coating. The pulse was now threadlike, taut, slippery and rapid.

The therapeutic approach was changed to augmenting Yin, extinguishing Wind and dissipating Phlegm. The formula used had the following composition: shengdihuang (*Rehmannia*) 10 g, xuanshen (*Scrophularia*) 12 g, raw muli (*Ostrea*) 30 g, xiakucao (*Prunella*) 15 g, gouteng (*Uncaria*) 30 g, juhua (*Chrysanthemum*) 10 g, tianzhuhuang (*Bambusa textilis*) 6 g, and bile-treated nanxing (*Arisaema consanguineum*). Note: muli was decocted first.

While this decoction was administered for three daily doses the patient was also given Niu Huang Qing Xin Wan (Gallstone Mind-Clearing Pill), one pill twice daily. After 12 days the patient regained consciousness. She was further treated by the method of nourishing Yin, augmenting Qi and mobilizing blood for a month. At that point, she was able to walk with a walking staff. She was discharged from the hospital with residual paresis on the right side and dysphasia.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of stroke. It discusses the various illnesses that present with stroke, and their diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and classification of stroke;
2. Master the etiology and pathology of stroke as well as the key points for diagnosing the various illnesses presenting with stroke;
3. Know the treatment for the various illnesses presenting with stroke.

III Exercises for Review

1. Describe the main characteristics of stroke.
2. Explain the basic pathology of stroke and various illnesses that cause it.
3. Compare the meridian-type and stroke of the viscera-type.
4. Describe the emergency treatment of blockage-stroke and prostration-stroke.

IV Additional Exercises

1. Provide an analysis of the formula Tianma Gouteng Tang used in treatment of the meridian-type of stroke caused by hyperactivity of liver-Yang with upward attack by Wind-Fire.
2. Provide an analysis of the formula Hua Tan Tong Luo Tang used in treatment of the meridian-type of stroke caused by Wind-Phlegm-induced blood stasis and meridian blockage.
3. Provide an analysis of the formula Lingyangjiao Tang used in treatment of the visceral-type of stroke caused by Yang-blockage.
4. Provide an analysis of the formula Di Tan Tang used in treatment of the visceral-type of stroke caused by Yin-blockage.
5. In the Case Study, explain the prescriptions and the patient's responses.

Chapter 16

Vertigo and Dizziness

Vertigo is a condition that results from disturbance of the upper orifices induced by Wind, Fire, Phlegm, blood stasis or a state of deficiency. Its main symptoms are dizziness and blurring of vision. In mild cases, dizziness may disappear upon closing the eyes. In more severe cases, the sensation resembles that of seasickness or carsickness. The patient feels as though incessantly rotating and is unable to stand upright. There may be accompanying nausea or vomiting, tinnitus, a pallid complexion and sweating. When very severe, there may be abrupt fainting.

I Etiology and Pathology

Hyperactive Liver-Yang. The Wood Element, to which the liver belongs, tends to ascend and spread. Also, the substance of the liver is Yin but its function is Yang. The kidney belongs to the Water Element. If kidney-Yin is deficient, Water is unable to generate Wood and deficiency-Wind can stir in the interior. Pent-up rage or melancholy may block the movement of liver-Qi. Blocked liver-Qi can transform into Fire and lead to stirring of Wind-Yang. Chronically hyperactive Yang also fosters hyperactive liver-Yang. In all these conditions, liver-Yang can ascend and disturb the upper orifices and induce vertigo.

Deficient Qi and Blood. Protracted illness or continued blood loss can consume Qi and blood and lead to their deficiency. Insufficiency of the spleen and the stomach may compromise the sources for Qi and blood generation. If Qi is deficient, pure Yang cannot act effectively. If blood is insufficient the upper orifices may not be properly nourished. In all these circumstances vertigo may result.

Insufficient Kidney-Essence. The kidney is the foundation of prenatal heredity and has the functions of storing essence and generating marrow. If prenatal heredity is inadequate, kidney-essence is insufficient, chronic illness afflicts the elderly or excessive sexual activity wears down kidney-essence, the sea of marrow becomes depleted and the brain loses nourishment. Vertigo ensues.

Blockage by Phlegm-Dampness. Addiction to alcohol, fatty or sweet foods can injure the spleen and the stomach. Irregular starvation and satiation or physical exhaustion also injures the spleen and the stomach. Impairment of spleen and stomach functions results in the formation of endogenous Phlegm and Dampness. These can obscure the upper orifices and induce vertigo.

Blood Stasis. Traumatic injury of the head and the brain can cause blood to overflow its channels and become static blood. In turn, static blood from this or another cause can obstruct the brain blood channels and lead to loss of nourishment of the upper orifices. Vertigo ensues. This is especially severe if Phlegm joins blood stasis in obstructing the upper orifices.

In summary, the location of illness is in the upper orifices, but the cause of vertigo also involves the liver, the spleen and the stomach. The basic pathological mechanism is the depletion of brain marrow leading to loss of nourishment of the upper orifices, or upward attack by Phlegm and Fire.

II Clinical Manifestation

Vertigo may begin abruptly or gradually. In mild cases, there may be only blurring of vision, heaviness in the head with lightness in the feet or a rocking-swaying sensation. These tend to stop upon closing the eyes. In severe cases, the sensation is like that of being seasick or carsick and the outside world revolving about incessantly. This may lead to falling down. Common accompanying symptoms include tinnitus, eye irritation, insomnia, forgetfulness, weakness and aching in the waist and knees, nausea and vomiting, a pallid complexion, or sweating with cold limbs.

Vertigo tends to attack repeatedly, but the interval between attack varies unpredictably. Most patients have it every few months or years, but some have it several times a month. During an attack of vertigo the tongue coating is mostly white and greasy or yellow and greasy. During remission, the tongue coating is thin and white. The tongue is red or is speckled with petechiae or purpura. The pulse is usually taut, but may be threadlike and feeble.

III Key Points of Analysis

Vertigo mainly arises in a state of deficiency. The basic mechanism is deficiency of liver or kidney Yin or deficiency of Qi and blood. In Yin deficiency the tongue is usually red, with scant coating, and the pulse is taut and rapid. In Qi and blood deficiency the tongue is usually pale and tender and the pulse threadlike and weak.

The state of deficiency may be complicated by stirring of endogenous Wind, flaming up of Fire, blockage by turbid Phlegm or by blood stasis. It is important to differentiate these conditions carefully. These are related to dysfunction of the viscera, principally the liver, the spleen and the kidney. In disturbance of the liver by passions liver-Qi is pent-up and may transform into Fire, or in deficiency of

liver-Yin liver-Yang may become hyperactive. Either can induce vertigo accompanied by distending headache and flushed face. If the spleen fails to generate and transform Qi and blood, vertigo is readily induced by fatigue. In this case, it is usually accompanied by anorexia, lassitude and pale complexion. If the spleen fails to transport and transform body fluids, endogenous Phlegm may form and obstruct the middle-jiao. This may lead to heaviness in the head, anorexia, nausea and vomiting. If kidney-essence is insufficient and the sea of marrow is depleted, there may be aching weakness in the loins and knees and tinnitus in addition to vertigo.

In an obese patient with pale complexion, Qi deficiency is common and often accompanied by Phlegm. In a thin patient with darkish complexion, blood deficiency is common and often accompanied by Fire.

IV Herbal Treatment

1 *Hyperactive Liver-Yang*

Main Symptoms. Vertigo and distending headache, aggravated by overstrain or rage; flushed face, red eyes; agitation, irascibility; dry and bitter mouth; insomnia and much dreaming when asleep; and tinnitus. The tongue is red, with yellow coating. The pulse is taut or taut, threadlike and rapid.

Therapeutic Principle. Calm the liver, suppress Yang and nourish the liver and the kidney.

Treatment. Tianma Gouteng Yin (Gastrodia and Uncaria Drink).

If Liver-Fire is especially strong, with prominent flushed face and red eyes, add longdancao (*Gentiana*), mudanpi (*Paeonia suffruticosa*) and xiakucao (*Prunella*) to purge Liver-Fire or use Longdan Xie Gan Tang instead.

If Yin deficiency is severe, with a red tongue, scant coating and a threadlike and rapid pulse, add shengdihuang (*Rehmannia*), maimendong (*Ophiopogon*), xuanshen (*Scrophularia*), heshouwu (*Polygonum*), raw baishaoyao (*Paeonia lactiflora*) and similar herbs that nourish Yin.

2 *Deficient Qi and Blood*

Main Symptoms. Dizziness and blurred vision, aggravated by activity and precipitated by fatigue; pallid complexion; lassitude, weakness; palpitations of the heart; and insomnia. The tongue is pale, with thin white coating. The pulse is threadlike and feeble.

Therapeutic Principle. Strengthen the spleen, augment Qi, nourish the heart and generate blood.

Treatment. Gui Pi Tang (Spleen-Restoring Decoction).

If the feces are watery, add yiyiren (*Coix*), zexie (*Alisma*) and fried biandou (*Dolichos lablab*).

If blood insufficiency is more severe, add heshouwu (*Polygonum*), ejiao (*Equus asinus*) and powdered ziheche (human placenta) to nourish and generate blood.

If deficient Qi has sunk, with shortness of breath, weakness and rectal prolapse, add Bu Zhong Yi Qi Wan (Middle-Restoring Qi-Augmenting Pill). This is wrapped in gauze and decocted along with the herbs.

3 *Insufficient Kidney-Essence*

Main Symptoms. Persistent vertigo; lassitude; forgetfulness; and aching weakness in the loins and knees. If Yin is particularly deficient, there are hotness in the five centers, dry irritated eyes, dry mouth, night sweats, nocturnal emissions in males, and early menses in females. If Yang is particularly deficient, there are cold body, cold limbs, impotence, cold pain in the loins and knees, a pale tongue, and a deep, threadlike and forceless pulse.

Therapeutic Principle. Yin deficiency: strengthen the kidney and nourish Yin. Yang deficiency: warm the kidney and augment Yang.

Treatment. Yin deficiency: Zuo Gui Wan (kidney-Yin-Augmenting Pill). Yang deficiency: You Gui Wan (kidney-Yang-Augmenting Pill). The composition of Zuo Gui Wan is as follows: shudihuang (*Rehmannia*) 20 g, shanzhuyu (*Cornus*) 10 g, shanyao (*Dioscorea*) 10 g, tusizi (*Cuscuta*) 10 g, gouqizi (*Lycium*) 10 g, guiban (*Chinemys*) 10 g, and niuxi (*Achyranthes*) 10 g.

If Fire is prominent due to Yin deficiency, add zhimu (*Anemarrhena*) and huangbai (*Phellodendron*) to purge kidney-Fire.

If symptoms of Cold are not prominent in Yang deficiency, replace rougui and fuzi with yinyanghuo (*Epimedium*) in You Gui Wan to avoid damage to essence by excessive acidity and drying.

4 *Blockage by Phlegm-Dampness*

Main Symptoms. Vertigo; heaviness in the head as though wrapped; chest tightness; nausea, vomiting of sputum and saliva; anorexia; and heaviness in the limbs. The tongue coating is white and greasy, and the pulse slippery and taut.

Therapeutic Principle. Dry Dampness, dissipate Phlegm, strengthen the spleen and settle the stomach.

Treatment. Banxia Baizhu Tianma Tang combined with Er Chen Tang. The joint prescription has the following composition: processed banxia (*Pinellia*) 10 g, baizhu

(*Atractylodes*) 10 g, tianma (*Gastrodia*) 10 g, chenpi (*Citrus tangerina*) 10 g, fuling (*Poria*) 10 g, gancao (*Glycyrrhiza*) 10 g, shengjiang (*Zingiber*) 6 g, and dazao (*Ziziphus*) 6 g.

If vomiting is severe, add daizheshi (hematite) and zhuru (*Phyllostachys nigra*) to enhance the actions of settling the stomach, suppressing the abnormally risen and stopping vomiting.

If there is epigastric fullness with anorexia, add baidoukou (*Amomum cardamomum*) and sharen (*Amomum villosum*) to promote appetite by their aromaticity.

If there is tinnitus with partial deafness, add yujin (*Curcuma*) and shichangpu (*Acorus*) to open the orifices.

If gelled Phlegm has transformed into Heat, which attacks upward and blocks the upper orifices, producing agitation, bitter taste, yellow and greasy tongue coating and taut and slippery pulse, use Huanglian Wen Dan Tang (Coptis Gallbladder-Warming Decoction) to cool Heat and dissipate Phlegm.

5 Blood Stasis

Main Symptoms. Persistent vertigo resistant to treatment or dizziness due to traumatic injury; headache with fixed location; cyanotic complexion and lips; palpitations; and forgetfulness. The tongue is speckled with petechiae or ecchymosis, and the pulse is taut and impeded or threadlike and impeded.

Therapeutic Principle. Eliminate stasis, generate blood and unblock the orifices and the channels.

Treatment. Tong Qiao Huo Xue Tang (Orifice-Unblocking Blood-Enlivening Decoction). It has the following composition: chishaoyao (*Paeonia*) 6 g, taoren (*Prunus persica*) 10 g, honghua (*Carthamus*) 10 g, chuanxiong (*Ligusticum*) 12 g, shexiang (*Moschus*) 0.15 g, congbai (*Allium fistulosum*) 6 g, and dazao (*Ziziphus*) 10 g.

If there are significant lassitude, weakness, shortness of breath and spontaneous sweating, add raw huangqi (*Astragalus*) 30–60 g to augment Qi and mobilize blood.

If there are cold-aversion and cold limbs, add guizhi (*Cinnamomum*) and processed fuzi (*Aconitum*) to warm the channels and mobilize blood.

V Acupuncture Treatment

1 Hyperactive Liver-Yang

Select the acupoints Ganshu (BL-18), Shenshu (BL-23), Fengchi (GB-20), Xingjian (LR-2) and Xiashi (GB-43). Use filiform needles and apply both the reducing and the reinforcing methods.

2 *Blockage by Phlegm-Dampness*

Select the acupoints Touwei (ST-8), Neiguan (PC-6), Zhongwan (CV-12), Fenglong (ST-40) and Yinlingquan (SP-9). Use filiform needles and apply the even method.

3 *Insufficient Kidney-Essence*

Select the acupoints Baihui (GV-20), Xuanzhong (GB-39), Shenshu (BL-23) and Taixi (KI-3). Use the filiform needles and apply the reinforcing method. Moxibustion may also be applied at Shenshu (BL-23) and Baihui (GV-20).

4 *Deficient Qi and Blood*

Select the acupoints Baihui (GV-20), Zusanli (ST-36), Pishu (BL-20) and Weishu (BL-21). Use filiform needles and apply the reinforcing method. Moxibustion may also be applied at Baihui (GV-20), Zusanli (ST-36) and Pishu (BL-20).

5 *Blood Stasis*

Select the Ashi Acupoints, Geshu (BL-17) and Sanyinjiao (SP-6). Use filiform needles and apply the even method. (For the Ashi Acupoints, see Volume 2, Part I, Chapter 2, Section 1, Subsection 3.)

VI Case Study

The patient was a 33-year old married laborer. He suffered from paroxysmal vertigo for more than 6 years, worse during the past 2 years. Each attack was preceded by a sensation of hot air rising from the lower abdomen to the vertex of the head. This was followed by vertigo with the sensation of the surroundings revolving about him, and dimness in front of his eyes. During more severe attacks he would fall but retained consciousness. He was diagnosed at another hospital to have Meniere Disease and was treated with a variety of western drugs. Each time, he had good initial response, but the response gradually diminished.

At the time of consultation, he had vertigo, tinnitus with partial deafness, forgetfulness, nausea, expectoration of sputum on arising in the morning, restlessness, bitter taste, constipation, dark urine, palpitations and shortness of breath. He also had intermittent hotness in the palms and lumbar aches.

He had a gray and lusterless complexion. His tongue was red, with slight yellow and greasy coating in the middle. His pulse was deep and slippery on the right side, and taut and threadlike on the left. The pulse rate was 80/min, regular in rhythm, and the blood pressure 100/80 mmHg. The cardiac border by percussion was normal. The heart sounds were normal to auscultation. The abdomen and the extremities were normal. Neurological examination showed bilateral horizontal nystagmus. Vestibular function test showed diminished function on the right side. Audiometry showed perceptive deafness.

Diagnosis. Vertigo due to Yin deficiency, with Phlegm and Fire.

Therapeutic Principle. Nourish Yin, cool Heat, dissipate Phlegm and purge Fire.

Treatment and Course. Augmented Wen Dan Tang (Gallbladder-Warming Decoction). The augmented composition is as follows: fuling (*Poria*) 6 g, prepared banxia (*Pinellia*) 9 g, juhong (*Citrus tangerina*) 6 g, fried zhishi (*Citrus aurantium*) 4.5 g, shichangpu (*Acorus*) 3 g, zhuru (*Phyllostachys nigra*) 6 g, xiakucao (*Prunella*) 9 g, zhenzhu mu (*Pteris margaritifera*) 12 g, xiangfu (*Cyperus*) 3 g, and fried gancao (*Glycyrrhiza*) 1.5 g. In addition, mangxiao (*Mirabilite*) 6 g is administered by infusion. Note: zhenzhu mu is decocted early.

Following three daily doses, vertigo ended and all the other symptoms improved. Treatment was continued with the same prescription with added huanglian (*Coptis*) 3 g. After 19 daily doses, all symptoms resolved. On follow-up 3 months later, there had been no relapse.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of vertigo, and discusses the key points of diagnosis and treatment of the conditions that have vertigo as a prominent symptom.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and classification of illnesses presenting with vertigo;
2. Understand the etiology and pathology of vertigo;
3. Know the diagnosis, therapeutic approach of each of the illnesses that present with vertigo.

III Exercises for Review

1. Describe the pathology of vertigo.
2. Explain the significance of the liver, the spleen, the stomach and the kidney in vertigo.
3. Describe the characteristics, diagnosis and treatment of the main types of illnesses that present with vertigo.
4. Explain the relationship between vertigo and stroke.

IV Additional Exercises

1. Provide an analysis of the formula Banxia Baizhu Tianma Tang combined with Er Chen Tang used in treatment of vertigo due to blockage by Phlegm-Dampness.
2. Provide an analysis of the formula Tong Qiao Huo Xue Tang used in treatment of vertigo due to blood stasis.
3. In the Case Study explain the use of augmented Wen Dan Tang (Gallbladder-Warming Decoction).

Chapter 17

Subcostal Pain

Subcostal pain is the pain mainly below the lower ribs on one or both sides of the waist or upper abdomen.

I Etiology and Pathology

The liver is located in the right side of the subcostal region and its main and collateral meridians distribute to both sides. The gallbladder attaches to the liver. Thus, the main pathology of subcostal pain related to the liver and the gallbladder. However, the spleen, the stomach and the kidney are all involved as well.

Subcostal pain may be brought on by exogenous pathogenic evils or by internal injury. The key mechanism is the liver failing to regulate Qi movement and disharmony in its main and collateral meridians. Illnesses that present with subcostal pain may be of strength or deficiency. The main illnesses of strength are Qi stagnation, blood stasis and exogenous Dampness-Heat. The main illness of deficiency is depletion of essence and blood.

Stagnant Liver-Qi. Pent-up passions or rage can injure the liver. When this happens, the flow in the meridians and channels of the liver becomes impeded. Liver-Qi becomes stagnant and leads to subcostal pain.

Blood Stasis Blocking Channels. Qi is the commander of blood. When Qi flows smoothly blood circulates normally, and when Qi movement is impeded blood flow becomes sluggish. If impedance of Qi movement persists for a long time, blood stasis develops and blocks the channels in the subcostal region. Subcostal pain ensues. This can also result from direct traumatic injury to the subcostal region.

Gelling of Dampness-Heat in Liver-Gallbladder. Dampness, whether exogenous or endogenous due to improper diet injuring the spleen, may lodge in the interior, gel and give rise to Heat. Gelled Dampness and Heat can attack the liver and the gallbladder, impairing their ability to regulate Qi movement. This leads to subcostal pain.

Deficiency of Liver-Yin. Protracted illness or chronic overstrain may consume essence and blood, leading to their deficiency and producing subcostal pain. In such circumstances, the Water Element is unable to nourish the Wood Element. Excessive intake of acrid and drying herbs that regulate Qi can also induce deficiency of liver-Yin and failure to nourish the liver meridians and channels. This also induces subcostal pain.

II Clinical Manifestation

Subcostal pain, whether one-sided or two-sided, may show several patterns. It may be distending in quality, migrate without fixed location and radiate to the shoulder or upper back. It may be stabbing or prickling in quality, have a fixed location and be accompanied by guarding. It may be vague and lingering in quality. In the initial stages subcostal pain tends to be relatively severe. After a while it tends to become vague and intermittent.

Subcostal pain may be accompanied by epigastric pain, distention or subcostal mass.

III Key Points of Analysis

Exogenous versus Internal Injury. Exogenously induced subcostal pain tends to begin suddenly and be accompanied by symptoms of the exterior. These include nausea, vomiting, jaundice, a red tongue with yellow and greasy coating, and a floating and rapid or taut and rapid pulse. It is mainly due to attack on the liver and gallbladder by Dampness and Heat.

Subcostal pain due to internal injury tends to begin gradually and has a longer course. Exterior symptoms are absent. It is mainly due to stagnation of liver-Qi, blood stasis or deficiency of liver-Yin.

Qi versus Blood. Subcostal pain due to Qi stagnation tends to be distending in quality, does not have a fixed location and is aggravated or ameliorated by fluctuations in the emotional state. Subcostal pain due to blood stasis tends to be stabbing or prickling and lingering in quality. It has a fixed location, is accompanied by guarding and tends to be worse at night.

Strength versus Deficiency. Subcostal pain due to a strength illness tends to begin acutely, is relatively severe, and is accompanied by guarding and a full and forceful pulse. It is due mainly to Qi stagnation, blood stasis or Dampness-Heat. Of these Qi stagnation is the most common. Subcostal pain due to a deficiency illness tends to begin and develop gradually, is dull in quality with preference for pressure, and is accompanied by a weak pulse. It is mainly due to insufficiency of essence and blood.

IV Herbal Treatment

1 *Stagnant Liver-Qi*

Main Symptoms. Distending subcostal pain that is migratory, often radiating to the shoulder and upper chest or back. The severity of the pain varies with fluctuations in the emotional state. There may be chest tightness, epigastric distention somewhat relieved by eructation, much sighing and anorexia. The tongue coating is thin and white, and the pulse taut.

Therapeutic Principle. Soothe the liver, relieve stagnation and regulate Qi movement to stop pain.

Treatment. Chaihu Shu Gan San (Bupleurum Liver-Unblocking Powder).

If stagnant Qi has given rise to Fire, with agitation, bitter taste, dark urine, constipation, a red tongue with yellow coating and a taut and rapid pulse, remove acrid-warm chuanxiong and add mudanpi (*Paeonia suffruticosa*), zhizi (*Gardenia*), huanglian (*Coptis*), longdancao (*Gentiana*) and similar herbs that purge Liver-Fire.

If hyperactive liver-Qi attacks the spleen, with diarrhea and borborygmus, add baizhu (*Atractylodes*), fuling (*Poria*) and yiyiren (*Coix*) to strengthen the spleen and stop diarrhea.

If hyperactive liver-Qi attacks the stomach, with nausea and vomiting, add processed banxia (*Pinellia*) and shengjiang (*Zingiber*) to settle the stomach and stop vomiting.

2 *Blood Stasis Blocking Channels*

Main Symptoms. Stabbing subcostal pain fixed in location and worse at night; or, dark and lusterless complexion; or, subcostal mass. The tongue is cyanotic and the pulse deep and impeded.

Therapeutic Principle. Mobilize blood, remove stasis and unblock channels to stop pain.

Treatment. Xue Fu Zhu Yu Tang (Decoction for Releasing Blood Stasis).

If there is a subcostal mass but genuine Qi is not deficient, add sanleng (*Sparganium*), ezhu (*Curcuma*) and tubiechong (*Eupolyphaga sinensis*) to remove stasis and dissipate masses.

If blood stasis is especially severe, or there is severe traumatic injury, use Fu Yuan Huo Xue Tang (Decoction for Revival and Blood-Mobilization) instead. It has the following composition: dahuang (*Rheum palmatum*) 6 g, taoren (*Prunus persica*) 10 g, honghua (*Carthamus*) 10 g, chuanshanjia (*Manis pentadactyla*) 10 g, tianhuafen (*Trichosanthes*) 10 g, chaihu (*Bupleurum*) 10 g, danggui (*Angelica*) 10 g, and gancao (*Glycyrrhiza*) 10 g.

3 *Gelling of Dampness-Heat in Liver-Gallbladder*

Main Symptoms. Distending or suffocating subcostal pain, exquisitely tender to touch; anorexia, nausea; aversion to fatty or oily foods; bitter taste; dry mouth; or, jaundice; or, chills and fever. The tongue coating is yellow and greasy, and the pulse taut and slippery.

Therapeutic Principle. Cool Heat, eliminate Dampness, regulate Qi and unblock channels.

Treatment. Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction).

If subcostal pain, nausea and vomiting are especially severe, remove danggui and shengdihuang and add chuanlianzi (*Melia*), yujin (*Curcuma*), processed banxia (*Pinellia*) and chenpi (*Citrus tangerina*) to enhance the actions of soothing the liver, regulating Qi, settling the stomach and suppressing the abnormally risen.

If gelled Dampness-Heat forms stones, which block the bile duct and produce subcostal pain that radiates to the shoulder and upper back, add jinqiancao (*Glechoma*), haijinsha (*Lygodium*), yujin (*Curcuma*), jineijin (*Gallus gallus domesticus*) to remove gallstones.

If the subcostal pain is excruciating and the patient vomits ascarid worms, prescribe Wumei Wan first to subdue the worms followed by a vermicide.

If Heat is very strong and damages the body fluids, with abdominal distention and constipation, add dahuang (*Rheum palmatum*) and mangxiao (*Mirabilite*) to relax the bowels and purge Heat.

4 *Deficiency of Liver-Yin*

Main Symptoms. Continual vague subcostal pain aggravated by fatigue; dry mouth and throat; restless agitation; dry eyes; and dizziness with blurred vision. The tongue is red, with slight coating. The pulse is taut, threadlike and rapid.

Therapeutic Principle. Nourish Yin, soften the liver, generate blood and unblock channels.

Treatment. Yi Guan Jian (Yin-Generating Liver-Opening Prescription).

For prominent restless agitation and dry mouth, add mudanpi (*Paeonia suffruticosa*), zhizi (*Gardenia*) and suanzaoren (*Ziziphus*) to cool Heat and calm the mind.

For dry eyes with photophobia or blurred vision, add nuzhenzi (*Ligustrum*) and juemingzi (*Cassia obtusifolia*) to nourish the liver and restore vision.

V *Acupuncture Treatment*

Stagnant Liver-Qi. Select the acupoints Qimen (LR-14), Yanglingquan (GB-34) and Taichong (LR-3). Use filiform needles and apply the reducing method.

Blood Stasis Blocking Channels. Select the acupoints Qimen (LR-14), Yanglingquan (GB-34) and Sanyinjiao (SP-6). Use filiform needles and apply the reducing method.

Gelling of Dampness-Heat in Liver-Gallbladder. Select the acupoints Qimen (LR-14), Yanglingquan (GB-34) and Zhigou (SJ-6). Use filiform needles and apply the reducing method.

Deficiency of Liver-Yin. Select the acupoints Ganshu (BL-18), Shenshu (BL-23), Qimen (LR-14) and Sanyinjiao (SP-6). Use filiform needles and apply the reinforcing method.

VI Case Study

The patient was a 36-year old male who had right-sided subcostal pain for half a year. For 1 day prior to admission, the pain suddenly became severe. It was stabbing in quality and radiated to the right shoulder and upper back. He had mild fever. His urine was dark yellow and his feces were watery. His tongue coating was yellow and greasy, and his pulse taut. Ultrasound study showed sand-like stones in the bile tract.

Diagnosis. Gelled Dampness-Heat in the liver and the gallbladder impeding drainage.

Therapeutic Principle. Unblock the liver and the gallbladder.

Treatment and Course. Chaihu Pai Shi Tang (Bupleurum Stone-Eliminating Decoction). It has the following composition: chaihu (*Bupleurum*) 18 g, huangqin (*Scutellaria*) 10 g, jinqiancao (*Glechoma*) 30 g, huzhang (*Polygonum*) 16 g, haijinsha (*Lygodium*) 10 g, yanhusuo (*Corydalis*) 10 g, jineijin (*Gallus gallus domesticus*) 10 g, chuanlianzi (*Melia*) 10 g, yuxingcao (*Houttuynia*) 15 g, yinchenhao (*Artemisia*) 15 g, baishaoyao (*Paeonia*) 16 g, and liujin (*Artemisia anomala*) 10 g.

After seven doses all symptoms significantly improved. The prescription was continued. One and a half months later, ultrasound study showed that the sand-like stones were gone.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of subcostal pain and discusses the key points in the diagnosis and treatment of the main illnesses presenting with subcostal pain.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of subcostal pain;
2. Master the key points for the diagnosis of the main illnesses presenting with subcostal pain;
3. Know the therapeutic methods and treatment for these illnesses.

III Exercises for Review

1. Describe the pathologic characteristics of subcostal pain. Explain how to differentiate between subcostal pain due to Qi stagnation and that due to blood stasis.
2. Explain how to differentiate between subcostal pain due to an illness of strength and one of deficiency.
3. Describe the diagnosis and treatment of subcostal pain due to gelled Dampness-Heat in the liver and the gallbladder.
4. Describe the diagnosis and treatment of subcostal pain due to deficiency of liver-Yin.
5. Explain how unimpeded movement of Qi and circulation of blood can relieve subcostal pain.

IV Additional Exercises

1. Provide an analysis of the formula Fu Yuan Huo Xue Tang used in treatment of subcostal pain due to especially severe blood stasis blocking the channels.
2. For the Case Study provide an analysis of the formula Chaihu Pai Shi Tang.

Chapter 18

Jaundice

Jaundice is a common medical condition characterized by yellowing of the skin, the eyes and the urine. It results when turbid Dampness causes dysfunction of the liver, the gallbladder, the spleen and the stomach, so that the gallbladder is unable to discharge bile normally. As a result bile extravasates from its normal channel.

I Etiology and Pathology

In general, jaundice may result from exogenous as well endogenous causes, often both. The most common exogenous pathogenic evil is turbid Dampness, which may be accompanied by Cold (Cold-Dampness) or Heat (Heat-Dampness). Among endogenous causes, the most common is disease of the spleen and the stomach extending to involve the liver and the gallbladder. The basic pathological mechanism is blockage by turbid Dampness, so that bile cannot follow its normal pathway but extravasates instead.

The main types of jaundice are **Yang jaundice** and **Yin jaundice**, depending on whether Heat or Cold is involved. Occasionally, the causative agent may be especially potent and invade the Nutritive and the Blood Levels. In that case, the jaundice is known as **acute jaundice**. Of these types, Yang jaundice is the most common.

Exogenous Pathogenic Evil. Exogenous Heat-Dampness and Dampness in conjunction with Summer Heat or pestilential evil can each lodge in the middle-jiao and cause disturbance in the transportation and transformation functions of the spleen and the stomach. Dampness and Heat together steam the liver and the gallbladder, impairing their functions and forcing bile to overflow and extravasate. The overflowing bile stains the skin, the eyes and the urine, giving them the characteristic yellow or yellow-orange color. In the case of exogenous Cold-Dampness, they also lodge in and obstruct the middle-jiao, blocking the movement of liver and gallbladder Qi and inducing bile to overflow and extravasate.

Improper Diet. Unclean foods, irregular cycles of satiation and starvation, overindulgence in fatty or sweet foods, or overindulgence in alcohol can injure the spleen and the stomach. Failure of these organs fosters the formation of endogenous

Dampness, which if allowed to accumulate and gel may transform into Heat. Endogenous Dampness and Heat steam the liver and the gallbladder, leading to jaundice as before.

Deficiency-Cold in the Spleen and the Stomach. In chronic weakness of the spleen and the stomach, excessive fatigue with exhaustion or following injury by another illness, endogenous Cold can form readily and further transform into Dampness. Cold and Dampness can readily obstruct the middle-jiao and block the normal flow of bile.

Food Retention. Protracted food retention can lead to blood stasis, which in turn can cause blockage of the bile tract and force bile to extravasate and flow abnormally.

Mechanical Obstruction. Mechanical obstruction of the bile tract by gallstones or ascarid worms can force bile to extravasate and flow abnormally. Gallstones often form from protracted action of Dampness and Heat.

II Clinical Manifestation

In the early stages of the illness, yellowing of the sclera may not be apparent. Instead, the illness may manifest such symptoms as chills and fever, anorexia, nausea or vomiting, abdominal distention, borborygmus or weakness in the limbs. Yellowing of the sclera then appears after 3–5 days, followed by yellowing of the skin and the urine.

In **Yang jaundice**, the yellow color is bright and fresh. There are also fever, thirst, a yellow and greasy tongue coating and a taut and rapid pulse. In **Yin jaundice**, the yellow color is gray or smoky. There are also lassitude, coldness with cold-aversion, a white and greasy tongue coating and a soft and even pulse.

In **acute jaundice**, the yellow color appears rapidly and may deepen into an orange or a gold-like color. There may be accompanying high fever, severe thirst, and mental confusion or delirium.

III Key Points of Analysis

Jaundice Type. Yang jaundice tends to develop abruptly and has a short course. The color is usually a bright and fresh yellow, but may be orange. The illness is usually in acute condition and is mostly due to Dampness-Heat. Yang jaundice is a condition of Heat and of disease evil strength.

Yin Jaundice. tends to develop gradually and has a long course. The color is usually a gray or smoky yellow. The illness is usually chronic or even severe and is

mostly due to gelling of Cold-Dampness in the spleen and the stomach, leading to Qi deficiency. Yin jaundice is a condition of Cold and of deficiency.

Acute Jaundice. develops explosively, with rapid onset and deepening of color. The illness is mostly due to Dampness-Heat with accompanying noxious toxins. There may be accompanying symptoms of the Nutritive and Blood Levels. Acute jaundice is a serious condition and requires great care in diagnosis and management.

Illness Course. Gradual intensification of jaundice, especially when associated with lassitude and increasing anorexia, indicates exacerbation of the illness. Gradual lightening of jaundice, especially when associated with increasing appetite, indicates improvement and a favorable prognosis. A dull and lusterless color accompanied by restlessness or coma, hematemesis and epistaxis indicates deterioration and poor prognosis.

If improperly or inadequately treated, Yang jaundice may progress to Yin jaundice. Conversely, Yin jaundice may show symptoms of Yang jaundice if the patient is invaded simultaneously by exogenous Dampness or Heat, resulting in a condition of mixed deficiency and strength.

IV Herbal Treatment

1 Yang Jaundice

i Dampness-Heat with Exterior Symptoms

Main Symptoms. Mild or vague yellowing of the sclera initially; epigastric fullness, anorexia; yellow urine; chills and fever; and heaviness and pain in the head and body. The tongue coating is thin and greasy, and the pulse either floating and taut or taut and rapid.

Therapeutic Principle. Cool heat, eliminate Dampness, and release the exterior.

Treatment. Mahuang Lianqiao Chixiaodou Tang (Ephedra-Forsythia-Phaseolus Decoction) combined with Gan Lu Xiao Du Dan (Sweet Dew Detoxification Pill). The combined prescription has the following composition: mahuang (*Ephedra*) 6 g, bohe (*Mentha*) 9 g, huoxiang (*Agastache*) 10 g, baidoukou (*Amomum cardamomum*) 9 g, shichangpu (*Acorus*) 10 g, huangqin (*Scutellaria*) 10 g, lianqiao (*Forsythia*) 6 g, huashi (talcum) 10 g, mutong (*Akebia quinata*) 6 g, chixiaodou (*Phaseolus calcaratus*) 12 g, yinchenhao (*Artemisia*) 10 g, shengjiang (*Zingiber*) 6 g, dazao (*Ziziphus*) 10 g, and raw gancao (*Glycyrrhiza*) 6 g.

If the symptoms of the exterior are minor, the amounts of mahuang and bohe should be small.

If the color of jaundice is strong, use larger amounts of yinchenhao.

ii More Heat Than Dampness

Main Symptoms. Fresh lustrous jaundice of the skin and sclera; fever, thirst; dysphoria; nausea, vomiting; dark urine; constipation; and subcostal pain with guarding. The tongue is red, with yellow and greasy coating. The pulse is rapid or slippery and rapid.

Therapeutic Principle. Cool Heat, eliminate Dampness and purge the bowels.

Treatment. Yinchenhao Tang (Artemisia Decoction). It has the following composition: yinchenhao (*Artemisia*) 20 g, zhizi (*Gardenia*) 10 g, and dahuang (*Rheum palmatum*) 6 g.

Depending on the clinical requirements, add huzhang (*Polygonum*), daqingye (*Isatis tinctoria*) and lianqiao (*Forsythia*) to cool Heat and detoxify poisons, cheqianzi (*Plantago*), zhuling (*Polyporus*) and zexie (*Alisma*) to enhance the elimination of Dampness-Heat.

If subcostal distention and pain are severe, add chuanlianzi (*Melia*) and yujin (*Curcuma*) to unblock the liver and regulate Qi.

Note: pay attention to the degree of fever to determine the amount of bitter-cold herbs to use. If too much of bitter-cold herbs is used, the illness may turn into one in which there is more Dampness than Heat or one of Yin jaundice.

iii More Dampness than Heat

Main Symptoms. Jaundice of the body and sclera, but the color is not so fresh and bright as when there is more Heat than Dampness. Heaviness of body and head; low grade fever; chest and epigastric tightness; anorexia, nausea; stickiness in the mouth without thirst; difficulty with urination and with defecation. The tongue coating is thick and greasiness, with slight yellow color. The pulse is soft and even or taut and slippery.

Therapeutic Principle. Eliminate turbid Dampness and induce catharsis.

Treatment. Yinchen Si Ling Tang (Poria-Four-Substances Decoction with Artemisia). Its basic composition is as follows: yinchenhao (*Artemisia*) 20 g, zhuling (*Polyporus*) 10 g, fuling (*Poria*) 10 g, zexie (*Alisma*) 10 g, and baizhu (*Atractylodes*) 10 g.

If Dampness impedes Qi movement, causing severe chest and epigastric distention, nausea and anorexia, add cangzhu (*Atractylodes*), houpo (*Magnolia*) and chenpi (*Citrus tangerina*) to strengthen the spleen, dry Dampness, mobilize Qi and settle the stomach.

If anorexia is prominent, add fried maiya (*Hordeum*) and jineijin (*Gallus gallus domesticus*) to activate the spleen and promote digestion.

2 Acute Jaundice

Main Symptoms. Rapid onset jaundice with rapid darkening; high fever, severe thirst; frequent vomiting; subcostal abdominal distention and pain, with guarding; oliguria, constipation; mental confusion, delirium, or coma; epistaxis or hematochezia; and cutaneous purpura. The tongue is red or crimson, with dry yellow coating. The pulse is taut and rapid or surging and large.

Therapeutic Principle. Cool Heat, detoxify poisons, cool blood and open the orifices.

Treatment. Shuiniujiao San (Water Buffalo Horn Powder). It has the following composition: shuiniujiao (*Bubalus bubalis*) 6 g, huanglian (*Coptis*) 6 g, zhizi (*Gardenia*) 10 g, shengma (*Cimicifuga*) 10 g, yinchenhao (*Artemisia*) 20 g.

If the patient is still conscious, add large amounts of herbs that purge Heat and detoxify poisons, such as jinyinhua (*Lonicera*), lianqiao (*Forsythia*), pugongying (*Taraxacum*), daqingye (*Isatis tinctoria*) and dahuang (*Rheum palmatum*). Alternatively, use Wu Wei Xiao Du Yin (Five-Ingredient Detoxification Drink) in combination with large amounts of dahuang (*Rheum palmatum*). Wu Wei Xiao Du Yin has the following composition: pugongying (*Taraxacum*) 20 g, jinyinhua (*Lonicera*) 15 g, yejuhua (*Chrysanthemum indicum*) 12 g, zihuadiding (*Viola*) 12 g, and tiankuizi (*Semiaquilegia adoxoides*) 10 g.

If the patient is comatose, add An Gong Niu Huang Wan to resuscitate and open the orifices.

If there is significant bleeding, add charred cebaiye (*Biota orientalis*) and charred diyu (*Sanguisorba*).

3 Yin Jaundice

Main Symptoms. Jaundice of the skin and sclera, with the color of dull or smoky yellow; diminished appetite, epigastric fullness; lassitude; cold-aversion; and loose feces. The tongue is pale, with white and greasy coating. The pulse is soft and even or deep and slow.

Therapeutic Principle. Strengthen the spleen, settle the stomach and use warm herbs to dispel Cold and remove Dampness.

Treatment. Yinchen Zhu Fu Tang (Artemisia-Atractylodes-Aconitum Decoction). It has the following composition: yinchenhao (*Artemisia*) 30 g, processed fuzi (*Aconitum*) 6 g, baizhu (*Atractylodes*) 10 g, ganjiang (*Zingiber*) 10 g, gancao (*Glycyrrhiza*) 6 g, and rougui (*Cinnamomum*) 6 g.

For abdominal distention with a thick tongue coating, remove baizhu and ganjiang but add cangzhu (*Atractylodes lancea*) and houpo (*Magnolia*) to dry Dampness and reduce distention.

If gallstones obstruct the bile tract, with jaundice of the skin and sclera, there may be right-sided subcostal pain radiating to the shoulder or upper back, or cold-intolerance, fever and clay-colored feces. Use Da Chaihu Tang augmented with yinchenhao, jinqiancao (*Glechoma*), haijinsha (*Lygodium*) and yujin (*Curcuma*) to eliminate gallstones, normalize gallbladder function, cool Heat and remove jaundice.

If ascarid worms obstruct the bile tract, there may be abrupt appearance of jaundice and intermittent subcostal pain as though being drilled. Use Wumei Wan augmented with yinchenhao, zhizi (*Gardenia*), chuanlianzi (*Melia*) and binglang (*Areca*) to relieve pain, normalize the function of the gallbladder, remove jaundice and expel the ascarid worms.

V Acupuncture Treatment

Yang Jaundice. Select the acupoints Danshu (BL-19), Taichong (LR-3) and Neiting (ST-44). Use filiform needles and apply the reducing method.

Yin Jaundice. Select the acupoints Danshu (BL-19), Pishu (BL-20), Yinlingquan (SP-9) and Sanyinjiao (SP-6). Use filiform needles and apply the even method.

VI Case Study

The patient was a 17-year old male student who had abrupt onset of jaundice 5 days earlier. Its color was orange. He had dizziness, a bitter taste, reddish-yellow urine, dry feces, epigastric distention, nausea, anorexia, afternoon temperature of 37.2–37.6°C (99–99.7°F) in the afternoon, lassitude and somnolence.

On examination, his general condition was fair. He had jaundice of the skin and sclera. The lung was clear on auscultation. The cardiac border was normal on percussion. The heart rate was 90/min, with regular rhythm. The liver was palpable at 2 cm below the rib margins and was tender to pressure. There was no edema. Neurological examination showed no abnormality. The tongue was plump, with thick white and greasy coating. The pulse was slippery and rapid.

Liver function tests were abnormal, showing the following: ALT 2615 U/l, AST 932 U/l, bilirubin 8.1 mg%, direct bilirubin 4.6 mg% and anti-HA IgM positive. He was diagnosed to have “acute infectious hepatitis with jaundice”.

Diagnosis. Jaundice of the Yang type due to accumulated Dampness-Heat steaming the liver and the gallbladder, causing blockage and forcing bile to overflow and extravasate.

Therapeutic Principle. Remove blockage, mobilize liver and gallbladder Qi, cool Heat, eliminate Dampness and detoxify poisons.

Treatment and Course. The prescription had the following composition: yinchenhao (*Artemisia*) 30 g, chaihu (*Bupleurum*) 15 g, huangqin (*Scutellaria*) 10 g, zhizi (*Gardenia*) 10 g, cangzhu (*Atractylodes*) 10 g, houpo (*Magnolia*) 15 g, chenpi (*Citrus tangerina*) 10 g, banxia (*Pinellia*) 12 g, zhuru (*Phyllostachys nigra*) 15 g, fengweicao (*Pteris multifida*) 15 g, and shuihonghuazi (*Polygonum orientale*) 10 g. Note: yinchenhao was decocted first.

After seven daily doses, the jaundice lightened. Epigastric fullness, nausea and anorexia also improved. The low-grade fever subsided. Defecation came on alternate days. Urine remained reddish-yellow. Lassitude and weakness persisted. He was averse to pungent or fishy odors. His tongue coating was white and greasy, and his pulse taut and slippery.

Diagnosis. Persistent Dampness-Heat difficult to eradicate.

The prescription was changed. The new prescription had the following composition: yinchenhao (*Artemisia*) 30 g, jinqiancao (*Glechoma*) 30 g, chuipencao (*Sedum sarmentosum*) 15 g, chaihu (*Bupleurum*) 15 g, huangqin (*Scutellaria*) 10 g, tufuling (*Smilax glabra*) 15 g, baihuasheshecao (*Oldenlandia diffusa*) 15 g, fengweicao (*Pteris multifida*) 15 g, fried gancao (*Glycyrrhiza*) 4 g, zelan (*Lycopus lucidus*) 10 g, tubiechong (*Eupolyphaga sinensis*) 10 g, and Qiancao (*Rubia*) 10 g.

After seven daily doses of the new prescription, jaundice disappeared and the patient's appetite improved markedly. Liver function tests now showed ALT 141 U/l, AST 42 U/l and direct bilirubin 2.1 mg%. The prescription was continued for 14 days. At follow-up half a year later, there was no relapse.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of illnesses presenting with jaundice, and discusses the key points for the diagnosis and treatment of these illnesses.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of jaundice;
2. Master the classification and key points for diagnosis of the main illnesses that present with jaundice;
3. Know the diagnosis, therapeutic methods and treatment of these illnesses.

III Exercises for Review

1. Explain the meaning of jaundice and its clinical significance.
2. Explain the current clinical classification of jaundice.
3. Compare the conditions of jaundice due to deficiency and that due to obstruction.
4. Explain how the pathogenic factors are related to the pathological changes of jaundice. Describe the roles of visceral organs in jaundice.
5. Explain the differentiation between the illnesses causing jaundice.
6. Compare and contrast the diagnosis and treatment of Yang jaundice, acute jaundice and Yin jaundice.

IV Additional Exercises

1. Provide an analysis of the formula of combined Mahuang Lianqiao Chixiaodou Tang and Gan Lu Xiao Du Dan used in treatment of Yang jaundice due to Dampness-Heat with exterior symptoms.
2. Provide an analysis of the formula Yinchenhao Tang used in treatment of Yang jaundice due to Dampness-Heat with stronger Heat than Dampness.
3. Provide an analysis of the formula Yinchen Si Ling Tang used in treatment of Yang jaundice due to Dampness-Heat with stronger Dampness than Heat.
4. Provide an analysis of the formula Shuiniujiao San used in treatment of acute jaundice.
5. Provide an analysis of the formula Yinchen Zhu Fu Tang used in treatment of Yin jaundice.
6. Provide an analysis of the formula used in the Case Study. Explain the change in treatment after a week and provide an analysis of the new formula.

Chapter 19

Edema

Edema is the abnormal retention and accumulation of water in the body as a result of failure of the lung, the spleen and the kidney in their functions of transforming, transporting and distributing fluids. The excess water then overflows into the interstitial tissues in the muscles and the skin. Clinically, it is seen as puffy swelling in the head, face, eyelids, extremities, the trunk, or even the entire body.

The causes of the dysfunction of the lung, the spleen and the kidney that can lead to edema include attack by exogenous disease-causing pathogens, improper diet and internal injury by over-exhaustion. Based on the nature of these causative factors, the book *Danxi's Experiential Therapy* classifies edema in two main groups: Yang edema and Yin edema.

I Etiology and Pathology

The formation of edema is the manifestation of dysfunction of Qi transformation throughout the body. This dysfunction may be due to attack by exogenous pathogenic evils or to internal injury. The principal abnormality is in the *zang* organs, the lung, the spleen and the kidney; but the process also involves the *fu* organs, the urinary bladder and the sanjiao.

Among the *zang* viscera, the kidney is the root and the lung is the appearance, while the spleen controls water movement. If there is impairment of the dispersion function of the lung, the transportation function of the spleen and the gate-controlling function of the kidney, then the sanjiao loses its ability to regulate water and gall bladder-Qi its activity. This failure impairs the proper circulation of water, so that it overflows its normal channels into the skin and muscles and produces edema.

1 *Yang Edema*

Wind Invasion to the Lung. This impairs the lung's ability to ventilate. The lung is the upper source of water, and it governs dispersion and descending. When exogenous Wind lodges in the lung, its dispersion and descending are impaired. As a result, water movement also becomes impaired. The interaction between exogenous Wind and the retained water leads to the overflow of water into the superficies, giving rise to edema.

Dampness Infiltrating the Spleen. Dampness infiltrating the spleen can trap spleen-Qi. The spleen prefers to be dry. Living in a humid place, wading in water or getting drenched by rain can all conduce to Dampness attacking the middle-jiao. Overindulgence in raw and cold foods can also conduce to attack by Dampness. When Dampness traps spleen-Qi, the spleen is unable to transport and transform water. Water then overflows its normal pathways into the superficies and gives rise to edema.

Internalization of Dampness Toxin. The superficies is the exterior region governed by the visceral organs of the lung and the spleen. When lesions of the superficies, such as abscesses and carbuncles, are inadequately treated to eradicate their poisons the poisons can transmit to the interior and attack the lung and the spleen. This attack can impair the spleen's ability to transform and transport water and the lung's ability to regulate the water pathways. Water can then overflow into the superficies and give rise to edema.

Dampness-Heat Accumulation. Accumulation and gelling of Dampness can trap sanjiao-Qi and transform into endogenous Heat. Dampness and Heat in the sanjiao prevents the ascending of the clear and the descending of the turbid. Obstruction of sanjiao-Qi movement induces blockage of water passage, leading to water overflowing its normal pathways and giving rise to edema.

2 *Yin Edema*

Spleen-Yang Deficiency. This may result from overindulgence in improper diets or excessive physical fatigue. In either case, the spleen and the stomach are injured and their ability to transport and transform water impaired. The retained water has nowhere to go but to overflow into the superficies, giving rise to edema.

Kidney-Yang Deficiency. The kidney governs water metabolism and is in charge of the discharge and retention of fluid. Overindulgence in sexual activity, multiple pregnancies, and protracted illness improperly or inadequately treated can all consume kidney-Qi. Failure of the kidney in Qi transformation and water circulation results in water retention, hence to water overflowing into the superficies and giving rise to edema.

II Clinical Manifestation

When edema first develops it tends to affect the eyelids. From the eyelids it spreads to the rest of the face and to the distal extremities. It then progresses to the trunk. Sometimes, edema can begin in the feet and progress up the legs and eventually the entire body.

In mild cases, edema may be limited to the eyelids, the face and the distal lower extremities. In severe cases, the entire body may be affected. The abdomen may be markedly distended (ascites), and the chest may become tight with palpitation of the heart and orthopnea. In even more severe cases, there may be anuria, nausea, vomiting, fetid halitosis, epistaxis and gingival bleeding. There may even be critical symptoms such as headache, convulsion, delirium or coma.

III Key Points of Analysis

Yang Edema versus Yin Edema. Yang edema develops mainly when exogenous pathogenic evil invades the body and causes visceral organ dysfunction. Yang edema generally begins high in the body and progresses downward to affect the entire body. The skin overlying Yang edema tends to be stretched and lustrous, and the edema is non-pitting (the skin depressed by pressure rebounds promptly upon release of pressure). There may be such accompanying symptoms of Heat or strength, such as restlessness, fever, thirst, scanty dark urine or constipation.

Yin edema develops mainly when improper diet, excessive fatigue, sexual overindulgence or protracted illness injures genuine Qi, causing spleen and kidney dysfunction. Yin edema tends to develop insidiously and has a prolonged and fluctuating course. It generally begins low in the body and progresses upward to affect the entire body. The skin overlying Yin edema tends to be loose, and the edema is pitting (pressure leaves a depression which persists for minutes). There may be accompanying symptoms of Cold or deficiency, such as oliguria, loose feces, lassitude and weakness without thirst.

Lingering Yang edema can turn into Yin edema if genuine Qi is depleted or water retention is severe. Yin edema can manifest some features of Yang edema if there is superimposed invasion by exogenous pathogen or a sudden increase in swelling. Thus, Yang edema and Yin edema may be intermingled.

Regional Correlation. The location of edema and the associated symptoms are useful for identifying the main visceral organ that is diseased.

If edema is in the eyelids and face and there are chills and fever, cough and panting respiration, the disease is in the lung.

If edema is the face and limbs and there is palpitation of the heart, the disease is in the heart.

If edema affects the entire body (anasarca) and there are heaviness in the limbs, fullness in the abdomen and anorexia, the disease is in the spleen.

If edema is mainly below the waist and there are aching weakness in the waist and knees and cold limbs, the disease is in the kidney.

If edema affects the entire body (anasarca) with subcostal and abdominal distention (ascites), so that it is difficult to move or turn over, the disease is closely related to a pathological condition of the liver.

IV Herbal Treatment

1 *Yang-edema*

i Wind Invasion to the Lung

Main Symptoms. Rapid onset edema of the eyelids, followed over time by edema of the limbs and the entire body; chills and fever; joint and limb aches; and difficulty with urination. If Wind is joined by Heat, there are sore throat, a red tongue and a floating, slippery and rapid pulse. If Wind is joined by Cold, there are cold-intolerance, cough, a thin white tongue coating and a floating and slippery or deep and tight pulse.

Therapeutic Principle. Dispel Wind, cool Heat, unblock the lung and mobilize water.

Treatment. Yue Bi Jia Zhu Tang (Yue Maid Decoction with *Atractylodes*). It has the following composition: mahuang (*Ephedra*) 6 g, shigao (gypsum) 15 g, baizhu (*Atractylodes*) 12 g, shengjiang (*Zingiber*) 4 g, dazao (*Ziziphus*) 6 g, and raw gancao (*Glycyrrhiza*) 4 g.

If there is Heat as well as Wind, add lianqiao (*Forsythia*), banlangen (*Isatis*), fresh baimaogen (*Imperata*) and herbs with similar actions to unblock the lung and cool Heat.

If there is Cold as well as Wind, remove shigao and add zisu leaf (*Perilla*), guizhi (*Cinnamomum*) and fangfeng (*Saposhnikovia*) to release the exterior.

If Defensive-Yang is deficient, with much sweating and wind-aversion, use instead Fangji Huangqi Tang (Stephania-Astragalus Decoction) to invigorate the Defensive Level and mobilize water.

ii Dampness Infiltrating the Spleen

Main Symptoms. Pitting edema over the entire body; oliguria; chest tightness with dysphoria; and heaviness of the body. The tongue coating is white and greasy, and the pulse deep and even. The onset is gradual and the course prolonged.

Therapeutic Principle. Strengthen the spleen, eliminate Dampness, stimulate Yang and promote diuresis.

Treatment. Combined Wu Pi Yin (Five-Peels Drink) and Wei Ling Tang (Stomach Fuling Decoction). The combined composition is as follows: chenpi (*Citrus tangerina*) 10 g, cangzhu (*Atractylodes*) 10 g, houpo (*Magnolia*) 6 g, dafupi (*Areca catechu*) 10 g, zhuling (*Polyporus*) 15 g, fuling peel (*Poria*) 30 g, sangbaipi (*Morus*) 10 g, zexie (*Alisma*) 15 g, baizhu (*Atractylodes*) 10 g, guizhi (*Cinnamomum*) 6 g, shengjiang (*Zingiber*) 6 g, dazao (*Ziziphus*) 6 g, and ganciao (*Glycyrrhiza*) 6 g.

If edema is very severe and causes wheezing, add mahuang (*Ephedra*), xingren (*Prunus armeniaca*) and tinglizi (*Lepidium*) to purge evils from the lung, mobilize water and relieve wheezing.

iii Internalization of Dampness Toxin

Main Symptoms. Edema beginning in the eyelids and progressing to the entire body; difficulty with urination; skin abscesses and carbuncles that may fester; wind-aversion and fever. The tongue is red, with thin yellow coating, and the pulse is floating, slippery and rapid.

Therapeutic Principle. Unblock the lung, detoxify poisons, eliminate Dampness and reduce swelling.

Treatment. Combination of Mahuang Lianqiao Chixiaodou Tang (Ephedra-Forsythia-Phaseolus Decoction) and Wu Wei Xiao Du Yin (Five-Ingredients Detoxification Drink).

For carbuncles and abscesses that have ruptured with erosion, add kushen (*Sophora*) and tufuling (*Smilax glabra*).

If there is much Wind with pruritus, add baixianpi (*Dictamnus dasycarpus*) and difuzi (*Kochia scoparia*).

If there is Heat in blood producing local inflammation in the skin, add mudanpi (*Paeonia suffruticosa*), chishaoyao (*Paeonia lactiflora*) and dahuang (*Rheum palmatum*).

iv Dampness-Heat Accumulation

Main Symptoms. Anasarca with stretched and lustrous skin; epigastric and abdominal fullness; dysphoria, thirst; dark urine; and constipation. The tongue coating is yellow and greasy, and the pulse is slippery and rapid or deep and rapid.

Therapeutic Principle. Eliminate Heat and Dampness.

Treatment. Shu Zao Yin Zi (“Excavating” Drink). It has the following composition: Qianghuo (*Notopterygium*) 10 g, Qinjiao (*Gentiana*) 10 g, dafupi (*Areca catechu*) 15 g, fuling peel (*Poria*) 30 g, shengjiang peel (*Zingiber*) 10 g, zexie (*Alisma*) 10 g, mutong (*Akebia quinata*) 6 g, huajiao seed (*Zanthoxylum bungeanum*) 6 g, chixiaodou (*Phaseolus calcaratus*) 30 g, and binglang (*Areca*) 10 g.

If abdominal distention and constipation fail to respond to this formula, add fangji (*Stephania*), tinglizi (*Lepidium*) and dahuang (*Rheum palmatum*) to enhance purgation.

If Dampness and Heat have injured Yin, use Zhuling Tang (Polyporus Decoction) to nourish Yin and promote diuresis.

2 Yin-edema

i Spleen-Yang Deficiency

Main Symptoms. Anasarca, with pitting edema most prominent below the waist; epigastric and abdominal distention; poor appetite; loose feces; lusterless complexion; lassitude; cold limbs; and oliguria. The tongue is pale, with white and greasy or white and smooth coating. The pulse is deep and even.

Therapeutic Principle. Warm and invigorate spleen-Yang, promote diuresis and eliminate Dampness.

Treatment. Shi Pi Yin (Spleen-Strengthening Drink). It has the following composition: processed fuzi (*Aconitum*) 6 g, ganjiang (*Zingiber*) 6 g, caoguo (*Amomum tsao-ko*) 10 g, fuling (*Poria*) 30 g, baizhu (*Atractylodes*) 10 g, fried gancao (*Glycyrrhiza*) 6 g, shengjiang (*Zingiber*) 6 g, dazao (*Ziziphus*) 6 g, dafupi (*Areca catechu*) 12 g, muxiang (*Aucklandia*) 10 g, houpo (*Magnolia*) 10 g, and mugua (*Chaenomeles*) 10 g.

If there is shortness of breath with a weak voice, add renshen (*Panax*) and huangqi (*Astragalus*).

If there is oliguria, add guizhi (*Cinnamomum*) and zexie (*Alisma*) to mobilize Qi and water.

ii Kidney-Yang Deficiency

Main Symptoms. Persistent pitting anasarca, especially prominent below the waist; palpitation of the heart; tachypnea; lumbar aches; cold-aversion; lassitude; either oliguria or polyuria; and a pallid or gray complexion. The tongue is pale and plump, with white coating. The pulse is deep, slow, threadlike and feeble.

Therapeutic Principle. Warm the kidney, invigorate Yang, promote Qi transformation and mobilize water.

Treatment. Combined Ji Sheng Shen Qi Wan (Life-Promoting kidney-Qi Decoction) and Zhen Wu Tang. The combined composition is as follows: processed fuzi (*Aconitum*) 9 g, rougui (*Cinnamomum*) 6 g, cheqianzi (*Plantago*) 10 g, fuling (*Poria*) 30 g, zexie (*Alisma*) 12 g, baizhu (*Atractylodes*) 10 g, baishaoyao (*Paeonia*) 10 g, and niuxi (*Achyranthes*) 10 g.

For palpitation of the heart and cyanosis of the lips, increase the amount of fuzi and add guizhi (*Cinnamomum*) and danshen (*Salvia*) to warm Yang and remove blood stasis.

For dyspnea, add gejie (*Gekko gecko*) and wuweizi (*Schisandra*), or use Hei Xi Dan.

For lassitude, somnolence, nausea and halitosis smelling like urine, add dahuang (*Rheum palmatum*), huanglian (*Coptis*) and wuzhuyu (*Evodia*).

V Acupuncture Treatment

1 Yang-edema

Select the acupoints Feishu (BL-13), Lieque (LU-7), Shuifen (CV-9), Sanjiaoshu (BL-22) and Yinlingquan (SP-9). Use filiform needles and apply the reducing method.

2 Yin-edema

Select the acupoints Pishu (BL-20), Shenshu (BL-23), Shuifen (CV-9) and Sanyinjiao (SP-6). Use filiform needles and apply the reinforcing method. Warming-needle moxibustion may also be applied.

VI Case Study

The patient was a 26-year old male who had edema developing over 5 years. At the outset he had intermittent chest tightness with palpitations of the heart. He began to notice edema of the feet, which gradually extended upward. At the time of admission he had nausea, vomiting, palpitation of the heart, shortness of breath with orthopnea, marked oliguria, watery feces, cyanotic lips, and crimson cheeks as though rouged.

Examination revealed extensive and marked edema from the feet to the waist. The abdomen was markedly distended. The tongue coating was white, smooth and greasy. The pulse was threadlike, rapid and taut.

Diagnosis. Edema due to Yang deficiency, with Qi stagnation and blood stasis.

Treatment and Course. Augmented Zhen Wu Tang was prescribed. The expanded composition was as follows: processed fuzi slices (*Aconitum*) 6 g, shengjiang (*Zingiber*) 6 g, fried baizhu (*Atractylodes*) 9 g, baishaoyao (*Paeonia*) 9 g, fuling (*Poria*) 15 g, sharen (*Amomum villosum*) 2 g, and muxiang (*Aucklandia*) 2 g.

After four doses, the quantity of urine increased and edema in the lower limbs essentially disappeared except in the feet. Abdominal distention, nausea and vomiting improved, but the cheeks were still crimson. He had recurrent episodes of restlessness and dysphoria, and a cough that produced blood-streaked sputum. His pulse remained threadlike and rapid, and was somewhat taut.

Diagnosis. Protracted illness with restless dysphoria; floating Yang not pulled back; and Liver-Fire attacking the lung.

He was treated with the same formula without muxiang and in combination with Dai Ge San (Indigo and Concha Powder). After two doses, cough stopped and the patient began to recover.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of edema and discusses the diagnosis and treatment of the various illnesses that present with edema.

II Objectives of Study

After completing this chapter the learners will:

1. Know etiology and pathogenesis of edema;
2. Understand its classification and key points for diagnosis;
3. Know the diagnosis and treatment of the main illnesses that present with edema.

III Exercises for Review

1. Describe the role of the lung, the spleen and the kidney in the pathogenesis of edema.
2. Explain the key points in the differential diagnosis of edema.
3. Describe the diagnosis and treatment of the main illnesses that present with edema.
4. Compare Yin edema and Yang edema, and their treatment.

IV Additional Exercises

1. Provide an analysis of the formula Yue Bi Jia Zhu Tang used in treatment of Yang-edema due to Wind invasion in the lung.
2. Provide an analysis of the prescription (combined Wu Pi Yin and Wei Ling Tang) used in treatment of Yang-edema due to Dampness infiltrating the spleen.
3. Provide an analysis of the prescription (combined Mahuang Lianqiao Chixiaodou Tang and Wu Wei Xiao Du Yin) used in treatment of Yang-edema due to internalization of Dampness toxin.
4. Provide an analysis of the formula of Shu Zao Yin Zi used in treatment of Yang-edema due to Dampness-Heat accumulation.
5. Provide an analysis of the formula of Shi Pi Yin used in treatment of Yin-edema due to spleen-Yang deficiency.
6. For the Case Study, explain the rationale for the augmentation of Zhen Wu Tang. Explain why this failed to eradicate the illness, and the rationale for the modifications (subtraction of muxiang and addition of Dai Ge San) which led to complete recovery of the patient.

Chapter 20

Dysuria

Dysuria is painful urination due to impedance of flow in the urethra, and is often characterized by frequency and urgency, yet dribbling of urine. Sometimes there is spasm in the lower abdomen, which may extend to the upper abdomen or flank. Typically, the pain of dysuria is prickling or burning in quality.

According to variations in etiology and clinical characters dysuria may be classified into six groups: Heat-dysuria, Qi-dysuria, chyle-dysuria, stone-dysuria, blood-dysuria, and overstrain-dysuria.

I Etiology and Pathology

Dysuria results from disorder of the transformation of kidney and urinary bladder Qi. The condition is located in the bladder and the kidney, but also bears a relationship to the spleen and the liver. In the initial stages it is mainly a condition of strength, due to the accumulation of Dampness and Heat in the lower-jiao, which impairs bladder-Qi transformation. If it persists, it may turn into one of deficiency, or a mingling of strength and deficiency.

Dampness-Heat in Urinary Bladder. Dampness and Heat attack the urinary bladder through several mechanisms. Contamination or inadequate hygiene of the meatus may lead to these Pathogenic Evils invading the bladder. Overindulgence in fats, sweets or alcohol may result in the impairment of spleen and stomach functions, conducing to the rise of endogenous Dampness and Heat, which can move downward into the bladder. Strong Heart-Fire can move into the small intestine, and thence flow into the bladder. All these can impair bladder-Qi transformation and the passage of water.

If the urine is scorching hot and its passage causes prickling pain, it is Heat-dysuria. If Dampness-Heat accumulation is longstanding, the impurities in the urine may condense and form grains of sand or stone. This is stone-dysuria. If strong Heat injures the blood vessels and induces blood to move wildly or erratically, blood may overflow into urine. This is blood-dysuria. If Dampness and Heat attack

downward, they can easily impair bladder-Qi transformation. This in turn impairs the bladder's ability to separate the clear from the turgid. Milky urine may result. This is chyle-dysuria.

Insufficiency of Spleen and Kidney. Several mechanisms lead to the insufficiency of the spleen and the kidney, including Dampness-Heat consuming genuine Qi, senescence, weakening by prolonged illness, excessive physical strain and excessive sexual indulgence. Protracted dysuria resistant to treatment may also injure the spleen and the kidney. Spleen insufficiency allows middle-jiao-Qi to sink. Sinking of middle-jiao-Qi leads to Qi-dysuria. If spleen-Qi fails to control blood movement, blood may overflow into urine and lead to blood-dysuria. Kidney insufficiency allows lower-jiao-Qi to leak. This leakage may lead to continual dribbling of urine. An insufficient kidney fails to prevent nutritive substances from leaking, so that the urine becomes creamy and turbid. This is chyle-dysuria. Deficiency of kidney-Yin may give rise to Fire, which burns and injures the blood channels and produces blood-dysuria. If excessive physical strain induces dribbling of urine, it is overstrain-dysuria.

Stagnation of Liver-Qi. Stagnation or trapping of liver-Qi by any cause may give rise to Fire. Fire attacking the lower-jiao impairs bladder-Qi transformation, which in turn leads to distention of the lower abdomen and dribbling dysuria. This is the strength-type of Qi-dysuria.

II Clinical Manifestation

Dysuria is painful urination that is usually dribbling. Characteristically, there often are frequency, urgency, and a sensation of impeded urine flow or burning in the urethra. There is a desire to urinate but difficulty in doing so. There may be spasm or pain in the lower abdomen, which sometimes extends or radiates to the upper abdomen or the flanks.

Each of the six main types of dysuria has unique features in addition to these common features. Heat-dysuria typically begins abruptly, and the pain is burning in quality. The urine is dark and hot, and fever is common. Qi-dysuria often presents with lower abdominal fullness and pain, especially distention in the lower abdomen. Urination is difficult with pain and dribbling. This is often exacerbated by emotional distress. In stone-dysuria the patient often discharges sand grains or stones in the urine. Often, urination is interrupted and the urethral pain is excruciating. There may be colicky pain in the flanks and abdomen. In blood-dysuria the urine may be deep red or bloody with clots. The dysuria is burning in quality and urine flow is impeded. In chyle-dysuria typically the urine is turgid like rice-water or greasy and creamy. In overstrain-dysuria urination is dribbling, and there often is recurrent lumbago precipitated by excessive physical exertion.

III Key Points of Analysis

Types of Dysuria. The following are diagnostic symptoms. Heat-dysuria: burning sensation with prickling pain on urination. Stone-dysuria: sand grains or stones in the urine. Blood-dysuria: blood in the urine. Qi-dysuria: lower abdominal distention and dribbling urination. Chyle-dysuria: urine like rice-water or cream. Overstrain-dysuria: recurrent dribbling precipitated by physical overstrain.

Deficiency versus Strength. In the early stages, dysuria is mostly a condition of strength. Strength-type dysuria is mainly caused by Dampness-Heat, stones or Qi stagnation. Characteristic symptoms include burning or prickling dysuria or sand grains, stones or blood in the urine, lower abdominal spasm or fullness, a yellow greasy tongue coating and a slippery, rapid and forceful pulse. Persistent dysuria with frequent recurrence or injured genuine Qi is a condition of deficiency. Deficiency-type dysuria is mainly due to insufficiency of the spleen and kidney or deficiency of Qi and Yin. Characteristic symptoms include dribbling of urine, a pale tongue with thin coating and a threadlike and feeble pulse. Sometimes deficiency and strength are intermixed. This may result from either superimposed exogenous pathogenic evil upon a deficiency state or persistent strength causing injury to genuine Qi.

IV Herbal Treatment

1 Heat-Dysuria

Main Symptoms. Burning and prickling dysuria, urinary frequency, scanty dark urine and lower abdominal spasm or flank pain with guarding; or, chills and fever, bitter taste and nausea or constipation. The tongue coating is yellow and greasy. The pulse is soft and rapid or slippery and rapid.

Therapeutic Principle. Cool Heat, eliminate Dampness and relieve dysuria.

Treatment. Ba Zheng San (Eight-Herb Rectification Powder).

For constipation and abdominal distention, use a larger amount of dahuang and add zhishi (*Citrus aurantium*) to relax the bowels and purge Heat.

For chills and fever and bitter taste, add Xiao Chaihu Tang to harmonize Shaoyang.

2 Stone-Dysuria

Main Symptoms. Sand or stone in the urine; impeded urination or abrupt interruptions in urination; urethral constriction and pain; colicky lower abdominal or flank

pain; and blood in the urine. The tongue is red, with thin yellow coating, and the pulse is taut or intermittent and rapid.

Therapeutic Principle. Cool Heat, eliminate Dampness, eliminate stones and relieve dysuria.

Treatment. Augmented Shiwei San (Pyrrosia Powder). Shiwei San has the following composition: shiwei (*Pyrrosia petiolosa*) 30 g, dongkuizi (*Malvia verticillata*) 12 g, qumai (*Dianthus superbus*) 10 g, huashi (talcum) 12 g, and cheqianzi (*Plantago*) 15 g. The augmented formula is especially efficacious for promoting urination and relieving dysuria, and is designed for stone-dysuria. It may be augmented with jinqiancao (*Glechoma*), haijinsha (*Lygodium*) and jinei jin (*Gallus gallus domesticus*) to dissolve solids and remove stones.

For severe flank and abdominal colic, add baishaoyao (*Paeonia*) and raw gancao (*Glycyrrhiza*) to relieve colic and pain.

For blood in the urine, add xiaoji (*Cephalanoplos*), shengdihuang (*Rehmannia*) and oujie (*Nelumbo nucifera*) to cool blood and stop bleeding.

If stone-dysuria persists and consumes Qi and Yin, manifested by lusterless complexion, lassitude, weakness, a pale tongue and a threadlike and feeble pulse, there is now deficiency in addition to strength. Use Ba Zhen Tang augmented with haijinsha (*Lygodium*) and huashi (talcum).

For dull pain in the flanks and abdomen, hotness in the palms and soles, a red tongue with little coating and a threadlike and rapid pulse, use Liu Wei Dihuang Wan together with Shiwei San.

3 *Qi-Dysuria (Deficiency-Type)*

Main Symptoms. Lower abdominal distention with downward pressure; incomplete urination with dribbling; pale complexion; a pale tongue; and a depletive, threadlike and forceless pulse.

Therapeutic Principle. Nourish the middle-jiao and augment Qi.

Treatment. Bu Zhong Yi Qi Tang (Middle-Restoring and Qi-Augmenting Decoction).

If there is deficiency of kidney-Qi as well as spleen-Qi, add duzhong (*Eucommia*) and niuxi (*Achyranthes*).

4 *Qi-Dysuria (Strength-Type)*

Main Symptoms. Impeded urination with dribbling of urine; lower abdomen distention and pain; thin white tongue coating; and a deep and feeble pulse.

Therapeutic Principle. Normalize Qi movement and promote urination.

Treatment. Chenxiang San (Aquilaria Powder). It has the following composition: chenxiang (*Aquilaria*) 3 g, chenpi (*Citrus tangerina*) 10 g, danggui (*Angelica*) 12 g, baishaoyao (*Paeonia*) 15 g, shiwei (*Pyrrosia petiolosa*) 30 g, huashi (talcum) 10 g, dongkuizi (*Malvia verticillata*) 10 g, wangbuliuxing (*Vaccaria segetalis*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

If liver-Qi stagnation is especially severe, manifested by unbearable distention and fullness in the lower abdomen, add Qingpi (*Citrus tangerina*), wuyao (*Lindera*) and xiaohuixiang (*Foeniculum vulgare*) to regulate Qi and relieve stagnation.

5 *Blood-Dysuria (Deficiency-Type)*

Main Symptoms. Light red urine; mild dysuria; aching weakness of the waist and knees; lassitude and weakness. The tongue is pale red, and the pulse threadlike and rapid.

Therapeutic Principle. Nourish Yin, clear Heat, restore the deficient and stop bleeding.

Treatment. Zhi Bai Dihuang Wan (Anemarrhena-Phellodendron-Rehmannia Pill).

To enhance the ability to restore and stop bleeding, add moliancao (*Eclipta*), ejiao (*Equus asinus*) and xiaoji (*Cephalanoplos*).

If Yin deficiency is complicated by Dampness-Heat, add zhuling (*Polyporus*) and fuling (*Poria*).

6 *Blood-Dysuria (Strength-Type)*

Main Symptoms. Burning prickling dysuria, dark red urine or urine containing blood clots, and lower abdominal fullness and pain; or, restlessness. The tongue coating is yellow, and the pulse slippery and rapid.

Therapeutic Principle. Clear Heat, relieve dysuria, cool blood and stop bleeding.

Treatment. Xiaoji Yin Zi (Thistle Decoction).

If there is much blood in the urine with severe pain, add powdered sanQi (*Panax pseudoginseng*), powdered huashi (talcum) and baimaogen (*Imperata*) to relieve blood stasis and stop bleeding.

7 *Chyle-Dysuria (Deficiency-Type)*

Main Symptoms. Persistent and recurrent but mild dysuria, rice-water or creamy urine, emaciation, lassitude and aching weakness in the waist and knees. The tongue is pale with greasy coating, and the pulse is deep and feeble.

Therapeutic Principle. Restore what is deficient and astringe what leaks.

Treatment. Gao Lin Tang (Chyle-Dysuria Decoction). It has the following composition: dangshen (*Codonopsis*) 10 g, shanyao (*Dioscorea*) 15 g, shengdihuang (*Rehmannia*) 10 g, Qianshi (*Euryale ferox*) 12 g, longgu (fossil bone) 30 g, muli (*Ostrea*) 30 g, and baishaoyao (*Paeonia*) 10 g.

If deficient middle-jiao-Qi sinks, use Bu Zhong Yi Qi Tang in combination with Gao Lin Tang.

8 *Chyle-Dysuria (Strength-Type)*

Main Symptoms. The urine is like rice-water, and if left standing for a while there are thorn-like sediments and a floating layer of cream or fat globules. Sometimes the urine contains blood. Impeded urine flow with burning urethral pain; a red tongue with yellow and greasy coating; and a soft and rapid pulse.

Therapeutic Principle. Cool Heat, separate the clear from the turbid and eliminate turbid Dampness.

Treatment. Beixie Fen Qing Yin (*Dioscorea* Clear-Separating Drink). It has the following composition: beixie (*Dioscorea hypoglauca*) 24 g, cheqianzi (*Plantago*) 10 g, fuling (*Poria*) 15 g, shichangpu (*Acorus*) 10 g, baizhu (*Atractylodes*) 10 g, lianzixin (*Nelumbo*) 12 g, danshen (*Salvia*) 12 g, and huangbai (*Phellodendron*) 6 g.

If there is lower abdominal fullness with impeded urine flow, add wuyao (*Lindera*) and Qingpi (*Citrus tangerina*).

9 *Overstrain-Dysuria*

Main Symptoms. Persistent but intermittent dribbling of urine, precipitated by physical strain; mild dysuria; lassitude; weakness; and aching weakness of the waist and knees. The tongue is pale, and the pulse is depletive and feeble.

Therapeutic Principle. Strengthen the spleen and nourish the kidney.

Treatment. Wu Bi Shanyao Wan (Incomparable *Dioscorea* Pill). It has the following composition: shanyao (*Dioscorea opposita*) 30 g, fuling (*Poria*) 12 g, shudihuang (*Rehmannia*) 12 g, shanzhuyu (*Cornus*) 12 g, bijitian (*Morinda*) 10 g, duzhong (*Eucommia*) 10 g, niuxi (*Achyranthes*) 12 g, wuweizi (*Schisandra*) 10 g, roucongong (*Cistanche*) 10 g, chishizhi (*halloysite*) 10 g, and zexie (*Alisma*) 10 g.

If the spleen is insufficient and Qi sinks, with the sensation of a full and drooping lower abdomen, remove niuxi and duzhong and add huangqi (*Astragalus*) and dangshen (*Codonopsis*) to augment Qi and raise Yang.

For kidney-Yin deficiency, use Zhi Bai Dihuang Wan in combination with Wu Bi Shanyao Wan.

For kidney-Yang deficiency, use You Gui Wan (kidney-Yang-Augmenting Pill) in combination with Wu Bi Shanyao Wan.

V Acupuncture Treatment

Dampness-Heat in Urinary Bladder. Select the acupoints Panguangshu (BL-28), Zhongji (CV-3), Yinlingquan (SP-9), Xingjian (LR-2) and Rangu (KI-2). Use filiform needles and apply the reducing method.

Insufficiency of Spleen and Kidney. Select the acupoints Panguangshu (BL-28), Pishu (BL-20), Shenshu (BL-23), Guanyuan (CV-4) and Zusanli (ST-36). Use filiform needles and apply the reinforcing and reducing methods simultaneously. Moxibustion may also be applied.

Stagnation of Liver-Qi. Select the acupoints Panguangshu (BL-28), Yanglingquan (GB-34), Xingjian (LR-2), Qimen (LR-14) and Zhigou (SJ-6). Use filiform needles and apply the reducing method.

VI Case Study

The patient was a 34-year old male who had chronic lumbar pain and impotence. A month prior to consultation, he noticed that his urine became turbid and creamy, with granular material in suspension. Urination was impeded, and was followed by urethral pain. He had discomfort in the lower abdomen, which radiated to the flanks. He had lassitude and fatigue through the day and mental clouding by twilight. Examination showed a red tongue with white and smooth coating. His pulse was taut and slippery, but intermittent and rapid.

Diagnosis. Dampness-Heat accumulating and gelling in the lower-jiao.

Therapeutic Principle. Cool Heat, eliminate Dampness, smooth urination and remove turbidity.

Treatment and Course. The prescribed formula had the following composition: tufuling (*Smilax glabra*) 30 g, beixie (*Dioscorea hypoglauca*) 25 g, zexie (*Alisma*) 25 g, shiwei (*Pyrrhosia petiolosa*) 30 g, tusizi (*Cuscuta*) 20 g, lianxu (*Nelumbo nucifera*) 20 g, duzhong (*Eucommia*) 25 g, niuxi (*Achyranthes*) 25 g, jixueteng (*Spatholobus suberectus*) 30 g, dongkuizi (*Malva verticillata*) 20 g, baimaogen (*Imperata*) 50 g, and wujiapi (*Acanthopanax gracilistylus*) 30 g.

After three doses the urine became less turbid. There were still granular material and the urethra still had pain. The same therapeutic principle was followed,

but the formula was modified. It had the following composition: jinqiancao (*Glechoma*) 30 g, haijinsha (*Lygodium*) 15 g, shiwei (*Pyrrosia petiolosa*) 25 g, baimaogen (*Imperata*) 50 g, tufuling (*Smilax glabra*) 30 g, zexie (*Alisma*) 25 g, beixie (*Dioscorea hypoglauca*) 20 g, lianxu (*Nelumbo nucifera*) 20 g, shayuanzi (*Astragalus complanatus*) 25 g, salt-treated buguzhi (*Psoralea*) 15 g, Sichuan xuduan (*Dipsacus*) 20 g, and wujiapi (*Acanthopanax gracilistylus*) 25 g.

After three doses of the modified formula the urine cleared, with only occasional granules. The formula was continued with slight modification in amounts. After three doses, the urine became completely clear and urination was no longer painful. The only symptoms remaining were the aching weakness of the flank and knees and impotence, which he had had for a long time. He was further treated with formulas that nourish the kidney and invigorate Yang.

Note: The dosages of herbs prescribed in this case are relatively strong, which have to be modified in other cases according to the condition of the patients.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of dysuria, and discusses the diagnosis and treatment of illnesses that present with dysuria as a prominent symptom.

II Objectives of Study

After completing this chapter the learners will:

1. Understand the etiology and pathology of dysuria;
2. Know the classification of the illnesses that present dysuria as a prominent symptom, and their diagnosis and treatment.

III Exercises for Review

1. Explain the etiology and pathology of dysuria.
2. Describe the classification of illnesses presenting with dysuria.
3. Compare Heat-dysuria, blood-dysuria, overstrain-dysuria and chyle-dysuria.
4. Explain the differentiation of the deficiency and strength types of Qi-dysuria, and compare their treatment.
5. Compare Qi-dysuria and overstrain-dysuria.
6. Compare stone-dysuria and chyle-dysuria. How do their treatments differ?

IV Additional Exercises

1. Provide an analysis of the formula of Augmented Shiwei San used in treatment of Heat-dysuria.
2. Provide an analysis of the formula Shiwei San used in treatment of stone-dysuria.
3. Provide an analysis of the formula Chenxiang San used in treatment of the strength type of Qi-dysuria.
4. Provide an analysis of the formula Gao Lin Tang used in treatment of the deficiency type of chyle-dysuria.
5. Provide an analysis of the formula Beixie Fen Qing Yin used in treatment of the strength type of chyle-dysuria.
6. Provide an analysis of the formula Wu Bi Shanyao Wan used in treatment of overstrain-dysuria.
7. For the Case Study, provide an analysis of the prescription. Explain the rationale for the subsequent modification of the treatment and why it worked.

Chapter 21

Impotence

Impotence is a condition of adult males characterized by either inadequate erection of the penis or erection that does not last sufficiently long.

I Etiology and Pathology

The location of the abnormality leading to impotence is mainly in the external genitalia and the kidney, but impotence also has a close relationship with the heart, the liver and the spleen. Decline of vital-gate-Yang is the most common in practice, while Dampness-Heat is uncommon.

Decline of Vital-Gate-Yang. A weak constitution, excessive masturbation, too early marriage and child bearing, or sexual overindulgence can lead to deficiency of kidney-essence and decline of vital-gate-Yang. This results in inadequate erection.

Impairment of Spleen and Heart. The Yangming Meridian is the sea of water and grains and is responsible for the nourishment of the penis. Injury of the heart and the spleen by excessive brooding or anxiety can affect the Yangming and the Chong Meridians and lead to deficiency of both Qi and blood. The penis loses its nourishment and impotence may result.

Impairment of Kidney by Fear. Excessive or persistent fear can injure the kidney and cause deficiency of kidney-Qi and kidney-essence. This may result in the penis failing to erect.

Trapping of Liver-Qi. The liver governs the tendons, and the penis is the focal point of all tendons. Brooding and rage can both disturb liver functions and lead to inadequate function of all tendons. In such circumstances the penis may fail to erect.

Downward Flow of Dampness-Heat. Alcoholic or dietary intemperance can easily injure the spleen and the stomach, which in turn may give rise to endogenous Dampness and Heat. Downward flow of Dampness and Heat can cause flaccidity of the penis.

Non-Illnesses. Occasionally, the urogenital system fails to develop normally. Impotence may be an associated feature. Also, certain formulas can adversely affect erectile function.

II Clinical Manifestation

There are two common patterns. In one, there is failure of erection during attempted sexual intercourse but normal erection during dreams. In the other, there is erection that is not sustained. In both patterns there may be spermatorrhea or premature ejaculation. Commonly associated symptoms include thin semen, coldness, aching weakness of the waist and knees, lassitude, and generalized weakness; or, mental depression, timidity and suspiciousness; or, impeded urination and prolonged dribbling.

III Key Points of Analysis

Impotence brought about by unrestrained indulgence, brooding or anxiety is mostly due to deficiency of vital-gate-Fire or insufficiency of the spleen and the kidney. It is a condition of deficiency. Impotence of blockage of the liver giving rise to endogenous Fire or Dampness and Heat flowing downward is due to flaccidity of the penis. It is a condition of strength.

If dizziness, tinnitus, aching weakness of the waist and knees, a pale complexion, cold-aversion, cold limbs, a pale tongue with white coating and a deep and threadlike pulse accompany impotence, the cause is extinction of vital-gate-Fire.

If a lusterless complexion, restless sleep, poor appetite, a thin and greasy tongue coating and a threadlike pulse accompany impotence, the cause is injury to the heart and the spleen, with deficiency of both Qi and blood.

If timidity, suspiciousness, palpitation of the heart, timorousness and a threadlike and taut pulse accompany impotence, the cause is fear or fright injuring the kidney so that kidney-essence becomes deficient.

If dysphoria, a moist or wet and malodorous scrotum, dark urine, a yellow and greasy tongue coating and a soft and rapid pulse accompany impotence, the cause is Dampness and Heat flowing downward.

IV Herbal Treatment

1 *Decline of Vital Gate-Yang*

Main Symptoms. Erectile failure, cold and scant semen; dizziness, tinnitus, pale complexion; aching weakness in the waist and knees; cold-aversion, cold limbs;

and lassitude. The tongue is pale, with white coating, and the pulse is deep and threadlike.

Therapeutic Principle. Warm and tonify the vital gate.

Treatment. You Gui Wan (kidney-Yang-Augmenting Pill).

For prolonged and severe impotence, add yinyanghuo (*Epimedium*), yangqishi (actinolite), buguzhi (*Psoralea*), jiucaizi (*Allium tuberosum*) and other herbs that enhance the kidney-warming and Yang-supporting actions.

Such patients may take Wu Zi Yan Zong Wan (Five Seeds Reproduction Pill) or Zan Yu Dan routinely. The former is more effective in astringing essence, and the latter in warming the kidney.

2 Impairment of Spleen and Heart

Main Symptoms. Erectile failure; low spiritedness; palpitation of the heart; forgetfulness; insomnia, excessive dreams; anorexia; lassitude; and lusterless complexion. The tongue is red, with thin and greasy coating, and the pulse is threadlike and feeble.

Therapeutic Principle. Nourish and strengthen the heart and the spleen.

Treatment. Gui Pi Tang (Spleen-Restoring Decoction).

If kidney-Yang is deficient, add buguzhi (*Psoralea*), tusizi (*Cuscuta*) and yinyanghuo (*Epimedium*).

If blood deficiency is prominent, add heshouwu (*Polygonum*), lujaoshuang (*Cervus nippon*) and the gelatin from guiban (*Chinemys*).

3 Impairment of Kidney by Fear

Main Symptoms. Impotence; palpitation of the heart, fearfulness; timidity; suspiciousness; and restless sleep with nightmares. The tongue coating is thin and greasy, and the pulse is taut and threadlike.

Therapeutic Principle. Strengthen the kidney and calm the mind.

Treatment. Da Bu Yuan Jian (Great Tonic For Genuine Qi). It has the following composition: shudihuang (*Rehmannia*) 15 g, shanzhuyu (*Cornus*) 10 g, shanyao (*Dioscorea*) 10 g, duzhong (*Eucommia*) 10 g, gouqizi (*Lycium*) 10 g, renshen (*Panax*) 10 g, danggui (*Angelica*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

To nourish the heart and calm the spirit, add suanzaoren (*Ziziphus*) and yuanzhi (*Polygala*).

For the sinking of Qi due to fear, add shengma (*Cimicifuga*) and chaihu (*Bupleurum*) to raise Yang.

If deficiency of kidney-Qi is prominent, add buguzhi (*Psoralea*), yinyanghuo (*Epimedium*) and bajitian (*Morinda*) to enhance the action of strengthening the kidney.

4 *Trapping of Liver-Qi*

Main Symptoms. Impotence; pent-up emotions or agitation with irascibility; chest and subcostal fullness; reduced appetite, and loose feces. The tongue coating is thin, and the pulse is taut.

Therapeutic Principle. Soothe the liver and relieve the trapping.

Treatment. Xiao Yao San (Carefree Powder).

To enhance the formula's ability to regulate liver-Qi, add xiangfu (*Cyperus*), chuanlianzi (*Melia*) and zhiqiao (*Poncirus trifoliata*).

To nourish the liver and the kidney, add buguzhi (*Psoralea*), tusizi (*Cuscuta*) and gouqizi (*Lycium*).

If stagnant liver-Qi has given rise to endogenous Fire, with dysuria, add mudanpi (*Paeonia suffruticosa*) and zhizi (*Gardenia*).

5 *Downward Flow of Dampness-Heat*

Main Symptoms. Flaccidity of the penis, with impotence; wet scrotum, with mal-odor or painful swelling; dark urine; and heaviness in the lower limbs. The tongue coating is yellow and greasy, and the pulse is soft and rapid.

Therapeutic Principle. Cool Heat and eliminate Dampness.

Treatment. Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction).

If there is constipation as well, add dahuang (*Rheum palmatum*).

If dysuria is excruciating, with low grade fever and a red tongue, add huangbai (*Phellodendron*), zhuye (*Phyllostachys nigra*) and huashi (talcum).

Heat can easily injure Yin. If there is penile erection and seminal emission during dreams, hotness of the five centers, a red and dry tongue and a taut, threadlike and rapid pulse, instead of Longdan Xie Gan Tang use Zhi Bai Dihuang Wan or Da Bu Yin Wan (Major Yin-Nourishing Pill) with modifications.

V Acupuncture Treatment

Deficiency-Impotence. Select the acupoints Shenshu (BL-23), Zhishi (BL-52), Guanyuan (CV-4) and Sanyinjiao (SP-6). Use filiform needles and apply the reinforcing method. Moxibustion may also be applied.

Strength-Impotence. Select the acupoints Zhongji (CV-3), Huiyin (CV-1), Sanyinjiao (SP-6), Taichong (LR-3) and Taixi (KI-3). Use filiform needles and apply the even method, or the reducing method first followed by the reinforcing method.

VI Case Study

The patient was a 36-year old male. He had been married for 5 years, but had no children. For 3 years he suffered from impotence. Sometimes he was able to attain erection, but not firm. Occasionally his erection was firm, but he ejaculated promptly upon sexual contact. The amount of semen emitted was very small. In addition, he had dizziness and aches in the waist. He ate well but was emaciated. He slept poorly but dreamt much. Prior to marriage he used to masturbate frequently.

The blood pressure was 120/74 mmHg. His tongue was pale red, with a thin coating. His pulse was deep and threadlike. The rest of the examination was normal.

Laboratory study of the semen showed pH 7.1, sperm count $22 \times 10^9/l$ and 65% motile spermatozoa.

Diagnosis. Impotence due to deficiency of kidney-Qi and floating of weakened Yang.

Therapeutic Principles. Warm the kidney and invigorate Yang.

Treatment and Course. The patient was prescribed modified Wu Zi Yan Zong Wan, with the following composition: tusizi (*Cuscuta*) 15 g, gouqizi (*Lycium*) 15 g, wuweizi (*Schisandra*) 9 g, cheqianzi (*Plantago*) 9 g, dangshen (*Codonopsis*) 15 g, shanyao (*Dioscorea*) 15 g, maiya (*Hordeum*) 30 g, guya (*Oryza sativa*) 30 g, chishaoyao (*Paeonia*) 9 g, fried duzhong (*Eucommia*) 15 g, Sichuan xuduan (*Dipsacus*) 15 g, zishiying (fluorite) 30 g, and ziheche (placenta) 9 g. The dosage was one daily dose.

On return visit after 22-day treatment, he was subjectively much improved, with more vigor and significant weight gain. The same prescription was continued, with instruction to moderate sexual activity. A year later, he was entirely normal and his wife had become pregnant.

Comment. In this case, impotence is the result of deficiency of kidney-Qi with abnormal floating of weakened Yang. In the formula prescribed, Wu Zi Yan Zong Wan is modified as follows. Fried duzhong and Sichuan suduan are added to strengthen the kidney. Dangshen, shanyao, maiya and guya are added to augment spleen-Qi, which in turn further strengthens the kidney. Zishiying is added to warm the kidney and to guide the floating weakened Yang back to the lower-jiao. Ziheche is added to nourish essence and blood. The special feature is the inclusion of chishaoyao among a large group of kidney-warming herbs, so that the formula is not a pure restorative. In impotence with long-lasting flaccidity there is always some blood stasis. Chishaoyao is especially suitable in this situation.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of impotence. It discusses the various illnesses that present with impotence, their diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of impotence;
2. Master the classification of the illnesses presenting with impotence;
3. Know the diagnosis and treatment of these illnesses.

III Exercises for Review

1. Describe the etiology and pathology of impotence.
2. Compare the management of impotence due to stagnation of liver-Qi and impotence due to downward flow of Dampness-Heat. Include both herbal treatment and acupuncture treatment.
3. Compare the management of impotence due to the impairment of the heart and the spleen and impotence due to the decline of vital-gate-Fire. Include both herbal treatment and acupuncture treatment.

IV Additional Exercises

1. Provide an analysis of the formula of the formula Da Bu Yuan Jian used in treatment of impotence due to impairment of the kidney by fear.
2. For the Case Study provide an analysis of the formula, the modified Wu Zi Yan Zong Wan, used in the treatment.

Chapter 22

Lumbago

Lumbago is pain in the lumbar region, which is that part of the body between the lower ribs and the pelvis. The term usually refers to pain in the lumbar back or the flanks.

I Etiology and Pathology

Lumbago is due to disturbance in Qi and blood movement in the meridians and channels in the lumbar region, so that the channels go into spasm or the region loses adequate nourishment. This may result from attack by exogenous pathogenic evil, from traumatic injury or from insufficiency of the kidney. Among the external evils, Dampness most readily impedes or obstructs the lumbar meridians and channels because of its turbid nature. Traumatic injury acts primarily through blood stasis. The lumbar region is the home of the kidney. All six of the Foot-Meridians and all eight of the Irregular Meridians are connected with the kidney and the lumbar vertebrae. Because of this, all internal injuries causing lumbago do so through the mechanism of kidney insufficiency.

Thus, the location of illness in lumbago is the kidney and the meridians and channels of the lumbar region.

Cold-Dampness. Residence in a damp or humid locale, sitting or sleeping on damp ground, exposure to the wind while sweating profusely from physical exertion, wading in water or walking in the rain all risk Cold and Dampness lodging in the meridians and channels of the lumbar region. When this impedes the movement of Qi and blood, lumbago may result.

Dampness-Heat. Invasion by Dampness and Heat occurs most commonly in summer. Also, persistent Cold-Dampness can transform into Heat. In either case, Dampness and Heat also impede or obstruct the lumbar meridians and channels.

Qi Stagnation and Blood Stasis. Blunt trauma to the lumbar region can precipitate impedance of Qi and blood circulation, which in turn can lead to blood stasis. This also gives rise to lumbago.

Depletion of Kidney-Essence. Depleted kidney-essence is unable to nourish the tendons and channels in the lumbar region and can lead to lumbago. Depletion

of kidney-essence may result from inadequate innate endowment complicated by overstrain, weakening by protracted illness, senescence, or unrestrained sexual indulgence.

II Clinical Manifestation

Lumbar pain may be one-sided or both-sided. It also presents a variety of patterns and quality. The pain may be lingering with intermittent aggravation by overstrain. It may be fixed in location and distending in quality. It may be stabbing in quality and worsened by pressure. It may be cold in quality, with amelioration by pressure and warmth. It may be tearing in quality, with aggravation by warmth.

Uneasy sleep, restlessness and anxiety may accompany severe lumbago.

III Key Points of Analysis

Deficiency versus Strength. Lumbago due to attack by exogenous pathogenic evil or trauma develops rapidly and is often manifested as blood stasis obstructing the channels. It is a condition of strength. Lumbago due to senescence, overstrain or internal injury mainly manifests as kidney insufficiency with loss of nourishment of the lumbar region. It is a condition of deficiency. Most cases of chronic lumbago are a mixture of strength and deficiency, with deficiency of kidney-essence or Qi and blood as the root and blockage of channels by evil Qi as the appearance.

Quality of Pain. Intermittent aching weakness of the waist that is aggravated by strain is mostly due to depletion of kidney-essence and poor nourishment of the lumbar region. Stabbing pain in a fixed location, accompanied by a gray complexion and a bluish tongue, is mostly due to Qi stagnation and blood stasis. Lumbago that is burning in quality and aggravated by warmth, accompanied by a yellow and greasy tongue coating and a rapid pulse, is mostly due to Dampness-Heat gelling and impeding Qi movement. Lumbago that is cold in quality and is worse on rainy or overcast days is mostly due to Cold-Dampness attacking the lumbar region and blocking the meridians and channels.

IV Herbal Treatment

1 *Cold-Dampness*

Main Symptoms. Lumbar coldness and heaviness, difficulty turning over; gradual worsening, especially on rainy or overcast days or following exposure to cold;

preference for warmth; and lassitude. The tongue coating is white and greasy, and the pulse deep and tight or deep and slow.

Therapeutic Principle. Dispel Cold, eliminate Dampness, warm and unblock the meridians and channels.

Treatment. Ganjiang Ling Zhu Tang (Ginger-Poria-Atractylodes Decoction). It has a simple composition: ganjiang (*Zingiber*) 10 g, baizhu (*Atractylodes*) 10 g, fuling (*Poria*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

If the aching waist is weak, add duzhong (*Eucommia*), xudian (*Dipsacus*) and sangjisheng (*Loranthus*) to nourish the kidney and strengthen the waist.

If pain is severe and the limbs are cold, add fuzi (*Aconitum*) and xixin (*Asarum*) to warm the kidney and dispel Cold.

If Dampness is especially severe and the pain is characterized by heaviness, add cangzhu (*Atractylodes lancea*), yiyiren (*Coix*) and chuanwu (*Aconitum carmichaeli*) to dry Dampness.

If lumbago is protracted and has affected kidney-Yang, add tusizi (*Cuscuta*) and buguzhi (*Psoralea*), or use the formula Duhuo Jisheng Tang (Angelica-Loranthus Decoction) instead.

2 Dampness-Heat

Main Symptoms. Lumbar heaviness and hotness, spastic pain, aggravated in warm weather or by warmth; thirst without desire to drink; and dark urine. The tongue is red, with yellow and greasy coating, and the pulse is rapid and either soft or taut.

Therapeutic Principle. Cool Heat, eliminate Dampness, soothe tendons and unblock channels.

Treatment. Jia Wei Er Miao Tang (Augmented Two-Wonders Decoction). It has the following basic composition: huangbai (*Phellodendron*) 15 g, fangji (*Stephania*) 10 g, beixie (*Dioscorea hypoglauca*) 10 g, cangzhu (*Atractylodes*) 15 g, danggui (*Angelica*) 10 g, niuxi (*Achyranthes*) 6 g, and guiban (*Chinemys*) 10 g.

To enhance the formula's ability to drain Dampness, soothe the tendons and unblock the channels, add tufuling (*Smilax glabra*), mugua (*Chaenomeles*) and luoshiteng (*Trachelospermum jasminoides*).

For strong Heat with thirst and dark urine, add zhizi (*Gardenia jasminoides*), zexie (*Alisma*) and mutong (*Akebia quinata*) to purge Dampness-Heat.

For protracted Dampness-Heat with damage to Yin, add Er Zhi Wan (Two Seasons-End Pill) to nourish Yin and strengthen the kidney. Er Zhi Wan contains nuzhenzi (*Ligustrum*) 15 g and moliancao (*Eclipta*) 15 g.

3 *Qi Stagnation and Blood Stasis*

Main Symptoms. Prickling lumbago in fixed location, mild during the day and worse at night; inability to turn about; aggravation by pressure; and gray complexion and dark lips. The tongue is bluish or has purpuric spots. The pulse is taut and impeded or threadlike and rapid.

Therapeutic Principle. Mobilize blood, remove stasis, regulate Qi and stop pain.

Treatment. Modified Shen Tong Zhu Yu Tang (Decoction for Relieving Stasis and Pain). It has the following basic composition: chuanxiong (*Ligusticum*) 6 g, taoren (*Prunus persica*) 10 g, honghua (*Carthamus*) 10 g, moyao (*Commiphora*) 6 g, xiangfu (*Cyperus*) 3 g, niuxi (*Achyranthes*) 10 g, dilong (*Pheretima*) 6 g, and danggui (*Angelica*) 10 g. Note that Shen Tong Zhu Yu Tang also contains Qianghuo (*Notopterygium*) and Qinjiao (*Gentiana*), but these are omitted in the absence of generalized pain.

If lumbago extends to the subcostal region, add chaihū (*Bupleurum*) and yujin (*Curcuma*) to enhance Qi regulation and analgesia.

If the symptoms of blood stasis are severe and worse at night, add quanxie (*Buthus*), wugong (*Scolopendra*), baihuashe (*Agkistrodon acutus*) to enhance the unblocking of meridians and channels and analgesia.

4 *Depletion of Kidney-Essence*

Main Symptoms. Recurrent aching lumbago, with preference for pressure and warmth, and weakness in the knees and legs, both aggravated by strain. If depletion affects Yang more, then there are a pallid complexion, cold hands and feet, spasm in the lower abdomen, a pale tongue and a deep and threadlike pulse. If it affects Yin more, then there are restlessness, insomnia, dry mouth and throat, a flushed face, hotness in the palms and soles, a red tongue with slight coating and a taut, threadlike and rapid pulse.

Therapeutic Principle. Stronger Yang depletion: warm restoration of kidney-Yang. Stronger Yin depletion: nourishing restoration of kidney-Yin.

Treatment. Stronger Yang depletion: You Gui Wan (kidney-Yang-Augmenting Pill). Stronger Yin depletion: Zuo Gui Wan (kidney-Yin-Augmenting Pill).

If there is spleen insufficiency with sinking of Qi, manifested by shortness of breath, weakness, diminished appetite, loose feces, add as appropriate dangshen (*Codonopsis*), huangqi (*Astragalus*), baizhu (*Atractylodes*), shengma (*Cimicifuga*) and chaihū (*Bupleurum*) to strengthen the spleen, augment Qi and raise pure Yang.

V Acupuncture Treatment

- (1) Select the acupoints Shenshu (BL-23), Yaoyan (BA-7) and Weizhong (BL-40). For severe Cold-Dampness, add the acupoint Yaoyangguan (GV-3). For blood stasis, add the acupoint Shuigou (GV-26). For kidney insufficiency, add the acupoints Mingmen (GV-4) and Sanyinjiao (SP-6).

Use filiform needles. Apply the reducing method if the condition is strength, and the reinforcing method if the condition is deficiency.

Moxibustion or cupping may be applied as appropriate.

Ear Acupuncture. Select Acupoint Lumbosacral Vertebrae, Acupoint Shenmen and Acupoint Kidney on the affected side. Retain the needles for 30 min, and treat daily. After each treatment, advise the patient to move the waist cautiously.

VI Case Study

The patient was a 48-year old married male laborer. He presented with lumbago of 4 days' duration. Just prior to the onset of lumbago, the patient played basketball with friends and sweated profusely. He took a bath in cold water. That night he slept with an open window and did not cover himself with a blanket. The following morning he woke up with lumbago. He had difficulty turning prone or supine, arising, walking or sitting. He had a history of similar episodes.

Examination showed significantly limited mobility of the lumbar spine. There was marked spasm and pain of the muscles along the right side of the fourth lumbar vertebra. Pressure aggravated the spasm and pain. His tongue coating was white and greasy, and his pulse was indistinct. X-ray study of the lumbar spine was normal.

Diagnosis. Lumbago due to kidney insufficiency and blockage of meridians by Cold-Dampness.

Therapeutic Principle. Warm and strengthen the kidney and the meridians.

Treatment and Course. The patient was treated with both an medicinal herbs and acupuncture. The prescribed formula had the following composition: processed fuzi slices (*Aconitum*) 9 g, rougui (*Cinnamomum*) 3 g, gouji (*Cibotium barometz*) 6 g, raw huangqi (*Astragalus*) 18 g, danggui (*Angelica sinensis*) 9 g, Qianghuo (*Notopterygium*) 4.5 g, duhuo (*Angelica pubescens*) 4.5 g, prepared ruxiang (*Boswellia*) 4.5 g, prepared moyao (*Commiphora*) 4.5 g, chenpi (*Citrus tangerina*) 6 g, gancao (*Glycyrrhiza*) 3 g, sangjisheng (*Loranthus*) 9 g, and shengjiang (*Zingiber*) 6 g. Note: the fuzi slices were decocted for 30 min prior to adding the other ingredients. Each daily dose was taken in two portions.

Acupuncture was applied to the acupoints Yaoyangguan (GV-3) and Dachangshu (BL-25) on the right side with filiform needles and retention for 30 min.

After two daily doses and one treatment with acupuncture lumbago was markedly reduced. The patient was able to turn over and walk without pain, but still had

mild pain on bending over. Other activities were unaffected. The formula was modified as follows: ruxiang and moyao were removed, and duzhong (*Eucommia*) 9 g and shenjinciao (*Lycopodium japonicum*) 9 g added. After four doses of the modified formula, the patient recovered completely. To consolidate the clinical response, the patient was instructed to take Xiao Huo Luo Dan (Minor Channel-Stimulating Pill), one pill daily, for 7 days.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of lumbago, and discusses the diagnosis and treatment of the various illnesses with lumbago as a prominent feature.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of lumbago;
2. Master the classification and key points for diagnosing the main illnesses with lumbago as a prominent symptom;
3. Understand the diagnosis and treatment of the main illnesses with lumbago as a prominent symptom.

III Exercises for Review

1. Describe the etiology and pathology of lumbago.
2. Compare the diagnosis and treatment of lumbago due to Cold-Dampness and lumbago due to Dampness-Heat?
3. Compare lumbago caused by blood stasis and lumbago caused by kidney insufficiency. Include their diagnosis and treatment.

IV Additional Exercises

1. Provide an analysis of the formula Ganjiang Ling Zhu Tang used in treatment of lumbago due to Cold-Dampness.

2. Provide an analysis of the formula Jia Wei Er Miao Tang used in treatment of lumbago due to Dampness-Heat.
3. Provide an analysis of the formula Shen Tong Zhu Yu Tang, with modifications, used in treatment of lumbago due to Qi stagnation and blood stasis.
4. For the Case Study, provide an analysis of the formula used to treat the patient. Explain the modifications applied 2 days later.

Chapter 23

Headache

Headache is pain in the whole or a part of the head. It is common in a variety of illnesses, including both acute and chronic illnesses. Depending on the underlying condition there may be other associated symptoms.

I Etiology and Pathology

The location of headache is the head. It develops when the blood vessels go into spasm or lose their nourishment, so that the upper orifices become partially blocked. A number of pathological mechanisms can lead to the production of headache, including invasion by exogenous pathogenic evil and internal injury causing dysfunction of the liver, the spleen and the kidney, and blood stasis.

Headaches caused by Exogenous Evils. Through careless exposure, the climatic pathogenic evils may invade the vertex of the head, where they impede pure Yang-Qi. This may induce Qi stagnation and blood stasis, leading in turn to blockage of the vessels and channels. Wind is the captain of the climatic factors. According to the ancients, “Only Wind can reach the heights of the vertex.” Hence headache is most commonly due to exogenous Wind, alone or accompanied by the other climatic evils. Invasion by Cold-Wind induces gelling of blood, and blood stasis leads to blockage of the channels. Invasion by Heat-Wind disturbs the upper orifices. Invasion by Dampness-Wind impedes pure Yang-Qi and obscures the upper orifices.

Headaches caused by Internal Injury. Two types of liver injury commonly produce headache. In one, pent-up rage can easily trap liver-Qi causing it to stagnate; and stagnant liver-Qi can transform into Fire. In the other, deficiency of liver and kidney Yin permits liver-Yang to become hyperactive and to attack the upper orifices. There are also two main types of spleen injury producing headache. One is impairment of the spleen’s functions by improper diet or excessive strain. Impairment of transformation and transportation of nutrients by the spleen conduces to the production of endogenous Dampness and Phlegm, which can obscure the upper orifices. The other is insufficiency of the spleen due to chronic illness or following

pregnancy and delivery. An insufficient spleen cannot deliver adequate nutrients for transformation into Qi and blood. As Qi and blood become deficient the channels lose their nourishment, and headache may result. Kidney related headache arises when depletion of kidney-essence or the sea of marrow leads to failure to nourish the vessels and meridians. This most commonly develops when the inherited constitution is weak or there is sexual overindulgence. Headache due to blood stasis occurs mainly when blood stasis and Qi stagnation result from traumatic injury or chronic illness affecting the vessels and channels.

II Clinical Manifestation

Headache may be felt in the forehead, temple, vertex, occiput or the whole head. The quality of pain also varies. It may be tugging, jumping, burning, distending or stretching, heavy, stabbing, tearing, dizzying or vague. The pattern of headache is also variable. It may develop suddenly. It may be incessant or recurrent. It may be protracted with intermittent remissions and attacks. It may be fleeting or transient, or may last for hours, days, or even weeks. In severe cases, headache may be excruciating and accompanied by nausea or vomiting.

III Key Points for Analysis

Exogenous Evil versus Internal Injury. Headaches due to attack by an exogenous pathogen tend to appear acutely and be more severe. There are also corresponding accompanying symptoms of the exterior. These are headaches of disease evil strength. Headaches due to internal injury tend to be gradual and chronic, with intermittent and recurrent attacks and remissions. These headaches may be of strength or deficiency, or mixed deficiency and strength.

Quality of Pain. Phlegm-Dampness induced headache is usually dizzying and has a tearing, tugging or distending quality. Blood stasis induced headache is usually lasting and has a stabbing quality; it also tends to be fixed in location. Liver-Fire induced headache usually has a jumping quality. Hyperactive Yang induced headache is usually sharp and has a distending quality. Headache induced by Qi or blood deficiency or deficiency of liver and kidney Yin is usually continuous and has a dull or empty quality.

Location of Pain. Headache due to deficiency of Qi and blood, or of liver and kidney Yin, tends to affect the whole head. Headache of hyperactive Yang tends to be in the occiput with radiation to the neck muscles. Headache of Liver-Fire tends to be in the temples. Headache due to illness affecting the Yangming Meridian tends to be in the forehead and supra-orbital bone. Headache due to illness affecting the Taiyang Meridian tends to be in occiput with radiation to the posterior neck.

Headache due to illness in the Shaoyang Meridian tends to be in both temples with radiation to the ears. Headache due to illness in the Jueyin Meridian tends to be in the vertex with radiation to the eyes.

Other Factors. Headache due to Cold-Dampness tends to fluctuate in severity with the weather. Headache due to Liver-Fire tends to be aggravated by emotional distress. Headache due to Qi and blood deficiency is often precipitated by overstrain. Headache due to deficiency of liver and kidney Yin tends to be aggravated by insomnia.

IV Herbal Treatment

1 Headaches caused by Exogenous Pathogenic Evils

i Wind-Cold

Main Symptoms. Rapid onset headache of tearing quality, radiating to the neck and upper back; aggravated by wind and cold; and absence of thirst. The tongue coating is thin and white, and the pulse floating and tight.

Therapeutic Principle. Dispel Wind and disperse Cold.

Treatment. Chuanxiong Cha Tiao San (Ligusticum Powder). It has the following basic composition: chuanxiong (*Ligusticum chuanxiong*) 12 g, jingjie (*Schizonepeta*) 10 g, bohe (*Mentha*) 12 g, Qianghuo (*Notopterygium*) 3 g, xixin (*Asarum*) 3 g, baizhi (*Angelica dahurica*) 6 g, gancào (*Glycyrrhiza*) 6 g, and fangfeng (*Saposhnikovia*) 3 g.

If the patient has chills without fever, omit bohe.

If Cold invades the Jueyin Meridian, marked by pain in the vertex, retching and salivation, use instead Wuzhuyu Tang (Evodia Decoction) augmented with processed banxia (*Pinellia*), gaoben (*Ligusticum sinense*) and chuanxiong (*Ligusticum chuanxiong*). The composition of Wuzhuyu Tang is as follows: wuzhuyu (*Evodia*), renshen (*Panax*), dazao (*Ziziphus*) and shengjiang (*Zingiber*). It is designed to invigorate Yang and strengthen the spleen, thereby preventing Yin-Cold from invading upwards.

ii Wind-Heat

Main Symptoms. Distending headache; if severe, splitting headache; fever, wind-aversion; thirst with desire to drink; constipation and dark urine. The tongue is red, with yellow coating. The pulse is floating and rapid.

Therapeutic Principle. Dispel Wind and cool Heat.

Treatment. Xiong Zhi Shigao Tang (Ligusticum-Dahurica-Gypsum Decoction). It has the following basic composition: chuanxiong (*Ligusticum chuanxiong*) 10 g, baizhi (*Angelica dahurica*) 10 g, juhua (*Chrysanthemum*) 6 g, shigao (gypsum) 10 g, gaoben (*Ligusticum sinense*) 10 g, and Qianghuo (*Notopterygium*) 10 g.

For high fever, omit Qianghuo and gaoben, which are warm and acrid, and add huangqin (*Scutellaria*), bohe (*Mentha*) and zhizi (*Gardenia jasminoides*), which are acrid and cool.

For constipation, add dahuang (*Rheum palmatum*) to promote defecation and purge Heat.

iii Wind-Dampness

Main Symptoms. Headache as though the head is being bound; heaviness in the body and limbs; anorexia; chest tightness; and difficulty with urination. The tongue coating is white and greasy, and the pulse is soft.

Therapeutic Principle. Dispel Wind and eliminate Dampness.

Treatment. Modified Qianghuo Sheng Shi Tang (Notopterygium Dampness-Defeating Decoction). The modified formula has the following composition: Qianghuo (*Notopterygium*) 10 g, duhuo (*Angelica pubescens*) 10 g, fangfeng (*Saposhnikovia*) 10 g, gaoben (*Ligusticum sinense*) 6 g, chuanxiong (*Ligusticum*) 10 g, manjingzi (*Vitex trifolia*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

If turbid Dampness has obstructed the middle-jiao, manifesting chest tightness, anorexia and loose feces, add cangzhu (*Atractylodes*), houpo (*Magnolia*) and chenpi (*Citrus tangerina*) to dry Dampness and unblock the middle-jiao.

2 Headaches due to Internal Injury

i Hyperactive Liver-Yang

Main Symptoms. Distending headache, dizziness; restlessness, irascibility; restless sleep; subcostal pain; flushed face and bitter taste in the mouth. The tongue coating is thin and yellow, and the pulse is taut and rapid.

Therapeutic Principle. Calm the liver and subdue hyperactive Yang.

Treatment. Tianma Gouteng Yin (Gastrodia and Uncaria Drink).

If clinical conditions require it, longgu (fossil bone) and muli (*Ostrea*) may be added to enhance the formula's ability to suppress hyperactive Yang.

If Liver-Fire blazes, with flushed complexion and red eyes, add longdancao (*Gentiana*) and xiakucao (*Prunella*).

If there is deficiency of liver and kidney Yin, with headache that is mild in the morning and severe in the evening and a taut and threadlike pulse, add shengdihuang

(*Rehmannia*), heshouwu (*Polygonum*), gouqizi (*Lycium*) and moliancao (*Eclipta*) to nourish the liver and the kidney.

ii Kidney Deficiency

Main Symptoms. Headache that feels empty; often dizziness; aching weakness in the waist; lassitude, weakness; tinnitus; insomnia; and spermatorrhea or vaginal discharge. The tongue is red with scant coating, and the pulse is deep, threadlike and forceless.

Therapeutic Principle. Strengthen the kidney and nourish Yin.

Treatment. Da Bu Yuan Jian (Major Genuine Qi Restoring Decoction).

For marked spermatorrhea or vaginal discharge, add lianxu (*Nelumbo nucifera*), Qianshi (*Euryale ferox*) and jinyingzi (*Rosa laevigata*).

For headache accompanied by cold-aversion and cold limbs, it is appropriate to use You Gui Wan ((kidney-Yang-Augmenting Pill)) to warm-restore kidney-Yang.

Patients with headaches due to kidney insufficiency may routinely take Qi Ju Dihuang Wan (Lycium-Chrysanthemum-Rehmannia Pill) to nourish kidney-Yin.

iii Deficiency of Qi and Blood

Main Symptoms. Headache with dizziness, aggravated by exertion; palpitation of the heart, restlessness; spontaneous sweating; shortness of breath; lassitude, weakness; and a pale complexion. The tongue is pale, with a thin white coating. The pulse is deep, threadlike and feeble.

Therapeutic Principle. Tonify both QI and blood.

Treatment. Ba Zhen Tang (Eight Treasures Decoction).

If the clinical condition requires it, juhua (*Chrysanthemum*) and manjingzi (*Vitex trifolia*) may be added for their ability to enter the Liver Meridian and to enhance the actions of removing Heat from the head and the eyes.

iv Turbid Phlegm

Main Symptoms. Headache with mental clouding; chest and epigastric fullness; nausea and vomiting of sputum and saliva. The tongue coating is white and greasy, and the pulse slippery.

Therapeutic Principle. Dissipate Phlegm and normalize abnormal Qi flow.

Treatment. Banxia Baizhu Tianma Tang (Pinellia-Atractylodes-Gastrodia Decoction).

If gelled Phlegm has given rise to Heat, add zhuru (*Phyllostachys nigra*), zhishi (*Citrus aurantium*) and huangqin (*Scutellaria*) to cool Heat and dry Dampness.

v Blood Stasis

Main Symptoms. Persistent headache, fixed in location and prickling in quality; or, history of traumatic injury to the head. The tongue is cyanotic or speckled with purpuric spots. The pulse is impeded.

Therapeutic Principle. Mobilize blood, eliminate stasis, open orifices and relieve pain.

Treatment. Tong Qiao Huo Xue Tang (Orifice-Opening Blood-Mobilizing Decoction).

If shexiang is not available, baizhi (*Angelica dahurica*) may be substituted.

For severe headache, add quanxie (*Buthus*), wugong (*Scolopendra*) that unblock meridians. However, these herbs should be stopped promptly as soon as there is therapeutic response.

3 Choice of Envoy Herbs

In the treatment of the various types of headache, different envoy herbs may be selected that guide the other herbs into the appropriate meridians, thereby enhancing the therapeutic effect.

For headaches in the Taiyang Meridian, Qianghuo (*Notopterygium*) and fangfeng (*Saposhnikovia*) are appropriate.

For headaches in the Yangming Meridian, baizhi (*Angelica dahurica*) and gegen (*Pueraria*) are appropriate.

For headaches in the Shaoyang Meridian, chuanxiong (*Ligusticum*) and chaihui (*Bupleurum*) are appropriate.

For headaches in the Taiyin Meridian, cangzhu (*Atractylodes lancea*) is appropriate.

For headaches in the Jueyin Meridian, wuzhuyu (*Evodia*) and gaoben (*Ligusticum sinense*) are appropriate.

For headaches in the Shaoyin Meridian, xixin (*Asarum*) is appropriate.

V Acupuncture Treatment

1 Headaches caused by Exogenous Pathogenic Evils

Select the acupoints Baihui (GV-20), Taiyang (HN-5), Fengchi (GB-20) and Hegu (LI-4). Use filiform needles and apply the reducing method.

For frontal headache, add Yintang (HN-3).
 For temporal headache, add Waiguan (SJ-5).
 For occipital headache, add Tianzhu (BL-10).
 For headache in the vertex, add Sishencong (HN-1).

2 Headaches due to Internal Injury

Hyperactive Liver-Yang. Select the acupoints Baihui (GV-20), Fengchi (GB-20), Taichong (LR-3) and Taixi (KI-3). Use filiform needles and apply the reducing method.

Kidney Deficiency. Select the acupoints Baihui (GV-20), Shenshu (BL-23), Taixi (KI-3), Xuanzhong (GB-39). Use filiform needles and apply the reinforcing method.

Blood Insufficiency. Select the acupoints Baihui (GV-20), Xinshu (BL-15), Pishu (BL-20) and Zusanli (ST-36). Use filiform needles and apply the reinforcing method.

Turbid Phlegm. Select the acupoints Touwei (ST-8), Taiyang (HN-5), Fenglong (ST-40) and Yinlingquan (SP-9). Use filiform needles and apply the reducing method.

Blood Stasis. Select the acupoints Ashi acupoints, Hegu (LI-4), Xuehai (SP-10) and Sanyinjiao (SP-6). Use filiform needles and apply both the reinforcing and the reducing methods.

VI Case Study

The patient was a 63-year old female who had headache with dizziness. The headache was spastic in quality and was worst in both temples. She also had palpitation of the heart, a bitter taste in the mouth, a red tongue with scant coating and a taut and threadlike pulse.

Diagnosis. Headache due to hyperactive liver-Yang causing upward disturbance.

Therapeutic Principle. Harmonize the liver and suppress hyperactive Yang.

Treatment and Course. The prescribed formula had the following composition: raw shijueming (*Haliotis*) 30 g, tianma (*Gastrodia*) 10 g, juhua (*Chrysanthemum*) 10 g, xiakucao (*Prunella*) 15 g, yimucao (*Leonurus*) 15 g, gouteng (*Uncaria*) 10 g, jili (*Tribulus terrestris*) 10 g, manjingzi (*Vitex trifolia*) 10 g, chuanxiong (*Ligusticum*) 10 g, gaoben (*Ligusticum sinense*) 10 g, and niuxi (*Achyranthes*) 10 g. Note: shijueming was decocted first.

After six daily doses, the patient returned for follow-up visit. The temporal headache had lessened, with less spasm. Her eyes were irritated and had a burning sensation. She had epigastric fullness and pain. Her tongue was red, with a thin yellow coating. Her pulse was threadlike and taut. Further treatment continued to aim at harmonizing the liver and suppressing Yang, but also to regulate Qi and stop pain.

The new prescribed formula had the following composition: raw shijueming (*Haliotis*) 20 g, juhua (*Chrysanthemum*) 10 g, muzeicao (*Equisetum hiemale*) 10 g, jili (*Tribulus terrestris*) 10 g, baishaoyao (*Paeonia*) 10 g, zhiqiao (*Poncirus trifoliata*) 10 g, yanhusuo (*Corydalis*) 10 g, chuanlianzi (*Melia*) 10 g, chuanxiong (*Ligusticum*) 10 g, zisu root (*Perilla*) 10 g, and chaihu (*Bupleurum*) 10 g. Note: shijueming was decocted first.

After six daily doses, the patient recovered completely.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of headache, and discusses the main illnesses that present headache as a prominent symptom.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of headache;
2. Understand the classification and key points for diagnosis of the main illnesses that present with headache;
3. Know the diagnosis and treatment of these illnesses.

III Exercises for Review

1. Describe the etiology and pathology of headache.
2. Describe headaches caused by attack of exogenous pathogenic evils and summarize their diagnosis and treatment.
3. Describe headaches due to internal injury and summarize their diagnosis and treatment.
4. What guiding envoy herbs are commonly used in the treatment of headaches involving the different Meridians?

IV Additional Exercises

1. Provide an analysis of the formula Chuanxiong Cha Tiao San used in treatment of headache due to Wind-Cold.
2. Provide an analysis of the formula of the augmented Wuzhuyu Tang used in treatment of headache in the vertex caused by Cold invading the Jueyin Meridian.
3. Provide an analysis of the formula Xiong Zhi Shigao Tang used in treatment of headache due to Wind-Heat.
4. Provide an analysis of the formula of the modified Qianghuo Sheng Shi Tang used in treatment of headache due to Wind-Dampness.
5. Provide an analysis of the formula Da Bu Yuan Jian used in treatment of headache due to kidney insufficiency. Explain why this formula seems to be efficacious for treating this condition and for treating impotence due to impairment of the kidney by fear.
6. For the Case Study, provide an analysis of the formulas selected at two different stages of the illness, and explain the rationale for changing from the first to the second formula.

Chapter 24

Rheumatism

Rheumatism results when genuine Qi is deficient so that Wind, Cold, Dampness, or Heat is able to invade and block the meridians, muscles and joints. This blockage impedes the flow of Qi and blood and results in aching pain, numbness, heaviness, burning or reduced mobility of the bones, joints and sinews. In more severe cases, there may be swelling or changes in shape. Rheumatism is also regarded as a Bi-syndrome.

I Etiology and Pathology

Rheumatism results from invasion by Wind, Cold, Dampness or Heat when the body's genuine Qi is deficient. The illness is located in the tendons, muscle, bones and joints. Several visceral organs are intimately involved, since the liver is in charge of the tendons, the spleen is in charge of the muscles, and the kidney is in charge of the bones.

Genuine-Qi Deficiency. This may be due to chronic weakness of the constitution from imbalance between work and leisure or malnutrition following an illness. In females it may occur during menstruation or following parturition. When genuine Qi is deficient, resistance is compromised and attack by exogenous pathogenic evil is facilitated.

Invasion by Wind, Cold, Dampness and Heat. The most common circumstances are residing in humid and damp places, wading through water or being caught in rain, exposure to wind while sweating, and drastic changes in weather, especially marked fluctuations in cold and heat. When an exogenous evil invades and lodges in the meridians, it can lead to rheumatism by impeding the flow of Qi and blood through the sinews. Because four exogenous evils are implicated there are four main types of rheumatism: Wind-rheumatism, also known as migratory rheumatism, Cold rheumatism, Dampness-rheumatism, and Heat-rheumatism. These are not exclusive, and each may manifest some features of another. In particular, Heat is often transformed from another exogenous evil, either from prolonged accumulation of Wind, Cold or Dampness or as complication of Yang excess or Yin deficiency.

In all forms of rheumatism, the key pathologic mechanism is blockage of the meridians with impedance of the flow of Qi and blood.

If rheumatism becomes protracted, three patterns of consequences may develop. (1) Blood stasis may develop and fluids may gel and form Phlegm as a result of the chronic impedance of Qi and blood flow. Intermingled static blood and Phlegm block the meridians and channels and may lead to deformity and swelling of joints with ecchymosis in the overlying skin. (2) Consumption of Qi and blood leads to consequent liver and kidney insufficiency. (3) The illness extends from the meridians to the zang-fu viscera, producing so-called zang-fu-rheumatism.

II Clinical Manifestation

The key symptom is the abrupt or gradual appearance of pain in the joints and sinews in the limbs. Typically, there is also compromised mobility of the joints.

Rheumatic pain presents several different patterns. It may be migratory with aversion to cold or wind. It may be exquisite, aggravated by cold and ameliorated by warmth. It may be heavy in quality, with heaviness and reduced mobility in the hands and feet, or numbness. It may be mainly limited to the joints, with a burning quality to the pain and spasm in the sinews. The pain may be excruciating and accompanied by swelling and deformity of the joint. It may be continual but vague, with prominent numbness and accompanied by weakness and palpitation of the heart.

The progression of rheumatism is variable. It may begin in the upper body before the lower, or vice versa.

III Key Points of Analysis

Rheumatism is a condition of exogenous pathogenic evils invading a body that is already deficient in genuine Qi. Thus it tends to show symptoms of both disease evil strength and deficiency. The main task of differential diagnosis is to identify the type of rheumatism. There are five main types, four of which are based on the predominant exogenous pathogenic factors. The fifth type, called wasting rheumatism, is a sort of common syndrome of protracted rheumatism.

Heat-rheumatism tends to begin abruptly. Its main characteristics are local redness, swelling and burning pain in the affected joint. There may be fever, a red tongue with yellow coating, and a rapid pulse. In contrast, the other types tend to begin more gradually and do not have local inflammation or associated fever.

In **Wind-rheumatism** the joint pain is characteristically migratory, affecting different joints at different times, because of the changeable nature of Wind. For this reason it is also known as migratory rheumatism.

Cold-rheumatism, also known as pain-rheumatism, characteristically does not migrate but affects one or several specific joints. Cold tends to contract and gel, and it readily blocks meridians and channels.

Because Dampness is heavy and turbid and also gels readily, the characteristics of **Dampness-rheumatism** are swelling, heaviness, pain and numbness in the affected joints and adjacent sinews. Dampness-rheumatism is also known as fixed rheumatism.

In rheumatism caused by Wind, Cold or Dampness, the tongue coating is mostly white and the pulse mostly even or impeded. It is usually worse on overcast or rainy days.

If rheumatism becomes protracted, the liver and the kidney may become insufficient and the meridians and channels blocked by gelled Phlegm or static blood. The affected joints become swollen, deformed and rigid, with wasting of adjacent soft tissues. This is **wasting rheumatism**.

IV Herbal Treatment

1 *Wind (Migratory) Rheumatism*

Main Symptoms. Aching pain that migrates between the joints of the body and the limbs. During the initial acute phase there may be redness and swelling, or wind-intolerance. The tongue coating is thin and white, and the pulse floating.

Therapeutic Principle. Dispel Wind and unblock channels, assisted by the mobilization of blood.

Treatment. Fangfeng Tang (Saposhnikovia Decoction). It has the following basic composition: fangfeng (*Saposhnikovia*) 10 g, Qinjiao (*Gentiana*) 6 g, mahuang (*Ephedra*) 6 g, rougui (*Cinnamomum*) 6 g, danggui (*Angelica*) 10 g, gegen (*Pueraria*) 10 g, fuling (*Poria*) 10 g, shengjiang (*Zingiber*) 10 g, gancao (*Glycyrrhiza*) 10 g, and dazao (*Ziziphus*) 6 g.

If rheumatic pain is mainly in the joints of the upper limbs, add Qianghuo (*Notopterygium*), baizhi (*Angelica dahurica*), weilingxian (*Clematis*) and chuanxiong (*Ligusticum*) to dispel Wind and unblock the channels.

If rheumatic pain is mainly in the joints of the lower limbs, add niuxi (*Achyranthes*), duhuo (*Angelica pubescens*) fangji (*Stephania*) and mugua (*Chaenomeles*) to unblock meridians and channels.

If rheumatic pain is mainly in the joints of the lumbar spine, add duzhong (*Eucommia*), xuduan (*Dipsacus*), sangjisheng (*Loranthus*) and bajitian (*Morinda*) to warm and restore the lumbar spine.

2 Cold (Pain) Rheumatism

Main Symptoms. Severe pain in the joints of the limbs, fixed in location, aggravated by cold and ameliorated by warmth; reduced mobility in the joints; and absence of redness, warmth or swelling in the affected joints. The tongue coating is white, and the pulse is taut and tight.

Therapeutic Principle. Dispel cold and warm the meridians, assisted by the harmonization of Nutritive-Qi.

Treatment. Wutou Tang (Aconitum Decoction). It has the following basic composition: processed wutou (*Aconitum carmichaeli*) 5 g, mahuang (*Ephedra*) 5 g, huangqi (*Astragalus*) 30 g, baixhaoyao (*Paeonia*) 10 g, and gancao (*Glycyrrhiza*) 10 g. (Note: wutou is the tuberous root and fuzi the secondary root of *Aconitum carmichaeli*. Processed fuzi is usually preferred to processed wutou.)

If pain is intense, add processed fuzi (*Aconitum carmichaeli*), ganjiang (*Zingiber*), guizhi (*Cinnamomum*), xixin (*Asarum*) and other herbs that dispel Cold and stop pain.

If protracted rheumatism has led to gelling of Cold and stasis of blood, add prepared ruxiang (*Boswellia*), moyao (*Commiphora*), wugong (*Scolopendra*), fried chuanshanjia (*Manis pentadactyla*) and jixueteng (*Spatholobus suberectus*) to mobilize blood, unblock channels and stop pain.

3 Dampness-Rheumatism

Main Symptoms. Aching pain, heaviness and swelling in the joints of the limbs; numbness of adjacent tissues; generalized aches; heaviness in the hands and feet; and reduced mobility. The tongue coating is white and greasy, and the pulse soft and even.

Therapeutic Principle. Eliminate Dampness and unblock channels, assisted by the strengthening of the spleen.

Treatment. Yiyiren Tang (Coix Decoction). It has the following basic composition: yiyiren (*Coix*) 30 g, cangzhu (*Atractylodes*) 10 g, Qianghuo (*Notopterygium*) 10 g, duhuo (*Angelica pubescens*) 10 g, fangfeng (*Saposhnikovia*) 10 g, Sichuan wutou (*Aconitum*) 5 g, mahuang (*Ephedra*) 5 g, guizhi (*Cinnamomum*) 10 g, danggui (*Angelica*) 10 g, chuanxiong (*Ligusticum*) 10 g, shengjiang (*Zingiber*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

If joint swelling is marked, add beixie (*Dioscorea hypoglauca*), mutong (*Akebia quinata*) and jianghuang (*Curcuma*) to promote diuresis, eliminate Dampness and unblock the channels.

For numbness of the sinews and skin, add add fangfeng (*Saposhnikovia*), baizhu (*Atractylodes*) and baishaoyao (*Paeonia*) to eliminate Wind and Dampness and to unblock the meridians and channels.

4 Heat-Rheumatism

Main Symptoms. Burning joint pain with redness and swelling, ameliorated by cold; often with fever, thirst, and palpitations of the heart. The tongue is red, with yellow and dry coating, and the pulse is slippery and rapid.

Therapeutic Principle. Cool Heat, unblock channels, dispel Wind and eliminate Dampness.

Treatment. Bai Hu Jia Guizhi Tang (White Tiger plus Cinnamomum Decoction).

If necessary to enhance the ability to cool Heat and unblock the channels, add jinyinhua stem (*Lonicera*), lianqiao (*Forsythia*), huangbai (*Phellodendron chinense*), fangji (*Stephania*) and sangzhi stem (*Morus alba*).

If purpuric spots appear on the skin, add mudanpi (*Paeonia suffruticosa*), shengdihuang (*Rehmannia*), chishaoyao (*Paeonia*) and difuzi (*Kochia scoparia*) to cool blood and extinguish Wind.

5 Wasting Rheumatism

Main Symptoms. Protracted rheumatism, joints that are swollen, deformed and stiff, with reduced mobility. In severe cases, muscle wasting and atrophy, tendon contracture, inability to extend the elbow and the knee joints; or, generalized ankylosis and disability. The tongue is dusky red, and the pulse is threadlike and impeded.

Therapeutic Principle. Strengthen the kidney and dispel Cold, assisted by the mobilization of blood and unblocking of channels.

Treatment. Bu Shen Qu Han Zhi Bi Tang (Kidney-Nourishing Cold-Dispelling Rheumatism-Treating Decoction). Its basic composition is as follows: xudu-uan (*Dipsacus*) 15 g, buguzhi (*Psoralea*) 10 g, processed fuzi (*Aconitum*) 6 g, shudihuang (*Rehmannia*) 12 g, gusuibu (*Drynaria fortunei*) 10 g, yinyanghuo (*Epimedium*) 10 g, guizhi (*Cinnamomum*) 10 g, duhuo (*Angelica pubescens*) 12 g, weilingxian (*Clematis*) 12 g, and baishaoyao (*Paeonia*) 5 g.

If blood stasis is marked, add xuejie (*Daemonorops draco*), zaojiaoci (*Gleditsia sinensis*), ruxiang (*Boswellia*) and moyao (*Commiphora*).

If bone deformity is marked, add tougucao (*Speranskia tuberculata*) and ziran-tong (pyrite). But if the patient has a history of allergy to any drugs or seafood, these animal-derived herbs should be avoided.

For limb spasm, add animal-derived herbs such as baihuashe (*Agkistrodon acutus*), wushaoshe (*Zaocys dhumnades*), chuanshanjia (*Manis pentadactyla*), quanxie (*Buthus*), wugong (*Scolopendra*) and dilong (*Pheretima*). These are very effective in dispelling Wind from the meridians and channels, but they must not be used in large amounts.

If protracted rheumatism has led to deficiency of Qi and blood and insufficiency of the liver and the kidney, the therapeutic approach requires both attacking the

rheumatism and restoration of the deficient. At the same time as dispelling the exogenous pathogenic evils treatment must include such formulas as Ba Zhen Tang (Eight Treasures Decoction), Zuo Gui Wan (kidney-Yin-Augmenting Pill) or You Gui Wan (kidney-Yang-Augmenting Pill) to restore Qi and blood and nourish the liver and the kidney.

V Acupuncture Treatment

For rheumatism due to Wind, Cold or Dampness, apply both acupuncture and moxibustion. For rheumatism due to Heat, apply acupuncture without moxibustion and bloodletting as appropriate.

The selection of acupoints depends on the location of disease.

Shoulder: Jianliao (SJ-14), Jianyu (LI-15) and Naoshu (SI-10).

Elbow: Hegu (LI-4), Quchi (LI-11), Tianjing (SJ-10), Waiguan (SJ-5) and Chize (LU-5).

Wrist: Yangchi (SJ-4), Waiguan (SJ-5), Yangxi (LI-5) and Wangu (SI-4).

Back and spine: Shuigou (GV-26), Shenzhu (GV-12) and Yaoyangguan (GV-3).

Hip: Huantiao (GB-30), Biguan (ST-1), Xuanzhong (GB-39) and Yanglingquan (GB-34).

Femur: Zhibian (BL-54), Futu (ST-32) and Yinlingquan (SP-9).

Knee: Dubi (ST-35), Hedong (LE-2), Xiyangguan (GB-33) and Yanglingquan (GB-34).

Ankle: Qiuxu (GB-40), Shenmai (BL-62), Kunlun (BL-60) and Zhaohai (KI-6).

The selection of acupoints is further modified in accordance with the cause.

Migratory (Wind) rheumatism: add Fengmen (BL-12), Geshu (BL-17) and Xuehai (SP-10). Pain (Cold) rheumatism: add Shenshu (BL-23) and Guanyuan (CV-4).

Dampness-rheumatism: add Pishu (BL-20), Zusanli (ST-36) and Yinlingquan (SP-9).

Heat-rheumatism: add Dazhui (GV-14) and Quchi (LI-11).

Protracted rheumatism: add Guanyuan (CV-4), Qihai (CV-6) and Zusanli (ST-36).

VI Case Study

The patient was a 30-year old female who had joint pains for over a year. She carelessly exposed herself to cold and wind following parturition. Soon thereafter, she began having generalized joint aches and pains. Initially, the pain was like being jabbed with needles. It was most severe in the finger joints. She sought medical treatment on many occasions, with no relief. For the past month, her condition had worsened.

At the time of examination, all her large joints were painful, including shoulders, elbows, knees, ankles, lumbar spine and neck. All these joints had significantly reduced mobility. She was unable to sit or crouch comfortably for long. Walking was difficult. She also had aches, pain and swelling in the finger joints, so much so that she could not form a fist, dress herself or take care of ordinary daily activities. She had aversion to wind and cold. Exposure to cold or changes in the weather aggravated the pain. Appetite was reduced, but urination and defecation were both normal. Her pulse was taut and threadlike, and her tongue coating was thin but slippery.

Diagnosis. Genuine Qi deficiency following parturition; rheumatism due to Wind and Cold invasion.

Therapeutic Principle. Regulate Qi and blood, assisted by extinction of Wind and elimination of Dampness.

Treatment and Course. The prescribed formula had the following composition: danggui (*Angelica*) 12 g, baishaoyao (*Paeonia*) 9 g, chuanxiong (*Ligusticum*) 4.5 g, shengdihuang (*Rehmannia*) 15 g, raw huangqi (*Astragalus*) 15 g, fangfeng (*Saposhnikovia*) 12 g, Qinjiao (*Gentiana*) 12 g, sangjisheng (*Loranthus*) 15 g, ganjiang (*Zingiber*) 12 g, duhuo (*Angelica pubescens*) 12 g, niuxi (*Achyranthes*) 12 g, raw yiyiren (*Coix*) 24 g, and baizhu (*Atractylodes*) 9 g.

After over 30 daily doses, the patient showed much improvement. The pain and swelling in the finger joints resolved. The joints in the whole body no longer had pain and had full mobility. The only remaining symptom was a generalized mild ache. The prescription was continued for another half a month, with complete resolution of all symptoms.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of rheumatism, and discusses the main illnesses that present joint pain as a prominent symptom.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of rheumatism;
2. Know the classification and key points for diagnosis of the main illnesses presenting rheumatism;
3. Understand the diagnosis, therapeutic principle and treatment of these illnesses.

III Exercises for Review

1. Explain the causative factors and pathology of rheumatism.
2. Compare the diagnosis and treatment of rheumatism caused by Wind (migratory rheumatism) and that due to Cold (pain rheumatism).
3. Compare the diagnosis and treatment of rheumatism caused by Heat and Dampness.
4. Explain how to treat rheumatism when there is concomitant obstruction by Phlegm and blood stasis, or deficiency of Qi and blood, or deficiency of kidney and liver Yin.
5. How does impairment of visceral functions affect the course of rheumatism? Describe the treatment of wasting rheumatism.

IV Additional Exercises

1. Provide an analysis of the formula Fangfeng Tang used in treatment of rheumatism due to Wind.
2. Provide an analysis of the formula Wutou Tang used in treatment of rheumatism due to Cold.
3. Provide an analysis of the formula Yiyiren Tang used in treatment of rheumatism due to Dampness.
4. Provide an analysis of the formula Bu Shen Qu Han Zhi Bi Tang used in treatment of wasting rheumatism.
5. For the Case Study, provide an analysis of the prescription used.

Chapter 25

Flaccidity

Flaccidity is flabbiness and weakness of the sinews due to attack by exogenous pathogenic evils or by internal injury to the visceral organs. If prolonged, flaccidity may lead to atrophy or paralysis. Flaccidity mostly affects the lower limbs.

I Etiology and Pathology

Flaccidity occurs when visceral Qi suffers damage, and damaged Qi is unable to nourish the sinews. Damage of visceral Qi leading to flaccidity is mainly due to attack by exogenous evils, improper diet, excessive passions or sexual overindulgence. Though flaccidity is located in the sinews it is closely related to the lung, the stomach, the liver and the kidney.

Lung-Heat Consuming Fluids. Exogenous Heat, persistent high fever, residual Heat following an illness, or endogenous Heat arising out of disease of *zang* organs can each cause burning of the lung and in turn consumption of body fluids. This leads to failure of fluids to distribute properly and to nourish the sinews.

Dampness-Heat Invasion. Dampness can invade the body when the person resides in a humid place or is caught in the rain. It can then invade the meridians and sometimes transform into Heat as well. Overindulgence in greasy, sweet, spicy foods or alcohol can injure the spleen and the stomach. Such injury readily leads to the production of endogenous Dampness and Heat. Dampness and Heat impede Qi and blood flow, leading to malnutrition of the sinews. Dampness and Heat can also attack the sinews directly.

Insufficiency of Spleen and Stomach. Constitutional weakness of these organs or long-lasting illness impairing middle-jiao-Qi may lead to inadequate generation and transformation of Qi, blood and body fluids. This in turn leads to failure to nourish the sinews adequately.

Insufficiency of Liver and Kidney. Depletion of liver and kidney essence and blood may result from a number of causes. They include inadequate prenatal endow-

ment, sexual overindulgence, excessive passions, and injury by protracted illnesses and physical exhaustion. Depletion of liver and kidney essence and blood leads to failure to nourish the sinews adequately.

II Clinical Manifestation

The key symptom is flaccidity of the sinews, which manifests flabbiness of the muscles, loss of normal muscle tone and weakness. Flaccidity may affect the sinews of one region or the entire body. It may affect just the upper body or just the lower body. It may affect only one side or both sides of the body. In severe cases, there may be atrophy of the muscles. This impairs the ability to lift heavy objects, to stand for more than a few minutes and to walk more than a short distance. Sustained and protracted disuse can further lead to paralysis of the affected muscles. There may also be numbness in the affected area, pain or spasm. In serious cases, there may be blockage of urination, difficulty with breathing or dysphagia.

III Key Points of Analysis

Most cases of flaccidity are due to deficiency-Heat, although mixed deficiency and strength illnesses are not rare. Often the illness is due to Phlegm-Dampness, static blood, Heat or food retention affecting a patient in whom the *zang* organs have already suffered internal injury.

In general, an illness with flaccidity that begins and progresses rapidly, with weakness of the limbs or numbness and spasticity, is due to either consumption of body fluids by Lung-Heat or invasion by Dampness-Heat. An illness with flaccidity that begins and progresses gradually, with flabby sinews and muscular atrophy, is most often due to insufficiency of the spleen, the stomach, the liver or the kidney.

Certain patterns of symptoms are indicative of the location of illness. Fever, cough and sore throat at the outset, with flaccidity and weakness in the limbs during or following a febrile illness, suggest disease in the lung. Flaccidity of all four limbs, anorexia, loose feces and pale tongue suggest illness in the spleen and the stomach. Flaccidity that is more severe in the lower limbs, aching in the waist, tinnitus, and in males spermatorrhea and impotence suggest disease in the liver and the kidney.

IV Herbal Treatment

1 *Consumption of Fluids by Lung-Heat*

Main Symptoms. Initial fever or abrupt flaccidity and weakness of the limbs as fever subsides; dry skin; restlessness; thirst; cough that produces little sputum; dry

throat; dark urine; and constipation. The tongue is red, with yellow coating, and the pulse is threadlike and rapid.

Therapeutic Principle. Cool Heat, moisten the lung and moisten and nourish the sinews.

Treatment. Qing Zao Jiu Fei Tang (Dryness-Moistening Lung-Rescuing Decoction).

If fever is high, with thirst and much sweating, use larger amount of raw shigao (gypsum) and add jinyinhua (*Lonicera*), lianqiao (*Forsythia*) and zhimu (*Anemarrhena*) to cool Heat.

If dry throat and thirst are prominent, add tianhuafen (*Trichosanthes*), yuzhu (*Polygonatum*), beishashen (*Glehnia*) and lugen (*Phragmites*) to nourish Yin and generate fluid.

If anorexia and dry throat worsen despite abatement of fever, lung and stomach Yin has been injured. Use Yi Wei Tang (Stomach-Nourishing Decoction) with added yiyiren (*Coix*), shanyao (*Dioscorea*), maiya (*Hordeum*) and guya (*Oryza sativa*) to nourish the stomach and generate fluid.

2 Invasion by Dampness-Heat

Main Symptoms. This mostly affects the lower limbs: flaccidity, heaviness and numbness. Some have fever, chest and epigastric tightness, and scant dark urine; or, feverishness in the feet and shanks, a red and plump tongue. The tongue coating is thick and greasy and the pulse is threadlike and rapid but soft.

Therapeutic Principle. Cool Heat and eliminate Dampness to relieve the sinews.

Treatment. Jia Wei Er Miao Tang (Augmented Two-Wonders Pill).

If Dampness is prominent, with chest and epigastric tightness and heaviness and swelling in the limbs, add houpo (*Magnolia*), fuling (*Poria*) and yiyiren (*Coix*) to regulate Qi and eliminate Dampness.

For feverishness in the feet and shanks, restlessness, a red tongue or exfoliating coating, remove cangzhu and add shengdihuang (*Rehmannia*), maimendong (*Ophiopogon*) and sharen (*Amomum*) to nourish Yin and cool Heat.

If the limbs are numb, the tongue is purple and the pulse is impeded, add chishaoyao (*Paeonia*), taoren (*Prunus persica*) and honghua (*Carthamus*) to mobilize blood and remove stasis.

3 Insufficiency of Spleen and Stomach

Main Symptoms. Initially, weakness in all four limbs, aggravated by physical activity or strain. In time: flaccidity and debility of the limbs; poor appetite, loose

feces; facial edema, lusterless complexion; shortness of breath; and general weakness. The tongue is plump, and the coating is thin and white. The pulse is threadlike.

Therapeutic Principle. Strengthen the spleen, augment Qi, tonify the middle-jiao and raise Yang.

Treatment. Bu Zhong Yi Qi Tang (Middle-Restoring and Qi-Augmenting Decoction).

For poor appetite with abdominal fullness, add shanzha (*Crataegus*), zhiqiao (*Poncirus trifoliata*), sharen (*Amomum*), maiya (*Hordeum*) and guya (*Oryza sativa*) to regulate Qi and relieve food retention.

For loose feces, add yiyiren (*Coix*), shanyao (*Dioscorea*) and lianzi (*Nelumbo*) to strengthen the spleen and eliminate Dampness.

For prominent shortness of breath and profuse sweating, increase the amount of Huangqi (*Astragalus*).

4 Insufficiency of Liver and Kidney

Main Symptoms. Slow onset flaccidity and weakness of the lower limbs; aches and weakness of the back along the spine, with inability to stand for a long time. There may be blurring of vision and dizziness, dry throat and tinnitus; or, spermatorrhea and premature ejaculation; or irregular menstruation. In severe cases, inability to walk at all and atrophy of the muscles of the leg. The tongue is red, with scant coating, and the pulse is threadlike and rapid.

Therapeutic Principle. Restore and strengthen the liver and the kidney, nourish Yin and cool Heat.

Treatment. Hu Qian Wan (Hidden-Tiger Pill). It has the following basic composition: hugu (tiger bone) 6 g, niuxi (*Achyranthes*) 10 g, suoyang (*Cynomorium songaricum*) 10 g, baishaoyao (*Paeonia*) 10 g, Huangbai (*Phellodendron*) 10 g, zhimu (*Anemarrhena*) 6 g, shudihuang (*Rehmannia*) 10 g, guiban (*Chinemys*) 10 g, chenpi (*Citrus tangerina*) 10 g, and ganjiang (*Zingiber*) 6 g. Note: hugu may be replaced by an equal weight of gougou (dog bone) which has to be decocted first.

If endogenous Heat is strong, remove suoyang and ganjiang.

If there are lusterless complexion and palpitation of the heart, add Huangqi (*Astragalus*), dangshen (*Codonopsis*), danggui (*Angelica*) and jixueteng (*Spatholobus suberectus*) to augment Qi and generate blood.

In protracted illness, if Yin depletion has caused Yang deficiency as well, remove Huangbai and zhimu but add herbs that nourish kidney-Yang, such as lujiao (*Cervus nippon*), buguzhi (*Psoralea*), yinyanghuo (*Epimedium*), rougui (*Cinnamomum*) and processed fuzi (*Aconitum*). Alternately, add ziheche (human placenta) and instruct the patient to eat boiled pork or beef bone marrow mixed and mashed with rice flour and brown sugar.

If the limbs are numb, the tongue cyanotic or speckled with purpuric spots and the pulse impeded, add ruxiang (*Boswellia*), moyao (*Commiphora*), chuanshanjia (*Manis pentadactyla*) and dilong (*Pheretima*) to mobilize blood and unblock channels.

V Acupuncture Treatment

1 Standard Acupuncture

The selection of acupoints varies with the region affected as well as the illness producing flaccidity.

For the upper limbs, select Jianyu (LI-15), Quchi (LI-11) and Hegu (LI-4).

For the lower limbs, select Biguan (ST-31), Fengshi (GB-31), Yanglingquan (GB-34) and Zusanli (ST-36).

If flaccidity is due to Lung-Heat, add Chize (LU-5) and Feishu (BL-13).

If it is due to Dampness-Heat, add Yinlingquan (SP-9).

If it is due to insufficiency of the spleen and the stomach, add Pishu (BL-20) and Weishu (BL-21).

If it is due to insufficiency of the liver and the kidney, add Ganshu (BL-18) and Shenshu (BL-23).

For flaccidity due to a strength illness, apply the reducing method. For flaccidity due to a deficiency illness, apply the reinforcing method and moxibustion.

2 Ear Acupuncture

Select Acupoint Lung, Acupoint Stomach, Acupoint Liver, Acupoint Kidney, Acupoint Shenmen and Acupoint Spleen.

For each treatment, select 3–5 of these acupoints. Apply strong stimulation and retain the needles for 10 min. Treat on alternate days. Each course of treatments consists of ten treatments.

VI Case Study

The patient was a 27-year old male who had been married for about 6 months. Three months after marrying he began noticing aches and weakness in this waist and knees. Thereafter he developed weakness in both lower limbs, which gradually

increased day by day. It reached the point where he could no longer run or stand up from a crouching position. He had much difficulty boarding a bus or walking up or down stairs. It was sufficiently severe as to interfere with his work and daily life. In addition, he had constipation, defecating once in 5–6 days, and urinary incontinence. His appetite and sleep were normal. Examination revealed a thin and white tongue coating and a taut and threadlike pulse.

Diagnosis. Insufficiency of kidney-essence; the sinews losing their nourishment.

Therapeutic Principle. Restore kidney-essence, tonify the marrow and nourish the sinews.

Treatment and Course. Dihuang Yin Zi (Rehmannia Drink). It has the following composition: danggui (*Angelica sinensis*) 15 g, roucongrong (*Cistanche deserticola*) 15 g, niuxi (*Achyranthes bidentata*) 15 g, shudihuang (*Rehmannia glutinosa*) 24 g, yuanzhi (*Polygala tenuifolia*) 6 g, fuling (*Poria cocos*) 12 g, shanzhuyu (*Cornus officinalis*) 15 g, maimendong (*Ophiopogon japonicus*) 15 g, wuweizi (*Schisandra chinensis*) 15 g, shichangpu (*Acorus gramineus*) 9 g, and processed fuzi (*Aconitum carmichaeli*) 12 g.

The dosage was one dose daily. Over the course of over 20 days he gradually regained strength in the lower limbs. The other symptoms, including aches and pain, constipation and urinary incontinence, all resolved. The formula was discontinued, and the patient was instructed to regulate his sexual activity. He did not have any recurrence.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of flaccidity and discusses the various illnesses with flaccidity as a prominent symptom.

II Objectives of Study

After completing this chapter the learners will:

1. Understand the etiology and pathology of flaccidity;
2. Know the classification and key points for diagnosis of the illnesses that cause it;
3. Understand the diagnosis, therapeutic methods and treatment of these illnesses.

III Exercises for Review

1. Explain the etiology and pathology of flaccidity.
2. Describe the diagnosis and treatment of the four main categories of illnesses that present flaccidity.
3. Describe the acupuncture treatment of illnesses presenting with flaccidity.

IV Additional Exercises

1. Provide an analysis of the formula Hu Qian Wan (Hidden-Tiger Pill) used in treatment of flaccidity due to insufficiency of the liver and the kidney.
2. For the Case Study provide an analysis of the formula Dihuang Yin Zi used in treatment of the patient. What is your diagnosis as to the cause of the insufficiency of kidney-essence?

Chapter 26

Diaphoresis

In the clinical setting, diaphoresis is profuse sweating that is unrelated to the usual and normal stimuli. Two main types are of interest in this chapter. Spontaneous sweating occurs while awake and is not influenced by environmental factors or physical activity. Night sweat occurs during sleep and stops upon waking.

I Etiology and Pathology

There are five main types of illnesses that present diaphoresis as a prominent symptom.

Lung-Qi Deficiency. The lung governs the skin and hair and controls defensive Qi. Any deficiency of lung-Qi can result in deficiency of defensive Qi, and the latter in turn leads to the loosening of the interstices of the skin and muscles. Spontaneous sweating follows. In diaphoresis the most common causes of lung-Qi deficiency are a chronically weak constitution, weakness following an illness and protracted cough and dyspnea consuming lung-Qi.

Disharmony between Nutritive and Defensive Qi. Even mild attack by exogenous Wind in a state of weakness of the exterior or any imbalance between Yin and Yang may lead to disharmony between nutritive Qi and defensive Qi. When this happens, defensive Qi is unable to protect the exterior, thereby allowing abnormal spontaneous sweating to take place.

Insufficiency of Heart-Blood. Sweat is the fluid of the heart. Excessive brooding may injure the heart and the spleen, and significant blood loss may lead to depleted blood failing to nourish the heart. In either circumstance there is excessive discharge of heart-fluid. Spontaneous sweating may ensue.

Blazing Fire due to Yin Deficiency. Excessive strain, blood loss, excessive consumption of essence or strong exogenous Heat may injure Yin and cause its deficiency. When Yin is deficient endogenous Fire may arise. Such deficiency-Fire forces Yin-fluids outward as spontaneous or night sweat.

Heat Evaporating Fluids. Pent-up passions may cause liver-Qi to gel and transform into Fire. Overindulgence in acrid, spicy and strong-flavored foods may cause turbid Dampness to transform into Heat. In such circumstances, Liver-Fire or Dampness-Heat become strong in the interior and evaporate fluids, forcing them to disperse as sweat.

II Clinical Manifestation

In diaphoresis illnesses sweating is unrelated to environmental factors. Sweating may be limited to regions, such as the head and face, the chest and abdomen, or the limbs, or it may be generalized over the entire body.

Spontaneous sweating occurs irrespective of the time of day or level of physical activity. It occurs while the person is awake, and is aggravated by physical exertion. It is often accompanied by such symptoms as cold-aversion, lassitude and weakness.

Night sweat occurs during sleep, stopping upon waking. It is often accompanied by such symptoms as recurrent fever and flushed cheeks.

Sometimes the sweat is yellow in color and stains the clothes; this is known as yellow sweat. Sometimes sweating is accompanied by such symptoms as stickiness and bitterness in the mouth, yellow and greasy tongue coating and slippery pulse. Sometimes the sweat leaves stickiness on the skin. When diaphoresis is protracted, there may be lassitude, anorexia and lumbar aches and weakness.

Occasionally, a patient may have both spontaneous sweating and night sweat.

III Key Points of Diagnosis

Most illnesses with diaphoresis are of deficiency. Spontaneous sweating is mainly due to deficient Qi leaking outward, and night sweat is mainly due to Yin deficiency giving rise to endogenous Heat. On the other hand, diaphoresis due to Liver-Fire or Dampness-Heat consuming or evaporating fluids is of strength. Protracted spontaneous sweating may injure Yin. Protracted night sweat may injure Yang. In both circumstances deficiency of both Qi and Yin or of both Yin and Yang may ensue. If Heat evil evaporates fluids over a long period of time, it may injure Yin; in this case, the illness is of both deficiency and strength.

Shortness of breath, weakness and wind-aversion accompanying diaphoresis suggest insufficiency of lung-Qi and looseness of the interstices. Palpitation of the heart, insomnia, lusterless complexion and threadlike pulse accompanying diaphoresis suggest insufficiency of heart-blood and leakage of heart-fluid. Cold-intolerance, cold limbs, watery feces, white and smooth tongue coating and deep and feeble pulse accompanying diaphoresis suggest deficiency of Yang-Qi and weakened Yang unable to restrain Yin. Dry mouth and throat, red tongue with scant coating and threadlike and rapid pulse accompanying diaphoresis suggest blazing Fire in Yin

deficiency and the Fire forcing Yin-fluid outward as sweat. Yellow sweat or sweat that leaves stickiness on the skin suggests accumulation of the Heat evil in the interior and evaporation of body fluids.

IV Herbal Treatment

1 *Lung-Qi Deficiency*

Main Symptoms. Sweating with wind-aversion, aggravated by any activity; high susceptibility to exogenous pathogenic evils; lusterless complexion; lassitude and weakness. The tongue coating is thin and white, and the pulse threadlike and feeble.

Therapeutic Principle. Augment Qi and firm the exterior.

Treatment. Yu Ping Feng San (Jade-Screen Powder).

If diaphoresis is profuse, add fuxiaomai (*Triticum*), mahuang root (*Ephedra*), muli (*Ostrea*) and nuodaogenxu (*Oryza sativa*) to strengthen the exterior and astringe sweat. (Note: do not use mahuang in place of mahuang root, as mahuang is diaphoretic.)

If Qi deficiency is marked, add dangshen (*Codonopsis*) and huangjing (*Polygonatum*) to enhance Qi augmentation and astringency.

If there is Yang deficiency as well, add maimendong (*Ophiopogon*) and wuweizi (*Schisandra*) to nourish Yin and astringe sweat.

2 *Disharmony between Nutritive and Defensive Qi*

Main Symptoms. Sweating with wind-aversion, generalized aches and malaise, and periodic chills and fever; or, regional sweating. The tongue coating is thin and white, and the pulse is even.

Therapeutic Principle. Harmonize nutritive Qi and defensive Qi.

Treatment. Guizhi Tang (Cinnamomum Decoction).

If diaphoresis is profuse, add longgu (fossil bone) and muli (*Ostrea*) as clinically appropriate.

If profuse diaphoresis is accompanied by heaviness in the body, with white and greasy tongue coating, it is indicative of Dampness complicating nutritive-defensive disharmony. Add fangfeng (*Saposhnikovia*) and peilan (*Eupatorium*) to dispel Wind and dry Dampness.

If Yang is deficient, add renshen (*Panax*) to warm Yang and astringe sweat.

If diaphoresis affects half of the body or a smaller region, add Gan Mai Dazao Tang (Liquorice-Wheat-Date Decoction).

3 *Insufficiency of Heart-Blood*

Main Symptoms. Spontaneous sweating or night sweat; palpitation of the heart; insomnia; lassitude; shortness of breath; and lusterless complexion. The tongue is pale and the pulse threadlike.

Therapeutic Principle. Generate blood and nourish the heart.

Treatment. Gui Pi Tang (Spleen-Restoring Decoction).

If blood insufficiency is marked, add treated heshouwu (*Polygonum*), gouqizi (*Lycium*) and shudihuang (*Rehmannia*) to augment and restore essence and blood.

If diaphoresis is profuse, add calcined longgu (fossil bone) and muli (*Ostrea*), wuweizi (*Schisandra*) and fuxiaomai (*Triticum*) to astringe sweat.

4 *Blazing Fire in Yin Deficiency*

Main Symptoms. Night sweat; sometimes spontaneous sweating as well; hotness in the five centers; dry throat with thirst; flushed cheeks; and recurrent fever. The tongue is red, with little coating, and the pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin and suppress Fire.

Treatment. Danggui Liu Huang Tang (Angelica and Six Huang Decoction). It has the following basic composition: danggui (*Angelica*) 9 g, shengdihuang (*Rehmannia*) 12 g, shudihuang (*Rehmannia*) 12 g, huanglian (*Coptis*) 12 g, huangqin (*Scutellaria*) 12 g, huangbai (*Phellodendron*) 12 g, and huangqi (*Astragalus*) 12 g.

If sweating is profuse, add muli (*Ostrea*), fuxiaomai (*Triticum*) and nuodaogexu (*Oryza sativa*) to astringe sweat.

If recurrent fever is high, add Qinjiao (*Gentiana*), yinchaihu (*Stellaria dichotoma*) and baiwei (*Cynanchum atratum*) to cool deficiency-Heat.

For constipation due to Heat accumulation, add dahuang (*Rheum*) and mangxiao (*Mirabilite*) to promote defecation.

For oliguria due to interior Heat, add yinchenhao (*Artemisia*).

5 *Heat Evaporating Fluids*

Main Symptoms. Sweat that is yellow in color and stains clothing; flushed complexion; restlessness; bitter taste in the mouth; and dark urine. The tongue coating is thin and yellow, and the pulse taut and rapid.

Therapeutic Principle. Cool the liver, purge Heat, eliminate Dampness and harmonize the Nutritive Level.

Treatment. Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction).

For Heat-induced constipation, add raw dahuang (*Rheum palmatum*) and mangxiao (*Mirabilite*).

For strong Heat in the interior with dark oliguria, add yinchenhao (*Artemisia*).

6 Miscellaneous Types

If there is much sweating that is limited to the hands and feet, it is because the spleen governs the four limbs and deficient Qi is unable to reach the ends of the limbs. Use Huangqi Jian Zhong Tang (Astragalus Middle-Strengthening Decoction) to warm the middle-jiao, augment Qi, consolidate the exterior and stop sweating.

If chest discomfort, cyanotic tongue, purpuric spots and taut or impeded pulse accompany spontaneous or night sweat, the illness is due to blood stasis causing blockage. In this case, use Xue Fu Zhu Yu Tang (Decoction for Releasing Blood Stasis) to regulate Qi, mobilize blood, unblock the channels and harmonize nutritive and defensive Qi.

V Acupuncture Treatment

Select the acupoints Hegu (LI-4), Houxi (SI-3) and Fuliu (KI-7). Use filiform needles and apply both reducing and reinforcing methods. In general, apply the reducing method to Hegu first, then the reinforcing method to Fuliu.

For lung-Qi deficiency, add Taiyuan (LU-9) and Zusanli (ST-36).

For disharmony between nutritive and defensive Qi, add Lieque (LU-7).

For insufficiency of heart-blood, add Xinshu (BL-15), Yingu (KI-10) and Sanyinjiao (SP-6).

For blazing Fire in Yin deficiency, add Yingu (KI-10) and Zhaohai (KI-6).

VI Case Study

The patient was a 50-year old retired female worker. She presented with both spontaneous and night sweats that began following a common cold a month previously.

She had a 20-year history of Wind-induced injury to her heart, requiring her to take Western medication that strengthened her heart, promoted diuresis and dilated her arteries. On this regimen her condition stabilized. A month prior to admission she contracted the common cold, with fever, palpitations of the heart, worsened shortness of breath, and both spontaneous and night sweats.

On admission, she had spontaneous sweating, night sweats, palpitations of the heart, shortness of breath, impatience and irascibility, poor sleep with much dreaming and anorexia. Her tongue was dusky, with a thin and white coating. Her pulse was deep, threadlike, hesitant and intermittent.

Diagnosis. Deficiency of both Qi and Yin, with infirm exterior and Defensive Level.

Therapeutic Principle. Augment Qi, nourish Yin, firm the exterior and astringe sweat.

Treatment and Course. The prescribed formula had the following composition: calcined longgu (fossil bone) 24 g, calcined muli (*Ostrea gigas*) 24 g, roast huangqi (*Astragalus membranaceus*) 24 g, beishashen (*Glehnia*) 30 g, wuweizi (*Schisandra chinensis*) 10 g, fuxiaomai (*Triticum aestivum*) 30 g, tianzhu (*Bambusa textilis*) 20 g, fuling (*Poria cocos*) 20 g, yuanzhi (*Polygala tenuifolia*) 10 g, danshen (*Salvia miltiorrhiza*) 15 g, shengdihuang (*Rehmannia glutinosa*) 30 g, ejiao pellets (*Equus asinus*) 1 g. Note: longgu and muli were decocted first.

After seven daily doses, palpitation of the heart, shortness of breath, spontaneous sweating and night sweats all improved. She continued to sleep poorly, and her tongue and pulse configuration remained as before treatment. The same formula was continued but with seven kernels of dazao (*Ziziphus jujuba*) added. With the augmented formula, all her symptoms subsided.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of diaphoresis and discusses the main illnesses that present with it.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of diaphoresis;
2. Know the classification and key points for diagnosis of the main illnesses that present diaphoresis as a prominent symptom;
3. Know the diagnosis and treatment of these illnesses.

III Exercises for Review

1. Define spontaneous sweating and night sweat. How do they differ?
2. Describe the etiology and pathology of spontaneous sweating and night sweat.
3. Compare illnesses presenting spontaneous sweating with those presenting night sweat.
4. Explain how to differentiate and treat the illnesses that present with spontaneous sweating.
5. Explain how to differentiate and treat the illnesses that present with night sweat.

IV Additional Exercises

1. Provide an analysis of the formula Hu Qian Wan used in treatment of flaccidity due to insufficiency of the liver and the kidney.
2. For the Case Study provide an analysis of the formula Dihuang Yin Zi used in treatment of the patient. What is your diagnosis as to the cause of the insufficiency of kidney-essence?
3. Huangqi Jian Zhong Tang is used to treat sweating that is limited to the hands and feet ([section IV, subsection 6](#)), but also to treat stomachache due to deficiency-Cold (Volume 3, Part I, Chapter 9, [Section IV, Subsection 6](#)). Show that it is appropriate for both of these conditions.
4. For the Case Study, provide an analysis of the formula of the prescribed herbs used to treat this patient.

Chapter 27

Diabetes (Xiao-Ke)

Diabetes is a condition characterized by polyuria, polydipsia and polyphagia. In many patients the urine also has a high level of sugar. In chronic cases, the patients usually manifest emaciation (Xiao in Chinese) and thirst (Ke in Chinese). Hence, Xiao-Ke is the Chinese medicine terminology for diabetes. However, any other illnesses manifesting thirst and emaciation can be called Xiao-Ke as well. Diabetes is commonly classified into three types according to the Chinese medicine theories: upper, middle and lower. Upper diabetes involves the upper-jiao, and is marked by thirst and polydipsia. Middle diabetes involves the middle-jiao, and is marked by hunger and polyphagia. Lower diabetes involves the lower-jiao, and is marked by thirst and polyuria with turbid urine. (Note: what is commonly called “diabetes” is, strictly speaking, “diabetes mellitus”, that is, “sweet diabetes”. Diabetes mellitus is often also known as “sugar diabetes”.)

I Etiology and Pathology

Diabetes may result from a number of causes, including innate weakness, improper diet, emotional imbalance and physical or sexual overindulgence.

With innate weakness of the body constitution the *zang* viscera are fragile. Of the many varieties, weak constitution with Yin deficiency is especially predisposed to developing diabetes.

Long-term excessive consumption of fatty and spicy foods or alcohol may injure the spleen and the stomach, resulting in the impairment of their transportation and transformation functions. Heat accumulates in the interior and gives rise to Dryness. Dryness injures the fluids, and this in turn leads to diabetes.

Long-term mental over-stimulation may induce stagnation of Qi. Stagnant Qi readily transforms into Fire. Blazing Fire in the interior scorches the lung and the stomach and consumes Yin-fluid. This leads to diabetes.

Excessive physical exertion or excessive sexual indulgence may result in the rise of endogenous deficiency-Fire. “Depletion of water makes Fire more fierce, and

fierce Fire makes water more dry.” The result is insufficiency of the kidney, dryness of the lung and heating of the stomach; and together these lead to diabetes.

The common pathological mechanism is dysfunction in the transportation and distribution of body fluids resulting in the rise of Heat-Dryness and Yin deficiency. The main organs involved are the lung, the stomach, the spleen and the kidney. Among them, the kidney is the key organ.

Prolonged Yin deficiency may injure Qi and Yang, so that both Yin and Yang become deficient. In prolonged diabetes the meridians become diseased, and the blood channels may become blocked by static blood.

Moreover, long-lasting diabetes can lead to a number of complications. For example, depletion of kidney-Yin causes the liver to lose its nourishment. When liver essence, kidney essence and blood are insufficient to provide for the eyes and ears, cataract, night blindness and deafness may result. Dryness-Heat scorching Nutritive Yin may cause blood stasis, blockage of the channels and accumulation of poisons as pus. Sores, carbuncles and furuncles may form. Yin deficiency may give rise to severe Dryness and Heat in the interior, which may transform fluids into Phlegm. When Phlegm blocks the meridians and channels, coldness, pain and numbness in the limbs may result. Alternately, Phlegm and blood stasis may lead to angina pectoris or stroke. Yin deficiency may induce Yang deficiency as well. Deficiency of liver and kidney Yang enables water and Dampness to overflow from the vessels of the skin and sinews, producing edema.

II Clinical Manifestation

The characteristic manifestation of diabetes includes the “three excesses and one deficit”, namely, polyuria, polydipsia, polyphagia and emaciation. Polyuria may be an increase in the frequency of urination and in the volume of urine produced. It may also involve more frequent urination during the night (nocturia). Polydipsia is the drinking of large amounts of fluids driven by thirst. Polyphagia is the eating of extraordinary amounts of food driven by hunger. In long-lasting diabetes, despite the polydipsia and polyphagia the patient gradually loses weight and becomes progressively more emaciated. In such patients the urine tastes sweet.

The pattern of illness progression differs for children and for adults. In children, the onset and the development of the illness tend to be rapid and the symptoms are usually typical and severe. In serious cases, there may be extreme thirst, headache, vomiting, abdominal pain and hyperpnea (deep and rapid respiration). There may even be coma and collapse. In adults, the onset and development tend to be more gradually, and the symptoms are often atypical. For example, nocturia may be the first or only symptom of diabetes in an adult. In adults, too, the illness tends to develop complications, as described in the previous section.

III Key Points of Analysis

The three “excess” symptoms of polyuria, polydipsia and polyphagia usually occur together. However, based on their relative severity and the main location of the illness, diabetes may be classified into upper, middle and lower diabetes. **Upper diabetes** involves the upper-jiao and is usually due to Dryness and Heat injuring the lung. The most prominent symptom is polydipsia, with mild polyuria and polyphagia. **Middle diabetes** involves the middle-jiao and is usually due to Heat in the stomach. The most prominent symptom is polyphagia, with mild polyuria and polydipsia. **Lower diabetes** involves the lower-jiao and is usually due to kidney insufficiency. The most prominent symptom is polyuria, with mild polydipsia and polyphagia.

In general, in the early stages of the illness Dryness and Heat predominate. As the illness progresses Yin deficiency becomes increasingly more important so that Yin deficiency coexists with Dryness-Heat. In the late stages Yin deficiency affects Yang, so that there is Yang deficiency as well.

For most patients, the characteristic “three excesses” make the diagnosis straightforward. Sometimes, however, these symptoms are not prominent and are overshadowed by complications such as cataract and night blindness, carbuncles or furuncles, limb coldness, pain and numbness, angina pectoris or stroke, or edema. In such cases, it is important to inquire carefully into the patient’s urinary, drinking and eating patterns.

Certain symptoms indicate that the illness is very severe. These include facial flushing, headache, agitation, nausea or vomiting, sunken eyes, dry lips with red tongue, hyperpnea and coma. These symptoms usually indicate that Yang and body fluids have been severely depleted, so that the deficient Yang floats to the exterior, and Phlegm and Fire have obscured the upper orifices.

IV Herbal Treatment

1 Upper Diabetes (*Lung-Heat Injuring Fluids*)

Main Symptoms. Prominent thirst and polydipsia, dry mouth and tongue, and polyuria. The tongue coating is thin and yellow, and the pulse is rapid.

Therapeutic Principle. Cool Heat, moisten the lung and generate fluids to stop thirst.

Treatment. Xiao Ke Fan (Diabetes Prescription). Its basic composition is as follows: tianhua fen (*Trichosanthes*) 20 g, huanglian (*Coptis*) 10 g, shengdi huang (*Rehmannia*) 15 g, and ouzhi (*Nelumbo*) 6 g.

If the mouth is markedly dry, add maimendong (*Ophiopogon*) and gegen (*Pueraria*) to enhance the formula's ability to generate fluids.

Persistent diabetes, frequent urination, rapid and forceless pulse indicate that Lung-Heat has injured fluids so that Qi and Yin are both deficient. Use Yu Quan Wan (Jade Spring Pill) instead. This formula used renshen (*Panax*), huangqi (*Astragalus*) and fuling (*Poria*) to augment Qi and tianhuafen (*Trichosanthes*), gegen (*Pueraria*), maimendong (*Ophiopogon*), wumei (*Prunus mume*) and gancao (*Glycyrrhiza*) to cool Heat, generate fluids and stop thirst.

2 Middle Diabetes (Blazing Stomach-Fire)

Main Symptoms. Hunger and polyphagia, thirst, polyuria, emaciation and constipation. The tongue coating is yellow, and the pulse is slippery, replete and forceful.

Therapeutic Principle. Clear the stomach, purge Fire, nourish Yin and generate fluids.

Treatment. Yu Nu Jian (Jade Maid Prescription). Its basic composition is as follows: shigao (gypsum) 30 g, shudihuang (*Rehmannia*) 15 g, maimendong (*Ophiopogon*) 10 g, zhimu (*Anemarrhena*) 10 g, and niuxi (*Achyranthes*) 10 g.

If clinically required to cool Heat and purge Fire, add huangbai (*Phellodendron*) and zhizi (*Gardenia jasminoides*).

If constipation is severe, first treat with Zeng Ye Cheng Qi Tang (Fluid-Generating Qi-Activating Decoction) to moisten the intestines and unblock the intestines. Treat with Yu Nu Jian when defecation has improved.

3 Lower Diabetes (Impairment of the Kidney)

i Deficiency of Kidney-Yin

Main Symptoms. Polyuria with cloudy or sweet-tasting urine; dry mouth and lips; aches and weakness in the knees and waist; dizziness, tinnitus; and dry and itchy skin. The tongue is red, with little coating, and the pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin, strengthen the kidney, moisten Dryness and stop thirst.

Treatment. Liu Wei Dihuang Wan (Six-Ingredient Rehmannia Pill).

For marked and cloudy polyuria, add yizhiren (*Alpinia oxyphylla*), sangpiaoxiao (*Paratenodera*), and wuweizi (*Schisandra*) to strengthen the kidney and astringe urine.

If endogenous Fire arises, with dehydration and hotness in the five centers (heat filling in the chest, hands and face, etc.), add zhimu (*Anemarrhena*) and huangbai (*Phellodendron*) to nourish Yin and purge Fire.

If there are shortness of breath and weakness, with a pale tongue, add huangqi (*Astragalus*), dangshen (*Codonopsis*) and huangjing (*Polygonatum*) to augment Qi.

ii Deficiency of Yin and Yang

Main Symptoms. Increased frequency of urination, following every drink; cloudy urine; cold-aversion, cold limbs; wan complexion; dry pinna; and impotence or irregular menses. The tongue is pale, with white and dry coating. The pulse is deep, threadlike and forceless.

Therapeutic Principle. Warm Yang, nourish the kidney, strengthen the liver and astringe urine.

Treatment. Shen Qi Wan (kidney-Qi Pill).

Add fupenzi (*Rubus chingii*), sangpiaoxiao (*Paratenodera*) and jinyingzi (*Rosa laevigata*) as clinically appropriate to enhance the ability to nourish Yin, strengthen the kidney and astringe.

For marked aching and weakness of the waist, add duzhong (*Eucommia*), niuxi (*Achyranthes*) and xuduan (*Dipsacus*).

For marked cold-aversion, add lujiao slices (*Cervus nippon*) and ziheche (human placenta).

For wan and lusterless complexion, add heshouwu (*Polygonum*), gouqizi (*Lycium*) and gusuibu (*Drynaria fortunei*).

For loose feces, add buguzhi (*Psoralea*) and yizhiren (*Alpinia oxyphylla*).

4 Diabetic Complications

Cataract, Night Blindness, Deafness. Treat with Qi Ju Dihuang Wan (Lycium-Chrysanthemum-Rehmannia Pill) or Ming Mu Dihuang Wan (Eye-Clearing Rehmannia Pill) to nourish and restore the liver and the kidney, augment essence and generate blood.

Carbuncles, Furuncles. Treat by cooling Heat and detoxifying poisons. To dissipate lesions and swelling, use Wu Wei Xiao Du Yin (Five-Ingredient Detoxification Drink). During convalescence, emphasize pus drainage and tissue regeneration.

Deficient Yang Floating to Exterior. The main symptoms include worsening of diabetes, headache, nausea, vomiting, red lips and hyperpnea. The tongue is dry. The pulse is threadlike and forceless. The appropriate urgent treatment is to enrich Yin and return Yang to the interior. Use Sheng Mai San (Pulse-Generating Powder) augmented with shanzhuyu (*Cornus*), tianmendong (*Asparagus choichinchinensis*),

muli (*Ostrea*) and guiban (*Chinemys*). If necessary, apply urgent or resuscitative measures from both Chinese and Western Medicine.

Edema, Rheumatism, Stroke, Angina Pectoris. For treatment, see the specific chapters.

V Acupuncture Treatment

Upper Diabetes. Select the acupoints Shaofu (HT-8), Xinshu (BL-15), Feishu (BL-13) and Taiyuan (LU-9).

Middle Diabetes. Select the acupoints Neiting (ST-44), Pishu (BL-20), Weishu (BL-21) and Sanyinjiao (SP-6).

Lower Diabetes. Select the acupoints Taichong (LR-3), Taixi (KI-3), Ganshu (BL-18) and Shenshu (BL-23).

In all cases, use filiform needles and apply the reducing and reinforcing methods simultaneously.

VI Case Study

The patient was a 52-year old married male. For over 2 months he had polyuria, polydipsia and polyphagia. Despite polyphagia he would be hungry within 2 h of eating. He also had dry and cracked lips and constipation.

On examination his general condition was fair. He had a red tongue with thin yellow coating and a pulse rate of 80/min. His blood pressure was 135/80 mmHg. The lung was clear to auscultation. The heart border by percussion was at the left mid-clavicular line in the fifth intercostal space. His fasting blood glucose was 220 mg% and his urine contained 3+ glucose.

Diagnosis. Diabetes due to blazing Stomach-Fire.

Therapeutic Principle. Purge Stomach-Fire, augment Qi and nourish Yin.

Treatment and Course. Modified Yu Nu Jian (Jade Maid Prescription) was prescribed. It had the following composition: shigao (gypsum) 20 g, zhimu (*Anemarrhena*) 20 g, huanglian (*Coptis*) 10 g, huangqin (*Scutellaria*) 10 g, zhizi (*Gardenia jasminoides*) 5 g, shengdihuang (*Rehmannia*) 15 g, tianhuafen (*Trichosanthes*) 20 g, xuanshen (*Scrophularia*) 15 g, dangshen (*Codonopsis*) 20 g, huangqi (*Astragalus*) 10 g, maimendong (*Ophiopogon*) 20 g, and wuweizi (*Schisandra*) 10 g.

The dosage of this formula was adjusted up or down depending on the clinical condition. After 25 doses, the fasting blood glucose decreased to 120 mg% and the urine became glucose-free. All symptoms resolved.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of diabetes, and discusses the clinical manifestation, diagnosis and treatment of the main illnesses that present with diabetes as the prominent symptom.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of diabetes;
2. Understand the classification and key points for diagnosis of the illnesses that present with diabetes;
3. Know the diagnosis and treatment of each of these illnesses.

III Exercises for Review

1. Explain the etiology and main pathological changes of diabetes.
2. Describe the clinical manifestation of diabetes due to Yin deficiency, and explain the relationship between Yin deficiency and Dryness-Heat.
3. Explain how in diabetes the location of illness is in the lung, the stomach and the kidney.
4. Explain how the diagnosis and treatment of upper, middle and lower diabetes are related to their pathology.
5. Describe the potential complications of diabetes.
6. What symptoms indicate that diabetes has become critical? Explain the clinical significance of these symptoms.
7. What daily living measures would you suggest for preventing diabetes?

IV Additional Exercises

1. Provide an analysis of the formula Xiao Ke Fan used in the treatment of diabetes due to Lung-Heat injuring fluids (“upper diabetes”). Explain when to use Yu Quan Wan, and why.
2. Provide an analysis of the formula Yu Nu Jian used in treatment of diabetes due to blazing Stomach-Fire (“middle diabetes”).
3. For the Case Study, provide an analysis of the formula of the modified Yu Nu Jian used to treat this patient.

Chapter 28

Abdominal Masses and Obstruction

Abdominal masses and blockage result from deficiency of genuine Qi and disharmony of *zang-fu* viscera, so that Qi becomes stagnant and blood static. Qi stagnation and blood stasis in turn lead to accumulation and gelling of turbid Phlegm inside the abdomen, producing masses or blockage.

Masses have defined shape on palpation and tend to be fixed in location. The pain associated with masses also has a fixed location. As an illness, a mass is generally located in the Blood Level.

Blockage generally does not have a defined shape on palpation and is not constant. Its associated pain does not have a fixed location. As an illness, blockage is generally located in the Qi Level.

I Etiology and Pathology

The basic pathological factor in the formation of masses or blockage is deficiency of genuine Qi. The most common circumstances are the following.

Emotional Disturbance. When emotional disturbance causes illness it first affects Qi, inducing stagnation of liver-Qi and depression of spleen-Qi. As Qi stagnation reaches the Blood Level it induces blood stasis. Protracted Qi stagnation and blood stasis may lead to the formation of masses or blockage.

Internal Injury by Improper Diet or Alcohol. Overindulgence in alcohol or foods that are fatty, spicy, sweet and pungent or fried may impair spleen and stomach functions, resulting in failure in the transformation and transportation of nutrients. Retained fluid turns into Dampness and may give rise to endogenous Phlegm. Phlegm impedes Qi movement, and impedance of Qi movement leads to blockage. The struggle between Qi and turbid Phlegm may lead to gelling of Phlegm and the formation of masses.

Attack by Exogenous Pathogenic Evils. Exogenous Cold, Dampness or Heat, or Heat toxins, can invade the body and lodge in the abdomen. This causes disharmony between the affected *zang-fu* organs and impedes the movement of Qi and blood,

so that turbid Phlegm forms in the interior. Stagnant Qi and static blood accumulate in the abdomen, and over time develop into masses.

Complications of Other Illnesses. Several other illnesses may lead to masses or blockage. During protracted jaundice or post-jaundice convalescence Dampness may persist and impede Qi and blood movement. The blood fluke impairs the flow of liver and spleen Qi and blood, and this may result in blockage of blood channels. Chronic malaria conduces to the rise and gelling of Dampness and Phlegm, which in turn block the blood vessels and produce masses or blockage.

Though deficiency of genuine Qi is the fundamental pathological change, the location of illness causing mass or blockage is usually the liver and the spleen, with involvement of the stomach and the intestines. The key mechanism is stagnation of Qi, stasis of blood and gelling of Phlegm. In blockage, the principal factor is Qi stagnation. In masses, stagnation of Qi, stasis of blood and gelling of Phlegm are all present, but blood stasis is the main factor.

II Clinical Manifestation

Masses and blockage present different clinical pictures.

Blockage tends to develop rapidly and has a shorter course. It is mainly accumulation of stagnant Qi within a hollow organ in the abdomen. The main symptoms include distention and pain that are intermittent, sometimes a sausage-like but vague swelling in the abdomen, a tongue coating that is usually thick and greasy and white or yellow in color, and a pulse that is taut and slippery. During an attack the affected area shows fullness or distention but not palpable mass, and during remission the fullness and distention disappear. If blockage occurs too frequently, there may be lassitude, weakness, anorexia and loose feces.

Masses develop more slowly, have a longer course and are more serious. The abdomen may be distended to various degrees. Masses that are hard tend to progress from small to large and from soft to hard. In the early stages, the affected areas tend to become distended and there may be associated nausea and vomiting, abdominal distention, fatigue and reduced appetite. As the masses increase in size pain tends to become more severe. In time, there may be wan and sallow complexion and progressive weight loss or emaciation. The tongue may develop ecchymosis along the sides. The pulse tends to be taut or threadlike.

III Key Points of Analysis

Mass versus Blockage. Masses have specific shapes on palpation, though they may be large or small, and soft or hard. On pressure there may be pain of a distending or stabbing quality. There often are accompanying symptoms such as nausea, vomiting, weakness, anorexia and emaciation. Note also that the formation of masses is often preceded in the same locations by pain.

For blockage the characteristic feature is Qi collecting inside the abdomen causing distention and pain in a hollow organ. It is usually intermittent. During an attack the affected area shows distention and fullness, but there is no specific shape on palpation. Blockage tends to arise rapidly, and its occurrence often is intimately related to changes in the emotional state.

Clinical Course. Blockage generally results from stagnation of liver-Qi or improper diet preventing Qi from its normal dispersal. Blockage is generally located in the Qi Level, so that the principal factor is strong pathogenic evil. Because of its relatively rapid development and short duration its course does not show stages.

Masses generally result from deficiency of Qi and blood so that blood becomes static and Phlegm arises and gels. Masses are generally located in the Blood Level. In the early stage, genuine Qi has not been damaged; evil Qi is strong, but not extremely so. During this phase the mass is relatively small and is relatively soft, and the patient's general condition is fair. In the middle stage, genuine Qi is declining and evil Qi gaining strength. The mass is now larger and firmer on palpation. Pain is now continual, and is accompanied by worsening appetite, weakness and wasting. In the late stage, genuine Qi is depleted and evil Qi very strong. The mass has increased further in size and is now very hard. Pain is severe, and is accompanied by marked anorexia, dusky or sallow complexion, and severe emaciation.

Location of Mass. The specific visceral organ affected determines the location of the mass. A mass in the right subcostal abdomen, accompanied by subcostal stabbing pain, jaundice and abdominal distention is located in the liver. A mass in the epigastrium, accompanied by vomiting or hematemesis, is located in the stomach. A mass in the right abdomen, accompanied by diarrhea or constipation, emaciation and weakness, is located in the intestines. A mass in the left abdomen, accompanied by increased frequency of defecation and feces that contain pus and blood, is also located in the intestines.

IV Herbal Treatment

1 Blockage

i Stagnation of Liver-Qi

Main Symptoms. Distention and pain in a hollow organ; intermittent and not fixed in location; and subcostal distention and discomfort. The tongue coating is thin, and the pulse taut.

Therapeutic Principle. Unblock the liver, release stagnation and mobilize Qi to relieve blockage.

Treatment. Muxiang Shun Qi San (Aucklandia Qi-Regulating Powder). It has the following basic composition: muxiang (*Aucklandia lappa*) 10 g, xiangfu

(*Cyperus rotundus*) 10 g, Qingpi (*Citrus tangerina*) 6 g, sharen (*Amomum villosum*) 3 g, cangzhu (*Atractylodes lancea*) 10 g, chenpi (*Citrus tangerina*) 6 g, houpo (*Magnolia officinalis*) 10 g, gancao (*Glycyrrhiza uralensis*) 6 g, zhiqiao (*Poncirus trifoliata*) 10 g, wuyao (*Lindera strychnifolia*) 10 g, shengjiang (*Zingiber officinale*) 6 g, chuanxiong (*Ligusticum chuanxiong*) 10 g, and rougui (*Cinnamomum cassia*) 6 g.

If there are symptoms of Heat as well, such as bitter taste and red tongue, remove wuyao, cangzhu and rougui and add huanglian (*Coptis*), wuzhuyu (*Evodia*) to purge Liver-Heat.

If there are lassitude, weakness and loose feces, add dangshen (*Codonopsis*) and baizhu (*Atractylodes*) to augment Qi and strengthen the spleen.

ii Food Retention and Phlegm Blockage

Main Symptoms. Abdominal distention or pain, with periodic sausage-like masses on palpation; pain aggravated by pressure; and constipation and anorexia. The tongue coating is greasy, and the pulse taut and slippery.

Therapeutic Principle. Regulate Qi, dissipate Phlegm, unblock intestines and release retention.

Treatment. Liu Mo Tang (Decoction of Six Ground Substances).

For marked food retention, add shanzha (*Crataegus*), laifuzi (*Raphanus*) and shenqu (medicated leaven) to strengthen the spleen and promote digestion.

For turbid Phlegm blocking the middle-jiao, with nausea, vomiting and greasy tongue coating, add cangzhu (*Atractylodes*), banxia (*Pinellia*), chenpi (*Citrus tangerina*) and shengjiang (*Zingiber*) to dissipate Phlegm and suppress the abnormally risen.

If blockage is due to the accumulation of ascarid worms, treat with Wumei Wan (Wumei Pill) in addition to Liu Mo Tang.

2 Mass

i Early Stage (Qi Stagnation and Blood Stasis)

Main Symptoms. Soft abdominal mass; with distension and pain. The tongue coating is thin and white or speckled with ecchymosis. The pulse is taut.

Therapeutic Principle. Regulate Qi, mobilize blood, unblock channels and dissipate mass.

Treatment. Use Jinlingzi San (Melia Powder) and Shi Xiao San together. The combined composition is as follows: chuanlianzi (*Melia toosendan*) 12 g, yanhusuo

(*Corydalis yanhusuo*) 10 g, wulingzhi (*Pteropus pselaphon*) 6 g, and puhuang (*Typha angustifolia*) 6 g.

If abdominal pain is severe, add taoren (*Prunus persica*), honghua (*Carthamus*), chishaoyao (*Paeonia*) and danshen (*Salvia*) to dissolve stasis and stop pain.

For more severe Qi stagnation and blood stasis with additional symptoms of Cold, use Da Qi Qi Tang (Major Seven-Qi Decoction). Among its ingredient herbs, Qingpi (*Citrus tangerina*, fresh peel), chenpi (*Citrus tangerina*, aged peel), jiegeng (*Platycodon grandiflorum*), xiangfu (*Cyperus rotundus*) and huoxiang (*Agastache rugosa*) mobilize Qi and dissipate masses, and rougui (*Cinnamomum cassia*), sanleng (*Sparganium stoloniferum*) and ezhu (*Curcuma aeruginosa*) warm and unblock blood vessels and soften the hard.

ii Middle Stage (Static Blood Gelling in Interior)

Main Symptoms. Mass becoming larger and harder; mass and pain in fixed location; anorexia, weakness; recurring chills and fever; dusky complexion; and emaciation. Females may develop amenorrhea. The tongue is cyanotic or speckled with purpuric spots. The pulse is taut and slippery or threadlike and impeded.

Therapeutic Principle. Remove blood stasis, soften hard masses and regulate the spleen and the stomach.

Treatment. Ge Xia Zhu Yu Tang (Decoction for Relieving Stasis Below the Diaphragm).

Liu Jun Zi Tang (Six-Nobles Decoction) may be alternated with Ge Xia Zhu Yu Tang as clinically indicated to nourish and strengthen the spleen and the stomach.

If the mass is marked, add shuizhi (*Hirudo nipponica*), mengchong (*Tabanus bivittatus*), shanjia (*Manis pentadactyla*), and biejia (*Amyda*) and other herbs that mobilize blood and dissipate masses.

iii Late Stage (Genuine-Qi Depletion)

Main Symptoms. Hard mass; progressively worsening pain; anorexia; sallow or dusky complexion; and extreme emaciation. The tongue is pale purple and without coating. The pulse is threadlike and rapid or taut and threadlike.

Therapeutic Principle. Augment Qi, nourish blood, release blood stasis and dissipate masses.

Treatment. Combined Ba Zhen Tang (Eight Treasures Decoction) and Hua Ji Wan (Mass-Dissipating Pill).

Hua Ji Wan has the following composition: sanleng (*Sparganium stoloniferum*) 6 g, ezhu (*Curcuma aeruginosa*) 6 g, sumu (*Caesalpinia sappan*) 6 g, awei (*Ferula sinkiangensis*), wulingzhi (*Pteropus pselaphon*) 10 g, xiangfu (*Cyperus rotundus*)

10 g, binglang (*Areca catechu*) 6 g, haifushi (pumice) 6 g, walengzi (*Arca inflata*) 6 g, and xionghuang (realgar) 3 g.

For marked Qi deficiency, add huangqi (Astragalus), shanyao (*Dioscorea*) and yiyiren (*Coix*) to augment Qi and strengthen the spleen.

If Yin is damaged, add shengdihuang (*Rehmannia*), xuanshen (*Scrophularia*), maimendong (*Ophiopogon*) and shihu (*Dendrobium*) to nourish Yin and generate fluid.

V Acupuncture Treatment

1 Blockage

Stagnation of Liver-Qi. Select the acupoints Ganshu (BL-18), Zhangmen (LR-13), Shangwan (CV-13), Qihai (CV-6) and Dadun (LR-1).

Food Retention and Phlegm Blockage. Select the acupoints Zhongwan (CV-12), Qihai (CV-6), Tianshu (ST-25), Dachangshu (BL-25), Fenglong (ST-40) and Zusanli (ST-36).

2 Masses

Early Stage (Qi Stagnation and Blood Stasis). Select the acupoints Ganshu (BL-18), Zhangmen (LR-13), Geshu (BL-17) and Xingjian (LR-2).

Middle Stage (Static Blood Gelling in Interior). Select the acupoints Pishu (BL-20), Weishu (BL-21), Ganshu (BL-18) and Taichong (LR-3).

Late Stage (Genuine-Qi Depletion). Select the acupoints Zhongwan (CV-12), Zusanli (ST-36), Qihai (CV-6), Geshu (BL-17), Pishu (BL-20) and Sanyinjiao (SP-6).

VI Case Study

The patient was a 63-year old male. He had an upper right abdominal mass for over half a year, accompanied by abdominal fullness and distention, lassitude, weakness, mild fever and palpitation of the heart. His complexion was dusky. His tongue was dark with a thick yellow coating. His pulse was deep, threadlike, rapid and forceless.

Diagnosis. Mass due to Qi stagnation and blood stasis, with deficiency of both Qi and blood.

Therapeutic Principle. Regulate Qi, mobilize blood, unblock channels and dissipate mass.

Treatment and Course. The prescribed formula had the following composition: dried toad venom (*Bufo bufo gargarizans*) 10 g, biejia (*Amyda sinensis*) 10 g, chuanshanjia (*Manis pentadactyla*) 6 g, danshen (*Salvia miltiorrhiza*) 10 g, chaihu (*Bupleurum chinense*) 10 g, baishaoyao (*Paeonia lactiflora*) 10 g, muxiang (*Aucklandia lappa*) 6 g, Qingpi (*Citrus tangerina*, fresh) 6 g, chenpi (*Citrus tangerina*, aged) 6 g, danggui (*Angelica sinensis*) 6 g, meihua (*Armeniaca mume*) 10 g, and taizhishen (*Pseudostellaria heterophylla*) 10 g.

The patient took this formula daily. Over half a year his mass gradually shrank, his spirit improved and all symptoms resolved. He was instructed to continue the prescription intermittently.

Comment. In this patient, the mass resulted from disharmony between the liver and the spleen, leading to Qi stagnation and blood stasis. These in turn block the channels. Over time, the stagnant Qi and static blood gelled together and gradually enlarged. The prolonged presence of gelled Qi and blood and the patient's senescence together injured both Qi and blood, resulting in lassitude and weakness. The blood insufficiency led to the mild fever and palpitation of the heart. The dusky complexion, thick yellow tongue coating and the deep, threadlike, rapid and forceless pulse reflected Qi stagnation, blood stasis and deficiency of both Qi and blood. They indicated that the illness was moving into the middle stage of mass disease, with relative weakness of genuine Qi. For this reason, the therapeutic principle required simultaneous attack and restoration. In the prescribed herbs, the toad skin (chanpi) requires elaborate preparation. It has an acrid flavor and a cool nature and is slightly poisonous. It has the ability to soften the hard, reduce the swollen and dissipate the gelled Qi and mass. Biejia and chuanshanjia assist chanpi to dissipate masses. Chaihu, Qingpi, chenpi, muxiang and lu-e-mei regulate and mobilize Qi. Danshen, baishaoyao and danggui generate and mobilize blood. Taizhishen augments Qi and nourishes Yin. Hence, this formula attacks masses but is not harsh and restores but does not impede. In constructing this formula, the goal is gentle action, as this type of illness develops over a long time so that treatment must not be harsh or rushed. Doing so can only further injure genuine Qi.

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of masses and blockage, and discusses the main illnesses that cause them.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of masses and blockage;
2. Know the classification and key diagnostic points for the illnesses that produce masses and blockage;
3. Know the treatment for these illnesses based on their cause and stage of development.

III Exercises for Review

1. Explain the concept of masses and blockage. How do they differ? What relationship is there between them?
2. Describe the pathologic features of masses and blockage. Which *zang-fu* organs are closely related to masses and blockage?
3. Discuss the differential diagnosis of masses and blockage and their treatments.
4. What suggestions can you make for patients' daily practices to avoid the development of masses or blockage?

IV Additional Exercises

1. Provide an analysis of the formula Muxiang Shun Qi San used in treatment of blockage due to stagnation of liver-Qi.
2. Provide an analysis of the formula (combined Jinlingzi San and Shi Xiao San) used in treatment of early stage mass due to Qi stagnation and blood stasis.
3. Provide an analysis of the formula, combined Ba Zhen Tang and Hua Ji Wan, used in treatment of late-stage mass due to genuine-Qi depletion.

Chapter 29

Abnormal Menstruation

Abnormality of menstruation may mean irregularity in the menstrual cycle, the duration of the monthly flow, or the color or texture of the menses. This chapter describes six of the most common, namely, early menstruation, delayed menstruation, irregular cycles of menstruation, excessive menses (polymenorrhea), decreased menses (oligomenorrhea) and prolonged menstruation.

Menstruation is early if it comes seven or more days before its regularly expected date. Menstruation is delayed (or late) if it comes seven or more days after its regularly expected date, but within 6 months. In both early and delayed menstruation the amount of menses is normal. Irregular menstruation means that the menses come unpredictably, sometimes early and sometimes late.

Excessive menses means the quantity of menstrual flow is significantly more than normal, either in duration or heaviness or both. Decreased menses means the quantity of menstrual flow is significantly less than normal, either in duration or heaviness or both. In both excessive and decreased menses, the timing of menstruation is normal, that is, it comes on the regularly expected date.

Prolonged menstruation means the menstrual flow continues for more than 7 days and usually less than 14 days.

I Etiology and Pathology

Abnormal menstruation may be classified as strength or deficiency type. The deficiency-type may be due to spleen insufficiency, kidney insufficiency, blood insufficiency or Yin deficiency. The strength-type may be due to Heat in blood, Cold in blood, Qi stagnation, blood stasis or Phlegm-Dampness. If the Chong and Ren Meridians are infirm, they are not able to control blood flow, resulting in early menstruation, excessive menses or prolonged menstruation. If essence and blood are inadequate or exogenous evil Qi causes obstruction, then movement of Qi and blood in the Chong and Ren Meridians becomes impeded. The sea of blood may not fill on a regular schedule or it may be filled inadequately, in both cases resulting in delayed menstruation or decreased menses. If Qi and blood in the Chong and Ren

Meridians are poorly regulated, so that the sea of blood becomes filled irregularly, then menstruation may come unpredictably, sometimes early and sometimes late.

Spleen-Qi Deficiency. Deficiency of spleen-Qi may result when improper diet, excessive fatigue or excessive brooding injures the spleen. Injury to the spleen leads to impairment of the spleen's ability to transport the essences of food and drinks, so that the source of nutrients becomes inadequate. This leads to Qi deficiency and blood insufficiency. The sea of blood cannot fill on schedule, leading to late menstruation or decreased menses. In spleen-Qi deficiency, the spleen may lose its ability to control so that the Chong and Ren Meridians become infirm. This may lead to early menstruation, polymenorrhea or prolonged menstruation. If the injury to the spleen causes loss of both its transportation and its control functions, so that the regulation of the Chong and Ren Meridians is lost, then the filling of the sea of blood becomes irregular and unpredictable. This leads to irregular menstruation.

Kidney Insufficiency. Deficiency of kidney-Qi may result when the kidney is injured by multiple pregnancies, especially if starting young, overindulgence in sexual activity, or a major illness or chronic illness. It may also be the result of inadequate prenatal endowment. Since the kidney is the foundation of the Chong and Ren Meridians and the meridian of the uterus links with the meridian of the kidney, deficiency of kidney-Qi often impairs control of the Chong and Ren Meridians, which in turn leads to early menstruation or prolonged menstruation. Deficiency of kidney-Yin leads to insufficiency of essence and blood, so that the Chong and Ren Meridians lose their nourishment and the sea of blood fails to fill on schedule. Delayed menstruation or decreased menses may result. If kidney-Qi is inadequate to control the opening and closing of the sea of blood, menstruation may become irregular.

Blood Insufficiency. Blood insufficiency may result from prenatal deficiency, a serious or chronic illness, multiple pregnancies and breast-feeding, acute or chronic hemorrhage, or spleen insufficiency with failure to provide adequate nutrients. When blood is insufficient the sea of blood (Chong Meridian) cannot fill amply. This may lead to delayed menstruation or decreased menses.

Heat in Blood. Strength Heat is due to excessive Yang, unrestrained passions, overeating of foods or formulas that are spicy or drying, or exogenous Heat evil. Any of these may lead to Heat submerging in the Blood Level. This in turn makes the Chong and Ren Meridians infirm, disturbs the sea of blood and leads to early menstruation or excessive menses. Deficiency Heat arises mainly in Yin deficiency due to constitutional weakness, chronic illness, multiple pregnancies, excessive sexual activity or illnesses of Heat injuring Yin. Deficiency Heat can also disturb the Chong and Ren Meridians, destabilize the sea of blood and lead to early menstruation or prolonged menstruation.

Cold in Blood. Strength Cold results mostly from exposure to the Cold evil during menstruation or following delivery, or overeating of raw and cold foods. The Cold evil then submerges in the Chong and Ren Meridians and causes gelling of blood.

When blood cannot flow smoothly, the sea of blood cannot fill on schedule. Delayed menstruation or decreased menses may ensue. Deficiency Cold results mostly from a constitution of deficient Yang or from Yang injury by chronic illness. Regardless of its specific cause, if Yang is deficient endogenous Cold may arise and cause the visceral organs to lose warmth and nourishment. This in turn leads to inadequate digestion and delivery of nutrients, Qi deficiency and blood insufficiency. Menstruation becomes delayed and menses decreased.

Qi Stagnation and Blood Stasis. Depression or rage can injure the liver, impairing its functions and stagnating liver-Qi. Stagnation of liver-Qi leads to unreliable filling of the sea of blood, so that menstruation becomes irregular, sometimes early and sometimes delayed. Stagnation of liver-Qi also leads to impeded blood flow, so that the sea of blood fills more slowly than normal and menstruation becomes delayed and menses decreased. Blood stasis causes blockage of the Chong and Ren Meridians and prevents new blood from returning to them. This may lead to prolonged menstruation.

Phlegm-Dampness. Obesity often conduces to the formation of endogenous Phlegm and Dampness. Phlegm and Dampness may also form when the spleen functions of transportation and transformation are impaired. If Phlegm and Dampness attack the Chong and Ren Meridians, Qi and blood movement in the uterine channels becomes impeded. The sea of blood does not fill on schedule and menstruation may become delayed.

II Clinical Manifestation

Early Menstruation. In a person who has basically regular menstruation, early menstruation is menstruation that occurs 7–14 days before its regularly expected time, for at least two consecutive cycles. The basal body temperature shows a biphasic cycle, but the luteal phase is considerably shorter than 12 days. In some patients, the rise in basal temperature associated with ovulation is slower than normal. When diagnostic curettage of the uterus is performed within 6 h of menstruation, the endometrium shows inadequate secretion.

Delayed Menstruation. In a person who has basically regular menstruation, delayed menstruation is menstruation that occurs 7 days to 6 months after its regularly expected time, for at least two consecutive cycles. Gynecological examination is usually normal, but some patients may have a slightly small uterus or ovaries.

Irregular Menstruation. In a patient with irregular menstruation the menses comes sometimes early and sometimes late in an unpredictable pattern, for at least three consecutive cycles. Biochemical analysis of ovarian function may show abnormalities.

Excessive Menses (Polymenorrhea). The patient usually has regular menstrual cycles, but the quantity of menses is markedly increased over normal. The excessive

menstrual flow terminates without intervention after the usual number of days. This may be due to dysfunction of a uterus that is otherwise normal. If it is due to uterine tumor or pelvic inflammatory diseases, gynecological examination may reveal an increase in uterine size or signs of inflammation.

Decreased Menses (Oligomenorrhea). The patient usually has regular menstrual cycles, but the quantity of menses is markedly less than normal, sometimes lasting less than 2 days. Sometimes the uterus may be small in size. In some patients there may be intra-uterine adhesions or tuberculosis of the endometrium. In other patients, ovarian function may be abnormal.

Prolonged Menstruation. In this case the menstrual flow persists for a longer period than usual. With the prolonged flow the amount of menses is also increased. The basal body temperature pattern is biphasic, but the higher luteal phase temperature declines more slowly than normal. Diagnostic uterine curettage 5–6 days following cessation of menstrual flow produces endometrium showing increased secretion and hyperplasia. There may also be some hemorrhage.

III Herbal Treatment

The basic approach to disturbances in menstruation is to diagnose and treat the underlying causes and regulate Qi and blood.

1 *Spleen-Qi Deficiency*

Main Symptoms. Disturbances of menstruation in deficiency of spleen-Qi are quite variable, depending upon the predominant defect. If transportation of nutrients is the main defect, menstruation tends to be late and menses decreased. If control of the Chong and Ren Meridians is the main defect, menstruation tends to be early or prolonged, or menses are excessive. If both functions are impaired, menstruation tends to be irregular. In all these cases, the menses are generally light-colored and thin.

In addition to disturbances of menstruation, spleen-Qi deficiency often produces such symptoms as lassitude, fatigue, shortness of breath, poor appetite and loose feces. The tongue is pale, with a thin coating. The pulse is feeble and even.

Therapeutic Principle. Strengthen the spleen, augment Qi and regulate menstruation.

Treatment. Bu Zhong Yi Qi Tang (Middle-Restoring and Qi-Augmenting Decoction).

For markedly excessive menses, remove danggui, increase the amounts of huangqi and dangshen to 30 g and add aiye (*Artemisia*) 10 g, ejiao (*Equus*) 15 g

and wuzeigu (*Sepia esculenta*) 15 g. Note: ejiao is dissolved separately and added into the finished decoction.

For markedly decreased menses, add chuangxiong (*Ligusticum*) 10 g, shudihuang (*Rehmannia*) 15 g and jixueteng (*Spatholobus suberectus*) 30 g to nourish blood and stimulate its circulation.

2 *Kidney Insufficiency*

Main Symptoms. The effect on menstruation is also variable. Impaired control of the Chong and Ren Meridians leads to early or prolonged menstruation. Insufficiency of essence and blood leads to delayed menstruation and decreased menses. Deficiency of kidney-Qi leads to irregular menstruation. In general, the menses are light-colored and thin.

In addition to disturbances of menstruation, kidney insufficiency often produces such symptoms as weakness in the flanks and knees, dizziness and tinnitus. The tongue is pale, with scant coating. The pulse is deep and threadlike.

Therapeutic Principle. Strengthen the kidney, nourish blood and regulate menstruation.

Treatment. Gui Shen Wan (Kidney-Restoring Pill). It has the following composition: duzhong (*Eucommia*) 12 g, tusizi (*Cuscuta*) 15 g, shudihuang (*Rehmannia*) 12 g, danggui (*Angelica*) 10 g, shanyao (*Dioscorea*) 15 g, fuling (*Poria*) 20 g, shanzhuyu (*Cornus*) 10 g, and gouqizi (*Lycium*) 15 g.

If the menses are dusky red, with the associated symptoms of lower abdominal cold pain and nocturia, due to deficiency of kidney-Yang, add kidney-warming herbs such as yinyanghuo (*Epimedium*) 10 g, bajitian (*Morinda*) 10 g, xianmao (*Curculigo orchioides*) 10 g, buguzhi (*Psoralea*) 15 g, and yizhiren (*Alpinia*) 12 g.

If the menses are red but accompanied by hotness in the five centers, dry mouth and throat and other symptoms of deficiency of kidney-Yin, add shengdihuang (*Rehmannia*) 15 g, nuzhenzi (*Ligustrum*) 12 g and xuanshen (*Scrophularia*) 12 g.

3 *Blood Insufficiency*

Main Symptoms. Blood insufficiency often leads to delayed menstruation or decreased menses, with light-colored and thin menses without clots.

In addition to disturbances of menstruation, blood insufficiency often produces such symptoms as dull lower abdominal pain, dizziness, blurred vision, palpitation of the heart, insomnia and a pale complexion. The tongue is pale red and the pulse threadlike and feeble.

Therapeutic Principle. Nourish blood and regulate menstruation.

Treatment. Zhi Xue Tang (Blood-Nourishing Decoction). It has the following composition: renshen (*Panax*) 10 g, shanyao (*Dioscorea*) 15 g, huangqi (*Astragalus*) 20 g, fuling (*Poria*) 15 g, chuanxiong (*Ligusticum*) 10 g, danggui (*Angelica*) 10 g, baishaoyao (*Paeonia*) 15 g, and shudihuang (*Rehmannia*) 15 g.

A scant amount of menses, stopping after only a few drops, is a symptom of insufficiency of both essence and blood. In this case, add gouqizi (*Lycium*) 12 g and shanzhuyu (*Cornus*) 10 g to nourish and strengthen the liver and the kidney.

4 Heat in Blood

i Strength Heat

Main Symptoms. When Heat is in the blood, menstruation tends to come early. In the case of strength Heat, menses tend to be excessive, deep red in color and viscid.

Strength Heat in the blood often produces such additional symptoms as restlessness, chest fullness, flushed complexion, thirst, decreased and dark urine and constipation with dry feces. The tongue is red, with yellow coating. The pulse is rapid.

Therapeutic Principle. Cool Heat, cool blood and regulate menstruation.

Treatment. Qing Jing San (Menstruation-Clearing Power). It has the following composition: mudanpi (*Paeonia suffruticosa*) 15 g, digupi (*Lycium*) 15 g, baishaoyao (*Paeonia lactiflora*) 15 g, shengdihuang (*Rehmannia*) 20 g, Qinghao (*Artemisia*) 20 g, huangbai (*Phellodendron*) 15 g, and fuling (*Poria*) 10 g.

For markedly excessive menses, remove fuling to avoid its diuretic effect and ability to injure Yin, and add stir-fried diyu (*Sanguisorba*) 12 g and stir-fried huaihua (*Sophora japonica*) 10 g to cool Heat, cool blood and stop bleeding.

If in addition there are subcostal and abdominal distending pain, agitation, irascibility, dry mouth and throat and other symptoms of stagnant liver-Qi transforming into Fire, add chaihu (*Bupleurum*) 10 g, zhizi (*Gardenia*) 10 g and longdancao (*Gentiana*) 10 g.

ii Deficiency Heat

Main Symptoms. Menstruation tends to come early. In the case of deficiency Heat, it tends to be prolonged as well as early and the menses are red and viscid. Deficiency Heat in the blood often produce such additional symptoms as malar flushing and hotness in the five centers. The tongue is red with scant coating. The pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin, cool Heat and regulate menstruation.

Treatment. Liang Di Tang (Dihuang-Digupi Decoction). It has the following composition: shengdihuang (*Rehmannia*) 25 g, xuanshen (*Scrophularia*) 15 g, digupi (*Lycium*) 15 g, maimendong (*Ophiopogon*) 10 g, ejiao (*Equus*) 15 g, and baishaoyao (*Paeonia*) 20 g. Note: ejiao is dissolved separately and added into the finished decoction.

For decreased menses, add shanyao (*Dioscorea*) 15 g, gouqizi (*Lycium*) 12 g, heshouwu (*Polygonum*) 15 g to nourish the kidney and generate essence and blood.

For hotness in the five centers, add baiwei (*Cynanchum atratum*) 12 g and raw guiban (*Chinemys*) 15 g to enhance the actions of nourishing Yin and cooling deficiency Heat. Note: guiban is decocted first.

5 Cold in Blood

i Strength Cold

Main Symptoms. When Cold is in the blood menstruation becomes delayed and the menses decreased. In the case of strength Cold the menses are dark or grayish in color. There are often such additional symptoms as cold-intolerance and a cold-pain in the lower abdominal pain that is alleviated by warmth. The tongue coating is white and the pulse deep and taut.

Therapeutic Principle. Warm blood vessels, dispel Cold, mobilize blood and regulate menstruation.

Treatment. Wen Jing Tang (Meridian-Warming Decoction), from *Fu Ren Da Quan Liang Fang* (*Complete Efficacious Prescriptions for Women*). Note that this formula differs from the formula of the same name from *Jin Gui Yao Lue* (*Essentials of the Golden Cabinet*), which is the one described in Volume 2, Part III, Chapter 9. It has the following composition: renshen (*Panax*) 10 g, danggui (*Angelica*) 10 g, chuanxiong (*Ligusticum*) 10 g, baishaoyao (*Paeonia*) 15 g, rougui (*Cinnamomum*) 3 g, ezhu (*Curcuma*) 10 g, mudanpi (*Paeonia suffruticosa*) 10 g, gancao (*Glycyrrhiza*) 6 g, and Sichuan niuxi (*Achyranthes*) 12 g.

For dysmenorrhea, add xiaohuixiang (*Foeniculum vulgare*) 8 g, xiangfu (*Cyperus*) 10 g and yanhusuo (*Corydalis*) 12 g to dispel Cold, remove impedance and stop pain.

If the menses are markedly decreased, add danshen (*Salvia*) 12 g, yimucao (*Leonurus*) 12 g and jixueteng (*Spatholobus suberectus*) to enhance the actions of nourishing blood, stimulating blood circulation and regulating menstruation.

ii Deficiency-Cold

Main Symptoms. Menstruation is delayed and the menses decreased. In deficiency-Cold they are light and thin and without clots. There are often such

additional symptoms as dull lower abdominal pain, preference for warmth and pressure, aching weakness of the lower back, increased and clear urine and loose feces. The tongue is pale with white coating, and the pulse is deep and threadlike.

Therapeutic Principle. Warm the meridians, support Yang, generate blood and regulate menstruation.

Treatment. Ai Fu Nuan Gong Wan (Artemisia-Cyperus Uterus-Warming Pill). It has the following composition: aiye (*Artemisia*) 10 g, xiangfu (*Cyperus*) 10 g, danggui (*Angelica*) 10 g, xuduan (*Dipsacus*) 12 g, wuzhuyu (*Evodia*) 10 g, chuanxiong (*Ligusticum*) 10 g, baishaoyao (*Paeonia*) 15 g, huangqi (*Astragalus*) 15 g, shengdi-huang (*Rehmannia*) 10 g, and rougui (*Cinnamomum*) 3 g. Note: rougui is added just before finishing the decoction.

6 *Qi Stagnation and Blood Stasis*

Main Symptoms. In this situation menstruation tends to be delayed or irregular, and sometimes prolonged. The menses may be excessive or decreased, but are mostly dark in color and contain clots. In addition, there are such symptoms as distending pain in the lower abdomen with guarding and chest fullness. The tongue is cyanotic and may be speckled with petechiae. The pulse is taut or impeded.

Therapeutic Principle. Regulate Qi, mobilize blood and regulate menstruation.

Treatment. Wuyao Tang (Lindera Decoction) combined with Tao Hong Si Wu Tang (Four Substances Decoction with Peach Seed and Safflower).

Wuyao Tang has the following composition: wuyao (*Lindera*) 10 g, xiangfu (*Cyperus*) 10 g, muxiang (*Aucklandia*) 12 g, danggui (*Angelica*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

For irregular menstruation, add chaihu (*Bupleurum*) 10 g.

For delayed menstruation, add danshen (*Salvia*) 15 g and jixueteng (*Spatholobus suberectus*) 30 g.

For prolonged menstruation, add puhuang (*Typha angustifolia*) 10 g.

7 *Phlegm-Dampness*

Main Symptoms. In illnesses due to Phlegm-Dampness menstruation is usually delayed and the menses are decreased, light in color and viscid. In addition there are such symptoms as palpitation of the heart, shortness of breath, epigastric fullness, nausea and increased vaginal discharge. The tongue is pale and plump, with white and greasy coating. The pulse is slippery.

Therapeutic Principle. Dissipate Phlegm, dry Dampness and regulate menstruation.

Treatment. Cang Fu Dao Tan Tang (Atractylodes-Poria Phlegm-Dissipating Decoction) augmented with danggui and chuanxiong. It has the following composition: fuling (*Poria*) 25 g, processed banxia (*Pinellia*) 10 g, chenpi (*Citrus tangerina*) 6 g, gancao (*Glycyrrhiza*) 6 g, cangzhu (*Atractylodes*) 10 g, xiangfu (*Cyperus*) 12 g, nanxing (*Arisaema consanguineum*) 10 g, zhiqiao (*Poncirus trifoliata*) 10 g, shengjiang (*Zingiber*) 6 g, shenqu (medicated leaven) 15 g, danggui (*Angelica*) 12 g, and chuanxiong (*Ligusticum*) 10 g.

If there is also poor appetite due to spleen-Qi deficiency, add dangshen (*Codonopsis*) 25 g and baizhu (*Atractylodes*) 15 g.

If vaginal discharge is increased, add cheqianzi (*Plantago*) 12 g.

IV Acupuncture Treatment

For abnormal menstruation in general, select the acupoints Qihai (RN-6) and Sanyinjiao (SP-6).

For early menstruation with excessive menses, add the acupoints Taichong (LR-3) and Taixi (KI-3).

For delayed menstruation with scant menses, add the acupoints Xuehai (SP-10) and Guilai (ST-29).

For irregular menstruation, add the acupoints Shenshu (BL-23), Jiaoxin (KI-8), Pishu (BL-20) and Zusanli (ST-36).

V Case Study

The patient was a 40-year old woman. Ten months earlier she underwent induced abortion. Soon thereafter she began to have menstruation 8–9 days before the expected date for every cycle. Each time the menstrual flow was considerably heavier than her usual amount and lasted over 10 days. At the end of the previous menstrual period an ultrasonic B scan showed no abnormality. The current period began 7 days ago; it was quite heavy during the first 4 days, then became less. At the time of consultation she was still bleeding. The menses were light in color and thin in texture, and did not have clots. In addition, she felt dizzy and weak. Her appetite was poor and her complexion was pale. Her tongue was pale, with a thin and white coating. Her pulse was threadlike and rapid.

Gynecological examination revealed some light-colored bleeding. The vulva and vagina were normal. The cervix was normal and smooth. The uterus was anteverted, but was normal in size and non-tender. The adnexae were normal on both sides. A complete blood count was normal: leukocytes $8.5 \times 10^9/l$, with 74% neutrophils,

6% eosinophils and 20% lymphocytes; erythrocyte $3.62 \times 10^{12}/l$; and platelets $140 \times 10^9/l$.

Diagnosis. Early menstruation with excessive and prolonged menses, caused by Qi stagnation and blood stasis.

Therapeutic Principle. Augment Qi, strengthen the Chong Meridian, nourish blood and regulate menstruation.

Treatment and Course. The prescribed formula had the following composition: dangshen (*Codonopsis*) 25 g, huangqi (*Astragalus*) 30 g, baizhu (*Atractylodes*) 12 g, shanyao (*Dioscorea*) 30 g, shengma (*Cimicifuga*) 10 g, chaihu (*Bupleurum*) 10 g, baishaoyao (*Paeonia*) 15 g, ejiao (*Equus asinus*) 15 g, wuzeigu (*Sepia esculenta*) 30 g, chenpi (*Citrus tangerina*) 6 g, and gancao (*Glycyrrhiza*) 6 g. Note: ejiao was dissolved in the finished decoction.

After three daily doses, the patient returned for re-examination. The bleeding had stopped. Her tongue coating was slightly greasy. Ejiao and wuzeigu were removed from the formula and fuling (*Poria*) 30 g and huoxiang (*Agastache*) 15 g were added. The new formula was continued for over 2 months. On follow-up the patient's menstruation had normalized.

Chapter 30

Dysmenorrhea

Dysmenorrhea means painful menstruation. The pain is located in the lower or pelvic abdomen, and may be felt shortly before, during or following menstrual flow. It may extend to the low back or sacral regions, and it may induce syncope.

Dysmenorrhea may be primary or secondary. Primary dysmenorrhea is not associated with any organic disease. Secondary dysmenorrhea is associated with organic disease in the pelvic cavity.

I Etiology and Pathology

A variety of factors can lead to dysmenorrhea, including the passions, an improper life style and invasion by exogenous pathogenic factors. In addition, the development of dysmenorrhea is often associated with the individual patient's constitution and physiological state at the time of the peri-menstrual or menstrual period. In general, there are two pathological mechanisms. In one, evil Qi hiding in the interior or chronic deficiency of essence and blood, in conjunction with physiological changes of Qi and blood in the Chong and Ren Meridians, may impede the flow of uterine Qi and blood. As the ancients said, "Where there is blockage there is pain." In the other, the uterus loses its nourishment. As the ancients said, "Where there is withering there is pain."

The most common categories are the following five.

Kidney-Qi Deficiency. This may come about through inadequate prenatal endowment, overindulgence in sexual activity, multiple pregnancies and childbirth, or a chronic illness. Each of these may injure kidney-Qi, which in turn leads to deficiency of essence and blood and inadequate filling of the Chong and Ren Meridians. The menstrual bleeding further depletes the uterus and the two meridians, so that they lose their nourishment. This leads to dysmenorrhea.

Qi and Blood Insufficiency. In a patient with chronically weak constitution Qi and blood are insufficient. A chronic or a severe illness may consume much Qi and blood. Insufficiency of the spleen and the stomach leads to inadequate extraction of nutrient essence from foods and drinks, so that Qi becomes deficient and blood

insufficient. Menstrual bleeding makes the Chong and Ren Meridians even emptier, so that the uterus loses its nourishment, resulting in dysmenorrhea.

Qi Stagnation and Blood Stasis. Chronic depression or rage may injure the liver, and the injury may lead to stagnation of liver-Qi and blood stasis. Bleeding from childbirth or menstruation often leaves retained residual blood, and this retained blood may accumulate and transform into static blood. Blood stasis leads to impedance in the Chong and Ren Meridians, so that during menstrual flow the impedance of Qi and blood flow in the uterus is further aggravated. This leads to dysmenorrhea.

Blood Stasis due to Cold in Blood. If there is exposure to the Cold evil following childbirth or during menstrual flow or overindulgence in cold foods and drinks, Cold can lodge in the Chong and Ren Meridians. Cold mixing with blood may cause it to gel and become static. Before and during menstruation uterine Qi and blood become further impeded, and dysmenorrhea ensues.

Accumulation of Dampness-Heat. In chronic accumulation of Dampness and Heat or with exposure to them following childbirth or menstrual flow, the exogenous evils mix with blood and become lodged in the Chong and Ren Meridians and in the uterus. This leads to impedance of Qi and blood flow. As Qi and blood flow into the Chong and Ren Meridians for menstruation, Qi stagnation and blood stasis in the uterus are further aggravated and dysmenorrhea ensues.

II Clinical Manifestations

The cardinal symptom is lower abdominal pain and distention preceding and during menstrual flow. The degree of pain is variable. In severe cases, it may be colicky and may extend to the lumbosacral area, the anus and the inner thighs. Sometimes lumbar aches, nausea, vomiting, diarrhea, dizziness or weakness accompanies the pain. In serious cases the complexion is pale and there may be cold sweats.

III Herbal Treatment

The first task in the diagnosis of dysmenorrhea is to differentiate between Cold and Heat and between strength and deficiency. In general, if pain precedes menstrual flow it is mainly of strength, whereas if it follows menstrual flow it is mainly of deficiency. If pain is more severe than distention it is mainly due to blood stasis, whereas if distention is more severe than pain it is mainly due to Qi stagnation. Severe pain is mainly of strength, whereas vague pain is mainly of deficiency.

In addition to menstrual pain there may be a history of emotional stress, exposure to cold and rain, overindulgence in cold foods and drinks, unrestrained sexual activity, or gynecological surgical operations.

The priority in the treatment of dysmenorrhea is to relieve pain during an attack. When pain has been controlled, then focus on the cause. The basic principle in treating the cause is to regulate Qi and blood, especially in the Chong and Ren Meridians.

1 Deficiency of Kidney-Qi

Main Symptoms. The lower abdominal pain is vague and occurs during or following menstrual flow, and there is preference for pressure. The menses are decreased and are light and thin. In addition to dysmenorrhea, there may be dizziness, tinnitus, aching weakness in the waist and legs, increased clear urine, a dusky complexion, a pale tongue with thin coating, and a deep and threadlike pulse.

Therapeutic Principle. Strengthen the kidney, replenish essence, generate blood and stop pain.

Treatment. Tiao Gan Tang (Liver-Regulating Decoction). It has the following composition: danggui (*Angelica*) 10 g, baishaoyao (*Paeonia*) 20 g, shanzhuyu (*Cornus*) 10 g, bajitian (*Morinda*) 10 g, gancao (*Glycyrrhiza*) 6 g, shanyao (*Dioscorea*) 15 g, and ejiao (*Equus asinus*) 15 g. Note: ejiao is dissolved separately and added into the finished decoction.

If the menses are scant, add lujiaojiao (*Cervus nippon*) 10 g, shudihuang (*Rehmannia*) 12 g and gouqizi (*Lycium*) 12 g.

If there is marked lumbago, add sangjisheng (*Loranthus*) 15 g, duzhong (*Eucommia*) 10 g and gouji (*Cibotium barometz*) 12 g.

2 Qi and Blood Insufficiency

Main Symptoms. As for the case of kidney-Qi deficiency, the lower abdominal pain is vague and occurs during or following menstrual flow, and there is preference for pressure. The menses are decreased and are light and thin. The associated symptoms are different, however. In addition to dysmenorrhea, there may be lassitude, weakness, dizziness, palpitation of the heart, insomnia with dream-disturbed sleep, a pallid complexion, a pale tongue with thin coating, and a threadlike and feeble pulse.

Therapeutic Principle. Augment Qi, generate blood, harmonize the middle-jiao and stop pain.

Treatment. Modified Huangqi Jian Zhong Tang (Astragalus Middle-Strengthening Decoction). The augmented formula has the following composition: huangqi (*Astragalus*) 30 g, baishaoyao (*Paeonia*) 15 g, guizhi (*Cinnamomum*) 10 g, fried

gancao (*Glycyrrhiza*) 6 g, shengjiang (*Zingiber*) 3 g, dazao (*Ziziphus*) 5 g, yitang (maltose) 10 g, danggui (*Angelica*) 12 g, and dangshen (*Codonopsis*) 15 g.

3 *Qi Stagnation and Blood Stasis*

Main Symptoms. The lower abdominal pain precedes and accompanies menstrual flow, and there is guarding. There are distention and pain in the lower chest and the breasts. Menstrual flow is impeded and the menses are dark purple with clots. Following expulsion of the clots pain subsides. In addition to dysmenorrhea, the tongue is cyanotic or speckled with petechiae, and the pulse is taut or taut, impeded but forceful.

Therapeutic Principle. Mobilize Qi and blood, eliminate blood stasis and stop pain.

Treatment. Ge Xia Zhu Yu Tang (Decoction for Relieving Stasis Below the Diaphragm).

If dysmenorrhea is severe and is accompanied by nausea and vomiting, add wuzhuyu (*Evodia*) 10 g and processed banxia (*Pinellia*) 10 g.

If there is cold pain in the lower abdomen, add xiaohuixiang (*Foeniculum vulgare*) 6 g and aiye (*Artemisia*) 10 g.

If there is Heat as well, with thirst, a red tongue and a rapid pulse, add zhizi (*Gardenia jasminoides*) 10 g, lianqiao (*Forsythia*) 12 g and huangbai (*Phellodendron*) 12 g.

4 *Blood Stasis due to Cold in Blood*

Main Symptoms. The lower abdominal pain has a cold quality. It precedes or accompanies menstrual flow. There is guarding, but the pain is alleviated by warmth. The menses are decreased, has a dark color and contains clots. In addition to the dysmenorrhea, there may be cold-aversion, cold limbs, a pale greenish complexion, a dark tongue with white coating, and a deep and tight pulse.

Therapeutic Principle. Warm meridians, dispel Cold, eliminate stasis and stop pain.

Treatment. Wen Jing Tang (Meridian-Warming Decoction) from the *Complete Effective Formulas for Women*.

If the limbs are cold, add processed fuzi (*Aconitum*) 10 g and bajitian (*Morinda*) 10 g.

During dysmenorrhea add yanhusuo (*Corydalis*) 15 g and xiaohuixiang (*Foeniculum vulgare*) 6 g.

If blood stasis is due to deficiency Cold, use Wen Jing Tang from *Jin Gui Yao Lue* instead.

5 Accumulation of Dampness-Heat

Main Symptoms. The lower abdominal pain has a burning quality. It precedes or accompanies menstrual flow, and there is guarding. The pain extends to the sacrum. In some patients, there is constant lower abdominal pain and it worsens with menstruation. The menses may be excessive and the duration of menstruation may be prolonged. They are purple and viscid and may contain clots. Between periods, patients often have vaginal discharge that is yellow, viscid and malodorous. In addition to dysmenorrhea, there may be mild fever, dark urine, a red tongue with yellow and greasy coating, and a slippery and rapid or soft and rapid pulse.

Therapeutic Principle. Cool Heat, eliminate Dampness, eliminate stasis and stop pain.

Treatment. Qing Re Taio Xue Tang (Heat-Cooling Blood-Regulating Decoction) augmented with daxueteng (*Sargentodoxa cuneata*), baijiangcao (*Patrinia scabiosaefolia*) and yiyiren (*Coix*). The composition of Qing Re Tiao Xue Tang is as follows: mudanpi (*Paeonia suffruticosa*) 12 g, huanglian (*Coptis*) 3 g, shengdihuang (*Rehmannia*) 15 g, danggui (*Angelica*) 10 g, baishaoyao (*Paeonia lactiflora*) 15 g, chuanxiong (*Ligusticum*) 10 g, honghua (*Carthamus*) 5 g, taoren (*Prunus persica*) 12 g, ezhu (*Curcuma*) 10 g, xiangfu (*Cyperus*) 15 g, and yanhusuo (*Corydalis*) 12 g.

For excessive menses or prolonged menstruation, add huaihua (*Sophora japonica*), diyu (*Sanguisorba*) and machixian (*Portulaca oleracea*).

IV Acupuncture Treatment

For the strength type of dysmenorrhea, select the acupoints Zhongji (RN-3), Ciliao (BL-32) and Dijì (SP-8)

For the deficiency type of dysmenorrhea, select the acupoints Mingmen (DU-4), Shenshu (BL-23), Guanyuan (RN-4), Zusanli (ST-36) and Dahe (KI-12).

V Case Study

The patient was a 22-year old unmarried female. Her menarche came at the age of 16, and from the beginning her menstrual periods were accompanied by dysmenorrhea. Her cycles were regular, but the menses were scant in amount and light in color, and there were small clots. The dysmenorrhea was in the lower abdomen and during menstrual flow. Pressure worsened it. In addition to dysmenorrhea she also

had nausea, anorexia and soft feces. Between menstrual periods she had thin and clear vaginal discharge and aching weakness in the waist. Analgesics alleviated the dysmenorrhea, but did not cure it. Her tongue coating was white and smooth, and her pulse deep and threadlike. Gynecological examination was normal, including ultrasonic B scanning.

Diagnosis. Dysmenorrhea due to deficiency Cold and blood stasis. (Modern medical diagnosis: primary dysmenorrhea.)

Therapeutic Principle. Warm the middle-jiao, strengthen the spleen, and regulate Qi and blood.

Treatment and Course. The prescribed formula had the following composition: baizhu (*Atractylodes*) 9 g, shanyao (*Dioscorea*) 12 g, fuling (*Poria*) 12 g, ginger-treated houpo (*Magnolia*) 6 g, charred ganjiang (*Zingiber*) 9 g, muxiang (*Aucklandia*) 4.5 g, gancao powder (*Glycyrrhiza*) 4.5 g, bibo (*Piper longum*) 9 g, chuanlianzi (*Melia*) 2 g, baishaoyao (*Paeonia*) 2 g, liujinu (*Artemisia anomala*) 2 g, yanhusuo (*Corydalis*) 4.5 g, and processed fuzi slices (*Aconitum*) 3 g. She was instructed to take this formula for three daily doses.

The patient returned for follow-up 5 days after the initial visit. Her menses had started the day before, and were scant in amount and light in color. Lower abdominal pain was less than during the previous menstrual period, but there was still some guarding. Her pulse was deep and impeded. Her tongue was pale. She was now at the stage of the blockage on the verge of release. The therapeutic principle was changed to that of mobilizing blood and eliminating stasis. The new prescription had the following composition: danggui (*Angelica*) 12 g, xiangfu (*Cyperus*) 9 g, chishaoyao (*Paeonia*) 9 g, chaihu (*Bupleurum*) 9 g, wulingzhi (*Pleropus pselaphon*) 12 g, liujinu (*Artemisia anomala*) 12 g, biba (*Piper longum*) 9 g, chuanxiong (*Ligusticum*) 6 g, yanhusuo (*Corydalis*) 4.5 g, wuyao (*Lindera*) 6 g, wuzhuyu (*Evodia*) 4.5 g, and prepared xiangfu (*Cyperus*) 4.5 g. She was instructed to take this formula for three daily doses.

The patient returned for another visit 6 days after the second visit. The abdominal pain had resolved and her menstrual flow ended. Her pulse was now normal and her tongue coating thin and white. She was instructed to take a tablet of Wen Jing Wan in the morning and half a tablet of Er Chen Wan until 3 days prior to the expected beginning of her next menstrual period. At that time she was to take four daily doses of the following formula. Its composition was as follows: xiangfu (*Cyperus*) 9 g, yanhusuo (*Corydalis*) 4.5 g, chuanlianzi (*Melia*) 9 g, wulingzhi (*Pleropus pselaphon*) 9 g, chishaoyao (*Paeonia*) 9 g, danggui (*Angelica*) 9 g, muxiang (*Aucklandia*) 4.5 g, liujinu (*Artemisia anomala*) 12 g, biba (*Piper longum*) 9 g, chuanxiong (*Ligusticum*) 9 g, wuyao (*Lindera*) 9 g, and baizhu (*Atractylodes*) 9 g.

Comments. In this patient nausea, anorexia and loose feces accompanied dysmenorrhea. These symptoms indicated that the cause was deficiency Cold in the spleen and the stomach, with impairment of transportation of the nutrient essences from foods and drinks. The deficient spleen-Yang was unable to warm the meridians, so that Qi and blood movement became impeded. As a result, the menses were scant,

light-colored and contained small clots, and there was guarding. The thin clear vaginal discharge indicated that Cold evil had generated turbidity. Insufficiency of the spleen further extended to the kidney, leading to aching weakness of the waist and the knees. At the first visit, the formula was designed to do three things. Baizhu, fuling, houpo, ganjiang, processed fuzi, muxiang and biba aimed to warm Yang and dispel Cold, thus treating the root. Yanhusuo, chuanlianzi, liujinu aimed to regulate Qi, mobilize blood, regulate menstruation and stop pain, thus treating the appearance. In addition, shanyao aimed to strengthen the kidney and soothe the waist, and baishaoyao to unblock the liver. At the second visit, by happenstance the patient was menstruating. The treatment was therefore aimed at regulating Qi, releasing stasis, generating blood and regulating menstruation. As blood became regulated and the meridians unimpeded, the abdominal pain stopped.

Chapter 31

Amenorrhea

Amenorrhea may be primary or secondary. Primary amenorrhea is the failure of menstruation to appear at all in a female aged 14 or over who has not developed secondary sex characteristics, or in a female aged 16 or over who has developed secondary sex characteristics. Secondary amenorrhea is the absence of menstruation for either 6 months or three cycles in a woman who has had regular menstruation.

During pregnancy and breast-feeding amenorrhea is normal.

During adolescence the diagnosis of amenorrhea requires care. Adolescence is a state of transition between childhood and adulthood. It is not uncommon for menstruation to be irregular, sometimes even skipping for as long as 6 months.

I Etiology and Pathology

The etiology and pathology of amenorrhea are relatively complex. Amenorrhea may be of the deficiency or strength type.

The deficiency type of amenorrhea is mostly due to insufficiency of the liver and the kidney, deficiency of Qi and blood, or deficiency of Yin leading to depletion of blood. These conditions lead to deficiency of essence and blood in the Chong and Ren Meridians, so that the sea of blood cannot be filled and is empty. There is simply no blood available to become menses.

Liver and Kidney Insufficiency. In some patients prenatal development of the kidney is inadequate, so that kidney-Qi does not reach ampleness and flourish. Since kidney essence and Qi are insufficient Liver-Blood is also insufficient and the Chong and Ren Meridians are not adequately nourished and cannot supply blood for menstruation. In other patients, deficiency of kidney-essence and Liver-Blood results from multiple pregnancies, miscarriage, excessive sexual activity or chronic illnesses affecting the kidney. The result is again failure of the Chong and Ren Meridians to provide blood for menstruation.

Deficiency of Qi and Blood. Chronic weakness of the spleen and the stomach, improper diet, fatigue or excessive brooding, grief or anxiety may injure the heart.

Any one of these may induce deficiency of Qi and blood, resulting in inadequate function of the Chong and Ren Meridians.

Blood Depletion due to Yin Deficiency. Constitutionally inadequate Yin or Yin deficiency resulting from excessive blood loss and overindulgence in spicy and drying foods may all lead to emptying of the sea of blood, hence amenorrhea. In severe chronic illnesses essence and Yin may become depleted; this may also lead to deficiency amenorrhea.

The strength type of amenorrhea is mostly due to Qi stagnation with blood stasis, obstruction by Phlegm-Dampness, or blood stasis due to Cold in the blood. These conditions lead to blockage of the Chong and Ren Meridians.

Qi Stagnation and Blood Stasis. Internal injury by the passions, especially long-lasting depression or rage, may induce stagnation of Qi and stasis of blood. As the movement of Qi and blood in the Chong and Ren Meridians becomes blocked the sea of blood cannot fill, resulting in amenorrhea.

Accumulation of Phlegm-Dampness. Phlegm and Dampness tend to be abundant in obese persons. Phlegm and Dampness can also form when the spleen functions are impaired. Fats, Phlegm and Dampness readily obstruct the Chong and Ren Meridians. Closure of the channels of the uterus leads to amenorrhea.

Blood Stasis due to Cold in Blood. Blood may become insufficient during and following the time of menstrual flow or following childbirth. Overindulgence in cold and raw foods or exposure to cold and water in such conditions permits the Cold evil to invade and lodge in the Chong and Ren Meridians. Lodged Cold then congeals blood and induces stasis, so that the sea of blood cannot fill.

II Clinical Manifestation

In some patients amenorrhea may be associated with poor physical development, deformities, menopause, obesity, hirsutism, infertility, galactorrhea or tuberculosis. In these patients these associated conditions have their own symptoms.

III Herbal Treatment

The past medical history is critically important. Look for retarded physical development, congenital defects and other disorders in the patient and in family members. Ask also about delayed menarche, pattern of menstruation, repeated endometrial curettage, postpartum uterine bleeding, tuberculosis and use of contraceptives.

The physical examination should assess the general condition, physical development, nutritional status and development of secondary sex characteristics. Look for evidence of the associated conditions mentioned in the previous subsection, and for abnormalities or deformities of the internal genital organs.

Laboratory examination may include tests for formulas, ultrasonic B scanning, pituitary function tests, ovarian hormone levels, thyroid hormone levels and adrenal gland function tests. Specific tests of uterine and ovarian functions may be appropriate, including diagnostic curettage, special x-ray studies, cervical smear cytology and crystal test, and ovarian stimulation test.

In general, if the patient has exceeded the normal age of menarche or the menstrual flow has progressively diminished, then stops, and there are other symptoms of deficiency, then the amenorrhea is of the deficiency type. If the patient has established and regular menstruation and menstruation suddenly ceases, and there are other symptoms of strength illness, then the amenorrhea is of the strength type.

The key to effective treatment of amenorrhea is the determination whether it is of the strength type or the deficiency type. It is also important to assess whether it is due to some other illness. In general, the basic therapeutic principle is the following. If it is of the deficiency type, restore what is deficient. If it is of the strength type, purge what is strong.

However, it is inappropriate to apply purgation indiscriminately or to restore too vigorously. The physician must avoid making the deficiency worse or aggravate the strong. Also, if the amenorrhea is due to some other illness then that illness must be treated first.

The deficiency type of amenorrhea is more common than the strength type.

1 *Liver and Kidney Insufficiency*

Main Symptoms. Either menarche is delayed or the menses show progressive reduction in amount, eventually ending with amenorrhea. In addition, the body constitution tends to be weak, with aching weakness in the waist and knees, dizziness and tinnitus. The tongue is pale red, with slight coating, and the pulse is deep and feeble or threadlike and impeded.

Therapeutic Principle. Strengthen the kidney and nourish the liver to regulate menstruation.

Treatment. Gui Shen Wan (Kidney-Restoring Pill) augmented with jixueteng (*Spatholobus suberectus*) and heshouwu (*Polygonum*).

2 *Deficiency of Qi and Blood*

Main Symptoms. The menstrual cycle becomes progressively longer and the menses decreased in amount, light-colored and thin. Eventually amenorrhea ensues. There may be dizziness with blurred vision, or palpitations of the heart with shortness of breath, lassitude and tired limbs, or anorexia with lusterless hair and skin. The tongue is pale with slight or thin white coating, and the pulse is deep and even.

Therapeutic Principle. Nourish Qi and blood and regulate menstruation.

Treatment. Renshen Yang Rong Tang (Ginseng Qi-and-Blood-Nourishing Decoction). It has the following composition: renshe (*Panax*) 10 g, huangqi (*Astragalus*) 20 g, baizhu (*Atractylodes*) 12 g, fuling (*Poria*) 20 g, yuanzhi (*Polygala*) 10 g, chenpi (*Citrus tangerina*) 6 g, wuweizi (*Schisandra*) 10 g, danggui (*Angelica*) 10 g, baishaoyao (*Paeonia*) 15 g, shudihuang (*Rehmannia*) 12 g, rougui (*Cinnamomum*) 8 g, and fried gancao (*Glycyrrhiza*) 6 g.

In occasional patients, amenorrhea is due to severe postpartum hemorrhage and is accompanied by lack of interest, vaginal dryness, vulvar and axillary hair loss, reduced libido and genital atrophy in addition to symptoms of Qi and blood insufficiency. This is due to depletion of essence and blood, deficiency of kidney-Qi and emptiness of the Chong and Ren Meridians. For treatment, use Renshen Yang Rong Tang with added lurong (*Cervus nippon*) 10 g, lujiaoshuang (*Cervus nippon*) 10 g, ziheche (human placenta) 10 g or other restorative herbs. The formula should be taken over a long period of time.

3 *Blood Depletion due to Yin Deficiency*

Main Symptoms. The menses progressively become less until menstruation ceases all together. In addition, there may be such symptoms as hotness in the five centers, fever with exhaustion, and recurrent fever with night sweats or hemoptysis. The tongue is red with slight coating. The pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin, cool Heat and regulate menstruation.

Treatment. Yi Guan Jian (Yin-Generating Liver-Opening Prescription), with added huangjing, danshen and zhiqiao. Note that this Yi Guan Jian comes from Jingyue Quan Shu (*Complete Works of Zhang Jingyue*) and differs from the formula with the same name described in Volume 2, Part III, Chapter 9. The expanded formula here has the following composition: shengdihuang (*Rehmannia*) 15 g, shudihuang (*Rehmannia*) 15 g, baishaoyao (*Paeonia*) 20 g, maimendong (*Ophiopogon*) 10 g, zhimu (*Anemarrhena*) 10 g, digupi (*Lycium*) 12 g, gancao (*Glycyrrhiza*) 6 g, huangjing (*Polygonatum*) 12 g, danshen (*Salvia*) 12 g, and zhiqiao (*Poncirus trifoliata*) 10 g.

For restlessness and recurrent fever, add Qinghao (*Artemisia*) 15 g and biejia (*Amyda*) 15 g. Biejia has to be decocted first.

If there are coughing and hemoptysis as well, add wuweizi (*Schisandra*) 10 g, baihe (*Lilium*) 10 g, beimu (*Fritillaria*) 10 g and ejiao (*Equus*) 15 g. Ejiao has to be dissolved in the finished decoction.

For restlessness, insomnia and palpitation of the heart, add baiziren (*Biota*) 12 g and yejiaoteng (*Polygonum multiflorum*) 15 g.

4 *Qi Stagnation and Blood Stasis*

Main Symptoms. The patient develops secondary amenorrhea, with accompanying lower abdominal pain with guarding, emotional depression, agitation, irascibility and chest and subcostal distending pain. The tongue is cyanotic or speckled with purpuric spots. The pulse is deep and taut or deep and impeded.

Therapeutic Principle. Regulate Qi, mobilize blood, eliminate stasis and unblock the channels.

Treatment. Xue Fu Zhu Yu Tang (Decoction for Releasing Blood Stasis).

If Qi stagnation is worse than blood stasis, with marked chest, subcostal and lower abdominal distention, add ezhu (*Curcuma*) 10 g, Qingpi (*Citrus tangerina*) 10 g and muxiang (*Aucklandia*) 15 g.

If blood stasis is worse than Qi stagnation, with lower abdominal pain with guarding, add jianghuang (*Curcuma*) 10 g and sanleng (*Sparganium*) 10 g.

5 *Accumulation of Phlegm-Dampness*

Main Symptoms. The patient has secondary amenorrhea and increased vaginal discharge that is white and viscid. In general, the patient also is obese or has generalized edema. There are also lassitude, flexed limbs, dizziness, blurred vision, heart palpitations, shortness of breath and chest and epigastric tightness. The tongue is pale and plump, with white and greasy coating. The pulse is slippery.

Therapeutic Principle. Eliminate Phlegm and Dampness, mobilize blood and regulate menstruation.

Treatment. Augmented Cang Fu Dao Tan Tang (Atratyloides-Poria Phlegm-Dissipating Decoction) – see the treatment for abnormal menstruation due to Phlegm-Dampness (Volume 3, Part II, Chapter 29, [Section III](#), Subsection 7).

6 *Blood Stasis due to Cold in Blood*

Main Symptoms. In addition to secondary amenorrhea, the patient has cold pain in the lower abdomen, with guarding. The abdominal pain is alleviated by warmth. The body and limbs are cold, with pallid complexion. The tongue is cyanotic with white coating. The pulse is deep and tight.

Therapeutic Principle. Warm the meridians, dispel Cold, mobilize blood and regulate menstruation.

Treatment. Wen Jing Tang (Meridian-Warming Decoction) – see the treatment for abnormal menstruation due to strength Cold in the blood (Volume 3, Part II, Chapter 29, [Section III](#), Subsection 5i).

If lower abdominal cold pain is severe, add aiye (*Artemisia*) 10 g, xiaohuixiang (*Foeniculum vulgare*) 8 g and jianghuang (*Curcuma*) 10 g.

If the limbs are cold, add processed fuzi (*Aconitum*) 8 g and yinyanghuo (*Epimedium*) 12 g.

IV Acupuncture Treatment

For amenorrhea of the deficiency type, select the acupoints Pishu (BL-20), Shenshu (BL-23), Qihai (RN-6) and Zusanli (ST-36).

For amenorrhea of the strength type, select the acupoints Zhongji (RN-3), Hegu (LI-4), Xuehai (SP-10), Sanyinjiao (SP-6) and Xingjian (LR-2).

V Case Study

The patient was a 24-year old married woman with a hot temper. A year previously she had a very heated argument with her husband. Her menstruation became delayed, and her menses dark and with clots. The menses progressively decreased in amount, until her menstrual flow stopped completely 7 months previously. At that time she began to have stabbing abdominal pain with guarding. There was a vague mass on palpation. She also had subcostal pain and edema in her ankles. She was restless and irascible. She became constipated and her urine was often dark yellow. The tongue was dusky red. The tongue coating was thin and greasy, but yellow and greasy on the root of the tongue. The pulse is deep, threadlike and taut. Gynecological and endocrine examinations were normal.

Diagnosis. Amenorrhea due to Qi stagnation and blood stasis.

Therapeutic Principle. Release Qi stagnation and blood stasis, with emphasis on blood stasis.

Treatment and Course. The prescribed formula had the following composition: chishaoyao (*Paeonia*) 12 g, sanleng (*Sparganium*) 12 g, ezhu (*Curcuma*) 12 g, taoren (*Prunus persica*) 12 g, liujinu (*Artemisia anomala*) 12 g, niuxi (*Achyranthes*) 12 g, danggui (*Angelica*) 12 g, fuling (*Poria*) 9 g, houpo (*Magnolia*) 9 g, xiangfu (*Cyperus*) 9 g, chuanxiong (*Ligusticum*) 6 g, and nuzhenzi (*Ligustrum*) 12 g.

After three daily doses, she returned for follow-up. She had passed much flatus but defecation was not yet smooth. The lower abdominal pain was less intense. She still had edema in the ankles, and her tongue and pulse were unchanged. This was due to persistent blood stasis. Though the prescribed formula was correct, it was not sufficiently potent. The same therapeutic principle was continued, but using a more potent one. The new formula had the following composition: danggui (*Angelica*) 12 g, liujinu (*Artemisia anomala*) 12 g, niuxi (*Achyranthes*) 12 g, chishaoyao (*Paeonia*) 12 g, danshen (*Salvia*) 15 g, wulingzhi (*Pteropos pselaphon*) 12 g, puhuang

(*Typha angustifolia*) 9 g, zelan (*Lycopus lucidus*) 9 g, honghua (*Carthamus*) 9 g, Qiancao (*Rubia*) 9 g, sanleng (*Sparganium*) 9 g, ezhu (*Curcuma*) 9 g, dahuang (*Rheum palmatum*) 9 g, xiangfu (*Cyperus*) 9 g, and walengzi (*Arca inflata*) 24 g. Note: dahuang was wrapped separately and added after the other herbs; and as soon as defecation was smooth, it was to be discontinued or its amount cut in half.

She took this formula for three daily doses, and returned for a third visit in 2 weeks. Defecation was now normal, and subcostal and abdominal pain further improved. Menstruation returned, but the menses were scant and dark and contained some clots. The pulse was deep and taut, but somewhat impeded in the *guan* position. The tongue showed more hydration, with a thin and greasy coating. Thus, the uterine blood channels had opened but not yet fully, and blood circulation improved but stasis not yet completely resolved. At this point, the therapeutic principle was to generate blood and regulate menstruation. The new formula had the following composition: danggui (*Angelica*) 12 g, nuzhenzi (*Ligustrum*) 12 g, jixueteng (*Spatholobus suberectus*) 12 g, moliancao (*Eclipta*) 9 g, zelan (*Lycopus lucidus*) 9 g, danshen (*Salvia*) 15 g, puhuang (*Typha*) 9 g, liujinu (*Artemisia*) 9 g, chishaoyao (*Paeonia*) 9 g, chaihu (*Bupleurum*) 6 g, xiangfu (*Cyperus*) 9 g, and dahuang (*Rheum palmatum*) 6 g. Note: dahuang was wrapped separately and added just before the finish of decocting other herbs. It was to be omitted should diarrhea develop.

The patient took this formula for five daily doses, and returned for a fourth visit in a week. Her menstrual flow was now normal, ending after 6 days. Abdominal pain was completely resolved, and both urination and defecation were now normal. She was instructed to take half a tablet of Qi Zhi Xiangfu Wan (Seven-Process Cyperus Pill) in the morning and one tablet of Tong Jing Gan Lu Wan (Menstruation-Inducing Sweet Dew Pill) in the afternoon, for a total of 20 days. Moreover, during the week prior to her next expected menstrual period she was to take four daily doses of the formula prescribed at the third visit.

She returned for follow-up in 3 months. At that time, she was completely normal.

Chapter 32

Anovulatory Functional Uterine Bleeding

Functional uterine bleeding is a common gynecological condition. It results from dysfunction of the neuroendocrine system that regulates reproduction. It is called “functional” because there is no organic abnormality in the external or internal genital organs.

Functional uterine bleeding may be ovulatory or anovulatory (associated with the absence of ovulation). Most cases are of the anovulatory type, and are characterized by irregular menstruation with variable amounts of menses. Occasionally, the bleeding may be massive.

I Etiology and Pathology

The principal pathological mechanism is injury to the Chong and Ren Meridians, so that they cannot control blood in the uterine channels. The most common causes of injury are kidney insufficiency, spleen insufficiency, Heat in the blood and blood stasis.

Kidney Insufficiency. Kidney insufficiency may be the result of inadequate prenatal endowment, under-developed kidney-Qi in a young woman or decline of kidney-Qi in a mature woman. Decline of kidney-Qi may result from too early marriage and multiple pregnancies or unrestrained sexual activity. The kidney is the foundation of the Chong and Ren Meridians, and the uterine channels connect with the kidney. Deficiency of kidney-Qi results in loss of control of the Chong and Ren Meridians, hence uterine bleeding.

Deficiency of kidney-Yin may give rise to endogenous Fire. Such deficiency Fire also causes the Chong and Ren Meridians to lose control.

Spleen Insufficiency. Insufficiency of the spleen results from improper diet, excessive physical exertion or excessive brooding or anxiety. This leads to deficiency of spleen-Qi, so that the ability to control the Chong and Ren Meridians is impaired.

Heat in Blood. Heat in the blood may be of deficiency or strength type.

Deficiency Heat is endogenous Heat arising out of Yin deficiency, whether due to constitutional weakness or to serious or chronic illness. In either case, Heat disturbs

the Chong and Ren Meridians, eventually leading to uterine bleeding. Uterine bleeding in turn consumes Yin and further injures the Chong and Ren Meridians. A vicious cycle develops and results in recurrent and intractable uterine bleeding.

The strength type of Heat arises if there is excessive Yang, excessive passions or excessive ingestion of spicy, acrid or drying foods or herbs. It may also be due to exogenous Heat invading the person. Like deficiency Heat, strength Heat in the blood disturbs the Chong and Ren Meridians.

Blood Stasis. Blood stasis may develop from several causes. Injury by the passions may lead to gelling of blood in the Chong and Ren Meridians. Persistent menstrual flow or post-partum bleeding, especially with superimposed exposure to Cold or Heat, may induce stasis of blood. Whether it is gelling of blood or stasis, there follow blockage of the Chong and Ren Meridians and abnormal blood flow, resulting in abnormal uterine bleeding.

II Clinical Manifestation

The main characteristics of anovulatory functional uterine bleeding are uterine bleeding when not expected, irregular menstrual cycles, variable duration of menstrual flow and variable amount of menses. Occasionally, the bleeding may be massive. Several “cycles” or months of amenorrhea may precede the unexpected bleeding. The bleeding may persist for several weeks or longer, and does not stop readily. Sometimes the unexpected bleeding is the first symptom. Regardless of the etiology, if the bleeding persists or is massive insufficiency of blood may ensue.

III Herbal Treatment

With anovulatory functional uterine bleeding, the external and internal genital organs are all normal and ovarian function tests show the absence of ovulation.

The basic principle of treatment is to treat the symptoms when urgent and the cause when not urgent. Within this principle the three actions are cessation, resolution and restoration – singly or in combination.

Cessation is stopping the bleeding. When bleeding is profuse the approach is to astringe and to replenish blood. It is inappropriate to apply acrid-warm mobilization of blood, as doing so can worsen bleeding and precipitate Yin exhaustion or Yang collapse. Two appropriate and commonly used formulas are Sheng Mai San (Pulse-Generating Powder) and Shen Fu Tang (Ginseng-Aconitum Decoction). If bleeding is relatively slow but persistent, the appropriate approach is to generate blood and mobilize Qi. Treatment must not apply too much astringency to avoid inducing blood stasis.

Resolution is eliminating the cause. This may require strengthening the kidney or the spleen, cooling Heat, eliminating Cold or removing blood stasis. Cessation and resolution are often applied in concert.

Restoration is returning organ functions to normality. This action is generally applied after bleeding has been stopped. Restoring normal kidney and spleen functions is important for restoring normal menstruation and reproduction, and especially so in a young female with a deficiency disorder.

1 *Kidney Insufficiency*

i *Kidney-Yang Deficiency*

Main Symptoms. Uterine bleeding is unexpected and is large in amount. It tends to persist and the menses are light in color and thin in texture. Additional symptoms include lumbar pain as though the back is broken, cold-intolerance, cold limbs, increased clear urine, loose feces and a dusky complexion. The tongue is pale, with thin white coating. The pulse is deep and threadlike.

Therapeutic Principle. Warm the kidney, assist Yang, make firm the Chong Meridian and stop bleeding.

Treatment. Da Bu Yuan Jian (Major Genuine Qi Restoring Decoction) augmented with buguzhi, lujiaojiao and charred aiye as clinically appropriate. The augmented composition is as follows: renshen (*Panax*) 10 g, shanyao (*Dioscorea*) 15 g, shudihuang (*Rehmannia*) 12 g, duzhong (*Eucommia*) 12 g, danggui (*Angelica*) 10 g, shanzhuyu (*Cornus*) 12 g, gouqizi (*Lycium*) 12 g, fried gancao (*Glycyrrhiza*) 6 g, buguzhi (*Psoralea*) 12 g, lujiaojiao (*Cervus nippon*) 15 g, and charred aiye (*Artemisia*) 10 g. Note: lujiaojiao is dissolved in the finished decoction.

ii *Kidney-Yin Deficiency*

Main Symptoms. Uterine bleeding is unexpected. The amount is variable, large in some patients and small in others. In either case it tends to persist. The blood is bright red in color and viscid in quality. Additional symptoms include aching weakness in the waist and knees, dizziness, tinnitus and hotness of the five centers. The tongue is red with slight coating. The pulse is threadlike and rapid.

Therapeutic Principle. Nourish the kidney, augment Yin, make firm the Chong Meridian and stop bleeding.

Treatment. Zuo Gui Wan (kidney-Yin-Augmenting Pill) minus niuxi and combined with Er Zhi Wan. The final composition is as follows: shudihuang (*Rehmannia*) 15 g, shanyao (*Dioscorea*) 15 g, gouqizi (*Lycium*) 12 g, tusizi (*Cuscuta*) 12 g, lujiaojiao (*Cervus nippon*) 15 g, guiban gelatin (*Chinemys*) 15 g,

nuzhenzi (*Ligustrum*) 12 g, and moliancao (*Eclipta*) 15 g. Note: lujiao and guiban gelatin are dissolved in the finished decoction.

2 *Spleen Insufficiency*

Main Symptoms. Uterine bleeding is unexpected and is large in amount, as though a dam has broken, or persistent like a stream. The menses are light-colored and thin. Additional symptoms include lassitude, fatigue, shortness of breath, no desire to speak, anorexia and cold limbs; or, edema of the face and limbs and a sallow complexion. The tongue is pale and plump, with thin white coating. The pulse is even but feeble.

Therapeutic Principle. Strengthen the spleen, augment Qi, make firm the Chong Meridian and stop bleeding.

Treatment. Gu Chong Tang (Chong Meridian Stabilizing Decoction).

If bleeding is profuse, add renshen (*Panax*) 10 g and shengma (*Cimicifuga*) 10 g.

If bleeding is not profuse but the dribbling persists, add yimucuo (*Leonurus*) 30 g and Qiancao (*Rubia*) 30 g.

3 *Heat in Blood*

Main Symptoms. Uterine bleeding is unexpected and is large in amount, as though a dam has broken, or persistent like a stream. The menses are deep red in color and viscid. Additional symptoms include agitation, insomnia, thirst with desire for cold drinks, dizziness and a flushed complexion. The tongue is red with yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Purge Heat, cool the blood, make Chong firm and stop bleeding.

Treatment. Qing Re Gu Jing Tang (Heat-Cooling Meridian-Stabilizing Decoction). It has the following composition: shengdihuang (*Rehmannia*) 20 g, digupi (*Lycium*) 15 g, roast guiban (*Chinemys*) 10 g, powdered muli (*Ostrea*) 12 g, ejiao (*Equus asinus*) 15 g, huangqin (*Scutellaria*) 15 g, oujie (*Nelumbo nucifera*) 15 g, charred zonglu (*Trachycarpus fortunei*) 10 g, gancao (*Glycyrrhiza*) 6 g, zhizi (*Gardenia jasminoides*) 10 g, and diyu (*Sanguisorba*) 15 g. Note: guiban and muli are decocted first, and ejiao is dissolved in the finished decoction.

If stagnant liver-Qi have given rise to Fire, with tightness and pain in the chest and breasts, agitation, irascibility, frequent sighing and a taut and rapid pulse, use the formula Dan Zhi Xiao Yao San (Tree Peony-Gardenia Carefree Powder).

4 Blood Stasis

Main Symptoms. Uterine bleeding is unexpected, in large or small amount but persistent. The menses are dark purple and contain clots. In addition, there is pain in the lower abdomen, with guarding. The tongue is cyanotic or speckled with purpuric spots. The pulse is impeded.

Therapeutic Principle. Mobilize blood, eliminate stasis, firm Chong and stop bleeding.

Treatment. Zhu Yu Zhi Ben Tang (Stasis-Eliminating Bleeding-Stopping Decoction). It has the following composition: danggui (*Angelica*) 12 g, chuanxiong (*Ligusticum*) 10 g, sanqi (*Panax pseudoginseng*) 10 g, moyao (*Commiphora*) 8 g, wulingzhi (*Pleropus pselaphon*) 10 g, mudanpi (*Paeonia suffruticosa*) 10 g, danshen (*Salvia*) 12 g, aiye (*Artemisia*) 10 g, ejiao (*Equus asinus*) 15 g, puhuang (*Typha angustifolia*) 15 g, longgu (fossil bone) 20 g, muli (*Ostrea*) 30 g, and wuzeigu (*Sepia esculenta*) 15 g. Note: longgu and muli are decocted first.

IV Acupuncture Treatment

For anovulatory functional uterine bleeding in general, select the acupoints Guanyuan (RN-4), Sanyinjiao (SP-6) and Yinbai (SP-1).

If it is due to strength Heat, add the acupoints Xuehai (SP-10) and Shuiquan (KI-5).

If it is due to deficiency Heat, add the acupoints Neiguan (PC-6) and Taixi (KI-3).

If it is due to Qi deficiency, add the acupoints Pishu (BL-20) and Zusanli (ST-36).

If there is syncope as well, add the acupoint Baihui (DU-20).

V Case Study

The patient was a 32-year married woman who had irregular vaginal bleeding for over a year. The amount of bleeding varied. There were also lower abdominal distention and pain with guarding, distending pain in the breasts, aching in the waist and anorexia. Previous gynecological examination showed secretory hyperplasia of the breasts. Uterine curettage showed hypertrophy of the endometrium with some localized adenoma-like changes.

At the time of consultation she had been bleeding for 2 months, sometimes more and sometimes less. The menses were dark purple and contained clots. Her tongue was dusky red and was covered with a thin layer of pale yellow coating. Her pulse was deep and threadlike. In the *guan* position it was also somewhat impeded.

Diagnosis. Anovulatory uterine bleeding, functional, due to blood stasis causing blockage of the Chong and Ren Meridians.

Therapeutic Principle. Mobilize Qi and blood, regulate menstruation and stop bleeding.

Treatment and Course. The prescribed formula had the following composition: liujinu (*Artemisia anomala*) 12 g, Qiancao (*Rubia*) 9 g, chishaoyao (*Paeonia*) 9 g, xiangfu (*Cyperus*) 9 g, chuanxiong (*Ligusticum*) 9 g, chaihu (*Bupleurum*) 9 g, danshen (*Salvia*) 15 g, biejia (*Amyda*) 18 g, yanhusuo (*Corydalis*) 6 g, danggui (*Angelica*) 12 g, and gancao (*Glycyrrhiza*) 6 g.

She returned for follow-up in 5 days. Her lower abdominal pain was alleviated and the bleeding stopped. The aching in the waist and anorexia persisted. Urination and defecation were normal. The pulse was threadlike. With the partial response, a different therapeutic principle became appropriate – strengthen the kidney and the liver, nourish blood and regulate menstruation. The new prescription had the following composition: liujinu (*Artemisia*) 12 g, sangjisheng (*Loranthus*) 12 g, duzhong (*Eucommia*) 12 g, shanzhuyu (*Cornus*) 12 g, xudian (*Dipsacus*) 9 g, baishaoyao (*Paeonia*) 9 g, wangbuliuxing (*Vaccaria segetalis*) 12 g, chaihu (*Bupleurum*) 12 g, chuanxiong (*Ligusticum*) 9 g, gegen (*Pueraria*) 12 g, and gancao (*Glycyrrhiza*) 6 g. The patient was instructed to take this formula for 15 daily doses.

She returned for a third visit 5 weeks later. At the end of her 15 days of treatment she began to menstruate. The flow lasted for 6 days. The menses were somewhat increased and were bright red. There were occasional clots. She had some aching in her waist, but no abdominal pain. At follow-up 3 months later, she reported normal menstrual cycles during the interval.

Chapter 33

Vaginal Discharge

In a healthy woman a slight amount of discharge from the vagina is normal; and it is normally colorless, odorless, somewhat viscid and very slight in amount. It forms from the moistening of the vagina under the control of the Ren and Dai Meridians, when kidney-Qi is ample and spleen functions are normal. During the intervals between menstrual periods, especially the days preceding or following menstrual flow, and during pregnancy, it may be somewhat increased.

It is abnormal if its quantity is significantly increased or it has an abnormal color, texture or odor, especially if other symptoms, whether local regional or generalized, accompany the vaginal discharge.

For convenience, the term vaginal discharge is often used to signify abnormal vaginal discharge when the context is clear.

(Note: for vaginal discharge caused by sexually transmitted diseases, an antibiotic is the treatment of choice even in traditional Chinese Medicine hospitals in China.)

I Etiology and Pathology

The chief pathological mechanism underlying abnormal vaginal discharge is the Dampness evil affecting the Ren and Dai Meridians, so that Dai has lost its control and Ren has become infirm. Dampness may be exogenous or endogenous. Exogenous Dampness is the Dampness evil invading the body. Endogenous Dampness is generated in the body, usually when the spleen is insufficient and unable to carry out its digestion and transportation functions properly or when the kidney is insufficient and unable to control fluids.

Spleen Insufficiency. Several situations lead to deficiency of spleen-Qi. The most common are improper diet, physical exhaustion, much brooding and emotional depression. Injury to spleen-Qi leads to impairment of the spleen's functions of transportation and transformation, so that the essences of foods and drinks cannot be extracted and made available for generating blood. Instead, they accumulate and transform into Dampness, which flows downward and injure the Ren and Dai Meridians. Injury to Ren and Dai then leads to the formation of vaginal discharge.

Kidney Insufficiency. Deficiency of kidney-Qi may reflect a chronically weak constitution, inadequate prenatal endowment, overindulgence in sexual activity or multiple childbirth. Injury to kidney-Qi causes failure in its function of secure storage and this leads to downward escape of Yin-fluid. In some patients, kidney-Yin is specifically deficient, so that deficiency Fire arises. The Ren and Dai Meridians become infirm, and vaginal discharge ensues.

Dampness-Heat Poisons. Following menstrual flow or childbirth the uterine channels are empty. In such a circumstance, failure in personal hygiene, living in a cold and damp environment or injury from surgical operations enables exogenous Dampness to invade. If Dampness accumulates and transforms into Heat, it may injure the Ren and Dai Meridians, leading to vaginal discharge. In some patients, Dampness and Heat in the liver meridians flow downward or the poisons from Heat injure the blood channels; these may also lead to vaginal discharge.

Protracted vaginal discharge may injure Yin-fluids. If it is due to exogenous Dampness then the illness may transform into one of mixed strength and deficiency. If it is due to endogenous Dampness then the deficiency may become aggravated. Hence it is important to treat vaginal discharge early.

II Clinical Manifestation

Vaginal discharge is abnormal when its volume is significantly increased. In color it may be white, yellow or mixed white and red. In texture it may be thin or viscid. In odor it may be fishy or foul. There may be such additional symptoms as itch or burning pain in the vulva, dark urine, cold limbs, aching weakness in the waist or fatigue.

III Herbal Treatment

In the analysis of vaginal discharge, pay particular attention to its quantity, color, texture and odor, and to the main accompanying symptoms. The therapeutic approach is principally to strengthen the spleen, raise Yang, eliminate Dampness, supplemented with firming the kidney, unblocking the liver, cooling Heat and dispelling Cold.

1 *Spleen Insufficiency*

Main Symptoms. The discharge is copious and persistent, the color is white or pale yellow, the texture is viscid and there is no foul odor. Additional symptoms

include lustrous white or sallow complexion, cold limbs, lassitude, anorexia, loose feces and edema in the feet. The tongue is pale, with a white or greasy coating. The pulse is even but feeble.

Therapeutic Principle. Strengthen the spleen, augment Qi, raise Yang and eliminate Dampness.

Treatment. Wan Dai Tang (Discharge-Resolving Decoction). It has the following composition: baizhu (*Atractylodes*) 15 g, shanyao (*Dioscorea*) 30 g, renshen (*Panax*) 10 g, baishaoyao (*Paeonia*) 20 g, cangzhu (*Atractylodes*) 10 g, charred jingjie (*Schizonepeta*) 10 g, gancao (*Glycyrrhiza*) 5 g, chenpi (*Citrus tangerina*) 6 g, chaihu (*Bupleurum*) 6 g, and cheqianzi (*Plantago*) 10 g.

If Dampness accumulates in spleen insufficiency and transforms into Heat, so that the vaginal discharge is yellow, viscid, lumpy, and malodorous, it is appropriate to strengthen the spleen, eliminate Dampness, cool Heat and stop the discharge. An appropriate formula is Yi Huang Tang (Decoction for Yellow Discharge). It has the following composition: shanyao (*Dioscorea*) 30 g, Qianshi (*Euryale ferox*) 15 g, huangbai (*Phellodendron*) 12 g, cheqianzi (*Plantago*) 10 g, and baiguo (*Ginkgo biloba*) 10 g.

2 Kidney Insufficiency

i Kidney-Yang Deficiency

Main Symptoms. The vaginal discharge is white, clear and thin, but copious and dribbling all day long. The waist aches as though broken. There may be a sensation of coldness in the lower abdomen. The urine is clear and increased in volume, especially at night. The feces are loose. The tongue is pale, with thin white coating. The pulse is deep and slow.

Therapeutic Principle. Warm the kidney, support Yang, astringe essence and stop discharge.

Treatment. Nei Bu Wan (Kidney-Restoring Pill). It has the following composition: lujiao (*Cervus nippon*) 3 g, tusizi (*Cuscuta*) 15 g, tongjili (*Tribulus terrestris*) 12 g, huangqi (*Astragalus*) 20 g, rougui (*Cinnamomum*) 3 g, sangpiaoxiao (*Paratenodera*) 15 g, roucongong (*Cistanche*) 12 g, processed fuzi (*Aconitum*) 10 g, baijili (*Tribulus terrestris*) 12 g, and ziwang (*Aster tartaricus*) 10 g.

If the feces are loose, remove roucongong and add buguzhi (*Psoralea*) 15 g and roudoukou (*Myristica fragrans*) 10 g.

ii Kidney-Yin Deficiency

Main Symptoms. The vaginal discharge is red and white, slightly viscid and without foul odor. There is a burning sensation in the vulva. Additional symptoms

include dizziness and blurred vision, or flushed face, hotness in the five centers, insomnia with dream-filled fitful sleep, constipation and dark urine. The tongue is red with scant coating. The pulse is threadlike and mildly rapid.

Therapeutic Principle. Nourish the kidney, augment Yin, cool Heat and stop discharge.

Treatment. Zhi Bai Dihuang Tang (Anemarrhena-Phellodendron-Rehmannia Decoction) augmented with Qianshi and jiyingzi. The complete composition is as follows: shudihuang (*Rehmannia*) 15 g, shanyao (*Dioscorea*) 15 g, shanzhuyu (*Cornus*) 10 g, fuling (*Poria*) 20 g, zexie (*Alisma*) 15 g, mudanpi (*Paeonia suffruticosa*) 10 g, huangbai (*Phellodendron*) 12 g, zhimu (*Anemarrhena*) 10 g, Qianshi (*Euryale ferox*) 15 g, and jinyingzi (*Rosa laevigata*) 12 g.

3 Dampness-Heat

Main Symptoms. The vaginal discharge is copious. The color is yellow or mixed yellow and white. The texture is viscid. The odor is foul. In some patients the discharge is white but like bean curd, and there are vulvar itch and scant dark urine. Some patients have chest tightness, a sticky mouth and reduced appetite. Others have vague pains in the lower abdomen. The tongue coating is yellow and greasy, or thick. The pulse is soft and mildly rapid.

Therapeutic Principle. Cool Heat, eliminate Dampness and stop discharge.

Treatment. Zhi Dai Tang (Discharge-Stopping Decoction). It has the following composition: zhuling (*Polyporus*) 20 g, fuling (*Poria*) 30 g, cheqianzi (*Plantago*) 15 g, zexie (*Alisma*) 15 g, yinchen (*Artemisia scoparia*) 15 g, chishaoyao (*Paeonia lactiflora*) 12 g, mudanpi (*Paeonia suffruticosa*) 10 g, huangbai (*Phellodendron*) 12 g, zhizi (*Gardenia jasminoides*) 10 g, and niuxi (*Achyranthes*) 10 g.

If Dampness and Heat flow downward from the liver meridians, with copious yellow or yellow-green vaginal discharge that is viscid or foamy and malodorous, vulvar itch or pain, dizziness, blurred vision, a bitter taste, a dry throat, agitation and irascibility, then the appropriate approach is to cool the liver and eliminate Dampness. Use Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction).

4 Dampness Poison

Main Symptoms. The vaginal discharge is copious. The color is either mixed red and white or multi-colored. The texture is viscid, sometimes pus-like. The odor is foul, sometimes putrid foul. Additional symptoms include lower abdominal pain, restlessness, a dry mouth, dizziness especially in the afternoon, foul-smelling and dry feces and scant dark urine. The tongue is red, with dry yellow coating. The pulse is rapid.

Therapeutic Principle. Cool Heat, detoxify poison and eliminate Dampness.

Treatment. Wu Wei Xiao Du Yin (Five-Ingredient Detoxification Drink) augmented with baihuasheshecao, tufuling and yiyiren. The augmented composition is as follows: pugongying (*Taraxacum*) 20 g, jinyinhua (*Lonicera*) 15 g, yejuhua (*Chrysanthemum indicum*) 12 g, zihuadiding (*Viola*) 12 g, tiankuizi (*Semiaquilegia adoxoides*) 10 g, baihuasheshecao (*Oldenlandia diffusa*) 12 g, tufuling (*Smilax glabra*) 15 g, and yiyiren (*Coix*) 20 g.

5 Vulvar Itch

If the patient has vulvar itch in addition to vaginal discharge, topical treatment may be applied in addition to appropriate treatment for the condition. Topical treatment may be in the form of wash or powder application.

Ta Yang Tang (Itch-Stopping Decoction) has the following composition: heshi (*Carpesium abrotanoides*) 30 g, kushen (*Sophora*) 30 g, weilingxian (*Clematis*) 30 g, danggui (*Angelica*) 15 g, shechuangzi (*Cnidium monnieri*) 15 g, and langdu (*Euphorbia fischeriana*) 15 g. Use the decoction to wash once daily, usually for 10 days. Adding the contents of two hog gallbladders at the time of application makes the wash even more efficacious. Note: if there is ulceration do not apply.

Shechuangzi San (Cnidium Powder) has the following composition: shechuangzi (*Cnidium monnieri*) 15 g, huajiao (*Zanthoxylum bungeanum*) 15 g, mingfan (alum) 15 g, kushen (*Sophora*) 15 g, and baibu (*Stemona*) 15 g. Use the warm decoction to steam the vulva, then bathe in it. Treat once daily for 10 days. Note: if there is ulceration remove huajiao from the formula.

The following medicinal powder is designed for vulvar itch with ulceration. It has the following composition: zhenzhu (pearl) 3 g, Qingdai (*Baphicacanthus cusia*) 3 g, xionghuang (realgar) 3 g, huangbai (*Phellodendron*) 9 g, ercha (*Areca catechu*) 6 g, and bingpian (*Dryobalanops*) 0.03 g. Grind together into a fine powder and apply topically. (Note: ercha is the juice pressed from the center of the herb binglang.)

IV Acupuncture Treatment

For vaginal discharge in general, select the acupoints Daimai (GB-26), Baihuanshu (BL-30), Qihai (RN-6) and Sanyinjiao (SP-6).

For Dampness-Heat, add the acupoints Xingjian (LR-2) and Yinlingquan (SP-9).

For spleen and kidney insufficiency, add the acupoints Guanyuan (RN-4) and Zusanli (ST-36).

V Case Study

The patient was a 27-year old unmarried woman, who had a history of late onset of menarche. She now presented with vaginal discharge of 6 months' duration. The discharge was thin but profuse. Her menses were decreased in volume. She also had dizziness, aching in the waist, cold limbs, and a pale complexion. Her tongue was plump, and her pulse threadlike and forceless. Gynecological examination was entirely normal.

Diagnosis. Vaginal discharge due to kidney-Yang deficiency.

Therapeutic Principle. Strengthen the kidney and stop discharge.

Treatment and Course. The prescribed formula had the following composition: lujiao slices (*Cervus nippon*) 15 g, roucongrong (*Cistanche*) 15 g, tusizi (*Cuscuta*) 30 g, shudihuang (*Rehmannia*) 10 g, fupenzi (*Rubus chingii*) 12 g, haipiaoxiao (*Sepiella maindroni*) 12 g, jinyingzi (*Rosa laevigata*) 24 g, gouji (*Cibotium barometz*) 12 g, shanzhuyu (*Cornus*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

After seven daily doses, the patient returned for follow-up. The discharge had decreased markedly and her menstrual period came at its due time with a normal amount of menses. She felt much better overall. The same formula was continued for a while to consolidate therapeutic gains.

Chapter 34

Chronic Pelvic Inflammation

Pelvic inflammation refers to inflammation of the internal reproductive organs, adjacent connective tissues and the surrounding peritoneum. Clinically the inflammation may be chronic or acute. Chronic inflammation is a common condition with a high recurrence rate if inadequately treated. It usually develops from acute inflammation that is not treated or not cured. However, some cases may not be preceded by acute inflammation.

Acute inflammation is best treated with antibiotics. Chronic inflammation responds well to traditional CM therapy.

I Etiology and Pathology

Among the most common causes of chronic pelvic inflammation are the following: accumulated Dampness and Heat, accumulated Cold and Dampness, Qi stagnation with blood stasis, kidney insufficiency with blood stasis, and Qi deficiency with blood stasis. The common pathological mechanism in all these conditions is the impedance of blood flow in the Chong and Ren Meridians. As a result the uterine channels become blocked.

Accumulation of Dampness-Heat. Chronically resident Dampness and Heat in the interior may flow downward to the lower-jiao where they impede the movement of Qi and blood and gel in the Chong and Ren Meridians. In some cases, Dampness and Heat invade while there is residual bleeding from a menstrual period or following childbirth. The struggle between Dampness-Heat and blood then leads to blockage of Chong and Ren, so that blood cannot flow smoothly in the uterine channels.

Accumulation of Dampness-Cold. A woman with residual bleeding from a menstrual period or following childbirth is particularly vulnerable to invasion by exogenous Cold and Dampness. This may occur as a result of exposure to the elements of weather, ingestion of cold foods and drinks or residence in a cold and damp locale. Dampness and Cold injure the uterine channels and induce gelling of blood. Blood stasis in turn impedes Chong and Ren, so that blood circulation is compromised.

Qi Stagnation with Blood Stasis. Chronic depression or excessive rage causes liver-Qi to stagnate. Qi stagnation leads to blood stasis, so that Chong and Ren become blocked and uterine blood flow compromised.

Kidney Insufficiency with Blood Stasis. kidney-Qi deficiency may result from a variety of causes. The main ones relevant here are inadequate prenatal endowment, excessive sexual activity and exposure to exogenous pathogenic evils during a menstrual period. In such circumstances exogenous Cold invades the interior readily and injures kidney-Yang. The Chong and Ren Meridians lose their warmth and uterine blood flow becomes compromised.

Blood Insufficiency and Stasis. A weak constitution with deficient Qi and insufficient blood, excessive brooding, improper diet, excessive fatigue and exhaustion can all injure the spleen and the stomach. Compromise of the source of nutritional essences may lead to failure to generate blood and nourish Qi. Also, chronic or serious illnesses may consume Qi and blood leading to insufficiency of blood in Chong and Ren, compromising uterine blood flow.

II Clinical Manifestation

Patients with chronic pelvic inflammation suffer from distention and pain in the lower abdomen. Straining, sexual intercourse and menstruation tends to aggravate the pain, and it often extends to the lower back and the sacral region. There may also be vaginal discharge, low-grade fever, fatigue, weakness and lassitude. Menstruation may be disturbed and there often is infertility. Gynecological examination often reveals a tender uterus that is retroverted and limited in movement. There may be masses. The adnexa are thick, especially the uterosacral ligaments.

Laboratory examination often shows abnormalities. The leukocyte count in the blood is often elevated. Ultrasonic B scanning often shows fluid in the posterior fornix and thickening of the fallopian tubes with fluid accumulation. X-ray study with iodized oil may reveal partial or complete obstruction of the fallopian tubes. Laparoscopy or culdoscopy may reveal pelvic inflammation and adhesion.

There are usually additional symptoms relating to the underlying cause.

III Herbal Treatment

Patients with chronic pelvic inflammation often have a history of childbirth, abortion, gynecological surgery or acute pelvic inflammation.

In the early stages the emphasis of treatment is to eliminate the exogenous pathogenic evil. In the later stages the emphasis shifts to restoring or augmenting genuine Qi. In addition to herbal formulas, the physician may wish to apply medicinal douches or enemas, medicinal poultices or physical therapy to enhance therapeutic effects.

1 Accumulation of Dampness-Heat

Main Symptoms. There is pain with guarding in the lower abdomen, often with a burning quality. There may be masses. The pain often extends to the low back and sacrum. Additional symptoms may include recurrent low-grade fever, yellow, viscid and malodorous vaginal discharge and dark oliguria. The tongue is yellow and greasy, and the pulse is taut, slippery and rapid.

Therapeutic Principle. Cool Heat, eliminate Dampness, release stasis and stop pain.

Treatment. Zhi Dai Tang (Discharge-Stopping Decoction) augmented with yanhusuo (*Corydalis*) 12 g and ezhu (*Curcuma*) 10 g.

2 Accumulation of Cold-Dampness

Main Symptoms. There is cold pain in the lower abdomen in fixed location. The pain is ameliorated by warmth. Vaginal discharge is copious, white and thin. Additional symptoms may include cold body and limbs, a pallid complexion, a pale tongue with white and greasy coating, and a deep and tight pulse.

Therapeutic Principle. Dispel Cold, eliminate Dampness, eliminate stasis and stop pain.

Treatment. Shao Fu Zhu Yu Tang (Lower-Abdomen-Stasis-Eliminating Decoction) augmented with cangzhu (*Atractylodes*) 10 g and fuling (*Poria*) 20 g. The composition of Shao Fu Zhu Yu Tang is as follows: xiaohuixiang (*Foeniculum vulgare*) 6 g, ganjiang (*Zingiber*) 6 g, rougui (*Cinnamomum*) 3 g, yanhusuo (*Corydalis*) 15 g, moyao (*Commiphora*) 10 g, puhuang (*Typha angustifolia*) 10 g, wulingzhi (*Pteropus pselaphon*) 10 g, danggui (*Angelica*) 12 g, chuanxiong (*Ligusticum*) 10 g, and chishaoyao (*Paeonia*) 15 g.

3 Qi Stagnation and Blood Stasis

Main Symptoms. There is distending pain in the lower abdomen, with guarding. There may also be distending pain in the chest and breasts. Additional symptoms may include epigastric distention, anorexia, restlessness, irascibility, and frequent sighing. The tongue is cyanotic or speckled with purpuric spots, and the pulse is taut and impeded.

Therapeutic Principle. Mobilize Qi and blood, eliminate stasis and stop pain.

Treatment. Ge Xia Zhu Yu Tang (Decoction for Relieving Stasis Below the Diaphragm).

4 *Kidney Insufficiency with Blood Stasis*

Main Symptoms. There is cold pain in the lower abdomen, with preference for warmth and pressure. Additional symptoms may include aching weakness in the waist and knees, dizziness, tinnitus, cold-aversion, cold limbs, polyuria, nocturia and loose feces. The tongue is pale with white and smooth coating. The pulse is deep and feeble.

Therapeutic Principle. Warm the kidney, support Yang, eliminate stasis and stop pain.

Treatment. You Gui Wan (kidney-Yang-Augmenting Pill).

5 *Blood Insufficiency and Stasis*

Main Symptoms. There is vague lower abdominal pain with preference for pressure. Additional symptoms may include dizziness, blurred vision, palpitation of the heart, insomnia, dry constipation and a sallow complexion. The tongue is pale with slight coating. The pulse is threadlike and forceless.

Therapeutic Principle. Generate blood, nourish the Nutritive Level, eliminate stasis and stop pain.

Treatment. Danggui Jian Zhong Tang (Angelica Middle-Strengthening Decoction) augmented with huangqi (*Astragalus*) 30 g and honghua (*Carthamus*) 5 g. The composition of Danggui Jian Zhong Tang is as follows: danggui (*Angelica*) 10 g, guizhi (*Cinnamomum*) 10 g, shaoyao (*Paeonia*) 20 g, gancào (*Glycyrrhiza*) 6 g, shengjiang (*Zingiber*) 5 g, dazao (*Ziziphus*) 6 g, and yitang (maltose) 20 g.

6 *Topical Treatment*

Medicinal Enema. Two medicinal enemas are in common use. (1) 100 ml of 20% maodongqing (*Ilex pubescens*) decoction. (2) Decoct the following herbs: danshen (*Salvia*) 30 g, chishaoyao (*Paeonia*) 30 g, baijiang (*Patrinii villosa*) 30 g, hongteng (*Calamus rotang*) 30 g, tufuling (*Smilax glabra*) 20 g, and yanhusuo (*Corydalis*) 20 g. After decoction, reduce (or adjust) the volume to 100 ml.

Directions for use: Insert the enema tube to a depth of about 14 cm (5.6 in.). Until the enema and retain it for at least 30 min. Administer once daily, stopping during menses flow. Ten daily enemas make one course of treatment. Treatment may be continued for a total of —two to three courses.

Medicinal Poultice. Use the formula Shuang Bai San (Two-Bai Powder). It has the following composition: dahuang (*Rheum palmatum*), cebaiye (*Biota orientalis*),

huangbai (*Phellodendron*), zelan (*Lycopus lucidus*) and bohe (*Mentha*). Grind each herb into powder. Mix 50 g of each together with just enough warm water and honey to make a poultice, and apply it to the lower abdomen over the region of pain. Apply once daily, as needed.

IV Acupuncture Treatment

For chronic pelvic inflammation in general, select the acupoints Qihai (RN-6), Zhongji (RN-3), Guanyuan (RN-4), Zigong (CA-1) and Shenshu (BL-23).

If the condition is one of deficiency, add the acupoints Zusanli (ST-36) and Sanyinjiao (SP-6).

If it is one of strength, add the acupoint Xuehai (SP-10).

V Case Study

The patient was a 32-year old woman with intermittent lower abdominal pain for 4 years. She had been married for 5 years. During the first year, she used an intra-uterine device (IUD) to avoid pregnancy. After its removal, during the ensuing 4 years she often had distending pain with guarding in the lower abdomen. The pain was fixed in location. Her menstruation became irregular, and her menses decreased in volume, were red and contained clots. Between menstrual periods she had a yellow vaginal discharge. She also became irritable and irascible and had a bitter taste with anorexia.

Her tongue was slightly red, with petechiae along the sides and on the tip. Her pulse was taut. Gynecological examination revealed a normal-sized uterus but tender thickening of the left adnexa and a 5 by 4 by 3 cm (2 by 1.6 by 1.2 in.) cyst in the right adnexa. Ultrasonic B scanning revealed fluid accumulation in the right fallopian tube.

Diagnosis. Chronic pelvic inflammation, due to Qi stagnation and blood stasis.

Therapeutic Principle. Mobilize Qi and blood, eliminate stasis and stop pain.

Treatment and Course. Modified Ge Xia Zhu Yu Tang (Decoction for Relieving Stasis Below the Diaphragm). The modified composition is as follows: danggui (*Angelica*) 12 g, chuanxiong (*Ligusticum*) 10 g, chishaoyao (*Paeonia*) 15 g, taoren (*Prunus persica*) 10 g, honghua (*Carthamus*) 5 g, zhiqiao (*Poncirus trifoliata*) 10 g, yanhusuo (*Corydalis*) 15 g, mudanpi (*Paeonia suffruticosa*) 10 g, wuyao (*Lindera*) 10 g, xiangfu (*Cyperus*) 15 g, gancao (*Glycyrrhiza*) 6 g, zhizi (*Gardenia*) 10 g, and huangbai (*Phellodendron*) 12 g.

In addition, the patient was treated topically with Shuang Bai San poultice applied to the lower abdomen and with maodongQing enema, once daily.

She returned for follow-up a week later. She had begun her menstrual period. The amount of menses was increased from that before treatment. They contained clots. The lower abdominal pain was less intense. The tongue was dusky red, with petechiae along the sides. The pulse was taut. She was instructed to discontinue the poultice and enema during her menstrual flow, but to resume their application afterward. The modified Ge Xia Zhu Yu Tang was further modified by removing chuanxiong and fuling and adding wulingzhi (*Pteropus pselaphon*) 10 g.

This treatment was continued for 3 months. At follow-up, she was entirely normal. Gynecological examination and ultrasonic B scanning were both normal. She was also advised to pay attention to her personal hygiene and to avoid an overly strenuous or sedentary lifestyle.

Chapter 35

Infertility

Infertility in a woman is the inability to conceive despite attempting to do so for more than a year, provided her partner has normal reproductive function, they have not used any contraception, and she has not been nursing an infant. If the woman has never conceived, it is primary infertility. If she has conceived previously, it is secondary infertility.

I Etiology and Pathology

The principal pathological mechanism causing infertility is kidney insufficiency, so that regulation of the Chong and Ren Meridians is impaired. This may result from several causes.

Kidney Insufficiency. Inadequate prenatal endowment or excessive sexual activity may consume kidney-Qi and cause deficiency of kidney-Qi. Chong and Ren then become insufficient and unable to warm and nourish the uterine channels. The essence then cannot gel and form into a fetus. When genuine Yang of the kidney is deficient vital-gate-Fire declines and is unable to propel Qi and move water. In such circumstances, Cold and Dampness can gel in Chong and Ren meridians and induce their blockage. Dampness fills the uterine channels, so that essence cannot gel and form into a fetus. Exposure to cold and water during a menstrual period enables exogenous Cold to attack and injure the kidney, and kidney injury in turn leads to injury to Chong and Ren meridians. Exogenous Cold resides in the uterus and prevents essence from gelling and forming into a fetus. Excessive sexual activity can also consume essence and blood, leading to deficiency of kidney-Yin as well as of kidney-Qi. As a result, blood becomes insufficient in Chong and Ren, leading to infertility. In severe cases, Yin and blood both become depleted. Endogenous Heat arises in Yin deficiency and disturbs Chong and Ren meridians and the sea of blood, so that essence cannot gel and form into a fetus.

Liver-Qi Stagnation. Pent-up passions may cause stagnation of liver-Qi. Impairment of liver function leads to disharmony of Qi and blood, so that Chong and Ren cannot support each other. In consequence essence cannot gel and form into a fetus.

Phlegm-Dampness. In obesity or with overindulgence in rich, fatty and spicy foods, Phlegm and Dampness accumulate in the interior and impede Qi movement. Impedance of Qi movement and impairment of Qi actions lead to loss of control of Chong and Ren and the overflow of fat into the uterine channels. This in turn impairs uterine function, so that essence cannot gel and form into a fetus. Similarly, improper diet disturbs the spleen, permitting endogenous Phlegm and Dampness to arise. Dampness and Phlegm flow downward into the lower-jiao, lodging in Chong and Ren and blocking the uterine channels. This too prevents essence from gelling and forming into a fetus.

Blood Stasis. Excessive sexual activity and exposure to cold and water during menstrual flow or post-partum bleeding both reduce the body's resistance to exogenous pathogenic evils. When an exogenous evil intermixes with blood, stasis of blood may result. When static blood blocks the uterine channels, essence cannot gel and form into a fetus.

II Clinical Manifestation

In addition to infertility there may be irregular menstruation, amenorrhea, dysmenorrhea, galactorrhea, distending pain in the breasts, and aches in the waist.

III Herbal Treatment

The focus of treatment of infertility is to regulate menstruation. The principal therapeutic approach is to regulate the visceral organs and the Chong and Ren Meridians combined with normalization of menstruation.

1 *Kidney Insufficiency*

i **Kidney-Yang Deficiency**

Main Symptoms. Deficiency of kidney-Yang leads to loss of nourishment of the Chong and Ren Meridians and poor filling of the sea of blood. In addition to infertility, associated symptoms include loss of libido, and delayed menstruation with decreased and pale menses or infrequent menstruation, even amenorrhea. There may also be aches and weakness in the waist and legs, a dusky complexion, increased clear urine and loose feces.

Therapeutic Principle. Warm the kidney, generate blood and nourish Chong and Ren.

Treatment. Yu Lin Zhu (Offspring Nurturing Pearl). It has the following composition: renshen (*Panax*) 10 g, baizhu (*Atractylodes*) 12 g, fuling (*Poria*) 12 g, roast gancao (*Glycyrrhiza*) 6 g, danggui (*Angelica*) 12 g, shudihuang (*Rehmannia*) 15 g, chuanxiong (*Ligusticum*) 10 g, baishaoyao (*Paeonia*) 15 g, tusizi (*Cuscuta*) 15 g, duzhong (*Eucommia*) 12 g, grated lujiao (*Cervus nippon*) 10 g, and huajiao (*Zanthoxylum bungeanum*) 3 g. The herbs are ground into powder and made into beads with refined honey.

If the physician desires to nourish the uterus and regulate Qi and blood as well, add ziheche (human placenta) 10 g, danshen (*Salvia*) 12 g and xiangfu (*Cyperus*) 10 g.

If Cold lodges in the uterus, with severe lumbago, cold lower abdomen and a deep and slow pulse, add bajitian (*Morinda*) 15 g, buguzhi (*Psoralea*) 12 g, xianmao (*Curculigo orchoides*) 10 g and yinyanghuo (*Epimedium*) 10 g to warm the kidney and support Yang.

If menstruation is delayed, or infrequent or ceases all together, add guizhi (*Cinnamomum*) 10 g and chishaoyao (*Paeonia*) 15 g to warm the kidney and mobilize blood.

If there is marked dysmenorrhea due to endometriosis, add guizhi (*Cinnamomum*) 10 g and yanhusuo (*Corydalis*) 15 g to mobilize blood, eliminate stasis and stop pain.

ii Kidney-Yin Deficiency

Main Symptoms. Deficiency of kidney-Yin permits Yang-Qi to become overactive. Overactive Yang-Qi gives rise to endogenous Heat, which submerges in Chong and Ren. In addition to infertility, associated symptoms include early menstruation and decreased menses. Because of deficiency of essence and blood there may also be emaciation. Because of insufficiency of Yin-blood and consequent failure to nourish the mind, there may also be dizziness, blurred vision, palpitations and insomnia. Because of deficiency Heat, there may be hotness in the five centers or low-grade fever in the afternoon.

Therapeutic Principle. Nourish the kidney, generate blood, regulate the Chong and Ren Meridians and augment essence.

Treatment. Yang Jing Zhong Yu Tang (Essence-Cultivating Jade-Planting Decoction) combined with Er Zhi Wan (Two Seasons-End Pill).

The composition of Yang Jing Zhong Yu Tang is as follows: danggui (*Angelica*) 12 g, baishaoyao (*Paeonia*) 15 g, shudihuang (*Rehmannia*) 15 g, and shanzhuyu (*Cornus*) 12 g.

The composition of Er Zhi Wan is as follows: nuzhenzi (*Ligustrum*) 15 g and moliancao (*Eclipta*) 15 g.

If deficiency-Fire blazes, with emaciation, hotness in the five centers and recurrent fever in the afternoon, add mudanpi (*Paeonia suffruticosa*) 12 g, digupi

(*Lycium*) 12 g, huangbai (*Phellodendron*) 10 g and guiban (*Chinemys*) 20 g to cool Heat, suppress Fire, nourish the kidney and support essence.

If blood is insufficient, with decreased menses that are light in color, add lu-jiaojiao (*Cervus nippon*) 10 g, ziheche (human placenta) 10 g and other herbs that generate blood and flesh.

2 Liver-Qi Stagnation

Main Symptoms. Pent-up passions may lead to liver dysfunction and loss of Qi and blood regulation. Loss of Chong and Ren coordination leads to infertility. Stagnation of liver-Qi and impedance of blood flow may lead to pre-menstrual breast distention, decreased and dark-colored menses that contain clots. Menstruation may become irregular. If stagnant liver-Qi gives rise to endogenous Fire, there may be restlessness and irascibility.

Treatment Principle. Unblock the liver, release stagnation and regulate menstruation.

Treatment. Kai Yu Zhong Yu Tang (Anti-Depression Jade-Planting Decoction). It has the following composition: danggui (*Angelica*) 12 g, baishaoyao (*Paeonia*) 15 g, baizhu (*Atractylodes*) 12 g, fuling (*Poria*) 12 g, mudanpi (*Paeonia suffruticosa*) 12 g, xiangfu (*Cyperus*) 10 g, and tianhuaafen (*Trichosanthes*) 10 g.

If chest tightness is marked, remove baizhu and add Qingpi (*Citrus tangerina*) 10 g and meiguohua (*Rosa rugosa*) 6 g.

If sleep is dream-disturbed and restless, add suanzaoren (*Ziziphus*) 15 g and yejiaoteng (*Polygonum multiflorum*) 15 g to nourish the liver and calm the mind.

If the breast is distended and contains a mass, add wangbuliuxing (*Vaccaria segetalis*) 15 g, juye (*Citrus tangerina* leaf) 10 g, juhe (*Citrus tangerina* seed) 15 g and lulutong (*Liquidambar taiwaniana*) 15 g. If the breast is distended and painful, has a burning sensation or is tender to touch, add chuanlianzi (*Melia*) 10 g and pugongying (*Taraxacum*) 15 g. If the breast is distended and shows galactorrhea, add maiyu (*Hordeum*) 60 g.

3 Phlegm-Dampness

Main Symptoms. Endogenous Phlegm and Dampness may accumulate in spleen insufficiency and block Qi movement and blood flow in the uterine channels. In addition to infertility, associated symptoms include delayed menstruation or amenorrhea. There may also be obesity, a pale complexion, dizziness, chest tightness, anorexia and nausea. Endogenous turbid Dampness in spleen insufficiency may also flow downward, leading to copious viscid vaginal discharge.

Treatment Principle. Dry dampness, dissipate phlegm, mobilize Qi and menstruation.

Treatment. Qi Gong Wan (Uterus-Unblocking Pill). It has the following composition: prepared banxia (*Pinellia*) 12 g, cangzhu (*Atractylodes*) 12 g, chenpi (*Citrus tangerina*) 6 g, fuling (*Poria*) 12 g, chuanxiong (*Ligusticum*) 10 g, and shenqu (medicated leaven) 12 g.

If menses are excessive, remove chuanxiong and add huangqi (*Astragalus*) 15 g and xuduan (*Dipsacus*) 15 g to augment Qi and strengthen the kidney.

If the infertility is associated with delayed or ceased menstruation, it is mostly due to polycystic ovary. In this case, add bile-treated nanxing (*Arisaema consanguineum*) 12 g, rougui (*Cinnamomum*) 3 g and niuxi (*Achyranthes*) 15 g to assist in warming the kidney, dissipating Phlegm and regulating menstruation.

4 Blood Stasis

Main Symptoms. Static blood blocking the uterine channels leads not only to infertility but also delayed menstruation with decreased menses or dysmenorrhea. If static blood is shed downward the menses may become dark purple in color and contain many clots. If static blood blocks normal circulation there may be abdominal pain with guarding.

Treatment Principle. Mobilize blood, eliminate stasis, regulate menstruation and promote conception.

Treatment. Shao Fu Zhu Yu Tang (Lower-Abdomen-Stasis-Eliminating Decoction).

If there is excruciating dysmenorrhea as well, add processed fuzi (*Aconitum*) 6 g to warm and strengthen Yang-Qi in order to mobilize blood.

IV Acupuncture Treatment

For **kidney insufficiency**, select the acupoints Guanyuan (RN-4), Sanyinjiao (SP-6), Qihai (RN-6), Shenshu (BL-23) and Taixi (KI-3). Apply the reinforcing method.

For **Liver-Qi stagnation**, select the acupoints Guanyuan (RN-4), Zhongji (RN-3), Sanyinjiao (SP-6), Taichong (LR-3) and Qihai (RN-6). Apply the reducing method.

For **Phlegm and Dampness**, select the acupoints Qihai (RN-6), Guanyuan (RN-4), Yinlingquan (SP-9), Sanyinjiao (SP-6) and Fenglong (ST-40). Apply the reducing method.

For **blood stasis**, select the acupoints Sanyinjiao (SP-6), Guanyuan (RN-4), Qihai (RN-6), Taichong (LR-3), Hegu (LI-4), Guilai (ST-29), Pishu (BL-20) and Ciliao (BL-32). Apply the reducing methods.

To **stimulate ovulation**, apply reinforcing acupuncture at the acupoints Guanyuan (RN-4), Zigong (RN-19), Zhongji (RN-3), Xuehai (SP-10), Sanyinjiao (SP-6), Zusanli (ST-36) and Yinlingquan (SP-9). Begin on the 12th day of the cycle, and treat on alternate days for three treatments. Then observe for 7–10 days. The treatment course may be applied each cycle for —two to three times.

V Case Study

The patient was a 29-year old woman who came for consultation because of infertility after 3 years of marriage. Her menarche came at the age of 15. Her menstruation had always been irregular. Menstrual flow was somewhat impeded and preceded by several days of restlessness and distending pain in the breasts. The menses were copious and dark in color, and contained clots. She had severe pain during her periods, accompanied by dizziness, nausea, cold limbs and sweating, but the pain was blunted following the passing of the clots. Her last period began 6 weeks prior to her visit.

Her tongue was dusky red, with thin coating that was slightly yellow. Her pulse was taut, threadlike and mildly rapid. Gynecological examination was normal. Semen analysis on her husband was normal.

Diagnosis. Primary infertility with irregular menstruation and dysmenorrhea, caused by Qi stagnation, blood stasis, liver dysfunction and kidney insufficiency.

Therapeutic Principle. First mobilize blood, eliminate stasis, mobilize Qi and stop pain. Then unblock the liver, strengthen the kidney and regulate menstruation to promote conception.

Treatment and Course. The prescribed formula had the following composition: puhuang (*Typha angustifolia*) 10 g, wulingzhi (*Pteropus pselaphon*) 10 g, yimucao (*Leonurus*) 15 g, shanzha (*Crataegus*) 15 g, baishaoyao (*Paeonia*) 15 g, danshen (*Salvia*) 20 g, and wuyao (*Lindera*) 12 g.

After one dose daily for 7 days, dysmenorrhea was much improved during the subsequent period. However, because of work requirements she was unable to continue treatment for 6 months; and all her symptoms returned.

Second Visit. She returned for another consultation seven and a half months after the initial visit. Twenty-two days prior to the second visit, she began menstrual flow. It continued for 11 days. Eight days prior to the visit menses returned. The flow was copious and lasted 5 days. The menses contained clots. At the time of the second visit, she had dizziness, anorexia and aches in the waist. The tongue was pale red, with thin and slightly yellow coating. The pulse was threadlike, feeble and slightly rapid. It was especially feeble in the *chi* position. Diagnosis: the sea of blood was empty. Hence, the therapeutic approach was principally to nourish the kidney and strengthen the spleen so as to enhance the sources of blood production, assisted by mobilization of Qi and blood. The prescribed formula had the follow-

ing composition: tusizi (*Cuscuta*) 12 g, sangjisheng (*Loranthus*) 25 g, shudihuang (*Rehmannia*) 20 g, xuduan (*Dipsacus*) 15 g, dangshen (*Codonopsis*) 15 g, fuling (*Poria*) 25 g, shanzha (*Crataegus*) 12 g, xiangfu (*Cyperus*) 10 g, and wuyao (*Lindera*) 10 g. The instruction was for her to take one daily dose until 1 day prior to the next menstrual period.

Third Visit. She returned 21 days after the second visit. Her menstrual period was expected to begin at any time. She had vague lower abdominal pain and distention of the breasts. Her tongue was pale red, and her pulse taut, threadlike and slippery. Diagnosis: pre-menstrual overflow of Qi and blood; hence, the therapeutic approach was to mobilize blood and Qi and to regulate menstruation. The prescribed formula had the following composition: puhuang (*Typha angustifolia*) 6 g, wulingzhi (*Pleropus pselaphon*) 10 g, aiye (*Artemisia*) 10 g, xiangfu (*Cyperus*) 12 g, wuyao (*Lindera*) 12 g, danggui (*Angelica*) 12 g, chuanxiong (*Ligusticum*) 6 g, and gancao (*Glycyrrhiza*) 6 g. The instruction was to take one dose daily for 4 days.

Fourth Visit. She returned after 4 days. Her menstrual period began the day following the previous visit, with an average amount of menses. Dysmenorrhea was markedly reduced, but she had aches in the waist and vague lower abdominal pain. Urination and defecation were normal. The tongue was pale red, with slightly yellow coating. The pulse was taut and threadlike. Endometrial biopsy 2 h following onset of menses showed normal secretory phase endometrium. Diagnosis: the sea of blood was empty immediately following the menstrual period. Hence, the only treatment required was to augment the kidney and replenish essence, so that essence can gel and form into a fetus. The prescribed formula had the following composition: tusizi (*Cuscuta*) 15 g, huangjing (*Polygonatum*) 25 g, jinyingzi (*Rosa laevigata*) 30 g, sangjisheng (*Loranthus*) 30 g, nuzhenzi (*Ligustrum*) 15 g, baishaoyao (*Paeonia*) 15 g, gancao (*Glycyrrhiza*) 6 g, and yimucao (*Leonurus*) 12 g. She was to take one dose daily for 10 days.

Fifth Visit. Six weeks later. The last menstrual period had ended 47 days ago. She had dizziness, anorexia, nausea and epigastric distention. Her tongue was pale, with slightly yellow coating, and her pulse was taut, slippery and slightly rapid. Examination indicated early pregnancy, confirmed by urine pregnancy test. Diagnosis: early pregnancy. In view of her difficulties in conceiving, the physician decided to strengthen her kidney, calm the fetus, settle her stomach and prevent vomiting. The prescribed formula had the following composition: tusizi (*Cuscuta*) 15 g, sangjisheng (*Loranthus*) 20 g, dangshen (*Codonopsis*) 15 g, fuling (*Poria*) 25 g, processed banxia (*Pinellia*) 10 g and chenpi (*Citrus tangerina*) 6 g. The decoction was taken with the juice from 6 g of ginger added. The dosage was one dose daily for 4 days.

The pregnancy progressed normally. The patient gave birth at full term, and both mother and baby were normal.

Chapter 36

Threatened and Spontaneous Abortion

During pregnancy if the woman develops lower abdominal pain, aches in the waist and slow bleeding from the vagina, she is said to have threatened abortion (in Chinese, literally “restless and disturbed fetus”). If she has intermittent slow bleeding or persistent dribbling from the vagina without the other symptoms, she is said to have gestational leakage.

Spontaneous abortion, or simply abortion, is the expulsion of the fetus before the fetus is viable. If a woman has had three or more occurrences of spontaneous abortion, she is said to suffer from habitual abortion.

I Etiology and Pathology

There are two aspects to abortion, whether threatened or spontaneous: fetal and maternal. Fetal factors include inadequacy of parental essence, so that though essence from the two parents intermix and produce a fetus the resultant fetus is inadequately endowed and suffers from some kind of deficiency. Such a fetus is unlikely to mature. Maternal factors include kidney insufficiency, deficiency of Qi and blood, Heat in the blood and Qi stagnation-blood stasis.

Kidney Insufficiency. Maternal kidney insufficiency may result from inadequate prenatal endowment, deficiency of kidney-Qi, multiple pregnancies, excessive sexual activity or sexual activity during pregnancy. If the kidney is insufficient, the Chong and Ren Meridians are infirm, which in turn leads to failure to nourish the uterus. Hence, in all these cases, the fetus loses its nourishment. This leads to fetal restlessness and may result in threatened or spontaneous abortion.

Deficiency of Qi and Blood. This may result from having a weak constitution, excessive fatigue, improper diet, mental stress, during convalescence from a major illness or spleen insufficiency compromising the production of Qi and blood. The fetus requires nourishment by blood and maintenance by Qi; hence deficiency of Qi and blood may lead to threatened or spontaneous abortion.

Heat in Blood. Heat in the blood may arise from a constitution of overabundant Yang or a constitution of inadequate Yin giving rise to endogenous Heat. Physiologically, following conception blood gathers to nourish the fetus, and in this state of relative Yang abundance Heat can readily transform into Fire. If during pregnancy there is overindulgence in strong-flavored or spicy foods, exposure to exogenous Heat evil or internal injury by the passions, Heat readily disturbs the Chong and Ren Meridians and forces blood to move erratically. Insecurity of the sea of blood may lead to uterine bleeding, hence threatened or spontaneous abortion.

Blood Stasis with Qi Stagnation. Uterine masses or defects or previous surgery may induce disharmony between Qi and blood, causing blood stasis or Qi stagnation. Improper living habits during pregnancy, trauma or overstrain may also induce disturbance of Qi and blood or injury to Chong and Ren. This may lead to threatened or spontaneous abortion.

II Clinical Manifestation

Gestational Leakage: Slow vaginal bleeding during the first or second trimester of pregnancy, without abdominal pain or lumbago.

Threatened Abortion: Lower abdominal pain during the first or second trimester of pregnancy, and aches in the waist; there may be accompanying slow vaginal bleeding.

Habitual Abortion: three or more miscarriages.

If the condition is due to maternal factors, there may be symptoms of these factors.

III Herbal Treatment

The treatment of gestational leakage and threatened abortion focuses on calming the fetus. In some cases, the fetal condition induces disorder in the mother; in other cases, maternal disorder induces the fetal condition. In the latter case, treat the maternal disorder in order to calm the fetus. In general, in addition to the use of herbal medicine, it is important to prescribe adequate and proper rest, release of emotional stress, proper diet and cessation of sexual activity. Proper diet requires avoidance of strong-flavored or spicy foods and stopping smoking and all alcohol. If there is any constipation, diarrhea, cough, nausea or vomiting, it should be treated. Furthermore, it is important to avoid unnecessary gynecological examination.

In some cases, threatened abortion may be averted; in other cases, it may not be. If the abdominal pain becomes increasingly more severe and the bleeding per-

sists for over a week or worsens, or the fetus dies, then the appropriate action may actually be to induce abortion in order to preserve maternal health.

The treatment of habitual abortion begins prior to conception and aims at the restoration of parental health. When conception has occurred, continue to calm the fetus until past the point of previous miscarriage.

1 *Kidney Insufficiency*

Main Symptoms. During pregnancy, slow uterine bleeding of dusky pale and thin blood; and aches and weakness in the waist and knees. Additional symptoms may include dizziness, tinnitus, polyuria, and nocturia or even incontinence. The tongue is pale, with white coating. The pulse is deep and slippery; in the chi position it is feeble. There may be a history of habitual abortion.

Treatment Principle. Strengthen the kidney and calm the fetus, assisted by augmenting Qi.

Treatment. Shou Tai Wan (Fetal Longevity Pill) augmented with dangshen (*Codonopsis*) 15 g and baizhu (*Atractylodes*) 12 g. The composition of Shou Tai Wan is as follows: tusizi (*Cuscuta*) 20 g, sangjisheng (*Loranthus*) 20 g, Sichuan xuduan (*Dipsacus*) 15 g, and ejiao (*Equus asinus*) 12 g. Note: ejiao is dissolved separately and added into the finished decoction.

If the deficiency is mainly of kidney-Yin, with hotness of the five centers, dry mouth and throat, a red tongue with slight coating and a threadlike and rapid pulse, then the treatment is to nourish Yin, strengthen the kidney, firm the Chong Meridian and calm the fetus. Use the formula Shou Tai Wan augmented with shengdihuang (*Rehmannia*) 15 g, shanzuyu (*Cornus*) 12 g, nuzhenzi (*Ligustrum*) 15 g, moliancao (*Eclipta*) 15 g, digupi (*Lycium*) 12 g and taizishen (*Pseudostellaria heterophylla*) 15 g.

If bleeding is more than slight and is persistent, and there is Heat in the interior, add moliancao (*Eclipta*) 20 g, charred shengdihuang (*Rehmannia*) 12 g, digupi (*Lycium*) 12 g, xianhecao (*Agrimonia pilosa*) 15 g, charred huangqin (*Scutellaria*) 12 g, charred guanzhong (*Dryopteris*) 12 g. But if there is Cold in the interior, add instead charred aiye (*Artemisia*) 10 g, charred liangfang (*Nelumbo nucifera*) 12 g and wuzeigu (*Sepia esculenta*) 15 g.

If there is constipation as well, add raw heshouwu (*Polygonum*) 20 g and roucongrong (*Cistanche*) 18 g to moisten the intestines and promote defecation.

If the patient suffers from habitual abortion caused by kidney insufficiency, treat with Zi Shen Yu Tai Wan (Kidney-Fetus-Nourishing Pill) before conception and during pregnancy to prevent abortion.

2 Deficiency of Qi and Blood

Main Symptoms. Threatened abortion during the first trimester, with slight uterine bleeding of light-colored and thin blood; aches and weakness in the waist and knees; and abdominal distention with vague pain. There may be a history of habitual abortion. Additional symptoms include lassitude, weak limbs, a pallid complexion, palpitation of the heart and shortness of breath. The tongue is pale, with thin white coating. The pulse is threadlike, slippery and forceless.

Treatment Principle. Augment Qi, generate blood, strengthen the kidney and calm the fetus.

Treatment. Modified Tai Yuan Yin (Fetal Essence Drink). The composition of Tai Yuan Yin is as follows: renshen (*Panax*) 12 g, baizhu (*Atractylodes*) 12 g, danggui (*Angelica*) 12 g, shudihuang (*Rehmannia*) 15 g, baishaoyao (*Paeonia*) 15 g, roast gancao (*Glycyrrhiza*) 6 g, duzhong (*Eucommia*) 15 g, and chenpi (*Citrus tangerina*) 6 g. The modifications are as follows: remove danggui and add huangqi (*Astragalus*) 15 g and ejiao (*Equus asinus*) 12 g. Note: ejiao is dissolved in the finished decoction.

In the case of habitual abortion caused by Qi and blood deficiency, use Ba Zhen Tang (Eight Treasures Decoction) prior to conception to nourish and augment Qi and blood.

3 Heat in Blood

Main Symptoms. Threatened abortion with bleeding of bright red blood or lower abdominal pain with fetal unrest. Additional symptoms include agitation, hotness in the five centers, dry mouth and throat and constipation. The tongue is red, with yellow and dry coating. The pulse is taut and slippery or slippery and rapid.

Treatment Principle. Nourish Yin, cool Heat, generate blood and calm the fetus.

Treatment. Bao Yin Jian (Yin-Preserving Prescription) augmented with zhumagen (*Boehmeria nivea*) 20 g. Bao Yin Jian has the following composition: shengdihuang (*Rehmannia*) 15 g, shudihuang (*Rehmannia*) 15 g, huangqin (*Scutellaria*) 10 g, huangbai (*Phellodendron*) 10 g, baishaoyao (*Paeonia*) 15 g, xudian (*Dipsacus*) 15 g, gancao (*Glycyrrhiza*) 6 g, and shanyao (*Dioscorea*) 15 g.

If vaginal bleeding is marked, add ejiao (*Equus asinus*) 12 g, moliancao (*Eclipta*) 20 g and charred cebai (*Biota orientalis*) 10 g to nourish Yin, cool Heat and stop bleeding. If it is persistent, add charred guanzhong (*Dryopteris*) 10 g, xianhecao (*Agrimonia pilosa*) 15 g and charred diyu (*Sanguisorba*) 10 g to cool Heat, astringe and stop bleeding.

4 Blood Stasis with Qi Stagnation

Main Symptoms. A history of pelvic or uterine mass or of trauma; fetal unrest, aches in the waist and abdominal pain; or, vaginal bleeding. The tongue is dusky. The pulse is slippery and forceless.

Treatment Principle. Regulate Qi and blood, and calm the fetus.

Treatment. Sheng Yu Tang (Miraculous Healing Decoction) augmented with tusizi (*Cuscuta*) 15 g, xuduan (*Dipsacus*) 15 g and sangjisheng (*Loranthus*) 15 g.

Sheng Yu Tang has the following composition: danggui (*Angelica*) 12 g, shudihuang (*Rehmannia*) 15 g, chuanxiong (*Ligusticum*) 10 g, baishaoyao (*Paeonia*) 15 g, huangqi (*Astragalus*) 15 g, and dangshen (*Codonopsis*) 15 g.

If vaginal bleeding is marked, remove danggui and chuanxiong and add ejiao (*Equus asinus*) 12 g and charred aiye (*Artemisia*) 10 g to generate blood and stop bleeding. Alternately, add charred Qiancao (*Rubia*) 10 g and wuzeigu (*Sepia esculenta*) 15 g.

For patients with pelvic or uterine mass, use Guizhi Fuling Wan (Cinnamomum-Poria Pill) prior to conception to mobilize blood and eliminate mass.

IV Acupuncture Treatment

Acupuncture treatment is not recommended for threatened abortion.

V Case Study

The patient was a 37-year old married woman who sought consultation for nausea, vomiting and dizziness for a week and vaginal bleeding for 3 days. The bleeding was slight and produced pale blood. She did not have waist or abdominal pain. Appetite was adequate. Her last menstrual period ended 3 months previously. She had a history of five spontaneous abortions in succession and of diabetes.

She was obese and had dark circles around her eyes. Her tongue was pale red, with white coating. Her pulse was deep, threadlike and slippery. Urine HCG tested positive at 5,000 IU/l.

Diagnosis. Gestational leakage (threatened abortion) due to chronic insufficiency of the spleen and kidney with infirm Chong and Ren Meridians; and habitual abortion.

Therapeutic Principle. Strengthen the kidney and spleen, generate blood, settle the stomach and calm the fetus.

Treatment and Course. Modified Shou Tai Wan (Fetal Longevity Pill). The prescribed formula had the following composition: tusizi (*Cuscuta*) 25 g, xudian (*Dipsacus*) 15 g, sangjisheng (*Loranthus*) 15 g, ejiao (*Equus asinus*) 12 g, duzhong (*Eucommia*) 20 g, dangshen (*Codonopsis*) 25 g, aiye (*Artemisia*) 10 g, heshouwu (*Polygonum*) 25 g, gouqizi (*Lycium*) 15 g, and chenpi (*Citrus tangerina*) 3 g. The patient was instructed to take this prescription at one daily dose for 7 days.

Second Visit. She returned in 1 week. The vaginal bleeding had stopped, but dizziness and nausea persisted. She also began to cough, producing clear and thin sputum. The tongue and pulse were unchanged. Ultrasonic B scanning showed a live fetus of 8 weeks age. The same treatment was continued, augmented with treatment to soothe the lung and stop cough. The prescription had the following composition: tusizi (*Cuscuta*) 25 g, sangjisheng (*Loranthus*) 20 g, taizishen (*Pseudostellaria heterophylla*) 20 g, heshouwu (*Polygonum*) 25 g, chenpi (*Citrus tangerina*) 3 g, treated banxia (*Pinellia*) 12 g, fuling (*Poria*) 20 g, shanyao (*Dioscorea*) 30 g, gancao (*Glycyrrhiza*) 6 g, baibu (*Stemona*) 10 g, ziwan (*Aster tartaricus*) 15 g, and xingren (*Prunus armeniaca*) 10 g. This was also to be taken at one dose daily for 7 days.

Third Visit. The patient returned in 3 weeks. She recently began having urticaria-like rash that was itchy. She did not have waist or abdominal pain and no bleeding, but still had nausea. The tongue was pale red, with thin yellow coating. The pulse was threadlike and slippery. The same therapeutic principle was continued, augmented with the dispelling of Wind and stopping of itch. The prescription had the following composition: tusizi (*Cuscuta*) 25 g, sangjisheng (*Loranthus*) 15 g, taizishen (*Pseudostellaria heterophylla*) 30 g, xudian (*Dipsacus*) 15 g, ejiao (*Equus asinus*) 12 g, fangfeng (*Saposhnikovia*) 6 g, jingjie (*Schizonepeta*) 6 g, duzhong (*Eucommia*) 20 g, chuanxiong (*Ligusticum*) 6 g, baishaoyao (*Paeonia*) 15 g, muli (*Ostrea*) 20 g, and gancao (*Glycyrrhiza*) 9 g. The dosage was one dose daily.

Fourth Visit. eight and a half weeks since the initial visit, 4 weeks since the previous. The patient now approached 5 months of pregnancy. She had felt fetal movement. She had occasional nausea, but was otherwise normal. Her tongue was dusky red, with white coating. Her pulse was threadlike and slippery. The same therapeutic principle was continued to consolidate clinical gains. The prescription now had the following composition: tusizi (*Cuscuta*) 20 g, sangjisheng (*Loranthus*) 15 g, dangshen (*Codonopsis*) 20 g, shanyao (*Dioscorea*) 30 g, gouqizi (*Lycium*) 15 g, shudihuang (*Rehmannia*) 15 g, taizishen (*Pseudostellaria heterophylla*) 20 g, muli (*Ostrea*) 15 g, fangfeng (*Saposhnikovia*) 6 g, jingjie (*Schizonepeta*) 6 g, ejiao (*Equus asinus*) 10 g, and chenpi (*Citrus tangerina*) 3 g. The dosage was one dose on alternate days.

Follow-Up. The treatment was continued into the 7th month of gestation. At full term the patient delivered by caesarian section a healthy boy weighing 4 kg (8 pounds 13 ounces). Both mother and baby did well.

Chapter 37

Menopause

In virtually all women ovulation and menstruation stop completely at some time between the ages of 44 and 55. Many have uncomfortable symptoms during this process. Some have hot flashes, sweating, dizziness, tinnitus, heart palpitation, irritability, irascibility and hotness in the five centers. Others have aches in the waist or back, edema and diarrhea. Yet others have menstrual irregularities, emotional lability or depression. The exact constellation of symptoms and their duration both vary, differing from woman to woman. Some have little discomfort. Others may have such symptoms for about a year. An occasional woman may suffer from them for several years, even over a decade. When severe, such symptoms may interfere with normal daily living.

The constellation of symptoms surrounding menopause is sometimes known as the menopausal syndrome.

I Etiology and Physiology

As a woman approaches the end of her reproductive life, kidney-Qi gradually declines and her prenatal endowment nears exhaustion. As Yin-essence and kidney-Qi become inadequate, the Chong and Ren Meridians become insufficient. In concert with such changes, her reproductive capability declines and ends.

Under the influence of their constitution and their living environment, some women have difficulty adjusting to this stage of their physiological development. Imbalance of Yin–Yang may then produce a variety of systemic symptoms. Because of the decline in kidney-Qi and increasing inadequacy of essence and blood, with the additional burden of improper diet, physical fatigue, excessive passions and unregulated sexual activity, kidney-Yin progressively weakens and kidney-Yang submerges. If kidney-Yang declines, the meridians and channels lose their warmth. These changes can also affect the heart, the liver and the spleen.

During the time of menopausal changes, the prenatal endowment becomes exhausted. If there has been chronic Yin deficiency, excessive sexual activity, multiple pregnancies, spleen and kidney insufficiency, chronic illness, blood loss, or consumption of essence and blood then kidney-Yin becomes depleted and kidney-Yang submerged.

During the time of menopausal changes, kidney-Qi similarly declines. If there has been chronic Yang deficiency, overindulgence in cold foods and drinks, spleen and kidney insufficiency, or chronic illness injuring the kidney then kidney-Yang becomes depleted. This in turn leads to failure to warm the visceral organs, the meridians and the channels, resulting in the dysfunction of the kidney, the spleen and the bladder.

II Clinical Manifestation

The cardinal symptoms are hot flashes, sweating and irregularity of menstruation. The most common associated symptoms are dizziness, heart palpitations, restlessness, insomnia and aches in the waist and lumbar back. Additional symptoms pertain to the developmental processes contributing to the menopause.

If there is **deficiency of kidney-Yin**, the main additional symptoms are dry lips and throat, hotness in the five centers and aches and weakness in the waist and back. Some have early menstruation, with decreased menses that are bright red. Some have dry skin with itch. Others have irritation with slight vaginal discharge or vulvar dryness and itch.

If there is **deficiency of kidney-Yang**, the main additional symptoms are a dusky complexion, lassitude, depression, cold body and limbs, cold pain in the abdomen or waist, edema of the face or limbs, and nocturia or polyuria with incontinence. Some have increased menses or brisk hemorrhage, with a dull and dark color to the menses. Others have much vaginal discharge that is thin and clear.

If there is **Heart-Kidney disharmony**, the main additional symptoms are heart palpitations, insomnia, dream-disturbed sleep, a poor memory and dizziness. Some are depressed, others anxious and melancholic. Emotional lability with easy crying is common. A few may develop mental disorder.

If there is **hyperactive Liver-Yang due to deficiency of Kidney and Liver-Yin**, the main additional symptoms are restlessness, irritability, or melancholy, dizziness, headache, chest tightness and pain, dry throat and bitter taste, or sputum in the throat. Some have irregularity of menstruation.

If there is **deficiency of kidney and spleen Yang**, the main additional symptoms are a sallow complexion, edema of the face and limbs, fatigue and weakness, epigastric distention, anorexia, cold pain in the waist and knees and loose feces. There may be uterine hemorrhage.

III Herbal Treatment

The diagnosis is based on the constellation of subjective symptoms of the patient. Because the number and severity of symptoms vary from patient to patient, diagnosis requires only two or three major symptoms.

On the other hand, if certain symptoms, such as dizziness, heart palpitation or edema, are prominent, they should raise the possibility of other illnesses. These may include diabetes, high blood pressure, coronary heart disease and others.

Moreover, the time around menopause is also a high risk time for the appearance of certain cancers. If the patient presents with polymenorrhea, return of vaginal bleeding after menopause has been established, lower abdominal pain, multi-colored vaginal discharge with a foul odor or unexpected emaciation, it is crucial to rule out cancer of the endometrium, the cervix or the body of the uterus.

Note that premature ovarian failure may precipitate early menopause, usually before the age of 40. Psychological problems are common with such premature menopause. Surgical removal of both ovaries and pelvic radiation therapy are also likely to precipitate premature menopause.

When treating menopausal symptoms, since the main types are deficiency of kidney-Yin or of kidney-Yang treatment should be mainly focused on balancing Yin-Yang and replenishment of essence. Use herbs that are mild in action to avoid injuring kidney-Qi.

1 *Deficiency of Kidney-Yin*

Main Symptoms. The most common symptoms are frequent dizziness, tinnitus, hot flashes, sweating, hotness in the five centers, heart palpitations, insomnia, and aches in the waist and knees. Some patients have early or irregular menstruation, with bright red menses that may be increased or decreased. Others have dry and itchy skin, dry mouth and throat, dry constipation and decreased and dark urine. The tongue is red, with scant coating. The pulse is threadlike and rapid.

Treatment Principle. Nourish kidney-Yin and suppress rising Yang.

Treatment. Zuo Gui Yin (kidney-Yin-Augmenting Drink), augmented with heshouwu (*Polygonum*) 15 g, zhenzhumu (*Pteria margaritifera*) 20 g and muli (*Ostrea*) 30 g.

For itchy skin, add fangfeng (*Saposhnikovia*) 6 g, yuzhu (*Polygonatum*) 15 g and chantui (*Cryptotympana*) 6 g to moisten Dryness and dispel Wind.

If the aches in the waist and legs are marked, add xudian (*Dipsacus*) 15 g and sangjisheng (*Loranthus*) 15 g to strengthen the kidney, the waist and the sinews.

2 *Deficiency of Kidney-Yang*

Main Symptoms. The most common symptoms are cold pain in the waist and knees, cold sensation in the low abdomen, cold body and limbs, edema in the face and limbs, loose feces, nocturia or polyuria with incontinence, a dusky complexion and lassitude. Some have polymenorrhea or profuse vaginal bleeding of pale or gray

blood with clots. Others have clear and thin vaginal discharge. The tongue is pale, with thin white coating. The pulse is deep, threadlike and forceless.

Treatment Principle. Warm the kidney and tonify Yang.

Treatment. You Gui Wan (kidney-Yang-Augmenting Pill).

If the feces are loose, remove danggui and add roudoukou (*Myristica*) 10 g.

Note: Fuzi and rougui are warming and drying. The physician may wish to replace them with xianmao (*Curculigo orchoides*), yinyanghuo (*Epimedium*) and fupenzi (*Rubus chingii*).

3 Disharmony between Heart and Kidney

Main Symptoms. The most common symptoms are irregular menstruation, heart palpitations, restlessness, insomnia with dream-disturbed sleep, dizziness, forgetfulness and mental depression. Others may have grief with easy crying, or even emotional disturbances. The tongue tip is red, with scant coating. The pulse is threadlike and rapid.

Treatment Principle. Nourish kidney-Yin, reduce heart-Fire and calm the mind.

Treatment. Tian Wang Bu Xin Dan (Celestial Emperor's Heart-Nourishing Pill).

4 Hyperactive Liver-Yang due to Deficiency of Kidney and Liver Yin

Main Symptoms. The most common symptoms are mental depression, agitation and irascibility, dizziness and headache, chest tightness and pain, insomnia with much dreaming, and a dry throat with a bitter taste or sputum in the throat. Menstruation is highly irregular and the menses are increased in amount and bright or dark red in color. Dysmenorrhea is common. There may also be constipation. The tongue sides are red, and the coating is scant or thin and yellow. The pulse is taut, threadlike or rapid.

Treatment Principle. Strengthen the kidney, soften the liver, nourish Yin and suppress Yang.

Treatment. The recommended formula is based on combined Zuo Gui Yin (kidney-Yin-Augmenting Drink) and Er Zhi Wan with augmentation. It has the following composition: shudihuang (*Rehmannia*) 15 g, shanyao (*Dioscorea*) 15 g, gouqizi (*Lycium*) 15 g, shanzhuyu (*Cornus*) 12 g, fuling (*Poria*) 12 g, fried gancao (*Glycyrrhiza*) 6 g, nuzhenzi (*Ligustrum*) 15 g, moliancao (*Eclipta*) 15 g, shijueming (*Haliotis*) 20 g, yujin (*Curcuma*) 15 g, and baishaoyao (*Paeonia*) 15 g.

5 Deficiency of Kidney and Spleen Yang

Main Symptoms. The most common symptoms are edema of the face and limbs, lassitude, weakness, epigastric distention and pain, anorexia, a sallow complexion, cold pain in the waist and knees and watery feces. Some have vaginal bleeding of pale and watery blood. The tongue is plump and may have indentations on the sides. The tongue coating is thin and white. The pulse is deep, threadlike and even.

Treatment Principle. Warm the kidney, strengthen the spleen, activate Qi and mobilize water.

Treatment. Jian Gu Tang (Bone-Fortifying Decoction) with augmentation. The final composition is as follows: renshen (*Panax*) 10 g, baizhu (*Atractylodes*) 15 g, fuling (*Poria*) 15 g, bajitian (*Morinda*) 15 g, yiyiren (*Coix*) 20 g, buguzhi (*Psoralea*) 10 g, yinyanghuo (*Epimedium*) 10 g, and shanyao (*Dioscorea*) 15 g.

If edema is marked, add guizhi (*Cinnamomum*) 10 g and huangqi (*Astragalus*) 20 g.

For nocturia or urinary incontinence, add sangpaioxiao (*Paratenodera*) 12 g, jinyingzi (*Rosa laevigata*) 18 g and yizhiren (*Alpinia oxyphylla*) 15 g.

6 Deficiency of Kidney-Yin and Kidney-Yang

Main Symptoms. The most common symptoms are cold-aversion and cold limbs, but also frequent hot flashes with sweating, dizziness, tinnitus, aches in the waist, weakness, hotness in the five centers and irregular menstruation. The tongue coating is thin, and the pulse deep and threadlike.

Treatment Principle. Nourish and balance kidney Yin and Yang and tonify the Chong and Ren Meridians.

Treatment. Zuo Gui Wan (kidney-Yin-Augmenting Pill) combined with Er Xian Tang (Two Celestials Decoction). Er Xian Tang has the following composition: xianmao (*Curculigo orchoides*) 10 g, yinyanghuo (*Epimedium*) 10 g, danggui (*Angelica*) 12 g, bajitian (*Morinda*) 5 g, huangbai (*Phellodendron*) 12 g, and zhimu (*Anemarrhena*) 12 g.

IV Acupuncture Treatment

For **deficiency of kidney-Yin**, select the acupoints Zhaohai (KI-6), Neiguan (PC-6), Qihai (RN-6), Shenshu (BL-23), Sanyinjiao (SP-6) and Taichong (LR-3). For the acupoint Taichong apply the reducing method. For the others apply the reinforcing method.

For **deficiency of kidney-Yang**, select the acupoints Zusanli (ST-36), Mingmen (DU-4), Sanyinjiao (SP-6), Shenshu (BL-23), Guanyuan (RN-4) and Pishu (BL-20). Apply the reinforcing method.

V Case Study

The patient was a 49-year old married woman. For 2 years she had irregular menstruation, often having menstrual period every 2–3 months. The menses were sometimes increased and sometimes decreased and were light brown in color. Accompanying them were such symptoms as dizziness, blurred vision, weakness in the limbs, unsteady gait, insomnia, restlessness, irascibility, and hot flashes sometimes with sweating. Appetite was fair. Urination and defecation were normal. The tongue tip was red, with thin white coating. The pulse was threadlike and rapid.

Diagnosis. Menopausal symptoms with deficiency of liver and kidney Yin.

Therapeutic Principle. Strengthen the kidney and the liver and assist with dispelling Wind.

Treatment and Course. The prescribed formula had the following composition: shashen (*Adenophora tetraphylla*) 9 g, maimendong (*Ophiopogon*) 9 g, danggui (*Angelica*) 9 g, shengdihuang (*Rehmannia*) 15 g, shudihuang (*Rehmannia*) 15 g, gouqizi (*Lycium*) 9 g, baijili (*Tribulus terrestris*) 9 g, shayuanzi (*Astragalus complanatus*) 9 g, yejiaoteng (*Polygonum multiflorum*) 15 g, chantui (*Cryptotympana*) 2 g, and gancao (*Glycyrrhiza*) 5 g. The dosage was one daily dose for 3 days.

Second Visit. 10 days later. All symptoms decreased, and the tongue and the pulse became normal. The same prescription *with* some modifications was continued. The new formula had the following composition: taizishen (*Pseudostellaria heterophylla*) 20 g, maimendong (*Ophiopogon*) 9 g, danggui (*Angelica*) 9 g, huangjing (*Polygonatum*) 15 g, gouqizi (*Lycium*) 9 g, sangshen (*Morus alba*, fruit) 9 g, shanyao (*Dioscorea*) 15, yejiaoteng (*Polygonum multiflorum*) 15 g, shayuanzi (*Astragalus complanatus*) 9 g, chantui (*Cryptotympana*) 2 g, and gancao (*Glycyrrhiza*) 5 g. The dosage was again one daily dose for 3 days.

Third Visit. 4 days later. Apart from dream-disturbed sleep she was completely free from symptoms. The same prescription with added fuxiaomai (*Triticum*) 20 g was continued for three daily doses.

Guidance for Study

I Aims of Study

This part discusses some of the most common conditions affecting women and their reproductive system.

II Objectives of Study

After completing this chapter, the student will:

1. Understand the relationship of specifically female functions – menstruation, vaginal discharge, pregnancy, childbirth and lactation – to the activities of the visceral organs, the Chong and Ren Meridians, Qi and blood and the uterus, and the role of prenatal endowment.
2. Know the etiology and pathology of several common conditions of women, including irregular menstruation, dysmenorrhea, amenorrhea, dysfunctional uterine bleeding, vaginal discharge, chronic pelvic inflammation, infertility, and threatened abortion. The student will also learn the diagnosis and treatment of these conditions.
3. Know the etiology and physiology of the menopause and its treatment.
4. Understand the therapeutic role of strengthening the kidney, unblocking the liver, strengthening the spleen, regulating Qi and blood in the treatment of gynecological conditions.

III Exercises for Review

1. Explain the role of the kidney in the regulation of female reproductive function.
2. How do emotional factors affect the menstrual cycle and conception?
3. Explain how spleen insufficiency can lead to early menstruation, polymenorrhea, prolonged menstrual flow or uterine bleeding.
4. Qi stagnation with blood stasis often causes dysmenorrhea. Explain how this is treated.
5. A woman presents with the following symptoms: persistent vaginal discharge that is white and viscid, easy fatigability, a pale tongue with dentate impressions along the sides, a white tongue coating and a threadlike but even pulse. The discharge is increased by exertion. What is the diagnosis? How should this be treated? What herbal formula should be applied?
6. Describe the symptoms of the various types of chronic pelvic inflammation in CM. Explain the treatment for each type.
7. A woman presents with infertility and delayed menstruation. Describe how she should be treated.
8. A 50-year old woman presents with recurrent hot flashes, sweating, restlessness, insomnia, waist and knee aches, nocturia, a red tongue with scant coating, a threadlike and rapid pulse, high blood pressure and anxiety. What is her diagnosis? How should she be treated?

IV Additional Exercises

1. For Chapter 29:
 - a. Provide an analysis of the formula Gui Shen Wan used in treatment of abnormal menstruation due to kidney insufficiency.
 - b. Provide an analysis of the formula Zhi Xue Tang used in treatment of abnormal menstruation due to blood insufficiency.
 - c. Provide an analysis of the formula Qing Jing San used in treatment of abnormal menstruation due to strength-Heat in the blood.
 - d. Provide an analysis of the formula Liang Di Tang used in treatment of abnormal menstruation due to deficiency-Heat in the blood.
 - e. Provide an analysis of the formula Fu Nuan Gong Wan used in treatment of abnormal menstruation due to deficiency-Cold in the blood.
 - f. Provide an analysis of the formula Cang Fu Dao Tan Tang used in treatment of abnormal menstruation due to Phlegm-Dampness.
 - g. Provide an analysis of the prescription (combined Wuyao Tang and Tao Hong Si Wu Tang) used in treatment of abnormal menstruation due to Qi stagnation and blood stasis.
 - h. For the Case Study, provide an analysis of the formula prescribed. Also, explain the changes made 3 days after the initial treatment.
2. For Chapter 30:
 - a. Provide an analysis of the formula Tiao Gan Tang used in treatment of dysmenorrhea due to Deficiency of kidney-Qi.
 - b. Provide an analysis of the modified formula Huangqi Jian Zhong Tang used in treatment of dysmenorrhea due to Qi and blood insufficiency.
 - c. Provide an analysis of the formula Qing Re Taio Xue Tang used in treatment of dysmenorrhea due to accumulation of Dampness-Heat.
3. For Chapter 31:
 - a. Provide an analysis of the formula Renshen Yang Rong Tang (Ginseng Qi-and-Blood-Nourishing Decoction) used in treatment of amenorrhea due to deficiency of Qi and blood.
 - b. Provide an analysis of the formula Yi Guan Jian (Yin-Generating Liver-Opening Prescription) used in treatment of amenorrhea due to blood depletion due to Yin deficiency.
 - c. For the patient in the Case Study, three formulas were prescribed at three different stages, each one acceptable at its stage. Provide an analysis of each of these formulas.
4. For Chapter 32:
 - a. Provide an analysis of the augmented Da Bu Yuan Jian used in treatment of anovulatory dysfunctional uterine bleeding due to deficiency of kidney-Yang. Compare the use of Da Bu Yuan Jian in treatment of impotence due

- to impairment of the kidney by fear, and explain why the augmentation is important.
- b. Provide an analysis of the prescription (combined Zuo Gui Wan minus ni-xi and Er Zhi Wan) used in treatment of anovulatory dysfunctional uterine bleeding due to deficiency of kidney-Yin.
 - c. Provide an analysis of the formula Qing Re Gu Jing Tang used in treatment of anovulatory dysfunctional uterine bleeding due to Heat in blood.
 - d. Provide an analysis of the formula Zhu Yu Zhi Ben Tang used in treatment of anovulatory dysfunctional uterine bleeding due to blood stasis.
 - e. For the patient in the Case Study, two formulas were used at different stages. Provide an analysis of each of these formulas. Compare these two formulas with Zhu Yu Zhi Ben Tang used for treatment of anovulatory dysfunctional uterine bleeding due to blood stasis.
5. For Chapter 33:
- a. Provide an analysis of the formula Wan Dai Tang used in treatment of vaginal discharge due to spleen insufficiency.
 - b. Provide an analysis of the formula Yi Huang Tang used in treatment of vaginal discharge due to spleen insufficiency with accumulation of Dampness and transformation into Heat. Compare and contrast this with the use of Wan Dai Tang for vaginal discharge due to spleen insufficiency.
 - c. Provide an analysis of the formula Nei Bu Wan used in treatment of vaginal discharge due to deficiency of kidney-Yang.
 - d. Provide an analysis of the formula Zhi Bai Dihuang Tang used in treatment of vaginal discharge due to deficiency of kidney-Yin.
 - e. Provide an analysis of the formula Zhi Dai Tang used in treatment of vaginal discharge due to Dampness-Heat.
 - f. Wu Wei Xiao Du Yin is augmented when used to treat vaginal discharge due to poisons from Dampness. Explain why the augmentation is necessary.
 - g. Justify the use of Ta Yang Tang and Shechuangzi San for treating vulvar itch associated with vaginal discharge. Explain why Ta Yang Tang is contraindicated when there is vulvar ulceration.
 - h. Provide an analysis of the prescription used to treat the patient in the Case Study.
6. For Chapter 34:
- a. Provide an analysis of the augmented Shao Fu Zhu Yu Tang used in treatment of pelvic inflammation due to the accumulation of Cold and Dampness.
 - b. Provide an analysis of the formula Danggui Jian Zhong Tang used in treatment of chronic pelvic inflammation due to blood insufficiency and stasis.
7. For Chapter 35:
- a. Provide an analysis of the formula Yu Lin Zhu used in treatment of chronic infertility due to deficiency of kidney-Yang.

- b. Provide an analysis of the prescription (combined Yang Jing Zhong Yu Tang and Er Zhi Wan) used in treatment of chronic infertility due to deficiency of kidney-Yin.
 - c. Provide an analysis of the formula Kai Yu Zhong Yu Tang used in treatment of chronic infertility due to stagnation of liver-Qi.
 - d. Provide an analysis of the formula Qi Gong Wan used in treatment of chronic infertility due to Phlegm and Dampness.
 - e. For the patient in the Case Study, five formulas were prescribed all together. Provide an analysis of each of the prescribed formulas with regard to the clinical circumstances for which it is prescribed.
8. For Chapter 36:
- a. Provide an analysis of the augmented formula Shou Tai Wan used in treatment of due to threatened abortion in the first trimester due to kidney insufficiency.
 - b. Provide an analysis of the modified formula Tai Yuan Yin used in treatment of threatened abortion due to deficiency of Qi and blood.
 - c. Provide an analysis of the modified formula Bao Yin Jian used in treatment of threatened abortion due to Heat in the blood.
 - d. Provide an analysis of the augmented formula Sheng Yu Tang used in treatment of threatened abortion due to blood stasis with Qi stagnation.
 - e. In the Case Study, the patient had a history of habitual abortion and presented with threatened abortion. Modified Shou Tai Wan was prescribed. Compare this modified Shou Tai Wan with the augmented Shou Tai Wan used to treat threatened abortion in the first trimester due to kidney insufficiency.

Chapter 38

Anorexia

Anorexia is a disorder of the spleen and stomach that is characterized by prolonged loss of appetite, or even refusal to eat. It is most common in children between the ages of one and 6 years. The illness begins insidiously and has a relatively prolonged course. Although it is not seasonal, it tends to be more severe in the hot and damp weather of summer. Children living in an urban environment have a higher prevalence of anorexia than do children living in the countryside.

The prognosis for anorexia is generally good, but if it persists for a long time it may lead to inadequate sources for the generation of Qi and blood. This in turn may compromise the child's resistance to illnesses.

I Etiology and Pathology

The main causes of anorexia are insufficiency of the spleen and the stomach, inadequate feeding, and serious or prolonged illness. The chief pathological mechanism is impairment of the spleen and stomach functions of transportation and transformation.

If an infant's prenatal endowment is inadequate all the *zang-fu* viscera may be insufficient. Insufficiency of the spleen and the stomach is particularly prominent, so that from the time of birth the infant shows a poor appetite and does not demand to be nursed.

Improper feeding is an important cause of childhood anorexia. Some parents simply lack adequate knowledge of proper nutrition and care of small children. They may feed their child excessive amounts of rich foods, which exceed the normal digestive capacity of the child's spleen and stomach. This may lead to damage to the spleen and the stomach, which in turn leads to anorexia.

Any serious or prolonged illness may damage the spleen and the stomach, causing impairment of their functions of transportation and transformation. Anorexia ensues.

Some children with anorexia may have zinc deficiency.

II Clinical Manifestation

The cardinal feature of anorexia is the absence of appetite, manifested as loss of interest in eating any food or even disgust with all foods. The amount of intake is clearly less than that of normal children of comparable age. Sometimes there are weight loss or poor weight gain, lassitude and tiredness.

The condition is most prevalent among children between one and 6 years of age. It tends to begin slowly and has a prolonged course, usually lasting over 2 months. There may be a history of improper feeding.

If prolonged, anorexia may lead to poor growth and development. Such children become smaller in both height and weight than normal children of comparable ages.

In the evaluation of children with anorexia it is important to rule out other illnesses.

III Herbal Treatment

1 *Insufficiency of Spleen and Stomach*

Main Symptoms. Absence of appetite, lassitude; loose feces or feces containing undigested foods; a sallow or pallid complexion; a pale but plump tongue with white coating; a threadlike pulse; and pale red finger veins.

Therapeutic Principle. Strengthen the spleen and stimulate appetite.

Treatment. Chen Xia Liu Jun Zi Tang (Citrus-Pinellia Six-Nobles Decoction). It has the following composition: chenpi (*Citrus tangerina*) 5 g, processed banxia (*Pinellia*) 6 g, dangshen (*Codonopsis*) 8 g, baizhu (*Atractylodes*) 8 g, fuling (*Poria*) 10 g, and gancao (*Glycyrrhiza*) 4 g.

If sweating comes easily and often, add huangqi (*Astragalus*) 6 g and fangfeng (*Saposhnikovia*) 6 g.

If the tongue coating is greasy, add cangzhu (*Atractylodes*) 4 g.

If the feces are loose or watery and there is spitting up of clear fluid, add baked ganjiang (*Zingiber*) 3 g.

2 *Food and Milk Retention*

Main Symptoms. Poor appetite, rejection of food; vomiting of milk and foods; sour odor of curdled milk; abdominal distention and discomfort; and malodorous feces. The tongue coating is thick and greasy. The pulse is taut. The finger veins are purple.

Therapeutic Principle. Promote digestion and eliminate retention.

Treatment. Modified Bao He Wan (Harmony-Preserving Pill). The modified composition is as follows: chenpi (*Citrus tangerina*) 6 g, processed banxia (*Pinellia*)

6 g, fuling (*Poria*) 10 g, laifuzi (*Raphanus*) 8 g, shanzha (*Crataegus*) 6 g, jineijin (*Gallus gallus domesticus*) 8 g, maiya (*Hordeum*) 15 g, houpo (*Magnolia*) 8 g, buzhuo (*Microcos paniculata*) 10 g, and shenqu (medicated leaven) 8 g.

If the tongue coating is thick and greasy, add huoxiang (*Agastache*) 6 g and peilan (*Eupatorium*) 6 g.

If abdominal distention is marked, add muxiang (*Aucklandia*) 4 g and add zhiqiao (*Poncirus trifoliata*) 6 g.

If the child's constitution is chronically weak, add baizhu (*Atractylodes*) 5 g and shanyao (*Dioscorea*) 6 g.

3 Deficiency of Stomach-Yin

Main Symptoms. Poor appetite; dry lips and mouth, drinking much water; dehydrated skin; and dry constipation. The tongue is red and dehydrated, with scant coating. The pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin and support the stomach.

Treatment. Yang Wei Zheng Ye Tang (Stomach-Supporting Fluid-Generating Decoction). It has the following composition: shashen (*Adenophora tetraphylla*) 10 g, maimendong (*Ophiopogon*) 10 g, yuzhu (*Polygonatum*) 10 g, shihu (*Dendrobium chrysanthum*) 10 g, baishaoyao (*Paeonia*) 10 g, gancao (*Glycyrrhiza*) 5 g, shanyao (*Dioscorea*) 12 g, maiya (*Hordeum*) 15 g, guya (*Oryza sativa*) 10 g, and fuling (*poria*) 12 g.

If spleen-Qi is deficient as well, add taizishen (*Pseudostellaria heterophylla*) 10 g and biandou (*Dolichos lablab*) 8 g.

For constipation, add huomaren (*Cannabis sativa*) 6 g and gualou seed (*Trichosanthes*) 6 g.

For hotness in the five centers, with dry mouth and red tongue, add huhuanglian (*Picrorhiza scrophulariflora*) 3 g and xuanshen (*Scrophularia*) 8 g.

IV Acupuncture Treatment

To tonify the spleen and regulate the stomach, select the acupoints Zusanli (ST-36), Pishu (BL-20), Weishu (BL-21) and Zhongwan (RN-12). Puncture all these acupoints by moderate stimulation and apply the even method.

For retention of food and milk, add the acupoints Tianshu (ST-25) and Shangwan (RN-13) to eliminate food retention.

For deficiency of stomach-Yin, add the acupoints Taixi (KI-3) and Gongsun (SP-4) to nourish stomach-Yin.

V Case Study

The patient was a 5-year old boy who craved fried foods in the past. For 2 months he had anorexia, but he had thirst and drank much water. He also had dark urine and constipation. His tongue was dehydrated and red, with yellow coating.

Diagnosis. Anorexia due to improper diet generating Heat in the spleen and stomach and injuring stomach-fluids and Yin-fluids.

Therapeutic Principle. Cool Heat, nourish Yin and settle the stomach.

Treatment and Course. Modified Yang Wei Zheng Ye Tang was prescribed, with the following composition: shashen (*Adenophora tetraphylla*) 10 g, maimendong (*Ophiopogon*) 10 g, shihu (*Dendrobium chrysanthum*) 8 g, fuling (*poria*) 6 g, maiya (*Hordeum*) 8 g, raw shigao (gypsum) 15 g, zhimu (*Anemarrhena*) 5 g, huangqin (*Scutellaria*) 6 g, and gancao (*Glycyrrhiza*) 3 g.

The child took one daily dose of this prescription for 5 days. At follow-up, his thirst had abated and his appetite much improved. The same formula was continued for three more daily doses, then followed by Si Jun Zi Tang (Four Nobles Decoction) augmented with shanyao (*Dioscorea*) 10 g and lianzi (*Nelumbo*) 10 g for five daily doses.

Chapter 39

Infantile Cough

Cough is a common symptom of the lung system. It may occur in any season, and is most frequently seen in cold regions, during the cold seasons and when the weather changes drastically. Its prevalence is higher in infants than in older children or adults. In general, cough has a good prognosis. But in infants the lung is a tender organ and infants have a weak defensive system that is more easily breached by exogenous pathogenic evils. If cough due to an exogenous evil is not properly treated, lung-Qi may be injured and cough may become protracted and difficult to treat.

I Etiology and Pathology

Cough may be acute or chronic. It may be due to exogenous or endogenous cause.

Exogenous Cough. When the six exogenous pathogenic evils attack they generally first attack the lung and the Defensive Level. The lung governs Qi and controls respiration. When exogenous pathogens attack the lung, they block its meridians and channels and impede Qi movement. This impairs the lung's dispersing and descending functions. lung-Qi rises abnormally and manifests as cough. Of the exogenous pathogens Wind is the primary agent in inducing cough; but it is often accompanied by Cold, Heat or Dryness.

Endogenous Phlegm. The tender spleen of infants is easily injured by milk and foods. Such injury impairs the spleen's functions of transportation and transformation, so that foods and drinks cannot be readily transformed into essence but become endogenous Phlegm instead. Turbid Phlegm lodges in the lung, blocks the Qi channels and affects the dispersion and descent of lung-Qi. This may induce cough.

Deficiency of Qi and Yin. If the infant's prenatal endowment is inadequate, so that the body constitution is weak, cough due to attack by exogenous pathogenic evils may occur. If such exogenously induced cough becomes protracted it may damage Qi and Yin and develop into endogenously induced cough.

II Clinical Manifestation

Cough may be acute or chronic. In general, cough due to exogenous cause is acute, has a short course and is associated with fever, chills and nasal discharge. The sound of cough tends to be high-pitched. In most cases, nasal discharge precedes cough, but sometimes cough is the first symptom. Of the exogenous pathogenic evils, Wind is the primary cause of cough, but it is often accompanied by another. In addition to cough, Wind-Cold attack generally produces clear nasal discharge and blockage; Wind-Heat attack generally produces viscid nasal discharge; Wind-Dryness attack generally produces dry cough, dry throat and a desire to drink water.

Endogenously induced cough is chronic and has a low-pitched sound. It is marked by the absence of symptoms of the Defensive Level, and the presence of symptoms of disturbance of the lung and sometimes of other *zang-fu* organs. Depending on the specific cause there may be symptoms of Qi or Yin deficiency as well.

In addition, fever may be present or absent, and there may be lassitude and a poor appetite. Auscultation of the lung often reveals coarse breath sounds. There may be some dry or wet rales.

Cough with foamy white sputum suggests Wind-Cold. Cough with viscid yellow sputum suggests lung-Heat. Cough with copious viscid white sputum suggests Dampness in the spleen. Cough with small amounts of viscid sputum suggests Dryness in the lung.

III Herbal Treatment

1 *Wind-Cold*

Main Symptoms. Frequent cough, mainly dry; throat itch; hoarse voice; nasal drainage and blockage; cold-aversion without sweating; and fever with headache. The tongue is pale red with thin white coating. The pulse is floating and tight. The finger veins are superficial and red.

Therapeutic Principle. Acrid-warm release of the exterior to unblock lung-Qi and dispel Cold.

Treatment. Modified Xing Su San (Apricot and Perilla Powder). The modified composition is as follows: xingren (*Prunus armeniaca*) 6 g, zisu leaf (*Perilla*) 8 g, qianhu (*Peucedanum*) 8 g, chenpi (*Citrus tangerina*) 3 g, processed banxia (*Pinellia*) 5 g, zhiqiao (*Poncirus trifoliata*) 6 g, fuling (*Poria*) 8 g, jiepeng (*Platycodon*) 5 g, shengjiang (*Zingiber*) 5 g, gancao (*Glycyrrhiza*) 4 g, and fangfeng (*Saposhnikovia*) 5 g.

If cough is severe, add ziwan (*Aster tartaricus*) 6 g and kuandonghua (*Tussilago farfara*) 6 g.

If Cold is relatively more severe and there is shortness of breath, add roast mahuang (*Ephedra*) 5 g and guizhi (*Cinnamomum*) 5 g.

If there is food retention with abdominal distention, add shanzha (*Crataegus*) 6 g and maiya (*Hordeum*) 15 g.

If there are chest tightness and dyspnea, add houpo (*Magnolia*) 6 g.

2 Wind-Heat

Main Symptoms. Cough producing viscid sputum; viscid nasal discharge; thirst; and sore throat. The tongue coating is thin and yellow. The pulse is floating and rapid. The finger veins are superficial and purple.

Therapeutic Principle. Acrid-cool release of the exterior to unblock lung-Qi and stop cough.

Treatment. Modified Sang Ju Yin (Mulberry and Chrysanthemum Drink). The modified composition is as follows: sangye (*Morus*) 8 g, juhua (*Chrysanthemum*) 8 g, jiegeng (*Platycodon*) 6 g, xingren (*Prunus armeniaca*) 4 g, lianqiao (*Forsythia*) 8 g, bohe (*Mentha*) 5 g, lugen (*Phragmites*) 12 g, gancao (*Glycyrrhiza*) 4 g, and jinyinhua (*Lonicera*) 6 g.

If lung-Heat is marked, add huangqin (*Scutellaria*) 8 g and sangbaipi (*Morus*) 8 g.

If cough produces much sputum, add fried pipaye (*Eriobotrya japonica*) 8 g and beimu (*Fritillaria*) 6 g.

If sore throat is prominent, add gangmeigen (*Ilex asprella*) 12 g and xuanshen (*Scrophularia*) 10 g.

3 Dryness-Heat

Main Symptoms. Dry cough, no sputum or slight viscid sputum; dry nose, lips and throat; and constipation. The tongue is dry with thin white or yellow coating. The pulse is rapid.

Therapeutic Principle. Nourish Yin and moisten the lung with acrid-cool-sweet herbs.

Treatment. Modified Sang Xing Tang (Mulberry and Apricot Decoction). The modified composition is as follows: sangye (*Morus*) 8 g, xingren (*Prunus armeniaca*) 4 g, Zhejiang beimu (*Fritillaria*) 10 g, nanshashen (*Adenophora tetraphylla*) 10 g, zhizi (*Gardenia*) 8 g, dandouchi (*Glycine max*) 8 g, and lipi (peer peel) 10 g.

If the exogenous evil is particularly strong, add jiegeng (*Platycodon*) 10 g and bohe (*Mentha*) 5 g.

If there is deficiency of Yin-fluids as well, increase shashen (*Adenophora tetraphylla*) by 10 g and add yuzhu (*Polygonatum*) 10 g.

If sputum is blood-streaked, add baimaogen (*Imperata*) 10 g and oujie (*Nelumbo nucifera*) 10 g.

4 Phlegm-Dampness

Main Symptoms. Cough productive of copious thin white sputum; chest tightness; and anorexia. The tongue coating is white and thick or greasy. The pulse is slippery.

Therapeutic Principle. Strengthen the spleen, dry Dampness, dissipate Phlegm and stop cough.

Treatment. Modified Er Chen Tang (Two Aged Herbs Decoction). The modified composition is as follows: juhong (*Citrus tangerina*, orange scraping) 5 g, processed banxia (*Pinellia*) 5 g, fuling (*Poria*) 10 g, gancao (*Glycyrrhiza*) 3 g, and baijiangcan (*Bombyx*) 5 g.

If sputum is especially copious, add bile-treated nanxing (*Arisaema consanguineum*) 4 g and shichangpu (*Acorus*) 5 g.

For chest and epigastric tightness, add houpo (*Magnolia*) 5 g and zhiqiao (*Poncirus trifoliata*) 5 g.

For abdominal distention with diarrhea, add cangzhu (*Atractylodes*) 4 g and huoxiang (*Agastache*) 8 g.

5 Phlegm-Heat

Main Symptoms. Cough, much yellow viscid sputum difficult to expectorate; gurgling in the throat; fever, thirst; dry constipation; and oliguria with dark urine. The tongue is red, with yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat, dissipate Phlegm, unblock the lung and stop cough.

Treatment. Modified Qing Jin Hua Tan Tang (Metal-Clearing and Phlegm-Dissipating Decoction). The modified composition is as follows: zhizi (*Gardenia*) 8 g, zhimu (*Anemarrhena*) 8 g, gualou seed (*Trichosanthes*) 8 g, beimu (*Fritillaria*) 10 g, sangbaipi (*Morus*) 8 g, huangqin (*Scutellaria*) 8 g, juhong (*Citrus tangerina*, orange scraping) 5 g, fuling (*Poria*) 8 g, maimendong (*Ophiopogon*) 8 g, gancao (*Glycyrrhiza*) 4 g, and tianzhuhuang (*Bambusa textilis*, resin) 8 g.

For chest tightness, with shortness of breath and tachypnea, and constipation, add dahuang (*Rheum palmatum*) 6 g, gualou seed (*Trichosanthes*) 8 g and laifuzi (*Raphanus*) 6 g.

For thirst and much drinking and frequent hunger, add raw shigao (*gypsum*) 15 g and danzhuye (*Lophaterum gracile*) 10 g.

If the symptoms of Heat are marked, add yuxingcao (*Houttuynia*) 12 g and qiye-izhuhua (*Paris polyphylla*) 8 g.

6 Yin Deficiency

Main Symptoms. Dry cough without sputum, or slight viscid sputum that is difficult to expectorate; dry throat, thirst, tickle in the throat, hoarse voice; recurrent fever following sweating or hotness in the five centers; and night sweat. The tongue is red, with scant coating. The pulse is threadlike and rapid.

Therapeutic Principle. Nourish Yin, moisten the lung, cool Heat and stop cough.

Treatment. Modified Shashen Maidong Tang (Adenophora-Ophiopogon Decoction). The modified formula has the following composition: nanshashen (*Adenophora tetraphylla*) 10 g, maimendong (*Ophiopogon*) 10 g, biandou (*Dolichos lablab*) 10 g, sangye (*Morus*) 10 g, tianhuafen (*Trichosanthes*) 10 g, gancao (*Glycyrrhiza*) 3 g, and yuzhu (*Polygonatum*) 8 g.

If lung-Heat is particularly strong, add zhimu (*Anemarrhena*) 8 g and huangqin (*Scutellaria*) 6 g.

If sputum is blood-streaked, add baimaogen (*Imperata*) 12 g, oujie (*Nelumbo nucifera*, nodes) 10 g and baiji (*Bletilla*) 8 g.

For recurrent fever and night sweat, add yinchaihu (*Stellaria dichotoma*) 8 g and digupi (*Lycium*) 8 g.

7 Qi Deficiency

Main Symptoms. Coughing spells, especially in the morning; clear white sputum; shortness of breath, reluctance to talk, weak voice; spontaneous sweating, cold-aversion; pallid complexion; and anorexia. The tongue is pale and tender, with indentations along the sides. The pulse is threadlike.

Therapeutic Principle. Strengthen the spleen, augment Qi, dissipate Phlegm and stop cough.

Treatment. Modified Renshen Wuweizi Tang (Ginseng-Schisandra Decoction). The modified formula has the following composition: renshe (*Panax*) 10 g, baizhu (*Atractylodes*) 8 g, fuling (*Poria*) 10 g, gancao (*Glycyrrhiza*) 5 g, wuweizi (*Schisandra*) 5 g, maimendong (*Ophiopogon*) 8 g, shengjiang (*Zingiber*) 4 g, and dazao (*Ziziphus*) 6 g.

If there is much sputum, add juhong (*Citrus tangerina*, orange scraping) 5 g and processed banxia (*Pinellia*) 6 g.

For spontaneous sweating and cold-aversion, add huangqi (*Astragalus*) 8 g, guizhi (*Cinnamomum*) 5 g and baishaoyao (*Paeonia*) 10 g.

If there is spleen insufficiency with food retention, add shanzha (*Crataegus*) 5 g and maiya (*Hordeum*) 15 g.

IV Acupuncture Treatment

To mobilize and disperse lung-Qi and relieve cough, select the acupoints Feishu (BL-13), Shaoshang (LU-11), Lieque (LU-7) and Hegu (LI-4).

For productive cough, add Zusanli (ST-36) and Fenglong (ST-40).

To strengthen the spleen and the kidney and relieve chronic cough, apply moxibustion to the acupoints Baihui (DU-20) and Yongquan (KI-1).

V Case Study

The patient was a 2-year old boy. He had been coughing for a month and a half. Treatment with a variety of cough medicines failed to relieve it. The cough produced little sputum and was worse in the afternoon. He had anorexia and was somewhat emaciated. He had thirst and drank much water. The tongue was somewhat red, with scant coating. The finger vein was purple.

Diagnosis. Cough due to deficiency of Lung-Yin.

Treatment and Course. The prescribed formula had the following composition: shashen (*Adenophora tetraphylla*) 8 g, maimendong (*Ophiopogon*) 10 g, baihe (*Lilium*) 8 g, tianhuafen (*Trichosanthes*) 10 g, shihu (*Dendrobium chrysanthum*) 8 g, zhimu (*Anemarrhena*) 8 g, pipaye (*Eriobotrya japonica*) 8 g, ziwán (*Aster tartaricus*) 6 g, jiegeng (*Platycodon*) 5 g, gancao (*Glycyrrhiza*) 3 g and shanzha (*Crataegus*) 6 g.

The dosage was one daily dose for 6 days. Cough resolved. Chen Xia Liu Jun Zi Tang (Citrus-Pinellia Six-Nobles Decoction) was prescribed for 2 weeks. At follow-up there was no recurrence of cough.

Chapter 40

Enuresis

Enuresis, or habitual bedwetting, is the frequent involuntary discharge of urine during sleep in children over 3 years of age. The children are not aware of the bedwetting until they wake up. Involuntary urination in younger children is normal since their urinary habits have not been formed. Also, in older children who resist going to sleep and subsequently sleep very soundly occasional wetting of the bed is also normal.

Persistent enuresis may affect overall health or mental health.

I Etiology and Pathology

Deficiency of Kidney-Qi. Deficiency of genuine Qi in the lower-jiao conduces to the rise of endogenous Cold. Such deficiency most commonly results from inadequate prenatal endowment. As a result, there is impairment of the kidney's ability to restrain urination by the bladder. This is the principal cause of enuresis.

Deficiency of Lung and Spleen Qi. The lung governs the passages of water and the spleen governs the transportation and transformation of water. With a weak body constitution or following a major illness lung and spleen Qi may become deficient, with consequent impairment of their governance of water. As control of the bladder weakens its ability to store water also weakens; enuresis ensues.

Heat in Liver Meridian. Stagnant liver-Qi may transform into Heat. If Heat and Dampness descend and attack the lower-jiao, the bladder loses control and enuresis ensues.

Incidental bedwetting may also occur during attack by exogenous pathogenic evils. This should be distinguished from enuresis.

II Clinical Manifestation

The cardinal symptom is bedwetting in a child over 3 years of age. Usually it happens every night or every other night, though occasionally it may occur several times each night. Typically, the child is soundly asleep and is not aware until waking up.

In enuresis in general, the urine is normal and urine culture is negative. If bed-wetting is due to exogenous illness, there may be additional symptoms of such exogenous evils.

III Herbal Treatment

1 *Deficiency of Kidney-Qi*

Main Symptoms. Enuresis, sometimes more than once a night; increased volume of clear urine; a pale complexion; lassitude, weakness; aches and weak in the waist and legs; and cold limbs with cold-aversion. The tongue is pale, with scant coating. The pulse is deep and threadlike.

Therapeutic Principle. Warm and restore kidney-Yang, and astringe urine.

Treatment. Sangpiaoxiao San (Paratenodera Powder) combined with Gong Ti Wan (Dam-Fortifying Pill). The combined composition is as follows: processed fuji (*Aconitum*) 4 g, buguzhi (*Psoralea*) 8 g, yizhiren (*Alpinia oxyphylla*) 10 g, wuweizi (*Schisandra*) 5 g, shudihuang (*Rehmannia*) 6 g, dangshen (*Codonopsis*) 10 g, baizhu (*Atractylodes*) 8 g, fuling (*Poria*) 10 g, sangpiaoxiao (*Paratenodera*) 10 g, tusizi (*Cuscuta*) 10 g, longgu (fossil bone) 15 g, and yuanzhi (*Polygala*) 8 g. Note: Longgu has to be decocted first.

If genuine Yang in the kidney is markedly deficient, add lurong (*Cervus nippon*, pilose antler) 2 g.

If sleep is so deep that it is difficult to awaken the child, add shichangpu (*Acorus*) 8 g.

If enuresis is particularly frequent, add chishizhi (halloysite) 10 g.

2 *Deficiency of Lung and Spleen Qi*

Main Symptoms. Frequent enuresis, small volume; spontaneous sweating; lassitude; weak limbs; a sallow complexion; anorexia; and watery feces. The tongue is pale, with thin white coating. The pulse is threadlike.

Therapeutic Principle. Strengthen the spleen and the lung, and restrain urine.

Treatment. Combined Bu Zhong Yi Qi Tang (Middle-Restoring and Qi-Augmenting Decoction) and Suo Quan Wan (Urine-Reducing Pill), with modifications. The composition of the combined and modified formula is as follows: huangqi (*Astragalus*) 9 g, dangshen (*Codonopsis*) 12 g, baizhu (*Atractylodes*) 10 g,

gancao (Glycyrrhiza) 6 g, chenpi (*Citrus tangerina*) 6 g, shengma (*Cimicifuga*) 3 g, chaihu (*Bupleurum*) 6 g, wuyao (*Lindera*) 5 g, yizhiren (*Alpinia oxyphylla*) 10 g, and shanyao (*Dioscorea*) 12 g.

If enuresis is markedly frequent, increase the amount of huangqi.

3 Heat Lodged in Liver Meridian

Main Symptoms. Enuresis and urine that is yellow and decreased in volume but foul smelling. Restlessness, irritability; flushed face, red lips; thirst, much drinking; or, sometimes, red eyes. The tongue is red, with thin yellow coating. The pulse is taut and rapid.

Therapeutic Principle. Cool Heat, unblock the liver and restrain urine.

Treatment. Augmented Shen Shi Men Quan Wan (Shen's Urine-Restraining Pill). It has the following composition: zhizi (*Gardenia*) 8 g, baishaoyao (*Paeonia*) 10 g, baizhu (*Atractylodes*) 6 g, bailian (*Ampelopsis japonica*) 8 g, and yizhiren (*Alpinia oxyphylla*) 10 g.

If the tongue coating is scant, add yuzhu (*Polygonatum*) 8 g and shihu (*Dendrobium chrysanthum*) 8 g.

If the tongue coating is yellow and greasy, add huangbai (*Phellodendron*) 8 g and huashi (talcum) 10 g.

If Heat is severe, add longdancao (*Gentiana*) 8 g.

IV Acupuncture Treatment

For enuresis in general, select the acupoints Guanyuan (RN-4), Zhongji (RN-3), Panguangshu (BL-28) and Sanyinjiao (SP-6).

For deficiency of kidney-Qi, add the acupoints Shenshu (BL-23) and Taixi (KI-3).

For deficiency of spleen and lung Qi, add the acupoints Zusanli (ST-36) and Taiyuan (LU-9). Apply the reinforcing method and moxibustion.

V Case Study

The patient was a 6-year old boy who had been born prematurely. For the previous month he had enuresis – one to three times each night. His urine was clear and increased in volume. In addition, he had lassitude, cold-aversion and weight loss (his weight being 16 kg, 35 lbs 3 oz). He also had anorexia and watery feces. His tongue was pale, and his pulse deep and threadlike.

Diagnosis. Inadequate prenatal endowment resulting in deficiency of kidney-Qi and loss of bladder control.

Therapeutic Principle. Strengthen the kidney, augment Yang and restrain urine.

Treatment and Course. The prescribed formula had the following composition: buguzhi (*Psoralea*) 10 g, shanzhuyu (*Cornus*) 10 g, tusizi (*Cuscuta*) 10 g, dangshen (*Codonopsis*) 10 g, baizhu (*Atractylodes*) 8 g, fuling (*Poria*) 8 g, longgu (fossil bone) 12 g, and sangpiaoxiao (*Paratenodera*) 10 g. Note: longgu has to be decocted first.

After eight daily doses, enuresis decreased markedly. After six more daily doses, enuresis stopped and did not recur.

Chapter 41

Diarrhea

Diarrhea may present as increased frequency of defecation or poorly formed feces. Poorly formed feces may be loose or watery. In small children, it is a common disorder and is mostly due to attack by the exogenous pathogenic evils or improper diet disturbing the transportation and transformation functions of the spleen and the stomach.

Infantile diarrhea occurs most frequently during summer and autumn. Diarrhea that occurs in late autumn and winter often turns into epidemics.

The prognosis of mild diarrhea is excellent. But if treatment is delayed or inappropriate, diarrhea may turn severe and may readily damage Qi and Yin. In such cases the diarrhea may become life threatening. Persistent diarrhea, even if not life threatening, may lead to infantile malnutrition and may affect growth and development.

I Etiology and Pathology

Of the six exogenous pathogenic evils, Wind and Cold most commonly induce diarrhea in winter and spring and summer heat and Dampness most commonly do so in summer and autumn. When these exogenous factors injure the spleen and the stomach, their functions of transportation and transformation become impaired, so that the clear and the turbid cannot be separated. As the clear and the turbid both move into the large intestine, diarrhea ensues.

Improper diet includes irregular intake of milk or foods, unclean foods or drinks, inappropriate foods, excessive intake or excessive amounts of cold, raw or poorly digestible foods. These all can injure the spleen and the stomach, impair their digestive functions, and induce food retention. This also leads to non-separation of the clear and the turbid, which then enter the large intestine and induce diarrhea.

Sometimes the spleen and the stomach may become insufficient without attack by exogenous pathogenic evils or improper diet. The main circumstances are inadequate prenatal endowment, a major illness and an improperly managed chronic illness.

II Clinical Manifestation

In diarrhea defecation may occur several times a day, sometimes dozens of times. The feces may have the appearance of a raw egg dispersed in water, foamy, viscid, pus-like or bloody. There may be variable systemic symptoms. These include fever, vomiting, anorexia, abdominal pain, tenesmus, weakness, lassitude and restlessness.

In general, in diarrhea due to injury by improper diet the feces are loose, contain undigested milk or food residues and foul smelling. In diarrhea due to Dampness-Heat, the feces have the appearance of raw egg dispersed in water, with a foul fetid odor. In diarrhea due to spleen insufficiency, the feces are loose, light in color and not accompanied by a foul odor. In diarrhea due to deficiency of spleen and kidney Yang the feces are loose but clear, light in color, without a foul odor and may contain undigested food.

In mild cases, defecation is less frequent. There is a slight fever or no fever and no vomiting. Appetite is normal and the child is in good spirits. In more severe cases, defecation is more frequent. There may be repeated vomiting, fever, listlessness or agitation, a pale complexion, red lips, and fast and deep breathing. In yet more severe cases, the orbits may become sunken, urine scant and the tongue crimson and dehydrated.

III Herbal Treatment

1 Diarrhea due to Food Retention

Main Symptoms. Defecation – three to five times a day; very loose feces mixed with milk curds or food residues, with foul and acid odor; anorexia; abdominal pain and distention preceding defecation, with guarding; much eructation or vomiting; and restless sleep. The tongue is pale red, with thick and greasy coating.

Therapeutic Principle. Promote digestion, release food retention and regulate the spleen to stop diarrhea.

Treatment. Modified Bao He Wan (Harmony-Preserving Pill). Its composition is as follows: shenqu (medicated leaven) 8 g, maiya (*Hordeum*) 15 g, chenpi (*Citrus tangerina*) 5 g, sharen (*Amomum*) 5 g, xiangfu (*Cyperus*) 6 g, shanzha (*Crataegus*) 6 g, laifuzi (*Raphanus*) 5 g, processed banxia (*Pinellia*) 5 g, cangzhu (*Atractylodes*) 4 g, fuling (*Poria*) 8 g, and lianqiao (*Forsythia*) 5 g.

If abdominal distention and pain are prominent, add houpo (*Magnolia*) 8 g and muxiang (*Aucklandia*) 6 g.

For vomiting, add shengjiang (*Zingiber*) 6 g.

2 *Diarrhea due to Wind-Cold*

Main Symptoms. Thin and very loose feces, pale in color, foamy, mildly malodorous; defecation – one to five times a day; borborygmus preceding defecation; clear nasal discharge; cough; irritated throat; or wind and cold-aversion and absent thirst. The tongue is pale, with thin and white coating.

Therapeutic Principle. Disperse Wind, dispel Cold, eliminate Dampness and stop diarrhea.

Treatment. Modified Huoxiang Zheng Qi San (Hyssop Qi-Regulating Powder). The modified composition is as follows: huoxiang (*Agastache*) 8 g, zisu leaf (*Perilla*) 6 g, chenpi (*Citrus tangerina*) 4 g, cangzhu (*Atractylodes*) 6 g, fuling (*Poria*) 10 g, houpo (*Magnolia*) 6 g, processed banxia (*Pinellia*) 8 g, dafupi (*Areca catechu*) 8 g, baizhi (*Angelica dahurica*) 6 g, and gancao (*Glycyrrhiza*) 3 g.

If there is food retention as well, add shanzha (*Crataegus*) 6 g and maiya (*Hordeum*) 15 g.

If interior Cold is strong, add ganjiang (*Zingiber*) 3 g.

3 *Diarrhea due to Dampness-Heat*

Main Symptoms. Feces like water or raw egg dispersed in water, foul and fetid odor; urgency with defecation, over ten times a day; anorexia; lassitude, weakness; thirst with much drinking; agitation; fever present or absent; and dark oliguria. The tongue coating is yellow and greasy.

Therapeutic Principle. Cool Heat and stop diarrhea.

Treatment. Modified Gegen Qin Lian Tang (Pueraria-Scutellaria-Coptis Decoction). The modified composition is as follows: gegen (*Pueraria*) 12 g, huangqin (*Scutellaria*) 8 g, huanglian (*Coptis*) 3 g, houpo (*Magnolia*) 8 g, huotanmu (*Polygonum chinense*) 12 g, yiyiren (*Coix*) 12 g, huashi (talcum) 18 g, and gancao (*Glycyrrhiza*) 3 g.

If Heat is stronger than Dampness, add jinyinhua (*Lonicera*) 10 g and lianqiao (*Forsythia*) 8 g.

If Dampness is stronger than Heat, add biandou (*Dolichos lablab*) 12 g, fuling (*Poria*) 10 g and zexie (*Alisma*) 8 g.

For abdominal distention, increase houpo (*Magnolia*) by 8 g and add muxiang (*Aucklandia*) 6 g. Note: muxiang has to be added before the end of the decocting process.

4 *Diarrhea due to Spleen Insufficiency*

Main Symptoms. Diarrhea following meals, with feces very loose, light in color and not foul smelling; protracted course, with frequent recurrence. There are lassitude, fatigue, half-open eyes during sleep, emaciation, anorexia and a sallow complexion. The tongue sides are indented. The tongue coating is white. The pulse is threadlike.

Therapeutic Principle. Strengthen the spleen, augment Qi and stop diarrhea.

Treatment. Modified Shen Ling Baizhu San (Ginseng-Poria-Atractylodes Powder). The modified composition is as follows: dangshen (*Codonopsis*) 12 g, fuling (*Poria*) 12 g, baizhu (*Atractylodes*) 10 g, shanyao (*Dioscorea*) 12 g, gancao (*Glycyrrhiza*) 5 g, biandou (*Dolichos lablab*) 10 g, lianzi (*Nelumbo*) 10 g, sharen (*Amomum*) 8 g, and qianshi (*Euryale ferox*) 10 g. Note: sharen has to be added before the end of the decocting process.

If Dampness is strong, with greasy tongue coating, add huoxiang (*Agastache*) 8 g and peilan (*Eupatorium*) 10 g.

If abdominal distention is marked, add chenpi (*Citrus tangerina*) 5 g and houpo (*Magnolia*) 8 g.

For anorexia, add maiya (Hordeum) 15 g and shanzha (*Crataegus*) 8 g.

5 *Diarrhea due to Deficiency of Spleen and Kidney Yang*

Main Symptoms. Persistent diarrhea of clear loose feces or undigested foods, – one to three times a day or more frequently. Cold body and limbs, a pallid complexion; lassitude; and sleeping with open eyes. The tongue is pale, with white coating. The pulse is deep and threadlike.

Therapeutic Principle. Warm and restore the spleen and the kidney, astringe and stop diarrhea.

Treatment. Combined Fuzi Li Zhong Tang (Aconitum Middle-Regulating Decoction) and Si Shen Wan (Four Miracle-Herbs Pill), with modifications. The combined and modified composition is as follows: processed fuzi (*Aconitum*) 4 g, dangshen (*Codonopsis*) 12 g, ganjiang (*Zingiber*) 2 g, baizhu (*Atractylodes*) 10 g, fried gancao (*Glycyrrhiza*) 8 g, buguzhi (*Psoralea*) 10 g, roudoukou (*Myristica*) 10 g, wuweizi (*Schisandra*) 6 g, shanzhuyu (*Cornus*) 8 g, and qianshi (*Euryale ferox*) 10 g.

If there is prolapse of the rectum as well, add huangqi (*Astragalus*) 10 g and shengma (*Cimicifuga*) 6 g.

For protracted diarrhea, add chishizhi (halloysite) 10 g and kezi (*Terminalia chebula*) 8 g.

IV Acupuncture Treatment

For diarrhea in general, select the acupoints Tianshu (ST-25) and Zusanli (SP-36).

For diarrhea due to Dampness-Heat, add the acupoints Quchi (LI-11), Neiting (ST-44) and Yinlingquan (SP-9). Apply the reducing method.

For diarrhea due to injury by food retention, add the acupoint Sifeng (EX-UE-10). Apply the reducing method.

For diarrhea due to Wind and Cold, add the acupoints Dazhui (DU-14) and Hegu (LI-4). Apply the reducing method.

For diarrhea due to spleen insufficiency, add the acupoints Zhongwan (RN-12) and Pishu (BL-20).

For diarrhea due to deficiency of spleen and kidney Yang, add the acupoints Shenshu (BL-23) and Guanyuan (RN-4). Apply the reinforcing method. Also apply moxibustion.

V Case Study

The patient was a 2-year old girl who had diarrhea for 5 days. She defecated – three to five times a day. The feces were poorly formed and contained undigested foods, and had a foul odor. The child cried and fussed continually. She had abdominal distention and pain, and much farting. Her tongue coating was thick and greasy.

Diagnosis. Improper diet leading to food retention.

Therapeutic Principle. Mobilize Qi, promote digestion and eliminate retention.

Treatment and Course. Modified Bao He Wan (Harmony-Preserving Pill) was prescribed. It had the following composition: chenpi (*Citrus tangerina*, aged peel) 4 g, qingpi (*Citrus tangerina*, fresh peel) 3 g, muxiang (*Aucklandia*) 2 g, foshou (*Citrus medica*) 5 g, maiya (*Hordeum*) 10 g, fuling (*Poria*) 8 g, shenqu (medicated leaven) 6 g, shanzha (*Crataegus*) 6 g, and zhiqiao (*Poncirus trifoliata*) 8 g.

After three daily doses, the frequency of defecation decreased significantly. The abdomen distention resolved and the abdomen became soft. The tongue coating remained thick and greasy. The therapeutic approach was changed to strengthening the spleen to eliminate Dampness and retention. The new formula had the following composition: chenpi (*Citrus tangerina*) 6 g, cangzhu (*Atractylodes*) 3 g, baizhu (*Atractylodes*) 6 g, Yunan fuling (*Poria*) 8 g, shanzha (*Crataegus*) 5 g, maiya (*Hordeum*) 10 g, mumianhua (*Bombax malabaricum*) 8 g and buzhaye (*Microcos paniculata*) 10 g. Note: qingpi was added last.

After three daily doses of the new prescription, all symptoms resolved.

Chapter 42

Acute Convulsion

Acute convulsion is a frequently seen condition of small children, mostly in those between 1 and 5 years of age. It begins abruptly and is characterized by high fever, convulsion and loss of consciousness. A variety of causes can cause convulsion, and it may occur in any season.

I Etiology and Pathology

The six **exogenous pathogenic evils** invade through the superficies or by the nose and mouth. The most common are Wind in winter and spring and summer heat in summer and autumn. In small children, once they have entered the body they can readily accumulate and transform into endogenous Heat. When endogenous Heat becomes very strong it generates endogenous Phlegm and endogenous Wind.

Dampness-Heat, especially in concert with **pestilential poisons** and **food retention**, can readily block the stomach and the intestines. If they move down to the large intestine or lodge in the heart and liver, they easily disturb the mind and cause foul diarrhea, high fever, sudden loss of consciousness and convulsion.

In small children, **genuine Qi** and vitality are not yet fully developed. A sudden fright may disturb their mind and sudden fear may perturb the spirit. Such unexpected imbalance of the mind and the spirit may lead to convulsion. Immaturity of genuine Qi also means that pathogenic evils transmit from the exterior to the interior with relative ease and readily induce high fever, loss of consciousness and convulsion.

II Clinical Manifestation

Acute convulsion occurs mainly during the course of respiratory or digestive system illness, with high or moderate fever, sudden loss of consciousness, trismus and clonic convulsion of the limbs. There may be other symptoms that are specific to the causative factors.

In mild cases, the pathogenic evil remains in the exterior. In such cases, relief of fever also relieves convulsion. If high fever persists and convulsion is recurrent, Heat is lodged in the interior. The condition is more severe and serious.

III Herbal Treatment

1 *Convulsion due to Exogenous Wind*

Main Symptoms. Mainly in winter or spring, fever, headache, nasal drainage, cough, red throat; sudden loss of consciousness, upward stare of the eyes, convulsion of the limbs and trismus. The tongue coating is thin and yellow. The pulse is floating and rapid.

Therapeutic Principle. Extinguish Wind and cool Heat.

Treatment. Modified Yin Qiao San (*Lonicera* and *Forsythia* Powder). The modified composition is as follows: jinyinhua (*Lonicera*) 10 g, lianqiao (*Forsythia*) 10 g, danzhuye (*Lophatherum gracile*) 10 g, jingjie (*Schizonepeta*) 8 g, niubangzi (*Arctium*) 8 g, bohe (*Mentha*) 6 g, lugen (*Phragmites*) 10 g, gouteng (*Uncaria*) 10 g, chantui (*Cryptotympana*) 8 g, shijueming (*Haliotis*) 15 g, sangye (*Morus*) 10 g, and baijiangcan (*Bombyx*) 5 g. (Note: bohe is added last.)

If fever is very high, with constipation, add dahuang (*Rheum palmatum*) 8 g.

If Phlegm blocks the orifices, add shichangpu (*Acorus*) 8 g.

2 *Convulsion due to Summer Heat*

Main Symptoms. Mainly in high summer or very hot weather; persistent high fever, agitation and thirst; sudden loss of consciousness, convulsion, and upward stare of the eyes. The tongue is red, with yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Relieve effects of Summer Heat and release the exterior.

Treatment. Modified Xin Jia Xiangru Yin (Newly Supplemented *Elscholtzia* Decoction). The modified composition is as follows: jinyinhua (*Lonicera*) 10 g, lianqiao (*Forsythia*) 10 g, xiangru (*Elsholtzia spendens*) 10 g, houpo (*Magnolia*) 6 g, biandou blossom (*Dolichos lablab*) 12 g, gouteng (*Uncaria*) 10 g, and lingyangjiao bone (*Saiga tatarica*) 20 g. (Note: lingyangjiao is decocted first.)

If there is Dampness as well, with chest tightness, nausea and a white and greasy tongue coating, add huoxiang (*Agastache*) 10 g and peilan (*Eupatorium*) 10 g.

If there is constipation, with thick yellow tongue coating, add dahuang (*Rheum palmatum*) 8 g, added last.

If summer heat transforms into Heat and enters the interior, add shigao (gypsum) 20 g and zhimu (*Anemarrhena*) 10 g. Shigao is decocted first.

3 *Convulsion due to Dampness-Heat or Pestilential Poisons*

Main Symptoms. Mainly in summer or autumn; abrupt onset high fever, loss of consciousness, repeated convulsions; abdominal pain with nausea and vomiting; and diarrhea with loose feces and foul odor or containing pus and blood. The tongue is red, with yellow greasy coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat, eliminate Dampness, relieve poisons and extinguish Wind.

Treatment. Modified combination of Huanglian Jie Du Tang (Coptis Detoxification Decoction) and Baitouweng Tang (Pulsatilla Decoction). The modified combined composition is as follows: huanglian (*Coptis*) 4 g, huangqin (*Scutellaria*) 10 g, huangbai (*Phellodendron*) 8 g, zhizi (*Gardenia*) 8 g, baitouweng (*Pulsatilla*) 12 g, qinpi (*Fraxinus rhynchophylla*) 10 g, gouteng (*Uncaria*) 10 g, fengweicao (*Pteris multifida*) 10 g, and huotanmu (*Polygonum chinense*) 10 g.

If the tongue coating is thick and greasy and defecation is difficult, add dahuang (*Rheum palmatum*) 8 g and houpo (*Magnolia*) 8 g.

If convulsion does not stop, add lingyangjiao bone (*Saiga tatarica*) 10 g and shijueming (*Haliotis*) 15 g.

4 *Convulsion Precipitated by Sudden Fright*

Main Symptoms. Abrupt convulsion and loss of consciousness upon sudden fright; hysterical behavior; a thin white tongue coating and an irregular pulse.

Therapeutic Principle. Stop the convulsion and calm the mind.

Treatment. Modified Hupo Bao Long Wan (Amber Dragon-Embracing Pill). The modified composition is as follows: dangshen (*Codonopsis*) 8 g, fuling (*Poria*) 8 g, shanyao (*Dioscorea*) 8 g, gancao (*Glycyrrhiza*) 5 g, tianzhuhuang (*Bambusa textilis*) 8 g, zhiqiao (*Poncirus trifoliata*) 6 g, bile-treated nanxing (*Arisaema consanguineum*) 5 g, hupo (amber) 10 g, yuanzhi (*Polygala*) 10 g, and baiziren (*Biota*) 8 g.

IV Acupuncture Treatment

For acute convulsion in small children in general, select the acupoints Renzhong (DU-26) and Neiguan (PC-6).

If fever is markedly high, add the acupoints Hegu (LI-4) and Quchi (LI-11). Apply the pricking method to cause bleeding.

If there is much sputum gurgling in the throat, select the acupoints Zusanli (ST-36) and Fenglong (ST-40).

V Case Study

The patient was a 4-year old boy who for 2 days had fever, nasal drainage, cough and sore throat. At the time of examination, he had a temperature of 39.5°C (103.1°F). He suddenly began having a convulsion with trismus and loss of consciousness. His tongue coating was thin and yellow, and his pulse was floating and rapid. His respiration was coarse and he had a few rales in the lung.

Diagnosis. Convulsion due to exogenous Wind accumulating and transforming into endogenous Heat, and extreme Heat further generating endogenous Wind.

Therapeutic Principle. Cool Heat, extinguish Wind and stop convulsion.

Treatment and Course. Both acupuncture and herbal treatment were applied. Acupuncture was applied at the acupoints Renzhong (DU-26), Neiguan (PC-6) and Quchi (LI-11). The herbal formula had the following composition: jinyinhua (*Lonicera*) 10 g, lianqiao (*Forsythia*) 8 g, banlangen (*Isatis*) 12 g, niubangzi (*Arctium*) 8 g, jingjie (*Schizonepeta*) 6 g, sangye (*Morus*) 6 g, juhua (*Chrysanthemum*) 10 g, gouteng (*Uncaria*) 8 g, chantui (*Cryptotympana*) 8 g, and shijueming (*Haliotis*) 12 g.

After three daily doses, the child returned for follow-up visit. His fever had subsided, and he did not have any recurrence of convulsion. To consolidate the clinical gains, Sang Ju Yin (Mulberry and Chrysanthemum Drink) was prescribed for two daily doses.

Guidance for Study

I Aim of Study

This part discusses five of the most common illnesses of children. For each of these, the etiology, pathology, the main causes, the main symptoms and the treatment are discussed.

II Objectives of Study

After completing this chapter the learners will:

1. Know five of the most common illness conditions of children;
2. Know how to diagnose and treat anorexia, cough, enuresis, diarrhea, and acute convulsion in children.

III Exercises for Review

1. Describe how spleen and stomach dysfunction leads to anorexia in children.
2. Explain the diagnosis and treatment of the various illnesses that present with anorexia as a major symptom.
3. Discuss the main causes of cough in children. Discuss their diagnosis and treatment.
4. Discuss the main causes of enuresis in children. Discuss their diagnosis and treatment.
5. Describe in detail how to diagnose and treat enuresis of the kidney insufficiency type and of the spleen-Qi deficiency type.
6. Discuss the main causes of diarrhea in children. Discuss their diagnosis and treatment.
7. Discuss the main causes of acute convulsion in children. Discuss their diagnosis and treatment.

IV Additional Exercises

1. For Chapter 38:
 - a. Provide an analysis of the formula Chen Xia Liu Jun Zi Tang used in treatment of anorexia in children due to insufficiency of the spleen and the stomach.
 - b. Provide an analysis of the formula Yang Wei Zheng Ye Tang used in treatment of anorexia in children due to deficiency of stomach-Yin.
 - c. For the treatment of the patient in the Case Study, justify the modifications of Yang Wei Zheng Ye Tang. Also, explain why augmented Si Jun Zi Tang was used to round out the treatment.
2. For Chapter 39:
 - a. Explain the modifications of Xing Su San used in treatment of cough in children due to Wind and Cold.
 - b. Explain the modifications of Sang Ju Yin used in treatment of cough in children due to Wind and Heat.
 - c. Provide an analysis of the formula of the modified Renshen Wuweizi Tang used in treatment of cough in children due to Qi deficiency.
 - d. For the Case Study, provide an analysis of the formula used to treat the patient. Also, explain the use of Chen Xia Liu Jun Zi Tang to finish treatment.
3. For Chapter 40:
 - a. Provide an analysis of the prescription (combined Sangpiaoxiao San and Gong Ti Wan) used in treatment of enuresis in children due to deficiency of kidney-Qi.

- b. Provide an analysis of the prescription (combined Bu Zhong Yi Qi Tang and Suo Quan Wan, with modifications) used in treatment of enuresis in children due to deficiency of lung and spleen Qi.
 - c. Provide an analysis of the formula of augmented Shen Shi Men Quan Wan used in treatment of enuresis in children due to Heat lodging in the Liver Meridian.
 - d. For the Case Study, provide an analysis of the prescription used to treat the patient's enuresis.
4. For Chapter 41:
- a. Explain the modifications in the formula Shen Ling Baizhu San used in treatment of diarrhea in children due to spleen insufficiency.
 - b. Provide an analysis of the prescription (combined Fuzi Li Zhong Tang and Si Shen Wan, with modifications) used in treatment of diarrhea in children due to deficiency of spleen and kidney Yang.
 - c. For the Case Study, explain the treatment of this patient.
5. For Chapter 42:
- a. Provide an analysis of the prescription (modified combined Huanglian Jie Du Tang and Baitouweng Tang) used in treatment of convulsion in children due to Dampness-Heat or pestilential poisons.
 - b. Provide an analysis of the formula of the modified Hupo Bao Long Wan used in treatment of convulsion precipitated by sudden fright.
 - c. For the Case Study, explain the treatment applied to this patient.

Chapter 43

Eczema

Eczema is a common inflammatory skin condition. It affects persons of both sexes and all ages. The condition may affect virtually the entire skin, but it is often only a part. The most commonly affected areas are the face, the head, the limbs, the groin and the perineum.

Clinically, eczema may be classified as acute, subacute and chronic.

I Etiology and Pathology

Eczema results from exogenous pathogenic evils attacking and lodging in the superficies. The most common exogenous factors are Wind, Dampness, Heat and Dryness. Some patients also have a predisposition to its development.

Acute and subacute eczema are mainly due to Wind, Dampness or Heat lodging in the superficies, so that blood flow in the area is impeded and the harmony between the Defensive and Nutritive Levels disturbed. Chronic eczema results from recurrent attacks of acute or subacute eczema, so that the pathogenic evil becomes entrenched. This leads to injury of Yin and consumption of blood. In the presence of blood insufficiency Wind and Dryness cause the skin to lose its nourishment. Chronic eczema ensues.

II Clinical Manifestation

Eczema may affect any part of the skin, but the most common areas are those on the face, neck, overlying surfaces of the joints of the limbs, and groin. Characteristically, the lesions are polymorphic; that is, they have a variety of shapes and textures. Also, the distribution of the lesions shows a considerable degree of symmetry. The cardinal symptom is itch.

Acute Eczema. At the outset the skin is flushed red. Soon papules, vesicles, erosion, exudation and crusts form. The lesions tend to coalesce so that the margins become indistinct. Usually, several different types of lesions co-exist. An intense itch accompanies the lesions, often with a burning sensation. If the lesions are extensive, the patient may have a low-grade fever.

If managed appropriately, acute eczema may heal within 2–3 weeks. However, it often relapses or recurs and shows a tendency to become chronic.

Subacute Eczema. This is the stage between acute and chronic eczema. It is often a prolongation of the acute form. In this stage, the inflammation and the exudation have decreased. The main lesions are papules, crusts and scales. Vesicles and erosions are now few in number.

Chronic Eczema. This usually evolves from acute or subacute eczema. In a few cases, the lesions are those of chronic eczema from the outset. The affected skin is now thickened, dry, rough and indurated, and scaly with coarse markings. In this condition, the skin is said to show lichenification. It is usually also hyperpigmented, showing dark red or brown color. Occasionally, there may be a few papules, crusts or vesicles. On the hands and feet, there may be cracks or fissures. The demarcation between affected and normal skin is sharper than during the acute or subacute levels.

Itch may be intense and is often paroxysmal. It tends to worsen just prior to sleep and when the ambient temperature is warm.

Chronic eczema may persist for months or years. Its degree of severity tends to fluctuate, and it is common for the eczema to flare up in the form of acute or subacute lesions.

III Key Points of Diagnosis

It is important to keep in mind that the manifestation of eczema is quite variable. This reflects not only its different stages and forms but also the specific cause in each case.

Eczema due to Dampness is marked by vesicles, erosion and exudation. That due to Heat is marked by redness, papular eruption and a burning sensation. That due to Dryness is marked by dry and coarse skin, lichenification and cracks. Itch is characteristic in all forms of eczema, but is especially prominent in eczema due to Wind.

IV Herbal Treatment

1 Internal Treatment

i Dampness-Heat Type

This is mainly the acute eczema.

Main Symptoms. The skin lesions show flushing and swelling, with erosions, exudation or crusts. There is intense itch, sometimes accompanied by a burning sensation. The patient is restless and thirsty. The tongue is red, with thin white or yellow coating. The pulse is slippery or rapid.

Therapeutic Principle. Cool Heat, eliminate Dampness, dispel Wind and stop itch.

Treatment. Modified Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction). The modified composition is as follows: longdancao (*Gentiana*) 10 g, zhizi (*Gardenia*) 10 g, huangqin (*Scutellaria*) 12 g, shengdihuang (*Rehmannia*) 15 g, xuanshen (*Scrophularia*) 15 g, cheqiancao (*Plantago*) 30 g, zexie (*Alisma*) 15 g, baixianpi (*Dictamnus dasycarpus*) 30 g, difuzi (*Kochia scoparia*) 30 g, chantui (*Cryptotympana*) 9 g, and fried gancao (*Glycyrrhiza*) 9 g.

If Heat is particularly strong, add raw shigao (gypsum) 30 g and baimaogen (*Imperata*) 30 g.

If Dampness is particularly strong, add fuling peel (*Poria*) 15 g and donggua rind (*Benincasa hispida*) 15 g.

If itch is intense, add quanxie (*Buthus*) 9 g and wushaoshe (*Zaocys dhumnades*) 9 g.

If there is dry constipation, add raw dahuang (*Rheum palmatum*) 9 g (added last).

If eczema affects the upper body, add shengma (*Cimicifuga*) 9 g.

If eczema affects the lower body, add niuxi (*Achyranthes*) 9 g.

ii Wind-Heat Type

This is mainly subacute eczema.

Main Symptoms. Red skin with papules, vesicles, crusts and scales, slight exudation or inflammation, and itch. The tongue is red, with white coating. The pulse is slippery or slippery and rapid.

Therapeutic Principle. Dispel Wind, cool Heat and eliminate Dampness.

Treatment. Modified Xiao Feng San (Wind-Extinguishing Powder).

If itch is intense, add quanxie (*Buthus*) 9 g and wushaoshe (*Zaocys dhumnades*) 9 g.

If exudation is marked, add zexie (*Alisma*) 5 g and cheqiancao (*Plantago*) 30 g.

If the lesions are on the chest, flanks, earlobe and perineum, add chaihui (*Bupleurum*) 12 g and longdancao (*Gentiana*) 9 g.

iii Wind-Dryness Type with Blood Insufficiency

This is mainly chronic eczema.

Main Symptoms. Protracted course with recurrence; lichenification (thickened, dry, rough, indurated and scaly with coarse markings); and itch. The tongue is pale, with white coating. The pulse is deep and threadlike or even.

Therapeutic Principle. Generate blood, moisten dryness, dispel Wind and stop itch.

Treatment. Modified Danggui Yin Zi (Angelica Drink). The modified composition is as follows: danggui (*Angelica*) 9 g, danshen (*Salvia*) 15 g, baishaoyao (*Paeonia*) 15 g, heshouwu (*Polygonum*) 5 g, chuanxiong (*Ligusticum*) 9 g, huangqi (*Astragalus*) 24 g, fangfeng (*Saposhnikovia*) 9 g, jili (*Tribulus terrestris*) 15 g, cangerzi (*Xanthium sibiricum*) 15 g, xuchangqing (*Cynanchum paniculatum*) 30 g, and gancao (*Glycyrrhiza*) 9 g.

If the lesions are red and there are symptoms of Heat, add shengdihuang (*Rehmannia*) 15 g and baimaogen (*Imperata*) 30 g.

If itch is intense, add quanxie (*Buthus*) 6 g and wushaoshe (*Zaocys dhumnades*) 9 g.

2 Topical Treatment

- (1) For lesions of **erosion and exudation**, two related formulas are used as wet compresses. The first is the decoction of machixian (*Portulaca oleracea*) 30 g and huangbai (*Phellodendron*) 30 g in 1,000 ml of water. Let the decoction cool and apply as wet compress, two or three times daily, each time for 30 min. The second is a 10% solution of huangbai, prepared as follows. Soak 50 g in 500 ml distilled water for 48 h, filter the solution and boil it for 30 min. While it is still hot add 7.5 g of boric acid and add distilled water to a final volume of 500 ml. Cool and apply it to lesions as wet compress three times daily, each time for 30 min.
- (2) If there is little exudation, apply the powder of the formula with the following composition: huangbai (*Phellodendron*) 30 g, huanglian (*Coptis*) 3 g, luhei (*Aloe vera*) 6 g, cangzhu (*Atractylodes*) 9 g, huashi (talcum) 9 g, songxiang (*Pinus massoniana*) 12 g, and bingpian (*Dryobalanops*) 0.6 g. Grind the herbs together into fine powder and apply to the lesions – four to five times daily.
- (3) If there is thickening and lichenification of the skin, wash with the following decoction. The formula has the following composition: chuanwu (*Aconitum carmichaeli*) 15 g, zaojiao (*Gleditsia sinensis*) 15 g, niubangzi (*Arctium*) 15 g, jingjie (*Schizonepeta*) 15 g, fangfeng (*Saposhnikovia*) 15 g, zelan leaf (*Lycopus lucidus*) 15 g, kushen (*Sophora*) 15 g, shechuangzi (*Cnidium monnieri*) 15 g, chishaoyao (*Paeonia*) 15 g, huajiao (*Zanthoxylum bungeanum*) 15 g, baixianpi

(*Dictamnus dasycarpus*) 15 g, heshi (*Carpesium abrotanoides*) 15 g, raw caowutou (*Aconitum kusnezoffii*) 10 g, dafengzi (*Hydnocarpus anthelmintica*) 24 g, and mudanpi (*Paeonia suffruticosa*) 10 g. Use the decoction while still warm and wash the lesions – two to three times daily, each time for 30 min. Alternately, apply 10–20% Heidou Liuyou (Black Bean Ointment) topically.

V Acupuncture Treatment

Body Acupuncture. For eczema in general select the acupoints Dazhui (DU-14), Quchi (LI-11), Zusanli (ST-36), Weizhong (BL-40), Xuehai (SP-10) and Sanyinjiao (SP-6).

For eczema due to Dampness, add the acupoint Zhongwan (RN-12).

For strong Heat, add the acupoint Dadun (LR-1). Prick to induce bleeding.

For strong Wind, add the acupoints Hegu (LI-4) and Fengchi (GB-20).

For chronic eczema, add Geshu (BL-17), Fengmen (BL-12) and Shenmen (HT-7).

Ear Acupuncture. Select Acupoints Lung, Shenmen, Subcortex, Endocrine and those acupoints on the ear corresponding to the location of the lesions.

VI Case Study

The patient was a 28-year old married male who presented with red papules and vesicles affecting the entire body for 10 days. The rash began as red papules on the four limbs. These were intensely itchy. When scratched they ruptured and drained watery fluid. The rash extended progressively, so that by the time of consultation it had involved virtually the entire body. In addition, he had thirst with desire to drink, dry feces and dark urine.

Past history included a papular and vesicular rash on the right lower leg several years earlier. Scratching led to exudation and erosion.

On examination he had red papules and vesicles of the size of rice grains. These were distributed over the face, neck, all four limbs and the trunk. Most were discrete, but some had coalesced into patches with areas of erosion and exudation. His tongue was red in the tip, with white coating. His pulse was taut and slippery. His temperature was 37.7°C (99.8°F). He had a white blood cell count of 9,700/mm³.

Diagnosis. Acute eczema due to Dampness-Heat.

Therapeutic Principle. Eliminate Heat and Dampness.

Treatment and Course. Modified Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction). The modified composition is as follows: longdancao (*Gentiana*) 10 g, huangqin (*Scutellaria*) 10 g, huangbai (*Phellodendron*) 10 g, raw zhizi

(*Gardenia*) 10 g, yinchenhao (*Artemisia*) 15 g, zexie (*Alisma*) 10 g, cheqianzi (*Plantago*) 15 g, shengdihuang (*Rehmannia*) 15 g, zhuye (*Lophatherum gracile*) 10 g, daqingye (*Isatis tinctoria*) 30 g, donggua peel (*Benincasa hispida*) 15 g and Liu Yi San (Six-One Powder) 30 g. For external application, he was instructed to apply wet compresses of machixian (*Portulaca oleracea*) solution over the areas with erosion or exudation and Berberine Ointment over the dry areas. (Berberine is a major active ingredient in huanglian, *Coptis*.)

He took this herbal decoction at one daily dose for 5 days, and returned for follow-up. The lesions were significantly drier and less red. He still had thirst and itch. The same prescription was continued, with the addition of machixian (*Portulaca oleracea*) 30 g and baixianpi (*Dictamnus dasycarpus*) 30 g.

After five daily doses of the augmented formula, he returned for his third visit. The rash was now dry and without any exudate, and there was extensive desquamation. He had only slight itch, and felt essentially well. He continued to use this formula. After a total of 20 daily doses the patient recovered completely.

Chapter 44

Urticaria

Urticaria is a common hypersensitive condition of the skin involving the superficial layers of the dermis. It is characterized by itchy wheals that are discrete or in patches.

I Etiology and Pathology

A variety of conditions predispose the patient to develop urticaria. These include inadequacies of prenatal endowment, ingestion of certain foods such as fish, shrimp and others, improper diet, and a chronically weak constitution.

In all these conditions, the tissues of the superficies become loose and the Defensive Level is weakened, so that the body is more susceptible to attack by exogenous Wind. Exogenous Heat or Cold often accompanies Wind. Improper diet induces disharmony of the stomach and the intestines, and this permits the rise of endogenous Dampness and Heat. If there is superimposed exposure to exogenous Wind, urticaria may result. With a weak constitution, Qi and blood become insufficient and cannot ward off an attack by exogenous Wind.

II Clinical Manifestation

Urticaria may affect patients of any age and either sex, and it occurs in all seasons. The condition develops abruptly. Initially, the patient feels an itch in some part of the skin. The affected skin soon develops wheals. The shape and size of the wheals vary considerably. They may remain discrete or may merge into patches. Most wheals are red or pink, but in occasional patients they may be pale. Wheals may appear in any part of the skin, sometimes throughout but mostly limited to the face, neck or limbs. There is no fixed location. Wheals develop quickly and usually also fade quickly, but there may be successive waves.

In some patients a low-grade fever may accompany the outbreak of urticaria; it is usually below 38.5°C (101.3°F). In other patients there may be involvement of the stomach and the intestines, with such symptoms as nausea, vomiting, abdominal

pain or diarrhea. Occasionally there may be involvement of the mucous membranes of the respiratory tract, with such symptoms as a choking sensation, chest tightness or dyspnea.

The course is quite variable. Acute urticaria generally resolves within a few days, seldom lasting more than 2 weeks. Upon resolution there is no residual change. In chronic urticaria the wheals break out in waves that recur over several months, or even years, although there often are periods of remission.

III Herbal Treatment

In the initial stage, urticaria is mostly a condition of pathogenic evil strength and the main cause is exogenous Wind. Hence, treatment is based principally on dispelling Wind. Depending on the accompanying factors, treatment may require cooling Heat or eliminating Cold as well.

If urticaria becomes chronic, the condition becomes mostly one of deficiency. Treatment must include augmentation of Qi or generation of blood.

Pale urticaria indicates Cold. Pink urticaria indicates Wind. Bright red urticaria indicates Heat in the blood.

1 *Wind-Heat*

Main Symptoms. Red wheals that are warm and intensely itchy, increase with heat and decrease with cold. There may be thirst and restlessness. The tongue is red, with thin yellow coating. The pulse is floating and rapid.

Therapeutic Principle. Cool Heat, dispel Wind and eliminate Dampness.

Treatment. Modified Xiao Feng San (Wind-Extinguishing Powder). The modified composition is as follows: niubangzi (*Arctium*) 9 g, shengdihuang (*Rehmannia*) 15 g, kushen (*Sophora*) 9 g, cangzhu (*Atractylodes*) 15 g, danggui (*Angelica*) 9 g, zhimu (*Anemarrhena*) 12 g, raw shigao (gypsum) 30 g, difuzi (*Kochia scoparia*) 12 g, baixianpi (*Dictamnus dasycarpus*) 15 g, chantui (*Cryptotympana*) 9 g, heizhima (*Sesamum indicum*) 15 g, and gancao (*Glycyrrhiza*) 9 g.

If Heat is strong, add baomaogen (*Imperata*) 30 g and jinyinhua (*Lonicera*) 15 g.

If thirst is marked, add xuanshen (*Scrophularia*) 15 g.

For restlessness, add lianzi plumule (*Nelumbo*) 4 g.

If there is constipation, add raw dahuang (*Rheum palmatum*) 6 g.

2 *Wind-Cold*

Main Symptoms. Pale or white wheals that increase with cold and decrease with heat; these tend to be severe in winter and mild in summer. The tongue is pale, with thin white coating. The pulse is floating and even.

Therapeutic Principle. Dispel Wind, disperse Cold and harmonize the Nutritive and Defensive Levels.

Treatment. Modified Ma Gui Ge Ban Tang (Equal Ephedra-Cinnamomum Decoction). The modified composition is as follows: mahuang (*Ephedra*) 9 g, guizhi (*Cinnamomum*) 9 g, baishaoyao (*Paeonia*) 15 g, xingren (*Prunus armeniaca*) 9 g, shengjiang (*Zingiber*) three slices, dazao (*Ziziphus*) five pieces, jingjie (*Schizonepeta*) 9 g, fangfeng (*Saposhnikovia*) 15 g, shechuangzi (*Cnidium monnieri*) 12 g, cangerzi (*Xanthium sibiricum*) 15 g, and fried gancao (*Glycyrrhiza*) 9 g. Note: jingjie is added before the end of the decocting process.

If the body constitution is weak and there is spontaneous sweating, remove mahuang and add raw huangqi (*Astragalus*) 30 g.

If urticaria recurs persistently but with weak constitution, add huangqi (*Astragalus*) 30 g and parched baizhu (*Atractylodes*) 30 g.

3 *Dampness-Heat in Stomach and Intestines*

Main Symptoms. Wheals accompanied by epigastric pain or nausea and vomiting, and constipation or diarrhea. The tongue coating is yellow and greasy. The pulse is slippery and rapid.

Therapeutic Principle. Dispel Wind, release the exterior and purge Heat from the stomach and intestines.

Treatment. Modified Fangfeng Tong Sheng San (Miraculous Saposhnikovia Powder). The modified composition is as follows: fangfeng (*Saposhnikovia*) 10 g, jingjie (*Schizonepeta*) 10 g, jiegeng (*Platycodon*) 9 g, shigao (gypsum) 30 g, huashi (talcum) 18 g, fried dahuang (*Rheum palmatum*) 9 g, baizhu (*Atractylodes*) 10 g, baixianpi (*Dictamnus dasycarpus*) 30 g, bohe (*Mentha*) 9 g, lianqiao (*Forsythia*) 12 g, huangqin (*Scutellaria*) 12 g, zhizi (*Gardenia*) 12 g, and gancao (*Glycyrrhiza*) 9 g. Note: shigao is decocted first and fried dahuang and jingjie last.

For abdominal pain, add yanhusuo (*Corydalis*) 12 g.

For diarrhea, replace fried dahuang with raw dahuang.

For nausea and vomiting, add zhuru (*Phyllostachys nigra*) 9 g.

4 Deficiency of Qi and Blood

Main Symptoms. Recurrent and persistent urticaria worsened by exertion or exposure to cold, lusterless complexion, lassitude and fatigue. The tongue is pale, with thin white coating. The pulse is deep and threadlike.

Therapeutic Principle. Generate blood, dispel Wind, augment Qi and firm the exterior.

Treatment. Combined Danggui Yin Zi (Angelica Drink) and Yu Ping Feng San (Jade-Screen Powder), modified. The modified combined composition is as follows: huangqi (*Astragalus*) 30 g, danggui (*Angelica*) 10 g, baishaoyao (*Paeonia*) 10 g, danshen (*Salvia*) 30 g, chuanxiong (*Ligusticum*) 10 g, heshouwu (*Polygonum*) 10 g, jingjie (*Schizonepeta*) 10 g, fangfeng (*Saposhnikovia*) 10 g, baizhu (*Atractylodes*) 10 g, and fried gancao (*Glycyrrhiza*) 9 g. Note: jingjie is added last in decocting.

For anorexia, add charred shanzha (*Crataegus*) 9 g and jineijin (*Gallus*) 9 g.

For lassitude and fatigue, add xianlingpi (*Epimedium*) 12 g.

IV Acupuncture Treatment

Body Acupuncture. For Wind-Heat urticaria, select the acupoints Dazhui (DU-14), Quchi (LI-11), Xuehai (SP-10) and Fengmen (BL-12).

For Wind-Cold urticaria, select the acupoints Fengmen (BL-12), Feishu (BL-13), Fengshi (GB-31), Quchi (LI-11) and Xuehai (SP-10).

For Dampness-Heat urticaria with gastrointestinal involvement, select the acupoints Quchi (LI-11), Hegu (LI-4), Zusanli (ST-36), Xuehai (SP-10) and Sanyinjiao (SP-6).

For urticaria in deficiency of Qi and blood, selected the acupoints Zusanli (ST-36), Xuehai (SP-10), Sanyinjiao (SP-6), Geshu (BL-17), Pishu (BL-20), Qihai (RN-6) and Fengmen (BL-12).

Ear Acupuncture. Select the acupoints Shenmen, Lung, Occiput and Adrenal.

V Case Study

The patient was a 40-year old married woman who had intermittent but generalized urticaria for 14 years. The urticaria erupted more frequently in spring and autumn, especially on overcast or rainy days. Three days prior to consultation intensely itchy urticaria returned and rapidly extended to cover virtually the entire body. She also had abdominal pain and dry feces. She denied ever having parasitic infestation or any allergic condition.

Her skin had red wheals of various shapes and sizes, the largest the size of coins. Most of the wheals were discrete, but in some areas they coalesced into large patches. Skin scratch test was positive. Her tongue was pale red, with white coating. Her pulse was deep and threadlike, and slightly rapid.

Her white blood cell count was $7,200/\text{mm}^3$. Her stool was negative for parasites.

Diagnosis. Chronic urticaria due to blood insufficiency, endogenous Heat and in-firm superficies; acute attack precipitated by exogenous Wind.

Therapeutic Principle. Generate blood, dispel Wind, clear Heat and cool blood.

Treatment and Course. The herbs prescribed were modified Liang Xue Xiao Feng San (Blood-Cooling Wind-Dispelling Powder). The modified composition is as follows: danggui (*Angelica*) 10 g, shengdihuang (*Rehmannia*) 30 g, jingjie (*Schizonepeta*) 10 g, fangfeng (*Saposhnikovia*) 10 g, kushen (*Sophora*) 15 g, jili (*Tribulus terrestris*) 15 g, baixianpi (*Dictamnus dasycarpus*) 15 g, sangbaipi (*Morus*) 15 g, chantui (*Cryptotympana*) 5 g, fuping (*Spirodela polyrrhiza*) 10 g, mudanpi (*Paeonia suffruticosa*) 10 g, and zhimu (*Anemarrhena*) 10 g. Note: jingjie is added last in decocting.

Second Visit. She returned at the end of seven daily doses. The itch had markedly decreased and she was able to sleep at night. The patches of wheals had decreased in size. However, her limbs felt heavy and weak. Her tongue was slightly red, with a white coating. Her pulse was taut and slippery. The therapeutic principle was now to generate blood, eliminate Dampness and dispel Wind. The new formula had the following composition: danggui (*Angelica*) 10 g, heshouwu (*Polygonum*) 15 g, baishaoyao (*Paeonia lactiflora*) 10 g, shengdihuang (*Rehmannia*) 15 g, mudanpi (*Paeonia suffruticosa*) 10 g, jili (*Tribulus terrestris*) 15 g, fangfeng (*Saposhnikovia*) 10 g, sangbaipi (*Morus*) 10 g, fuping (*Spirodela polyrrhiza*) 10 g, yiyiren (*Coix*) 15 g, cheqianzi (*Plantago*) 15 g, and donggua peel (*Benincasa hispida*) 15 g.

Third Visit. She returned at the end of seven daily doses. All wheals had cleared, and there was no new lesion. She was asymptomatic. The same prescription was continued for five more doses to consolidate clinical gains.

Ten months later, she wrote a letter of appreciation saying that she had not had any further eruption of urticaria.

Chapter 45

Acne Vulgaris

Acne vulgaris, or simply acne, is a common condition of the hair follicles and sebaceous glands during adolescence. It affects mainly the face, the chest and the back.

I Etiology, Pathology and Clinical Manifestation

Acne results mostly when there is Heat in the blood in the Lung Meridian, and the Heat steams the face. It may also result when improper diet, with overindulgence in fatty, sweet or spicy foods, induces Heat accumulation in the spleen and the stomach, with superimposed Wind poison. It is most prevalent in adolescents. Both sexes are affected, but males more so than females. In general, it resolves spontaneously when adolescence has passed.

Acne may occur without symptoms or there may be mild itch or pain. The lesions tend to appear where sebaceous glands are plentiful, mainly on the face, shoulders, chest and back. In its early stage each lesion takes the form of a comedo, which is a pinhead-sized papule. The top of the comedo may be skin-colored, gray or black. A black-topped comedo is often called a blackhead; and a skin-colored or light gray comedo is often called a whitehead. When a comedo is squeezed, it is possible to express sebum of creamy or yellowish color. If the comedo becomes inflamed (infected) it turns red and may develop into a pustule. If not adequately treated, a pustule may evolve into an abscess or cyst and may eventually leave a scar.

The clinical course of acne is usually slow and chronic, with waves of new eruption until after adolescence.

II Herbal Treatment

The specific cause of acne may be inferred from the appearance of the lesions. Whiteheads and blackheads indicate Wind-Heat. Pustules indicate Dampness-Heat. Abscesses and cysts indicate gelled Phlegm.

Mild acne may not require treatment or only topical treatment. More severe acne may require systemic treatment.

1 Internal Treatment

i Acne due to Wind-Heat

Main Symptoms. Flushed and greasy face; comedos; some comedos are red and some may have become pustules; and mild itch or tenderness. The tongue is red, with thin yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Dispel Wind and Heat, and cool blood to remove poisons.

Treatment. Pipa Qing Fei Yin (Loquat Lung-Clearing Drink). Its composition is as follows: pipaye (*Eriobotrya japonica*) 15 g, sangbaipi (*Morus*) 9 g, huangqin (*Scutellaria*) 9 g, huanglian (*Coptis*) 9 g, zhizi (*Gardenia*) 9 g, shengdihuang (*Rehmannia*) 15 g, mudanpi (*Paeonia suffruticosa*) 9 g, chishaoyao (*Paeonia lactiflora*) 9 g, xiakucao (*Prunella*) 9 g, white juhua (*Chrysanthemum*) 9 g, jinyinhua (*Lonicera*) 9 g, lianqiao (*Forsythia*) 9 g, yiyiren (*Coix*) 30 g, and raw baizhu (*Atractylodes*) 12 g.

ii Acne due to Dampness-Heat

Main Symptoms. Comedos and pustules; and some lesions inflamed and tender. There may be constipation, dark urine and anorexia. The tongue is red, with yellow greasy coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat, remove poisons and cool blood to dissipate masses.

Treatment. Modified Wu Wei Xiao Du Yin (Five-Ingredients Detoxification Drink). The modified composition is as follows: jinyinhua (*Lonicera*) 15 g, pugongying (*Taraxacum*) 15 g, zihuadiding (*Viola*) 15 g, wild juhua (*Chrysanthemum*) 15 g, lianqiao (*Forsythia*) 15 g, shengdihuang (*Rehmannia*) 15 g, chishaoyao (*Paeonia lactiflora*) 15 g, huangqin (*Scutellaria*) 9 g, mudanpi (*Paeonia suffruticosa*) 9 g, pipaye (*Eriobotrya japonica*) 9 g, jiepeng (*Platycodon*) 9 g, and raw dahuang (*Rheum palmatum*) 6 g. Note: dahuang is decocted last.

iii Acne due to Gelled Phlegm

Main Symptoms. Repeated eruptions resistant to treatment; most lesions are abscesses, cysts and scars.

Therapeutic Principle. Mobilize blood, dissipate Phlegm and soften masses.

Treatment. Haizao Yu Hu Tang (Sargassum Jade-Pot Decoction). It has the following composition: danggui (*Angelica*) 9 g, chuanxiong (*Ligusticum*) 6 g, chishaoyao (*Paeonia*) 15 g, danshen (*Salvia*) 15 g, qingpi (*Citrus tangerina*) 9 g, chenpi (*Citrus tangerina*) 9 g, processed banxia (*Pinellia*) 9 g, Zhejiang beimu (*Fritillaria*) 9 g, kunbu (*Laminaria japonica*) 15 g, haizao (*Sargassum fusiforme*) 15 g, xiakucao (*Prunella*) 15 g and lianqiao (*Forsythia*) 12 g.

2 Topical Treatment

Make a paste of Dian Dao San (Upside Down Powder) with boiled water. Apply the paste to the lesions at bedtime and wash off in the morning. Dian Dao San is prepared as follows. Take equal amounts of liuhuang (sulfur) and raw dahuang (*Rheum palmatum*), grind into fine powder and mix thoroughly.

III Acupuncture Treatment

Body Acupuncture. For acne due to Wind-Heat, select the acupoints Hegu (LI-4), Quchi (LI-11), Chize (LU-5), Dazhui (DU-14), Feishu (BL-13) and Weizhong (BL-40).

For acne due to Dampness-Heat, select the acupoints Hegu (LI-4), Quchi (LI-11), Zusanli (ST-36), Sanyinjiao (SP-6), Xuehai (SP-10) and Neiting (ST-44).

For acne due to gelled Phlegm, select the acupoints Pishu (BL-20), Fenglong (ST-40), Hegu (LI-4), Zusanli (ST-36) and Sanyinjiao (SP-6).

Ear Acupuncture. Select the acupoints Lung, Shenmen, Sympathic Nerve, Endocrine and Subcortex.

IV Case Study

The patient was a 21-year old man. He had recurrent facial acne for 3 years and his face continually had an oily sheen. At the beginning the lesions were mainly blackheads, but many soon became pustules and cysts. They were both itchy and tender. After he expressed sebum and pus out of them, some lesions formed scars. The acne fluctuated in severity, but persisted. He was treated repeatedly, without benefit.

Examination showed many blackhead comedos and some scattered pustules, cysts and scars on the face. He had a cluster of scars overlying the jaws. The neck, upper chest and back also had similar lesions. The face had a noticeable oily sheen. His tongue was red, with yellow coating. His pulse was taut and slippery.

Diagnosis. Acne due to gelled Phlegm.

Therapeutic Principle. Cool blood, eliminate Heat, dissipate Phlegm and soften masses.

Treatment and Course. The prescribed formula had the following composition: shengdihuang (*Rehmannia*) 30 g, mudanpi (*Paeonia suffruticosa*) 9 g, chishaoyao (*Paeonia lactiflora*) 9 g, pugongying (*Taraxacum*) 15 g, qiyeizhuhua (*Paris polyphylla*) 9 g, xiakucao (*Prunella*) 9 g, kunbu (*Laminaria japonica*) 9 g, haizao (*Sargassum fusiforme*) 9 g, toasted sanleng (*Sparganium*) 9 g, and toasted ezhu (*Curcuma*) 9 g.

Second Visit. He returned after taking one daily dose of the formula for 21 days. By his own observation his acne had improved. The cysts were flatter and now seldom evolved into abscesses. For convenience, the herbs in the formula were switched to a pill with the following composition: shengdihuang (*Rehmannia*) 60 g, danshen (*Salvia*) 60 g, chishaoyao (*Paeonia*) 60 g, kunbu (*Laminaria japonica*) 30 g, haizao (*Sargassum fusiforme*) 30 g, toasted ezhu (*Curcuma*) 60 g, pugongying (*Taraxacum*) 60 g, qiyeizhuhua (*Paris polyphylla*) 60 g, and xiakucao (*Prunella*) 60 g.

Third Visit. He returned 2 months later, having taken one pill of the formula daily. His skin lesions had mostly disappeared.

Chapter 46

Contact Dermatitis

Contact dermatitis is an acute or chronic inflammatory skin condition that develops after the skin or mucous membrane comes in direct contact with certain substances. The variety of substances that can induce contact dermatitis is vast.

There are two types of contact dermatitis: primary and hypersensitive. The majority of cases are of the hypersensitive type.

I Etiology, Pathology and Clinical Manifestation

A number of abnormal conditions predispose to the development and eruption of contact dermatitis. Inadequate prenatal endowment and looseness of the tissues of the superficies lead to enhanced susceptibility. Exogenous pathogenic evils may attack the exterior, so that Heat and poisons lodge in the superficies.

In hypersensitive contact dermatitis the eruption of skin or mucous membrane lesions is delayed after contact with the offending substance. The delay may last from 5 to 21 days. In primary contact dermatitis there is no delay.

In general, in either type the skin lesions form in the areas of direct contact and have distinct borders. Sometimes the borders are made less distinct as the lesions extend beyond them as a result of scratching or rubbing by clothing. The most common affected areas are on the exposed parts of the skin, such as the face and the hands; but occasionally the entire body may be affected due to an extreme degree of hypersensitivity.

In mild cases, contact dermatitis manifests as erythema and papular eruption with mild swelling. In severe cases, there may be vesicles, blisters, erosions, crusting, and even ulcers and necrosis. Characteristically, the skin lesions are itchy with some degree of burning heat. In severe cases, there may be burning pain accompanied by general discomfort.

In general, contact dermatitis is a self-limited condition. When the causative agent has been eliminated or the condition has been properly treated, the skin lesions disappear in a few days. But sometimes the lesions become chronic and resemble chronic eczema with lichenification.

II Herbal Treatment

I Internal Treatment

i Wind-Heat

Contact dermatitis due to Wind-Heat is generally acute and mild.

Main Symptoms. Red macules and papules; itch; and sometimes burning sensation. The tongue is red, and the pulse rapid.

Therapeutic Principle. Cool Heat and dispel Wind.

Treatment. Modified Xiao Feng San (Wind-Extinguishing Powder). The modified composition is as follows: jingjie (*Schizonepeta*) 6 g, fangfeng (*Saposhnikovia*) 10 g, danggui (*Angelica*) 10 g, shengdihuang (*Rehmannia*) 12 g, kushen (*Sophora*) 10 g, niubangzi (*Arctium*) 12 g, cangzhu (*Atractylodes*) 10 g, zhimu (*Anemarrhena*) 10 g, shigao (gypsum) 15 g, zhizi (*Gardenia*) 10 g, and huangqin (*Scutellaria*) 10 g.

ii Dampness-Heat

Contact dermatitis due to Dampness-Heat is generally more severe.

Main Symptoms. Abrupt onset; skin lesions flushed and swollen, with papules, vesicles, erosions, exudation; and itch and burning sensation. The tongue is red, with yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat and eliminate Dampness.

Treatment. Modified Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction). The modified composition is as follows: longdancao (*Gentiana*) 10 g, chaihū (*Bupleurum*) 10 g, huangqin (*Scutellaria*) 15 g, zhizi (*Gardenia*) 15 g, cheqianzi (*Plantago*) 15 g, shengdihuang (*Rehmannia*) 15 g, danggui (*Angelica*) 9 g, zexie (*Alisma*) 9 g, donggua peel (*Benincasa hispida*) 15 g, yiyiren (*Coix*) 30 g, and machixian (*Portulaca oleracea*) 30 g. Note: cheqianzi is wrapped in cloth for decoction.

If Dampness and Heat are especially strong, add yinchenhao (*Artemisia*) 10 g, kushen (*Sophora*) 10 g and baixianpi (*Dictamnus dasycarpus*) 15 g.

iii Strong Wind with Blood Dryness

Contact dermatitis due to strong Wind with depletion of blood is chronic.

Main Symptoms. The affected skin is thick, coarse and hyperpigmented. There may be scratch marks and blood crusts. There may also be lichenification. In some parts itch is intense. The tongue is pale, with white coating. The pulse is deep and slow.

Therapeutic Principle. Mobilize blood, moisten dryness, dispel Wind and stop itch.

Treatment. Modified Danggui Yin Zi (Angelica Drink). The modified composition is as follows: danggui (*Angelica*) 9 g, shengdihuang (*Rehmannia*) 12 g, chishaoyao (*Paeonia*) 12 g, baishaoyao (*Paeonia*) 12 g, danshen (*Salvia*) 12 g, heshouwu (*Polygonum*) 12 g, raw huangqi (*Astragalus*) 15 g, cangerzi (*Xanthium sibiricum*) 12 g, and gancao (*Glycyrrhiza*) 9 g.

If itch is intense, add quanxie (*Buthus*) 9 g, wushaoshe (*Zaocys dhumnades*) 9 g, hehuan peel (*Albizia julibrissin*) 15 g and suanzaoren (*Ziziphus*) 15 g.

If feces are very dry, add fanxieye (*Cassia*) 6 g.

2 Topical Treatment

For acute contact dermatitis, apply cold wet compresses – two to three times daily. The composition of the herbal formula is as follows: pugongying (*Taraxacum*) 30 g, kushen (*Sophora*) 12 g, huangbai (*Phellodendron*) 12 g, lianqiao (*Forsythia*) 12 g, mubiezi (*Momordica cochinchinensis*) 12 g, jinyinhua (*Lonicera*) 9 g, baizhi (*Angelica dahurica*) 9 g, chishaoyao (*Paeonia lactiflora*) 9 g, mudanpi (*Paeonia suffruticosa*) 9 g, and gancao (*Glycyrrhiza*) 9 g. Decoct and let cool before applying.

For chronic contact dermatitis, apply Heidou Liuyou (Black Bean Ointment) three times daily.

III Acupuncture Treatment

Body Acupuncture. Select the acupoints Chize (LU-5), Quchi (LI-11), Hegu (LI-4), Quze (PC-3) and Weizhong (BL-40). At Weizhong, acupuncture is applied on both sides. At all the other acupoints, acupuncture is applied on one side only on 1 day and on the other side only on the alternate day.

Ear Acupuncture. Select the acupoints Lung, Subcortex, Endocrine and Adrenal.

IV Case Study

The patient was a 56-year old woman who had an itchy rash on the head and face for 4 days. The rash began as erythema with itch several hours after dyeing her hair. The second day it became inflamed and contained many vesicles. She was unable to open her eyes because of edema of the eyelids, and the lesions became intensely itchy. She was treated with prednisone and some topical lotion, but the rash became worse and her urine decreased in volume and became dark in color.

On examination, the skin on the face, scalp, ears and hands was inflamed. There were numerous vesicles and blisters of different sizes. There were marked edema of the eyelids and the ocular conjunctivae, so that it was difficult for her to open her eyes. The rash was warm to the touch. Her tongue was crimson-red, with slightly yellow coating. Her pulse was taut, slippery and rapid.

Diagnosis. Contact dermatitis due to Dampness and Heat.

Therapeutic Principle. Cool Heat and blood, detoxify poisons and eliminate Dampness.

Treatment. The prescribed formula had the following composition: longdancao (*Gentiana*) 10 g, huangqin (*Scutellaria*) 15 g, shengdihuang (*Rehmannia*) 30 g, mudanpi (*Paeonia suffruticosa*) 15 g, baimaogen (*Imperata*) 30 g, wild juhua (*Chrysanthemum*) 10 g, machixian (*Portulaca oleracea*) 30 g, baijiangcao (*Patrinia scabiosaefolia*) 30 g, yiyiren (*Coix*) 30 g, cheqianzi (*Plantago*) 15 g, zexie (*Alisma*) 15 g, donggua peel (*Benincasa hispida*) 15 g, cheqiancao (*Plantago*, herb) 30 g, baixianpi (*Dictamnus dasycarpus*) 30 g, kushen (*Sophora*) 15 g, and raw shigao (gypsum) 30 g. Note: shigao is decocted first.

In addition, after shaving her head she was treated topically with cold compresses prepared from decocting machixian (*Portulaca oleracea*) 30 g and huangbai (*Phellodendron*) 10 g. The compresses were applied – two to four times daily.

Second Visit. She returned after 3 days. The inflammation was markedly decreased. The vesicles and blisters were much drier, and the edema was reduced so that she was now able to open her eyes partially. Her appetite and bowel function returned to normal. The tongue was red with white coating, and the pulse was taut, slippery and rapid. The same treatment was continued.

Third Visit. She returned after three more days. All lesions on the face and head had resolved, with only residual erythema and desquamation. The lesions on the hands were the last to resolve. Other than mild itch she was entirely asymptomatic.

Chapter 47

Neurodermatitis

Neurodermatitis is a chronic skin condition characterized by frequent episodic attacks of itch and lichenification.

I Etiology, Pathology and Clinical Manifestation

Neurodermatitis usually begins with emotional disturbances complicated by Wind, Dampness and Heat attacking the superficies and lodging there. In time, Wind and Heat become more intense and deplete blood and fluids. Blood depletion in turn gives rise to endogenous Dryness and Wind, so that the superficies lose its nourishment.

It may be limited to one region of the skin or be disseminated. The limited form is more common. The regions most commonly affected are the nape and sides of the neck. Next most commonly affected are the elbow, the sacrum, the popliteal fossa, the lumbar trunk, the external genitals and the limbs.

Neurodermatitis is most prevalent during youth and the prime of life. The condition fluctuates markedly, and the episodic attacks are most frequent in summer and least in winter.

Typically, each attack begins as itch without lesions. The itch may be intense, especially at night. Following scratching, patches of discrete papules appear. They are flat, mildly red or normal skin color, round or multi-angled and firm. Gradually, the affected skin becomes dry and thickened, with dermal ridges and deepened stripes of brown, yellow-brown or normal skin color. The patches have clear borders and surfaces that are either smooth or lightly covered with scales. There may be scratch marks and bloody crusts. Sometimes the scratches may become exudative or purulent. Just outside the patches there may be a few satellites papules.

II Herbal Treatment

Because Wind is the key pathogenic factor, treatment of neurodermatitis should focus on dispelling Wind. At the same time, there is an old medical maxim that when blood is treated and its circulation normalized Wind will banish itself. Therefore, treatment must also emphasize nourishing blood and removing Heat from it whenever it is appropriate to do so.

1 Internal Treatment

i Wind-Heat

This is the early stage of neurodermatitis.

Main Symptoms. Flat red papules in clusters; intense itch; a red tongue with thin yellow or greasy yellow coating; and a floating and rapid pulse.

Therapeutic Principle. Cool blood, eliminate Heat, dispel Wind and stop itch.

Treatment. Modified Baixianpi Yin (Dictamnus Drink). The modified composition is as follows: jinyinhua (*Lonicera*) 15 g, baixianpi (*Dictamnus dasycarpus*) 30 g, shengdihuang (*Rehmannia*) 15 g, danshen (*Salvia*) 15 g, chishaoyao (*Paeonia*) 15 g, chantui (*Cryptotympana*) 9 g, huangqin (*Scutellaria*) 9 g, zicao (*Lithospermum erythrorhizon*) 9 g, fangfeng (*Saposhnikovia*) 15 g, difuzi (*Kochia scoparia*) 12 g, baijili (*Tribulus terrestris*) 15 g, and gancao (*Glycyrrhiza*) 9 g.

If itch is especially intense, add quanxie (*Buthus*) 9 g and wushaoshe (*Zaocys dhumnades*) 9 g.

If there is insomnia, add hehuanpi (*Albizia julibrissin*, peel) 15 g and parched zaoren (*Ziziphus*) 15 g.

If the neck is the region affected, add chaihui (*Bupleurum*) 12 g.

ii Wind-Dryness with Blood Insufficiency

Neurodermatitis due to blood insufficiency induced by Wind-Dryness tends to be chronic.

Main Symptoms. Attacks of paroxysmal itch; lichenification with scaling; a pale red tongue with thin white coating; and a deep and threadlike pulse.

Therapeutic Principle. Nourish blood, moisten Dryness, dispel Wind and stop itch.

Treatment. Modified Danggui Yin Zi (Angelica Drink). For this purpose the modified composition is as follows: danggui (*Angelica*) 9 g, shudihuang

(*Rehmannia*) 15 g, chuanxiong (*Ligusticum*) 9 g, baishaoyao (*Paeonia*) 15 g, hes-houwu (*Polygonum*) 15 g, huangqi (*Astragalus*) 15 g, baijili (*Tribulus terrestris*) 15 g, xuchangqing (*Cynanchum paniculatum*) 30 g, cangerzi (*Xanthium sibiricum*) 15 g, quanxie (*Buthus*) 9 g, wushaoshe (*Zaocys dhumnades*) 9 g, fangfeng (*Saposhnikovia*) 9 g, and gancao (*Glycyrrhiza*) 9 g.

For there are agitation and insomnia, add lianzixin (*Nelumbo*) 4.5 g and parched suanzaoren (*Ziziphus*) 15 g.

If the skin lesions are inflamed, remove shudihuang and baishaoyao and add shengdihuang (*Rehmannia*) 15 g, chishaoyao (*Paeonia*) 15 g and raw shigao (gypsum) 30 g.

2 Topical Treatment

For neurodermatitis due to **Wind-Heat**, use San Huang Xiji (Three-Huang Lotion). Its composition is as follows: dahuang (*Rheum palmatum*), huangbai (*Phellodendron*), huangqin (*Scutellaria*) and kushen (*Sophora*) in equal amounts. Grind the herbs into fine powder. Add 10–15 g of the mixed powder to 100 ml of distilled with 1 ml of medicinal carbolic acid. Wash the skin lesion – three to four times daily.

For neurodermatitis due to **Wind-Dryness with blood insufficiency**, use Feng You Gao (Leprosy Oil Ointment). It has the following composition: qingfen (calomel) 4.5 g, qiandan (lead oxide) 3 g, and fine zhusha (cinnabar) 3 g. Grind the herbs together into fine powder. Parboil 120 g of sesame oil, add 30 g of yellow vinegar and decoct until all powder disappears. Remove from the fire, add the powder gradually and stir until the suspension becomes an ointment. Apply the warm ointment for 10–20 min, then wipe off. Treat once daily for 1 week.

III Acupuncture Treatment

Body Acupuncture. For limited neurodermatitis, select the acupoints Quchi (LI-11) and Xuehai (SP-10). For generalized neurodermatitis, add the acupoints Fengchi (GB-20), Weizhong (BL-40), Dazhui (DU-14), Zusanli (ST-36), Hegu (LI-4) and Sanyinjiao (SP-6). Treat on alternate days. Each course is 15 treatments.

Ear Acupuncture. Select the acupoints Lung, Shenmen, Adrenal and Subcortex.

Plum Blossom Needle. If there is marked lichenification, apply acupuncture with the plum blossom needle once daily for 3–5 min. (For the technique of using the plum blossom needle, see Volume 2, Part I, Chapter 4, Section 3, Subsection III.)

IV Case Study

The patient was a 27-year old woman who presented with generalized dermatitis with intense itch for 2 years. The rash began on the nape of the neck, then appeared also on the lateral elbows. The rash was intensely itchy. She tried many different treatments, without benefit. The rash then appeared on her chest, abdomen, waist and inguinal areas as well, and the itch became even more intense. She sought medical treatment desperately, but still without benefit. She scratched all night long and was unable to sleep. At the time of consultation she was markedly dispirited and had dry constipation.

On examination, her complexion was lusterless. She had thickened and moist dermatitis with lichenification, an 8 by 10 cm (3.2 by 4 in.) patch on the left nape and palm-sized patches on both elbows. On the chest, both flanks and both axillary fossae she had large patches of flat red papules. On the waist, lateral abdomen, inguinal areas and adjacent thighs she had large patches of dark brown lichen-like dermatitis with many scratch marks. Her tongue was red, with thin white coating. Her pulse was taut and threadlike.

Diagnosis. Neurodermatitis due to persistent Wind and Heat injuring blood and transforming into Dryness.

Therapeutic Principle. Cool blood, clear Heat, generate blood and moisten Dryness.

Treatment and Course. The prescribed formula had the following composition: shengdihuang (*Rehmannia*) 15 g, danshen (*Salvia*) 9 g, qiancao (*Rubia*) 9 g, shechuangzi (*Cnidium monnieri*) 9 g, jinyinhua (*Lonicera*) 9 g, cangerzi (*Xanthium sibiricum*) 9 g, kushen (*Sophora*) 9 g, baixianpi (*Dictamnus dasycarpus*) 9 g, difuzi (*Kochia scoparia*) 9 g, huomaren (*Cannabis sativa*) 9 g, and gancao (*Glycyrrhiza*) 6 g. She was treated topically.

Second Visit. She returned in 5 days after five daily doses. The itch was somewhat less intense and the skin on the nape was thinner. The papular lesions on the chest were less red, but the lesions on the thighs were unchanged. The tongue coating and pulse were unchanged. The prescribed formula was modified by removing qiancao and adding wushaoshe (*Zaocys dhumnades*) 9 g and huangqin (*Scutellaria*) 9 g.

Third Visit. She returned in 6 days after five daily doses. The itch was sufficiently less intense that she no longer scratched much. The affected skin on the nape and thighs was less thickened, and the lesions on the chest, waist and abdomen were partially resolved. Her defecation was now normal. The therapeutic principle was now changed to generating blood, moistening Dryness, dispelling Wind and stopping itch. The new prescription had the following composition: shengdihuang (*Rehmannia*) 15 g, shudihuang (*Rehmannia*) 15 g, danshen (*Salvia*) 9 g, danggui (*Angelica*) 9 g, honghua (*Carthamus*) 9 g, wushaoshe (*Zaocys dhumnades*) 9 g, jingjie (*Schizonepeta*) 9 g, chishaoyao (*Paeonia*) 9 g, kushen (*Sophora*) 9 g, baixianpi (*Dictamnus dasycarpus*) 9 g, difuzi (*Kochia scoparia*) 9 g, huomaren

(*Cannabis sativa*) 9 g, zhiqiao (*Poncirus trifoliata*) 9 g, and gancao (*Glycyrrhiza*) 9 g. She was to continue topical treatment as before.

Fourth Visit. She returned in 8 days after seven daily doses. Itch was markedly less. The skin on the chest and abdomen was now essentially normal. The skin on the nape and thighs was much improved. The same formula, without wushaoshe, was continued for 2 weeks more. At the end of that time, she was completely well.

Chapter 48

Cutaneous Pruritus

Pruritus is itch. It is a subjective sensation that may accompany certain skin lesions or be present without any primary cutaneous lesion. There often are secondary skin changes as a result of scratching, such as excoriation, crusts, hyperpigmentation, lichenification and others.

Itch is often classified in two groups, local and generalized.

I Etiology, Pathology and Clinical Manifestation

Itch results mainly from Wind, Cold, Dampness or Heat lodging in the superficies, so that Qi and blood cannot flow smoothly in the skin. Blood insufficiency causing skin to lose nourishment and giving rise to endogenous Dryness is also a major cause of itch. Local itch in the perineum or anus is mostly associated with Dampness and Heat in the liver and the kidney.

Cutaneous itch without primary skin lesions tends to occur in adults, especially the elderly. Generalized itch may affect many areas on the body simultaneously or may begin with a local itch that migrates to various other areas, one site developing as another fades. In each local area itch may not be constant, and the discomfort may fluctuate and move from one area to another. In the early stages, itch tends to be relatively mild and short lasting; but as the condition persists it tends to become more intense and longer lasting. Local itch is most common in the anus, the female vulva and the male scrotum.

Itch tends to be paroxysmal and intense. The frequency of attack varies considerably, and the duration of each attack varies from a few minutes to many hours. It is often precipitated or aggravated by emotional disturbances, ambient temperature changes, excessive fatigue, alcohol and spicy and rich foods. It is especially common when the person is about to fall asleep, and it often affects the ability to fall asleep or the quality of sleep.

Because of scratching, there may be secondary skin lesions such as excoriation, crusts and hyperpigmentation. In chronic itch there may be lichenification of the skin, insomnia, dispiritedness, anorexia and other secondary effects. Secondary lesions are especially common if the itch persists for weeks, months or even years.

II Herbal Treatment

I Internal Treatment

i Itch caused by Wind-Heat

This is more common in the youth and is mainly of recent onset.

Main Symptoms. Itch often aggravated by warmth; burning sensation; restlessness; thirst; and constipation. There may be scratch marks and crusts. The tongue is red, with white or thin yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat and blood, dispel Wind and stop itch.

Treatment. Combined Xiao Feng San (Wind-Extinguishing Powder) and Si Wu Tang (Four Substances Decoction), with modifications. The modified combined composition is as follows: danggui (*Angelica*) 9 g, shengdihuang (*Rehmannia*) 15 g, fangfeng (*Saposhnikovia*) 10 g, huangqin (*Scutellaria*) 10 g, kushen (*Sophora*) 10 g, jingjie (*Schizonepeta*) 10 g, niubangzi (*Arctium*) 12 g, chishaoyao (*Paeonia*) 12 g, raw shigao (gypsum) 30 g, chuanxiong (*Ligusticum*) 6 g, danshen (*Salvia*) 15 g, and gancao (*Glycyrrhiza*) 6 g.

If itch is especially intense, add quanxie (*Buthus*) 9 g and wushaoshe (*Zaocys dhumnades*) 9 g.

If insomnia is prominent, add suanzaoren (*Ziziphus*) 15 g.

If feces are very dry, add dahuang (*Rheum palmatum*) 9 g (decocted last).

ii Itch caused by Wind-Dryness with Blood Insufficiency

This is mostly seen in the elderly and tends to be chronic.

Main Symptoms. Dry skin, excoriation, lichenification; insomnia; and restlessness. The tongue is pale, with thin white coating. The pulse is threadlike and rapid or slippery and rapid.

Therapeutic Principle. Generate blood, moisten Dryness, dispel Wind and stop itch.

Treatment. Modified Danggui Yin Zi (Angelica Drink). The modified composition is as follows: danggui (*Angelica*) 9 g, shengdihuang (*Rehmannia*) 15 g, shudihuang (*Rehmannia*) 15 g, baishaoyao (*Paeonia*) 15 g, chuanxiong (*Ligusticum*) 9 g, heshouwu (*Polygonum*) 15 g, huangqi (*Astragalus*) 15 g, toasted baizhu (*Atractylodes*) 15 g, fangfeng (*Saposhnikovia*) 9 g, cangerzi (*Xanthium sibiricum*) 15, hehuan peel (*Albizia julibrissin*) 15 g, baixianpi (*Dictamnus dasycarpus*) 15 g, and gancao (*Glycyrrhiza*) 9 g.

For restlessness and insomnia, add lianzi plumule (*Nelumbo*) 4 g and suanzaoren (*Ziziphus*) 15 g.

If itch is particularly persistent, add wushaoshe (*Zaocys dumnades*) 9 g and quanxie (*Buthus*) 9 g.

iii Itch caused by Dampness-Heat in Liver and Gallbladder

Main Symptoms. Intense scrotal or vulvar itch and local swelling and flushing. The tongue is red, with yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Eliminating Dampness and Heat from the liver and the gallbladder, dispel Wind and stop itch.

Treatment. Modified Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction). The modified composition is as follows: longdancao (*Gentiana*) 9 g, chaihui (*Bupleurum*) 12 g, huangqin (*Scutellaria*) 9 g, zhizi (*Gardenia*) 12 g, shengdihuang (*Rehmannia*) 15 g, cheqiancao (*Plantago*) 30 g, zexie (*Alisma*) 15 g, mutong (*Akebia quinata*) 6 g, difuzi (*Kochia scoparia*) 12 g, baixianpi (*Dictamnus dasycarpus*) 15 g, and gancao (*Glycyrrhiza*) 9 g.

If itch is particularly intense, add quanxie (*Buthus*) 9 g and wushaoshe (*Zaocys dumnades*) 9 g.

If there are erosions and exudation, indicating strong Dampness, add fuling peel (*Poria*) 15 g and yinchenhao (*Artemisia*) 15 g.

2 Topical Treatment

Intense itch without exudation may be treated with Kushen Jiu (Sophora Spirit). The composition of Kushen Jiu is as follows: kushen (*Sophora*) 310 g, baibu (*Stemona*) 90 g, wild juhua (*Chrysanthemum*) 90 g, and fengyancao (*Ailanthus altissima*) 90 g. (Note: the very large amounts of herbs are used only for the preparation of topical treatment.) Soak the herbs in 5 l of 75% alcohol for 7 days. Filter. Dissolve zhangnao (*Cinnamomum camphora*) 125 g in the supernatant. The preparation is now ready for use.

If the patient has eczema as well, apply San Huang Xiji (Three-Huang Lotion) – four to fivetimes daily.

III Acupuncture Treatment

Body Acupuncture. For cutaneous itch in general select the acupoints Quchi (LI-11), Hegu (LI-4), Xuehai (SP-19) and Zusanli (ST-36). Apply acupuncture on alternate days. Each course of treatment consists of ten treatments.

Ear Acupuncture. Select the acupoints Shenmen, Lung, Subcortex, and other sensitive ear acupoints.

IV Case Study

The patient was a 58-year old man with paroxysmal attacks of generalized cutaneous itch for over a year. Scratching left scratch marks but did not elicit wheals. The itch was severe enough to disturb sleep. Various antihistamines and sedatives produced little benefit.

On examination, his entire skin was coarse and dry. He had patches of lichenification without exudation. He had numerous scratch marks and crusts. His tongue and pulse were normal.

Diagnosis. Generalized cutaneous itch.

Therapeutic Principle. Dispel Wind, cool blood and stop itch.

Treatment and Course. The prescribed formula has the following composition: quanxie (*Buthus*) 6 g, zaojiao (*Gleditsia sinensis*) 12 g, zaojiaoci (*Gleditsia sinensis*) 6 g, cijili (*Tribulus terrestris*) 15 g, roasted huaihua (*Sophora japonica*) 15 g, roasted zhiqiao (*Poncirus trifoliata*) 9 g, kushen (*Sophora flavescens*) 6 g, jingjie (*Schizonepeta*) 6 g, chantui (*Cryptotympana*) 6 g, weilingxian (*Clematis*) 12 g, baixianpi (*Dictamnus dasycarpus*) 30 g, and zicao root (*Lithospermum erythrorhizon*) 9 g.

Second Visit. The patient returned for follow-up at the end of ten daily doses. The itch was much alleviated and all secondary skin lesions lessened. The skin had regained its normal luster. He was instructed to continue the formula for 15 more daily doses. After that he was completely normal.

Chapter 49

Alopecia

Alopecia is the unexpected loss of hair that leaves the skin bald. There is no antecedent or associated inflammation or symptom.

I Etiology, Pathology and Clinical Manifestation

Three processes are the main causes of unexpected hair loss. Insufficiency of blood leads to failure to nourish the superficialities, so that hair cannot be maintained. If there is severe emotional distress, stagnation of liver-Qi, excessive fatigue, excessive stress on the heart and the spleen or Qi stagnation with blood stasis, Qi and blood cannot rise and nourish hair. Insufficiency of the liver and the kidney leads to deficiency of essence and blood, so that hair loses its nourishment and falls out.

Hair loss in alopecia is unexpected and is usually noted incidentally. In most cases, it is confined to the scalp in a well-circumscribed round or oval patch about the size of a coin. Within the patch, the scalp is bald and shiny. There is no associated symptom. This is **alopecia areata**. Sometimes alopecia is disseminated, so that there are several patches. In severe cases, the entire scalp may become bald. This is **alopecia totalis**. In a few cases, hair loss extends to the entire body surface, including the eyebrows and armpits. This is **alopecia universalis**.

Alopecia is a chronic condition and may occur at any age. Sometimes it resolves spontaneously, but some patients may have relapses.

II Herbal Treatment

The key to diagnosis and treatment is to search for general symptoms and to examine the tongue and the pulse.

1 Internal Treatment

i Deficiency of Liver and Kidney Yin

Main Symptoms. In addition to alopecia, there are dizziness, tinnitus, impotence, and aches and weakness in the lower back and knees. The tongue is pale with little coating. The pulse is deep and threadlike.

Therapeutic Principle. Strengthen the liver and the kidney, nourish blood and dispel Wind.

Treatment. Modified Shen Ying Yang Zhen Tang (Magical Genuine-Qi-Nurturing Decoction). It has the following composition: shudihuang (*Rehmannia*) 15 g, heshouwu (*Polygonum*) 15 g, danggui (*Angelica*) 15 g, baishaoyao (*Paeonia*) 15 g, niuxi (*Achyranthes*) 15 g, tusizi (*Cuscuta*) 15 g, chuanxiong (*Ligusticum*) 9 g, tianma (*Gastrodia*) 9 g, mugua (*Chaenomeles*) 9 g, and qianguo (*Notopterygium*) 9 g.

ii Insufficiency of Heart-Blood

Main Symptoms. In addition to alopecia, there are a complexion that is pale and lusterless, palpitation of the heart, and insomnia or restless sleep. The tongue is pale red, and the pulse is threadlike and rapid.

Therapeutic Principle. Generate blood, calm the mind and nourish the kidney.

Treatment. Modified Gui Pi Tang (Spleen-Restoring Decoction). The modified composition is as follows: huangqi (*Astragalus*) 15 g, danggui (*Angelica*) 9 g, shudihuang (*Rehmannia*) 15 g, heshouwu (*Polygonum*) 15 g, tusizi (*Cuscuta*) 15 g, suanzaoren (*Ziziphus*) 15 g, dangshen (*Codonopsis*) 15 g, baizhu (*Atractylodes*) 9 g, fuling (*Poria*) 9 g, yuazhi (*Polygala*) 9 g, longyanrou (*Euphoria longan*) 9 g, shengjiang (*Zingiber*) three slices, and dazao (*Ziziphus*) three pieces.

iii Qi Stagnation and Blood Stasis

Main Symptoms. Alopecia is persistent and resistant to treatment. The complexion is dusky, and there may be accompanying chest pain. The tongue is cyanotic or speckled with petechiae. The pulse is taut or threadlike and impeded.

Therapeutic Principle. Regulate Qi and mobilize blood.

Treatment. Modified Tong Qiao Huo Xue Tang (Orifice-Unblocking Blood-Enlivening Decoction). The modified composition is as follows: danggui (*Angelica*) 9 g, chishaoyao (*Paeonia*) 9 g, chuanxiong (*Ligusticum*) 9 g, taoren (*Prunus persica*) 9 g, honghua (*Carthamus*) 9 g, sanleng (*Sparganium*) 9 g, ezhu (*Curcuma aeruginosa*) 9 g, chaihu (*Bupleurum*) 9 g, yujin (*Curcuma wenyujin*) 9 g, jianghuang (*Curcuma longa*) 9 g, shengjiang (*Zingiber*) 9 g, and congbai (*Allium fistulosum*) 9 g.

2 Topical Treatment

Massage the affected area with 30% tincture of buguzhi (*Psoralea*) three times daily. Alternately, grind equal amounts of buguzhi and chuanwu (*Aconitum carmichaeli*) to fine powder and mix with 75% alcohol. Massage the affected area with it twice daily.

Another treatment is to slice shengjiang (*Zingiber*) and rub the slices on the affected area three times daily, each time for 5 min.

III Acupuncture Treatment

Body Acupuncture. Select the acupoints Baihui (DU-20), Touwei (ST-8), Fengchi (GB-20) and Hegu (LI-4).

Ear Acupuncture. Select the acupoints Shenmen, Forehead, Kidney, Lung, Sympathetic Nerve, Heart and Subcortex.

Plum-Blossom Needle. Apply superficial percussion with the plum-blossom needle on the affected part until the skin is mildly flushed. Treat on alternate days.

IV Case Study

The patient was a 21-year woman with loss of scalp hair for 4 months. At first hair loss occurred in a small patch, but it gradually enlarged and extended to the entire scalp. She also had partial loss of hair from her eyebrows. She tried several formulas, including vitamin B6, without benefit.

On examination, her entire scalp was bald and her eyebrows were partially denuded. Otherwise, she was entirely normal. Her tongue was pale, with little coating. Her pulse was deep and threadlike.

Diagnosis. Alopecia totalis due to deficiency of liver and kidney Yin.

Therapeutic Principle. Nourish and strengthen the liver and the kidney.

Treatment and Course. The prescribed formula had the following composition: danggui (*Angelica*) 9 g, danshen (*Salvia*) 9 g, baishaoyao (*Paeonia*) 9 g, chuanxiong (*Ligusticum*) 9 g, gouji (*Cibotium barometz*) 9 g, xuanshen (*Scrophularia*) 9 g, nuzhenzi (*Ligustrum*) 9 g, fuling (*Poria*) 9 g, baizhu (*Atractylodes*) 9 g, heshouwu (*Polygonum*) 15 g, and fried gancao (*Glycyrrhiza*) 6 g.

After eight daily doses, she began to grow some fine hair on the scalp. After 50 daily doses, scalp hair had grown back except for the vertex and nape. She was instructed to continue the treatment. After a total of 90 daily doses, all her hair had grown back and she was cured.

Chapter 50

Folliculitis

Folliculitis is an acute inflammatory and suppurative condition of the individual hair follicle and its sebaceous gland. It occurs most commonly in summer and autumn.

I Etiology, Pathology and Clinical Manifestation

Folliculitis may be the result of several processes. It may be due to exogenous Heat or Dampness lodging in the skin. It may be the secondary effect from scratching lesions of miliaria (prickly heat). When exogenous or endogenous Dampness and Heat struggle and steam the superficies, the meridians and channels may become blocked, Qi stagnant and blood static. Folliculitis may form as a result. In this case, the endogenous Dampness and Heat rise most commonly when improper diet induces spleen dysfunction. Folliculitis may also develop in diabetes, in which deficiency of Yin often gives rise to endogenous Heat and compromises resistance to exogenous pathogenic evils. In the case of diabetes, recurrence of folliculitis is common. A major part of the cause is the poisons that are associated with Heat.

In its initial stage there is a local cone-like induration or pustule at the opening of the hair follicle. The lesion is warm to the touch and is often accompanied by pain. In 2 or 3 days the induration increases in size and the lesion becomes a boil. It forms a head, and around the head it is fluctuant. The accompanying pain usually intensifies. When the head ruptures pus drains out and pain subsides. The lesion then heals over the next few days.

Folliculitis may be single and isolated, but it can be disseminated over several or many parts of the skin. If the lesions are numerous, there may be accompanying fever, fatigue and headache. The white blood cell count is usually elevated.

In some patients folliculitis may recur repeatedly, especially on the neck, back and buttocks.

II Herbal Treatment

Since the two major factors in causing folliculitis are Heat and its poisons, treatment focuses on removing Heat and detoxifying its poisons. Additional treatment may be necessary to dispel Wind, eliminate Dampness and cool Summer Heat. If folliculitis complicates diabetes with Yin deficiency, the primary disease must be treated as well.

1 Internal Treatment

i Heat-Folliculitis

Main Symptoms. Inflammation of the skin becoming indurated, then forming pustules or boils. There may be a few or dozens on the head and face or scattered over the body. Pain may be prominent. There may be fever, chest tightness, thirst, anorexia and constipation. The tongue coating is yellow, and the pulse rapid.

Therapeutic Principle. Relieve Summer Heat, eliminate Dampness, cool Heat and detoxify poisons.

Treatment. Qing Shu Tang (Summer-Heat-Relieving Decoction). It has the following composition: lianqiao (*Forsythia*) 15 g, tianhuafen (*Trichosanthes*) 12 g, chishaoyao (*Paeonia*) 10 g, gancào (*Glycyrrhiza*) 6 g, huashi (talcum) 10 g, jinyinhua (*Lonicera*) 30 g, cheqianzi (*Plantago*) 10 g, zexie (*Alisma*) 10 g, and danzhuyue (*Lophatherum gracile*) 10 g. Note: decoct cheqianzi wrapped in gauze.

If Heat poisons are particular strong, add huanglian (*Coptis*) 10 g, huangqin (*Scutellaria*) 10 g and zhizi (*Gardenia*) 10 g.

If Heat in blood is particularly strong, add shengdihuang (*Rehmannia*) 15 g and mudanpi (*Paeonia suffruticosa*) 10 g.

For decreased urine that is dark in color, add Liu Yi San (Six-One Powder) 10 g and fuling (*Poria*) 10 g.

For constipation, add shengdihuang (*Rehmannia*) 9 g, decocted last.

For boils that do not rupture and drain pus, add baizhi (*Angelica dahurica*) 10 g and zaojiaoci (*Gleditsia sinensis*) 10 g.

ii Dampness-Fire-Wind Folliculitis

Main Symptoms. Lesions of folliculitis recur repeatedly over months or years, mostly on the nape, back, buttocks and other areas. At any time there may be several or many dozens. Recurrence often takes the form of satellite lesions. Accompanying symptoms include constipation and dark oliguria. The tongue coating is yellow and greasy. The pulse is slippery and rapid.

Therapeutic Principle. Dispel Wind, detoxify poisons, cool Heat and eliminate Dampness.

Treatment. Modified Fangfeng Tong Sheng San (Miraculous Saposhnikovia Powder). The modified composition is as follows: fangfeng (*Saposhnikovia*) 10 g, jingjie (*Schizonepeta*) 10 g, lianqiao (*Forsythia*) 10 g, chuanxiong (*Ligusticum*) 10 g, bohe (*Mentha*) 10 g, danggui (*Angelica*) 10 g, baishaoyao (*Paeonia*) 10 g, baizhu (*Atractylodes*) 10 g, dahuang (*Rheum palmatum*) 10 g, huashi (talcum) 10 g, jiepeng (*Platycodon*) 10 g, mangxiao (sodium sulfate) 10 g, shigao (gypsum) 12 g, huangqin (*Scutellaria*) 12 g, zhizi (*Gardenia*) 12 g, mahuang (*Ephedra*) 6 g, and gancao (*Glycyrrhiza*) 6 g.

Other herbs are often added depending on the location of the lesions.

Face: add niubangzi (*Arctium*) 12 g.

Chest and back: add chaihu (*Bupleurum*) 12 g and yujin (*Curcuma*) 12 g.

Upper limbs: add sangzhi (*Morus alba*) 12 g.

Lower limbs: add niuxi (*Achyranthes*) 10 g and huangbai (*Phellodendron*) 10 g.

iii Yin Deficiency with Endogenous Heat

Main Symptoms. Persistently recurrent waves of disseminated folliculitis; thirst, dry lips; and hotness in the five centers. The tongue is red, and the pulse threadlike and rapid.

Therapeutic Principle. Nourish Yin, cool Heat and detoxify poisons.

Treatment. Modified Fangfeng Tong Sheng San as for the previous condition, but with further additions, as follows: shengdihuang (*Rehmannia*) 10 g, mudanpi (*Paeonia suffruticosa*) 10 g, xuanshen (*Scrophularia*) 10 g, tianmendong (*Asparagus chochinchinensis*) 12 g and maimendong (*Ophiopogon*) 12 g.

For spleen insufficiency with diarrhea, remove dahuang and mangxiao and add dangshen (*Codonopsis*) 15 g, huangqi (*Astragalus*) 15 g, and shanyao (*Dioscorea*) 10 g.

For additions on the basis of the location of lesions, they are the same as for the previous condition.

2 Topical Treatment

At the initial stage, when the lesion is red and indurated, apply a paste of any of the following fresh herbs: pugongying (*Taraxacum*), machixian (*Portulaca oleracea*) or wild juhua leaf (*Chrysanthemum*). Wash the herb clean, pound it into a paste and apply to the affected part.

At the stage of suppuration, apply a paste of equal quantities of all three of the above herbs. Alternately, wash with decoction of Jie Du Xiji (Detoxifying

Wash), which has the following composition: pugongying (*Taraxacum*) 30 g, kushen (*Sophora*) 12 g, huangbai (*Phellodendron*) 12 g, lianqiao (*Forsythia*) 12 g, mu-biezi (*Momordica cochinchinensis*) 12 g, jinyinhua (*Lonicera*) 9 g, baizhi (*Angelica dahurica*) 9 g, chishaoyao (*Paeonia lactiflora*) 9 g, mudanpi (*Paeonia suffruticosa*) 9 g and gancao (*Glycyrrhiza*) 9 g.

III Acupuncture Treatment

Select the acupoints Shenzhu (DU-12), Quchi (LI-11) and Weizhong (BL-40). Use the three-edged needles to obtain slight bleeding.

IV Case Study

The patient was a 38-year old man with recurrent folliculitis affecting the buttocks for about 10 months. Most recently, he had five lesions on the right buttock and posterior upper thigh. These were swollen and painful, making sitting and standing uncomfortable.

On examination, his temperature was normal. There were five boils on the right buttock and posterior upper thigh, all involving hair follicles. They were bright red and tender and had a hard base. His tongue coating was white and greasy, and his pulse taut.

Diagnosis. Folliculitis with boils.

Therapeutic Principle. Eliminate Heat and Dampness and detoxify poisons.

Treatment and Course. Treatment consisted of both topical poultice and herbal medicine. The prescribed formula had the following composition: huangbai (*Phellodendron*) 6 g, huangqin (*Scutellaria*) 6 g, jinyinhua (*Lonicera*) 12 g, lianqiao (*Forsythia*) 12 g, niuxi (*Achyranthes*) 9 g, chishaoyao (*Paeonia*) 5 g, fuling (*Poria*) 15 g, huashi (talcum) 12 g, and fried gancao (*Glycyrrhiza*) 3 g.

After five daily doses, the lesions improved. The same formula, with added chenpi (*Citrus tangerina*) 6 g, was continued. After six daily doses all lesions resolved.

A month later, he had a recurrence with several lesions on the left buttock. They were itchy, and scratching led to exudation. His tongue coating was white and greasy. Diagnosis: residual Heat and Dampness. Treatment: huoxiang (*Agastache*) 9 g, charred zhizi (*Gardenia*) 9 g, jinyinhua (*Lonicera*) 12 g, lianqiao (*Forsythia*) 12 g, bixie (*Dioscorea septemloba*) 6 g, chishaoyao (*Paeonia*) 5 g, chenpi (*Citrus tangerina*) 6 g, tufuling (*Smilax glabra*) 30 g, and Liu Yi San (Six-One Powder) 12 g. After several daily doses he was completely cured.

Chapter 51

Facial Boils

A facial boil is an acute suppurative lesion on any part of the face. The head is where all the Yang Meridians converge, so that the poisons of Fire readily accumulate there and illnesses can develop rapidly. If the condition is not treated promptly and properly or if the lesion is rashly squeezed, the poisons can spread and the lesion can spread to the adjacent areas, including the sinuses and beyond. Occasionally it may even lead to meningitis or septicemia.

I Etiology, Pathology and Clinical Manifestation

The principal cause of facial boils is the poisons of Fire or Heat. Such poisons may arise in several circumstances. Overindulgence in rich, fatty, spicy or alcoholic foods and drinks may induce Heat accumulation in the visceral organs. Strong evil Qi of Fire or Heat may generate much poison. Injury due to insect bites or excoriation may break the skin barrier and permit invasion and lodging by exogenous evils, and these evils in turn steam the superficies and induce local Qi stagnation and blood stasis.

In the beginning stage, a facial boil is a firm grain-sized papule with a deep root, resembling the head of a nail. It soon transforms into a pustule with local and painful inflammation. In the middle stage, usually 5 to 7 days after onset, the pustule increases in size and the accompanying pain intensifies. There may be systemic symptoms such as fever. The boil develops a head, which may rupture and drain pus. In the late stage, as the pus drains the swelling subsides, pain resolves and healing proceeds. The systemic symptoms also resolve. In general, the overall course lasts 10–14 days.

If a facial boil is not treated properly or if it is improperly squeezed, the poisons can readily spread and induce complications, such as spread to adjacent areas and the sinuses, sometimes even further to the meninges. If the poisons manage to enter the channels, they may metastasize and produce abscesses throughout the somatic body and the viscera. If the poisons reach a bone they may induce osteomyelitis.

II Herbal Treatment

Since the principal causative agents are Fire, Heat and their poisons, treatment emphasizes the purging of Fire and Heat and the detoxification of poisons. Herbs that induce diaphoresis are contraindicated, even if the patient has fever. Moxibustion is also contraindicated. The boil must not be cut or pricked prior to suppuration.

1 Internal Treatment

Main Symptoms. In the early stage, the lesion is a grain-sized pustule. Soon it enlarges and becomes inflamed with redness, swelling, heat and pain. As it worsens pain intensifies. There may then be such systemic symptoms as chills and fever, thirst with desire to drink, dark urine and constipation. The tongue is red, with dry yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Purge Heat and detoxify poisons.

Treatment. Wu Wei Xiao Du Yin (Five-Ingredient Detoxification Drink) combined with Huanglian Jie Du Tang (Coptis Detoxification Decoction). The combined composition is as follows: jinyinhua (*Lonicera*) 15 g, pugongying (*Taraxacum*) 30 g, wild juhua (*Chrysanthemum*) 15 g, zihuadiding (*Viola*) 15 g, tiankuizi (*Semiaquilegia adoxoides*) 10 g, huanglian (*Coptis*) 10 g, huangqin (*Scutellaria*) 10 g, huangbai (*Phellodendron*) 10 g, and zhizi (*Gardenia*) 10 g.

If fever is high, with much thirst, add zhuye (*Phyllostachys nigra*) 10 g, shigao (gypsum) 30 g and liangqiao (*Forsythia*) 15 g.

For constipation, add raw dahuang (*Rheum palmatum*) 10 g, decocted last.

If swelling and pain are severe, add banlangen (*Isatis*) 15 g, ruxiang (*Boswellia*) 9 g and moyao (*Commiphora*) 9 g.

If pus does not drain well following rupture, add chuanshanjia scales (*Manis pentadactyla*) 10 g and zaojiaoci (*Gleditsia sinensis*) 10 g.

2 Topical Treatment

In the beginning stage, apply wet compresses of Yu Lu San (Jade Dew Powder). Yu Lu San is prepared by grinding mufurong leaf (*Hibiscus mutabilis*) into powder.

In the middle stage, when the boil has formed a head, use tweezers to remove the pus core. If necessary, incise the boil to drain it.

In the later stage, following drainage of pus, cover with Huanglian Gao (Coptis Ointment) or Dahuang You (Rhubarb Lotion). Huanglian Gao is prepared as follows. Soak the following five herbs in 360 ml of sesame oil: huanglian (*Coptis*) 9 g, huangbai (*Phellodendron*) 9 g, jianghuang (*Curcuma*) 9 g, danggui (*Angelica*) 15 g and shengdihuang (*Rehmannia*) 30 g. Let stand for 24 h, then heat over a low fire to

brown the herbs. Filter. Add 120 g of medicinal wax to the supernatant and warm over a low fire to form an ointment. Dahuang You is prepared as follows. Boil 100 g of dahuang (*Rheum palmatum*) in 300 ml of water for 20 min. Save the decoction. Place the residual dahuang in another 300 ml of water and boil for 15 min. Combine the two decoctions and boil in another pot to reduce the volume to 100 ml. For application mix 30 ml of the dahuang decoction with 100 g of vaseline. (Note: both Huanglian Gao and Dahuang You may be sterilized using high temperature and pressure.)

III Acupuncture Treatment

Body Acupuncture. Select the acupoints Hegu (LI-4), Weizhong (BL-40), Shenzhu (DU-12) and Lingtai (DU-10). If Fire is strong, add the acupoints Dazhui (DU-14), Quze (PC-3) and Dushu (BL-16).

Ear Acupuncture. Select the acupoints Shenmen, Adrenal, Occiput and other ear acupoints related to the affected area.

Moxibustion is contraindicated.

IV Case Study

The patient was a 27-year old woman who presented with a facial boil for 6 days and fever for 3 days. The lesion began as a grain-sized papule over the right zygoma. It was mildly itchy but not tender. She squeezed it, and it gradually enlarged, becoming inflamed and tender, and extended to the right cheek. For the last 3 days she had fever as well. She also developed a bitter taste in the mouth and anorexia. An injection of penicillin was ineffective.

On examination, the patient had a temperature of 38.4°C (101.1°F). There was red swelling around a grain-sized pustule overlying the right zygoma and spreading into the right face and involving the right eyelids. The tongue was red, with thin yellow coating. The pulse was slippery and rapid. White blood cell count was 16,400, with 82% neutrophils and 18% lymphocytes.

Diagnosis. Facial boil with cellulitis.

Therapeutic Principle. Cool Heat and detoxify poisons, complemented with drainage of pus.

Treatment and Course. The prescribed formula had the following composition: zihuadiding (*Viola*) 9 g, wild juhua (*Chrysanthemum*) 6 g, chishaoyao (*Paeonia*) 9 g, zaojiaoci (*Gleditsia sinensis*) 9 g, toasted chuanshanjia scales (*Manis pentadactyla*) 4.5 g, sigualuo (*Luffa cylindrica*) 9 g, qiyeizhuhua (*Paris polyphylla*) 9 g, chenpi (*Citrus tangerina*) 6 g, and shenggancao (*Glycyrrhiza*) 3 g.

Second Visit. She returned in 2 days for follow-up. After two daily doses, the swelling and pain diminished. The boil had come to a head and had ruptured, draining pus. The base under the boil remained hard. The same therapeutic principle was continued, with a different herbs. The composition was as follows: zihuadiding (*Viola*) 9 g, wild juhuia (*Chrysanthemum*) 6 g, rendongteng (*Lonicera japonica*, twig) 9 g, lianqiao (*Forsythia*) 9 g, qiyezhizihua (*Paris polyphylla*) 9 g, charred zhizi (*Gardenia*) 9 g, sigualuo (*Luffa cylindrica*) 9 g, and shenggancao (*Glycyrrhiza*) 3 g.

Third Visit. She returned in 2 days for follow-up. Following drainage of the pus, the swelling and induration resolved completely. The same prescription was continued for two more daily doses, after which she was completely cured.

Chapter 52

Carbuncle

Carbuncle is an acute suppurative condition of the skin involving several adjacent hair follicles and their sebaceous glands. It is most commonly seen on the nape and the back.

I Etiology, Pathology and Clinical Manifestation

The carbuncle results when exogenous Wind-Heat or Dampness-Heat interacts with poisons in the visceral organs, and the mixed pathogenic evil and poisons accumulate in the superficialities. In consequence, there is disharmony of the Defensive and the Nutritive Levels and stagnation of Qi and stasis of blood, which in turn lead to blockage of the meridians and channels. This is the strength type of carbuncle.

In a patient with deficiency, resistance to illness is compromised and carbuncles may develop. This is the deficiency type. Patients with diabetes are especially prone to develop carbuncles.

A carbuncle usually begins as a red swelling with a grain-sized pustule. It is hot and painful. It gradually enlarges, develops multiple pustules and takes on the appearance of a small honeycomb. Pain becomes strong. Suppuration then extends to the entire lesion, making it fluctuant. In the ulcerative stage, portions of the surface become necrotic and rupture, draining much pus and leaving an open wound. The wound slowly heals as new tissue grows. Before the rupture and drainage of pus the patient may have such systemic symptoms as chills and fever, headache and anorexia.

In most cases, the clinical course takes about a month. If the patient is very weak or has diabetes, the carbuncle is likely to develop more rapidly, is more serious and has a longer course.

II Herbal Treatment

For proper treatment, it is important to determine whether the carbuncle is of the strength or deficiency type.

1 Internal Treatment

i Strength Type: Early Stage

Main Symptoms. The lesion is red, swollen, hot and tender, with one or several pustules. The patient may have chills and fever. The tongue coating is white or yellow, and the pulse is taut, slippery rapid.

Therapeutic Principle. Cool Heat, detoxify poisons, mobilize blood and eliminate stasis.

Treatment. Qing Re Jie Du Yin (Heat-Clearing Poison-Detoxifying Drink). It has the following composition: jinyinhua (*Lonicera*) 30 g, pugongying (*Taraxacum*) 30 g, danggui (*Angelica*) 15 g, chishaoyao (*Paeonia*) 15 g, danshen (*Salvia*) 15 g, wild juhua (*Chrysanthemum*) 15 g, loulou (*Rhaponticum uniflorum*) 15 g, and gancao (*Glycyrrhiza*) 6 g.

If the swelling is particularly firm and painful, take Xing Xiao Wan (Waking-Dissipating Pill) with water, twice daily, 1.5–3 g each time. Xing Xiao Wan has the following composition: de-fatted ruxiang (*Boswellia*) 30 g, de-fatted moyao (*Commiphora*) 30 g, shexiang (*Moschus*) 4.5 g, and xionghuang (realgar) 15 g. First grind ruxiang, moyao and xionghuang separately. Accurately weigh each. Mix them with shexiang and grind them together. Over-cook 30 g of unpolished rice until the grains become mash. Thoroughly mix in the ground powder of the herbs and form into granules. Dry in the sun; do not dry over heat.

If fever is high, with much thirst, add xuanshen (*Scrophularia*) 15 g, tianhuafen (*Trichosanthes*) 15 g and zhimu (*Anemarrhena*) 9 g.

If Heat poisons are especially strong, add banlangen (*Isatis*) 15 g, huanglian (*Coptis*) 9 g and qiyezhihua (*Paris polyphylla*) 9 g.

ii Strength Type: Ulcerative Stage

Main Symptoms. The carbuncle has the appearance of a honeycomb, with much swelling and some rupture and drainage of pus. There is much pain. Accompanying symptoms include thirst and fever. The tongue coating is yellow, and the pulse is slippery and rapid or surging and rapid.

Therapeutic Principle. Purge Heat, detoxify poisons and drain pus.

Treatment. Qing Re Pai Du Tang (Decoction for Purging Heat and Poisons). It has the following composition: jinyinhua (*Lonicera*) 30 g, pugongying (*Taraxacum*) 30 g, raw huangqi (*Astragalus*) 30 g, banlangen (*Isatis*) 30 g, lianqiao (*Forsythia*) 15 g, baijiangcao (*Patrinia scabiosaefolia*) 15 g, tianhuafen (*Trichosanthes*) 15 g, jiegegeng (*Platycodon*) 10 g, baizhi (*Angelica dahurica*) 10 g, chuanxiong (*Ligusticum*) 10 g, chuanshanjia scales (*Manis pentadactyla*) 10 g and zaojiaoci (*Gleditsia sinensis*) 10 g.

iii Yin Deficiency with Strong Poisons

This occurs mainly in the weak or elderly, or in a patient with diabetes.

Main Symptoms. The lesion is flat and is dark purple in color. Ulceration and drainage develops slowly, and when they come about the pus is watery or bloody. Other symptoms include a dry mouth with thirst, a red tongue and a threadlike and rapid pulse.

Therapeutic Principle. Nourish Yin, generate fluids, cool Heat and remove poisons.

Treatment. Zhuye Huangqi Tang (Lophatherum-Astragalus Decoction). It has the following composition: renshen (*Panax*) 10 g, processed banxia (*Pinellia*) 10 g, maimendong (*Ophiopogon*) 10 g, baishaoyao (*Paeonia*) 10 g, chuanxiong (*Ligusticum*) 10 g, danggui (*Angelica*) 10 g, huangqin (*Scutellaria*) 10 g, raw huangqi (*Astragalus*) 30 g, shengdihuang (*Rehmannia*) 30 g, raw shigao (gypsum) 15 g, gancao (*Glycyrrhiza*) 6 g, danzhuye (*Lophatherum gracile*) 6 g, dengxincao (*Juncus effusus*) 0.6 g, shengjiang (*Zingiber*) three slices, jinyinhua (*Lonicera*) 30 g and zaojiaoci (*Gleditsia sinensis*) 9 g.

iv Weak Constitution with Strong Poisons

Main Symptoms. The carbuncle is diffuse and slow festering, and it drains watery pus. The necrotic tissue formed after ulceration sloughs with difficulty. There are accompanying fever and weariness. The tongue coating is white and greasy or slightly yellow. The pulse is rapid but forceless.

Therapeutic Principle. Augment Qi, generate blood and remove poisons.

Treatment. Tuo Li Xiao Du San (interior-Supporting Poison-Detoxifying Powder). It has the following composition: dangshen (*Codonopsis*) 30 g, raw huangqi (*Astragalus*) 30 g, jinyinhua (*Lonicera*) 30 g, chuanxiong (*Ligusticum*) 9 g, danggui (*Angelica*) 9 g, baishaoyao (*Paeonia*) 15 g, baizhu (*Atractylodes*) 10 g, jiegeng (*Platycodon*) 10 g, baizhi (*Angelica dahurica*) 10 g, fuling (*Poria*) 10 g, zaojiaoci (*Gleditsia sinensis*) 10 g, and gancao (*Glycyrrhiza*) 6 g.

If the lesion is slow to suppurate, increase the amount of huangqi to 45 g and add chuanshanjia scales (*Manis pentadactyla*) 9 g.

If the drainage is very watery pus, increase the amount of dangshen to 45 g, baizhu to 15 g and fuling to 15 g.

If fever is high, increase the amount of jinyinhua to 45 g and add lianqiao (*Forsythia*) 15 g.

v Deficiency of Both Qi and Blood

Main Symptoms. Following rupture the watery pus is clear and thin. The putrescent matter clears slowly, and new granulation tissue grows very slowly so that the

wound heals with difficulty. There are such systemic symptoms as lassitude, weakness, lusterless complexion, a pale tongue and a depletive and feeble pulse.

Therapeutic Principle. Augment and restore Qi and blood.

Treatment. Shi Quan Da Bu Tang (Complete Major Restorative Decoction). It has the following composition: danggui (*Angelica*), chuanxiong (*Ligusticum*), baishaoyao (*Paeonia*), huangqi (*Astragalus*), rougui (*Cinnamomum*), renshen (*Panax*), shudihuang (*Rehmannia*), baizhu (*Atractylodes*), fuling (*Poria*), and gancao (*Glycyrrhiza*).

2 Topical Treatment

In the early stage, wash with warm Jie Du Xiji (Detoxifying Wash).

In the ulcerative stage, first wash the wound with Jie Du Xiji. Then cover with Dahuang You (Rhubarb Lotion) on gauze. Change the dressing as needed. If pus does not drain, it may be necessary to incise the carbuncle to facilitate drainage.

In the healing stage, Sheng Ji San (Tissue-Generating Powder) may be sprinkled on the wound. Sheng Ji San has the following composition: kufan (dried alum), binglang (*Areca*), huangdan (yellow lead oxide), xuejie (*Daemonorops draco*), qingfen (calomel), and mitouseng (lead oxide).

III Case Study

The patient was an 85-year old woman who had a carbuncle on the nape of her neck, accompanied by chills and fever. A week earlier, she first noticed a grain-sized papule. It gradually increased in size and became painful. The pain extended to the shoulders and upper back, and neck movement became difficult. She also began having chills and fever, and some dizziness and headache. She was treated with injections of penicillin for 3 days, without any benefit. The swelling and pain increased, disturbing her sleep.

Her temperature was 38.5°C (101.3°F). On the nape she had a 7 by 9 cm (2.75 by 3.5 in.) swollen mass topped by numerous pustules. The whole lesion had the appearance of a honeycomb. There was little drainage of pus. The surrounding tissues were indurated and hot to the touch. There was much tenderness, and she resisted palpation. Her tongue coating was thin and yellow, and her pulse threadlike and rapid. A white blood cell count was 18,000, with 84% neutrophils and 16% lymphocytes.

Diagnosis. Carbuncle on the nape of the neck.

Therapeutic Principle. Augment and harmonize Nutritive Qi, cool Heat and promote drainage of pus.

Treatment and Course. Modified Xian Fang Huo Ming Yin (Celestial Life-Saving Drink). The modified composition is as follows: huangqi (*Astragalus*) 9 g, danggui (*Angelica*) 9 g, chishaoyao (*Paeonia*) 9 g, fangfeng (*Saposhnikovia*) 6 g, chenpi (*Citrus tangerina*) 6 g, yuanzhi (*Polygala*) 9 g, baizhi (*Angelica dahurica*) 6 g, zaojiaoci (*Gleditsia sinensis*) 9 g, stir-baked chuanshanjia scales (*Manis pentadactyla*) 9 g, gancao (*Glycyrrhiza*) 4.5 g, and jinyinhua (*Lonicera*) 9 g. She was to take three daily doses.

Second Visit. She returned for follow-up in 3 days. The pain and swelling decreased progressively. There was rupture of the carbuncle with much drainage of pus. She still had dizziness with headache. Her tongue was pale, with a clean coating. Her pulse was threadlike and feeble. The same formula with added juhua (*Chrysanthemum*) 9 g was continued, for three daily doses.

Third Visit. She returned in 3 days. Pain and swelling had resolved. There was sloughing of necrotic tissue, and the base of the carbuncle now showed fresh granulation tissue. Her appetite improved. The tongue coating was thin, yellow and greasy. The pulse was taut and threadlike. The same formula with added gouteng (*Uncaria*) 9 g was continued for three daily doses.

Fourth Visit. She returned in 3 days. All necrotic tissue had sloughed and the swelling resolved. She still had a potential cavity between the granulation tissue and the overlying skin. The residual lesion was mildly tender. She still had a mild headache. The tongue and pulse were unchanged. The therapeutic principle was now changed to one of restoring Qi and blood and stimulating the growth of new tissue. The prescription had the following composition: huangqi (*Astragalus*) 12 g, chuanxiong (*Ligusticum*) 4.5 g, danggui (*Angelica*) 9 g, chishaoyao (*Paeonia*) 9 g, baizhi (*Angelica dahurica*) 9 g, juhua (*Chrysanthemum*) 9 g, shijueming (*Haliotis*) 12 g, gouteng (*Uncaria*) 9 g, jinyinhua (*Lonicera*) 9 g, yuanzhi (*Polygala*) 9 g, and gancao (*Glycyrrhiza*) 6 g. She was to take this prescription for three daily doses.

Fifth Visit. She returned in 3 days. The wound had shrunk and the potential cavity gone. The surrounding tissue was now pink. Her headache had resolved. A cooling and restorative formula was prescribed to consolidate the clinical gains. Its composition was as follows: huangqi (*Astragalus*) 12 g, danggui (*Angelica*) 9 g, chuanxiong (*Ligusticum*) 4.5 g, chishaoyao (*Paeonia*) 9 g, jinyinhua (*Lonicera*) 9 g, juhua (*Chrysanthemum*) 9 g, and gancao (*Glycyrrhiza*) 4.5 g. After three daily doses, the wound healed.

Chapter 53

Erysipelas

Erysipelas is an acute cutaneous and subcutaneous inflammatory disease. It is a serious condition. If not treated properly and adequately, it can have potentially serious consequences. (Today it is known to be caused by hemolytic Streptococci invading the subcutaneous tissues, especially reticular lymphatic vessels.)

I Etiology, Pathology and Clinical Manifestation

Erysipelas results when exogenous Fire attacks the body, generating Heat in the Blood Level and gelling in the superficialities. A common precipitating event is trauma that causes contusion or breaks the skin.

The condition tends to develop abruptly. Shaking chills, fever and headache usually precede or accompany the appearance of the skin lesion. The skin develops a well-demarcated patch of inflammation that is fire-red and slightly raised. Pressing of the affected skin reduces the redness, which returns promptly upon release. There may be vesicles or bullas, and burning pain often accompanies them. These vesicles or bullas generally do not suppurate. The regional lymphatic nodes may become swollen and tender.

When treated properly and adequately, the skin becomes dark red and will eventually slough, leaving normal skin underneath.

Erysipelas on the head is the most serious. If erysipelas on a lower limb recurs repeatedly it may eventually lead to elephantiasis.

II Herbal Treatment

1 *Internal Treatment*

i Erysipelas due to Wind-Heat-Fire

Erysipelas due to Wind-Heat-Fire most commonly affects the head, face and neck.

Main Symptoms. In addition to the skin lesion of erysipelas there are shaking chills and fever, constipation and thirst with desire to drink. In severe cases, the eyelids may be swollen and difficult to open. The regional lymph nodes are swollen and tender. The tongue is red, with thin yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Eliminate Heat, detoxify poisons, dispel Wind and reduce swelling.

Treatment. Pu Ji Xiao Du Yin (All-Purpose Detoxification Drink). It has the following composition: huangqin (*Scutellaria*) 15 g, xuanshen (*Scrophularia*) 15 g, banlangen (*Isatis*) 15 g, huanglian (*Coptis*) 10 g, lianqiao (*Forsythia*) 10 g, chenpi (*Citrus tangerina*) 10 g, mabo (*Calvatia lilacina*) 10 g, niubangzi (*Arctium*) 10 g, bohe (*Mentha*) 10 g, baijiangcan (*Bombyx*) 10 g, chaihu (*Bupleurum*) 10 g, jiegeng (*Platycodon*) 10 g, shengma (*Cimicifuga*) 6 g, and gancao (*Glycyrrhiza*) 6 g.

For constipation, add raw dahuang (*Rheum palmatum*) 10 g, decocted last.

For thirst and much drinking, add tianhuaafen (*Trichosanthes*) 10 g.

If there is sore throat as well, add shengdihuang (*Rehmannia*) 10 g and mudanpi (*Paeonia suffruticosa*) 10 g.

ii Erysipelas due to Gelled Fire in Liver Meridian

Erysipelas due to Fire gelling in the Liver Meridian most commonly affects the trunk of the body.

Main Symptoms. The lesion is typical of erysipelas and it tends to extend peripherally. The tongue is red, with thin yellow coating. The pulse is taut and rapid.

Therapeutic Principle. Cool the liver, purge Fire and eliminate Dampness.

Treatment. Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction), with increased amounts if necessary.

iii Erysipelas due to Dampness-Heat-Fire

This most commonly affects the lower limbs.

Main Symptoms. The typical erysipelas lesion tends to spread peripherally. The regional lymph nodes are swollen and tender. There may be anorexia and thirst. The tongue is red, with yellow and greasy coating. The pulse is slippery and rapid.

Therapeutic Principle. Eliminate Dampness, cool Heat and detoxify poisons.

Treatment. Wu Shen Tang (Five-Deity Decoction) combined with Beixie Shen Shi Tang (Dioscorea Dampness-Eliminating Decoction). The combined composition is as follows: jinyinhua (*Lonicera*) 15 g, chishaoyao (*Paeonia lactiflora*) 15 g, zihua-

diding (*Viola*) 15 g, niuxi (*Achyranthes*) 15 g, bixie (*Dioscorea septemloba*) 10 g, fuling (*Poria*) 10 g, cheqianzi (*Plantago*) 10 g, huangbai (*Phellodendron*) 10 g, mudanpi (*Paeonia suffruticosa*) 10 g, zexie (*Alisma*) 10 g, huashi (talcum) 10 g, tongcao (*Tetrapanax papyriferus*) 2 g, and yiyiren (*Coix*) 15 g. Note: cheqianzi is decocted wrapped in cloth.

If Heat poisons are especially strong, add huangqin (*Scutellaria*) 6 g and zhizi (*Gardenia*) 12 g.

For anorexia, add huoxiang (*Agastache*) 10 g and peilan (*Eupatorium*) 10 g.

iv Erysipelas due to Heat Poisons at Nutritive Level

Main Symptoms. The lesion of erysipelas is large, and is accompanied by high fever, agitation, nausea, vomiting, mental confusion and delirium. The tongue is crimson-red, and the pulse threadlike and rapid.

Therapeutic Principle. Cool the blood, detoxify poisons, clear Heat and open the orifices.

Treatment. Modified Qing Wen Bai Du Yin (Drink for Clearing Pestilential Disease and Detoxification). The modified composition is as follows: shuiniujiao (*Bubalus bubalis*) 10 g, shigao (gypsum) 20 g, shengdihuang (*Rehmannia*) 20 g, lianqiao (*Forsythia*) 15 g, huanglian (*Coptis*) 10 g, huangqin (*Scutellaria*) 10 g, zhizi (*Gardenia*) 10 g, zhimu (*Anemarrhena*) 10 g, chishaoyao (*Paeonia lactiflora*) 10 g, xuanshen (*Scrophularia*) 10 g, mudanpi (*Paeonia suffruticosa*) 10 g, zhuye (*Phyllostachys nigra*) 10 g, and gancao (*Glycyrrhiza*) 6 g. Note: shuiniujiao is added as a fine powder to the finished decoction.

For mental confusion and delirium, it is appropriate to add An Gong Niu Huang Wan (Gallstone Palace-Calming Pill) or Zi Xue Dan (Purple-Snow Pill), one pill twice daily.

2 Topical Treatment

At early stages, apply a paste of any of the following herbs to the lesion. Four herbs are suitable: xianrenzhang (*Opuntia dillenii*), bajiaoogen (*Musa basjoo*), machixian (*Portulaca oleracea*) and wild juhua (*Chrysanthemum*). Mash the herb into a paste.

For elephantiasis resulting from recurrent erysipelas, treat with dasuan (*Allium sativum*) as follows. Place a large handful of the garlic in half a pot of boiled water. Let the vapor fumigate the gauze-covered limb, then wash it when the soup has cooled sufficiently. Do this nightly for 20–30 min.

III Acupuncture Treatment

Body Acupuncture. For erysipelas due to Wind-Heat-Fire, select the acupoints Hegu (LI-4), Quchi (LI-11), Fengmen (BL-12) and Weizhong (BL-40).

For erysipelas due to gelled Fire in the Liver Meridian, select the acupoints Waiguan (SJ-5), Taichong (LR-3) and Weizhong (BL-40).

For erysipelas due to Dampness-Heat-Fire, select the acupoints Xuehai (SP-10), Sanyinjiao (SP-6), Neiting (ST-44), Yinlingquan (SP-9), Fenglong (ST-40) and Jiexi (ST-41).

For erysipelas due to Heat poisons in the Nutritive Level, select the acupoints Dazhui (DU-14), Shaochong (HT-9) and Quze (PC-3).

Ear Acupuncture. Select the acupoints Adrenal, Shenmen, Subcortex and Occiput.

IV Case Study

The patient was a 47-year old man with recurrent erysipelas on the left lower leg for 10 years. Each recurrence occurred following the common cold or excessive exertion or walking. Each time, his left lower leg abruptly developed inflammation with a burning pain. He also had chills and fever, the temperature reaching 40°C (104°F). Each time he received an injection of antibiotics, with good response. The intervals between recurrences were 6 months at first, but decreased recently to 1 month. At the time of consultation, the lesion had been present for 6 days. This time it was precipitated by excessive walking.

His temperature was 39°C. He had a large area of inflammation on the left lower leg. It was tender to the touch. The left inguinal lymph nodes also were swollen and tender. His tongue was red, with yellow coating, and his pulse was slippery and rapid.

Diagnosis. Erysipelas of the leg due to Dampness-Heat-Fire.

Therapeutic Principle. Eliminate Dampness and Heat, cool the blood and detoxify poisons.

Treatment and Course. The prescribed formula had the following composition: mudanpi (*Paeonia suffruticosa*) 4.5 g, chishaoyao (*Paeonia lactiflora*) 4.5 g, huangqin (*Scutellaria*) 4.5 g, rendongteng (*Lonicera japonica*) 9 g, fuling (*Poria*) 9 g, yiyiren (*Coix*) 9 g, zexie (*Alisma*) 9 g, beimu (*Fritillaria*) 9 g, Er Miao Wan (Dual Wonderful Pill) 9 g, and Liu Yi San (Six-One Powder) 9 g. Note: Er Miao Wan and Liu Yi San are decocted wrapped separately.

The composition of Er Miao Wan is as follows: cangzhu (*Atractylodes*) and huangbai (*Phellodendron*) in equal amounts.

The composition of Liu Yi San is as follows: six parts of huashi (talcum) and one part of gancao (*Glycyrrhiza*).

The patient returned in 4 days. After three daily doses of the prescribed herbs, the inflammation showed moderate improvement. The formula was continued for two more daily doses, with further improvement. Treatment was then changed to 9 g of Er Miao Wan by mouth daily for 15 days. The lesion cleared completely. At the 18-month follow-up there was no further recurrence.

Chapter 54

Shingles

Shingles is a skin condition with a papular and vesicular eruption that is distributed like a belt or band along one side of the body. It occurs most commonly on the trunk, but may be seen on virtually any part of the body. There is associated neuralgia, which sometimes is excruciating. Today, it is known to be caused by the varicella-zoster virus.

I Etiology, Pathology and Clinical Manifestation

When liver-Qi stagnates for a long time it may transform into endogenous Fire. Erratic movement of such Fire may induce gelling of Dampness-Heat in the Spleen Meridian. The gelled Dampness-Heat may overflow into the skin and lead to shingles. In some cases, stagnation of Liver-Fire is compounded by exposure to poisons of exogenous pathogenic evils. The two processes together induce accumulation of Dampness, Heat and Fire poisons in the superficialities and give rise to shingles.

Shingles occurs mainly in spring and autumn. Patients usually have mild fever, fatigue, anorexia and general malaise prior to eruption of the skin condition. The first cutaneous symptom is usually localized prickly pain with a burning and itchy sensation where the lesions subsequently appear. The skin condition begins with local redness, soon followed by red papules. The lesions are typically arrayed in a band or belt, along the distribution of a nerve. Over the next 2 weeks or so, the papules progress through vesicular, pustular and crusting stages. Occasionally, one or more of the individual lesions may form blood blisters or even gangrene. In general, each lesion has a red halo, and between lesions the skin is often normal. Following healing, the crusts fall off leaving reddish macules or hyperpigmentation. There is usually no recurrence.

Shingles is usually accompanied by obvious pain in the affected areas. Pain is especially intense in the elderly patient. After resolution of the skin lesions there may be persistent neuralgia lasting for weeks to months.

II Herbal Treatment

I Internal Treatment

i Shingles due to Strong Heat

Main Symptoms. Groups of papules accompanied by pain and burning sensation; restlessness, thirst, and bitter taste in the mouth. The tongue is red, with yellow coating. The pulse is taut and rapid.

Therapeutic Principle. Remove Heat and cool the blood.

Treatment. Liang Xue Qing Gan Tang (Blood-Cooling Liver-Clearing Decoction). It has the following composition: shengdihuang (*Rehmannia*) 15 g, chishaoyao (*Paeonia lactiflora*) 15 g, mudanpi (*Paeonia suffruticosa*) 12 g, chaihu (*Bupleurum*) 9 g, chuanxiong (*Ligusticum*) 9 g, huangqin (*Scutellaria*) 9 g, zhizi (*Gardenia*) 9 g, longdancao (*Gentiana*) 9 g, zicao (*Lithospermum erythrorhizon*) 9 g, qingpi (*Citrus tangerina*) 9 g, jinyinhua (*Lonicera*) 15 g, lianqiao (*Forsythia*) 15 g, and gancao (*Glycyrrhiza*) 6 g.

If pain is intense, add yanhusuo (*Corydalis*) 10 g and yujin (*Curcuma*) 10 g.

ii Shingles due to Dampness-Heat

Main Symptoms. Erythema, clusters of vesicles with pain and burning sensation; some vesicles may rupture and drain. There may be agitation and a dry mouth. The tongue is red, with yellow greasy coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat and eliminate Dampness.

Treatment. Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction).

If pain is intense, add yanhusuo (*Corydalis*) 10 g and yujin (*Curcuma*) 10 g.

For pustules, add pugongying (*Taraxacum*) 30 g and zihuadiding (*Viola*) 30 g.

iii Shingles due to Blood Stasis

Main Symptoms. Lesions are crusted, with residual reddish brown hyperpigmentation and neuralgia. Pain may be intense. There may be systemic symptoms such as fever and agitation.

Therapeutic Principle. Release the liver (of Qi stagnation), mobilize blood, unblock channels and relieve pain.

Treatment. Modified Chaihu Shu Gan Tang (Bupleurum Liver-Releasing Decoction). The modified composition is as follows: chaihu (*Bupleurum*) 9 g, xiangfu

(*Cyperus*) 9 g, chuanxiong (*Ligusticum*) 9 g, zhiqiao (*Poncirus trifoliata*) 9 g, chenpi (*Citrus tangerina*) 9 g, baishaoyao (*Paeonia*) 15 g, and gancao (*Glycyrrhiza*) 6 g.

For high fever, add daqingye (*Isatis tinctoria*) 15 g and banlangen (*Isatis indigotica*) 15 g, or huangqin (*Scutellaria*) 12 g and longdancao (*Gentiana*) 15 g.

For burning pain on the trunk, add huangbai (*Phellodendron*) 12 g and niuxi (*Achyranthes*) 12 g.

For agitation, add zhenzhumu (*Pteria margaritifera*) 15 g, longgu (fossil bone) 15 g, muli (*Ostrea*) 15 g, suanzaoren (*Ziziphus*) 15 and fuling (*Poria*) 15 g. (Note: zhenzhumu, longgu and muli need to be decocted first.)

For intense pain, add yujin (*Curcuma*) 9 g, qingpi (*Citrus tangerina*) 9 g and yanhusuo (*Corydalis*) 9 g.

2 Topical Treatment

Prior to the rupture of vesicles, use Jie Du Xiji (Detoxifying Wash).

If the vesicles have ruptured, with exudation, use the paste prepared as follows. Take equal amounts of dahuang (*Rheum palmatum*), huangqin (*Scutellaria*), huangbai (*Phellodendron*) and kushen (*Sophora*), and grind them into fine powder. Make a paste with boiled water. After cooling, apply the paste to the skin lesions.

III Acupuncture Treatment

Body Acupuncture. For shingles due to strong Heat, select the acupoints Waiguan (SJ-5), Ququan (LR-8), Taichong (LR-3), Xiashi (GB-43) and Xuehai (SP-10).

For shingles due to Dampness-Heat, select the acupoints Yinlingquan (SP-9), Sanyinjiao (SP-6), Neiting (ST-44) and Xuehai (SP-10).

For shingles due to blood stasis, select the acupoints on the basis of the location of the lesions. Chest: Zhigou (SJ-6), Yanglingquan (GB-34) and Taichong (LR-3). Trunk: Yanglingquan (GB-34), Zusanli (ST-36), Sanyinjiao (SP-6) and Weizhong (BL-40). Face: Fengchi (GB-20), Taiyang (EX-HN-5), Cuanzhu (BL-2), Sibai (ST-2), Xiaguan (ST-7), Jiache (ST-6), Hegu (LI-4) and Waiguan (SJ-5).

Ear Acupuncture. Select the acupoints Liver, Lung, Shenmen and those corresponding to the affected areas.

IV Case Study

The patient was a 30-year old married woman with severely painful vesicles on her left chest and back for 5 days. The condition began with prickly pain on the left back, which she ignored. Soon, small vesicles appeared on the site of the pain

and gradually extended around to the chest. The pain was sufficiently intense to affect her sleep. In addition, she had thirst with craving for water, constipation and reddish-yellow urine. There was no prior history of this.

Along the course of the left seventh and eighth ribs the skin was red and had clusters of vesicles that ranged from grains to beans in size. They were arrayed like a band. There was no fusion or rupture of the vesicles. Most were filled with clear fluid, but some contained blood. Her tongue was red, with thick yellow and greasy coating. Her pulse was taut and slippery. A white blood cell count was 8,700, with 72% neutrophils, 27% lymphocytes and 1% eosinophils. Routine urinalysis was normal. Liver functions were normal.

Diagnosis. Shingles due to Dampness-Heat, compounded by exogenous poisons.

Therapeutic Principle. Cool Heat, eliminate Dampness and detoxify poisons.

Treatment and Course. The prescribed formula was modified Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction). The modified composition was as follows: longdancao (*Gentiana*) 10 g, huangqin (*Scutellaria*) 10 g, zhizi (*Gardenia*) 10 g, mutong (*Akebia quinata*) 10 g, shengdihuang (*Rehmannia*) 10 g, daqingye (*Isatis tinctoria*) 30 g, zicao (*Lithospermum erythrorhizon*) 15 g, yiyiren (*Coix*) 30 g, cheqianzi (*Plantago*) 15 g, yanhusuo (*Corydalis*) 10 g, chishaoyao (*Paeonia*) 15 g, and dahuang (*Rheum palmatum*) 6 g. Note: cheqianzi was decocted wrapped in cloth. She was to take one daily dose for 5 days.

For topical treatment, she was to apply Xionghuang Jie Du San (Realgar Detoxifying Powder). This was prepared as follows. Grind xionghuang (realgar) 5 g, hanshuishi (calcite) 5 g and baifan (alum) 20 g into fine powder and add the powder to 100 ml of Baibu Jiu (Stemona Spirit). Baibu Jiu contained 120 g of baibu (*Stemona*) in 120 ml of 75% alcohol.

Second Visit. She returned in 5 days. The pain was less intense, and some of the vesicles showed drying. But she still had a dry mouth and dark urine. Defecation was now normal. Her tongue was red, with white and greasy coating. Her pulse was taut and slippery. The same formula without dahuang but with added huanglian (*Coptis*) 10 g was continued for five daily doses.

Third Visit. She returned in 5 days. Virtually all the lesions had formed scabs, and some had sloughed. She had essentially no pain. Her mouth was no longer dry. Her tongue was slightly red, with thin white coating. Her pulse was deep and even. To consolidate the clinical gains, treatment was changed to strengthening the spleen, further eliminating Dampness, further mobilizing blood, further detoxifying poisons and clearing residual Heat. The prescribed formula now had the following composition: baizhu (*Atractylodes*) 10 g, fuling (*Poria*) 10 g, yiyiren (*Coix*) 30 g, cheqianzi (*Plantago*) 15 g, zexie (*Alisma*) 10 g, gualou (*Trichosanthes*) 15 g, danggui (*Angelica*) 10 g, chishaoyao (*Paeonia lactiflora*) 15 g, danshen (*Salvia*) 15 g, banlangen (*Isatis*) 15 g, machixian (*Portulaca oleracea*) 15 g and mudanpi (*Paeonia suffruticosa*) 10 g. After seven daily doses she was completely cured.

Chapter 55

Urinary Stones

Stones in the urinary tract are common occurrences and are characterized by painful and difficult urination. They may form anywhere along the urinary tract, from the kidney to the urethra.

I Etiology, Pathology and Clinical Manifestation

Urinary stones mostly result from Dampness and Heat accumulating and gelling in the lower-jiao, where they transform urine into stone. In some patients, Qi stagnation with blood stasis precipitates stone formation. Kidney insufficiency impairing water regulation can also induce stone formation.

Painful and difficult urination is the characteristic symptom. Other symptoms reflect the location of the stone. If the stone is in the **kidney**, the pain is dull and is located in the waist. When the stone moves, however, the pain becomes severe and colicky and radiates to the external genitalia. A variable amount of bleeding may accompany the pain. If renal stone is complicated by infection, there may be fever, urinary frequency and urgency, and dysuria; and the urine may contain pus cells. Percussion over the kidney area may elicit pain or tenderness. Occasionally, it is possible to palpate an enlarged kidney. If the stone is in the **ureter**, lumbar pain is excruciating and colicky and the urine often contains blood. If the stone is in the upper third of the ureter, pain is located in the costo-vertebral angle and radiates to the lateral abdomen toward the iliac crest. As the stone shifts downward along the ureter, the pain also shifts downward in location, radiating to the thigh, the testicle or the vulva. The kidney may be enlarged on palpation. If the stone is in the **bladder**, there is dysuria, especially at the end of urine flow. Pain is mainly in the lower abdomen and may radiate to the external genitalia, especially the penile glans. The patient may have urinary urgency and frequency, and urination is often difficult. Urine flow may be unexpectedly interrupted. There may be blood in the urine at the end of flow. On rectal examination, sometimes the stone may be palpable. If the stone is in the **urethra**, in addition to dysuria the urine flows in a tiny stream or comes out dribbling. There may be complete blockage of urine flow. The stone is often palpable.

The urine is often positive on tests for blood, and microscopic examination of the urinary sediment will often show many red blood cells and sometimes white blood cells. If impairment of kidney function is suspected, blood urea nitrogen and serum creatinine tests should be performed. In the majority of cases, radiographic study of the urinary tract will reveal the presence of the stone. Excretory urography or retrograde urography can help determine the precise location of the stone. Other specialized studies, including cystoscopy, B-ultrasonic examination and isotope renogram, may be helpful for clinical diagnosis.

II Herbal Treatment

The treatments described in this section are most effective when the stone is relatively small – less than 1 cm in diameter for stones in the kidney or ureter, and less than 2 cm in diameter for stones in the bladder – and has not caused obstruction or impairment of kidney function.

1 Internal Treatment

i Stones due to Qi Stagnation

Main Symptoms. There is lumbar or lower abdominal pain that is distending and dull. In severe cases, the pain becomes colicky and paroxysmal and is accompanied by nausea, vomiting and hematuria. The tongue coating is white and greasy, and the pulse is taut and tight.

Therapeutic Principle. Promote Qi circulation, induce diuresis, unblock urine flow and eliminate stone.

Treatment. Modified Shiwei San (Pyrrosia Powder). The modified composition is as follows: jinqiancao (*Glechoma*) 30 g, shiwei (*Pyrrosia petiolosa*) 15 g, qumai (*Dianthus superbus*) 15 g, dongkuizi (*Malva verticillata*) 15 g, cheqianzi (*Plantago*) 15 g, huashi (talcum) 15 g, zexie (*Alisma*) 15 g, zhiqiao (*Poncirus trifoliata*) 15 g, wangbuliuxing (*Vaccaria segetalis*) 15 g, laifuzi (*Raphanus*) 15 g, haijinsha (*Lygodium*) 15 g, and jineijin (*Gallus gallus domesticus*) 15 g. Note: wrap cheqianzi in cloth to decoct.

ii Stones due to Dampness-Heat

Main Symptoms. There is persistent pain in the waist or lower abdomen, accompanied by fever, dysuria, urinary frequency and urgency. The urine is cloudy or contains blood and pus. The tongue coating is yellow and greasy. The pulse is slippery and rapid or taut and rapid.

Therapeutic Principle. Cool Heat, remove Dampness, relieve dysuria and eliminate stones.

Treatment. Modified Ba Zheng San (Eight-Herb Rectification Powder). The modified composition is as follows: jinqiancao (*Glechoma*) 60 g, bianxu (*Polygonum aviculare*) 15 g, qumai (*Dianthus superbus*) 15 g, huashi (talcum) 15 g, huangbai (*Phellodendron*) 15 g, zhizi (*Gardenia*) 15 g, cheqianzi (*Plantago*) 20 g, dahuang (*Rheum palmatum*) 12 g, haijinsha (*Lygodium*) 10 g, jinei jin (*Gallus gallus domesticus*) 30 g, and gancao (*Glycyrrhiza*) 6 g. Note: wrap cheqianzi in cloth to decoct.

iii Stones due to Kidney Insufficiency

Main Symptoms. The waist and limbs are weak and without strength. There is abdominal distention. There is urinary frequency but urine flow is impeded and forceless. The tongue is pale, with thin white coating. The pulse is deep and thread-like. The course of this condition is relatively long.

Therapeutic Principle. Augment Qi, strengthen the kidney, facilitate urination and eliminate stones.

Treatment. Modified You Gui Yin (Kidney-Yang-Augmenting Drink). The modified composition is as follows: shudihuang (*Rehmannia*) 15 g, gouji (*Cibotium barometz*) 15 g, niuxi (*Achyranthes*) 15 g, baizhu (*Atractylodes*) 15 g, duzhong (*Eurocommia*) 10 g, rougui (*Cinnamomum*) 6 g, dangshen (*Codonopsis*) 25 g, jinqiancao (*Glechoma*) 30 g, haijinsha (*Lygodium*) 10 g, and jinei jin (*Gallus gallus domesticus*) 30 g.

If urine flow is slow and weak, replace dangshen with renshen (*Panax*) 6 g and add baimaogen (*Imperata*) 30 g and huangqi (*Astragalus*) 15 g.

If there is blood in the urine, add daji (*Cirsium*) 20 g, xiaoji (*Cephalanoplos*) 20 g and diyu (*Sanguisorba*) 12 g.

2 Integrative Treatment Approach

Physicians at the Daoyi Medical School recently devised the integrative treatment protocol for removing the urinary stones that combines measures from traditional CM and Western Medicine. This method is suitable for stones less than 1 cm in diameter, no severe urinary tract infection, no significant stricture or obstruction of the urinary tract, no significant distention of the renal pelvis, and normal kidney function. The patient should be treated as an inpatient.

If the patient is quite weak, it is advisable to improve his or her general condition prior to applying this treatment.

Clinical Observation. During the total treatment, observe the patient carefully. Downward shifting of the location of pain indicates that the stone is moving downward. Development of mild bladder irritation indicates that the stone is at the juncture of the ureter and bladder. Marked bladder irritation, impeded urine flow with interruption and dysuria indicate that the stone has shifted into the bladder or urethra. If continual colicky pain persists, then the treatment has been ineffective.

Notes. Following such total treatment, the patient may be fatigued, dizzy and anorectic. It is appropriate to treat with herbs that augment Qi, strengthen the spleen and nourish blood. Usually the patient will recover in 3–5 days.

If the stone has not moved in response to total treatment and the patient is strong, herbs may be used to break stagnation and disperse accumulation, such as the following: chuanshanjia (*Manis pentadactyla*), sanleng (*Sparganium*), ezhu (*Curcuma*), danshen (*Salvia*), zaojiaoci (*Gleditsia sinensis*), ruxiang (*Boswellia*) and moyao (*Commiphora*). Treat with these herbs prior to applying the total treatment again. If the diuretic dihydrochlorothiazide has been used repeatedly, it is important to supplement with potassium chloride to prevent potassium depletion.

Course of Treatment. The treatment is applied twice a week. Each course consists of – six to seven such treatments. If necessary, a second course may be applied after an interval of 1–2 weeks.

III Acupuncture Treatment

Body Acupuncture. For urinary stones due to Qi stagnation, select the acupoints Panguangshu (BL-28), Zhongji (RN-3), Zhibian (BL-54), Shuidao (ST-28), Weiyang (BL-39), Rangu (KI-2) and Xuehai (SP-10).

For urinary stones due to Dampness-Heat, select the acupoints Panguangshu (BL-28), Zhongji (RN-3), Xuehai (SP-10), Sanyinjiao (SP-6) and Laogong (PC-8).

For urinary stones due to kidney insufficiency, select the acupoints Panguangshu (BL-28), Zhongji (RN-3), Zhibian (BL-54), Shuidao (ST-28), Shenshu (BL-23), Taixi (KI-3) and Zusanli (ST-36).

Electro-Acupuncture. See [Table 55.1](#) for total treatment.

Ear Acupuncture. Select the acupoints Kidney, Ureter, Bladder and Urethra.

IV Case Study

The patient was a 23-year old unmarried woman. She presented with paroxysmal pain in the right lower abdomen that occurred intermittently over the past 2 years. For the past 2 weeks the pain intensified and was colicky. She also had lumbago, much sweating and dizziness. Urination was painful and difficult. Her feces became

Table 55.1 Total treatment approach

Time	Measures
6:00 a.m.	Drink 500 ml of tea or water
6:30 a.m.	Take 50–75 mg of dihydrochlorothiazide
7:30 a.m.	Drink 500 ml of water
8:00 a.m.	Drink 500 ml of water
8:30 a.m.	One dose of Shiwei San with 200 ml water
9:30 a.m.	0.5 mg of atropine, with or without 10 mg of furosemide
9:40 a.m.	Electro-acupuncture treatment:
10:00 a.m.	Kidney or upper ureter stone: connect cathode to Shenshu (BL-23) and anode to Panguangshu (BL-28).
	Lower ureter stone: connect cathode to Shenshu (BL-23) and anode to Shuidao (ST-28).
	Bladder or urethral stone: connect cathode to Guanyuan (RN-4) and anode to Sanyinjiao (SP-6).
	Apply weak stimulation at first, then strong stimulation. The needling lasts 20 min.
	Physical exercise or jumping about.

dry. The intensity of the pain prompted her to come to the emergency room. Otherwise she had been healthy.

Examination showed marked tenderness on pressure in the right lower abdomen. The tongue was pink, with thin yellow coating. The pulse was taut and rapid. Routine urinalysis showed ++ red blood cells and 0–1 white blood cell/hpf. Plain X-ray film of the abdomen showed a bean-sized stone in the area of the lower end of the right ureter.

Diagnosis. Urinary stone due to Dampness-Heat, located in the ureter.

Therapeutic Principle. Cool Heat, remove Dampness, eliminate stone and relieve dysuria.

Treatment and Course. Augmented San Jin Pai Shi Tang (Three-Jin Stone-Removing Decoction). The augmented composition is as follows: jinqiancao (*Glechoma*) 30 g, haijinsha (*Lygodium*) 15 g, yujin (*Curcuma*) 15 g, niuxi (*Achyranthes*) 15 g, danshen (*Salvia*) 30 g, chishaoyao (*Paeonia*) 15 g, jineijin (*Gallus gallus domesticus*) 9 g, mutong (*Akebia quinata*) 9 g, bianxu (*Polygonum aviculare*) 15 g, cheqianzi (*Plantago*) 12 g, huashi (talcum) 15 g, dahuang (*Rheum palmatum*) 6 g, and gancao (*Glycyrrhiza*) 6 g. Note: cheqianzi is decocted wrapped in cloth. When the decoction is ready, add 1.5 g of hupo powder (amber) just prior to administration. She was to take one daily dose for 4 days.

Second Visit. She returned in 3 days. She continued to have paroxysmal pain in the right lower abdomen, and it now radiated to the symphysis pubis. She had dark oliguria. Her tongue was pale red, with thin white coating. Her pulse was taut and rapid. The same formula, augmented with zexie (*Alisma*) 15 g, was continued for one daily dose for 4 days.

Third Visit. She returned in 4 days. She no longer had abdominal pain, and her appetite, bowel and urine functions had returned to normal. Her tongue and pulse were as before. The same prescription was continued for three more daily doses.

Fourth Visit. She returned in 7 days. That morning she began having repeated attacks of right flank pain which extended along the course of the right ureter. Urination became difficult and feces dry. Her tongue was pale red, with thin white coating, and her pulse was deep, taut and forceful. The previous formula was modified as follows: added shiwei (*Pyrrosia petiolosa*) 20 g, zexie (*Alisma*) 30 g and ezhu (*Curcuma*) 15 g, and the amount of dahuang changed to 9 g. She was to take this formula for four daily doses.

Fifth Visit. She returned in 4 days. She still had distending pain in the right lower abdomen. Her tongue was pale red, with thin white coating. Her pulse was taut. The same formula was continued for six daily doses.

Sixth Visit. She returned in 5 days. She no longer had pain. The day before the visit, she excreted a bean-sized stone in her urine and her urination and urine returned to normal. A plain X-ray film of the abdomen showed that the stone had disappeared. To consolidate the clinical gains, the same formula was continued for six more doses.

Chapter 56

Hemorrhoid

A hemorrhoid is a soft mass formed by dilatation of part of the venous plexus of the rectum. Depending on its location relative to the line separating mucous membrane and skin, hemorrhoids are classified as internal, external or combined. An internal hemorrhoid involves a vein beneath the mucous membrane; an external hemorrhoid involves a vein beneath the skin; and a combined hemorrhoid involves veins beneath both. Colloquially, hemorrhoids are also known as piles.

I Etiology, Pathology and Clinical Manifestation

Hemorrhoids may form in a number of circumstances. Improper diet may injure the spleen, and spleen insufficiency in turn may give rise to endogenous Dryness and Heat. Endogenous Dryness and Heat then press downward against the large intestine and may lead to the formation of hemorrhoids. Excessively prolonged sitting or bearing of heavy loads may cause impedance to blood circulation, which in turn may lead to blood stasis in the rectal veins. If Heat attacks blood, the struggle between blood and evil Qi may cause erratic movement of Qi and blood. Occasionally, this may induce Qi stagnation and blood stasis and lead to the formation of hemorrhoids. Habitual constipation often promotes the development of hemorrhoids. Sometimes, diarrhea can also result in hemorrhoids.

External hemorrhoids form below the junction between the mucous membrane and skin. They are usually visible on inspection, and on palpation they feel like soft masses. They are most obvious immediately following defecation or squatting. Associated symptoms depend upon whether there is thrombosis (clot) in the dilated vein and whether there is inflammation. In the absence of thrombosis or inflammation, there may be no symptoms, a sensation of having an object in the anus, or mild itch. If there is thrombosis, there may be abrupt pain that is sometimes intense. The swelling has the appearance of a dark purple mass. An inflamed external hemorrhoid may be quite painful and tender.

Internal hemorrhoids form above the junction of the mucous membrane and skin. A small internal hemorrhoid may be asymptomatic or manifest only hematochezia (bloody feces). Upon inspection with an anoscope it may appear as a crimson red

flat mass. A large internal hemorrhoid may prolapse, especially with defecation, and bleed. The prolapsed hemorrhoid may retract spontaneously, with bed rest if necessary, or may require manual manipulation to re-position. If the prolapsed internal hemorrhoid does not retract or is not manually re-positioned reasonably promptly, it may swell further from edema or inflow of blood. The blood may clot, or the hemorrhoid may necrose; in either case, prompt surgery may become necessary.

Combined hemorrhoids may manifest symptoms of both external and internal hemorrhoids.

II Herbal Treatment

1 Internal Treatment

Internal treatment with herbal medicine is mostly suitable for hemorrhoids that have not prolapsed or though prolapsed can be re-positioned. Hemorrhoids with thrombosis or at risk of necrosis should be treated by other methods.

i Downward Flow of Dampness and Heat

This causes mostly external hemorrhoids.

Main Symptoms. In some, the hemorrhoid is swollen, hanging and fresh red in color. There is some bleeding and hematochezia. In others, there is local moistness and itch. The tongue is red, with yellow greasy coating. The pulse is slippery and rapid.

Therapeutic Principle. Regulate blood, moisten Dryness, dispel Wind and stop pain.

Treatment. Qinjiao Cangzhu Tang (Gentiana-Atractylodes Decoction). It has the following composition: qinjiao (*Gentiana*) 12 g, taoren (*Prunus persica*) 6 g, zaojiao seed (*Gleditsia sinensis*) 3 g, cangzhu (*Atractylodes*) 9 g, fangfeng (*Saposhnikovia*) 9 g, danggui (*Angelica*) 9 g, zexie (*Alisma*) 9 g, huangbai (*Phellodendron*) 1.5 g, binglang (*Areca*) 0.5 g, and dahuang (*Rheum palmatum*) 1 g. Note: zaojiao seed is burned, ground into powder and the powder added to the decoction.

ii Yin Deficiency with Blood-Heat

This causes mostly internal hemorrhoids or external hemorrhoids with thrombosis.

Main Symptoms. There is much bleeding from the hemorrhoid. In addition, there are such symptoms as thirst with desire to drink, constipation, and decreased and dark urine. The tongue is red, with thin coating. The pulse is rapid.

Therapeutic Principle. Nourish Yin, cool blood and eliminate Dampness.

Treatment. Liang Xue Dihuang Tang (Blood-Cooling Rehmannia Decoction). It has the following composition: huangbai (*Phellodendron*) 6 g, zhimu (*Anemarrhena*) 6 g, qingpi (*Citrus tangerina*) 3 g, huaizi (*Sophora japonica*) 3 g, shudihuang (*Rehmannia*) 16 g, and danggui (*Angelica*) 16 g.

iii Spleen Insufficiency with Prolapse

This causes mostly internal hemorrhoids. Prolapse refers to prolapse of the hemorrhoid.

Main Symptoms. The prolapsed hemorrhoid requires manual re-positioning. The complexion is sallow. There are palpitations of the heart, shortness of breath, fatigue and weakness. The tongue is pale, with thin white coating. The pulse is threadlike and feeble.

Therapeutic Principle. Augment and raise Qi; or, nourish both Qi and blood; or, augment Qi and nourish blood.

Treatment. Modified Bu Zhong Yi Qi Tang (Middle-Restoring and Qi-Augmenting Decoction). The modified composition is as follows: huangqi (*Astragalus*) 20 g, baizhu (*Atractylodes*) 10 g, danggui (*Angelica*) 10 g, chenpi (*Citrus tangerina*) 6 g, shengma (*Cimicifuga*) 6 g, chaihu (*Bupleurum*) 6 g, gancao (*Glycyrrhiza*) 6 g, dangshen (*Codonopsis*) 15 g, and baishaoyao (*Paeonia*) 10 g.

2 Topical Treatment

i Wash

Two herbal formulas are commonly used, Fufang Jingjie Xiyao (Augmented Schizonepeta Wash) and Que Du Tang (Poison-Eliminating Decoction). As soon as the decoction is done use it to steam the hemorrhoid. When it is sufficiently cool, use it to wash or apply it as a wet compress. Apply – two to three times a day for half an hour each time.

The composition of Fufang Jingjie Xiyao is as follows: jingjie (*Schizonepeta*) 10–15 g, fangfeng (*Saposhnikovia*) 10–15 g, tougucao (*Speranskia tuberculata*) 15 g, sumu (*Caesalpinia sappan*) 15–30 g, cheqiancao (*Plantago asiatica*) 15–30 g, raw chuanwu (*Aconitum carmichaeli*) 9 g, jinyinhua (*Lonicera*) 12 g, and kushen (*Sophora*) 12 g. For severe cases, add huajiao (*Zanthoxylum bungeanum*) 9 g.

The composition of Que Du Tang is as follows: xiaoshi (niter) 30 g, wasong (*Orostachys fimbriatus*) 15 g, machixian (*Portulaca oleracea*) 15 g, fried gancao (*Glycyrrhiza*) 15 g, wubeizi (*Melaphis chinensis*) 9 g, huajiao (*Zanthoxylum bungeanum*) 9 g, cebaiye (*Biota orientalis*) 9 g, zhiqiao (*Poncirus trifoliata*) 9 g, congbai (*Allium fistulosum*) 9 g, and cangzhu (*Atractylodes*) 9 g.

ii Ointment

Use Jiu Hua Gao (Nine-Magnificent Ointment). Apply it directly to the hemorrhoid, both external and internal, or apply it on gauze or cotton ball as packing. The composition is as follows: huashi powder (talcum) 600 g, longgu (fossil bones) 120 g, pengsha (borax) 90 g, beimu (*Fritillaria*) 18 g, zhusha (cinnabar) 18 g, and bingpian (*Dryobalanops*) 18 g. Prepare Jiu Hua Gao by grinding the ingredients together into fine powder and mixing it evenly in vaseline to form a 30% ointment.

3 Other Treatment

i Sclerosis-Induction Therapy

In this approach special solutions are injected into the internal hemorrhoid to induce sclerosis and withering. This is a very specialized technique and should be performed only by experienced physicians.

ii Ligation Therapy

In this approach the blood supply to the internal hemorrhoid is ligated at the base, so that the hemorrhoid would atrophy, become necrotic and slough without risk of causing bleeding. Again, only experienced physicians should perform this technique.

iii Surgical Hemorrhoidectomy

Surgical excision of hemorrhoids should be performed only by experienced surgeons.

III Acupuncture Treatment

Acupuncture treatment is suitable for treating acute hemorrhoids with pain and swelling.

Body Acupuncture. For downward flow of Dampness and Heat, select the acupoints Huiyang (BL-35), Chengshan (BL-57), Changqiang (DU-1), Yinlingquan (SP-9) and Sanyinjiao (SP-6).

For Yin deficiency with blood-Heat, select the acupoints Huiyang (BL-35), Chengshan (BL-57), Erbai (EX-UE-2), Quchi (LI-11), Xuehai (SP-10), Geshu (BL-17) and Sanyinjiao (SP-6).

For spleen insufficiency with prolapse, select the acupoints Baihui (DU-20), Shenque (RN-8), Pishu (BL-20), Sanyinjiao (SP-6), Zusanli (ST-36) and Huiyang (BL-35).

Moxibustion. This is applied mostly for hematochezia. Select the acupoints Zusanli (ST-36), Zhongwan (RN-12), Qihai (RN-6) and Changqiang (DU-1).

Ear Acupuncture. Select the acupoints Large Intestine, Subcortex, Shenmen and Spleen.

IV Case Study

The patient was a 54-year old woman who presented with intermittent painless hematochezia for 2 years, worse during the two most recent months. Sometimes the bleeding was in the form of dribbling and sometimes in spurts, and the amount varied. Two months prior to consultation, she developed dry constipation, so that when she defecated she had prolapse of a soft mass and worsened hematochezia. The mass retracted spontaneously. The increased hematochezia prompted the consultation.

Her temperature was 36.7°C (98.1°F). Her pulse was 70/min and her blood pressure 128/90 mmHg. She had a pale complexion. Her tongue was pale red, with thin white coating. Her pulse was taut and threadlike. Her anus was normal in appearance. Digital examination of the rectum was normal. Examination with an anoscope showed a hemispherical swelling of the mucous membrane above the juncture between mucous membrane and skin. The soft mass was dark red in color and had three spots of recent bleeding.

Diagnosis. Internal hemorrhoid due to spleen insufficiency, with prolapse.

Therapeutic Principle. Strengthen the spleen, mobilize Qi, astringe blood and stop bleeding.

Treatment and Course. The patient was treated with both herbal formula and injection. The formula was modified Gui Pi Tang (Spleen-Restoring Decoction), with the following composition: dangshen (*Codonopsis*) 12 g, huangqi (*Astragalus*) 15 g, baizhu (*Attractylodes*) 9 g, gancao (*Glycyrrhiza*) 6 g, shengjiang (*Zingiber*) three slices, danggui (*Angelica*) 9 g, fuling (*Poria*) 10 g, suanzaoren (*Ziziphus*) 10 g, yuanzhi (*Polygala*) 9 g, and muxiang (*Aucklandia*) 9 g. She was to take one dose daily.

In addition, she was treated with sclerosis-inducing injection with Xiao Zhi Ling (Hemorrhoid Dissipating Solution).

She returned for follow-up in 2 weeks. She was completely cured.

Chapter 57

Acute Lumbar Sprain

Acute lumbar sprain is abrupt pain in the lumbar region, whether muscles, fasciae or ligaments.

I Etiology, Pathology and Clinical Manifestation

Sprain may result from straining, over-stretching of sinews, or flexion or rotation beyond the normal range of flexibility. Trapping of stagnant Qi in a local area, usually due to injury, may also lead to sprain.

In most cases, there is an obvious history of trauma or over-exertion. This is followed promptly by sharp pain in one or both sides of the lumbar region, so that the patient is unable to straighten the waist. Coughing, sneezing or even taking a deep breath may aggravate the pain. Pain may also radiate to the buttocks and posterior thighs. The muscles of the back usually show spasm and tenderness, and the spine may temporarily lose its normal curvature. Passive straight leg raising in the supine position elicits back pain and is limited in its range. Passive rotation of the hip is similarly limited in range and also elicits back pain.

II Physical Therapy

Appropriate physical therapy can have marked benefit. It reduces muscular spasm, promotes blood circulation and eliminates blood stasis and Qi stagnation, thereby relaxing the sinews, reducing swelling and relieving pain.

Acupoint Massage. Have the patient lie prone and relax the body and limbs. One assistant holds the patient's armpits and another the two ankles. As the assistants gently stretch the patient, use the thumbs or palms to massage along the Bladder-Foot-Taiyang Meridian, from the shoulders to the acupoint Chengfu (BL-36). Below

this acupoint, change the technique to kneading-pinching, paying special attention to the acupoints Yinmen (BL-37), Weizhong (BL-40) and Chengshan (BL-57). Repeat the massage three times.

Acupoint Pressure. Use the palm to apply pressure on the acupoints Mingmen (DU-4) and Yaoyangguan (DU-3). Use the thumb to apply pressure on the acupoints Shenshu (BL-23), Zhishi (BL-52), Dachangshu (BL-25), Huantiao (GB-30) and the Ashi acupoints (see Volume 2, Part I, Chapter 2, Section 1).

Pinch and Lift. Pinch the back muscles transversely and lift. Proceed from the upper to the lower back. Repeat two or three times.

Roll Massage. Use the ulnar edge and back of the hand to roll the back muscles back and forth. Proceed from the upper to the lower back. Repeat three times.

Stretching. Place the patient in the prone position. With one hand pressing on the affected area, hook the other elbow under the corresponding lower thigh and grab the mid-thigh. Pull the thigh up, rocking it gently side to side. Sometimes there may be a popping sound. Repeat several times.

III Herbal Treatment

1 Acute Stage

Main Symptoms. Lumbosacral pain, spasm of the back muscles and limitation of the range of motion.

Therapeutic Principle. Mobilize Qi and blood, eliminate blood stasis and relieve pain.

Treatment. Ding Tong Huo Xue Tang (Pain-Stopping Blood-Mobilizing Decoction). It has the following composition: danggui (*Angelica*) 10 g, taoren (*Prunus persica*) 9 g, honghua (*Carthamus*) 9 g, ruxiang (*Boswellia*) 9 g, moyao (*Commiphora*) 9 g, qinjiao (*Gentiana*) 9 g, xudian (*Dipsacus*) 9 g, puhuang (*Typha angustifolia*) 9 g, wulingzhi (*Pteropus pselaphon*) 9 g, chuanxiong (*Ligusticum*) 9 g, dibiechong (*Eupdyphaga sinensis*) 9 g, sumu (*Caesalpinia sappan*) 6 g, and yanhusuo (*Corydalis*) 6 g.

2 Chronic Stage

Sometimes acute lumbar sprain does not resolve or is not treated. It may then become chronic.

Main Symptoms. Repeated dull lumbar pain, aggravated by rainy weather; aches and weakness in the waist and knees; pale tongue with white coating; and deep, threadlike but feeble pulse.

Therapeutic Principle. Restore and strengthen the liver and the kidney, loosen the sinews and unblock the channels.

Treatment. Modified Duhuo Jisheng Tang (Angelica-Loranthus Decoction). It has the following composition: sangjisheng (*Loranthus*) 18 g, duhuo (*Angelica pubescens*) 9 g, fangfeng (*Saposhnikovia*) 9 g, chuanxiong (*Ligusticum*) 9 g, niuxi (*Achyranthes*) 9 g, qinjiao (*Gentiana*) 12 g, duzhong (*Eucommia*) 12 g, danggui (*Angelica*) 12 g, fuling (*Poria*) 12 g, dangshen (*Codonopsis*) 12 g, shudihuang (*Rehmannia*) 16 g, baishaoyao (*Paeonia*) 10 g, rougui (*Cinnamomum*) 2 g, xixin (*Asarum*) 3 g, and gancao (*Glycyrrhiza*) 3 g.

IV Acupuncture Treatment

Body Acupuncture. Select the acupoints Renzhong (DU-26), Houxi (SI-3), Weizhong (BL-40) and Acupoints Ashi.

Ear Acupuncture. Select the acupoints Lumbosacral Vertebrae, Shenmen and Subcortex.

V Case Study

The patient was a 30-year old male who presented with lumbar pain and reduced mobility for 1 day. The previous day he lifted a heavy television set using an improper posture and sprained his waist. At the time there was no pain, but he felt that his lumbar mobility was reduced. On the morning of consultation, he woke up with intense lumbar pain and was unable to bend forward or backward. He was otherwise in good health.

The right back muscles were tight and tender from the fifth lumbar vertebra to the hipbone. Lumbar rotation was limited. Lumbar flexion increased the pain. Straight leg raising in the supine position was positive on the right side.

Diagnosis. Acute right lumbar sprain.

Treatment. The patient was treated with physical therapy. (1) Acupoint massage was applied, with attention to the acupoints Huantiao (GB-30), Yinmen (BL-37), Weizhong (BL-40), Chengshan (BL57) and the Ashi acupoints. (2) The stretching treatment was administered. (3) Roll massage with gentle pounding was applied. Bed rest was also prescribed. After 15 days, he recovered completely.

Chapter 58

Tennis Elbow

Tennis elbow is also called epicondylitis of the humerus and is manifested as pain in the lateral epicondyle of the humerus. It is a form of overuse syndrome.

I Etiology, Pathology and Clinical Manifestation

Tennis elbow ensues when there is local Qi stagnation and blood stasis causing pain and reduced flexibility of the elbow. In most cases, Qi stagnation and blood stasis is due to chronic strain in occupations that require frequently repeated rotation of the forearm. Improper exertion contributes significantly. The typical occupation is tennis playing. Others include baseball, bowling, textile sewing, gardening, house or office cleaning, carpentry and working on an assembly line.

The characteristic symptoms are aching pain in the lateral elbow and weakness of the flexed elbow. There may be pain in the forearm as well. The degree of severity fluctuates; when severe, pain may radiate to the shoulder and back. The lateral epicondyle is tender to pressure, and pain may be precipitated or aggravated by rotation of the forearm or flexion of the wrist against resistance.

The first requirement is to avoid further injury by stopping the precipitating activity and any activity that requires routine extension and flexion of the elbow. If necessary, restrain the elbow joint.

II Physical Therapy

The patient sits on the chair, and the operator stands by the patient's affected side.

Massage. With the elbow held at about 150°, support the forearm with one hand while massaging the affected area using the thumb until the skin shows erythema. This stimulates local blood circulation, bringing more nourishment to the tissues.

Acupoint Pressure. Apply pressure to the following acupoints on the affected side: Tianzong (SI-11), Quepen (ST-12), Shousanli (LI-10), Quchi (LI-11), Lieque (LU-7) and Hegu (LI-4). Maintain the pressure for 30 s at each acupoint.

Kneading. With the thumb probe as deeply as possible down to the articulation of the humerus and the radius. Knead transversely back and forth while rotating, extending and flexing the joint. This maneuver can be effective in breaking adhesions.

Joint Loosening. Hold the patient's hand on the affected limb with one hand and the shoulder with the other hand. Passively extend the affected elbow, then passively flex it. Repeat five times.

Vibration. Grasp the affected olecranon between the thumb and index finger. Apply gentle pressure while the other hand takes the patient's hand, passively flexes the elbow, and passively extends it to its fullest extent. Shake the treating hand while maintaining gentle pressure with the thumb and index finger. Repeat five times, and follow with gentle massage of the elbow with both hands for 5 min.

III Herbal Treatment

1 Early Stage

Main Symptoms. There are pain and tenderness in the lateral elbow, with mild swelling. Pain is aggravated by flexing the wrist.

Therapeutic Principle. Mobilize Qi and blood, warm the channels and relieve pain.

Treatment. Three formulas are commonly used: Huo Xue Tong Qi Tang (Blood and Qi Mobilizing Decoction), Huo Xue Hua Yu Tang (Blood-Mobilizing Clot-Dissolving Decoction) and Qu Bi Wan (Paralysis-Relieving Pill).

Huo Xue Tong Qi Tang is especially suitable for Qi stagnation and blood stasis. It has the following composition: danggui (*Angelica*) 10 g, honghua (*Carthamus*) 6 g, sumu (*Caesalpinia sappan*) 15 g, chishaoyao (*Paeonia*) 12 g, ruxiang (*Boswellia*) 12 g, moyao (*Commiphora*) 12 g, muxiang (*Aucklandia*) 12 g, taoren (*Prunus persica*) 12 g, jianghuang slices (*Curcuma*) 12 g, sangzhi (*Morus alba*) 12 g, and gancao (*Glycyrrhiza*) 6 g.

Huo Xue Hua Yu Tang is especially suitable if blood stasis is prominent. It has the following composition: puhuang (*Typha angustifolia*) 15 g, jianghuang slices (*Curcuma longa*) 15 g, danggui (*Angelica*) 10 g, honghua (*Carthamus*) 6 g, chishaoyao (*Paeonia*) 12 g, zisu (*Perilla*) 12 g, qiancao (*Rubia*) 12 g, shengdihuang (*Rehmannia*) 12 g, zelan (*Lycopus lucidus*) 12 g, ezhu (*Curcuma aeruginosa*) 12 g, and gancao (*Glycyrrhiza*) 9 g.

Qu Bi Wan is especially suitable if Wind and Cold are prominent. It has the following composition: fangfeng (*Saposhnikovia*) 10 g, luoshiteng (*Trachelospermum jasminoides*) 15 g, yiyiren (*Coix*) 15 g, danggui (*Angelica*) 10 g, rendongteng (*Lonicera japonica*) 15 g, xudian (*Dipsacus*) 15 g, chuanshanjia (*Manis pentadactyla*) 15 g, sanqi (*Panax pseudoginseng*) 15 g, rongxu (*Ficus microcarpa*) 15 g, cangzhu (*Atractylodes*) 12 g, guizhi (*Cinnamomum*) 12 g, chuanwu (*Aconitum carmichaeli*) 12 g, caowutou (*Aconitum kusnezoffii*) 12 g, chenxiang (*Aquilaria*), liangmianzhen (*Zanthoxylum nitidum*) 12 g, and dahuang (*Rheum palmatum*) 9 g. The usual dosage for this pill is 6–12 g three times daily.

2 Late Stage

Main Symptoms. There is aching pain in lateral elbow that fluctuates in severity, but aggravated by cold. There may be tenderness and some hard swelling. The affected arm is weak.

Therapeutic Principle. Loosen the sinews, stimulate the channels, warm the meridians and relieve pain.

Treatment. Three formulas are commonly used: Huo Xue San Jie Tang (Blood-Mobilizing Mass-Dissipating Decoction), Huo Xue Xiao Zhong Tang (Blood-Mobilizing Swelling-Reducing Decoction) and Qu Feng Jiu (Wind-Dispelling Wine).

Huo Xue San Jie Tang is especially suitable for blood clots. It has the following composition: shudihuang (*Rehmannia*) 15 g, danggui (*Angelica*) 10 g, honghua (*Carthamus*) 6 g, zisuye (*Perilla*) 15 g, sanqi (*Panax pseudoginseng*) 15 g, puhuang (*Typha angustifolia*) 15 g, jianghuang slices (*Curcuma longa*) 15 g, chuanxiong (*Ligusticum*) 6 g, zelan (*Lycopus lucidus*) 12 g, qiancao (*Rubia*) 12 g, ezhu (*Curcuma aeruginosa*) 12 g, chishaoyao (*Paeonia*) 9 g, and gancao (*Glycyrrhiza*) 9 g.

Huo Xue Xiao Zhong Tang is especially suitable for blood clots complicated by exogenous Wind and Cold. It has the following composition: honghua (*Carthamus*) 6 g, beimu (*Fritillaria*) 15 g, danggui rootlets (*Angelica*) 10 g, chuanxiong (*Ligusticum*) 6 g, ruxiang (*Boswellia*) 15 g, moyao (*Commiphora*) 15 g, zelan (*Lycopus lucidus*) 12 g, taoren (*Prunus persica*) 12 g, rougui (*Cinnamomum*) 6 g, jingjie (*Schizonepeta*) 12 g, zhiqiao (*Poncirus trifoliata*) 12 g, and gancao (*Glycyrrhiza*) 9 g.

Qu Feng Jiu is especially suitable for strong Wind and Dampness. It has the following composition: qianguo (*Notopterygium*) 15 g, duhuo (*Angelica pubescens*) 15 g, mugua (*Chaenomeles*) 15 g, dangshen (*Codonopsis*) 15 g, sangjisheng (*Loranthus*) 15 g, baishaoyao (*Paeonia*) 12 g, xudian (*Dipsacus*) 12 g, and bingtang (crystal sugar) 30 g. The herbs are soaked in 2,000 ml of kaoliang spirit for half a month. The dosage is 10–20 ml per dose, three times daily.

3 Topical Treatment

Two formulas are suitable for topical application to tennis elbows: Teng Yao Fang (Leaping-Formula Formula) and Hua Tong San (Pain-Relieving Powder).

Teng Yao Fang is suitable for both early and late stages of tennis elbow. It has the following composition: shenjincao (*Lycopodium japonicum*) 30 g, tougucuo (*Speranskia tuberculata*) 30 g, haitongpi (*Erythrina variegata*) 30 g, mugua (*Chaenomeles*) 30 g, fangfeng (*Saposhnikovia*) 30 g, daqingyan (halite) 30 g, zhuidifeng (*Schizophragma integrifolium*) 30 g, duhuo (*Angelica pubescens*) 30 g, chishaoyao (*Paeonia*) 30 g, honghua (*Carthamus*) 30 g, baizhi (*Angelica dahurica*) 30 g, guizhi (*Cinnamomum*) 30 g, gusuibu (*Drynaria fortunei*) 30 g, huajiao (*Zanthoxylum bungeanum*) 30 g, ruxiang (*Boswellia*) 30 g, niuxi (*Achyranthes*) 30 g, jixingzi (*Impatiens balsamina*) 30 g, and table salt 30 g. Prepare and apply the herbs as follows. Grind the herbs into powder and mix them with a sufficient amount of huangjiu (“yellow wine”) to form a moist paste. Place the paste in several cloth bags, each the size appropriate for the painful area on the elbow, and steam them. Apply a warm bag to the area for 5 min, and replace with another warm bag. Continue for 1 h. Apply the warm bags twice daily. Each bag may be used for 7 days.

Hua Tong San is suitable mainly for treating the late stage of tennis elbow. It has the following composition: ruxiang (*Boswellia*) 30 g, moyao (*Commiphora*) 30 g, heshouwu (*Polygonum*) 30 g, caowutou (*Aconitum kusnezoffii*) 15 g, and chansu (*Bufo bufo gargarizans*, dried venom) 9 g. Grind these herbs together into fine powder. Add sufficient sorghum whisky or ginger juice to form into a paste. Apply the paste on gauze to cover the affected area, and replace it every 3 days.

IV Acupuncture Treatment

Body Acupuncture. Select the acupoints Quchi (LI-11), Zhouliao (LI-12), Shou-sanli (LI-10), Hegu (LI-4) and the Ashi acupoints.

Plum-Needle Acupuncture. Apply the plum-needle to the Ashi acupoints. Apply several dozen strikes, until there is slight local bleeding, then apply moxibustion by cupping. Repeat in 3–4 days.

Ear Acupuncture. Select the tender spot in the lower limb of the helix of the ear next to the scapha. Apply the reducing method and retain the needle for 30 min. Treat once daily.

V Case Study

The patient was a 48-year old man who complained of pain in the right elbow for a year. The pain began after he moved a heavy object and gradually worsened over

the months. At the time of consultation he had difficulty picking up even a thermos bottle. Through the months he received a variety of treatments without benefit, and now came for acupuncture treatment. Other than the elbow problem he was in good health.

Examination revealed abnormalities only in the right arm. He was unable to lift any heavy object. There was a slight swelling on the right elbow and the lateral epicondyle of the humerus was obviously tender to pressure. The tongue was slightly red, with thin white coating. The pulse was taut.

Diagnosis. Tennis elbow.

Therapeutic Principle. Relax sinews, stimulate channels and promote blood circulation to relieve pain.

Treatment. The acupoint Chongyang (ST-42) was selected. It was needed to induce the needling sensation, indicating the arrival of Qi, and rotation was applied by the even reinforcing and reducing technique. In addition, the Ashi acupoints were treated with heated needles. He was cured after three treatments.

Guidance for Study

I Aims of Study

This part presents some of the most common dermatological and surgical conditions, and describes their etiology, pathology, diagnosis and treatment.

II Objectives of Study

After completing this part, learners will:

1. Know the etiology and pathology of each of those conditions;
2. Know how to diagnose each condition and the therapeutic principle for treating it;
3. Be familiar with the herbal treatment of the illnesses that cause each of these conditions;
4. Be familiar with the acupuncture treatment of each of those conditions, in particular acute lumbar sprain and tennis elbow;
5. Be familiar with the physical therapy for acute lumbar sprain and tennis elbow.

III Exercises for Review

1. Describe the various types of eczema and how to distinguish between them. Compare their treatment.
2. Describe the various types of urticaria and how to distinguish between them. Compare their treatment.
3. Compare the clinical manifestations of the illnesses that cause acne vulgaris? How is each diagnosed and treated?
4. Summarize the etiology, pathology, diagnosis and treatment of the illnesses that cause contact dermatitis.
5. Explain how to diagnose the illnesses that cause neurodermatitis. Compare their treatment.
6. In the herbal treatment of cutaneous pruritus, modifications are often required by the symptoms. Summarize and explain these modifications.
7. Describe the various types of alopecia. Compare their diagnosis and treatment.
8. Explain the diagnosis and treatment of each illness that causes shingles.
9. What are the causes of facial boils and of folliculitis? Summarize their diagnosis and treatment.
10. Compare the clinical manifestation and treatment of the illnesses that cause carbuncles.
11. Summarize the etiology, pathology, diagnosis and treatment of erysipelas.
12. Describe the causes of urinary stones. Compare and contrast their treatment.
13. How many types of hemorrhoids are there? Compare their clinical manifestation, diagnosis and treatment.
14. Summarize the etiology, pathology, diagnosis and treatment of acute lumbar sprain.
15. Summarize the etiology, pathology, diagnosis and treatment of tennis elbow.

IV Additional Exercises

1. For Chapter 43: Provide an analysis of the formula of modified Danggui Yin Zi used in treatment of chronic eczema of the Wind-Dryness type with blood insufficiency.
2. For Chapter 44:
 - a. Provide an analysis of the formula of modified Xiao Feng San used in treatment of urticaria due to Wind-Heat.
 - b. Provide an analysis of the formula of modified Ma Gui Ge Ban Tang used in treatment of urticaria due to Wind-Cold.
 - c. Provide an analysis of the formula of modified Fangfeng Tong Sheng San used in treatment of urticaria due to Dampness-Heat in the stomach and the intestines.

- d. Provide an analysis of the formula of the prescription (modified combined Danggui Yin Zi and Yu Ping Feng San) used in treatment of urticaria due to deficiency of Qi and blood.
 - e. For the Case Study, provide an analysis of the formula prescribed at the second visit.
3. For Chapter 45:
- a. Provide an analysis of the formula Pipa Qing Fei Yin used in treatment of acne due to Wind-Heat.
 - b. Provide an analysis of the modified formula Wu Wei Xiao Du Yin used in treatment of acne due to Dampness-Heat.
 - c. Provide an analysis of the formula Haizao Yu Hu Tang used in treatment of acne due to gelled Phlegm.
 - d. For the Case Study, provide an analysis of the prescription used to treat this patient. Compare this formula with Haizao Yu Hu Tang.
4. For Chapter 46: For the Case Study, provide an analysis of the formula used to treat this patient. Compare this formula with the modified Longdan Xie Gan Tang used in the chapter of contact dermatitis due to Dampness and Heat.
5. For Chapter 47:
- a. Provide an analysis of the modified formula Baixianpi Yin used in treatment of neurodermatitis due to Wind-Heat.
 - b. Provide an analysis of the modified formula Danggui Yin Zi used in treatment of neurodermatitis due to blood insufficiency induced by Wind-Dryness.
 - c. For the Case Study, provide an analysis of the prescription used to treat this patient. Explain the change of medication at the third visit.
6. For Chapter 48:
- a. Provide an analysis of the prescription (combined Xiao Feng San and Si Wu Tang) used in treatment of itch due to Wind-Heat.
 - b. For the Case Study, provide an analysis of the prescription used to treat this patient.
7. For Chapter 49:
- a. Provide an analysis of the modified formula Gui Pi Tang used in treatment of alopecia due to insufficiency of heart-blood.
 - b. Provide an analysis of the modified formula Tong Qiao Huo Xue Tang used in treatment of alopecia due to Qi stagnation and blood stasis.
 - c. For the Case Study, provide an analysis of the prescription used to treat alopecia totalis in this patient.
8. For Chapter 50:
- a. Provide an analysis of the formula Qing Shu Tang used in treatment of folliculitis due to Heat.

- b. Provide an analysis of the modified formula Fangfeng Tong Sheng San used in treatment of folliculitis due to Dampness-Fire-Wind. Also, explain the additions specific for the locations of the lesions.
 - c. For the treatment of folliculitis due to Yin deficiency with endogenous Heat, the formula used is derived by augmenting the modified Fangfeng Tong Sheng San used in treatment of folliculitis due to Dampness-Fire-Wind. Explain the aims of the additional herbs.
 - d. For the Case Study, provide an analysis of the prescription used to treat this patient. Also, provide an analysis of the prescription used to treat the recurrence. Explain the differences between these two formulas.
9. For Chapter 51:
- a. Provide an analysis of the prescription (combined Wu Wei Xiao Du Yin and Huanglian Jie Du Tang) used in treatment of facial boils.
 - b. For the Case Study, provide an analysis of each of the two formulas used to treat this patient.
10. For Chapter 52:
- a. Provide an analysis of the formula Qing Re Jie Du Yin used in treatment of strength-type carbuncle in its early stages.
 - b. Provide an analysis of the formula Xing Xiao Wan used alternately in treatment of strength-type carbuncle in its early stages.
 - c. Provide an analysis of the formula Qing Re Pai Du Tang used in treatment of strength-type carbuncle in its ulcerative stage.
 - d. Provide an analysis of the formula Zhuye Huangqi Tang used in treatment of carbuncle due to Yin deficiency with strong poisons.
 - e. Provide an analysis of the formula Tuo Li Xiao Du San used in treatment of carbuncle due to strong poisons attacking a patient with a weak constitution.
 - f. For carbuncles due to deficiency of both Qi and blood, Shi Quan Da Bu Tang is recommended. Supply the amounts of each of the ingredients in this formula and provide an analysis of the formula.
 - g. For the Case Study, provide an analysis of the formula of the modified formula Xian Fang Huo Ming Yin used to treat this patient initially. Also, at the fourth visit, a new formula was prescribed to restore Qi and blood and to stimulate the growth of new tissue. Provide an analysis of the formula.
11. For Chapter 53:
- a. Provide an analysis of the formula Pu Ji Xiao Du Yin used in treatment of erysipelas due to Wind-Heat-Fire.
 - b. Provide an analysis of the prescription (combined Wu Shen Tang and Beixie Shen Shi Tang) used in treatment of erysipelas due to Dampness-Heat-Fire.

- c. Provide an analysis of the modified formula Qing Wen Bai Du Yin used in treatment of erysipelas due to Heat poisons at the Nutritive Level.
 - d. For the Case Study provide an analysis of the formula prescribed for this patient with erysipelas of the leg due to Dampness-Heat-Fire. Compare this formula with that used in the chapter of erysipelas due to Dampness-Heat-Fire (combined Wu Shen Tang and Beixie Shen Shi Tang).
12. For Chapter 54:
- a. Provide an analysis of the formula Liang Xue Qing Gan Tang used in treatment of shingles due to strong Heat.
 - b. Provide an analysis of the modified formula Chaihu Shu Gan Tang used in treatment of shingles due to blood stasis.
 - c. For the Case Study, explain the modifications to the formula Longdan Xie Gan Tang for this patient.
13. For Chapter 55:
- a. Justify the modifications of Shiwei San for treating urinary stones due to Qi stagnation.
 - b. Justify the modifications of Ba Zheng San for treating urinary stones due to Dampness-Heat.
 - c. Provide an analysis of the modified formula You Gui Yin used in treatment of urinary stones due to kidney insufficiency.
 - d. For the Case Study, provide an analysis of the augmented formula San Jin Pai Shi Tang used to treat this patient. At the fourth visit, the augmented formula was further modified. Justify the modifications.
14. For Chapter 56:
- a. Provide an analysis of the formula Qinjiao Cangzhu Tang used in treatment of external hemorrhoid due to downward flow of Dampness and Heat.
 - b. Provide an analysis of the formula Liang Xue Dihuang Tang used in treatment of hemorrhoid with thrombosis due to deficiency of Yin with Heat in the blood.
 - c. Justify the modifications to Bu Zhong Yi Qi Tang for the treatment of spleen insufficiency with prolapsed internal hemorrhoid.
 - d. For the Case Study, justify the modifications of Gui Pi Tang for treatment of this patient.
15. For Chapter 57: Provide an analysis of the formula Ding Tong Huo Xue Tang used in treatment of acute lumbar sprain in the acute stage.
16. For Chapter 58:
- a. For the early stage of tennis elbow, three formulas are commonly used for herbal treatment. They are: Huo Xue Tong Qi Tang, Huo Xue Hua Yu Tang and Qu Bi Wan. Compare their usage and indication.

- b. For the early stage of tennis elbow, three formulas are commonly used for herbal treatment. They are: Huo Xue San Jie Tang, Huo Xue Xiao Zhong Tang and Qu Feng Jiu. Compare their usage and indication.
- c. For the topical treatment of tennis elbow, two formulas are commonly used: Teng Yao Fang and Hua Tong San. Compare their usage and indication.

Chapter 59

Acute Conjunctivitis

Acute conjunctivitis is a common condition of the conjunctivae characterized by congestion and exudation of mucus and pus. It is highly contagious and often occurs as epidemics.

I Etiology, Pathology and Clinical Manifestation

When exogenous Wind and Heat attack the body they tend to attack the lung first. Wind and Heat in the Lung Meridian may flare upward and affect the eyes, resulting in conjunctivitis. Conjunctivitis develops readily in those patients with hyperactive Yang, especially endogenous Heat in the liver and the lung, so that endogenous evil and exogenous evil join forces and attack the eyes together. Conjunctivitis usually affects both eyes, simultaneously or one followed shortly by the other.

In mild cases, the patient feels an itch and a sensation of a foreign body in the eye, and the palpebral conjunctiva is congested. Conjunctivitis peaks in about 3 days and subsides in about a week.

In severe cases, there is photophobia with a burning sensation. Purulent exudate blurs vision. The eyelids are puffy. The bulbar conjunctiva is congested and may be edematous. In especially severe cases, there may be petechiae or patchy bleeding under the conjunctiva. Severe conjunctivitis tends to run a course of 2–4 weeks.

II Herbal Treatment

1 Internal Treatment

i Wind-Heat Conjunctivitis

Main Symptoms. Mild puffiness of the eyes; eye itch and irritation, with a sensation of a foreign body; photophobia; much tearing; hyperemic bulbar conjunctiva; headache, nasal congestion, wind-aversion; and mild fever. The tongue is pale red, with thin white coating. The pulse is floating and rapid.

Therapeutic Principle. Soothe the lung, dispel Wind, clear Heat and cool blood.

Treatment. Modified Qu Feng San Re Yinzi (Wind-Dispelling Heat-Dissipating Drink). The modified composition is as follows: niubangzi (*Arctium*) 12 g, qianghuo (*Notopterygium*) 9 g, fangfeng (*Saposhnikovia*) 9 g, bohe (*Mentha*) 9 g, juhua (*Chrysanthemum*) 9 g, sangye (*Morus*) 9 g, lianqiao (*Forsythia*) 12 g, zhizi (*Gardenia*) 9 g, dahuang (*Rheum palmatum*) 3 g, chishaoyao (*Paeonia*) 9 g, danggui (*Angelica*) 9 g, and chuanxiong (*Ligusticum*) 6 g. (Note: If the patient has marked fever danggui and chuanxiong are removed and huanqin (*scutellaria*) could be added.)

ii Lung-Heat Conjunctivitis

Main Symptoms. Puffy eyelids; photophobia, tearing; burning eye pain; copious viscid exudate; edema and hyperemia of bulbar conjunctiva; thirst, dry throat; and dry constipation. The tongue is red, with thin yellow coating. The pulse is rapid.

Therapeutic Principle. Cool Heat, purge Fire and dispel Wind.

Treatment. Modified Xie Fei Yin (Lung Purging Drink). The modified composition is as follows: shigao (gypsum) 30 g, huangqin (*Scutellaria*) 12 g, sangbaipi (*Morus*) 9 g, maimendong (*Ophiopogon*) 9 g, zhizi (*Gardenia*) 9 g, lianqiao (*Forsythia*) 15 g, fuling (*Poria*) 9 g, mutong (*Akebia*) 9 g, qianghuo (*Notopterygium*) 9 g, fuping (*Spirodela polyrrhiza*) 12 g, juhua (*Chrysanthemum*) 9 g, mudanpi (*Paeonia suffruticosa*) 9 g, chishaoyao (*Paeonia lactiflora*) 12 g, and gancao (*Glycyrrhiza*) 9 g.

iii Conjunctivitis due to Liver and Lung Fire

Main Symptoms. The eye symptoms for this condition are the same as those for lung-Heat conjunctivitis. In addition, there are rib pain, a bitter taste and dry throat. The tongue is red along the sides, with thin yellow coating. The pulse is taut and rapid.

Therapeutic Principle. Clear the liver, purge Fire, soothe the lung and cool blood.

Treatment. Modified Qing Gan San (liver-Clearing Powder). The modified composition is as follows: huangqin (*Scutellaria*) 9 g, longdancao (*Gentiana*) 9 g, chaihu (*Bupleurum*) 9 g, mudanpi (*Paeonia suffruticosa*) 9 g, sangbaipi (*Morus*) 9 g, digupi (*Lycium*) 9 g, shengdihuang (*Rehmannia*) 9 g, dahuang (*Rheum palmatum*) 6 g, bohe (*Mentha*) 9 g, jiegegeng (*Platycodon*) 9 g, tinglizi (*Lepidium*) 9 g, danggui (*Angelica*) 9 g, and qianghuo (*Notopterygium*) 6 g.

2 *Topical Treatment*

Steam and wash with the following decoction three times daily. The composition is as follows: sangye (*Morus*) 9 g, juhua (*Chrysanthemum*) 9 g, pengsha (borax) 3 g, and bile-treated fanshi (alum) 3 g. Decoct in water. Use it to steam while hot and wash when lukewarm.

III *Acupuncture Treatment*

Body Acupuncture. Select the acupoints Taiyang (EX-HN-5), Sibai (ST-2), Quchi (LI-11), and Hegu (LI-4).

Ear Acupuncture. Select the Acupoints Eye-1 or Eye-2, Liver and Lung.

IV *Case Study*

The patient was a 22-year old man who presented with eye pain and itch and photophobia for 2 days. This began with eye discomfort, photophobia and tearing. The following day both eyes became inflamed, with pain and itch. He had viscid matter in both eyes, making opening them difficult. He also had headache, wind-aversion, but no fever. He had had these symptoms three times during the previous year, on each occasion treated with Chloromycetin eye drops and lasting 2 weeks.

The patient's temperature was 36.9°C (98.4°F). His general condition was normal. The conjunctiva of both eyes was congested and swollen. There was a thin secretion in addition to tears. The corneas were normal. The tongue was light red, with thin white coating. The pulse was floating and rapid.

Diagnosis. Acute conjunctivitis due to Heat and Wind.

Therapeutic Principle. Eliminate Heat, clear the lung and dispel Wind.

Treatment. The prescribed formula had the following composition: jinyinhua (*Lonicera*) 15 g, juhua (*Chrysanthemum*) 12 g, lianqiao (*Forsythia*) 12 g, chishaoyao (*Paeonia*) 12 g, niubangzi (*Arctium*) 12 g, chuanxiong (*Ligusticum*) 9 g, fangfeng (*Saposhnikovia*) 9 g, bohe (*Mentha*) 9 g, zhizi (*Gardenia*) 9 g, pugongying (*Taraxacum*) 20 g, and dahuang (*Rheum palmatum*) 3 g. The herbs were decocted in water three times a day. Each time, the hot decoction was used to steam the eyes. When it cooled, it was taken by mouth. After 3 days the patient recovered completely.

Chapter 60

Sudden Deafness

Unexpected sudden deafness mostly affects middle-aged persons. It is due to nerve deafness and is usually unilateral, but may be accompanied by tinnitus and dizziness. It often resolves spontaneously.

I Etiology, Pathology and Clinical Manifestation

Four types of illnesses may cause sudden deafness. Exogenous Wind and Heat may attack the inner ear and cause blockage of the orifices. Liver-Fire may rise and disturb the upper orifices. If Dampness accumulates and gels in the spleen and the stomach, endogenous Phlegm and Fire may be generated; they may rise upward and attack the upper orifices. In Qi stagnation and blood stasis, the channels and meridians connected with the ear may become blocked, resulting in deafness.

Regardless of the specific cause, typically deafness develops abruptly in one ear. It often reaches its maximal extent in 1–48 h. Deafness may be profound, or even complete. There often are associated tinnitus and dizziness. Otoscopic examination is generally normal.

II Herbal Treatment

1 Wind-Heat Deafness

Main Symptoms. Sudden deafness, tinnitus, headache, nasal congestion, cough and sore throat. The tongue is red, with thin yellow coating. The pulse is floating and rapid.

Therapeutic Principle. Dispel Wind, cool Heat and open the orifices.

Treatment. Modified Manjingzi San (Vitex Powder). The modified composition is as follows: manjingzi (*Vitex trifolia*) 10 g, chishaoyao (*Paeonia*) 10 g, juhua

(*Chrysanthemum*) 10 g, shengma (*Cimicifuga*) 10 g, huangqin (*Scutellaria*) 10 g, banlangen (*Isatis*) 10 g, niubangzi (*Arctium*) 10 g, lianqiao (*Forsythia*) 10 g, chaihu (*Bupleurum*) 10 g, yujin (*Curcuma*) 10 g, shichangpu (*Acorus*) 10 g, shengdihuang (*Rehmannia*) 15 g, and gancao (*Glycyrrhiza*) 6 g.

2 Deafness due to Ascent of Liver-Fire

Main Symptoms. Sudden deafness with headache, agitation, irascibility, a bitter taste and dry throat. The tongue is red, with thin yellow coating. The pulse is taut and rapid.

Therapeutic Principle. Cool the liver, purge Fire, mobilize Qi and open orifices.

Treatment. Modified Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction). The modified composition is as follows: longdancao (*Gentiana*) 10 g, huangqin (*Scutellaria*) 10 g, zhizi (*Gardenia*) 10 g, cheqianzi (*Plantago*) 10 g, zexie (*Alisma*) 10 g, shengdihuang (*Rehmannia*) 20 g, danggui (*Angelica*) 10 g, chaihu (*Bupleurum*) 10 g, yujin (*Curcuma*) 10 g, shichangpu (*Acorus*) 15 g, and gancao (*Glycyrrhiza*) 6 g.

3 Deafness due to Rise of Phlegm-Fire

Main Symptoms. Sudden deafness with dizziness, chest tightness, nausea and dark urine. The tongue is red, with greasy yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Purge fire, dissipate Phlegm, regulate Qi and open orifices.

Treatment. Modified Jia Wei Er Chen Tang (Augmented Two Aged Herbs Decoction). The modified composition is as follows: processed banxia (*Pinellia*) 10 g, chenpi (*Citrus tangerina*) 10 g, fuling (*Poria*) 10 g, huangqin (*Scutellaria*) 10 g, zhiqiao (*Poncirus trifoliata*) 10 g, shichangpu (*Acorus*) 10 g, yujin (*Curcuma*) 12 g, huanglian (*Coptis*) 6 g, shengjiang (*Zingiber*) 6 g, and gancao (*Glycyrrhiza*) 6 g.

4 Deafness due to Qi Stagnation and Blood Stasis

Main Symptoms. Sudden deafness, tinnitus, but absent systemic symptoms. The tongue is cyanotic or speckled with petechiae.

Therapeutic Principle. Mobilize Qi and blood, release stasis and open orifices.

Treatment. Modified Tong Qiao Huo Xue Tang (Orifice-Unblocking Blood-Enlivening Decoction). The augmented composition is as follows: taoren (*Prunus*

persica) 9 g, honghua (*Carthamus*) 9 g, chuanxiong (*Ligusticum*) 9 g, danshen (*Salvia*) 9 g, shichangpu (*Acorus*) 9 g, chaihui (*Bupleurum*) 9 g, manjingzi (*Vitex trifolia*) 9 g, tianma (*Gastrodia*) 9 g, chishaoyao (*Paeonia*) 15 g, gegen (*Pueraria*) 15 g, and shengjiang (*Zingiber*) 6 g.

III Acupuncture Treatment

Body Acupuncture. For deafness due to Wind-Heat, select the acupoints Fengchi (GB-20), Waiguan (SJ-5), Ermen (SJ-21), Tinghui (GB-2), Yifeng (SJ-17).

For deafness due to ascent of liver-Fire, select the acupoints Zhongdu (GB-32), Taichong (LR-3), Qiuxu (GB-40), Tinghui (GB-2), and Yifeng (SJ-17).

For deafness due to the rise of Phlegm-Fire, select the acupoints Zusanli (ST-36), Zhongdu (GB-32), Tinghui (GB-2), Yifeng (SJ-17).

For deafness due to Qi stagnation and blood stasis, select the acupoints Hegu (LI-4), Sanyinjiao (SP-6), Taichong (LR-3), Tinghui (GB-2), Yifeng (SJ-17), Tinggong (SI-19).

Ear Acupuncture. Select the acupoints Inner Ear, Shenmen, Kidney, Endocrine, Occiput and Liver.

IV Case Study

The patient was a 20-year old unmarried man. He came for consultation because of sudden impairment of hearing with tinnitus in the left ear. He first noticed deafness 7 days prior. That evening he had tinnitus as well. The tinnitus was continuous but fluctuated in loudness; it was aggravated by loud ambient noise. In addition, he had dizziness without vertigo. Hearing impairment progressively worsened over the week. He went to another hospital, where audiometry revealed a threshold of 90–100 dB at frequencies above 1,000 Hz. He was diagnosed to have sudden deafness and was given an injection of an unknown formula. His hearing did not improve, and his tinnitus worsened following the injection.

He did not notice any symptoms preceding deafness and tinnitus and had not been taking any unusual medication. Apart from mild mental stress and poor sleep he had been well. Past history was negative for ear problems, tuberculosis, dysentery or formula allergies. His blood pressure had been borderline high, and he had ptosis of both eyelids since childhood. He did not smoke and drank only small amounts of alcohol occasionally. Family history was negative.

On examination, his general condition was normal. Skin was normal, without jaundice. Otoloscopic examination was normal. Tuning fork test of the left ear was normal at low pitch (C128) but severely reduced air conduction at high pitch (C2048). Rinne's test was negative. The right ear was completely normal. The

eyelids showed bilateral ptosis, but the eyes were otherwise normal and without nystagmus. The rest of the examination, including the abdomen and the neurological system, was normal. The tongue was bright red, with thin yellow coating. The pulse was taut and slippery.

Routine laboratory tests were normal.

Diagnosis. Deafness, due to ascent of Liver-Fire and Qi stagnation and blood stasis.

Therapeutic Principle. Clear the liver, purge Fire, mobilize Qi and eliminate stasis.

Treatment. Combined Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction) and Tao Hong Si Wu Tang (Four Substances Decoction with Peach Seed and Safflower), with modifications. The modified combined composition was as follows: longdancao (*Gentiana*) 9 g, zhizi (*Gardenia*) 9 g, huangqin (*Scutellaria*) 9 g, chaihu (*Bupleurum*) 9 g, shengdihuang (*Rehmannia*) 15 g, zexie (*Alisma*) 9 g, taoren (*Prunus persica*) 9 g, honghua (*Carthamus*) 6 g, chuanxiong (*Ligusticum*) 6 g, chishaoyao (*Paeonia*) 15 g, baishaoyao (*Paeonia*) 15 g, danshen (*Salvia*) 20 g, and danggui (*Angelica*) 6 g. The herbs were soaked in water for 15 min, then decocted for 30 min. He was to take one dose daily for 3 days.

In addition, he received an intravenous infusion of 2 ml of danshen (*Salvia*) extract in 500 ml of low molecular weight dextran and 100 mg of vitamin B1 by intramuscular injection.

Second Consultation: the following day. BP 134/90 mmHg. He felt better. Tinnitus improved in the morning but worsened again in the afternoon. A white blood cell count was 5,800, with 46% neutrophils, 53% lymphocytes and 1% eosinophils. The working diagnosis now included attack by exogenous Wind (viral infection) and he was given 100 mg of moroxydine three times daily.

Third Consultation: in 2 days. Deafness and tinnitus persisted unchanged, and he now had a sore throat. BP 130/88 mmHg. Diagnosis: exogenous Wind. Therapeutic Principle: dispel Wind. The previous formulas were all discontinued, and Qu Feng Yin (Wind-Dispelling Drink) prescribed. It had the following composition: jinyinhua (*Lonicera*) 15 g, daqingye (*Isatis tinctoria*) 10 g, mabo (*Calvatia lilacina*) 10 g, banlangen (*Isatis indigotica*) 15 g, jiegeng (*Platycodon*) 10 g, and gancao (*Glycyrrhiza*) 3 g.

In addition, he was given nicotinic acid 100 mg three times daily.

Fourth Consultation: the following day. Tinnitus improved, but deafness was unchanged. Liver function tests were normal. HBsAg was negative.

Fifth Consultation: in 3 days tinnitus improved but deafness was unchanged. He slept well and the dry throat improved. White blood cell count was 6,000, with 60% neutrophils, 37% lymphocytes and 3% eosinophils. Diagnosis: the principle of Wind-dispelling was showing effect. To facilitate normalization of all affected functions, Qu Feng Yin, moroxydine and nicotinic acid were all discontinued. New Therapeutic Principle: mobilize blood and eliminate stasis. Formula: Ma Gui Tang

(Ephedra-Cinnamomum Decoction) one dose daily. It had the following composition: mahuang (*Ephedra*) 3 g, rougui (*Cinnamomum*) 3 g, huangqi (*Astragalus*) 15 g, danggui (*Angelica*) 6 g, dangshen (*Codonopsis*) 10 g, maimendong (*Ophiopogon*) 10 g, wuweizi (*Schisandra*) 9 g, and gancao (*Glycyrrhiza*) 5 g.

Sixth Consultation: in 3 days. His hearing improved. Tinnitus was markedly reduced, with complete cessation of high-pitch ringing. Dizziness also resolved. Chest x-ray film was normal. He continued to take Ma Gui Tang.

Seventh Consultation: in 1 week. His hearing was markedly better, and tinnitus was now only slight. Audiometry showed his threshold to be 30–40 dB across the spectrum from 1,000 to 6,000 Hz.

Discharge: in 2 days. Hearing was essentially normal. The patient was in the hospital for a total of 20 days.

Comments. The patient presented with unilateral sudden deafness followed by tinnitus. Because of the absence of systemic or antecedent symptoms, the initial diagnosis was deafness due to pent-up passions with blockage of the liver and impairment of its functions. This led to Qi stagnation and blood stasis, with rise of Liver-Fire. Qi stagnation, blood stasis and liver-Fire then led to deafness. Accordingly, the initial therapeutic principle adopted was to unblock the liver, purge Fire, and mobilize Qi and blood. Formulas from Modern Medicine were also used to improve the micro-circulation and nourish the nervous system.

However, after several days, the patient developed a sore throat and a routine blood count showed a decrease in total leukocyte count with an increase in lymphocytes. Since at his young age the patient should not have any abnormality of his blood vessels, the diagnosis was revised to include Wind attack (virus infection). Moroxydine was added. However, in the attending physician's experience, moroxydine was often ineffective in such circumstances whereas Qu Feng Yin was known to be effective. The treatment principle was therefore changed to dispelling Wind, i.e. first to eliminate the virus infection. In Qu Feng Yin, banlangen (*Isatis indigotica*) and daqingye (*Isatis tinctoria*) are active against viruses and jinyinhua (*Lonicera*) and mabo (*Calvatia lilacina*) are active against bacteria.

One week later, the patient reported improvement and the white blood cell count also returned to normal, including lymphocytes. This indicated that the virus infection was now under control. The therapeutic principle should now be to mobilize blood and eliminate blood stasis. Ma Gui Tang was chosen because its ingredient herbs had the effect of mobilizing Qi and blood. In terms of modern medicine concepts, this would improve regional micro-circulation, so that the diseased nerve endings would receive nourishment and recover their normal functions. As a result, within 2 weeks hearing essentially normalized.

In this case, the combination of CM and western medicine permitted prompt arrival at the correct diagnosis and prompt change in therapeutic principle. Also, the combined use of CM and WM formulas brought about faster and more reliable clinical response.

(Source: *Case Records of Wang Dongxi*, Fujian Provincial Hospital.)

Chapter 61

Acute Naso-Sinusitis

Naso-sinusitis, or simply sinusitis, is nonspecific inflammation of the mucous membrane of the sinuses. The typical symptoms of acute sinusitis include fever, headache, nasal congestion and viscid or purulent nasal discharge.

I Etiology, Pathology and Clinical Manifestation

Three mechanisms lead to the development of acute naso-sinusitis. Invasion of the lung and the Lung Meridian by exogenous Wind and Heat leads to failure of the lung's functions of dispersion and depuration, allowing Heat evil to scorch the nasal sinuses. Accumulated Heat in the lung may transmit to the liver and the gallbladder, whence Heat rises and scorches the nasal sinuses. If turbid Dampness accumulates in the spleen and the stomach, it may transform into endogenous Heat, which can then rise and scorch the nasal sinuses.

Preceding the development of acute sinusitis there is often symptoms of upper respiratory infection or choking on water while swimming. Nasal congestion may be intermittent or steady, often with a diminished sense of smell. As sinusitis develops the nasal discharge becomes viscid or purulent. Headache tends to be mainly in the region of the affected sinus and often shows a typical time course – mild in the morning, severe at noon and gradually subsiding in the afternoon. Tapping over the sinuses may elicit tenderness and may reproduce the headache. X-ray examination shows cloudiness or fluid in the normally clear and air-filled sinuses.

II Herbal Treatment

1 *Wind-Heat in Lung Meridian*

Main Symptoms. Nasal congestion, viscid or purulent discharge, inflamed mucous membrane, fever, wind-aversion and headache. The tongue is red, with thin yellow coating. The pulse is floating and rapid.

Therapeutic Principle. Dispel Wind, cool Heat, soothe the lung and open the orifices.

Treatment. Modified Cangerzi San (Xanthium Powder). The modified composition is as follows: cangerzi (*Xanthium sibiricum*) 9 g, lianqiao (*Forsythia*) 9 g, xinyi (*Magnolia liliflora*) 3 g, jingjie (*Schizonepeta*) 9 g, dandouchi (*Glycine max*) 9 g, niubangzi (*Arctium*) 9 g, zhuye (*Phyllostachys nigra*) 9 g, bohe (*Mentha*) 9 g, baizhi (*Angelica dahurica*) 12 g, jinyinhua (*Lonicera*) 12 g, lugen (*Phragmites*) 18 g, jiegeng (*Platycodon*) 6 g, and gancao (*Glycyrrhiza*) 6 g. Note: xinyi is added last.

2 Strong Heat in Gallbladder

Main Symptoms. Nasal blockage with foul-smelling viscid purulent discharge. Associated symptoms include severe headache, fever, wind-aversion, a bitter taste, dry throat, agitation and dizziness. The tongue is red, with yellow coating. The pulse is taut and rapid.

Therapeutic Principle. Purge gallbladder Heat, eliminate turbidity and open orifices.

Treatment. Modified Longdan Xie Gan Tang (Liver-Clearing Gentiana Decoction). The modified composition is as follows: longdancao (*Gentiana*) 9 g, huangqin (*Scutellaria*) 9 g, chaihu (*Bupleurum*) 9 g, danggui (*Angelica*) 9 g, zexie (*Alisma*) 9 g, zhizi (*Gardenia*) 15 g, shengdihuang (*Rehmannia*) 15 g, cheqianzi (*Plantago*) 15 g, gancao (*Glycyrrhiza*) 6 g, and chuanmutong (*Akebia quinata*) 6 g. Note: cheqianzi is decocted wrapped in gauze.

3 Dampness-Heat in Spleen and Stomach

Main Symptoms. Persistent nasal blockage with copious yellow viscid discharge. Markedly inflamed and swollen nasal mucous membrane. There may be headache, fever, headache as though squeezed, epigastric distention, anorexia and dark urine. The tongue is red, with greasy yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat, eliminate Dampness, clear turbidity and open orifices.

Treatment. Gan Lu Xiao Du Dan (Sweet Dew Detoxification Pill). It has the following composition: huashi (talcum) 30 g, yinchenhao (*Artemisia*) 9 g, huangqin (*Scutellaria*) 9 g, shichangpu (*Acorus*) 9 g, shegan (*Belamcanda*) 9 g, bohe (*Mentha*) 9 g, baidoukou (*Amomum cardamomum*) 9 g, huoxiang (*Agastache*) 9 g, lianqiao (*Forsythia*) 15 g, and chuanmutong (*Akebia quinata*) 6 g.

For especially prominent headache, modify the composition in accordance with the location of the headache. Vertex: add gaoben (*Ligusticum sinense*) 9 g. Brow:

add baizhi (*Angelica dahurica*) 8 g. Occiput: add gegen (*Pueraria*) 30 g. Temple: add chaihui (*Bupleurum*) 9 g and manjingzi (*Vitex trifolia*) 9 g. Cheeks: add baizhi (*Angelica dahurica*) 9 g.

If nasal discharge is particularly copious, add yuxingcao (*Houttuynia*) 9 g, beimu (*Fritillaria*) 9 g and cangerzi (*Xanthium sibiricum*) 9 g.

For marked nasal blockage, add mudanpi (*Paeonia suffruticosa*) 9 g, chishaoyao (*Paeonia*) 9 g and xixin (*Asarum*) 3 g.

III Acupuncture Treatment

Body Acupuncture. For Wind-Heat in the Lung Meridian, select the acupoints Chize (LU-5), Hegu (LI-4), Yingxiang (LI-20), Yintang (EX-HN-3) and Fengchi (GB-20).

For strong Heat in the gallbladder, select the acupoints Fengchi (GB-20), Xiaxi (GB-43), Shangyinxiang (EX-HN-8), Shangxing (DU-23) and Yintang (EX-HN-3).

For Dampness-Heat in the spleen and stomach, select the acupoints Hegu (LI-4), Zusanli (ST-36), Sanyinjiao (SP-6), Yingxiang (LI-20), Shangxing (DU-23) and Lieque (LU-7).

Ear Acupuncture. Select the acupoints Internal Nose, Forehead, Lung, Adrenal and Tragic Apex.

IV Case Study

The patient was a 24-year old man with nasal congestion and discharge for 10 days. He had caught a cold about a month earlier, which resolved as expected. For the past 10 days he had nasal congestion with thick discharge and loss of smell. He had pain at the root of his nose that was aggravated by eye movement. He also had frontal headache that was severe on arising in the morning but resolved by evening. When severe the headache was accompanied by dizziness and nausea. His temperature was 38.1°C (100.6°F). His tongue coating was white, and his pulse floating and rapid.

Diagnosis. Acute sinusitis due to exogenous Wind-Heat.

Therapeutic Principle. Dispel Wind, cool Heat and open orifices with aromatic herbs.

Treatment and Course. Modified Cangerzi San (*Xanthium Powder*). The modified composition is as follows: cangerzi (*Xanthium sibiricum*) 9 g, xinyi (*Magnolia liliflora*) 6 g, juhua (*Chrysanthemum*) 9 g, bohe (*Mentha*) 6 g, lianqiao (*Forsythia*) 9 g, shengdihuang (*Rehmannia*) 9 g, baishaoyao (*Paeonia*) 9 g, baizhi (*Angelica dahurica*) 9 g, jinyinhua (*Lonicera*) 18 g, gancao (*Glycyrrhiza*) 5 g, fangfeng (*Saposhnikovia*) 9 g, qianghuo (*Notopterygium*) 9 g, huangqin (*Scutellaria*) 9 g, and danggui (*Aeglicia*) 9 g. Note: xinyi is added last.

After one dose all symptoms improved significantly. After another dose nasal congestion and pain resolved completely and his sense of smell returned to normal. Follow-up assessment in 9 months showed no recurrence.

(Source: Zhu Kairong, *Selected CM Case Records in EENT*.)

Chapter 62

Chronic Naso-Sinusitis

Chronic naso-sinusitis, or simply chronic sinusitis, results mostly from repeated episodes of acute naso-sinusitis. Its typical feature is persistent turbid nasal discharge. Chronic sinusitis often affects several sinuses simultaneously.

I Etiology, Pathology and Clinical Manifestation

The causes of chronic sinusitis are the same as those causing acute sinusitis. The basic pathology is insufficiency of the lung and the spleen, so that the exterior and the Defensive Level are infirm. Evil Qi can therefore persist and cause impendance of Qi and blood movement in the nasal region. Failure of fluid movement, due to spleen and lung dysfunction, permits exogenous pathogenic evil and turbidity to accumulate in the sinuses. Putrefaction ensues. The resulting pus may overflow the sinuses and drain into the nasal cavity.

Chronic sinusitis persists for weeks or months. Typically, the persistent nasal discharge is white viscid or yellow purulent. Nasal blockage is intermittent and reduced by clearing the nasal passage. Exposure to Wind or Cold often aggravates chronic sinusitis. The mucous membrane of the nasal passage is inflamed, and purulent exudate may be seen where the affected sinuses drain into the nasal cavity.

Patients with chronic sinusitis often have dizziness and feel distending pressure. The symptoms may be sufficiently severe as to slow the mental processes, induce shortness of breath, reluctance to talk and a weak voice.

The tongue is usually pale, with thin white coating. The pulse tends to be even but soft and forceless. X-ray examination typically shows cloudiness or fluid in the affected sinuses and thickening of the nasal mucous membrane.

II Herbal Treatment

1 *Internal Treatment*

Therapeutic Principle. Warm and restore lung-Qi and dispel Wind and Cold.

Treatment. Wen Fei Tang (Lung-Warming Decoction). It has the following composition: huangqi (*Astragalus*) 18 g, shengma (*Cimicifuga*) 6 g, gegen (*Pueraria*) 15 g, qianghuo (*Notopterygium*) 9 g, fangfeng (*Saposhnikovia*) 12 g, charred mahuang (*Ephedra*) 3 g, dingxiang (*Syzygium*) 6 g, gancao (*Glycyrrhiza*) 6 g, and congbai (*Allium fistulosum*) 3 sections. The decoction is split into two portions, one portion to be taken in the morning and one portion in the evening.

For headache and dizziness, add baizhi (*Angelica dahurica*) 15 g and chuanxiong (*Ligusticum*) 9 g.

If nasal blockage is particularly severe, add xinyi (*Magnolia liliflora*) 9 g and cangerzi (*Xanthium sibiricum*) 12 g.

For exacerbation by exogenous pathogenic evil making the discharge more viscid and yellow, add juhua (*Chrysanthemum*) 15 g, huangqin (*Scutellaria*) 12 g and jiegeng (*Platycodon*) 12 g.

If Spleen-Qi is especially deficient, use modified Shen Ling Baizhu Wan (Panax-Poria-Atractylodes Pill) instead.

Two other prepared formulas are useful: Tong Yi Li Fei Wan, one pill three times daily; and Huo Dan Wan, 6 g three times daily.

2 Topical Treatment

Three herbal preparations are suitable for topical treatment.

Di Bi Ling (Efficacious Nose Drops) may be instilled in the nose three to four times daily.

Yunaoshi Wan (Fish Otolith Powder) may be insufflated into the nose two to three times daily.

The third preparation has the following composition: ebushicao (*Centipeda minima*) 9 g, wulianmei (*Cayratia japonica*) 9 g and huangqin (*Scutellaria*) 9 g. After decoction, concentrate the solution, let stand and after cooling use the clear supernatant as nose-drop, three to four times daily.

A specialist may wish to irrigate the sinuses.

III Acupuncture Treatment

Select the acupoints Yingxiang (LI-20), Hegu (LI-4), Shangxing (DU-23) and Baihui (DU-20). Apply the reinforcing method and leave the needle in place for 10–15 min. Treat daily, 7–10 days making a course. In addition, select for reserve treatment the acupoints Cuanzhu (BL-2), Yintang (EX-HN-3), Tongtian (BL-7), Fengchi (GB-20) and Zusanli (ST-36). The reserve acupoints are used by rotation.

Moxibustion may be applied to the acupoints Xinhui (GV-22), Qianding (DU-21), Yingxiang (LI-20) and Shangxing (DU-23). Leave in place until the patient feels local warmth and the local skin shows erythema.

IV Case Study

The patient was a 19-year old woman who had had headache and nasal block and discharge for 2 years. The discharge was purulent initially, but gradually became thin and clear. At another hospital she was diagnosed to have chronic naso-sinusitis and was treated variously with formulas, herbs and sinus irrigation, without benefit. In addition, she had cold limbs, spontaneous sweating, fatigue and lack of strength. Her tongue was pale, with thin white coating. Her pulse was threadlike and depletive.

Diagnosis. Chronic naso-sinusitis due to lung insufficiency.

Therapeutic Principle. Warm the lung, augment lung-Qi and open orifices.

Treatment and Course. Modified Wen Fei Zhi Liu Dan (Lung-Warming Discharge-Stopping Pill). It has the following composition: dangshen (*Codonopsis*) 25 g, xixin (*Asarum*) 5 g, hezi (*Terminalia chebula*) 10 g, jingjie (*Schizonepeta*) 10 g, qianghuo (*Notopterygium*) 6 g, cangerzi (*Xanthium sibiricum*) 19 g, shichangpu (*Acorus*) 10 g, huangqi (*Astragalus*) 15 g, fangfeng (*Saposhnikovia*) 10 g, fuling (*Poria*) 15 g, and gancao (*Glycyrrhiza*) 5 g. (Note: According to the Guidance of Hong Kong Chinese Medicine Council dosage of xixin should not be over 3 g in a prescription.)

She took the herbal decoction daily for over a month and responded well. All symptoms resolved and the sinusitis cleared.

(Source: Zhu Kairong, *Selected CM Case Records in EENT*.)

Chapter 63

Allergic Rhinitis

Allergic rhinitis is a condition of the mucous membrane of the nose characterized by nasal itch, sneezing, nasal drainage of water-like secretion and nasal congestion. Typically, it begins and ends abruptly. There are two types of allergic rhinitis: perennial and seasonal.

I Etiology, Pathology and Clinical Manifestation

Allergic rhinitis develops when an endogenous factor and an exogenous factor occur at the same time. The endogenous factor is dysfunction of a visceral organ, principally insufficiency of the lung, the spleen or the kidney. The exogenous factor may be Wind, Cold or an abnormal vapor attacking the nose.

The diagnostic symptom of allergic rhinitis is nasal itch that appears suddenly. Often, this is accompanied by itch in the eye and throat. Along with the nasal itch the patient begins to sneeze repeatedly, sometimes dozens of times, and drains copious amounts of water-like fluid, sometimes with foam. Early in the course nasal congestion may be transient; but it may become constant later in the course.

During an attack, the mucous membrane of the nasal cavity is swollen but pale, especially on the middle and inferior conchae, and the nasal cavity may be full of serous fluid. Between attacks, swelling subsides but the pallor persists. In perennial allergic rhinitis, polyps may develop. A smear of the nasal secretion often contains numerous eosinophils. The blood serum usually contains elevated levels of immunoglobulin-E (IgE).

The attack may come at any time, each time lasting minutes. Sometimes it comes once, and sometimes many times a day. In seasonal allergic rhinitis, the attacks come mainly in spring or autumn. In perennial allergic rhinitis, they may come at any time of the year and may persist even for many years.

Allergic rhinitis is an important predisposing factor to the development of acute naso-sinusitis.

II Herbal Treatment

1 Deficiency of Lung-Qi

Main Symptoms. In addition to the typical symptoms of allergic rhinitis, the patient also has fatigue, shortness of breath, spontaneous sweating, a pale tongue with thin white coating, and a depletive and feeble pulse.

Therapeutic Principle. Warm and restore the lung.

Treatment. Modified Yu Ping Feng San (Jade-Screen Powder). The modified composition is as follows: fangfeng (*Saposhnikovia*) 9 g, huangqi (*Astragalus*) 15 g, dangshen (*Codonopsis*) 10 g, cangerzi (*Xanthium sibiricum*) 10 g, hezi (*Terminalia chebula*) 10 g, baizhu (*Atractylodes*) 10 g, guizhi (*Cinnamomum*) 6 g, shengjiang (*Cinnamomum*) 6 g, and gancao (*Glycyrrhiza*) 6 g.

2 Deficiency of Spleen-Qi

Main Symptoms. In addition to the typical symptoms of allergic rhinitis, the patient also has heaviness in the head with dizziness, easy fatigability, anorexia and loose feces. The tongue is pale and has indentations along its sides. The tongue coating is white. The pulse is feeble and forceless.

Therapeutic Principle. Augment Qi and strengthen the spleen.

Treatment. Modified Shen Ling Baizhu San (Ginseng-Poria-Atractylodes Powder). The modified composition is as follows: huangqi (*Astragalus*) 30 g, dangshen (*Codonopsis*) 15 g, shanyao (*Dioscorea*) 15 g, yiyiren (*Coix*) 15 g, baizhu (*Atractylodes macrocephala*) 10 g, fangfeng (*Saposhnikovia*) 19 g, cangzhu (*Atractylodes lancea*) 10 g, fuling (*Poria*) 15 g, baizhi (*Angelica dahurica*) 10 g, and chenpi (*Citrus tangerina*) 10 g.

3 Deficiency of Kidney-Yang

Main Symptoms. In addition to the typical symptoms of allergic rhinitis, the patient also has wind-aversion, cold-aversion, cold limbs, aches and weakness in the waist and knees, clear polyuria with nocturia, a pale tongue and a deep and thread-like pulse.

Therapeutic Principle. Warm and strengthen the kidney and augment Yang.

Treatment. Modified Jin Gui Shen Qi Wan (kidney-Qi Pill from the *Golden Cabinet*). The modified composition is as follows: shudihuang (*Rehmannia*) 30 g, shanyao (*Dioscorea*) 15 g, shanzhuyu (*Cornus*) 15 g, huangqi (*Astragalus*) 15 g,

hutao (*Juglans*) 15 g, gejie (*Gekko gecko*) 15 g, fuling (*Poria*) 12 g, mudanpi (*Paeonia suffruticosa*) 12 g, zexie (*Alisma*) 12 g, rougui (*Cinnamomum*) 6 g, processed fuzi (*Aconitum*) 6 g, and xixin (*Asarum*) 1 g.

III Acupuncture Treatment

Body Acupuncture. For deficiency of lung-Qi, select the acupoints Feishu (BL-13), Hegu (LI-4), Fengchi (GB-20) and Yingxiang (LI-20).

For deficiency of Spleen-Qi, select the acupoints Pishu (BL-20), Zusanli (ST-36), Fengchi (GB-20) and Yingxiang (LI-20).

For deficiency of kidney-Yang, select the acupoints Shenshu (BL-23), Sanyinjiao (SP-6), Fengchi (GB-20) and Yingxiang (LI-20).

Ear Acupuncture. Select the acupoints Lung, Spleen, Kidney, Internal Nose, Endocrine, Adrenal and Subcortex.

Massage. Massage the acupoint Yingxiang (LI-20), once a day.

IV Case Study

The patient was a 38-year old man with recurrent episodes of nasal itch and congestion, drainage of clear fluid and sneezing for 3 years. He did not have thirst. The episodes generally followed exposure to wind and cold. They came abruptly and subsided promptly, but recurred frequently. He frequently had cold-aversion. He came for consultation because he had another episode on arising this morning.

On examination, he was generally well. There was much clear secretion in his nasal cavity. The mucous membrane was swollen and pale. The tongue tip was pale and the coating was white. His pulse was slightly weak.

Diagnosis. Allergic rhinitis due to deficiency of lung-Qi and infirmity of Defensive Yang.

Therapeutic Principle. Strengthen the lung, augment Qi, firm the exterior and dispel exogenous evil.

Treatment and Course. The herbs prescribed were combined Yu Ping Feng San (Jade-Screen Powder) and Guizhi Tang (Cinnamomum Decoction), with modifications. The modified composition was as follows: huangqi (*Astragalus*) 15 g, fangfeng (*Saposhnikovia*) 6 g, baizhu (*Atractylodes*) 6 g, guizhi (*Cinnamomum*) 5 g, dangshen (*Codonopsis*) 10 g, hezi (*Terminalia chebula*) 10 g, gancao (*Glycyrrhiza*) 3 g, shengjiang (*Zingiber*) 3 g, and dazao (*Ziziphus*) five pieces.

After fifteen daily doses, the patient was cured. At follow-up 2 years later, he was well and had not had any recurrence.

(Source: Zhu Kairong, *Selected CM Case Records in EENT*.)

Chapter 64

Recurrent Ulcerative Stomatitis

Recurrent ulcerative stomatitis, also called recurrent aphthous stomatitis, is a condition characterized by scattered ulcers in the oral cavity. The ulcers are small and superficial. There may be only one or several at the same time.

I Etiology, Pathology and Clinical Manifestation

In basic CM theory, the heart has its (exterior) opening in the tongue, the spleen in the mouth, and the Kidney Foot-Shaoyin Meridian connects the kidney system to the root of the tongue. Heat accumulation in the heart or the spleen steams the oral cavity and can easily induce the development of ulcerative stomatitis. Similarly, deficiency of kidney-Yin allows endogenous Fire to blaze, and endogenous Fire burning upward also leads to ulcerative stomatitis.

Ulcerative stomatitis mainly affects youths and young or middle-aged adults. The most common locations of these ulcers are the lips, the tongue and the buccal mucosa. The lesions may be single or multiple. Each lesion begins as a pinhead-sized blister. Within 24 h it ruptures and forms a shallow ulcer with slightly raised rim that is hyperemic. The bottom of the ulcer is covered with a pseudo-membrane. Accompanying these lesions is a burning pain, which often affects speech and eating.

Generally, each ulcer resolves spontaneously within 7–10 days without leaving a scar. However, recurrences are very common.

II Herbal Treatment

The key to effective treatment is to ascertain whether the lesions are due to accumulation of Heat or to deficiency-Fire.

1 Heat Accumulation in Heart and Spleen

Main Symptoms. There are many aphthous ulcers, either scattered or coalescing in patches, each with peripheral red swelling. A dirty-looking pseudo-membrane covers each ulcer. The lesions are painful, of a burning quality. Speaking and eating are both difficult. There may also be chills, fever and constipation. The tongue is red, with yellow coating. The pulse is rapid.

Therapeutic Principle. Clear the heart and the spleen of Heat, detoxify poisons and heal ulcers.

Treatment. Combined Dao Chi San (Red-Conducting Powder) and Qing Wei Tang (Stomach-Clearing Decoction). The combined composition is as follows: shengdihuang (*Rehmannia*) 15 g, chuanmutong (*Akebia*) 6 g, danzhuye (*Lophatherum gracile*) 9 g, mudanpi (*Paeonia suffruticosa*) 15 g, huangqin (*Scutellaria*) 9 g, shengma (*Cimicifuga*) 6 g, raw shigao (gypsum) 30 g, and gancao (*Glycyrrhiza*) 6 g. Note: shigao is decocted first.

2 Blazing of Deficiency-Fire

Main Symptoms. The lesions are few and scattered, each with a pale red halo and covered with gray pseudo-membrane. They are mildly painful. As a lesion resolves another appears in a different location. The mouth and throat are dry. There are accompanying palpitations of the heart, excessive dreams, and aches and weakness in the waist and knees. The tongue is red, with little coating. The pulse is threadlike and rapid. The course is protracted.

Therapeutic Principle. Nourish Yin and suppress Fire.

Treatment. Combined Gui Shao Tian Di Jian (Angelica-Paeonia-Asparagus-Rehmannia Decoction) and Liu Wei Dihuang Tang (Six-Ingredients Rehmannia Decoction). The combined composition is as follows: danggui (*Angelica*) 6 g, chishaoyao (*Paeonia*) 15 g, tianmendong (*Asparagus choichinchinensis*) 15 g, fuling (*Poria*) 15 g, zexie (*Alisma*) 15 g, shudihuang (*Rehmannia*) 18 g, shanyao (*Dioscorea*) 30 g, and shanzhuyu (*Cornus*) 9 g.

For coalescent ulcers, add huangbai (*Phellodendron*) 9 g, kushen (*Sophora*) 15 g and banlangen (*Isatis*) 18 g.

For lesions that do not resolve promptly, add wasong (*Orostachys fimbriatus*) 9 g and wubeizi (*Melaphis chinensis*) 12 g.

If there are chills and fever, add juhua (*Chrysanthemum*) 15 g, bohe (*Mentha*) 9 g, gegen (*Pueraria*) 30 g and jinyinhua (*Lonicera*) 30 g.

If the mouth feels sticky and there is no appetite, add peilan (*Eupatorium*) 9 g and shichangpu (*Acorus*) 9 g.

III Acupuncture Treatment

Body Acupuncture. For Heat accumulation in the heart and the spleen, select the acupoints Haofu (HT-8), Dadu (SP-2), Neiting (ST-44), Hegu (LI-4), Jinjin (EX-HN-12) and Yuye (EX-HN13).

For blazing of deficiency-Fire, select the acupoints Taixi (KI-3), Yuji (LU-10), Laogong (PC-8), Jinjin (EX-HN-12), Yuye (EX-HN-13) and Chengjiang (RN-24).

Ear Acupuncture. Select the acupoints Mouth, Tongue, Spleen, Lung, Heart, Stomach, Kidney and Shenmen.

IV Case Study

The patient was a 39-year old married man who had had recurrent aphthous ulcers in his oral cavity for over 10 years. Most of these ulcers occurred on the lips, buccal mucosa and tongue. Over the past year the situation gradually worsened, so that there was no longer an intermission and each lesion took 4 weeks to resolve instead of 1 week. The number of lesions at any time also increased. His constitution weakened, his complexion became pale and he developed aches in his back and legs. He habitually drank much water. His excretory functions were normal.

Past medical history included pulmonary tuberculosis and digestive dysfunction.

On examination, his tongue was red and its coating thin and yellow. On the tip of the tongue and the upper lip mucosa he had several oval ulcers measuring about 0.2 by 0.4 cm (0.08 by 0.16 in.). The ulcers had distinct borders and hyperemic and swollen haloes. Along the borders of the tongue he also had several cicatrices. His pulse was taut and somewhat slippery and rapid.

Diagnosis. Recurrent ulcerative stomatitis, due to endogenous Heat in Yin deficiency.

Therapeutic Principle. Nourish Yin and clear Heat.

Treatment and Course. The prescribed formula had the following composition: shengdihuang (*Rehmannia*) 20 g, xuanshen (*Scrophularia*) 12 g, chishaoyao (*Paeonia*) 12 g, baishaoyao (*Paeonia*) 12 g, tianmendong (*Asparagus chochinchiensis*) 10 g, maimendong (*Ophiopogon*) 10 g, shihu (*Dendrobium chrysanthum*) 12 g, jixueteng (*Spatholobus suberectus*) 15 g, wuweizi (*Schisandra*) 6 g, niuxi (*Achyranthes*) 18 g, jiegeng (*Platycodon*) 10 g, and rougui (*Cinnamomum*) 1 g.

Second Visit: in 2 weeks. His symptoms diminished and he felt better generally. The aphthous ulcers were smaller. This tongue coating was thin and yellow, and his pulse taut, threadlike and slippery. A new formula was prescribed, with the following composition: huangqi (*Astragalus*) 15 g, shengdihuang (*Rehmannia*) 15 g, baizhu (*Atractylodes*) 15 g, wuweizi (*Schisandra*) 6 g, zhimu (*Anemarrhena*) 10 g, huangqin (*Scutellaria*) 10 g, niuxi (*Achyranthes*) 10 g, fuling (*Poria*) 12 g, shanyao (*Dioscorea*) 12 g, and shihu (*Dendrobium chrysanthum*) 5 g.

Third Visit: in 2 weeks. The ulcers on the tip of the tongue had healed, but there was slight tenderness in the area. The lips were less red. The tongue was red, with thin and discontinuous coating. There was no new lesion. The same formula was continued, with the following modifications: rougui, wuweizi, jiegeng and jixueteng were removed, and raw shigao (gypsum) 30 g and shudihuang (*Rehmannia*) 15 g were added.

Fourth Visit: in 2 weeks. All ulcers had healed, and there was no new lesion.

Thus, after about 6 weeks of treatment, the ulcerative stomatitis was under control. The patient's general condition also improved. He had several mild recurrences over 6 months, but these were easily controlled. Thereafter, during 12 years of follow-up he was stable with few recurrences.

Chapter 65

Acute Tonsillitis

Acute tonsillitis is acute inflammation of the tonsils with typical symptoms of sore throat, fever, and headache.

I Etiology, Pathology and Clinical Manifestation

Acute tonsillitis is due to exogenous Wind and Heat. These exogenous pathogenic evils invade the lung and ascend along the Lung Meridian to attack the throat, where they lodge in the tonsils. In some patients there is accumulated Heat in the spleen and stomach. When exogenous Wind and Heat attack such patients Heat gels in the throat.

The characteristic symptoms of acute tonsillitis are sore throat accompanied by chills and fever. Pain may radiate to the ear, and is aggravated by swallowing. There usually are headache and aches in the limbs. In severe cases, chills may be accompanied by shaking and fever may reach 40°C (104°F). Small children may have a seizure.

Examination shows red swelling of the tonsils, usually on both sides. Often there is yellow-white exudate in the tonsillar crypts. The sub-maxillary lymph nodes are usually enlarged and tender.

Acute tonsillitis begins abruptly and tends to run a short course of about a week. In some cases, however, it may develop into chronic tonsillitis or tonsillar abscess. Also, if acute tonsillitis is untreated or inadequately treated, it may become complicated by rheumatic heart disease or glomerulonephritis.

II Herbal Treatment

1 *Wind-Heat Invading Lung*

Main Symptoms. Sore throat aggravated by swallowing; fever, chills; and headache. There may be aches in the limbs. The tonsils are inflamed and swollen

or have yellow-white exudate in the crypts. The tongue is red, with yellow coating. The pulse is floating and rapid.

Therapeutic Principle. Dispel Wind, clear Heat, detoxify poisons and reduce swelling.

Treatment. Modified Shu Feng Qing Re Tang (Wind-Dispelling Heat-Clearing Decoction). The modified composition is as follows: jingjie (*Schizonepeta*) 9 g, fangfeng (*Saposhnikovia*) 9 g, jinyinhua (*Lonicera*) 30 g, lianqiao (*Forsythia*) 15 g, huangqin (*Scutellaria*) 12 g, chishaoyao (*Paeonia*) 9 g, xuanshen (*Scrophularia*) 12 g, beimu (*Fritillaria*) 9 g, tianhuaafen (*Trichosanthes*) 15 g, sangbaipi (*Morus*) 9 g, niubangzi (*Arctium*) 9 g, jiegegeng (*Platycodon*) 6 g, and gancao (*Glycyrrhiza*) 6 g.

2 Strong Heat in Lung and Stomach

Main Symptoms. Severe sore throat, dysphagia, inflamed and swollen tonsils covered with exudate; high fever, thirst; swollen and tender sub-maxillary lymph nodes; halitosis; constipation; and dark urine. The tongue is red, with greasy yellow coating. The pulse is surging and rapid.

Therapeutic Principle. Purge Heat, detoxify poisons, reduce swelling and soothe the throat.

Treatment. Qing Yan Li Ge Tang (Throat-Clearing Diaphragm-Facilitating Decoction). It has the following composition: jinyinhua (*Lonicera*) 30 g, lianqiao (*Forsythia*) 15 g, zhizi (*Gardenia*) 9 g, huangqin (*Scutellaria*) 9 g, niubangzi (*Arctium*) 12 g, xuanshen (*Scrophularia*) 15 g, bohe (*Mentha*) 9 g, raw shigao (gypsum) 30 g, zhimu (*Anemarrhena*) 9 g, fangfeng (*Saposhnikovia*) 9 g, shegan (*Belamcanda*) 9 g, jiegegeng (*Platycodon*) 6 g, mudanpi (*Paeonia suffruticosa*) 9 g, and dahuang (*Rheum palmatum*) 9 g. Notes: shigao is decocted first; and bohe is decocted last.

If there are pus pockets on the tonsils, add mudanpi (*Paeonia suffruticosa*) 9 g, chishaoyao (*Paeonia*) 9 g and shegan (*Belamcanda*) 9 g.

III Acupuncture Treatment

Body Acupuncture. For Wind-Heat invading the lung, select the acupoints Hegu (LI-4), Quchi (LI-11), Shaoshang (LU-11), Shangyang (LI-1) and Chize (LU-5).

For strong Heat in the lung and the stomach, select the acupoints Neiting (ST-44), Tiantu (RN-22), Fenglong (ST-40) and Shaoshang (LU-11).

Ear Acupuncture. Select the acupoints Tonsil, Lung, Stomach, Adrenal.

Pricking Technique. When applying this technique, use the three-edged needle to prick the acupoints Shaoshang (LU-11) and Shangyang (LI-1) until there is some bleeding.

IV Case Study

The patient was a 19-year woman who presented with sore throat for 7 days. When it began she medicated herself with Huoxiang Pian (Agastache Tablet). The sore throat improved for a while, but during the past 3 days it recurred and was more severe than before. Now she also had chills, fever and dysphagia. She was treated at another hospital with oral erythromycin, without benefit. The day before, she also developed nasal congestion and slight epistaxis. At the time of admission to hospital she also had chills and fever, headache, generalized aches, much sweating, anorexia and constipation. Her urine was normal, but her sleep was restless. Past and family medical history was negative.

The blood pressure was 110/60 mmHg and the heart rate 110 beats per minute. Her voice was low and nasal. The nose was mildly congested. There were slight redness and swelling of the inferior concha and some exudate in the common meatus. She was unable or unwilling to open her mouth wide. In the posterior oral cavity the fauces, especially the right pillar, were inflamed and the uvula deviated to the left. The tonsils were inflamed, especially the right. Several crypts of the right tonsils contained pus. The sub-maxillary lymph nodes on the right were swollen and tender. The tongue was pale red, with thick and dirty-looking coating that was slightly yellow. The pulse was taut and rapid. The rest of the physical examination was normal.

A complete blood count showed hemoglobin 8.8 gm%, total white blood cell count 17,000/mm³, with 81% neutrophils, 18% lymphocytes and 1% monocytes. Liver function tests were normal. Hepatitis B surface antigen was negative. Urine and stool examination was normal. A chest x-ray study was normal.

Diagnosis. Acute tonsillitis due to Wind and Heat, complicated by peri-tonsillar abscess on the right.

Therapeutic Principle. Cool Heat, detoxify poison and eliminate pus. Assist by dispelling Wind and releasing the exterior.

Treatment and Course. Modified Qu Feng Yin (Wind-Dispelling Drink). The modified composition is as follows: jinyinhua (*Lonicera*) 10 g, daqingye (*Isatis tinctoria*) 15 g, banlangen (*Isatis indigotica*) 9 g, niubangzi (*Arctium*) 9 g, mabo (*Calvatia lilacina*) 3 g, and gancao (*Glycyrrhiza*) 3 g. The dosage was one dose daily in two portions.

In addition, the patient was advised to keep warm, take a fluid diet and avoid foods that were acrid, spicy or hot.

Second Consultation: day 2. Sore throat and dysphagia were worse. She had a restless night. An intravenous infusion of 40 ml of 50% glucose solution was given. Aspiration of the peritonsillar abscess was attempted under local anesthesia (1% Xylocaine), but no pus could be aspirated. The same herbal decoction was continued, except that she was also given a sedative at bedtime.

Third Consultation: day 3. Sore throat lessened significantly. Chills stopped and her temperature was now 36.5°C (97.7°F). She no longer had difficulty swallowing or opening her mouth wide. Defecation was now normal. Inflammation of the fauces, tonsils, right pillar and uvula lessened significantly. Tongue coating was still thick and yellow. The pulse was still taut. Complete blood count and urinalysis were normal. The same formula was continued.

Fourth Consultation: day 4. Sore throat disappeared. The throat was now completely normal except for mild residual swelling around the right pillar. The tongue coating had thinned. The pulse was still taut and mildly rapid. The same formula was continued.

Fifth Consultation: day 5. All symptoms had resolved. The throat was normal. The right sub-maxillary lymph nodes were still palpable and mildly tender. Chest x-ray study was normal. The same formula was continued.

Sixth Consultation: day 7. The only symptom reported was some mild throat discomfort. The throat was normal. The tongue coating was thin and slightly yellow. The tongue tip was red. The pulse was taut. The prescribed formula was now augmented with the addition of xuanshen (*Scrophularia*) 15, shengdihuang (*Rehmannia*) 15 g and shashen (*Adenophora tetraphylla*) 10 g.

Seventh Consultation: day 8. The patient was asymptomatic. Examination was normal. A complete count showed a total white blood cell count of 9,900/mm³, with 75% neutrophils, 3% eosinophils and 22% lymphocytes.

Day 9: the patient was discharged having completely recovered.

Comment. Peri-tonsillar abscess is a rapidly evolving and serious condition. The vast majority of cases occur as complication of acute tonsillitis. It takes the form of acute inflammation of the peri-tonsillar tissues at the beginning, then progresses to suppuration and abscess formation. In the experience of many CM physicians, if acute tonsillitis is treated promptly and adequately with traditional herbal medicine then suppuration may be prevented.

In traditional CM, peri-tonsillar abscesses are caused by poor personal hygiene, unhealthy living habits and improper diet, so that exogenous Heat evil can attack the superficies and form an abscess. For this reason, the therapeutic principle is first to cool Heat and detoxify its poisons, then to assist by dispelling Wind and releasing the exterior. In the prescribed formula, all six herbs have the action of killing bacteria. Hence, the formula was able to achieve a satisfactory result by shortening the course of the illness and by preventing suppuration and abscess-formation.

(Source: Wang Dongzi and Wang Xiaohui, in Chen Keji, editor, *Clinical Case Studies in Traditional Chinese Medicine*.)

Guidance for Study

I Aim of Study

This part describes seven common conditions affecting the sensory organs: acute conjunctivitis, sudden deafness, acute naso-sinusitis, chronic naso-sinusitis, allergic rhinitis, ulcerative stomatitis and acute tonsillitis. It discusses the etiology, pathology and clinical manifestation of each of these conditions, as well as their diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the etiology and pathology of these seven conditions;
2. Be familiar with the diagnosis and treatment of each of these conditions;
3. Know their acupuncture treatment.

III Exercises for Review

1. Describe the main types of acute conjunctivitis. Compare their diagnosis and treatment.
2. What are the main types of sudden deafness? Describe and compare the diagnosis and treatment of each of these types.
3. What are the main types of acute naso-sinusitis? Describe and compare the diagnosis and treatment of each of these types.
4. Describe the etiology, pathology, clinical manifestation, diagnosis and treatment of chronic naso-sinusitis.
5. What are the main types of allergic rhinitis? Describe and compare the diagnosis and treatment of each of these types.
6. What are the main types of recurrent ulcerative stomatitis? Describe and compare the diagnosis and treatment of each of these types.
7. Describe the key points for the diagnosis of acute tonsillitis. Describe and compare the diagnosis and treatment of each of these types.

IV Additional Exercises

1. For Chapter 59:
 - a. Provide an analysis of the modified formula Qu Feng San Re Yinzi used in treatment of conjunctivitis due to Wind-Heat.
 - b. For the Case Study, provide an analysis of the prescription used to treat this patient.
2. For Chapter 60:
 - a. Provide an analysis of the modified Manjingzi San used in treatment of deafness due to Wind-Heat.
 - b. Justify the modifications of Longdan Xie Gan Tang for treatment of deafness due to the ascent of liver-Fire.
 - c. Provide an analysis of the formula of the modified Jia Wei Er Chen Tang used in treatment of deafness due to the rise of Phlegm-Fire.
 - d. Explain the modifications of Tong Qiao Huo Xue Tang for treatment of deafness due to Qi stagnation and blood stasis.
3. For Chapter 61:
 - a. Provide an analysis of the formula of the modified Cangerzi San used in treatment of acute naso-sinusitis due to Wind-Heat in the Lung Meridian.
 - b. Explain the modifications of Longdan Xie Gan Tang for treatment of acute naso-sinusitis due to strong Heat in the gallbladder.
4. For Chapter 62: For the Case Study, provide an analysis of the formula of the modified Wen Fei Zhi Liu Dan used to treat this patient's chronic naso-sinusitis.
5. For Chapter 63:
 - a. Explain the modifications of Shen Ling Baizhu San for treatment of allergic rhinitis due to deficiency of Spleen-Qi.
 - b. Explain the modifications of Modified Jin Gui Shen Qi Wan for treatment of allergic rhinitis due to deficiency of kidney-Yang.
 - c. For the Case Study, provide an analysis of the prescription (combined Yu Ping Feng San and Guizhi Tang, with modifications) used to treat this patient.
6. For Chapter 64:
 - a. Provide an analysis of the prescription (combined Dao Chi San and Qing Wei Tang) used in the treatment of recurrent ulcerative stomatitis due to the accumulation of Heat in the heart and the spleen.
 - b. Provide an analysis of the prescription (combined Gui Shao Tian Di Jian and Liu Wei Dihuang Tang) used in treatment of recurrent ulcerative stomatitis due to the blazing of deficiency-Fire.

- c. For the Case Study, provide an analysis of the formula used to treat this patient. Also explain the change in treatment at the second visit, and the modifications introduced at the third visit.
7. For Chapter 65: Provide an analysis of the formula of the modified Shu Feng Qing Re Tang used in treatment of acute tonsillitis due to Wind-Heat invading the lung.

Chapter 66

Syncope

Syncope is a frequently encountered urgent condition characterized by sudden fainting with temporary loss of consciousness.

I Etiology and Pathology

Syncope may be due to a variety of causes, including disturbances in the activities of Qi or blood, emotional upset or postural changes. In CM, according to the causative factors, syncope may be classified into the following categories: Qi syncope, blood (circulation) syncope, Phlegm syncope, Summer Heat syncope and food retention syncope. Qi and blood syncope, especially of the strength type, account for most of the cases.

Qi Syncope. In a person with constitutionally abundant Qi sudden emotional upset, such as anger, fright or terror, may induce abnormal ascent of Qi, which in turn blocks the clear orifices and induces syncope. Conversely, in a person with constitutionally deficient genuine Qi strong grief or sadness or overstrain may prevent pure Yang from ascending. This compromises nourishment of the mind and may precipitate syncope.

Blood Syncope. In a patient with constitutionally abundant liver-Yang rage can induce Qi and blood to move erratically. In such circumstances the abnormal ascent of Qi and blood may block the clear orifices, leading to syncope. Alternately, if blood is insufficient, whether due to chronic illness or to massive bleeding, then Qi and blood are unable to reach the clear orifices; in this situation, syncope can also ensue.

Phlegm Syncope. Obese persons often have Qi deficiency. Overindulgence by such a person in alcoholic drinks and greasy, spicy or sweet foods can easily injure the spleen and stomach. Dampness can then accumulate and give rise to Phlegm, and Phlegm can impede Qi movement. In such circumstances rage may cause Qi to move erratically. Phlegm then follows ascending Qi and can block the clear orifices, resulting in syncope.

Summer Heat Syncope. Summer Heat is a Yang evil. When it attacks the body it progresses rapidly. If it reaches the pericardium it may disturb the mind and induce loss of consciousness.

Food Retention Syncope. Improper diet may lead to food retention and disturbance of transportation. Impedance of Qi movement then induces a sensation of suffocation and syncope.

Thus, all pathological mechanisms leading to syncope contain two aspects: constitutional and emotional. The constitution aspect determines the susceptibility to certain pathogenic factors, and the emotional aspect induces dysfunction of the visceral organs, abnormal ascent of Qi blocking the clear orifices or failure of pure Yang to rise and nourish the clear orifices.

II Clinical Manifestations and Key Points for Diagnosis

Typically, syncope comes abruptly with loss of consciousness and cold limbs. Often, there is an obvious precipitating factor, such as emotional distress, fright, fear or pain. There may also be one or more premonitory symptoms, such as dizziness, sudden facial pallor, sweating, nausea, dimming of vision, and weakness.

In mild cases, the patient regains consciousness in a short time. There may be some dizziness, weakness, fatigue and a dry mouth, but usually no significant residual symptom. In severe cases, syncope becomes coma, which may last many hours or days. Coma may occasionally lead to death.

Deficiency versus Strength. In an illness of evil strength, syncope is sudden. The face is flushed, respiration is coarse and jaws tight. There is fisting of the hands. Preceding syncope the voice is strong and respiration rushed. The tongue is red, with greasy yellow coating. The pulse is surging, large and forceful. In an illness of deficiency, syncope is preceded by dizziness and dimming of vision. The complexion is pale, voice soft and respiration weak. There is sweating and the limbs are cold. The tongue is pale or plump. The pulse is threadlike, feeble and forceless.

Qi versus Blood. In the strength type of Qi syncope liver Qi ascends abnormally in a person of strong physique. In addition to sudden fainting, there are coarse respiration, tight jaws, fisted hands, dizziness and headache. The tongue is red, with yellow coating. The pulse is deep and taut. In the strength type of blood syncope liver-Yang rises abnormally, with sudden hyperactivity of Yang-Qi and blood flowing upward along with Qi. In addition to sudden fainting, there are tight jaws, cold limbs, and a flushed face with purple lips or epistaxis. The tongue is cyanotic. The pulse is taut and forceful.

Causative Factors. The deficiency type of Qi syncope occurs mostly in a patient with constitutional weakness. There usually are precipitating conditions such as excessive fatigue, inadequate sleep, hunger or cold exposure. The deficiency type of blood syncope occurs mostly in a patient who has suffered massive blood loss. The

strength type of Qi or blood syncope occurs mostly in a patient with strong physique and is intimately connected to strong emotional stimulation. Phlegm syncope occurs mostly in a patient who overindulges in fatty and sweet foods, is obese and whose body contains Dampness. Food retention syncope occurs most commonly following binge eating.

III Herbal Treatment

1 *Strength Type of Qi Syncope*

Main Symptoms. Sudden fainting precipitated by emotional stimulation, loss of consciousness, coarse respiration, tight jaws and fisted hands; or cold limbs. The tongue coating is thin and white. The pulse is deep and taut or deep and sunken.

Therapeutic Principle. Regulate Qi and release stagnation to open orifices.

Treatment. For resuscitation, force-feed Suhexiang Wan (Storax Pill). Follow with Wu Mo Yin Zi.

If there is much sputum causing impeded respiration, add bile-treated nanxing (*Arisaema consanguineum*), zhuli (*Phyllostachys nigra*) and beimu (*Fritillaria*) to eliminate sputum.

If there are dizziness and headache, with flushed face and red eyes, add gouteng (*Uncaria*) and shijueming (*Haliotis*) to calm the liver and suppress Yang.

For patients with a history of similar attacks, use such formulas as Xiao Yao San (Carefree Powder) as a preventive.

2 *Deficiency Type of Qi Syncope*

Main Symptoms. Weak constitution; precipitating symptoms such as overwrought emotions, excessive fatigue, hunger or intense pain; dizziness, fainting; pallid complexion; sweating, cold limbs; and weak respiration. The tongue is pale. The pulse is deep and infeeble.

Therapeutic Principle. Augment Qi and revive Yang.

Treatment. For resuscitation force-feed Shen Fu Tang (Ginseng-Aconitum Decoction). Alternately, inject Sheng Mai Solution (Pulse-Generating Solution) intravenously pre-prepared from Sheng Mai San (Pulse-Generating Powder).

Follow with Si Wei Hui Yang Yin (Four-Ingredients Yang-Rescue Drink). It has the following composition: renshen (*Panax*) 10 g, processed fuzi (*Aconitum*) 6 g, ganjiang (*Zingiber*) 10 g, and gancao (*Glycyrrhiza*) 6 g. Note: renshen is decocted first.

If sweating is profuse, add huangqi (*Astragalus*), baizhu (*Attractylodes*), longgu (fossil bone) and muli (*Ostrea*) to firm the exterior and stop sweating. (Note: longgu and muli have to be decocted first.)

3 *Strength Type of Blood Syncope*

Main Symptoms. Frequent dizziness; sudden fainting, often precipitated by emotional upset; tight jaws, flushed face, and purple lips. The tongue is dark red. The pulse is taut and forceful.

Therapeutic Principle. Open the orifices, mobilize blood and regulate Qi.

Treatment. For resuscitation force-feed Suhexiang Wan (Storax Pill). Alternately, use Qing Kai Ling intravenously by push or drip.

Follow with Tong Yu Jian (Stasis-Resolving Decoction). It has the following composition: danggui (*Angelica*) 10 g, honghua (*Carthamus*) 3 g, shanzha (*Crataegus*) 6 g, qingpi (*Citrus tangerina*) 10 g, wuyao (*Lindera*) 10 g, muxiang (*Aucklandia*) 10 g, xiangfu (*Cyperus*) 10 g, and zexie (*Alisma*) 10 g.

For agitation and irascibility, with dizziness and headache, add shijueming (*Haliotis*), gouteng (*Uncaria*), longdancao (*Gentiana*), juhua (*Chrysanthemum*) and shichangpu (*Acorus*) to calm the liver and the mind.

4 *Deficiency Type of Blood Syncope*

Main Symptoms. Sudden fainting, pallid complexion, lusterless lips, limb tremor, spontaneous sweating, cold limbs and weak respiration. The tongue is pale. The pulse is hollow or threadlike, rapid and forceless.

Therapeutic Principle. Augment Qi and nourish blood.

Treatment. For resuscitation force-feed Du Shen Tang (Lone Ginseng Decoction) or give Ren Shen Solution or Sheng Ma Solution by intravenous drip or push.

Follow with modified Ren Shen Yang Ying Tang (Ginseng Nutritive-Supporting Decoction). It has the following composition: renshen (*Panax*) 10 g, huangqi (*Astragalus*) 10 g, danggui (*Angelica*) 10 g, shudihuang (*Rehmannia*) 10 g, baishao Yao (*Paeonia*) 10 g, wuweizi (*Schisandra*) 10 g, baizhu (*Attractylodes*) 10 g, fuling (*Poria*) 10 g, yuanzhi (*Polygala*) 10 g, gancao (*Glycyrrhiza*) 10 g, rougui (*Cinnamomum*) 10 g, shengjiang (*Zingiber*) 10 g, dazao (*Ziziphus*) 10 g, and chenpi (*Citrus tangerina*) 10 g.

For spontaneous sweating and cold limbs, with weak respiration, add processed processed fuzi (*Aconitum*) and ganjiang (*Zingiber*) to warm Yang.

For dry mouth with insufficient fluids, add maimendong (*Ophiopogon*), shashen (*Adenophora tetraphylla*) and yuzhu (*Polygonatum*) to nourish Yin.

5 *Summer Heat Syncope*

Main Symptoms. Sudden fainting on a hot summer day; fever with cold limbs; and flushed face. In some cases, there may be delirium. The tongue is red and dry. The pulse is surging and rapid.

Therapeutic Principle. Cool Summer Heat, augment Qi, open orifices and stimulate the mind.

Treatment. For resuscitation force-feed Niu Huang Qing Xin Wan (Gallstone Mind-Clearing Pill) or Zi Xue Dan (Purple-Snow Pill). Alternately, give Qing Kai Ling intravenously. General measures include moving the patient to a shaded and cool place, oxygen inhalation, intravenous fluids and an effective cooling measure.

Follow with Bai Hu Jia Ren Shen Tang (White Tiger plus Ginseng Decoction).

If there are convulsion and delirium, add lingyangjiao (*Saiga tatarica*), gouteng (*Uncaria*) and juhua (*Chrysanthemum*) to cool Heat, regulate the liver, dispel Wind and stop convulsion.

6 *Phlegm Syncope*

Main Symptoms. There is a history of habitual overindulgence in fatty and sweet foods, with much sputum. Sudden fainting precipitated by rage; gurgling in the throat with sputum; spitting of sputum or saliva; and coarse respiration. The tongue coating is white and greasy. The pulse is deep and slippery.

Therapeutic Principle. Mobilize Qi and eliminate Phlegm.

Treatment. Dao Tan Tang (Phlegm-Dissipating Decoction).

To enhance the formula's actions to eliminate Phlegm and regulate Qi, add zisu (Perilla) and baijiezi (*Brassica*).

If Phlegm and Dampness have given rise to endogenous Heat, with viscid yellow sputum and greasy yellow tongue coating, add zhuli (*Phyllostachys*), zhizi (*Gardenia*) and huangqin (*Scutellaria*) to cool Heat and dissipate Phlegm.

7 *Food Retention Syncope*

Main Symptoms. Sudden fainting, suffocating sensation and epigastric fullness. The tongue coating is thick and greasy. The pulse is slippery and replete.

Treatment. If syncope occurs shortly after eating, induce vomiting with salt solution and follow with Shen Zhu San (Leaven-Atractylodes Powder) and Bao He Wan (Harmony-Preserving Pill). The combined composition is as follows: shanzha

(*Crateagus*), shenqu (medicated leaven), laiprocessed processed fuzi (*Raphanus*), huoxiang (*Agastache*), cangzhu (*Atractylodes lancea*), houpo (*Magnolia*), sharen (*Amomum*), banxia (*Pinellia*), chenpi (*Citrus tangerina*) and fuling (*Poria*).

IV Acupuncture Treatment

Select the acupoints Shuigou (DU-26), Zhongchong (PC-9), Yongquan (KI-1) and Zusanli (ST-36).

For the strength type of syncope add the acupoints Hegu (LI-4) and Taichong (LR-3).

For the deficiency type of syncope add the acupoints Qihai (RN-6), Guanyuan (RN-4) and Baihui (DU-20).

Use the filiform needles. Apply the reinforcing method and moxibustion for deficiency syncope. Apply the reducing method for strength syncope.

V Case Study

The patient was a 61-year old retired woman. In the past month she had six or seven episodes of syncope, each lasting 3–5 s. Each resolved spontaneously without sequelae. She also had palpitation, chest tightness, dizziness, a pale complexion and tiredness associated with each episode. Sometimes she had associated cold limbs. These episodes were mostly preceded by anger or overstrain.

Past medical history was negative.

Her blood pressure was 100/70 mmHg and her heart rate 38 beats per minute. Apart from slight edema of the lower extremities, her examination was normal, especially the lung, the heart and the neurological system. Electrocardiogram monitoring showed that during an attack she had sinus bradycardia, her heart rate dropping to 33–38 beats per minute. She also had five brief episodes of sinus arrest per minute. Atropine provocative test raised her heart rate to just below 90 beats per minute. The tongue was pale and enlarged, with thin white coating. The pulse configuration was deep, threadlike, slow and irregular.

Diagnosis. Syncope due to deficiency of Yang-Qi.

Therapeutic Principle. Augment Qi and revitalize heart-Yang.

Treatment and Course. Combined Shen Fu Tang (Ginseng-Aconitum Decoction) and Zhi Gancao Tang (Fried Licorice Decoction), with modifications. The modified combined composition is as follows: processed processed fuzi (*Aconitum*) 30 g, taizhishen (*Pseudostellaria heterophylla*) 30 g, gancao (*Glycyrrhiza*) 30 g, guizhi (*Cinnamomum*) 15 g, dazao (*Ziziphus*) 15 g, gouqizi (*Lycium*) 12 g, danshen (*Salvia*) 30 g, and chenxiang (*Aquilaria*) 5 g. Note: processed processed fuzi is decocted first for 2–3 h, and chenxiang is added after decoction.

After five daily doses, the patient's general condition improved, with alleviation of dizziness, chest tightness and palpitation. Repeat electrocardiogram showed a heart rate of 53 beats per minute. Brief episodes of sinus arrest decreased to only two per minute. She did not have another episode of syncope.

After 30 daily doses more, all symptoms disappeared. She was able to resume doing some housework and to walk over 500 yards without fatigue. Re-examination showed her heart rate to be 65 beats per minute. Her tongue was now reddish, with thin white coating. Repeat electrocardiogram now showed sinus rhythm without sinus arrest.

To consolidate therapeutic gains, she continued to take this formula on alternate days for 3 months. Follow-up during 2 years and 8 months showed no further attack of syncope. (Note: Dosage of processed fu zi used in this case is very high because the patient had marked deficiency of Heart-Yang. For other cases it is advisable to use normal dosage of the herb.)

Guidance for Study

I Aim of Study

This chapter discusses the etiology, pathology and clinical manifestation of the various illnesses that present with syncope. It also describes the treatment appropriate to each of these illnesses.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and classification of syncope;
2. Master the etiology and pathology of syncope as well as its differential diagnosis;
3. Know the diagnosis and treatment of the illnesses that present with syncope.

III Exercises for Review

1. Summarize the etiology and pathology of syncope.
2. Qi syncope may be of the strength or the deficiency types. Compare the treatment of these types of syncope.
3. Explain the differences in the strength type and the deficiency type of blood syncope. Compare their treatment.

IV Additional Exercises

1. Provide an analysis of the formula Si Wei Hui Yang Yin used in treatment of syncope due to the deficiency type of Qi syncope.
2. Provide an analysis of the modified formula Renshen Yang Ying Tang used in treatment of syncope due to the deficiency type of blood syncope.
3. Provide an analysis of the prescription (combined Shen Zhu San and Bao He Wan) used in treatment of syncope due to food retention.
4. For the Case Study, provide an analysis of the prescription (combined Shen Fu Tang and Zhi Gancao Tang, with modifications) used to treat this patient for syncope due to deficiency of Yang-Qi.

Chapter 67

Shock

Shock is a critically serious condition characterized by pallid complexion, dulled sensorium or loss of consciousness, cold limbs, an indistinct threadlike pulse and severely reduced blood pressure.

I Etiology and Pathology

The fundamental pathological mechanism of shock is exhaustion of Qi, blood, Yin or Yang. Such exhaustion may lead to complete collapse of Yin or Yang. The imbalance of Yin–Yang and the depletion of Qi, blood or fluids cause failure to nourish the visceral organs and the extremities. As a result, the complexion becomes pallid, the sensorium dull, and the pulse indistinct and on the verge of collapse.

Several causes can lead to this pathological state. The most important of them are massive invasion by exogenous pathogenic evils, severe trauma, massive loss of blood or body fluids, hypersensitivity to certain formulas and protracted illnesses.

Strong Heat and poisons in the interior, due to invasion by exogenous pathogenic evils, may consume Yin-fluids or cause depletion of Yang-Qi as genuine Qi fails to overcome evil Qi. This in turn leads to imbalance of Yin–Yang as well as of Qi and blood, so that the meridians and visceral organs become malnourished.

Massive blood loss from any cause or massive loss of fluids from vomiting, diarrhea, sweating or burn injury may lead to Qi exhaustion or further to Yang exhaustion. Depending on circumstances, collapse of Qi, blood, Yin or Yang, or a combination, may ensue.

A severe disease of the heart may induce severe imbalance of Yin–Yang or Qi-blood, and further lead to exhaustion of genuine Qi and heart-Yang. As a result, blood circulation becomes severely impaired.

In the late stages of a protracted illness Yang-Qi or Yin-essence may become exhausted by such additional factors as superimposed attack by exogenous pathogenic evil, improper diet or emotional disturbance. By a similar process, senescence with chronic insufficiency of Qi, essence or blood also predisposes to exhaustion of Yang-Qi or Yin-essence.

Severe trauma, severe pain and hypersensitivity to animal bites or formulas can all induce serious disharmony between Yin and Yang or between Qi and blood, and lead further to exhaustion of Yang-Qi.

II Clinical Manifestation and Key Points for Diagnosis

When shock is impending the complexion becomes pallid and the hands and feet become cold and difficult to warm. The heart shows palpitation and the mind becomes spiritless and dull. There may be profuse sweating. The pulse becomes threadlike and feeble. As the condition worsens, there may be loss of consciousness with cyanosis of the lips and of the distal extremities. The skin becomes cold and clammy. Some patients have profuse sweating so that the skin drips or is covered with droplets. Respiration becomes rapid and shallow, and the pulse becomes indistinct or not palpable. Urine flow becomes markedly decreased or stops altogether. The blood pressure falls and may be difficult to raise.

Each of the four types of shock has distinctive symptoms. In Qi-shock respiration becomes rapid and there is shortness of breath. In blood-shock there are dizziness, palpitation, a pale tongue and a pulse that is hollow or extremely faint. In Yin-shock the face is flushed, with profuse sweating and strong thirst. There is often agitation as well. In Yang-shock the limbs and body are cold and the sensorium dull. There is somnolence and the tongue is pale and plump.

When diagnosing shock it is important to distinguish it from the collapse of syncope and the prostration of stroke.

III Herbal Treatment

1 *Qi-Shock*

Main Symptoms. Pallid complexion; profuse sweating; shortness of breath; shut eyes, open mouth; incontinence of urine and feces; plump tongue; and forceless pulse.

Therapeutic Principle. Augment Qi and reverse collapse.

Treatment. Du Shen Tang (Lone Ginseng Decoction).

If renshen is not available, huangqi (*Astragalus*) or baizhu (*Atractylodes*) may be used as substitute.

If sweating persists, add huangqi (*Astragalus*) and wuweizi (*Schisandra*) to supplement Qi augmentation and to astringe sweat.

2 *Blood-Shock*

Main Symptoms. Pallid, lusterless complexion; dizziness, blurred vision; palpitations, restlessness; short, shallow respiration; and gray, cold limbs. In severe cases, there is dull sensorium or loss of consciousness. The tongue is pale white. The pulse is hollow or indistinct and on the verge of collapse.

Therapeutic Principle. Augment Qi, replenish blood, support genuine Qi and reverse collapse.

Treatment. Danggui Bu Xue Tang (Angelica Blood-Replenishing Decoction). It has the following composition: huangqi (*Astragalus*) 30 g (five parts) and danggui (*Angelica*) 6 g (one part).

If there is concern that the blood loss will lead to Qi-shock as well, use Du Shen Tang (Lone Ginseng Decoction) first.

If bleeding persists, add ejiao (*Equus*), xianhecao (*Agrimonia pilosa*), cebaiye (*Biota orientalis*) and other herbs that nourish blood and stop bleeding.

If palpitation and restlessness are prominent, add suanzaoren (*Ziziphus*), yuanzhi (*Polygala*) and wuweizi (*Schisandra*) to nourish blood and calm the mind.

3 Yin-Shock

Main Symptoms. Flushed face; sweating, fever, thirst, desire to drink, or agitation, restlessness; dry lips, dry mouth; and dark urine, dry feces. The tongue is denuded and dehydrated or dark red. The pulse is threadlike and indistinct or indistinct and on the verge of collapse.

Therapeutic Principle. Nourish Yin, generate fluids, augment Qi and reverse collapse.

Treatment. Sheng Mai San (Pulse-Generating Powder).

If necessary, processed processed fuzi (*Aconitum*) and ganjiang (*Zingiber*) may be added to prevent Yang from depletion and becoming uprooted.

If the cause is fluid loss due to vomiting or diarrhea, it is appropriate first to use Si Ni Tang (Frigid-Extremities Decoction) to rescue Yang and reverse collapse, then follow with herbs to nourish Yin and augment Qi.

If sweating is profuse, add shanzhuyu (*Cornus*), longgu (fossil bone) and muli (*Ostrea*) to astringe sweat and reverse collapse. Note: longgu and muli are decocted first.

4 Yang-Shock

Main Symptoms. Pallid complexion; profuse sweating; shallow respiration; cold body, limbs; and dull sensorium. The tongue is pale but moist. The pulse is indistinct and on the verge of collapse.

Therapeutic Principle. Rescue Yang and reverse shock.

Treatment. Shen Fu Tang (Ginseng-Aconitum Decoction). Its composition is as follows: processed processed fuzi (*Aconitum*) 10 g and renshen (*Panax*) 10 g.

If the face and lips are cyanotic, add danshen (*Salvia*), danggui (*Angelica*) and chishaoyao (*Paeonia*) to relieve stasis and unblock the channels.

Note. When Yang-shock develops, it requires immediate treatment. If available, certain solutions for injection may be used. These include Renshen Injection (made from renshen, *Panax*), Sheng Mai Injection (made from Sheng Mai San, Pulse-Generating Powder), Shen Fu Injection (made from Shen Fu Tang, Ginseng-Aconitum Decoction), Zhishi Injection (made from zhishi, *Citrus aurantium*), and Qingpi Injection (made from qingpi, *Citrus tangerina*).

IV Acupuncture Treatment

Select the acupoints Suliao (DU-25), Shuigou (DU-26) and Neiguan (PC-6). Use filiform needles and apply the reinforcing method. Retain the needles for 30–40 min, during this period manipulating them —five to eight times.

For loss of consciousness, add the acupoints Zhongchong (PC-9) and Yongquan (KI-1).

For cold limbs and indistinct pulse, add the acupoints Guanyuan (RN-4), Shenque (RN-8) and Baihui (DU-20). Apply moxibustion also – directly at the acupoints Guanyuan and Baihui and over salt at the acupoint Shenque.

For profuse sweating, add the acupoints Hegu (LI-4) and Fuli (KI-7).

V Case Study

The patient was a 29-year old woman with a 17-year history of chronic cardiac arrhythmia. Six hours prior to admission, following a quarrel she suddenly developed palpitation of the heart, anxiety, chest tightness with shortness of breath and cold limbs. She was admitted to hospital for cardiogenic shock and arrhythmia.

Her body temperature was 35°C (95°F). Her blood pressure was indeterminate. Sensorium was dull. Complexion was pallid, with cyanosis of the lips. All four limbs were cold. The tongue was pale and lusterless. The pulse was not palpable. The lung was normal. The cardiac border was normal by percussion. Abdominal and neurological examination was normal.

Electrocardiogram showed paroxysmal supraventricular tachycardia with ectopic rhythm. The ventricular heart rate was 186 beats per minute.

Diagnosis. Shock due to Yang exhaustion, with palpitation.

Therapeutic Principle. Urgently rescue Yang and reverse shock.

Treatment and Course. The patient was immediately force-fed double-dose Shen Fu Tang (Ginseng-Aconitum Decoction) – processed fuzi (*Aconitum*) 20 g and renshen (*Panax*) 20 g – as well as supplemental oxygen. An hour later, her blood

pressure became measurable at 72/58 mmHg. The pulse was deep and feeble and the heart rate was 120 beats per minute.

Another dose of Shen Fu Tang was administered. Another hour later, the limbs began to warm. Cyanosis of the lips and nail beds disappeared. Heart palpitation calmed and the heart rate was now 76 beats per minute. Blood pressure had risen to 84/62 mmHg. The pulse was still threadlike and feeble. The patient now had thirst and desired to drink.

Assessment: Yang-Qi was recovering. However, in the serious condition of Yang-shock Yin-fluid would still be insecure in the interior. Hence, maimendong (*Ophiopogon*) and wuweizi (*Schisandra*) were added to Shen Fu Tang to augment Qi, generate fluids and restore the pulse. She took the expanded herbal decoction for 2 days. Her blood pressure remained in the range of 92–106/60–64 mmHg. Repeat electrocardiogram was now normal, with sinus rhythm.

Comment. This patient had a long history of disease of cardiac rhythm. The emotional stress of the quarrel precipitated sudden collapse of Heart-Yang, which produced the pallid complexion and cold limbs. Exhaustion of Yang led to the inability to move blood, and blood stasis led to the cyanosis of the lips and non-palpable pulse. This was a clear case of shock due to Yang exhaustion. The appropriate treatment was immediate rescue of Yang and reversal of shock. Moreover, because of the interdependence of Yin and Yang whenever Yang became exhausted Yin could not remain secure in the interior, thus also becoming exhausted. Hence, Sheng Mai San (Pulse-Generating Powder) was used in combination with Shen Fu Tang in order to generate fluids and restore the pulse.

(Source: *Jiangxi Chinese Medicine*, 4, 18, 1987.)

Guidance for Study

I Aim of Study

This chapter describes the etiology and pathology of shock, and describes the diagnosis and treatment of the main illnesses that present with shock.

II Objectives of Study

After completing this chapter the learners will:

1. Understand the concept and classification of shock;
2. Know the etiology and pathology of shock and the key points for diagnosis of the main illnesses that present with shock;
3. Know the diagnosis, therapeutic principles and treatment of these illnesses.

III Exercises for Review

1. In what kinds of illnesses is shock most likely to occur?
2. Compare the diagnosis and treatment of Qi-shock and blood-shock.
3. Discuss the use of Chinese herbal medicine and acupuncture in treatment of Yin-shock and Yang-shock.

IV Additional Exercises

1. Explain the advantages of using Danggui Bu Xue Tang to treat blood-shock.
2. Explain the advantages of using Shen Fu Tang to treat Yang-shock.

Chapter 68

Seizure

A seizure, or more formally an epileptic seizure, is an involuntary attack in which there is spasmodic clonic-tonic movement of a part or the whole of the body. The attack may last anywhere from a few seconds to many hours. During the attack there may be complete loss of consciousness.

A seizure may be part of many illnesses. This chapter presents those illnesses in which Wind stirs in the interior or Wind poisons injure the meridians.

I Etiology and Pathology

The location of seizure is the tendons and muscles. A seizure may result when there is failure to nourish the tendons and muscles and dysfunction of the Du Meridian. Since the nourishment of the tendons and muscles depend upon the normal functioning of the visceral organs, especially the heart, the liver and the kidney, they have an important role. Of the visceral organs the liver is the key organ since endogenous Wind stirs readily when liver-Yang is hyperactive.

When exogenous pathogenic evils invade and accumulate in the interior, they may transform into Heat. This occurs most readily in a patient in whom Yang is exuberant. If strong Heat enters the Yangming Meridian it damages the body fluids. As a result the tendons and muscles lose their nourishment and enter into spasmodic contractions. Alternately, if the Heat evil transmits into the Nutritive or Blood Level, it scorches the Liver Meridian. As Heat becomes intense it gives rise to internal Wind, and the stirring of Wind leads to the seizure.

In a patient with constitutionally exuberant Yang-Qi and accumulation of Phlegm and Dampness in the interior, strong passions or improper diet may excite Yang to become hyperactive and transform into Fire. This may give rise to endogenous Wind or pull Phlegm and Heat upward to disturb the orifices and block the meridians and channels. As a result, the tendons and muscles lose their nourishment and seizure may ensue.

If Heat evil lodges in the interior over a long time, it damages liver-blood and kidney-essence. In such circumstances of deficiency endogenous Wind arises readily. Similarly, chronic deficiency of Qi and blood, massive blood loss, severe

vomiting or diarrhea, or unrestrained sweating all can damage Yin and blood, and lead to loss of nourishment for the tendons and muscles.

Trauma can impair the body's resistance to attack by exogenous pathogenic evils. If following trauma Wind attacks and its poisons enter the meridians and channels, the distribution of Qi and blood in the Nutritive Level become impaired. This leads to impaired nourishment of the tendons and muscles and precipitates a seizure.

Sometimes exogenous Wind, Cold and Dampness attack the body in concert. When they do so they cause impedance of flow in the meridians and channels so that Qi and blood in the Defensive and Nutritive Levels become disharmonious and fluids lose their proper distribution. This leads to loss of nourishment of the tendons and muscles.

II Clinical Manifestation and Key Points for Diagnosis

A seizure is an attack of involuntary spasmodic tonic-clonic movement of a part of the whole of the body. It may involve only that region of the tendons and muscles relating to one particular visceral organ or meridian, or several regions, or the entire body. In addition to the tonic-clonic spasmodic movements there may be opisthotonos, loss of consciousness, deviation of the eyes upward or sideways, trismus, foaming at the mouth, and urinary or fecal incontinence. Associated symptoms of illnesses that cause seizure may include high fever, mental confusion, delirium, headache, vomiting and mania.

A seizure appearing in the course of Heat illness is mostly due to strong exogenous pathogenic evil. If it appears suddenly in a patient with a history of exuberant liver-Yang it is mostly due to internal injury.

In general, paroxysmal or continual seizure involving all four limbs and accompanied by high fever, loss of consciousness or delirium, and opisthotonos is a strength illness. If the seizure involves a small region of the body or consists of chorea-like movements of a hand or foot, with mild fever, lassitude or mental confusion, it is a deficiency illness.

The specific causes of seizures often have distinctive patterns of symptoms. Thus, in strong Heat in the interior giving rise to liver-Wind, the seizure involves all four limbs, with high fever, profuse sweating, thirst with desire for cold drinks and loss of consciousness. In the late stage of an acute Heat illness, with lingering Heat consuming Yin and blood and giving rise to deficiency Wind, the seizure involves chorea-like movements of the hands or feet, with low grade fever, restlessness, dry mouth and tongue, and lassitude. If pestilential poisons attack the brain or Wind poisons enter through a traumatic wound to attack the Liver Meridian, the seizure involves tonic-clonic movement of all limbs, opisthotonos, loss of consciousness and dyspnea. If liver-Yang ascends abnormally with internal stirring of liver-Wind, the seizure is associated with intense headache, vomiting, delirium, hemiplegia, flushed face and coarse respiration.

III Herbal Treatment

Several prepared formulas are convenient for emergency treatment of convulsions.

Zhi Jing San (Spasm-Relieving Powder): 3 g three times daily for seizures involving all four limbs. It has the following composition: quanxie (*Buthus*) and wugong (*Scolopendra*).

An Gong Niu Huang Wan (Gallstone Palace-Calming Pill): one pill three times daily for seizures due to extreme Heat giving rise to Wind.

Zi Xue Dan (Purple-Snow Pill): 3 g three times daily, also for seizures due to extreme Heat giving rise to Wind.

Hupo Bao Long Wan (Amber Dragon-Embracing Pill): one pill three or four times daily. This formula has the ability to extinguish Wind, stop convulsion, dissipate Phlegm and cool Heat. Hupo Bao Long Wan has the following composition: niuhuang (*Bos taurus domesticus*, gallstone), renshen (*Panax*), gouteng (*Uncaria*), hupo (amber), xionghuang (realgar), tianzhuhuang (*Bambusa textilis*), shexiang (*Moschus*), baijiangcan (*Bombyx mori*), fuling (*Poria*), zhusha (cinnabar), and bile-treated nanxing (*Arisaema erubescens*).

1 Extreme Heat Giving Rise to Wind

Main Symptoms. In addition to convulsion, there are opisthotonos, trismus, teeth-grinding, eyes rolling upward, high fever, thirst with desire for cold drinks, restlessness, abdominal distention and constipation. The tongue is red, with yellow coating. The pulse is taut and rapid.

Therapeutic Principle. Purge Heat and preserve Yin.

Treatment. Xi Ling Bai Hu Tang (Rhinoceros-Antelope White Tiger Decoction). This is Bai Hu Tang (White Tiger Decoction) augmented with the following herbs: shuiniujiao (*Bubalus bubalis*) 10 g, lingyangjiao (*Saiga tatarica*) 10 g, gouteng (*Uncaria*) 10 g, and juhua (*Chrysanthemum*) 10 g. [The original composition of this formula used rhinoceros horn, hence the name. This is now replaced by the horn of the water buffalo, which is equally efficacious.]

For trismus and gurgling in the throat from sputum, add bile-treated nanxing (*Arisaema consanguineum*).

For loss of consciousness or delirium, prescribe An Gong Niu Huang Wan (Gallstone Palace-Calming Pill) to open orifices and resuscitate.

For constipation and abdominal distention and pain, add dahuang (*Rheum palmatum*), mangxiao (*Mirabilite*) and zhishi (*Citrus aurantium*) to facilitate defecation of Heat-purging.

If Heat attacks the Nutritive and Blood Levels, with eruption of macular rash, add shengdihuang (*Rehmannia*) and mudanpi (*Paeonia suffruticosa*) to help cool blood and purge Heat.

2 *Hyperactive Yang Transforming into Wind*

Main Symptoms. A patient with constitutional hyperactivity of liver-Yang suddenly develops headache and vomiting, followed by loss of consciousness and seizure. In addition, the face is flushed and there may be loud snoring. The tongue is red, with yellow coating. The pulse is taut, tight and forceful.

Therapeutic Principle. Nourish Yin, subdue Yang, calm the liver and extinguish Wind.

Treatment. Zhen Gan Xi Feng Tang (Liver-Sedating and Wind-Extinguishing Decoction). Since their purpose is to unblock the liver yinchenhao and maiya may be removed from this formula.

To enhance the formula's ability to calm the liver and extinguish Wind, add tianma (*Gastrodia*) and gouteng (*Uncaria*).

For intense headache, add lingyangjiao (*Saiga tatarica*), xiakucao (*Prunella*) and kudingcha (*Ilex cornuta, latifolia*).

If there is gurgling in the throat from sputum, add Zhejiang beimu (*Fritillaria*), tianzhuhuang (*Bambusa textilis*), zhuru (*Phyllostachys nigra*) and bile-treated nanxing (*Arisaema consanguineum*) to dissipate Phlegm.

3 *Wind Stirring due to Yin Deficiency*

Main Symptoms. Chorea-like movements of the hands and feet; low fever, flushed cheeks; dry mouth, dry tongue; lassitude; and shortness of breath. The tongue is crimson and denuded. The pulse is threadlike and rapid, or depletive and rapid.

Therapeutic Principle. Nourish Yin and extinguish Wind.

Treatment. Da Ding Feng Zhu (Major Wind-Extinguishing Pearls).

If there is insufficiency of Qi and blood as well, add huangqi (*Astragalus*), dangshen (*Codonopsis*) and danggui (*Angelica*) to augment Qi and nourish blood. Alternately, prescribe Ba Zhen Tang (Eight Treasures Decoction).

4 *Interior Invasion by Wind Poisons*

Main Symptoms. Following physical trauma the patient develops headache, dizziness, restlessness, grimacing, opisthotonos, and recurrent seizures involving all four limbs. The tongue coating is greasy, and the pulse taut and tight.

Therapeutic Principle. Dispel Wind, detoxify poisons and relieve convulsion.

Treatment. Yu Zhen San (Fairy Powder). It has the following composition: tianma (*Gastrodia*) 10 g, baiprocessed processed fuzi (*Typhonium giganteum*) 10 g, nanx-

ing (*Arisaema erubescens*) 10 g, fangfeng (*Saposhnikovia*) 10 g, baizhi (*Angelica dahurica*) 9 g, and qianghuo (*Notopterygium*) 9 g.

To enhance the ability to relieve convulsion, quanxie (*Buthus*), wugong (*Scolopendra*) and baijiangcan (*Bombyx*) may be added.

5 Exogenous Evils Blocking Meridians

Main Symptoms. Convulsion involving all four limbs; opisthotonos; trismus, inability to speak; chills, fever; no or slight sweating; headache; and heaviness of limbs. The tongue is pale red, with thin white coating. The pulse is floating and tight.

Therapeutic Principle. Dispel Wind, disperse Cold, dry Dampness and harmonize the Nutritive Level.

Treatment. Modified Qianghuo Sheng Shi Tang (Notopterygium Dampness-Defeating Decoction). It has the following modified composition: qianghuo (*Notopterygium*) 10 g, duhuo (*Angelica pubescens*) 10 g, gaoben (*Ligusticum sinense*) 10 g, fangfeng (*Saposhnikovia*) 10 g, gancao (*Glycyrrhiza*) 6 g, chuanxiong (*Ligusticum*) 10 g and manjingzi (*Vitex trifolia*) 9 g.

If Cold is stronger than the other exogenous evils, with headache, no sweating and tense pulse, release the exterior and induce sweating with Gegen Tang (*Pueraria* Decoction). It has the following composition: gegen (*Pueraria*), mahuang (*Ephedra*), guizhi (*Cinnamomum*), baishaoyao (*Paeonia*) and gancao (*Glycyrrhiza*).

Sometimes Dampness and Heat enter the channels and produce such symptoms as muscle spasm, fever, epigastric fullness, thirst without desire to drink, dark urine, yellow and greasy tongue coating and slippery and rapid pulse. For this illness, prescribe San Ren Tang (Three-Seed Decoction) augmented with dilong (*Pheretima*), sigualuo (*Luffa cylindrica*) and weilingxian (*Clematis*) to enhance its ability to unblock channels.

IV Acupuncture Treatment

Select the acupoints Baihui (DU-20), Yintang (EX-HN-3), Shuigou (DU-26), Hegu (LI-4) and Taichong (LR-3). Use the filiform needle and apply the reducing method, but without needle retention.

For high fever, add the acupoints Dazhui (DU-14), Quchi (LI-11) and the 12 Jing (Well) acupoints. [For the Jing (Well) acupoints, see Volume 2, Part 1, Chapter 2, Section 3, Subsection I on the Shu acupoints.]

For vomiting, add the acupoint Neiguan (PC-6).

For trismus, add the acupoint Jiache (ST-6).

Electro-Acupuncture. Select the acupoints Hegu (LI-4), Taichong (LR-3), Neiguan (PC-6), Shenmen (HT-7) and Sishencong (EX-HN-1). The degree of electrical stimulation is determined by the maximum that the patient can tolerate. Each application lasts 10–30 min. Electro-acupuncture is suitable for emergency treatment of seizures.

V Case Study

The patient was a 5-year old boy who had been in hospital for 2 weeks because of fever, headache and somnolence. He suddenly had a seizure involving the entire body, with loss of consciousness, opisthotonos and urinary and fecal incontinence. The pediatric department diagnosed him to have tuberculous meningitis and judging him to be in critical condition requested consultation.

His temperature was 37.6°C (99.7°F) and heart rate regular at 96 beats per minute. He was thin, poorly nourished and appeared quite ill with eyes half-open and unconscious. He had periodic brief clonic seizures with opisthotonos. His complexion was pallid and lusterless and his lips bluish. His examination was otherwise normal except for a positive Brudzinski sign (passive bending of the neck induced involuntary bending of the ankle, knee and hip). His tongue was red, with thin and dry coating. His pulse was rapid and forceless.

Diagnosis. Seizure due to liver-Wind in a child with inadequate prenatal endowment. Because of deficiency of genuine Qi, exogenous pathogenic evils were able to penetrate and further damage Qi, blood and Yin-fluids. Deficiency of Liver-Yin prevents blood from nourishing the sinews and allows evil Heat to accumulate, thereby stirring liver-Wind.

Therapeutic Principle. Immediately support genuine Qi, nourish Yin, cool Heat and extinguish Wind.

Treatment and Course. The prescribed formula had the following composition: renshen (*Panax*) 9 g, shengdihuang (*Rehmannia*) 15 g, maimendong (*Ophiopogon*) 12 g, baishaoyao (*Paeonia*) 9 g, lingyangjiao (*Saiga tatarica*) 3 g, gouteng (*Uncaria*) 9 g, quanxie (*Buthus*) 5 g, wugong (*Scolopendra*) two pieces, longgu (fossil bone) 30 g, muli (*Ostrea*) 30 g, and zhenzumu (*Pteria margaritifera*) 15 g. Note: lingyangjiao, longgu and muli were decocted first.

After two doses his condition appeared less critical and the seizures decreased markedly. His mind became clearer, and opisthotonos disappeared. After three more doses his mind was completely clear though somewhat drowsy, the low fever subsided and seizure activity ended. He had some appetite and was no longer incontinent. He still appeared listless. His tongue coating was now thin and moist, and his pulse was depletive and forceless. The treatment needed now was to continue supporting genuine Qi, strengthen the spleen, nourish Yin and suppress Yang. The new formula had the following composition: renshen (*Panax*) 6 g, baizhu

(*Atractylodes*) 9 g, huangqi (*Astragalus*) 12 g, danggui (*Angelica*) 6 g, longgu (fossil bone) 15 g, muli (*Ostrea*) 15 g, suanzaoren (*Ziziphus*) 9 g, gouqizi (*Lycium*) 9 g, dongchongxiacao (*Cordyceps*) 6 g, guya (*Oryza sativa*) 15 g, maiya (*Hordeum*) 15 g, baishaoyao (*Paeonia*) 9 g, Sichuan beimu (*Fritillaria*) 5 g, and gancao (*Glycyrrhiza*) 3 g.

After over 20 daily doses, he recovered completely and was discharged from the hospital.

Comment. In this patient seizures developed in the course of Heat illness in which the Heat evil damaged Qi and Yin. That accounted for the persistent low fever, poor nourishment, listlessness, red and dehydrated tongue, and rapid and forceless pulse. Yin and blood were insufficient and unable to nourish the sinews. The persistent pathogenic evil induced the stirring of liver-Wind, precipitating seizures. On one side, treatment focused on clearing the liver and extinguishing Wind in order to stop seizures – hence lingyangjiao, gouteng, quanxie, wugong, longgu and muli. On the other side, treatment also focused on supporting genuine Qi and nourishing Yin – hence renshen, shengdihuang, guya, maiya and baishaoyao. Because the formula matched the illness, he responded and improved rapidly. Further treatment then focused on strengthening the spleen, augmented Qi, nourishing kidney-Yin and calming the mind to ensure recovery in every respect and achieve a satisfactory outcome.

(Source: *The Best from the Case Records of Famous Contemporary Chinese Medical Physicians.*)

Guidance for Study

I Aim of Study

This chapter presents the etiology, pathology and clinical manifestation of illnesses that have seizure as a prominent symptom, and describes their diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and classification of convulsion;
2. Understand the etiology, pathology and clinical manifestation of the illnesses that present with seizure;
3. Know the diagnosis and treatment of these illnesses.

III Exercises for Review

1. Explain the etiology and pathology of seizures. Summarize the key points important in the diagnosis of illnesses that cause seizure.
2. Explain the similarities and differences between extreme Heat giving rise to Wind and hyperactive Yang transforming into Wind. In what ways do their treatment differ?
3. Summarize the diagnosis and treatment of Wind stirring due to Yin deficiency.

Compare the pathology and treatment of the interior invasion by Wind poisons and that of exogenous evils blocking the meridians.

IV Additional Exercises

1. Provide an analysis of the formula Xi Ling Bai Hu Tang used in treatment of seizure due to extreme Heat giving rise to Wind.
2. Provide an analysis of the formula Yu Zhen San used in treatment of seizure due to invasion of the interior by Wind poisons.
3. Provide an analysis of the modified Qianghuo Sheng Shi Tang used in treatment of seizure due to exogenous evils blocking the meridians.
4. Hupo Bao Long Wan is one of the commonly used herbal formulas for treating seizures (Section III). Supply the amounts of each of its ingredients and provide an analysis of its formula.

Chapter 69

High Fever

For the purposes of this book “high fever” may be defined as body temperature exceeding 39°C (102.2°F) and lasting over 4 h. Fever is a very common symptom in many kinds of illness. In this chapter emphasis is on illnesses due to exogenous pathogenic evils.

I Etiology and Pathology

High fever may be a symptom of illness caused by any of the six exogenous pathogenic evils. For example, sudden attack by Wind and Cold can block defensive Yang-Qi, and the ensuing vigorous struggle between Yang-Qi and evil Qi produces high fever. Alternately, Wind and Cold may enter the Yangming Meridian, where they transform into Heat and produce high fever. In this circumstance, excessive application of diaphoresis or premature purgation can damage the body fluids, so that Heat accumulates in the stomach and the intestines. Strong Heat in the interior then produces high fever. When Wind-Heat or Heat-Dryness invade they first attack the lung, where Heat accumulates; or the poisons of Wind-Heat disturb the pericardium. In both cases, high fever may result. Summer Heat is a Yang evil. When a chronically deficient person is exposed to Summer Heat, it can directly invade the heart and the Nutritive Level. As Summer Heat becomes trapped in the interior it may produce high fever. In hot and rainy weather Heat and Dampness are poised to attack. If improper diet injures the spleen and the stomach as well, then the simultaneous action of the exogenous and the endogenous induces accumulation and gelling of Dampness and Heat in the interior, leading to high fever.

Pestilential poisons are highly contagious pathogenic evils. Attack by such poisons can be fulminant, so that they pervade the Qi Level or lodge in the Nutritive or Blood Level. High fever appears rapidly.

In summary, high fever reflects vigorous struggle between genuine and evil Qi as the body responds in total to invasion by the exogenous pathogenic evils. It is a necessary result of the imbalance of Yin–Yang with ascendant Yang.

II Clinical Manifestation and Key Points for Diagnosis

Typically, chills and fever appear with a floating pulse. It then progresses rapidly to high fever, with temperature exceeding 39°C (102.2°F) and persisting beyond 4 h. The patient also has thirst, restlessness, a red tongue with yellow coating, and a rapid pulse.

The fever may have different characteristics depending on the specific cause. Thus, fever may come without chills; it may alternate with chills; or it may recur daily, especially in the afternoon. There often are associated symptoms related to the underlying illness, such as palpitation of the heart and chest tightness; cough, chest pain and much sputum; abdominal pain, vomiting or diarrhea; macular rash, jaundice, subcutaneous nodules or scrofula; urinary dribbling, urgency, pain or bleeding; and stiff neck, headache or hemiplegia. In severe cases, the high fever may persist without abatement and may be accompanied by mental confusion, delirium, seizure, loss of consciousness, syncope, massive bleeding or some other critical symptom.

High fever without chills that fluctuates between 39°C and 40°C (102.2°F and 104°F) or higher and that persists for days or weeks is mostly due to strong Heat in the Yangming Meridian, Summer Heat or Dampness-Heat.

High fever that recurs regularly like the tide is mostly due to strong pathogenic evil in the *fu* organs, epidemic illnesses due to Dampness-Heat, or Heat in the Nutritive or Blood Level.

Alternating chills and fever several times a day is mostly due to Heat in the Shaoyang Meridian or malaria.

High fever with only mild chills, accompanied by a red tongue tip and a floating pulse is mostly due to pathogenic evil persisting in the exterior or in the Defensive Level.

Fever without chills, accompanied by heat-aversion, a red tongue with yellow coating and a rapid and forceful pulse is mostly due to illness in the Qi Level.

Fever that worsens at night, with dysphoria, loss of consciousness, a deep red tongue and a threadlike and rapid pulse, is mostly due to illness in the Nutritive Level.

Fever that worsens at night, with coma or delirium, a crimson or cyanotic tongue speckled with petechiae and a rapid and threadlike pulse, is mostly due to illness in the Blood Level.

High fever associated with cough productive of viscid yellow sputum, dyspnea and chest pain is mostly due to Heat accumulating in the lung.

Daily recurrent fever associated with abdominal distention and pain with guarding, rough dry and yellow tongue coating and deep and full pulse is mostly due to Heat accumulating in the stomach and the intestines.

High fever associated with a bitter taste, subcostal pain and taut and rapid pulse is mostly due to Heat lodging in the gallbladder or Dampness-Heat gelling in the liver and the gallbladder.

III Herbal Treatment

There are several techniques that are immediately applicable for symptomatic treatment of very high fever. They include the following.

Zi Xue Dan (Purple-Snow Pill): 3 g by mouth three times daily.

Niu Huang Qing Xin Wan (Bovine Gallstone Sedative Tablet): one tablet by mouth three times daily.

Chaihu (*Bupleurum*) Extract: 4 ml by intramuscular injection —four to six times daily.

Sponge bath with decoction prepared from jingjie (*Schizonepeta*) 10 g and bohe (*Mentha*) 15 g; this is suitable for high fever due to Wind-Cold.

Sponge bath with 20% decocted shigao (gypsum); this is suitable for high fever due to Heat invading the interior.

Retention enema: prepared as follows. Decoct dahuang (*Rheum palmatum*) 10–15 g, mangxiao (*Mirabilite*) 9 g, gancao (*Glycyrrhiza*) 6 g and xuanshen (*Scrophularia*) 15 g. Let cool and adjust the decoction to 500 ml with cool water.

1 High Fever of Defensive Level

i Wind and Cold

Main Symptoms. High fever, chills; headache, body aches; and nasal congestion. The tongue is pale, with thin white coating. The pulse is floating and tight.

Therapeutic Principle. Dispel Wind, disperse Cold, release the exterior and reduce fever.

Treatment. Modified Jing Fang Bai Du San (Schizonepeta-Saposhnikovia Detoxifying Powder). The modified composition is as follows: jingjie (*Schizonepeta*) 6 g, fangfeng (*Saposhnikovia*) 6 g, qianguo (*Notopterygium*) 6 g, chaihu (*Bupleurum*) 6 g, bohe (*Mentha*) 6 g, zhiqiao (*Poncirus trifoliata*) 6 g, qianhu (*Peucedanum*) 6 g, jieqiang (*Platycodon*) 6 g, duhuo (*Angelica*) 6 g, chuanxiong (*Ligusticum*) 6 g, fuling (*Poria*) 6 g, and gancao (*Glycyrrhiza*) 3 g.

If Cold in the exterior is severe, add mahuang (*Ephedra*) and guizhi (*Cinnamomum*) to enhance the actions of dispelling Cold and releasing the exterior. Alternately, use Mahuang Tang (Ephedra Decoction).

ii Wind and Heat

Main Symptoms. High fever, mild or no chills; thirst, sore throat; thin white or yellow tongue coating; and floating and rapid pulse.

Therapeutic Principle. Cool Heat, extinguish Wind and release the exterior with acrid-cool herbs.

Treatment. Yin Qiao San (Lonicera and Forsythia Powder).

If Heat is particularly strong, add huangqin (*Scutellaria*), banlangen (*Isatis*) and qinghao (*Artemisia*).

If thirst is marked, add tianhuafen (*Trichosanthes*).

If there is chest fullness, add huoxiang (*Agastache*) and yujin (*Curcuma*) to regulate Qi and prevent further invasion by exogenous pathogenic evils.

2 High Fever of Qi Level

i Lung-Heat

Main Symptoms. High fever; cough, dyspnea, viscid, purulent or blood-streaked sputum; chest pain; and thirst. The tongue is red, with yellow coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat, detoxify poisons, clear the lung and dissipate Phlegm.

Treatment. Ma Xing Shi Gan Tang (Ephedra, Almond, Gypsum and Licorice Decoction).

If it is necessary to enhance the formula's ability to cool Heat and detoxify poisons, add jinyinhua (*Lonicera*), lianqiao (*Forsythia*), huangqin (*Scutellaria*) and yuxingcao (*Houttuynia*).

ii Stomach-Heat

Main Symptoms. High fever, heat-aversion; thirst, much drinking; coarse respiration; halitosis; restlessness; and sweating. The tongue coating is yellow or yellow and dry. The pulse is surging and rapid.

Therapeutic Principle. Purge stomach-Heat and generate fluids.

Treatment. Bai Hu Tang (White Tiger Decoction).

If there is constipation as well, add dahuang (*Rheum palmatum*).

If there is Dampness in addition to Heat, add cangzhu (*Atractylodes lancea*).

iii Heat in Intestines

Main Symptoms. High fever, especially in the afternoon; abdominal distention and pain; constipation or fecal impaction with encopresis; or agitation and delirium. The tongue is yellow and dry, with prickles. The pulse is deep, replete and forceful.

Therapeutic Principle. Unblock the intestines and purge Heat.

Treatment. Da Cheng Qi Tang (Potent Purgation Decoction)

If Heat has gelled and Yin damaged, add shengdihuang (*Rehmannia*), maimendong (*Ophiopogon*) and xuanshen (*Scrophularia*).

iv Heat in Gallbladder

Main Symptoms. Alternating chills and fever; chest and subcostal tightness or pain; or nausea, vomiting; or jaundice. The tongue is red, with yellow greasy coating. The pulse is slippery and rapid.

Therapeutic Principle. Cool Heat and restore gallbladder function.

Treatment. Da Chaihu Tang (Major Bupleurum Decoction).

If subcostal or abdominal pain is severe, add yanhusuo (*Corydalis*) and chuanlianzi (*Melia*).

For jaundice, add yinchenhao (*Artemisia capillaris*) and zhizi (*Gardenia*).

If Heat poisons are strong, add jinyinhua (*Lonicera*), qinghao (*Artemisia annua*) and lianqiao (*Forsythia*).

v Dampness-Heat

Main Symptoms. Persistent high fever; band-like heaviness of the head; chest and epigastric fullness; heaviness in the body; and anorexia. The tongue coating is yellow and greasy. The pulse is taut, slippery and rapid.

Therapeutic Principles. Cool Heat and dissipate Phlegm.

Treatment. Gan Lu Xiao Du Dan (Sweet Dew Detoxification Pill). It has the following composition: huangqin (*Scutellaria*) 10 g, lianqiao (*Forsythia*) 4 g, huashi (talcum) 15 g, mutong (*Akebia quinata*) 5 g, yinchenhao (*Artemisia*) 10 g, shichangpu (*Acorus*) 6 g, huoxiang (*Agastache*) 4 g, and bohe (*Mentha*) 4 g.

If Heat is especially intense, add huanglian (*Coptis*) and huangbai (*Phellodendron*).

For Dampness-Heat in the bladder, with urinary frequency, urgency, dysuria and dark urine, add Ba Zheng San (Eight-Herb Rectification Powder), with modifications as appropriate.

If Dampness and Heat are in the large intestine, with abdominal pain, tenesmus and burning anus, use Gegen Qin Lian Tang (Pueraria-Scutellaria-Coptis Decoction) with modifications as appropriate.

vi Summer Heat Injuring Qi

Main Symptoms. Heatstroke, high fever, extreme thirst, profuse sweating; dysphoria, flushed face; and coarse respiration. The tongue is red, with greasy yellow coating. The pulse is surging and rapid.

Therapeutic Principle. Dissipate Summer Heat, augment Qi and generate fluids.

Treatment. Qing Shu Yi Qi Tang (Summer Heat-Dissipating Qi-Augmenting Decoction). It has the following composition: xiyangshen (*Panax quinquefolium*) 10 g, maimendong (*Ophiopogon*) 10 g, shihu (*Dendrobium chrysanthum*) 10 g, huanglian (*Coptis*) 10 g, hegeng (*Nelumbo nucifera*, stalk) 10 g, zhuye (*Phyllostachys nigra*) 10 g, zhimu (*Anemarrhena*) 10 g, gancao (*Glycyrrhiza*), jingmi (*Oryza sativa*) 10 g, and xiguapi (*Citrullus vulgaris*) 10 g.

If Summer Heat is extreme, add shigao (gypsum).

If Yin injury is not prominent, remove xiyangshen and maimendong.

3 Intense Heat in Nutritive and Blood Levels

Main Symptoms. High fever worst at night; dysphoria, restlessness; or clouded mind, delirium; or convulsion, cutaneous ecchymosis and petechiae. The tongue is deep red or deep crimson. The pulse is threadlike and rapid.

Therapeutic Principle. Purge the Nutritive Level of Heat, cool the Blood Level and detoxify poisons.

Treatment. Qing Ying Tang (Nutritive-Clearing Decoction).

If there is bleeding, add mudanpi (*Paeonia suffruticosa*), baimaogen (*Imperata*) and cebaiye (*Biota orientalis*).

For clouded mind and delirium, use An Gong Niu Huang Wan (Gallstone Palace-Calming Pill), one tablet three times daily.

4 High Fever due to Internal Injury

Fever due to internal injury is usually low grade. A few patients, however, do have prolonged fever above 39°C (102.2°F).

Two pathological mechanisms lead to high fever in internal injury, and both involve functional impairment of the visceral organs. One leads to Qi stagnation and blood stasis, so that Dampness gels, causes blockage and transforms into Heat. The other leads to deficiency of Qi, blood, Yin or Yang, with imbalance of Yin–Yang, so that endogenous Heat develops. Functional impairment of the viscera may result from improper diet, the passions being pent-up, excessive fatigue, unrestrained sexual activity or protracted severe illness.

Qi Deficiency. Fever fluctuates widely, but is generally worsened by fatigue. In addition, there are such symptoms of Qi deficiency as lassitude, shortness of breath, spontaneous sweating, decreased appetite and loose feces. Apply the therapeutic principle of using sweet-warm formulas to cool Heat. Use Bu Zhong Yi Qi Tang (Middle-Restoring and Qi-Augmenting Decoction).

Blood Insufficiency. This may come about because of massive bleeding or protracted illness. In addition to high fever, the typical symptoms are pallor, a pale tongue and a threadlike and feeble pulse. Treat with Gui Pi Tang (Spleen-Restoring Decoction).

Yin Deficiency. In this case, there is recurrent fever that is highest in the afternoon and at night. In addition, the typical symptoms include hotness in the palms and soles, dry mouth and throat, a red tongue with little coating, and a threadlike and rapid pulse. Treat with Qing Gu San (Bone-Cooling Powder). It has the following composition: yinchaihu (*Stellaria dichotoma*), zhimu (*Anemarrhena*), huhuanglian (*Picrorhiza scrophulariflora*), digupi (*Lycium*), qinghao (*Artemisia*), qinjiao (*Gentiana*), biejia (*Amyda*), and gancao (*Glycyrrhiza*).

Yang Deficiency. Several typical symptoms accompany high fever in this case. These include chills, coldness of the body, shortness of breath, aches and weakness in the limbs and knees, a pale plump tongue that may be indented, a moist white tongue coating, and a deep, threadlike and forceless pulse. Treat with Jin Gui Shen Qi Wan (kidney-Qi Pill from the *Golden Cabinet*).

Qi Stagnation. The fever fluctuates with changes in the emotions. In addition, there are a bitter taste, subcostal distention, agitation, irascibility, and a taut and rapid pulse. Treat with Dan Zhi Xiao Yao San (Carefree Powder with Paeonia and Gardenia).

Blood Stasis. Here, high fever comes in the afternoon or at night. There are accompanying dry mouth and throat but little drinking, pain with fixed location or mass on the limbs or body, cyanotic tongue speckled with petechiae and a taut and impeded pulse. Treat with Xue Fu Zhu Yu Tang (Decoction for Releasing Blood Stasis).

Dampness. For high fever due to Dampness gelling in the interior and transforming into Heat, treat with San Ren Tang (Three-Seed Decoction).

IV Acupuncture Treatment

Select the acupoints Dazhui (DU-14), Shixuan (EX-UE-11), Quchi (LI-11), Hegu (LI-4) and the 12 Jing (Well) acupoints.

For Wind-Heat, add the acupoints Yuji (LU-10) and Waiguan (SJ-5).

For lung-Heat, add the acupoints Shaoshang (LU-11) and Chize (LU-5).

For intense Heat in the Yangming Meridian, add the acupoints Neiting (ST-44) and Lidui (ST-45).

For Heat in the Nutritive or Blood Level, add the acupoints Zhongchong (PC-9) and Neiguan (PC-6).

In general, use the filiform needle and apply the reducing method. At the Dazhui, Shixuan and the Jing (Well) acupoints, the three-edged needle may be used to cause slight bleeding.

V Case Study

The patient was a 24-year old woman who presented with high fever, in the range of 40–41°C (104–104.9°F), for 8 days. Another physician treated her with an acrid-cool herb to release the exterior and a Heat-cooling poison-detoxifying herb, without benefit. A modern medicine physician found no abnormality on examination, and treated her variously with several modern antibiotics and steroids, also without benefit. She was admitted to hospital in extreme exhaustion and weakness.

The patient had had two miscarriages, and was in the 8 month of pregnancy, her third.

At the time of admission, she had a high fever and was agitated. She had a marked thirst, with strong desire for cold drinks. She had a flushed face and her respiration was coarse. She was also constipated. Her tongue was red, with dry yellow coating. Her pulse was swift and rapid.

Diagnosis. Heat in the Qi Level, complicated by exogenous pathogenic evil in the Yangming Meridian.

Therapeutic Principle. Cool Heat, purge Fire and induce catharsis. Supplement with mild Qi augmentation and fluid-generation.

Treatment and Course. Combined Bai Hu Tang (White Tiger Decoction) and Xiao Cheng Qi Tang (Minor Purgation Decoction), with modifications. The modified combined composition was as follows: dangshen (*Codonopsis*) 13 g, shigao (gypsum) 60 g, zhuye (*Phyllostachys nigra*) 12 g, houpo (*Magnolia*) 7 g, zhishi (*Citrus aurantium*) 7 g, baishaoyao (*Paeonia*) 12 g, maimendong (*Ophiopogon*) 17 g, lianqiao (*Forsythia*) 13 g, gancao (*Glycyrrhiza*) 3 g, and dahuang (*Rheum palmatum*) 10 g.

She took half a dose every 6 h (four doses over 2 days). Following the third dose she defecated more than ten times and her body temperature became normal. All symptoms resolved, except that because of the prolonged high fever she was tired, had a slight cough and sweated much. She also had mild thirst. She was further treated with Zhuye Shigao Tang (Bamboo-Gypsum Decoction) augmented with chenpi (*Citrus tangerina*) and huangqin (*Scutellaria*), which she took for seven consecutive days.

Subsequently, she delivered a normal baby boy at full term.

Comments. This patient had accumulation and gelling of Heat poisons, the stronger the poisons the higher the fever. So long as the poisons remained the

fever persisted. For that reason it was necessary to use a large amount of dahuang as chief herb, to be taken day and night, in order to clear the intestines and detoxify the poisons. Once catharsis was achieved, the poisons were eliminated and the fever abated. However, dahuang is usually avoided during pregnancy. This patient had a history of miscarriages and was in the 8 month of her third pregnancy. Ordinarily this would deter any physician from using dahuang, and certainly from using it day and night. This case illustrates the importance of accurate diagnosis and expert control of the amount of herbs used in treatment.

(Source: *Case Records of Xiao Junyi.*)

Guidance for Study

I Aim of Study

This chapter describes the etiology, pathology and clinical manifestation of illnesses that present with high fever, and describes their diagnosis and treatment.

II Objectives of Study

After completing this chapter the learners will:

1. Know the concept and classification of high fever;
2. Understand the etiology and pathology of high fever, as well as the key points for the diagnosis of the underlying illnesses that cause it;
3. Know the treatment of these illnesses.

III Exercises for Review

1. Compare the clinical manifestation of high fever caused by Wind-Cold and that caused by Wind-Heat. In what ways do their treatments differ?
2. Summarize the types of high fever of the Qi Level. Explain how to differentiate between these illnesses. Compare their treatments.
3. Describe the pathological features and treatment of intense heat in the Nutritive and the Blood Levels.
4. Summarize the etiology, pathology, clinical manifestation, diagnosis and treatment of high fever due to internal injury.

IV Additional Exercises

1. Explain the modifications of Jing Fang Bai Du San that make it suitable for treating high fever in the Defensive Level due to Wind-Cold invasion.
2. Provide an analysis of the formula Gan Lu Xiao Du Dan used in treatment of high fever of the Qi Level due to Dampness-Heat.
3. Provide an analysis of the formula Qing Shu Yi Qi Tang used in treatment of high fever due to Summer Heat injuring Qi.
4. Provide an analysis of the formula Qing Gu San used in treatment of high fever due to Yin deficiency.

Appendix II: Acupoints

By Meridians

Bladder	Du Meridian (Governor Vessel)	Gallbladder	Heart
BL-1 Jingming	GV-1 Changqiang	GB-1 Tongzilio	HT-1 Jiquan
BL-2 Cuanzhu	GV-2 Yaoshu	GB-2 Tinghui	HT-2 Qingling
BL-3 Meichong	GV-3 Yaoyangguan	GB-3 Shangguan	HT-3 Shaohai
BL-4 Qucha	GV-4 Mingmen	GB-4 Hanyan	HT-4 Lingdao
BL-5 Wuchu	GV-5 Xuansu	GB-5 Xuanlu	HT-5 Tongli
BL-6 Chengguang	GV-6 Jizhong	GB-6 Xuanli	HT-6 Yinxi
BL-7 Tongtian	GV-7 Zhongshu	GB-7 Qubin	HT-7 Shenmen
BL-8 Luoque	GV-8 Jinsuo	GB-8 Shuaigu	HT-8 Shaofu
BL-9 Yuzhen	GV-9 Zhiyang	GB-9 Tianchong	HT-9 Shaochong
BL-10 Tianzhu	GV-10 Lingtai	GB-10 Fubai	
BL-11 Dazhu	GV-11 Shendao	GB-11 Touqiaoyin	
BL-12 Fengmen	GV-12 Shen Zhu	GB-12 Wangu	
BL-13 Feishu	GV-13 Taodao	GB-13 Benshen	
BL-14 Jueyinshu	GV-14 Dazhui	GB-14 Yangbai	
BL-15 Xinshu	GV-15 Yamen	GB-15 Toulinqi	
BL-16 Dushu	GV-16 Fengfu	GB-16 Muchuang	
BL-17 Geshu	GV-17 Naohu	GB-17 Zhengying	
BL-18 Ganshu	GV-18 Qiangjian	GB-18 Chengling	
BL-19 Danshu	GV-19 Houding	GB-19 Naokong	
BL-20 Pishu	GV-20 Baihui	GB-20 Fengchi	
BL-21 Weishu	GV-21 Qianding	GB-21 Jianjing	
BL-22 Sanjiaoshu	GV-22 Xinhui	GB-22 Yuanye	
BL-23 Shenshu	GV-23 Shangxing	GB-23 Zhejin	
BL-24 Qihai	GV-24 Shenting	GB-24 Riyue	
BL-25 Dachangshu	GV-25 Suliao	GB-25 Jingmen	
BL-26 Quanyuanshu	GV-26 Shuigou (Renzhong)	GB-26 Daimai	

(continued)

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Bladder	Du Meridian (Governor Vessel)	Gallbladder	Heart
BL-27 Xiaochangshu	GV-27 Duiduan	GB-27 Wushu	
BL-28 Pangguangshu	GV-28 Yinjiao	GB-28 Weidao	
BL-29 Zhonglushu		GB-29 Juliao	
BL-30 Baihuanshu		GB-30 Huantiao	
BL-31 Shangliao		GB-31 Fengshi	
BL-32 Ciliao		GB-32 Zhongdu	
BL-33 Zhongliao		GB-33 Xiyangguan	
BL-34 Xialiao		GB-34 Yanglingquan	
BL-35 Huiyang		GB-35 Yangjiao	
BL-36 Chengfu		GB-36 Waiqiu	
BL-37 Yinmen		GB-37 Guangming	
BL-38 Fuxi		GB-38 Yangfu	
BL-39 Weiyang		GB-39 Xuanzhong (Juegu)	
BL-40 Weizhong		GB-40 Qiuxu	
BL-41 Fufen		GB-41 Zulinqi	
BL-42 Pohan		GB-42 Diwuhui	
BL-43 Gaohuangshu		GB-43 Xiashi	
BL-44 Shentang		GB-44 Zuqiaoyin	
BL-45 Yixi			
BL-46 Geguan			
BL-47 Hunmen			
BL-48 Yanggang			
BL-49 Yishe			
BL-50 Weichang			
BL-51 Huangmen			
BL-52 Zhishi			
BL-53 Baohuang			
BL-54 Zhibian			
BL-55 Heyang			
BL-56 Chengjin			
BL-57 Chengshan			
BL-58 Feiyang			
BL-59 Fuyang			
BL-60 Kunlun			
BL-61 Pucan			
BL-62 Shenmai			
BL-63 Jinmen			
BL-64 Jinggu			
BL-65 Shugu			
BL-66 Tonggu			
BL-67 Zhiyin			

Kidney	Large Intestine	Liver	Lung
KI-1 Yongquan	LI-1 Shangyang	LR-1 Dadun	LU-1 Zhongfu
KI-2 Rangu	LI-2 Erjian	LR-2 Xingjian	LU-2 Yunmen
KI-3 Taixi	LI-3 Sanjian	LR-3 Taichong	LU-3 Tianfu
KI-4 Dazhong	LI-4 Hegu	LR-4 Zhongfeng	LU-4 Xiabai
KI-5 Shuiquan	LI-5 Yangxi	LR-5 Ligou	LU-5 Chize
KI-6 Zhaohai	LI-6 Pianli	LR-6 Zhongdu	LU-6 Kongzui
KI-7 Fuliu	LI-7 Wenliu	LR-7 Xiguan	LU-7 Lieque
KI-8 Jiaoxin	LI-8 Xialian	LR-8 Ququan	LU-8 Jingqu
KI-9 Zhubin	LI-9 Shanglian	LR-9 Yinbao	LU-9 Taiyuan
KI-10 Yingu	LI-10 Shousanli	LR-10 Zuwuli	LU-10 Yuji
KI-11 Henggu	LI-11 Quchi	LR-11 Yinlian	LU-11 Shaoshang
KI-12 Dahe	LI-12 Zhouliao	LR-12 Jimai	
KI-13 Qixue	LI-13 Shouwuli	LR-13 Zhangmen	
KI-14 Siman	LI-14 Binao	LR-14 Qimen	
KI-15 Zhongzhu	LI-15 Jianyu		
KI-16 Huangshu	LI-16 Jugu		
KI-17 Shangqu	LI-17 Tianding		
KI-18 Shiguan	LI-18 Futu (ST-32)		
KI-19 Yindu	LI-19 Heliao		
KI-20 Futonggu	LI-20 Yingxiang		
KI-21 Youmen			
KI-22 Bulang			
KI-23 Shenfeng			
KI-24 Lingxu			
KI-25 Shencang			
KI-26 Yuzhong			
KI-27 Shufu			

Pericardium	Ren Meridian (Conception Vessel)	Sanjiao	Small Intestine
PC-1 Tianchi	CV-1 Huiyin	SJ-1 Guanchong	SI-1 Shaoze
PC-2 Tianquan	CV-2 Qugu	SJ-2 Yemen	SI-2 Qiangqu
PC-3 Quze	CV-3 Zhongji	SJ-3 Zhongzhu	SI-3 Houxi
PC-4 Ximen	CV-4 Guanyuan	SJ-4 Yangchi	SI-4 Wangu
PC-5 Jianshi	CV-5 Shimen	SJ-5 Waiguan	SI-5 Yanggu
PC-6 Neiguan	CV-6 Qihai	SJ-6 Zhigou	SI-6 Yanglao
PC-7 Daling	CV-7 Yinjiao	SJ-7 Huizong	SI-7 Zhizheng
PC-8 Laogong	CV-8 Shenque	SJ-8 Sanyangluo	SI-8 Xiaohai
PC-9 Zhongchong	CV-9 Shuifen	SJ-9 Sidu	SI-9 Jianzhen
	CV-10 Xiawan	SJ-10 Tianjing	SI-10 Naoshu
	CV-11 Jianli	SJ-11 Qinglengyuan	SI-11 Tianzong
	CV-12 Zhongwan	SJ-12 Xiaoluo	SI-12 Bingfeng
	CV-13 Shangwan	SJ-13 Naohui	SI-13 Quyuan

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Pericardium	Ren Meridian (Conception Vessel)	Sanjiao	Small Intestine
	CV-14 Juque	SJ-14 Jianliao	SI-14 Jianwaishu
	CV-15 Jiuwei	SJ-15 Tianliao	SI-15 Jianzhongshu
	CV-16 Zhongting	SJ-16 Tianyou	SI-16 Tianchuang
	CV-17 Tanzhong	SJ-17 Yifeng	SI-17 Tianrong
	CV-18 Yutang	SJ-18 Chimai	SI-18 Quanliao
	CV-19 Zigong	SJ-19 Luxi	SI-19 Tinggong
	CV-20 Huagai	SJ-20 Jiaosun	
	CV-21 Xuanji	SJ-21 Ermen	
	CV-22 Tiantu	SJ-22 Erheliao	
	CV-23 Lianquan	SJ-23 Sizhukong	
	CV-24 Chengjiang		

Spleen	Stomach	Extra-Meridian
SP-1 Yinbai	ST-1 Chengqi	Head/Neck
SP-2 Dadu	ST-2 Sibai	EX-HN-1 Sishencong
SP-3 Taibai	ST-3 Juliao	EX-HN-3 Yintang
SP-4 Gongsun	ST-4 Dicang	EX-HN-4 Yuyao
SP-5 Shangqiu	ST-5 Daying	EX-HN-5 Taiyang
SP-6 Sanyinjiao	ST-6 Jiache	EX-HN-8 Shangyinxiang
SP-7 Lougu	ST-7 Xiaguan	Anmian
SP-8 Diji	ST-8 Touwei	Chest/Abdomen
SP-9 Yinlingquan	ST-9 Renying	EX-CA-1 Zigong
SP-10 Xuehai	ST-10 Shuitu	Back
SP-11 Jimen	ST-11 Qishe	EX-B-1 Dingchuan
SP-12 Chongmen	ST-12 Quepen	EX-B-2 Jiaji
SP-13 Fushe	ST-13 Qihu	EX-B-7 Yaoyan
SP-14 Fujie	ST-14 Kufang	Upper Extremities
SP-15 Daheng	ST-15 Wuyi	Jianqian
SP-16 Fuai	ST-16 Yongchuang	EX-UE-2 Erbai
SP-17 Shidou	ST-17 Ruzhong	EX-UE-7 Yaotongdian
SP-18 Tianxi	ST-18 Rugen	EX-UE-9 Baxie
SP-19 Xiongxiang	ST-19 Burong	EX-UE-10 Sifeng
SP-20 Zhourong	ST-20 Chengman	EX-UE-11 Shixuan
SP-21 Dabao	ST-21 Liangmen	Lower Extremities
	ST-22 Guanmen	EX-LE-2 Heding
	ST-23 Taiyi	EX-LE-6 Dannangxue
	ST-24 Huarumen	EX-LE-7 Lanweixue
	ST-25 Tianshu	EX-LE-10 Bafeng
	ST-26 Wailing	
	ST-27 Daju	
	ST-28 Shuidao	

Spleen	Stomach	Extra-Meridian
	ST-29 Guilai	
	ST-30 Qichong	
	ST-31 Biguan	
	ST-32 Futu (LI-18)	
	ST-33 Yinshi	
	ST-34 Liangqiu	
	ST-35 Dubi	
	ST-36 Zusanli	
	ST-37 Shangjuxu	
	ST-38 Tiaokou	
	ST-39 Xiajuxu	
	ST-40 Fenglong	
	ST-41 Jiexi	
	ST-42 Chongyang	
	ST-43 Xiangu	
	ST-44 Neiting	
	ST-45 Lidui	

By Alphabetical Order

Anmian	Dazhu BL-11	Hanyan GB-4	Juegu (Xuanzhong) GB-39
B afeng EX-LE-10	Dazhui GV-14	Heding EX-LE-2	
Baihuanshu BL-30	Dicang ST-4	Hegu LI-4	Jueyinshu BL-14
Baihui GV-20	Diji SP-8	Heliao LI-19	Jugu LI-16
Baohuang BL-53	Dingchuan EX-B-1	Henggu KI-11	Juliao GB-29
Baxie EX-UE-9	Diwuhui GB-42	Heyang BL-55	Juliao ST-3
Benshen GB-13	Dubi ST-35	Houding GV-19	Juque CV-14
Biguan ST-31	Duiduan GV-27	Houxi SI-3	K ongzui LU-6
Binao LI-14	Dushu BL-16	Huagai CV-20	Kufang ST-14
Bingfeng SI-12	Erbai EX-UE-2	Huangmen BL-51	Kunlun BL-60
Bulang KI-22	Erheliao SJ-22	Huangshu KI-16	Lanweixue EX-LE-7
Burong ST-19	Erjian LI-2	Huantiao GB-30	Laogong PC-8
C hangqiang GV-1	Ermen SJ-21	Huarumen ST-24	Liangmen ST-21
Chengfu BL-36	Feishu BL-13	Huiyang BL-35	Liangqiu ST-34
Chengguang BL-6	Feiyang BL-58	Huiyin CV-1	Lianquan CV-23
Chengjiang CV-24	Fengchi GB-20	Huizong SJ-7	Lidui ST-45
Chengjin BL-56	Fengfu GV-16	Hunmen BL-47	Lieque LU-7
Chengling GB-18	Fenglong ST-40	J iache ST-6	Ligou LR-5
Chengman ST-20	Fengmen BL-12	Jiaji EX-B-2	Lingdao HT-4
Chengqi ST-1	Fengshi GB-31	Jianjing GB-21	Lingtai GV-10
Chengshan BL-57	Fuai SP-16	Jianli CV-11	Lingxu KI-24
Chimai SJ-18	Fubai GB-10	Jianliao SJ-14	Lougu SP-7
Chize LU-5	Fufen BL-41	Jianqian	Luoque BL-8
Chongmen SP-12	Fujie SP-14	Jianshi PC-5	Luxi SJ-19
D abao SP-21	Futu LI-18	Jianzhongshu SI-15	Naohu GV-17
Chongyang ST-42	Fuliu KI-7	Jianwaishu SI-14	M eichong BL-3

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Anmian	Dazhu BL-11	Hanyan GB-4	Juegu (Xuanzhong) GB-39
Ciliao BL-32	Fushe SP-13	Jianyu LI-15	Mingmen GV-4
Cuanzhu BL-2	Futonggu KI-20	Jianzhen SI-9	Muchuang GB-16
Dachangshu BL-25	Futu ST-32	Jiaosun SJ-20	Naohui SJ-13
Dadu SP-2	Fuxi BL-38	Jiaoxin KI-8	Naokong GB-19
Dadun LR-1	Fuyang BL-59	Jiexi ST-41	Naoshu SI-10
Dahe KI-12	Gaohuangshu BL-43	Jimai LR-12	Neiguan PC-6
Daheng SP-15	Ganshu BL-18	Jimen SP-11	Neiting ST-44
Daimai GB-26	Geguan BL-46	Jinggu BL-64	Panguangshu BL-28
Daju ST-27	Geshu BL-17	Jingmen GB-25	Pianli LI-6
Daling PC-7	Gongsun SP-4	Jingming BL-1	Pishu BL-20
Dannangxue EX-LE-6	Guanchong SJ-1	Jingqu LU-8	Pohu BL-42
Danshu BL-19	Guangming GB-37	Jinmen BL-63	Pucan BL-61
Daying ST-5	Guanmen ST-22	Jinsuo GV-8	Xiajuxu ST-39
Dazhong KI-4	Guanyuan CV-4	Jiquan HT-1	Xialian LI-8
Qinding GV-21	Guilai ST-29	Jiuwei CV-15	Xialiao BL-34
Qiangjian GV-18	Shangyang LI-1	Jizhong GV-6	Xiangu ST-43
Qiangu SI-2	Shaochong HT-9	Tanzhong CV-17	Xiaochangshu BL-27
Qichong ST-30	Shaofu HT-8	Taodao GV-13	Xiaohai SI-8
Qihai CV-6	Shaohai HT-3	Tianchi PC-1	Xiaoluo SJ-12
Qihai shu BL-24	Shaoshang LU-11	Tianchong GB-9	Xiawan CV-10
Qihu ST-13	Shaoze SI-1	Tianchuang SI-16	Xiaxi GB-43
Qimen LR-14	Shencang KI-25	Tianding LI-17	Xiguan LR-7
Qinglengyuan SJ-11	Shendao GV-11	Tianfu LU-3	Ximen PC-4
Qingling HT-2	Shenfeng KI-23	Tianjing SJ-10	Xingjian LR-2
Qishe ST-11	Shenmai BL-62	Tianliao SJ-15	Xinhui GV-22
Qiuxu GB-40	Shenmen HT-7	Tianquan PC-2	Xinshu BL-15
Qixue KI-13	Shenque CV-8	Tianrong SI-17	Xiongxian SP-19
Quanliao SI-18	Shenshu BL-23	Tianshu ST-25	Xiyangguan GB-33
Quanyuanshu BL-26	Shentang BL-44	Tiantu CV-22	Xuanji CV-21
Qubin GB-7	Shenting GV-24	Tianxi SP-18	Xuanli GB-6
Qucha BL-4	Shenzhu GV-12	Tianyou SJ-16	Xuanlu GB-5
Quchi LI-11	Shidou SP-17	Tianzhu BL-10	Xuansu GV-5
Quepen ST-12	Shiguan KI-18	Tianzong SI-11	Xuanzhong (Juegu) GB-39
Qugu CV-2	Shimen CV-5	Tiaokou ST-38	Xuehai SP-10
Ququan LR-8	Shixuan EX-UE-11	Tinggong SI-19	Yamen GV-15
Quyuan SI-13	Shousanli LI-10	Tinghui GB-2	Yangbai GB-14
Quze PC-3	Shouwuli LI-13	Tonggu BL-66	Yangchi SJ-4
Rangu KI-2	Shuaigu GB-8	Tongli HT-5	Yangfu GB-38
Renying ST-9	Shufu KI-27	Tongtian BL-7	Yanggang BL-48
Renzhong (Shuigou) GV-26	Shugu BL-65	Tongziliao GB-1	Yanggu SI-5
	Shuidao ST-28	Toulinqi GB-15	Yangjiao GB-35
Riyue GB-24	Shuifen CV-9	Touqiaoyin GB-11	Yanglao SI-6
Rugen ST-18	Shuigou (Renzhong) GV-26	Touwei ST-8	Yanglingquan GB-34
Ruzhong ST-17		Waiguan SJ-5	Yangxi LI-5
Sanjian LI-3	Shuiquan KI-5	Wailing ST-26	Yaoshu GV-2
Sanjiaoshu BL-22	Shuitu ST-10	Waiqiu GB-36	
Sanyangluo SJ-8	Sibai ST-2	Wangu GB-12	

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Anmian	Dazhu BL-11	Hanyan GB-4	Juegu (Xuanzhong) GB-39
Sanyinjiao SP-6	Sidu SJ-9	Wangu SI-4	Yaotongdian EX-UE-7
Shangguan GB-3	Sifeng EX-UE-10	Weichang BL-50	Yaoyan EX-B-7
Shangjuxu ST-37	Siman KI-14	Weishu BL-21	Yaoyangguan GV-3
Shanglian LI-9	Sishencong EX-HN-1	Weiyang BL-39	Yemen SJ-2
Shangliao BL-31	Sizhukong SJ-23	Weidao GB-28	Yifeng SJ-17
Shangqiu SP-5	Suliao GV-25	Weizhong BL-40	Yinbai SP-1
Shangqu KI-17	Taibai SP-3	Wenliu LI-7	Yinbao LR-9
Shangwan CV-13	Taichong LR-3	Wuchu BL-5	Yindu KI-19
Shangxing GV-23	Taixi KI-3	Wushu GB-27	Yingu KI-10
Shangyinxiang EX-HN-8	Taiyang EX-HN-5	Wuyi ST-15	Yingxiang LI-20
Yinjiao CV-7	Taiyi ST-23	Xiabai LU-4	Zhongting CV-16
Yinjiao GV-28	Taiyuan LU-9	Xiaguan ST-7	Zhongwan CV-12
Yinlian LR-11	Yuji LU-10	Zhiyang GV-9	Zhongzhu KI-15
Yinlingquan SP-9	Yunmen LU-2	Zhiyin BL-67	Zhongzhu SJ-3
Yinmen BL-37	Yutang CV-18	Zhizheng SI-7	Zhouliao LI-12
Yinshi ST-33	Yuyao EX-HN-4	Zhongchong PC-9	Zhourong SP-20
Yintang EX-HN-3	Yuzhen BL-9	Zhongdu GB-32	Zhubin KI-9
Yinxi HT-6	Yuzhong KI-26	Zhongdu LR-6	Zigong CV-19
Yishe BL-49	Zhangmen LR-13	Zhongfeng LR-4	Zigong EX-CA-1
Yixi BL-45	Zhaohai KI-6	Zhongfu LU-1	Zulinqi GB-41
Yongchuang ST-16	Zhejin GB-23	Zhongji CV-3	Zuqiaoyin GB-44
Yongquan KI-1	Zhengying GB-17	Zhongliao BL-33	Zusanli ST-36
Youmen KI-21	Zhibian BL-54	Zhonglushu BL-29	Zuwuli LR-10
Yuanye GB-22	Zhigou SJ-6	Zhongshu GV-7	
	Zhishi BL-52		

Appendix III: Herbs

Herbs by Latin, Pinyin, English and Chinese Names

All the herbs described in detail in Volume 2 Part II Chapter 2 are listed here.

Part I: Alphabetical by Pinyin

- Aiye (*Artemisia argyi*) (wormwood leaf) 艾叶
Baibu (*Stemona sessilifolia*) 百部
Baihe (*Lilium brownii*) (lily bulb) 百合
Baiji (*Bletilla striata*) 白及
Baijiangcan (*Bombyx mori*) (silkworm) 白僵蚕
Baimaogen (*Imperata cylindrica*) (cogon grass) 白茅根
Baiqian (*Cynanchum stautonii*) (swallowwort) 白前
Baishaoyao (*Paeonia lactiflora*) (white peony root) 白芍药
Baitouweng (*Pulsatilla chinensis*) (nodding anemone root) 白头翁
Baizhi (*Angelica dahurica, anomala, taiwaniana*) (dahurican angelica root) 白芷
Baizhu (*Atractylodes macrocephala*) 白术
Baiziren (*Biota orientalis*) (tree of life) 柏子仁
Bajitian (*Morinda officinalis*) 巴戟天
Banlangen (*Isatis indigotica*) 板蓝根
Banxia (*Pinellia ternata*) 半夏
Beimu (*Fritillaria cirrhosa, verticillata*) 贝母
Beishashen (*Glehnia littoralis*) 北沙参
Biejia (*Amyda sinensis*) (turtle carapace) 鳖甲
Binglang (*Areca catechu*) (areca seed) 槟榔
Bingpian (*Dryobalanops aromatica*) (borneol) 冰片
Bohe (*Mentha haplocalyx*) (peppermint) 薄荷
Buguzhi (*Psoralea corylifolia*) 补骨脂
Cangzhu (*Atractylodes lancea*) 苍术
Chaihu (*Bupleurum chinense, scorzonerifolium*) (thoroughwax root) 柴胡

- Chantui (*Cryptotympana atrata, pustulata*) (cicada molt) 蝉蜕
 Chenpi (*Citrus tangerina, reticulata*) (tangerine peel) 陈皮
 Chenxiang (*Aquilaria sinensis, agallocha*) (eagle wood) 沉香
 Cheqianzi (*Plantago asiatica*) (plantain) 车前子
 Chishaoyao (*Paeonia lactiflora*) (red peony root) 赤芍药
 Chuanlianzi (*Melia toosendan*) (Sichuan chinaberry seed) 川楝子
 Chuanxiong (*Ligusticum chuanxiong, wallichii*) (Sichuan lovage) 川芎
 Cishi (*Magnetitium*) (magnetite) 磁石
 Dahuang (*Rheum palmatum*) (rhubarb root/rhizome) 大黄
 Daji (*Cirsium japonicum*) (Japanese thistle) 大蓟
 Danggui (*Angelica sinensis*) (Chinese angelica root) 当归
 Dangshen (*Codonopsis pilosula*) (Asia bell root) 党参
 Danshen (*Salvia miltiorrhiza*) (red sage root) 丹参
 Dazao (*Ziziphus jujuba*) (Chinese jujube fruit) 大枣
 Digupi (*Lycium chinensis*) (wolfberry root-bark) 地骨皮
 Dilong (*Pheretima aspergillum*) (earthworm) 地龙
 Dingxiang (*Syzygium aromaticum*) (clove) 丁香
 Diyu (*Sanguisorba officinalis*) (garden burnet root) 地榆
 Dongchongxiacao (*Cordyceps sinensis*) (Chinese caterpillar fungus) 冬虫夏草
 Duhuo (*Angelica pubescens*) (angelica root) 独活
 Duzhong (*Eucommia ulmoides*) 杜仲
 Ejiao (*Equus asinus*) (donkey-hide gelatin) 阿胶
 Ezhu (*Curcuma aeruginosa, zedoaria*) (zedoary) 莪术
 Fangfeng (*Saposhnikovia divaricata*) 防风
 Fangji (*Stephania tetrandra*) 汉防己
 Fanxieye (*Cassia angustifolia*) (senna leaf) 番泻叶
 Fengmi (*Mel*) (honey) 蜂蜜
 Fuling (*Poria cocos*) (tuckahoe) 茯苓
 Fuxiaomai (*Triticum aestivum*) (shriveled wheat grains) 浮小麦
 Fuzi (*Aconitum carmichaeli*) (monkshood secondary root) 附子
 Gancao (*Glycyrrhiza uralensis*) (Chinese liquorice root) 甘草
 Ganjiang (*Zingiber officinale*) (dried ginger) 干姜
 Gegen (*Pueraria lobata*) (kudzu root) 葛根
 Gouqizi (*Lycium barbarum*) (Barbary wolfberry fruit) 枸杞子
 Gouteng (*Uncaria rhynchophylla*) 钩藤
 Gualouzi (*Trichosanthes kirilowii*) (snake gourd fruit) 瓜蒌
 Guanzhong (*Dryopteris crassirhizoma*) (wood fern) 贯众
 Guiban (*Chinemys reevesii*) (buiban) (tortoise plastron) 龟板
 Guizhi (*Cinnamomum cassia*) (cinnamon twig) 桂枝
 Haijinsha (*Lygodium japonicum*) (climbing fern spore) 海金沙
 Heshouwu (*Polygonum multiflorum*) (fleece-flower root) 何首乌
 Honghua (*Carthamus tinctorius*) (safflower) 红花
 Houpo (*Magnolia officinalis*) (magnolia bark) 厚朴
 Huangbai (*Phellodendron chinense, amurense*) (Amur cork-tree bark) 黄柏
 Huangjing (*Polygonatum sibiricum*) (Solomon's seal) 黄精

- Huanglian (*Coptis chinensis*) (golden thread) 黄连
Huangqi (*Astragalus membranaceus*) (milkvetch root) 黄芪
Huangqin (*Scutellaria baicalensis*) (baical skullcap root) 黄芩
Huoxiang (*Agastache rugosa*) (giant hyssop) 藿香
Hutaoren (*Juglans regia*) (walnut kernel) 胡桃仁
Huzhang (*Polygonum cuspidatum*) (giant knotgrass) 虎杖
Jianghuang (*Curcuma longa*) (turmeric) 姜黄
Jiegeng (*Platycodon grandiflorum*) 桔梗
Jineijin (*Gallus gallus domesticus*) (inner lining of chicken gizzard) 鸡内金
Jingjie (*Schizonepeta tenuifolia*) 荆芥
Jinqiancao (*Glechoma longituba*) 金钱草
Jinyinhua (*Lonicera japonica*) (honeysuckle flower) 金银花
Juemingzi (*Cassia obtusifolia*) (cassia seed) 决明子
Juhua (*Chrysanthemum morifolium*) (chrysanthemum flower) 菊花
Kuliangenpi (*Melia azedarach, toosendan*) (chinaberry root bark) 苦楝根皮
Kushen (*Sophora flavescens*) 苦参
Laifuzi (*Raphanus sativus*) (radish seed) 莱菔子
Lianqiao (*Forsythia suspensa*) (weeping golden bell) 连翘
Lianzi (*Nelumbo nucifera*) (lotus seed) 莲子
Longdancao (*Gentiana scabra*) (Chinese gentian root) 龙胆草
Longgu (*Os Draconis*) (fossil bone) 龙骨
Lugen (*Phragmites communis*) (reed grass) 芦根
Mahuang (*Ephedra sinica*) 麻黄
Maimendong (*Ophiopogon japonicus*) (lily-turf bulbous root) 麦门冬
Maiya (*Hordeum vulgare*) (barley sprout) 麦芽
Mangxiao (*Mirabilite*) (sodium sulfate) 芒硝
Mohanlian (*Eclipta prostrata*) 墨旱莲
Moyao (*Commiphora myrrha*) (myrrh) 没药
Mudanpi (*Paeonia suffruticosa*) (tree peony root-bark) 牡丹皮
Mugua (*Chaenomeles speciosa, lagenaria*) (Chinese quince fruit) 木瓜
Muli (*Ostrea gigas, rivularis*) (oyster shell) 牡蛎
Muxiang (*Aucklandia lappa*) 木香
Nanguazi (*Cucurbita moschata*) (pumpkin seed) 南瓜子
Niubangzi (*Arctium lappa*) (burdock fruit) 牛蒡子
Niuxi (*Achyranthes bidentata*) 牛膝
Nuzhenzi (*Ligustrum lucidum*) (wax privet fruit) 女贞子
Peilan (*Eupatorium fortunei*) (mist flower stalk, leaf) 佩兰
Pugongying (*Taraxacum mongolicum*) (dandelion) 蒲公英
Qiancao (*Rubia cordifolia*) (India madder root) 茜草
Qianghuo (*Notopterygium incisum, franchetti, forbesi*) 羌活
Qianhu (*Peucedanum praeruptorum*) (hog fennel) 前胡
Qinghao (*Artemisia annua*) (sagebrush) 青蒿
Qinjiao (*Gentiana macrophylla*) (large-leaf gentian root) 秦艽
Quanxie (*Buthus martensii*) (scorpion) 全蝎
Renshen (*Panax ginseng*) (ginseng) 人参

- Roucongong (*Cistanche deserticola*) 肉苁蓉
 Roudoukou (*Myristica fragrans*) (nutmeg kernel) 肉豆蔻
 Rougui (*Cinnamomum cassia*) (cinnamon bark) 肉桂
 Ruxiang (*Boswellia carterii*) (frankincense) 乳香
 Sangbaipi (*Morus alba*) (mulberry bark or root-bark) 桑白皮
 Sangjisheng (*Loranthus parasiticus*) (mulberry mistletoe) 桑寄生
 Sangpiaoxiao (*Paratenodera sinensis*) (mantis egg case) 桑螵蛸
 Sangye (*Morus alba*) (mulberry leaf) 桑叶
 Sanleng (*Sparganium stoloniferum*) (bur reed) 三棱
 Sanqi (*Panax pseudoginseng, var. notojinseng*) 三七
 Shanyao (*Dioscorea opposita*) (Chinese yam) 山药
 Shanzha (*Crataegus pinnatifida*) (Chinese hill haw) 山楂
 Shanzhuyu (*Cornus officinalis*) (dogwood fruit) 山茱萸
 Sharen (*Amomum villosum*) 砂仁
 Shegan (*Belamcanda chinensis*) (blackberry lily) 射干
 Shengdihuang (*Rehmannia glutinosa*) 生地黄
 Shengma (*Cimicifuga heracleifolia, foetida*) (bugbane) 升麻
 Shenqu (*Massa medicata fermentata*) (medicated leaven) 神曲
 Shexiang (*Moschus moschiferus*) (musk) 麝香
 Shichangpu (*Acorus gramineus*) (sweet flag) 石菖蒲
 Shigao (*Gypsum*) (gypsum) 石膏
 Shijueming (*Haliotis diversicolor*) (abalone shell) 石决明
 Shijunzi (*Quisqualis indica*) (Rangoon creeper fruit) 使君子
 Shudihuang (*Rehmannia glutinosa*) 熟地黄
 Suanzaoren (*Ziziphus jujuba*) (Chinese jujube seed) 酸枣仁
 Suhexiang (*Liquidambar orientalis*) (storax) 苏合香
 Taoren (*Prunus persica*) (peach seed) 桃仁
 Tianhuafen (*Trichosanthes kirilowii*) (snake gourd root) 天花粉
 Tianma (*Gastrodia elata*) 天麻
 Tinglizi (*Lepidium apetalum*) (pepper weed seed) 葶苈子
 Tusizi (*Cuscuta chinensis*) (dodder seed) 菟丝子
 Weilingxian (*Clematis chinensis*) (clematis root) 威灵仙
 Wugong (*Scolopendra subspinipes*) (centipede) 蜈蚣
 Wumei (*Prunus mume*) (heat-dried plum) 乌梅
 Wuweizi (*Schisandra chinensis*) 五味子
 Wuyao (*Lindera strychnifolia*) (spicebush root) 乌药
 Wuzhuyu (*Evodia rutaecarpa*) 吴茱萸
 Xiakucao (*Prunella vulgaris*) (self-heal fruit spike) 夏枯草
 Xiangfu (*Cyperus rotundus*) (nutgrass) 香附
 Xiaoji (*Cephalanoplos segetum*) (field thistle) 小蓟
 Xiebai (*Allium macrostemon*) (long stem onion) 薤白
 Xingren (*Prunus armeniaca*) (apricot seed) 杏仁
 Xixin (*Asarum heterotropoides, sieboldi*) (Manchurian wild ginger) 细辛
 Xuanshen (*Scrophularia ningpoensis*) (fig-wort root) 玄参
 Xuduan (*Dipsacus asperoides*) (Himalayan teasel root) 续断

Yanhusuo (*Corydalis yanhusuo*) 延胡索
 Yimucao (*Leonurus hetrophyllus*) (mother-wort) 益母草
 Yinchenhao (*Artemisia capillaris*) (oriental wormwood) 茵陈蒿
 Yinyanghuo (*Epimedium brevicornum*) (barren-wort) 淫羊藿
 Yiyiren (*Coix lacryma-jobi*) (Job's-tears seed) 薏苡仁
 Yuanzhi (*Polygala tenuifolia*) (milk-wort root) 远志
 Yujin (*Curcuma wenyujin, aromatica*) (curcuma root tuber) 郁金
 Yuxingcao (*Houttuynia cordata*) 鱼腥草
 Yuzhu (*Polygonatum odoratum*) (fragrant Solomon's seal) 玉竹
 Zexie (*Alisma plantago-aquatica, orientale*) (water plantain) 泽泻
 Zhimu (*Anemarrhena asphodeloides*) 知母
 Zhishi (*Citrus aurantium*) (immature orange) 枳实
 Zhizi (*Gardenia jasminoides*) (gardenia fruit) 栀子
 Zhuling (*Polyporus umbellatus*) 猪苓
 Zhusha (*Cinnabar*) 朱砂
 Zihuadiding (*Viola patrinii*) 紫花地丁
 Zisu (*Perilla frutescens*) 紫苏
 Zisuzi (*Perilla frutescens*) 苏子

Part II: Alphabetical by Latin

Achyranthes bidentata (niuxi) 牛膝
Aconitum carmichaeli (fuzi) (monkshood secondary root) 附子
Acorus gramineus (shichangpu) (sweet flag) 石菖蒲
Agastache rugosa (huoxiang) (giant hyssop) 藿香
Alisma plantago-aquatica, orientale (zexie) (water plantain) 泽泻
Allium macrostemon (xiebai) (long stem onion) 薤白
Amomum villosum (sharen) 砂仁
Amyda sinensis (biejia) (turtle carapace) 鳖甲
Anemarrhena asphodeloides (zhimu) 知母
Angelica dahurica, anomala, taiwaniana (baizhi) (dahurican angelica root) 白芷
Angelica pubescens (duhuo) (angelica root) 独活
Angelica sinensis (danggui) (Chinese angelica root) 当归
Aquilaria sinensis, agallocha (chenxiang) (eagle wood) 沉香
Arctium lappa (niubangzi) (burdock fruit) 牛蒡子
Areca catechu (binglang) (areca seed) 槟榔
Artemisia annua (qinghao) (sagebrush) 青蒿
Artemisia argyi (aiye) (wormwood leaf) 艾叶
Artemisia capillaris (yinchenhao) (oriental wormwood) 茵陈蒿
Asarum heterotropoides, sieboldi (xixin) (Manchurian wild ginger) 细辛
Astragalus membranaceus (huangqi) (milkvetch root) 黄芪
Atractylodes lancea (cangzhu) 苍术
Atractylodes macrocephala (baizhu) 白术

- Aucklandia lappa* (muxiang) 木香
Belamcanda chinensis (shegan) (blackberry lily) 射干
Biota orientalis (baiziren) (tree of life) 柏子仁
Bletilla striata (baiji) 白及
Bombyx mori (baijiangcan) (silkworm) 白僵蚕
Boswellia carterii (ruxiang) (frankincense) 乳香
Bupleurum chinense, scorzoniferolium (chaihu) (thoroughwax root) 柴胡
Buthus martensii (quanxie) (scorpion) 全蝎
Carthamus tinctorius (honghua) (safflower) 红花
Cassia angustifolia (fanxieye) (senna leaf) 番泻叶
Cassia obtusifolia (juemingzi) (cassia seed) 决明子
Cephalanoplos segetum (xiaoji) (field thistle) 小薊
Chaenomeles speciosa, lagenaria (mugua) (Chinese quince fruit) 木瓜
Chinemys reevesii (buiban) (tortoise plastron) 龟板
Chrysanthemum morifolium (juhua) (chrysanthemum flower) 菊花
Cimicifuga heracleifolia, foetida (shengma) (bugbane) 升麻
Cinnabar (zhusha) 朱砂
Cinnamomum cassia (guizhi) (cinnamon twig) 桂枝
Cinnamomum cassia (rougui) (cinnamon bark) 肉桂
Cirsium japonicum (daji) (Japanese thistle) 大蓟
Cistanche deserticola (roucongrong) 肉苁蓉
Citrus aurantium (zhishi) (immature orange) 枳实
Citrus tangerina, reticulata (chenpi) (tangerine peel) 陈皮
Clematis chinensis (weilingxian) (clematis root) 威灵仙
Codonopsis pilosula (dangshen) (Asia bell root) 党参
Coix lacryma-jobi (yiyiren) (Job's-tears seed) 薏苡仁
Commiphora myrrha (moyao) (myrrh) 没药
Coptis chinensis (huanglian) (golden thread) 黄连
Cordyceps sinensis (dongchongxiacao) (Chinese caterpillar fungus) 冬虫夏草
Cornus officinalis (shanzhuyu) (dogwood fruit) 山茱萸
Corydalis yanhusuo (yanhusuo) 延胡索
Crataegus pinnatifida (shanzha) (Chinese hill haw) 山楂
Cryptotympana atrata, pustulata (chantui) (cicada molt) 蝉蜕
Cucurbita moschata (nanguazi) (pumpkin seed) 南瓜子
Curcuma aeruginosa, zedoaria (ezhu) (zedoary) 莪术
Curcuma longa (jianghuang) (turmeric) 姜黄
Curcuma wenyujin, aromatica (yujin) (curcuma root tuber) 郁金
Cuscuta chinensis (tusizi) (dodder seed) 菟丝子
Cynanchum stautonii (baiqian) (swallowwort) 白前
Cyperus rotundus (xiangfu) (nutgrass) 香附
Dioscorea opposita (shanyao) (Chinese yam) 山药
Dipsacus asperoides (xuduan) (Himalayan teasel root) 续断
Dryobalanops aromatica (bingpian) (borneol) 冰片
Dryopteris crassirhizoma (guanzhong) (wood fern) 贯众
Eclipta prostrata (mohanlian) 墨旱莲

- Ephedra sinica* (mahuang) 麻黄
Epimedium brevicornum (yinyanghuo) (barren-wort) 淫羊藿
Equus asinus (ejiao) (donkey-hide gelatin) 阿胶
Eucommia ulmoides (duzhong) 杜仲
Eupatorium fortunei (peilan) (mist flower stalk, leaf) 佩兰
Evodia rutaecarpa (wuzhuyu) 吴茱萸
Forsythia suspensa (lianqiao) (weeping golden bell) 连翘
Fritillaria cirrhosa, verticillata (beimu) 贝母
Gallus gallus domesticus (jineijin) (inner lining of chicken gizzard) 鸡内金
Gardenia jasminoides (zhizi) (gardenia fruit) 栀子
Gastrodia elata (tianma) 天麻
Gentiana macrophylla (qinjiao) (large-leaf gentian root) 秦艽
Gentiana scabra (longdancao) (Chinese gentian root) 龙胆草
Glechoma longituba (jinqiancao) 金钱草
Glehnia littoralis (beishashen) 北沙参
Glycyrrhiza uralensis (gancao) (Chinese liquorice root) 甘草
Gypsum (shigao, gypsum) 石膏
Haliotis diversicolor (shijueming) (abalone shell) 石决明
Hordeum vulgare (maiya) (barley sprout) 麦芽
Houttuynia cordata (yuxingcao) 鱼腥草
Imperata cylindrica (baimaogen) (cogon grass) 白茅根
Isatis indigotica (banlangen) 板蓝根
Juglans regia (hutaoren) (walnut kernel) 胡桃仁
Leonurus hetrophyllus (yimucao) (mother-wort) 益母草
Lepidium apetalum (tinglizi) (pepper weed seed) 葶苈子
Ligusticum chuanxiong, wallichii (chuanxiong) (Sichuan lovage) 川芎
Ligustrum lucidum (nuzhenzi) (wax privet fruit) 女贞子
Lilium brownii (baihe) (lily bulb) 百合
Lindera strychnifolia (wuyao) (spicebush root) 乌药
Liquidambar orientalis (suhexiang) (storax) 苏合香
Lonicera japonica (jinyinhua) (honeysuckle flower) 金银花
Loranthus parasiticus (sangjisheng) (mulberry mistletoe) 桑寄生
Lycium barbarum (gouqizi) (Barbary wolfberry fruit) 枸杞子
Lycium chinensis (digupi) (wolfberry root-bark) 地骨皮
Lygodium japonicum (haijinsha) (climbing fern spore) 海金沙
Magnetitium (cishi) (maganetite) 磁石
Magnolia officinalis (houpo) (magnolia bark) 厚朴
Massa medicata fermentata (shenqu) (medicated leaven) 神曲
Mel (fengmi) (honey) 蜂蜜
Melia azedarach, toosendan (kuliangenpi) (chinaberry root bark) 苦楝根皮
Melia toosendan (chuanlianzi) (Sichuan chinaberry seed) 川楝子
Melia toosendan (kulanpi) (chinaberry bark) 苦楝皮
Mentha haplocalyx (bohe) (peppermint) 薄荷
Mirabilite (mangxiao) (sodium sulfate) 芒硝
Morinda officinalis (bajitian) 巴戟天

- Morus alba* (sangbaipi) (mulberry bark or root-bark) 桑白皮
Morus alba (sangye) (mulberry leaf) 桑叶
Moschus moschiferus (shexiang) (musk) 麝香
Myristica fragrans (roudoukou) (nutmeg kernel) 肉豆蔻
Nelumbo nucifera (lianzi) (lotus seed) 莲子
Notopterygium incisum, franchetti, forbesi (qianghuo) 羌活
Ophiopogon japonicus (maimendong) (lily-turf bulbous root) 麦门冬
Os Draconis (longgu) (fossil bone) 龙骨
Ostrea gigas, rivularis (muli) (oyster shell) 牡蛎
Paeonia lactiflora (baishaoyao) (white peony root) 白芍药
Paeonia lactiflora (chishaoyao) (red peony root) 赤芍药
Paeonia suffruticosa (mudanpi) (tree peony root-bark) 牡丹皮
Panax ginseng (renshen) (ginseng) 人参
Panax pseudoginseng, var. notojinseng (sanqi) 三七
Paratenodera sinensis (sangpiaoxiao) (mantis egg case) 桑螵蛸
Perilla frutescens (zisu) 紫苏
Perilla frutescens (zisuzi) 苏子
Peucedanum praeruptorum (qianhu) (hog fennel) 前胡
Phellodendron chinense, amurense (huangbai) (Amur cork-tree bark) 黄柏
Pheretima aspergillum (dilong) (earthworm) 地龙
Phragmites communis (lugen) (reed grass) 芦根
Pinellia ternata (banxia) 半夏
Plantago asiatica (cheqianzi) (plantain) 车前子
Platycodon grandiflorum (jiegeng) 桔梗
Polygala tenuifolia (yuanzhi) (milk-wort root) 远志
Polygonatum odoratum (yuzhu) (fragrant Solomon's seal) 玉竹
Polygonatum sibiricum (huangjing) (Solomon's seal) 黄精
Polygonum cuspidatum (huzhang) (giant knotgrass) 虎杖
Polygonum multiflorum (heshouwu) (fleece-flower root) 何首乌
Polyporus umbellatus (zhuling) 猪苓
Poria cocos (fuling, tuckahoe) 茯苓
Prunella vulgaris (xiakucao) (self-heal fruit spike) 夏枯草
Prunus armeniaca (xingren) (apricot seed) 杏仁
Prunus mume (wumei) (heat-dried plum) 乌梅
Prunus persica (taoren) (peach seed) 桃仁
Psoralea corylifolia (buguzhi) 补骨脂
Pueraria lobata (gegen) (kudzu root) 葛根
Pulsatilla chinensis (baitouweng) (nodding anemone root) 白头翁
Quisqualis indica (shijunzi) (Rangoon creeper fruit) 使君子
Raphanus sativus (laifuzi) (radish seed) 莱菔子
Rehmannia glutinosa (shengdihuang) 生地黄
Rehmannia glutinosa (shudihuang) 熟地黄
Rheum palmatum (dahuang) (rhubarb root/rhizome) 大黄
Rubia cordifolia (qiancao) (India madder root) 茜草
Salvia miltiorrhiza (danshen) (red sage root) 丹参

- Sanguisorba officinalis* (diyu) (garden burnet root) 地榆
Saposhnikovia divaricata (fangfeng) 防风
Schisandra chinensis (wuweizi) 五味子
Schizonepeta tenuifolia (jingjie) 荆芥
Scolopendra subspinipes (wugong) (centipede) 蜈蚣
Scrophularia ningpoensis (xuanshen) (fig-wort root) 玄参
Scutellaria baicalensis (huangqin) (baical skullcap root) 黄芩
Sophora flavescens (kushen) 苦参
Sparganium stoloniferum (sanleng) (bur reed) 三棱
Stemona sessilifolia (baibu) 百部
Stephania tetrandra (fangji) 汉防己
Syzygium aromaticum (dingxiang) (clove) 丁香
Taraxacum mongolicum (pugongying) (dandelion) 蒲公英
Trichosanthes kirilowii (gualou) (snake gourd fruit) 瓜蒌
Trichosanthes kirilowii (tianhuafen) (snake gourd root) 天花粉
Triticum aestivum (fuxiaomai) (shriveled wheat grains) 浮小麦
Uncaria rhynchophylla (gouteng) 钩藤
Viola patrinii (zihuadiding) 紫花地丁
Zingiber officinale (ganjiang) (dried ginger) 干姜
Ziziphus jujuba (dazao) (Chinese jujube fruit) 大枣
Ziziphus jujuba (suanzaoren) (Chinese jujube seed) 酸枣仁

Appendix IV: Herb Pictures

In Alphabetical Order



Fig. A.4.1 a & b Aiye (*Artemisia argyi*) 艾叶

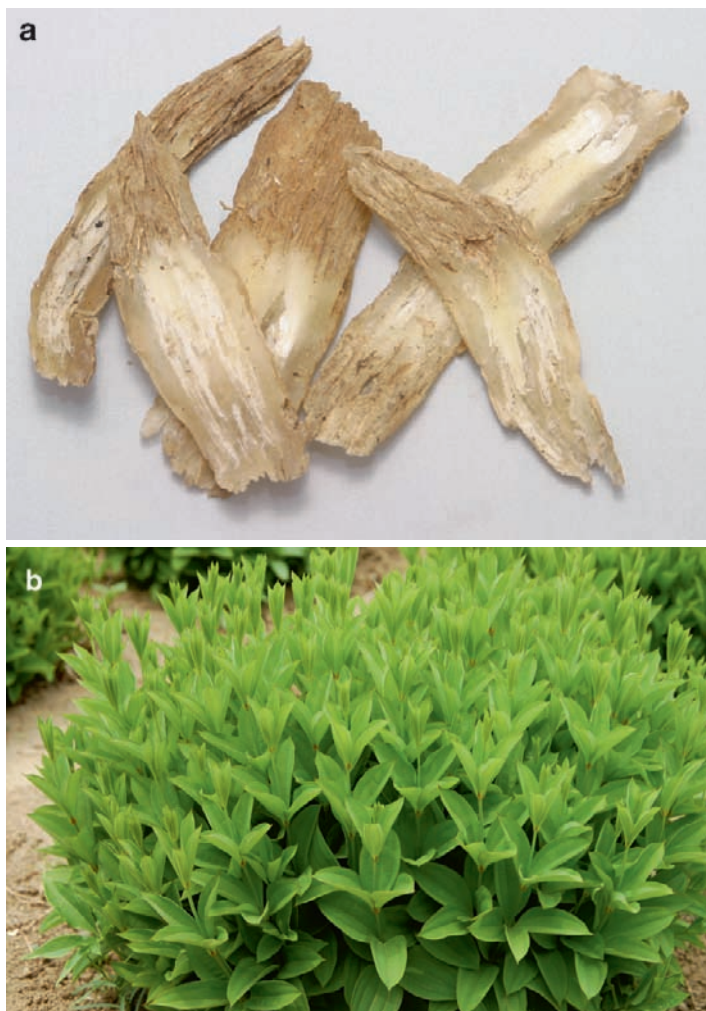


Fig. A.4.2 a & b Baibu (*Stemona sessilifolia*) 百部

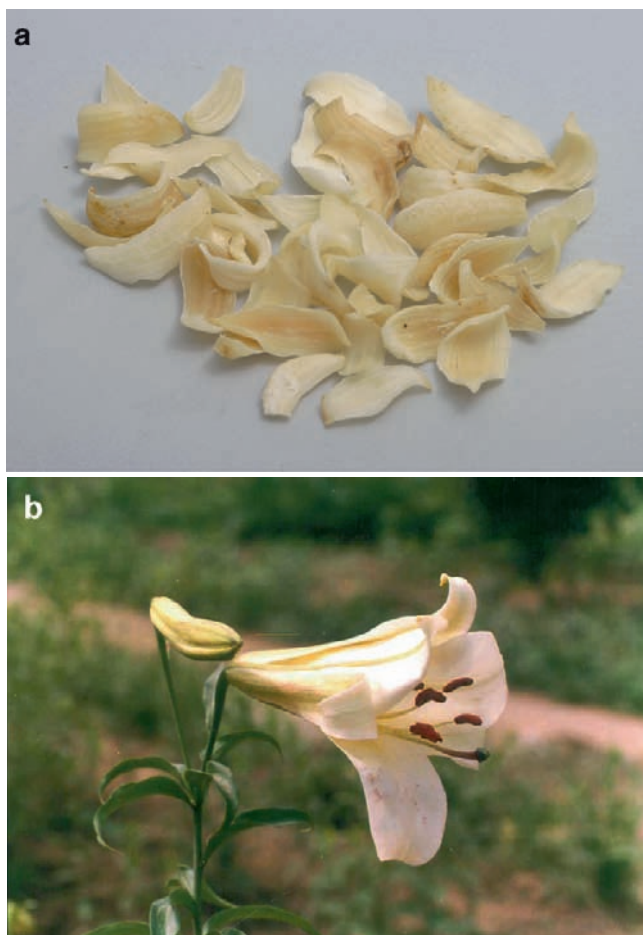


Fig. A.4.3 a & b Baihe (*Lilium brownii*) 百合



Fig. A.4.4 a & b Baiji (*Bletilla striata*) 白及



Fig. A.4.5 Baijiangan (*Bombyx mori*) 白僵蚕



Fig. A.4.6 a & b Baishaoyao (*Paeonia lactiflora*) 白芍药

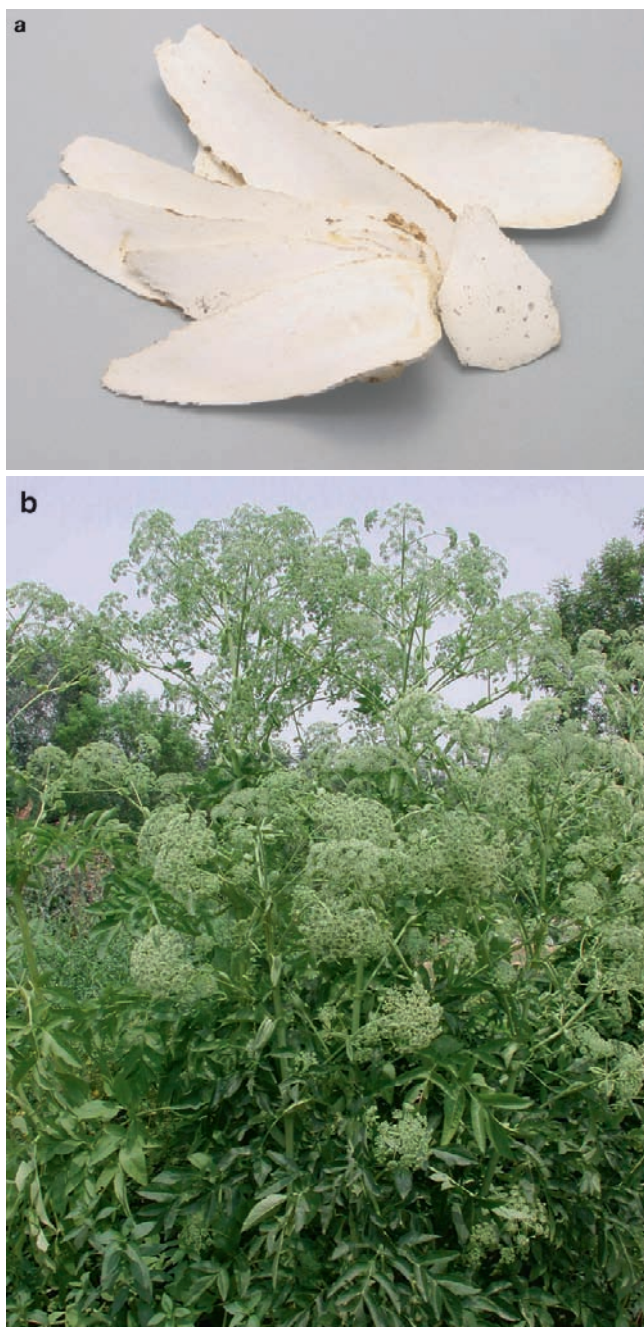


Fig. A.4.7 a & b Baizhi (*Angelica dahurica*, *anomala*, *taiwaniana*) 白芷



Fig. A.4.8 a & b Baizhu (*Atractylodes macrocephala*) 白朮



Fig. A.4.9 a & b Baiziren (*Biota orientalis*) 柏子仁



Fig. A.4.10 a & b Baitouweng (*Pulsatilla chinensis*) 白头翁



Fig. A.4.11 Bajitian (*Morinda officinalis*) 巴戟天



Fig. A.4.12 a & b Banlangen (*Isatis indigotica, tinctoria*) 板蓝根

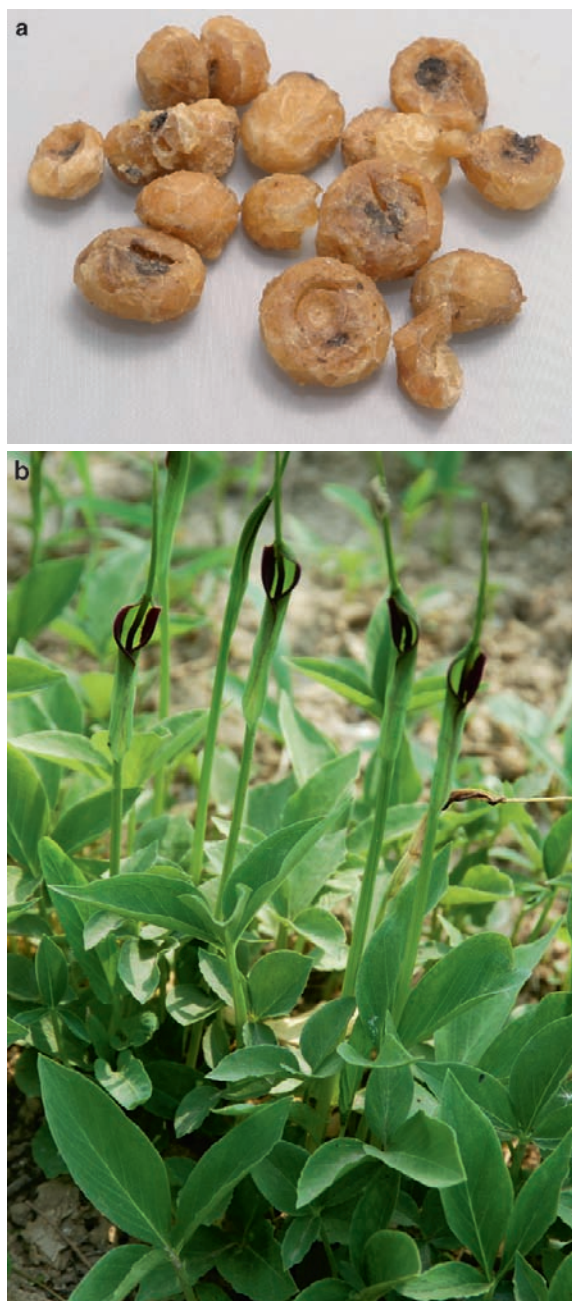


Fig. A.4.13 a & b Banxia (*Pinellia ternata*) 半夏



Fig. A.4.14 Beimu (*Fritillaria cirrhosa, verticillata*) 贝母



Fig. A.4.15 a & b Beishashen (*Glehnia littoralis*) 北沙参



Fig. A.4.16 Biejia (*Amyda sinensis*) 鳖甲

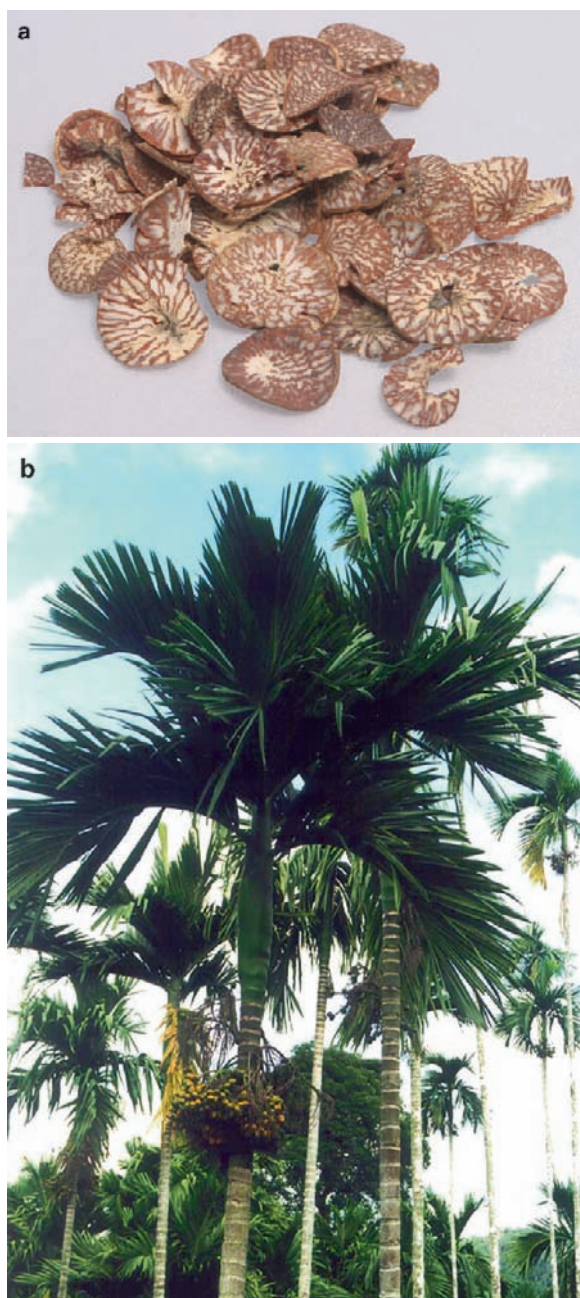


Fig. A.4.17 a & b Binglang (*Areca catechu*) 檳榔



Fig. A.4.18 Bingpian (*Dryobalanops aromatica*) 冰片



Fig. A.4.19 a & b Bohe (*Mentha haplocalyx*) 薄荷



Fig. A.4.20 a & b Buguzhi (*Psoralea corylifolia*) 补骨脂



Fig. A.4.21 a & b Cangzhu (*Atractylodes lancea*) 苍术



Fig. A.4.22 a & b Chaihu (*Bupleurum chinense*, *scorzonerifolium*) 柴胡



Fig. A.4.23 Chantui (*Cryptotympana atrata*, *pustulata*) 蝉蜕



Fig. A.4.24 a & b Chenpi (*Citrus tangerina, reticulata*) 陈皮



Fig. A.4.25 a & b Cheqianzi (*Plantago asiatica*) 车前子



Fig. A.4.26 a & b Chishaoyao (*Paeonia lactiflora*) 赤芍药



Fig. A.4.27 Chuanlianzi (*Melia toosendan*) 川楝子

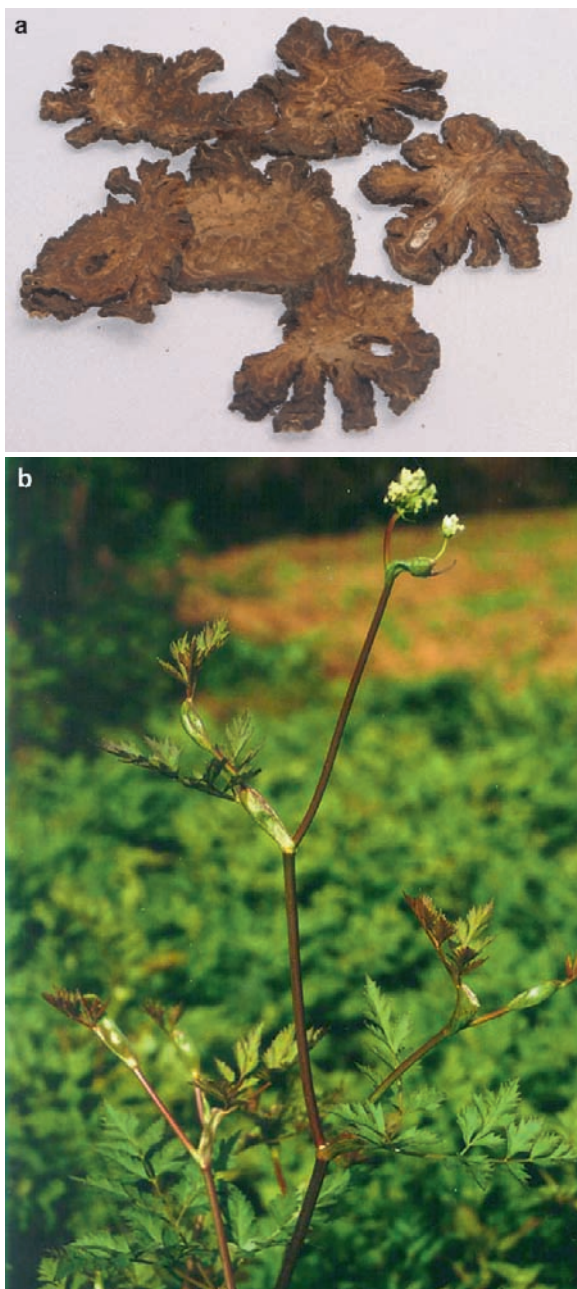


Fig. A.4.28 a & b Chuanxiong (*Ligusticum chuanxiong, wallichii*) 川芎



Fig. A.4.29 Cishi (*Magnetitium*) (magnetite) 磁石

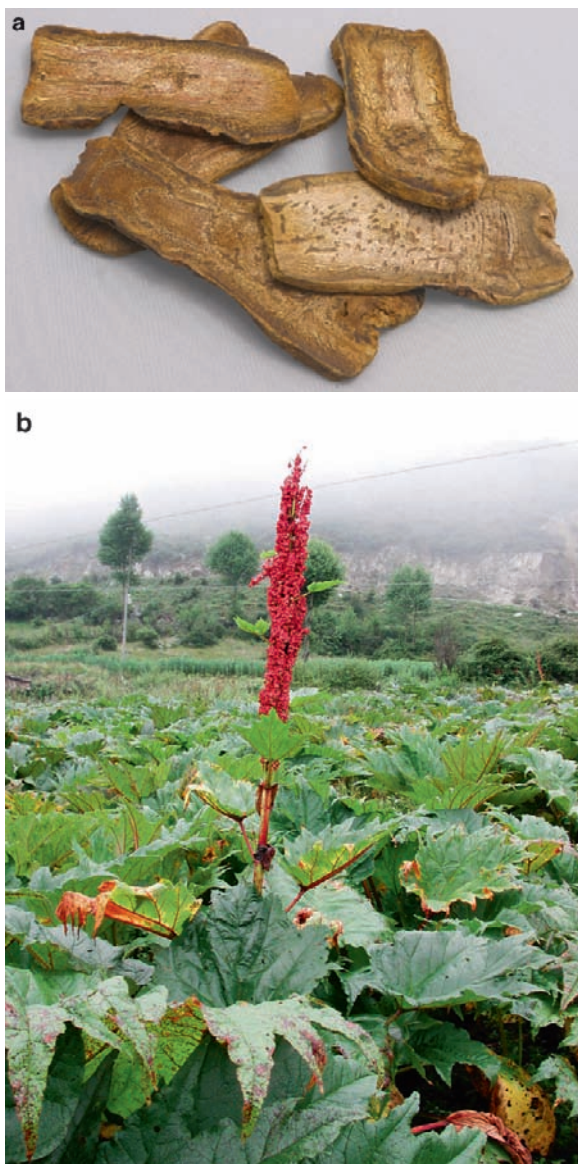


Fig. A.4.30 a & b Dahuang (*Rheum palmatum*) 大黄

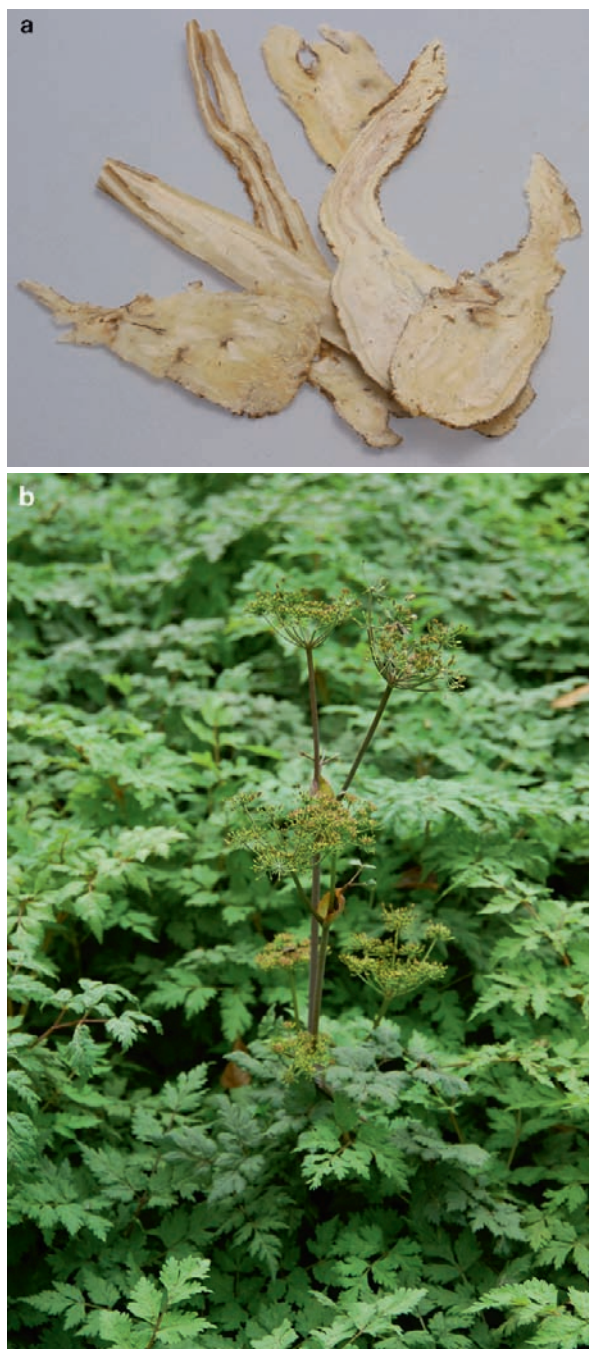


Fig. A.4.31 a & b Danggui (*Angelica sinensis*) 当归



Fig. A.4.32 a & b Dangshen (*Codonopsis pilosula*) 党参

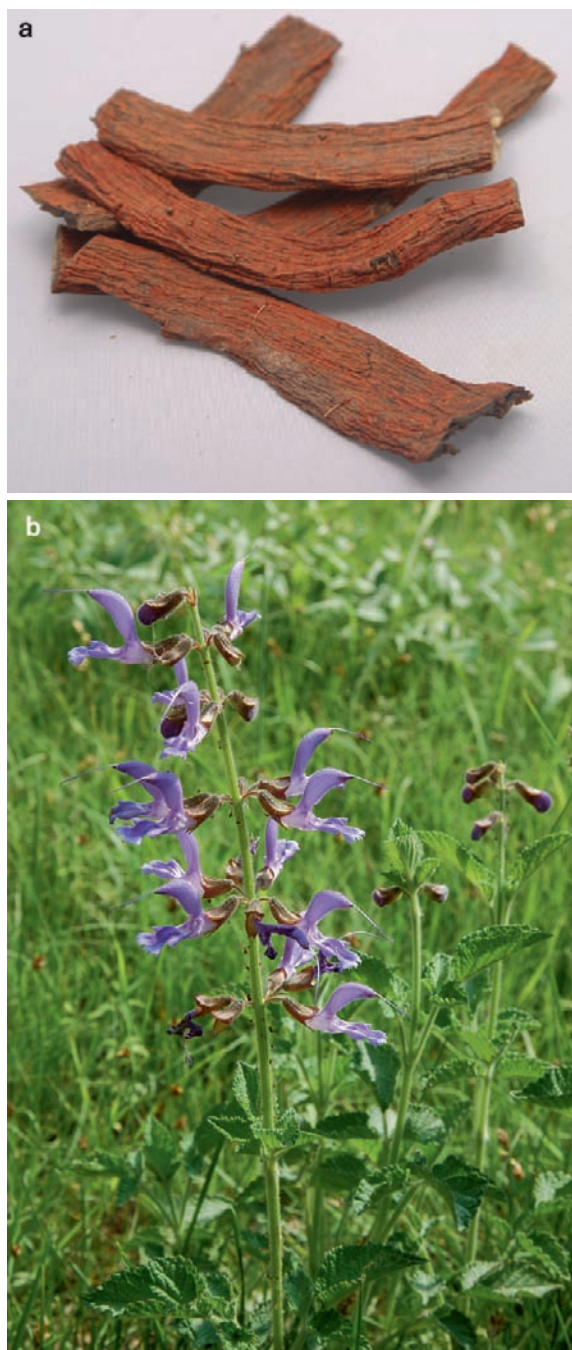


Fig. A.4.33 a & b Danshen (*Salvia miltiorrhiza*) 丹参



Fig. A.4.34 Digupi (*Lycium chinensis*) 地骨皮



Fig. A.4.35 Dilong (*Pheretima aspergillum*) 地龙



Fig. A.4.36 Dingxiang (*Syzygium aromaticum*) 丁香



Fig. A.4.37 a & b Diyu (*Sanguisorba officinalis*) 地榆



Fig. A.4.38 a & b Dongchongxiacao (*Cordyceps sinensis*) 冬虫夏草



Fig. A.4.39 Duhuo (*Angelica pubescens*) 独活



Fig. A.4.40 a & b Duzhong (*Eucommia ulmoides*) 杜仲



Fig. A.4.41 Ejiao (*Equis asinus*) 阿胶

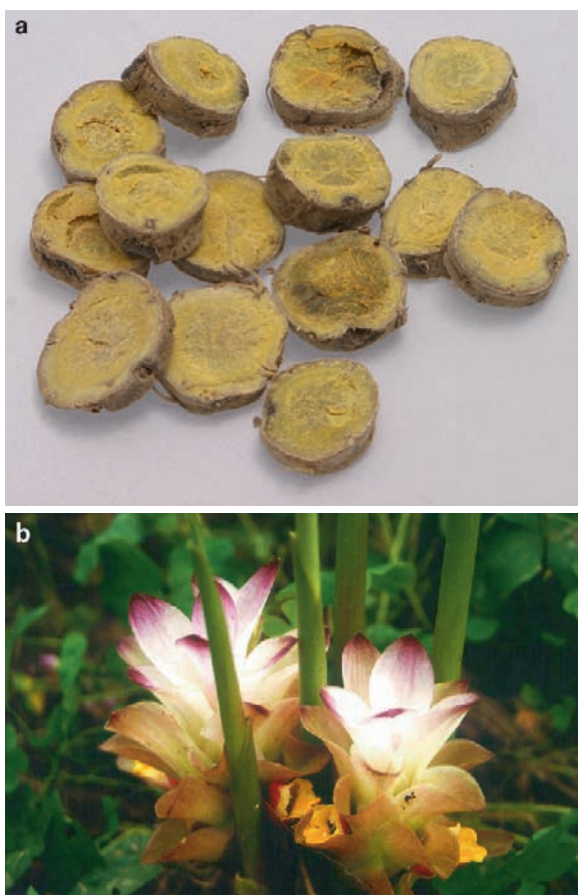


Fig. A.4.42 a & b Ezhu (*Curcuma aeruginosa*, *zedoaria*) 莪术



Fig. A.4.43 a & b Fangfeng (*Saposhnikovia divaricata*) 防风



Fig. A.4.44 Fangji (*Stephania tetrandra*) 防己



Fig. A.4.45 Fanxieye (*Cassia angustifolia*) 番泻叶



Fig. A.4.46 Fuling (*Poria cocos*) 茯苓



Fig. A.4.47 Fuxiaomai (*Triticum aestivum*) 浮小麦



Fig. A.4.48 a & b Fuzi (*Aconitum carmichaeli*) 附子



Fig. A.4.49 a & b Gancào (*Glycyrrhiza uralensis*) 甘草

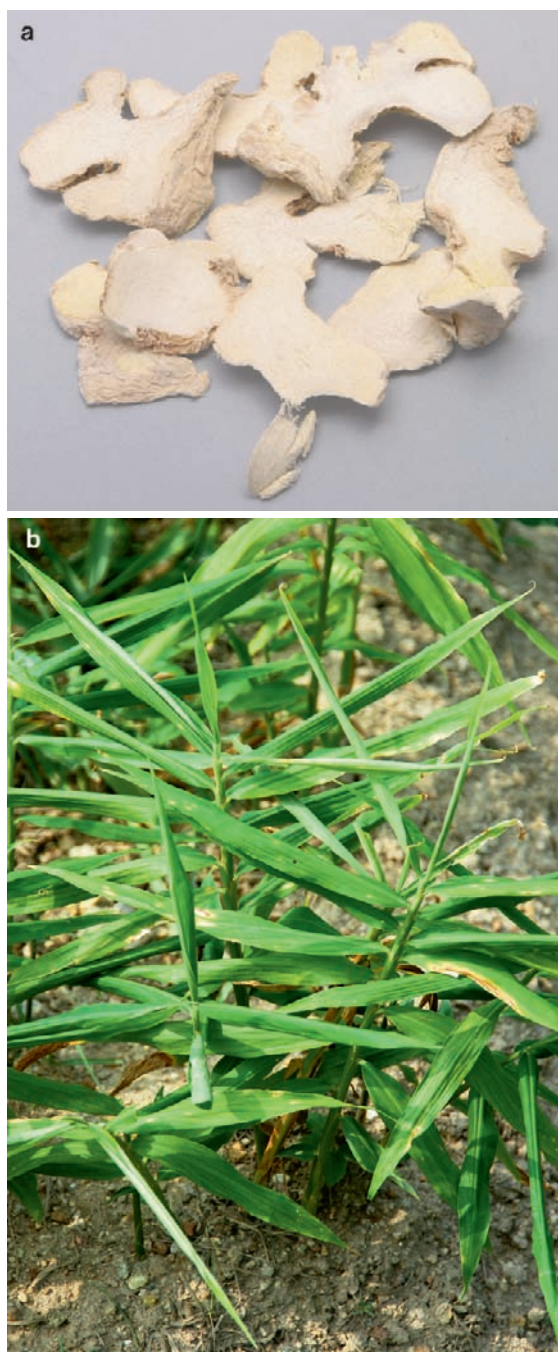


Fig. A.4.50 a & b Ganjiang (*Zingiber officinale*) 干姜

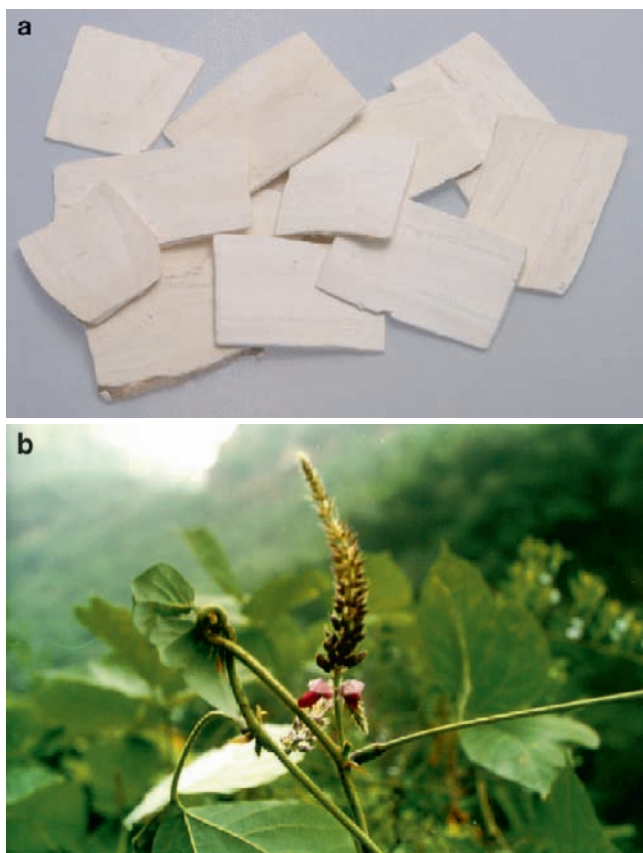


Fig. A.4.51 a & b Gegen (*Pueraria lobata*) 葛根



Fig. A.4.52 a & b Gouqizi (*Lycium barbarum*) 枸杞子



Fig. A.4.53 Gouteng (*Uncaria rhynchophylla*) 钩藤

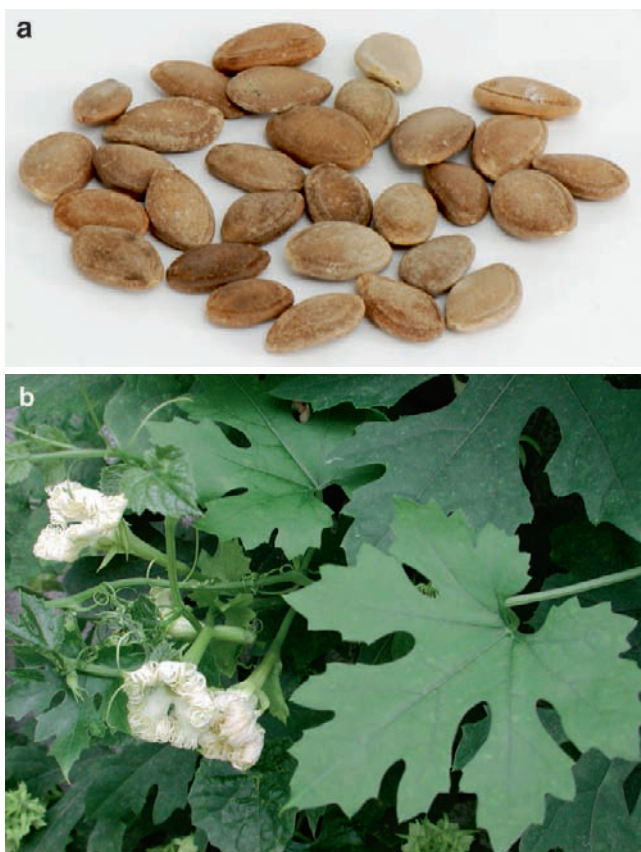


Fig. A.4.54 a & b Gualouzi (*Trichosanthes kirilowii*) 瓜蒌子



Fig. A.4.55 Guiban (*Chinemys reevesii*) 龟板



Fig. A.4.56 a & b Guizhi (*Cinnamomum cassia*) 桂枝



Fig. A.4.57 a & b Heshouwu (*Polygonum multiflorum*) 何首乌



Fig. A.4.58 a & b Honghua (*Carthamus tinctorius*) 红花



Fig. A.4.59 a & b Houpo (*Magnolia officinalis*) 厚朴



Fig. A.4.60 a & b Huangbai (*Phellodendron chinense*, *amurense*) 黄柏

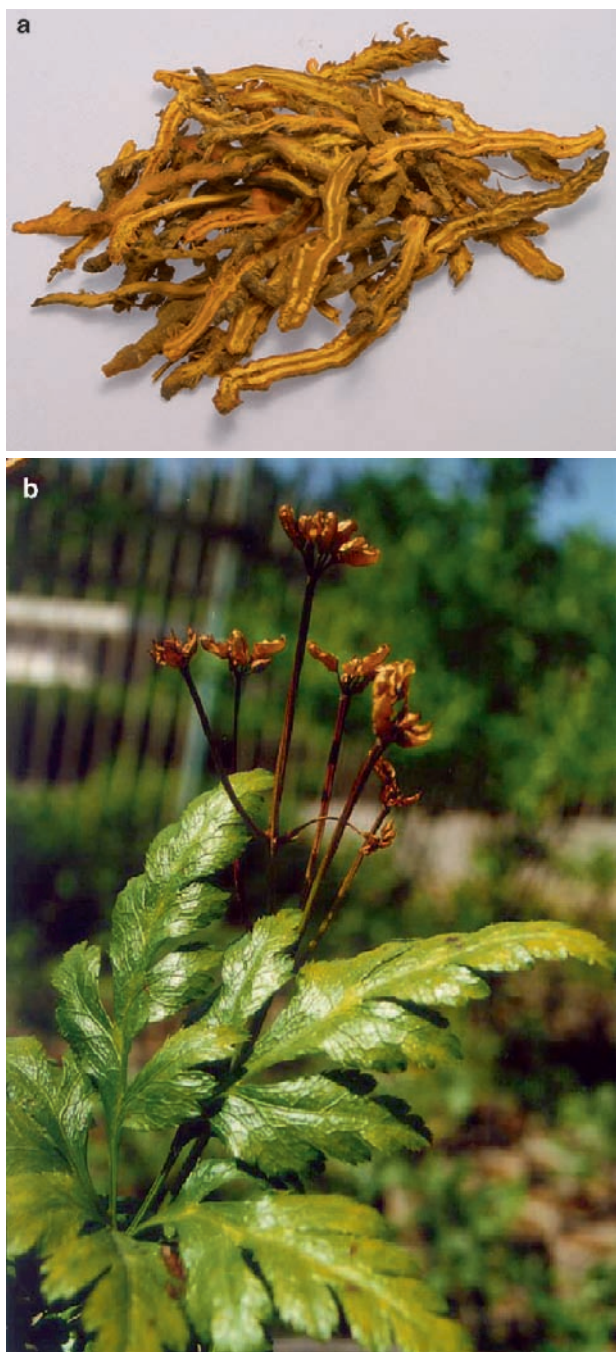


Fig. A.4.61 a & b Huanglian (*Coptis chinensis*) 黄连



Fig. A.4.62 a & b Huangqi (*Astragalus membranaceus*) 黄芪



Fig. A.4.63 a & b Huangqin (*Scutellaria baicalensis*) 黄芩

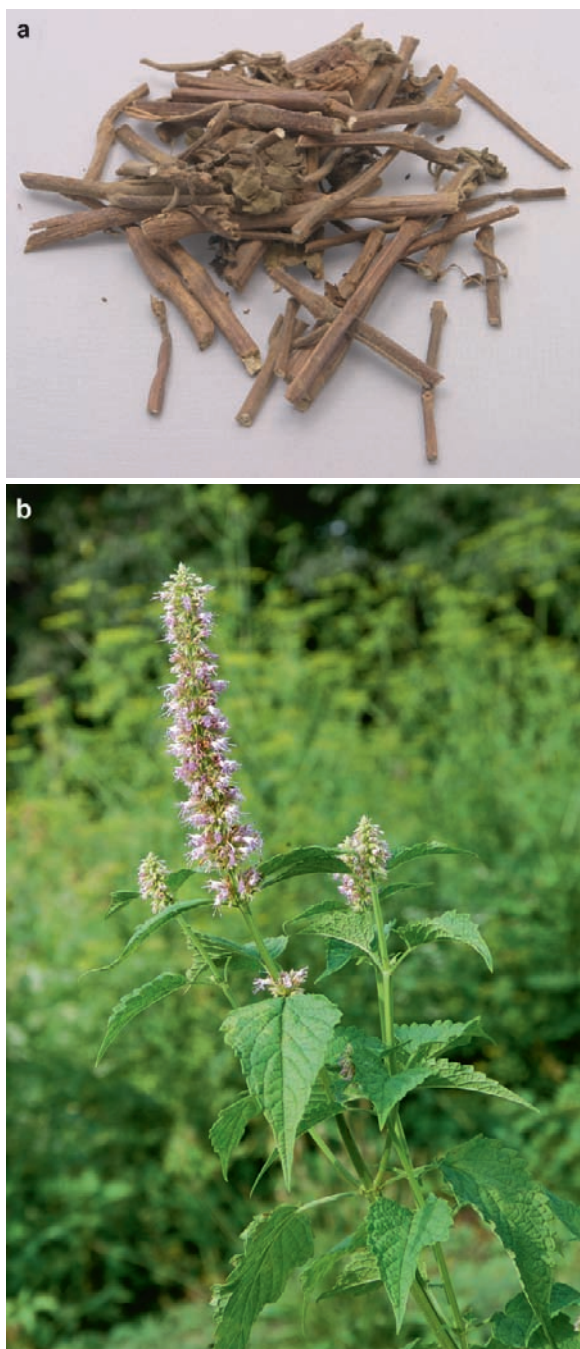


Fig. A.4.64 a & b Huoxiang (*Agastache rugosa*) 藿香

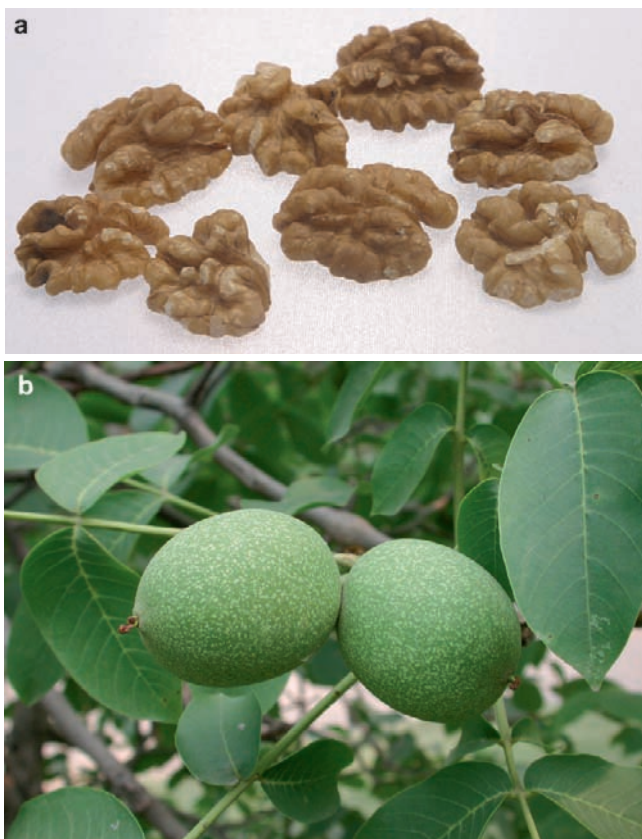


Fig. A.4.65 a & b Hutaoren (*Juglans regia*) 胡桃仁



Fig. A.4.66 a & b Jiegeng (*Platycodon grandiflorum*) 桔梗



Fig. A.4.67 Jingjie (*Schizonepeta tenuifolia*) 荆芥

a**b**

Fig. A.4.68 a & b *Jinqiancao* (*Glechoma longituba*) 金钱草



Fig. A.4.69 a & b Jinyinhua (*Lonicera japonica*) 金银花



Fig. A.4.70 a & b Juhua (*Chrysanthemum morifolium*) 菊花



Fig. A.471 a & b Kuliangenpi (*Melia azedarach*, *toosendan*) 苦楝根皮



Fig. A.4.72 a & b Laifuzi (*Raphanus sativus*) 莱菔子



Fig. A.4.73 a & b Lianqiao (*Forsythia suspensa*) 连翘



Fig. A.4.74 a & b Lianzi (*Nelumbo nucifera*) 蓮子



Fig. A.4.75 a & b Longdancao (*Gentiana scabra, triflora*) 龙胆草



Fig. A.4.76 Longgu (*Os Draconis*) 龙骨



Fig. A.4.77 a & b Mahuang (*Ephedra sinica*) 麻黄



Fig. A.4.78 a & b Maimendong (*Ophiopogon japonicus*) 麦门冬



Fig. A.4.79 a & b Maiya (*Hordeum vulgare*) 麦芽



Fig. A.4.80 Mangxiao (*Mirabilite*) 芒硝



Fig. A.4.81 a & b Mohanlian (*Eclipta prostrata*) 墨旱莲



Fig. A.4.82 a & b Mudanpi (*Paeonia suffruticosa*) 牡丹皮



Fig. A.4.83 a & b Mugua (*Chaenomeles speciosa, lagenaria*) 木瓜



Fig. A.4.84 Muli (*Ostrea gigas, rivularis*) 牡蛎

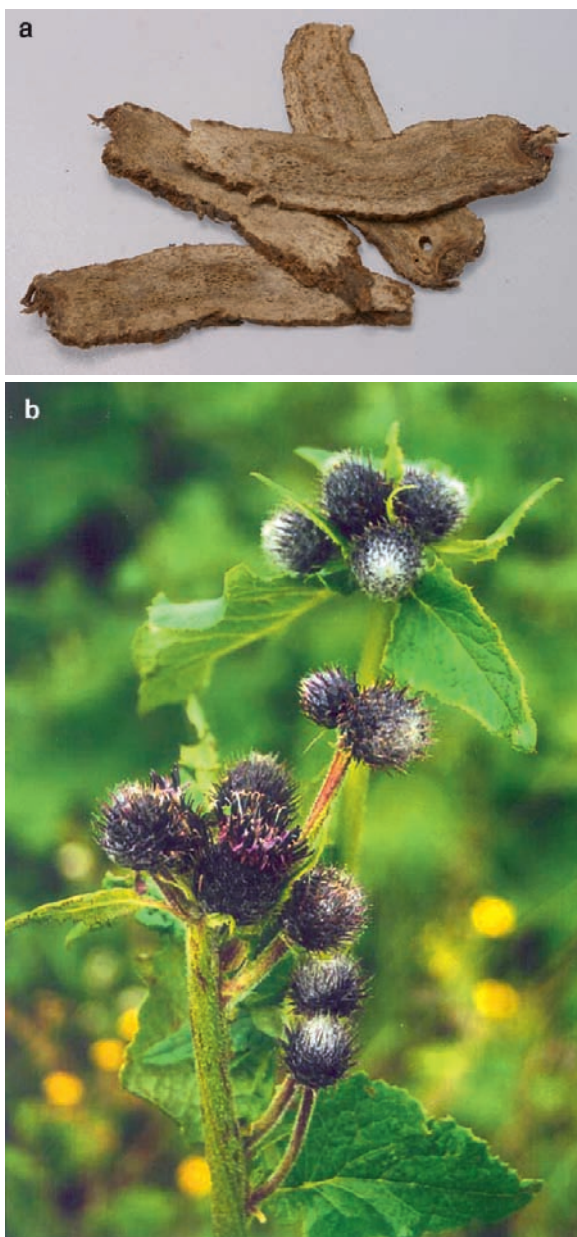


Fig. A.4.85 a & b Muxiang (*Aucklandia lappa*) 木香

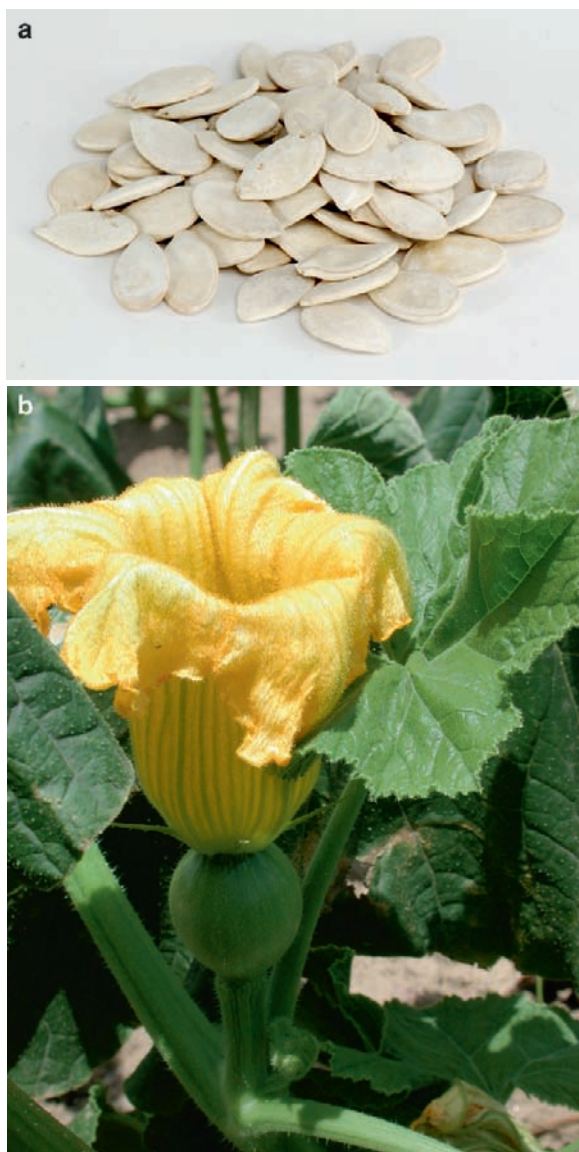


Fig. A.4.86 a & b Nanguazi (*Cucurbita moschata*) 南瓜子



Fig. A.4.87 a & b Niubangzi (*Arctium lappa*) 牛蒡子



Fig. A.4.88 a & b Niuxi (*Achyranthes bidentata*) 牛膝



Fig. A.4.89 a & b Nuzhenzi (*Ligustrum lucidum*) 女贞子



Fig. A.4.90 a & b Peilan (*Eupatorium fortunei*) 佩兰



Fig. A.4.91 a & b Pugongying (*Taraxacum mongolicum*) 蒲公英



Fig. A.4.92 a & b Qiancao (*Rubia cordifolia*) 茜草



Fig. A.4.93 a & b Qianghuo (*Notopterygium incisum*, *franchetti*, *forbesi*) 羌活



Fig. A.4.94 a & b Qinjiao (*Gentiana macrophylla, crassicaulis*) 秦艽



Fig. A.4.95 a & b Qinghao (*Artemisia annua*, *apiacea*) 青蒿



Fig. A.4.96 Quanxie (*Buthus martensii*) 全蝎

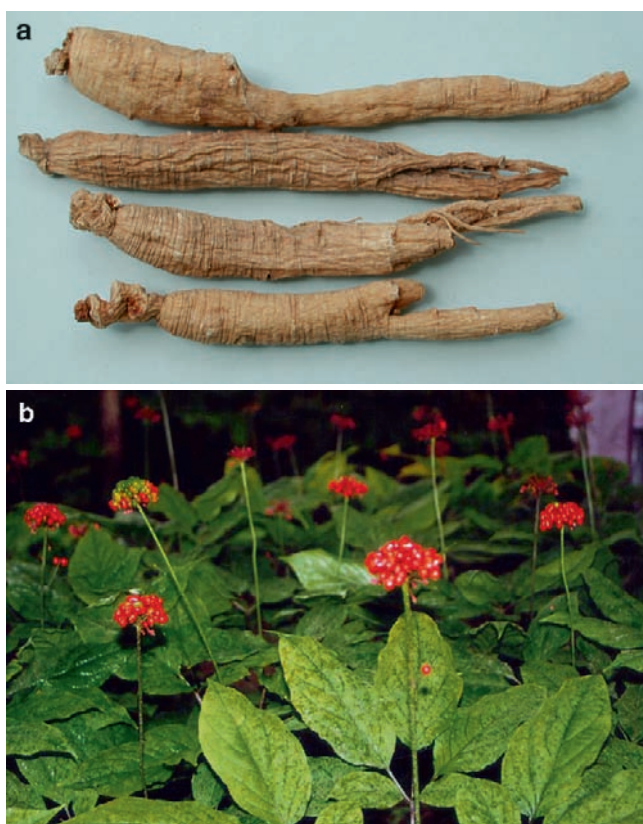


Fig. A.4.97 a & b Renshen (*Panax ginseng*) 人参



Fig. A.4.98 Roucongong (*Cistanche deserticola*) 肉苁蓉

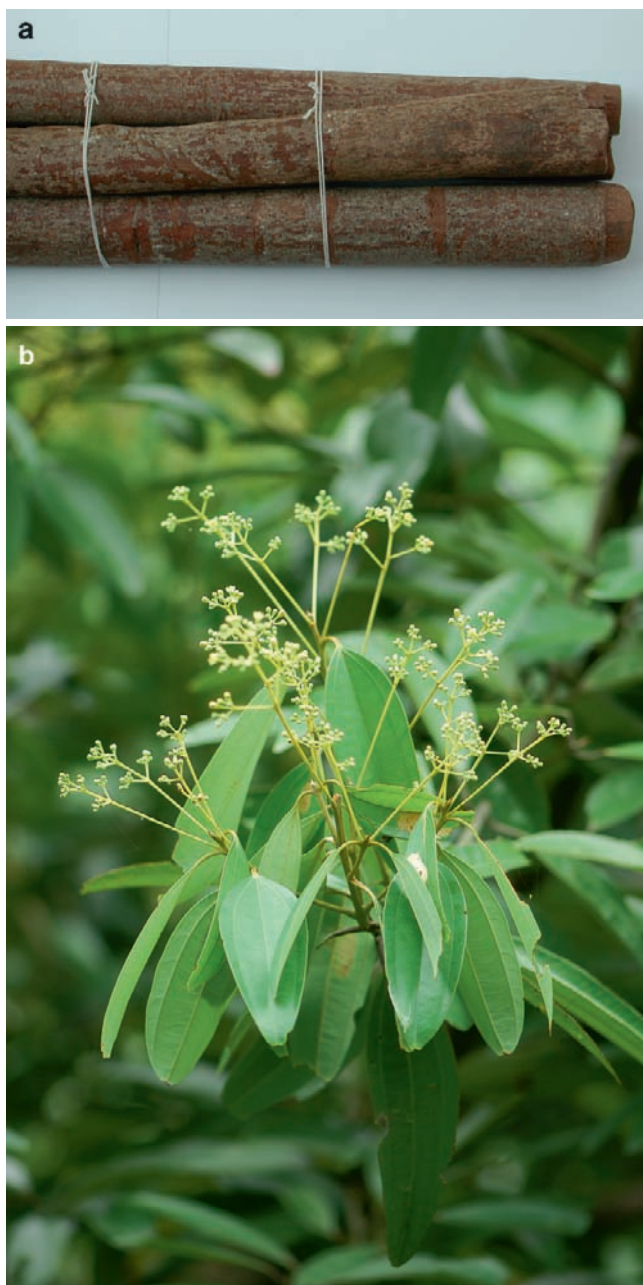


Fig. A.4.99 a & b Rougui (*Cinnamomum cassia*) 肉桂



Fig. A.4.100 a & b Sangbaipi (*Morus alba*) 桑白皮



Fig. A.4.101 Sangjisheng (*Loranthus parasiticus*) 桑寄生



Fig. A.4.102 Sangpiaoxiao (*Paratenodera sinensis*) 桑螵蛸



Fig. A.4.103 a & b Sangye (*Morus alba*) (mulberry leaf) 桑叶



Fig. A.4.104 Sanleng (*Sparganium stoloniferum*) 三棱

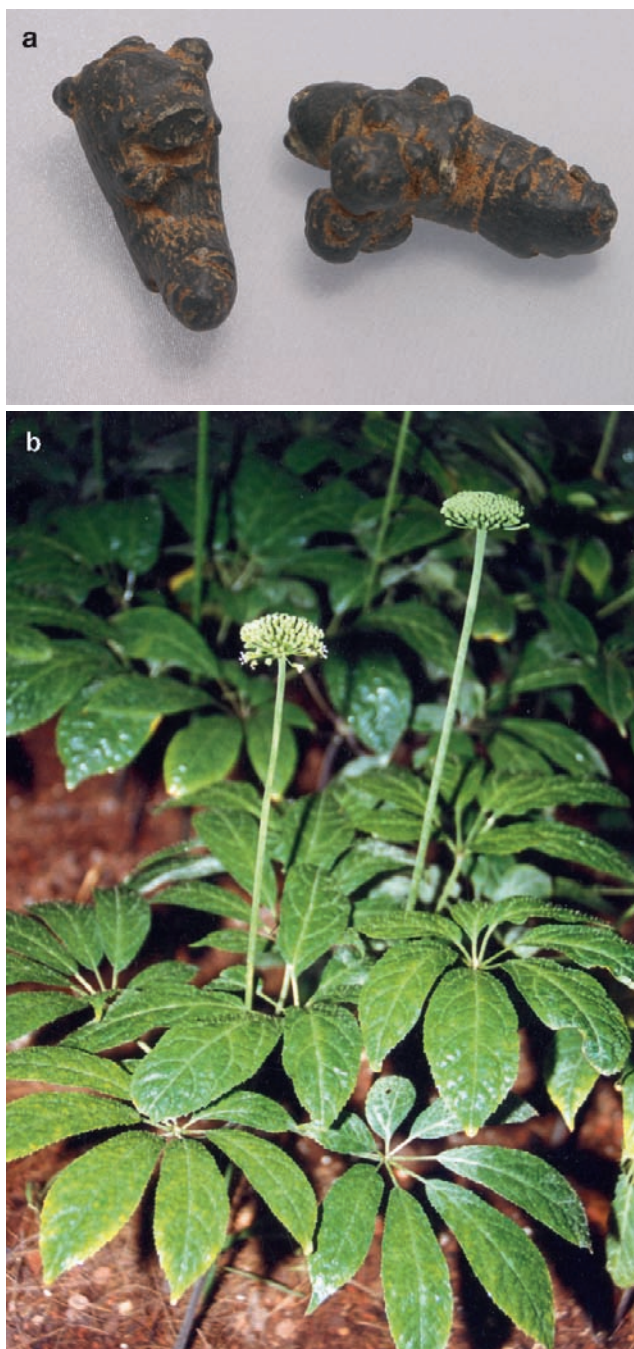


Fig. A.4.105 a & b Sanqi (*Panax pseudoginseng*, var. *notojinseng*) 三七



Fig. A.4.106 a & b Shanyao (*Dioscorea opposita*) 山药



Fig. A.4.107 a & b Shanzha (*Crataegus pinnatifida*) 山楂



Fig. A.4.108 a & b Shanzhuyu (*Cornus officinalis*) 山茱萸



Fig. A.4.109 a & b Shegan (*Belamcanda chinensis*) 射干



Fig. A.4.110 a & b Shengdihuang (*Rehmannia glutinosa*) 生地黃



Fig. A.4.111 Shenqu (*Massa medicata fermentata*) 神曲



Fig. A.4.112 Shexiang (*Moschus moschiferus*) 麝香



Fig. A.4.113 a & b Shichangpu (*Acorus gramineus*) 石菖蒲



Fig. A.4.114 Shigao (gypsum) 石膏



Fig. A.4.115 Shijueming (*Haliotis diversicolor*) 石决明

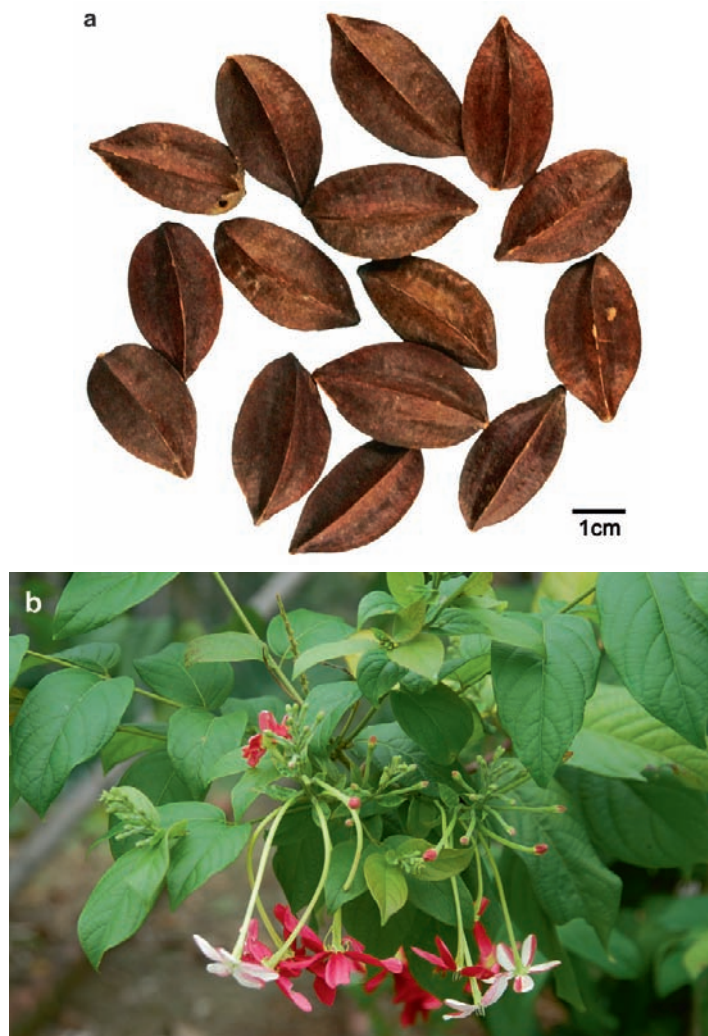


Fig. A.4.116 a & b Shijunzi (*Quisqualis indica*) 使君子



Fig. A.4.117 a & b Shudihuang (*Rehmannia glutinosa*) 熟地黄



Fig. A.4.118 a & b Suanzaoren (*Ziziphus jujuba*) 酸枣仁



Fig. A.4.119 Suhexiang (*Liquidambar orientalis*) 苏合香

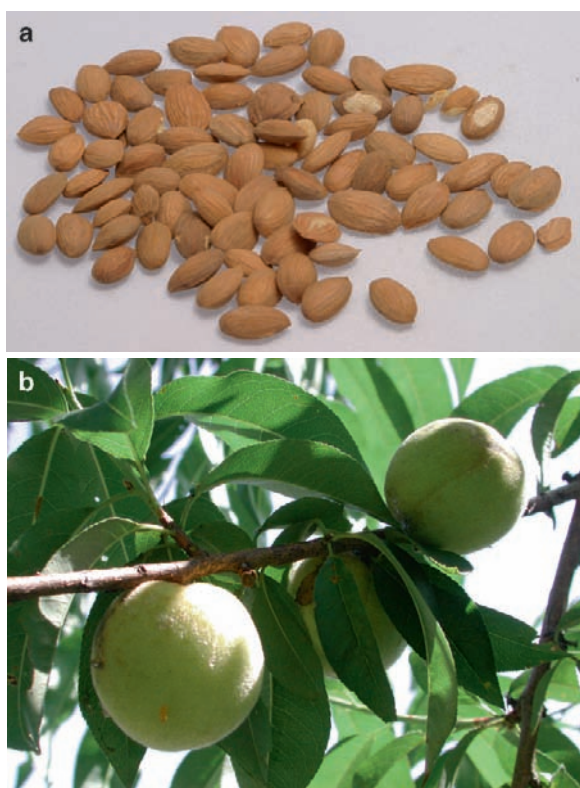


Fig. A.4.120 a & b Taoren (*Prunus persica*) 桃仁



Fig. A.4.121 Tianma (*Gastrodia elata*) 天麻



Fig. A.4.122 a & b Tinglizi (*Lepidium apetalum*) 葶苈子



Fig. A.4.123 a & b Weilingxian (*Clematis chinensis*) 威灵仙



Fig. A.4.124 Wugong (*Scolopendra subspinipes*) 蜈蚣



Fig. A.4.125 a & b Wumei (*Prunus mume*) 乌梅



Fig. A.4.126 a & b Wuweizi (*Schisandra chinensis*) 五味子



Fig. A.4.127 a & b Wuzhuyu (*Evodia rutaecarpa*) 吴茱萸



Fig. A.4.128 a & b Xiakucao (*Prunella vulgaris*) 夏枯草



Fig. A.4.129 a & b Xiaoji (*Cephalanoplos segetum*) 小蓟



Fig. A.4.130 Xiangfu (*Cyperus rotundus*) 香附



Fig. A.4.131 a & b Xiebai (*Allium macrostemon*) 薤白



Fig. A.4.132 a & b Xingren (*Prunus armeniaca*) 杏仁



Fig. A.4.133 Xixin (*Asarum heterotropoides, sieboldi*) 细辛

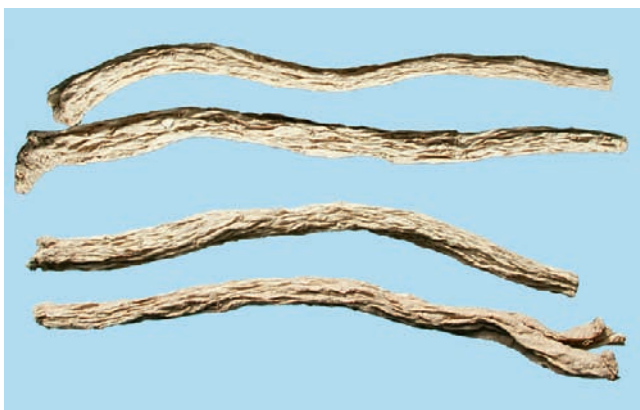


Fig. A.4.134 Xuduan (*Dipsacus asperoides*) 续断



Fig. A.4.135 Yanhusuo (*Corydalis yanhusuo*) 延胡索



Fig. A.4.136 a & b Yinchenhao (*Artemisia capillaris*) 茵陈蒿



Fig. A.4.137 a & b Yin yang huo (*Epimedium brevicornum*) 淫羊藿



Fig. A.4.138 a & b Yimucao (*Leonurus heterophyllus, japonicus*) 益母草



Fig. A.4.139 a & b Yiyiren (*Coix lacryma-jobi*) 薏苡仁



Fig. A.4.140 a & b Yuanzhi (*Polygala tenuifolia*) 远志



Fig. A.4.141 Yujin (*Curcuma wenyujin, aromatica*) 郁金



Fig. A.4.142 a & b Yuxingcao (*Houttuynia cordata*) 鱼腥草

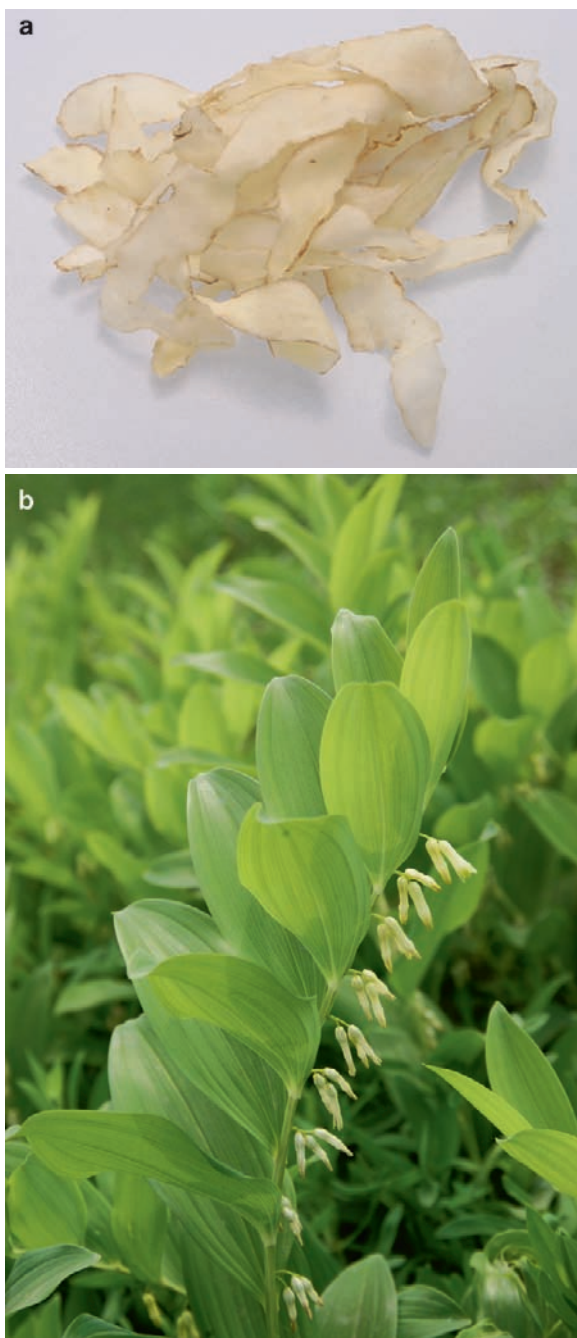


Fig. A.4.143 a & b Yuzhu (*Polygonatum odoratum*) 玉竹



Fig. A.4.144 a & b Zexie (*Alisma plantago-aquatica, orientale*) 泽泻



Fig. A.4.145 a & b Zhimu (*Anemarrhena asphodeloides*) 知母



Fig. A.4.146 Zhishi (*Citrus aurantium*) 枳实



Fig. A.4.147 a & b Zhizi (*Gardenia jasminoides*) 栀子



Fig. A.4.148 Zhuling (*Polyporus umbellatus*) 猪苓



Fig. A.4.149 Zhusha (*cinnabar*) 朱砂



Fig. A.4.150 a & b Zisuzi (*Perilla frutescens*) 紫苏子

Appendix V: Herbal Formulas

In Alphabetical Order

- Ai Fu Nuan Gong Wan (Artemisia-Cyperus Uterus-Warming Pill) (Volume III p. 266)
- An Gong Niu Huang Wan (Palace-Calming Gallstone Pill) (Volume II p. 405)
- An Shen Ding Zhi Wan (Mind-Calming Pill) (Volume III p. 50)
- Ba Zhen Tang (Eight Treasures Decoction) (Volume II p. 378)
- Ba Zheng San (Eight-Herb Rectification Powder) (Volume II p. 439)
- Bai Hu Jia Guizhi Tang (White Tiger plus Cinnamomum Decoction) (Volume III p. 221)
- Bai Hu Tang (White Tiger Decoction) (Volume II p. 336)
- Baihe Gu Jin Tang (Lily Metal-Solidifying Decoction) (Volume II p. 386)
- Baitouweng Tang (Pulsatilla Decoction) (Volume III p. 125)
- Baixianpi Yin (Dictamnus Drink) (Volume III p. 378)
- Ban Liu Wan (Half Sulfur Pill) (Volume III p. 138)
- Banxia Baizhu Tianma Tang (Pinellia-Atractylodes-Gastrodia Decoction) (Volume II p. 450)
- Banxia Houpo Tang (Pinellia and Magnolia Decoction) (Volume II p. 412)
- Banxia Shumi Tang (Pinellia-Sorghum Decoction) (Volume III p. 71)
- Banxia Xie Xin Tang (Stomach-Fire-Draining Pinellia Decoction) (Volume II p. 330)
- Bao He Wan (Harmony-Preserving Pill) (Volume II p. 476)
- Bao Yin Jian (Yin-Preserving Prescription) (Volume III p. 314)
- Beixie Fen Qing Yin (Dioscorea Clear-Separating Drink) (Volume III p. 188)
- Beixie Shen Shi Tang (Dioscorea Dampness-Eliminating Decoction) (Volume III p. 406)
- Bu Fei Tang (Lung-Nourishing Decoction) (Volume III p. 20)
- Bu Shen Qu Han Zhi Bi Tang (Kidney-Nourishing Cold-Dispelling Rheumatism-Treating Decoction) (Volume III p. 221)
- Bu Yang Huan Wu Tang (Yang-Tonifying Balance-Restoring Decoction) (Volume II p. 426)
- Bu Zhong Yi Qi Tang (Middle-Restoring and Qi-Augmenting Decoction) (Volume II p. 369)

- Bu Zhong Yi Qi Wan (Middle-Restoring Qi-Augmenting Pill) (Volume III p. 39)
- Cang Fu Dao Tan Tang (Atractylodes-Poria Phlegm-Dissipating Decoction) (Volume III p. 267)
- Cangerzi San (Xanthium Powder) (Volume III p. 454)
- Chaihu Pai Shi Tang (Bupleurum Stone-Eliminating Decoction) (Volume III p. 163)
- Chaihu Shu Gan San (Bupleurum Liver-Unblocking Powder) (Volume III p. 90)
- Chaihu Shu Gan Tang (Bupleurum Liver-Releasing Decoction) (Volume III p. 78)
- Chaihu Shu Gan Yin (Bupleurum Liver-Unblocking Drink) (Volume III p. 90)
- Chen Xia Liu Jun Zi Tang (Citrus-Pinellia Six-Nobles Decoction) (Volume III p. 330)
- Chenxiang San (Aquilaria Powder) (Volume III p. 187)
- Chuanxiong Cha Tiao San (Ligusticum Powder) (Volume III p. 209)
- Ci Zhu Wan (Magnetite-Cinnabar Pill) (Volume III p. 82)
- Cong Chi Tang (Green Onion and Soybean Decoction) (Volume III p. 6)
- Congbai Qi Wei Yin (Green Onion Seven-Ingredient Drink) (Volume III p. 9)
- Da Bu Yin Wan (Major Yin-Nourishing Pill) (Volume III p. 196)
- Da Bu Yuan Jian (Major Genuine Qi Restoring Decoction) (Volume III p. 211)
- Da Chaihu Tang (Major Bupleurum Decoction) (Volume II p. 324)
- Da Cheng Qi Tang (Potent Purgation Decoction) (Volume II p. 312)
- Da Ding Feng Zhu (Major Wind-Extinguishing Pearls) (Volume II p. 466)
- Da Qi Qi Tang (Major Seven-Qi Decoction) (Volume III p. 253)
- Dahuang Mudanpi Tang (Rhubarb and Tree Peony Decoction) (Volume II p. 317)
- Dahuang You (Rhubarb Lotion) (Volume III p. 396)
- Dai Ge San (Indigo and Concha Powder) (Volume III p. 19)
- Dan Zhi Xiao Yao San (Carefree Powder with Paeonia and Gardenia) (Volume III p. 79)
- Danggui Bu Xue Tang (Angelica Blood-Replenishing Decoction) (Volume III p. 489)
- Danggui Jian Zhong Tang (Angelica Middle-Strengthening Decoction) (Volume III p. 300)
- Danggui Liu Huang Tang (Angelica and Six Huang Decoction) (Volume III p. 236)
- Danggui Si Ni Tang (Danggui Frigid-Extremities Decoction) (Volume III p. 117)
- Danggui Yin Zi (Angelica Drink) (Volume III p. 360)
- Dao Chi San (Red-Conducting Powder) (Volume II p. 345)
- Dao Tan Tang (Phlegm-Dissipating Decoction) (Volume III p. 50)
- Di Tan Tang (Phlegm-Cleansing Decoction) (Volume III p. 147)
- Dian Dao San (Upside Down Powder) (Volume III p. 373)
- Dihuang Yin Zi (Rehmannia Drink) (Volume III p. 330)
- Ding Chuan Tang (Asthma-Relieving Decoction) (Volume II p. 417)
- Ding Tong Huo Xue Tang (Pain-Stopping Blood-Mobilizing Decoction) (Volume III p. 428)
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