

GERIATRICS IN CHINESE MEDICINE

Copyright Giovanni Maciocia



Chinese character for “longevity” (*shou*)

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The world's population is becoming older. Population ageing is an inevitable consequence of fertility decline, especially if it is combined with increases in life expectancy. The proportion of older persons is increasing at a faster rate than any other age segment. In developed countries, the proportion of older people already exceeds that of children.

In developing countries, the growth of the older population is occurring more rapidly due to the faster pace of fertility decline that has resulted from the success of reproductive health and family planning programmes.

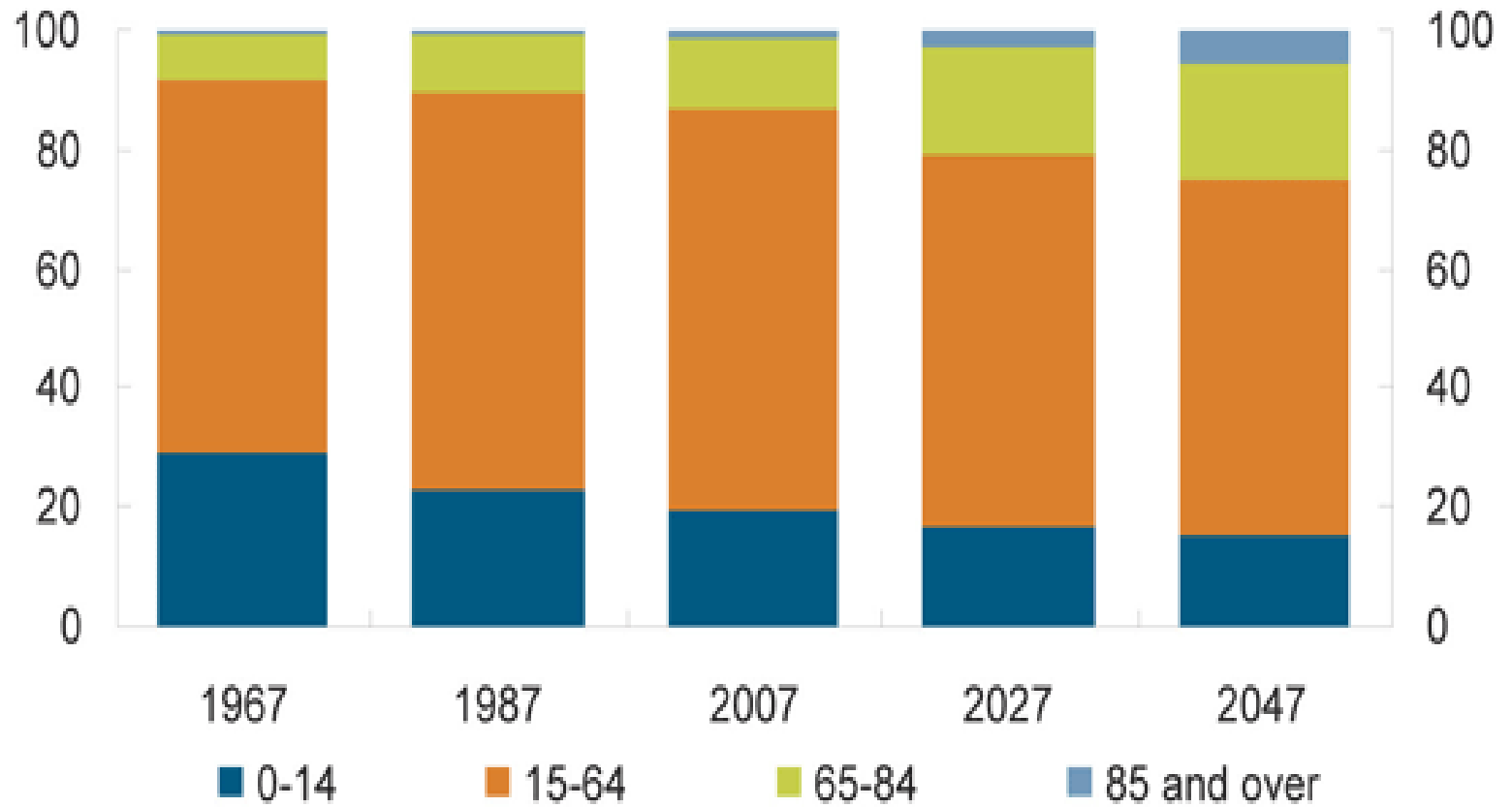
According to the UN Population Division, during the next 45 years, the number of persons in the world aged 60 years or older is expected to almost triple, increasing from 672 million people in 2005 to nearly 1.9 billion by 2050.

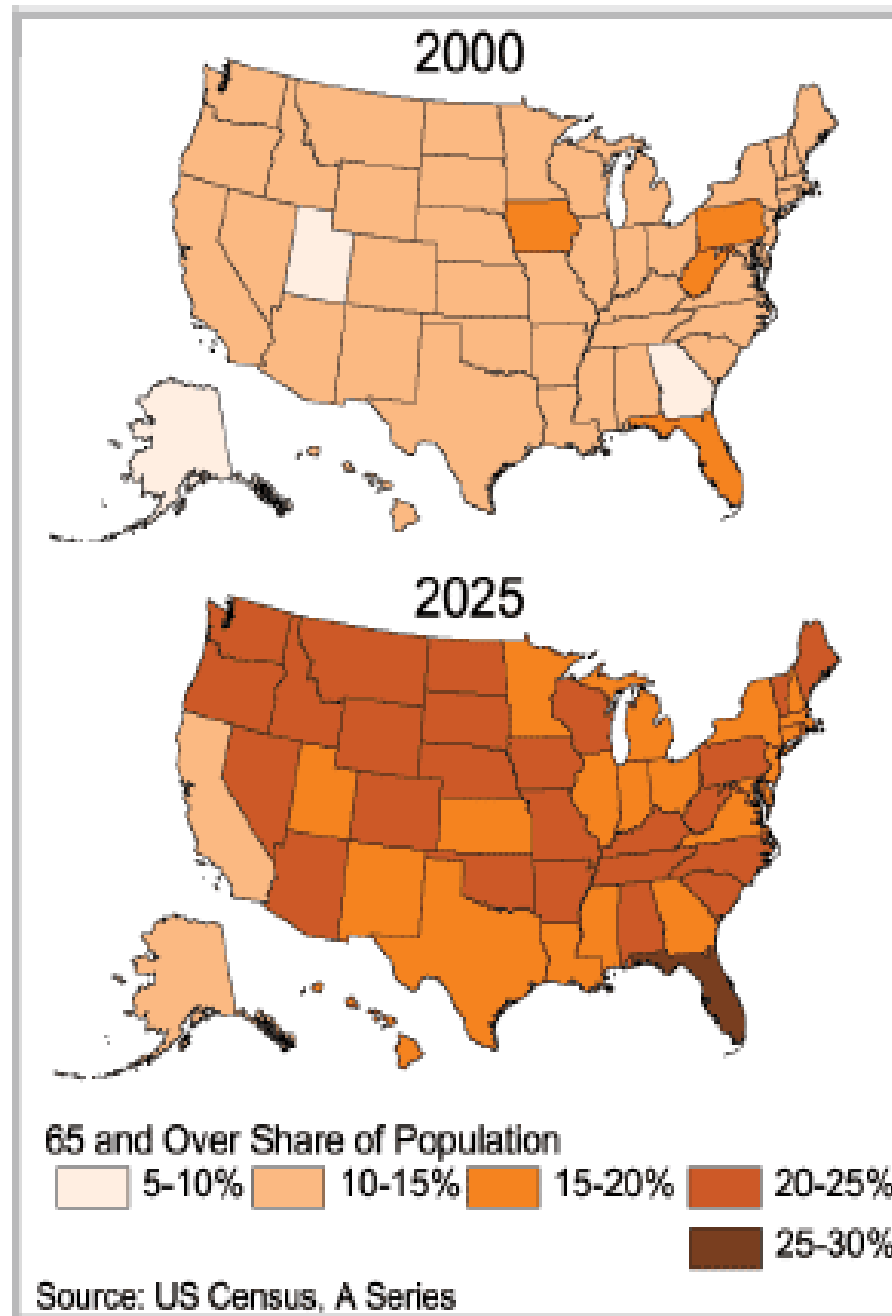
In developed countries, one fifth of the population is 60 years or older; by 2050, that proportion is expected to rise to almost a third, and there will be two elderly persons for every child.

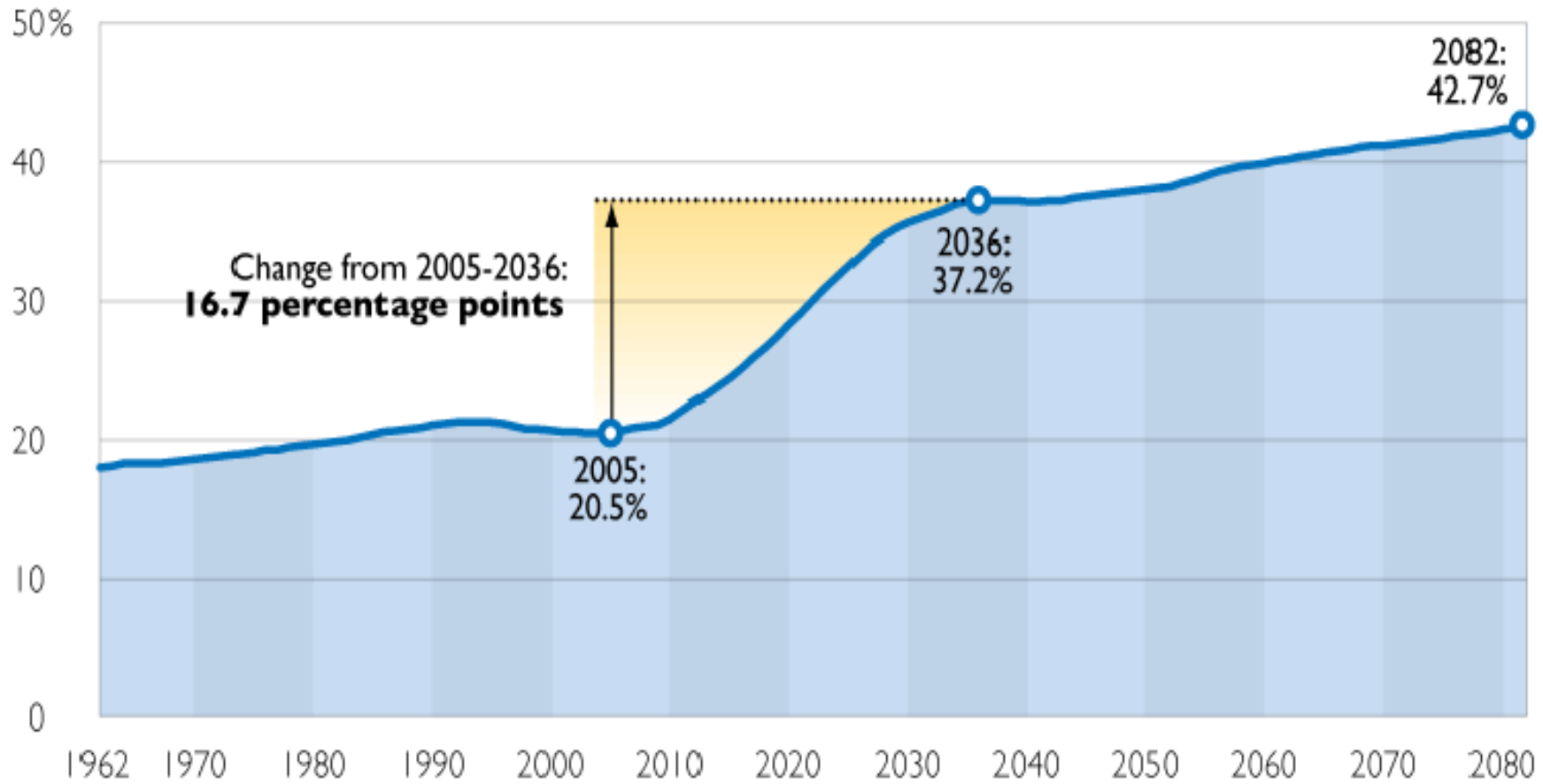
In developing countries, the proportion of the older population is expected to rise from 10% in 2005 to close to 20% by 2050.

There will be an even more notable increase in the number of 'oldest-old' people, those who are 80 years old or over, from 86 million in 2005 to 394 million in 2050. By 2050, most oldest-old people will live in the developing world. In almost all societies, women represent the largest number and proportion of older people.

Proportions of total Australian population by age group - per cent

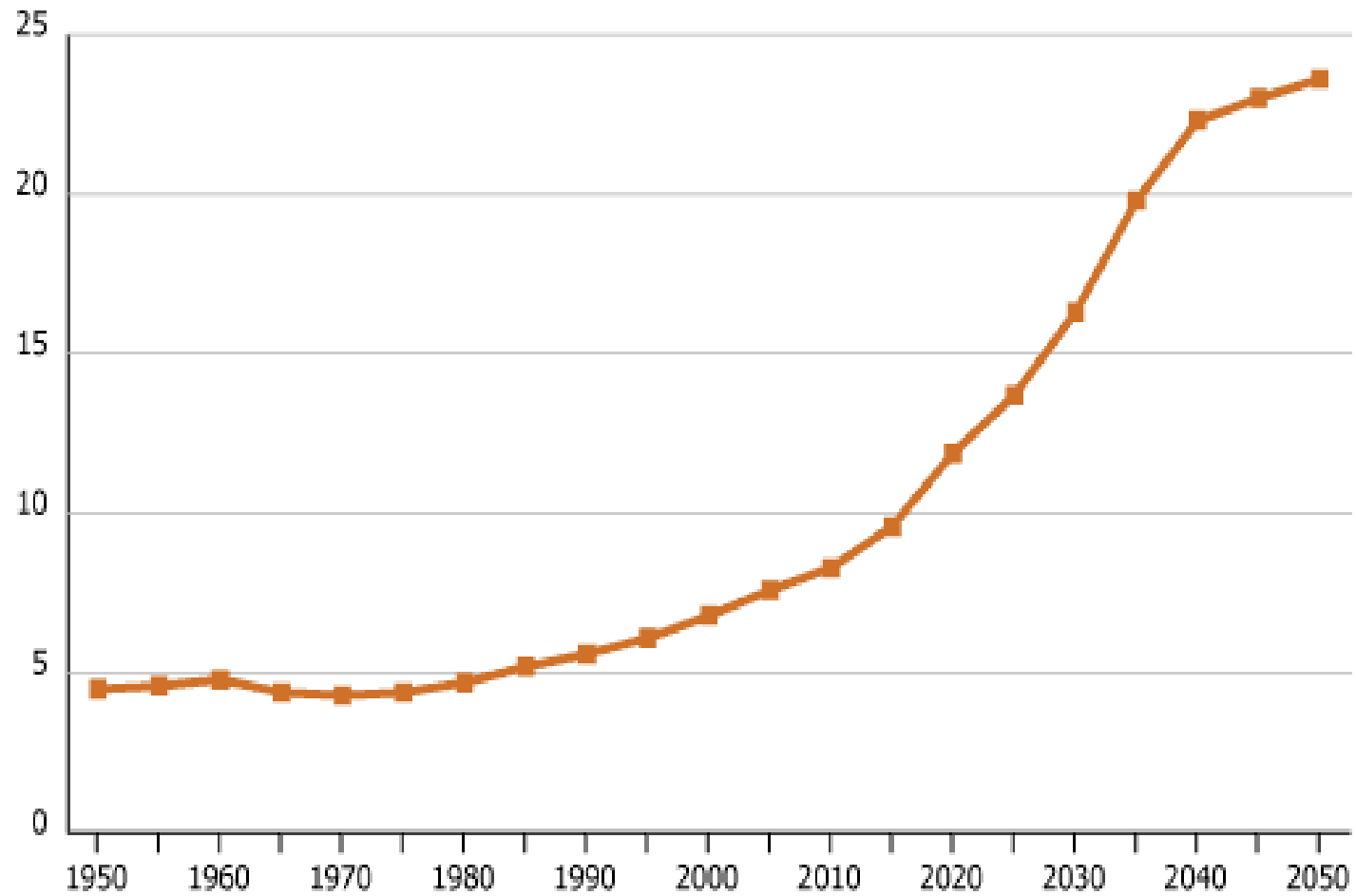






Ratio of elderly to young people in the USA

Percent of total population



Elderly as percentage of total population in China

DEFINITION OF “ELDERLY”

In the past, Chinese medicine books defined as “elderly” anyone over 50. The general modern consensus is that “elderly” refers to anyone over 60. However, Chinese medicine also stresses that the definition of “elderly” is not fixed and depends also on the body condition, i.e. a 45-year-old in a poor body condition might be more “elderly” than a 65-year-old in a good body condition.

CHAPTER 1 OF THE *SU WEN*: *“In a woman, at the age of 35 the Yang Ming starts to decline, her face withers and her hair begins to fall out; at 42 her body becomes wane and her hair whitens; at 49 Ren and Chong become empty and menstruation stops and can no longer conceive.*

In a man, at the age of 40, Kidney-Qi declines, his hair begins to fall out and his teeth begin to wither; at 48 his hair becomes white and his face starts to wither; at 56, Liver-Qi declines and the muscles stiffen up; at 64, Tian Gui is exhausted and Kidney-Qi declines”.

The Nei Jing defines four ages of mankind: Xiao, Shao, Zhuang and Lao. It says: *“Above 50, a person is old (Lao); above 20 adult (Zhuang), above 18 adolescent (Shao) and above 6 a child (Xiao).”*

Another ancient book has a different definition: *“At 6, one is a child (xiao); at 16, adolescent (shao); at 30, adult (zhuang); at 50, old (lao).”*

Modern doctors have this classification:

- Up to 20: young
- 20-40: “mature”
- 40-60: middle age
- 60 and over: old.

A more detailed modern classification is as follows (most common causes of disease in brackets, according to my experience):

- Up to 6: infancy (food and climate)
- 6-12: childhood (food, climate, parents' emotions)
- 12-18: adolescence (food, emotions, sport, exercise)
- 18-25: young age (food, emotions)
- 25-45 adulthood (emotions, overwork)
- 45-60: middle age (overwork)
- Over 60: old age.

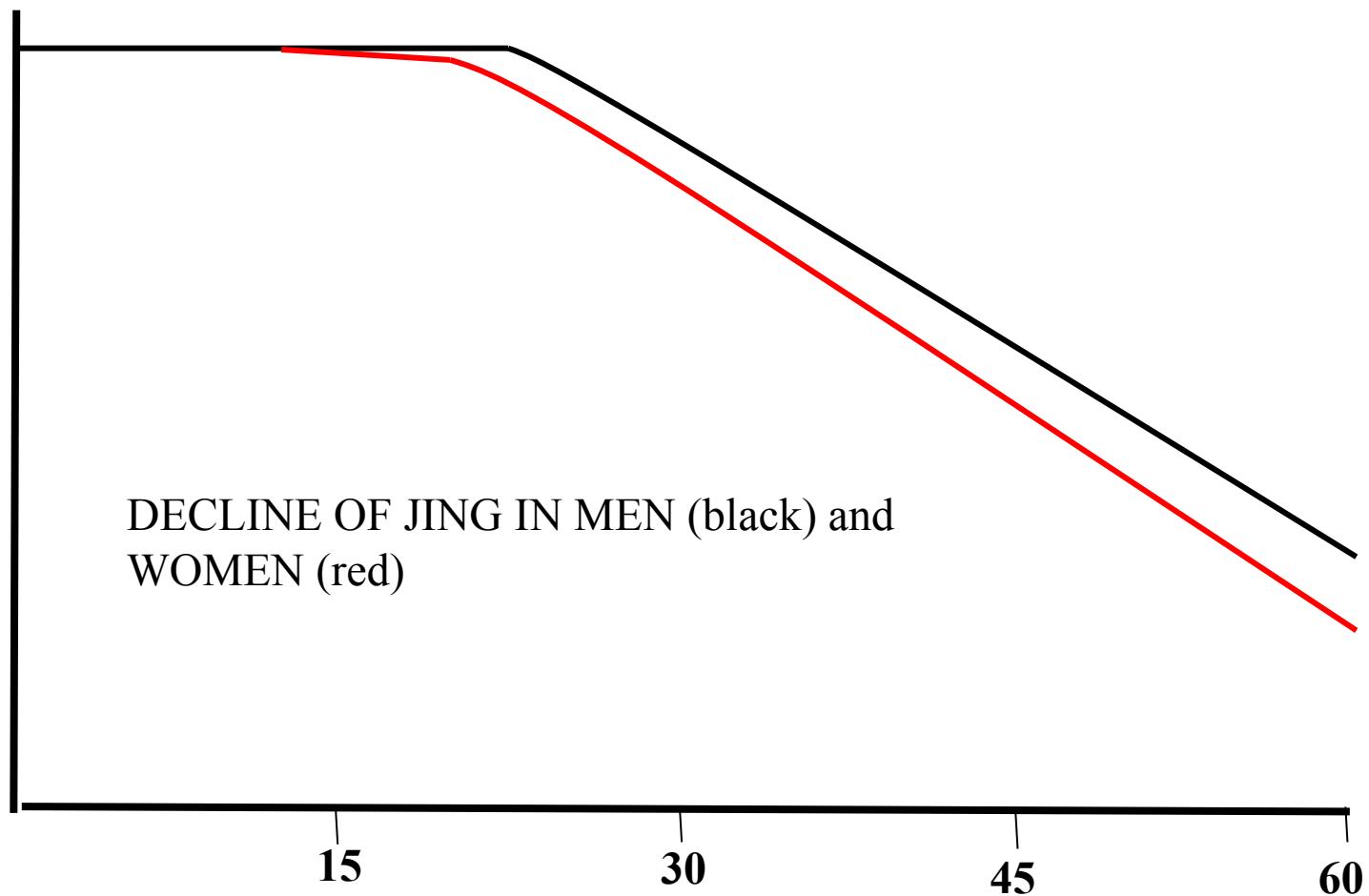
This classification is probably the best as it also broadly corresponds to different aetiological factors at different ages.

GRADUAL BIOLOGICAL DECLINE

More important than the definition of what is “old”, is the unique Chinese concept of the **gradual decline** that leads into old age. This process is a very slow and gradual one that starts very early in life, even by the late 20s. It follows that the “treatment” of old age starts in our young age. It also follows that Chinese medicine has a lot to offer not only in the treatment of the elderly but also in the “prevention” of old age, or rather, the slowing down and postponement of the aging process. It follows that the kind of old age we get depends on what we do when we are young (this is certainly very true for the menopause).

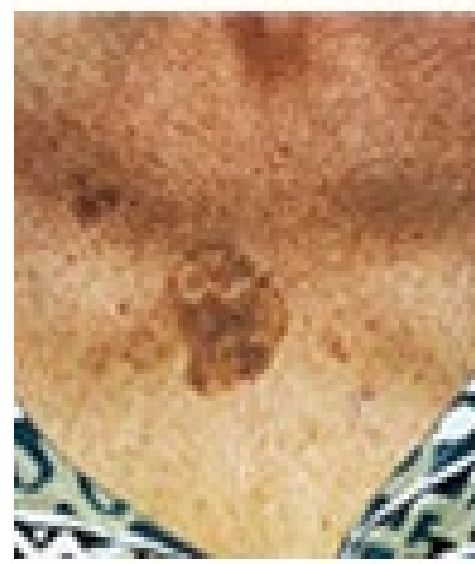
The rich Daoist tradition of “nourishing life” (*Yang Sheng* 養生) is all about nurturing the body and mind throughout our life, starting in young age, to slow down and postpone the aging

When does the decline of old age start? If we follow chapter 1 of the Su Wen, it would be 35 (5x7) for women and 40 (5x8) for men. Indeed, our real peak would be 21 (3x7) for women and 24 (3x8) for men.



Modern Chinese doctors propose an interesting method for determining the biological age of a person by the number of brown macules on their body. As these are typical of old age, the more brown macules there are, the higher the biological age of the patient (they indicate Blood stasis).

These spots were called “old age spots” (*lao nian ban* 老年斑) or “longevity spots” (*shou ban* 寿斑). 75% of people aged 60-79 and 89% of those aged 80-90 have them.



CHAPTER 1 OF THE SU WEN

Large parts of the very first chapter of the Su Wen are about geriatrics and the prevention of disease of old age. The very first question the Yellow Emperor asks Qi Bo is about old age: *“How come that in old times people lived to a 100 without any signs of senility while nowadays people begin to become old at the age of 50?”*

Qi Bo answers: *“The sages of ancient times knew the Dao and followed Yin and Yang. They were moderate in eating and drinking, regular in working and resting, avoiding any overstrain. Nowadays, people behave in the opposite way. They drink wine as if it were rice gruel, regard wrong as right and seek sexual pleasure after drinking heavily. As a result, their Jing is exhausted and Zhen Qi wasted. They do not know how to regulate their Shen, giving way to sensual pleasures. Being irregular in daily life, they become old at the age of 50.”*

“People in ancient times lived in peace and contentment, without any fear. They worked but never overstrained themselves so that Qi flowed smoothly. They were satisfied with their life and enjoyed tasty meals, natural clothes and simple customs. They did not desire high position and lived a simple and natural life. That is why improper desire and avarice could not distract their eyes and ears, obscenity and fallacy could not tempt their minds. Neither the ignorant nor the intelligent and neither the virtuous nor the unworthy feared anything. They followed the Dao. That is why they all lived over 100 years without any signs of senility.”

Chapter 1 of the Su Wen also confirms that old age is relative and it is possible to preserve a strong body condition into one's old age.

“Could those who have mastered the Dao have children when they are over 100? Those who have mastered the Dao can enjoy good health and prevent senility. So they still can have children when they are very

In the description of why ancient people lived longer, note the combination of health and ethical behaviour. In other words, the ancients had moderate eating and working habits but they also avoided “*improper desire and avarice*” and refrained from “*obscenity and fallacy*”.

This is a clear influence of Confucianism on Chinese medicine. However, the passage also shows Daoist influences with its reference to people who “*were satisfied with their life*” and had “*natural clothes and simple customs.*” They “*lived a simple and natural life.*”

An important point to note here is that all major philosophical schools of the Warring States Period (476-221 BC) referred to the *Dao* as the highest attainment. For example, both the Confucianists and the Legalists talked about the *Dao*. Therefore when we read the word “*Dao*” in the Nei Jing, it does not necessarily reflect a Daoist influence.

*“In very ancient times, the **True people** lived (Zhen Ren 真人). They followed Yin and Yang, inhaling fresh air, cultivating their spirit and keeping their muscle exercised. So their life expectancy was like that of Heaven and Earth.*

*Later, the **Perfect people** lived (Zhi Ren 至人); they were of the utmost morality (De 德), followed Yin and Yang and the four seasons, forsake sexual desire, avoided distraction. So they could see and hear beyond the 8 directions. Such self-cultivation enabled them to keep fit and prolong their life.*

*The third kind of people were the **Sages** (sheng ren 圣人): they lived in harmony with the environment and adapted themselves to the 8 winds. They curbed their desire and were free from anger and dissatisfaction. They tried not to exhaust their bodies and, mentally, they freed themselves from anxiety, taking peace and happiness as the aim of their life. As a result, their bodies did not decline and their Shen was never exhausted. That it why they lived to over 100.*

*The fourth kind were the **Virtuous people** (Xian Ren 贤人): they followed Heaven and Earth and Yin and Yang, adapted to the four seasons, thus prolonging their life.”*

From the above quotations, we can deduce the main factors which the ancient Chinese considered important in order to preserve one's constitution. These are:

- 1) Moderation and balance (diet, exercise, work, sex, drinking)
- 2) Avoiding excessive desire and attachment
- 3) Avoiding “excessive” sexual activity
- 4) Simplicity of life-style
- 5) Shunning high social position, i.e. curbing of ambition

CONSTITUTION AND OLD AGE

In ancient Chinese medicine terminology, the hereditary constitution was called *Ji Qiang* (基 樑) which means “fundamental mast” or “fundamental pillar”, referring to the foundations of a house. Another name was *Ji Zou* 基 楹 meaning “fundamental lintel”.

Chapter 54 of the Ling Shu starts by referring to the “foundation” of the mother and the “lintel” of the father: *“The mother provides the foundation and the father the lintel.”* It refers to the constitution as *Ji Qiang*: *“When the constitution [Ji Qiang] is strong [literally ‘high’], Ying and Wei are harmonized in the three divisions and three levels, the bones are high and the muscles full and the person will live to a 100.”*

Zhang Zhi Cong calls the constitution *Ji Zou* and says: *“Ji refers to the foundation [of a house] and ‘zou’ to the timber lintel. A person is born from the Jing of the mother and father, one Yin, one Yang. The mother provides the location [Ji] and the father provides the timber lintel [zou].”*

CONSTITUTION AND FACE READING

Another interpretation of chapter 54 of the Ling Shu has to do with face reading as an indication of the constitution of an individual.

Chapter 54 of the Ling Shu could be translated: *“When the nose is long, the philtrum deep, the chin bones square like walls...and the three regions of the face [forehead, nose and mouth] are high with high bones and firm muscles, the person will live to a 100. When the philtrum is not long, the nostrils expand sideways, the chin is short.. Such a person will live to half the life span.”*



CHARACTERISTICS AND PATHOLOGY OF THE ELDERLY

- Traditional geriatrics considers a Kidney deficiency as the main syndrome in the elderly. Ye Tian Shi conveys this idea in many expressions such as “*Yuan Qi declines*”, “*the Lower Burner is empty*”, “*The 6 True Yin decline*” or “*Water declines*”.
- Li Zhong Xin (Ming dynasty) thinks that Full conditions predominate in acute cases, while Deficiency ones in chronic cases. Therefore, in the elderly, one must tonify and warm Spleen and Kidneys.

The decline occurring in old age is therefore considered to be due to the decline of the Kidneys and the Yuan Qi. Please note that this may be a decline of Yin or Yang or both.

Interestingly, ancient doctors related the strength of Kidney-Qi not only to longevity but also to resistance to pathogenic factors. A saying states:

‘If there is Kidney-Qi, there is no epidemic and there is long life’

(*Shen Qi Yi Mian* [avoid] *Yi Yi Shou Ming* 肾气一免疫一寿命)

The text “The Way to Longevity in Chinese Medicine” (*Zhong Yi Chang Shou Zhi Dao*) says explicitly: “*Yuan Qi* 元 is equivalent to *Zhen* 真 *Qi* and this to *Zheng* 正 *Qi*. Therefore the *Zheng Qi* and our resistance to infections is related to the Kidneys.”

Zhao Zheng Cun “The Way to Longevity in Chinese Medicine” (*Zhong Yi Chang Shou Zhi Dao* 中医长寿之道), China Television Broadcasting Publishing House, Beijing, 1984, p. 13.

正 气

ZHENG QI

Resistance to pathogenic
factors

真 气

ZHEN QI

STOMACH AND
SPLEEN

元 气

YUAN QI

KIDNEYS

Chapter 54 of the Ling Su confirms the idea of predominance of Xu in the elderly: *“At 50, Liver-Qi decreases, the liver lobes become thinner, bile decreases and vision is not good. At 60 Heart-Qi declines, the patient is sad and worried, Blood and Qi decline and he or she likes to lie down. At 70 Spleen-Qi is empty and skin dries up. At 80 Lung-Qi decreases, Po leaves and speech is more difficult.*

At 90 Kidney-Qi is burnt-out and the Qi of the other 4 Yin organs is also exhausted. At 100 the 5 Yin organs are exhausted, Shen is about to leave the body, the body is near the end.”

XU PATHOLOGY OF THE ELDERLY

- Kidney Xu (Yin or Yang): backache, dizziness, tinnitus, impotence, frequent urination, weak knees.
- Heart Xu: palpitations, coronary disease, arteriosclerosis, breathlessness.
- Liver Xu: decrease in vision, dry nails and eyes, cramps.
- Spleen Xu: weak muscles, petechiae, digestive problems.
- Lung Xu: breathlessness.
- Xu of Sea of Marrow (Brain): decreased memory, blurred vision, tinnitus.

PATHOLOGY OF THE FIVE ZANG IN OLD AGE

HEART. Heart-Qi declines, affects the circulation of Blood, Blood does not circulate well. The blood vessels lose elasticity. Palpitations, shortness of breath, feeling of oppression of the chest.

LIVER. Liver-Qi declines, Liver-Blood declines, Liver-Qi does not flow freely. As Liver-Blood declines visual acuity declines, the sinews become slack, Tian Gui dries up, ovaries decline and sperm decreases.

SPLEEN. Spleen-Qi declines, transformation and transportation become impaired and Spleen-Qi does not hold Blood. Petechiae from Spleen-Qi not holding Blood. Poor appetite, loose stools, constipation. Phlegm accumulates, obesity.

LUNGS. Lung-Qi declines, cannot govern Qi. Shortness of breath, sweating, cough with mucus, feeling of oppression of the chest.

KIDNEYS. Kidney-Qi declines (Yin or Yang or both), Tian Gui dries up, Jing declines, ovaries decline and sperm decreases. Frequent urination, backache, dizziness, tinnitus, urinary incontinence, prostatic hypertrophy.

CHANGES IN THE BRAIN OF THE ELDERLY

SEA OF MARROW. The Sea of Marrow is mentioned in chapter 33 of the Ling Shu. “Marrow” is a Chinese concept without an equivalent in Western medicine. Marrow is a transformation of the Jing of the Kidneys and it influences the spinal cord, the Brain (which is one of the 6 Extra Fu) and the bone marrow. The symptoms of deficiency of the Sea of Marrow resemble very much the symptoms of the elderly (dizziness, tinnitus, weak legs, blurred vision, desire to lie down).

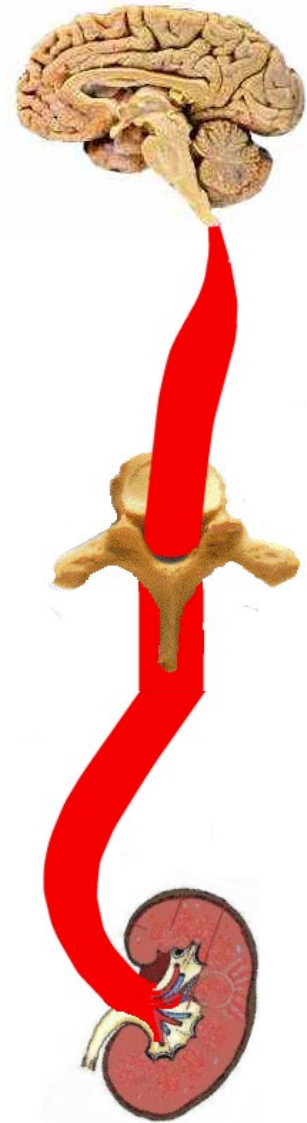
BRAIN. The Brain is one of the 6 Extra Fu. It is a product of the Sea of Marrow which, itself derives from Kidney-Jing. Hence the influence of Kidney-Jing on the Brain. The Brain is connected to the Jing Ming (精明) mentioned in the Su Wen, which could be translated as “clarity of Jing” or “bright Jing”. Chapter 16 of the Su Wen says that the head is the “Fu of Jing Ming”. This is equivalent to the Brain. The Lei Jing says: *“The Jing [Jing] of the 5 Zang and 6 Fu ascends to the head where it brightens the 7 orifices: it is the Fu of Jing Ming.”*

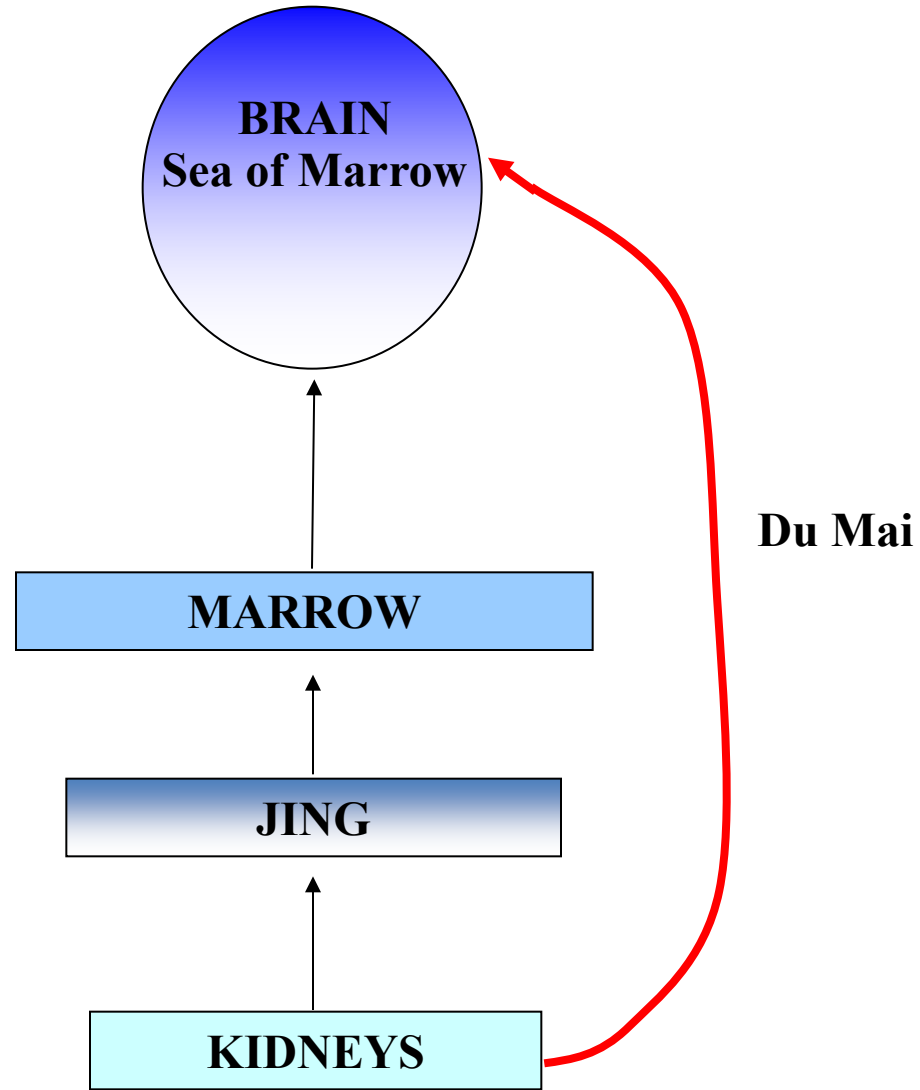
THE BRAIN AND MARROW

The Kidney-Jing produces Marrow which fills the spine and the Brain. Flowing inside the spine and into the brain, the Du Mai has a deep influence on the nourishing of the brain.

In particular, the Du Mai balances Yin and Yang in the head and brain as it carries Kidney-Jing but is itself Yang in nature.

The Du Mai connects upwards with the Brain and downwards with the Kidneys: it is therefore the channel connection between Kidneys and Brain. The Kidneys store Jing and the Brain is filled by Marrow: to nourish the Jing and fill Marrow one can use the Du Mai.





The Brain is responsible for all the same functions attributed to the Shen of the Heart, i.e. thinking, cognition, consciousness, emotions. The Brain is also responsible for all senses. This is important to remember in the elderly, i.e. that vision and hearing depend on the Brain and therefore Kidneys. So a decrease in acuity of vision in the elderly is often related to the Kidney rather than to the Liver.

Li Shi Zhen says: *“The Brain is the Fu of the Original Shen. When Zhong Qi is deficient, clear Yang cannot ascend to the head, the head droops, the sense orifices are affected. Memory depends on the Brain: children cannot remember things because the Brain is not full yet; old people cannot remember because the Brain is empty. When one sees something, there must be an impression in the brain.”*

Wang Qing Ren specifically said: *“Intelligence and memory do not depend on the Heart but the Brain.”*

CHANGES IN THE BRAIN IN OLD AGE

In old age, the Brain declines and, in Chinese medicine, it is said to become “empty”. This causes dizziness, tinnitus, decrease in visual and hearing acuity and poor memory.

IDEAS ON THE TREATMENT OF THE ELDERLY

ZHANG ZI HE (Jin, 265-420) emphasized expelling pathogenic factors in the elderly.

ZHAO XIAN HE (Ming, 1368-1644) emphasized tonifying the Fire of Ming Men

LI ZHONG XIN (Ming) thought that acute diseases are characterized by Fullness and chronic ones by Deficiency. He therefore thought that in the elderly one must tonify and warm Spleen and Kidneys.

YU JIA YAN (Qing, 1644-1911) thought it is important to tonify Kidney-Qi and “hide” Yang. He said that “Yang” is like a precious object that must be hidden. In the elderly, there is often a Yin Deficiency which leads to Yang “manifesting” itself under the guise of Empty Heat. One must therefore nourish Water and “hide” Yang.

LEI SHAO TU (Qing) thought that in the elderly one must tonify and he advocated especially Bu Zhong Yi Qi Tang.

A DIFFERENT VIEW

Contrary to prevalent opinion according to which diseases of the elderly are characterized predominantly by Xu, although the elderly do usually have a Xu condition, modern diseases that account for a very high proportion of mortality are characterized by Fullness.

Most common pathogenic factors (and those leading to serious diseases) are:

- Phlegm
- Blood stasis
- Internal Wind

Statistics from my practice: 372 patients over 65

59% have Full pulse

28% Empty pulse

13% mixed Full-Empty pulse.

Therefore 72% had either a Full pulse or a Full-Empty pulse.

Most common pulse qualities are Full, Slippery and Wiry. 62% have Full syndromes like Blood stasis, Phlegm, internal Wind, Dampness, Qi stagnation, Heat, Fire or Liver-Yang rising.

Dr Xu Ling Tai (Qing): *“Since Qi and Blood in the elderly do not flow well, how can they bear tonification which keeps the pathogens, thus creating problems with Qi and Blood?”*

PATHOGENIC FACTORS IN THE ELDERLY

PHLEGM: poor memory, greasy skin and hair, masses, tingling or numbness, dizziness, dark ring under eyes, greasy by the side of the eyes, dull complexion, obesity, swollen face, sweaty genitals, axillae, palms and soles, swollen fingers and toes, thick thumbs, flaccid skin and muscles, excessive salivation, slight foam at corners of mouth, lethargy, Swollen tongue, Slippery or Wiry pulse.

BLOOD STASIS: swellings, abdominal masses, tumours, purple lips, nails and nose, dry hair and skin, dry mouth, dark and scaly skin, dark macules, dark scales, dark rings under eyes, protruding umbilicus, fever, pain, bleeding, hard abdomen, itching, rigidity of joints, excessive dreaming, poor memory, swollen fingers and toes, adhesions after surgery, Wiry pulse, Purple tongue.

INTERNAL WIND: rigidity, trigeminal neuralgia, tremors, dizziness, paralysis, Stiff, Deviated or Moving tongue.

GERIATRIC SYMPTOMS

Otosclerosis: **Phlegm**/Blood stasis

Cataract: **Phlegm**

Macular degeneration (vascular, lack of blood nourishment): **Blood stasis**

Dry eyes: **Blood stasis** (could be)

Alzheimer: **Phlegm**

Parkinson: **Wind**

Poor memory: **Phlegm** (could be)

Brain muzziness: **Phlegm**

Dizziness: **Phlegm**

Epiretinal membrane: **Phlegm**

Macules: **Blood stasis**

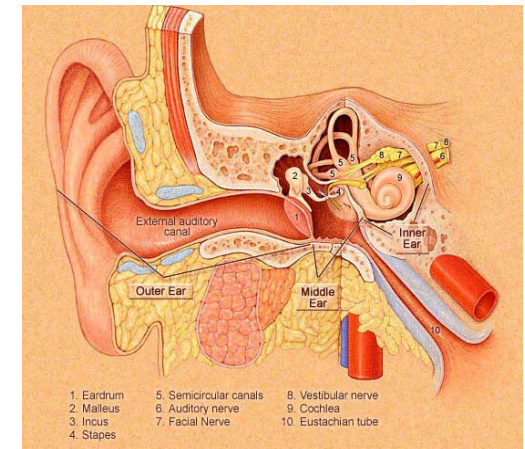
Dry skin: **Blood stasis** (could be)

Itching: **Phlegm**/Wind

Numbness: **Phlegm**/Wind

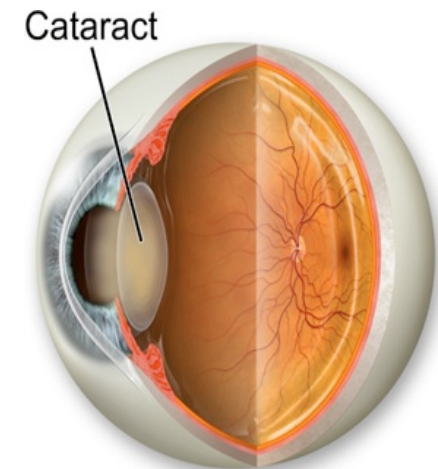
Hair loss: **Blood stasis**

Otosclerosis is a disease of the bones of the inner ear. These are the malleus, incus and stapes, and are also known in aggregate as the "ossicles". The ossicles become knit together into an **immovable mass**, and do not transmit sound as well as when they are more flexible **Phlegm/Blood stasis**.

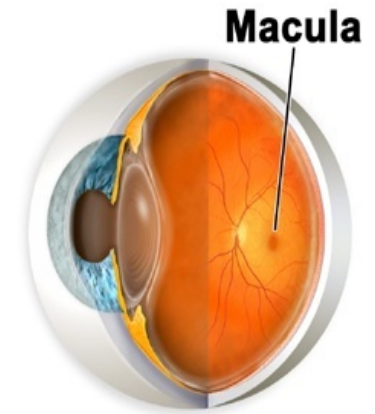


A *cataract* is a **clouding** of the eye's natural lens and often affects both eyes. A cataract may cause hazy, blurred or sometimes double vision, in addition to sensitivity to light and glare and frequent eyeglass prescription changes. Cataracts may develop gradually over many years or progress rapidly.

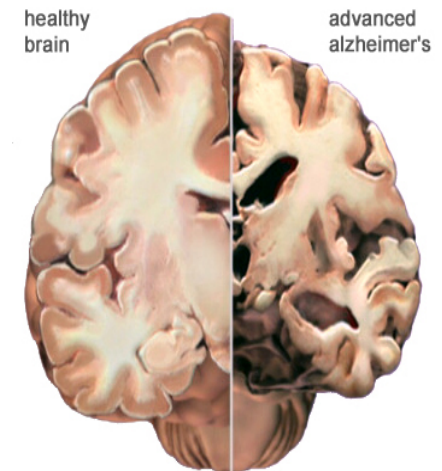
Phlegm



Macular degeneration occurs when the eye's macula - the center of the retina where the best vision is located - degenerates. **Blood vessels can grow abnormally** underneath the retina. Blood and other fluids leak out, causing the layers of the retina to separate. A patient with macular degeneration sees a dark blur in the centre of their view. Often, straight lines look wavy, or color vision is dim. (**Blood stasis**)



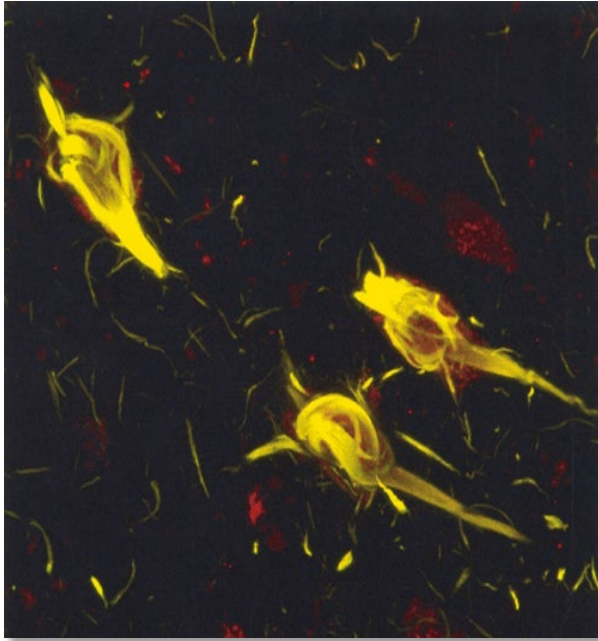
The cortex shrivels up damaging areas involved in thinking, planning and remembering. Shrinkage is especially severe in the hippocampus, an area of the cortex that plays a key role in formation of new memories. Ventricles (**fluid-filled spaces within the brain**) grow larger. (**Phlegm**)



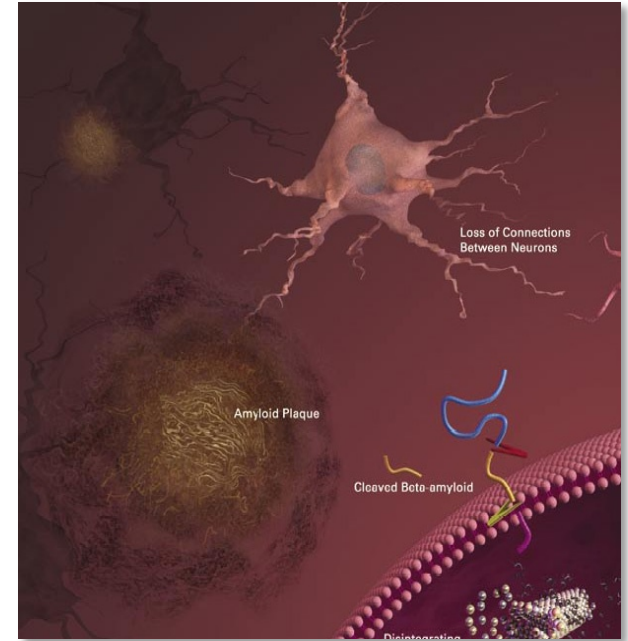
The gross pathology of Alzheimer's dementia consists in toxic levels of amyloid protein build up in the brain which destroy those regions next to the accumulation sites.

There are characteristic silk-like senile plaques and **neurofibrillary tangles** and threads that accumulate within the grey matter of the cerebral cortex and cerebral nerve cells of Alzheimer's patients. Composed of amyloid fibers, Alzheimer's patients are unable to break these fibers down.

The accumulation of these fibers leads then to the production of the brain lesions characteristic of Alzheimer's disease. The **plaques** accumulate to neurotoxic levels, compressing those nerve fibers that lie in their path, effectively destroying these regions of the brain. In advanced cases, these amyloid fibers will aggregate around **blood vessels**, causing a structural weakening to occur in the vessels and a subsequent leakage of blood serum into the cerebral space.



Neurofibrillary tangles in Alzheimer's (Phlegm)

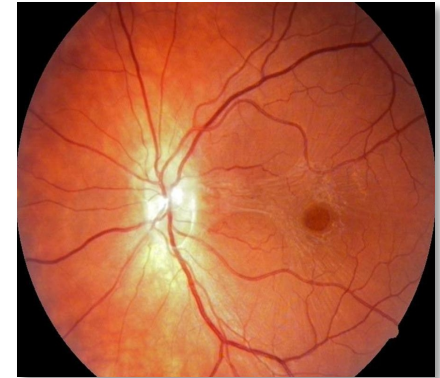


Amyloid plaques in Alzheimer's (Phlegm)

Epiretinal membrane:

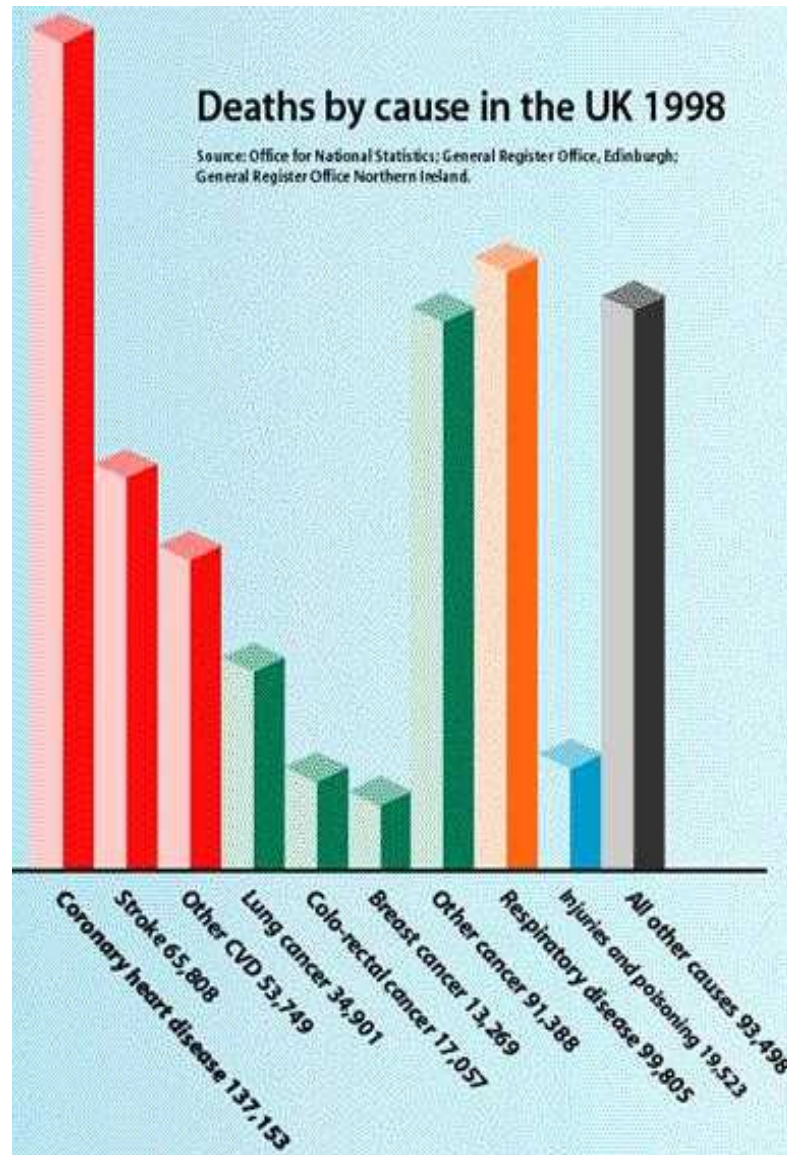
The ophthalmoscopic picture of this disorder ranges from a fine, **glistening membrane** overlying the macula (cellophane maculopathy) to a thickened, whitish tissue that obscures the underlying vasculature.

As the epiretinal membrane progresses, traction at the level of the internal limiting membrane (ILM) creates a puckering effect. One may see retinal folds radiating outward from the macula. (**Phlegm**)



Dry skin in elderly
(**Blood stasis**)





CAUSES OF DEATH OF ELDERLY CANADIANS (over 65)

CAUSE	NON- DEMENTED	DEMENTED
Heart disease	38.5%	32.5%
Cancer	19.6%	6.8%
Stroke	10.4%	13.1%
Chronic respiratory	7.9%	4.2%

**TRENDS IN CAUSES OF DEATH
FROM 1979 TO 1998, USA**

CAUSE	1998 PERCENT	CHANGE FROM 1979
Alzheimer's Disease	< 1 %	+1,200 %
Septicemia	< 1 %	+91 %
Chronic Obstructive Lung	5 %	+46 %
Diabetes mellitus	3 %	+39 %
Hypertension	< 1 %	+26 %
Pneumonia/influenza	4 %	+18 %
Nephritis	< 1 %	+2 %
Cancer	23 %	-6 %
Suicide	< 1 %	-11 %
All Causes	100 %	-18 %
Homicide	< 1 %	-28 %
Accidents	4 %	-30 %
Heart Disease	31 %	-37 %
Stroke	7 %	-40 %
Liver Disease	< 1 %	-40 %

SEVEN LEADING CAUSES OF CANCER DEATH, USA, 2002

CAUSE	PERCENT OF TOTAL	NUMBERS
(1) Lung	30.9%	154,900
(2) Colon	9.6%	48,100
(3) Breast	8.0%	40,000
(4) Prostate	6.0%	30,200
(5) Pancreas	5.9%	29,700
(6) Lymphoma	5.2%	25,800

PREVENTATIVE VALUE OF TONGUE DIAGNOSIS IN THE ELDERLY

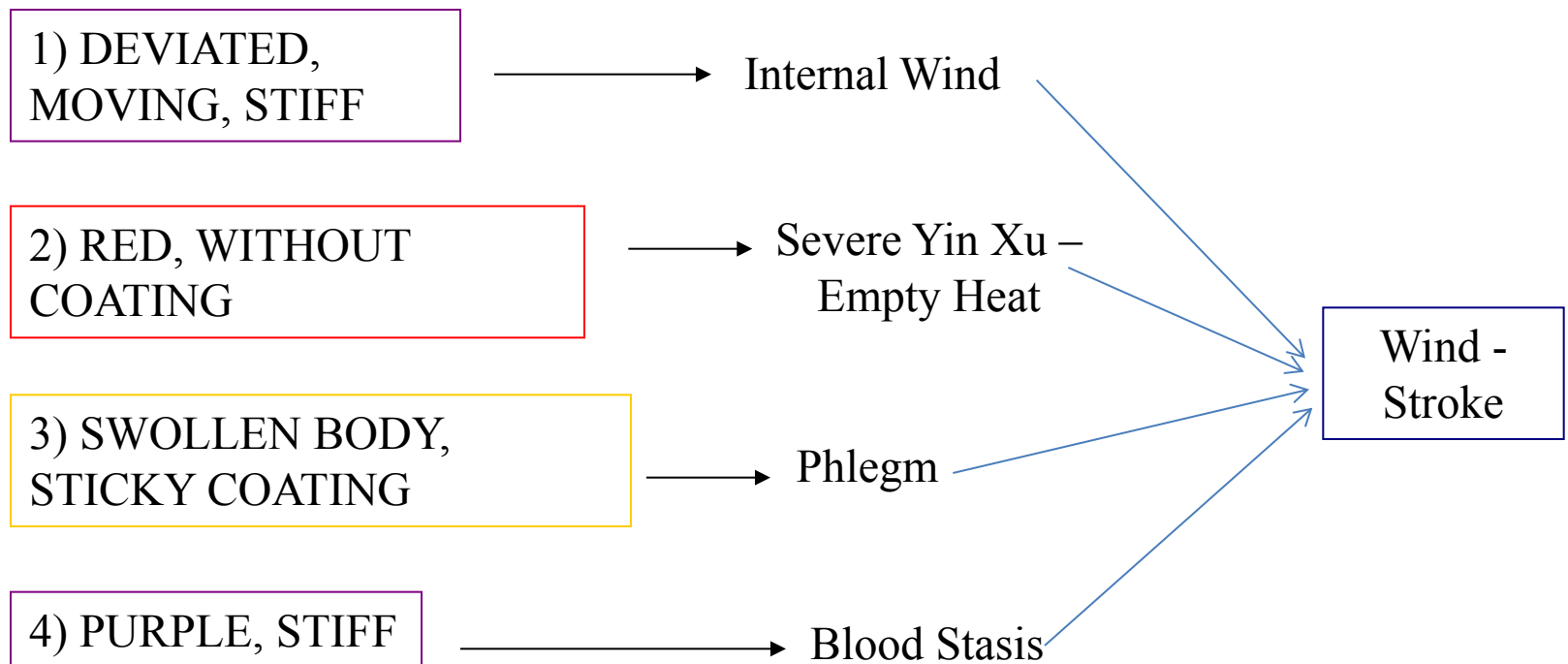
Tongue diagnosis plays a very important role in the prevention of disease especially in the elderly. Middle-aged and elderly patients often show abnormal signs on the tongue in the absence of any obvious disease.

Elderly people often suffer from Internal Wind, Blood stasis, Phlegm, Heat or Yin deficiency or a combination of these. For example, it is common to have Blood stasis with Phlegm; or Phlegm with Yin deficiency; or Internal Wind with Phlegm; or a combination of the above. In the elderly, Blood stasis and Phlegm are so common that there is a saying in Chinese medicine which states “*In the elderly, when in doubt, invigorate Blood and resolve Phlegm*”.

In such cases, the tongue often shows clear signs of these pathogenic factors and it therefore allows us to treat them before they give rise to disease.

In particular, stroke in the elderly usually derives from a complex pathology involving Internal Wind, Yin deficiency with Empty Heat, Phlegm, and Blood stasis.

PREVENTATIVE VALUE OF TONGUE DIAGNOSIS IN THE ELDERLY

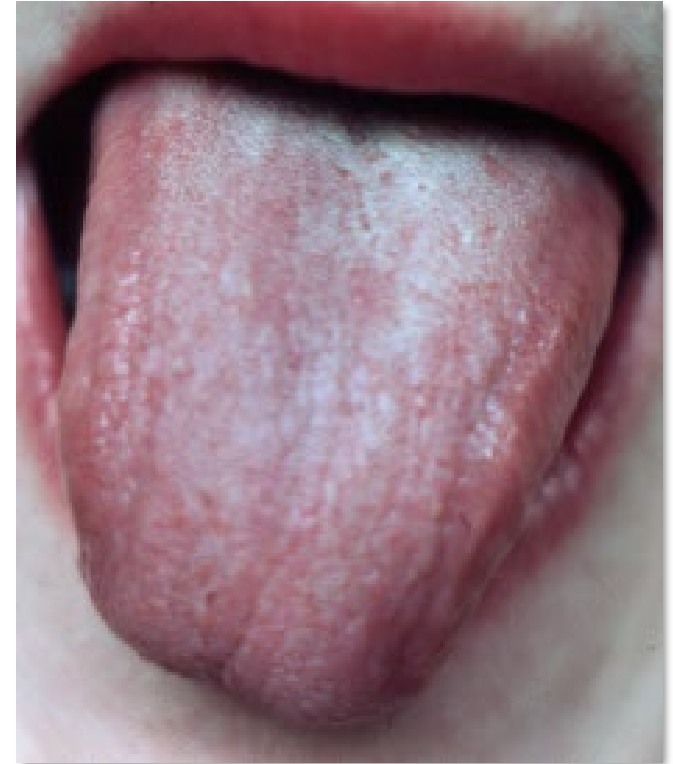


RED, PARTIALLY NO COATING: Yin
Xu, Empty Heat (or Heat leading to Yin
Xu)

SWOLLEN: Phlegm (not so much)

DEVIATED, STIFF: internal Wind

PURPLE: Blood stasis



CROSS-REFERENCE OF PATHOGENIC FACTORS OF THE ELDERLY AND DISEASES

	PHLEGM	BLOOD STASIS	WIND
Heart disease	✓	✓	
Angina	✓		
Arteriosclerosis	✓	✓	
Thrombosis	✓	✓	
Atheroma	✓		
Hypertension	✓	✓	✓
Cancer	✓	✓	

	PHLEGM	BLOOD STASIS	WIND
Stroke			
Cholesterol			
Chronic bronchitis			
Cancer			
Diabetes			
Chronic nephritis			

	PHLEGM	BLOOD STASIS	WIND
Prostatic hypertrophy/cancer	✓	✓	
Parkinson			✓
Alzheimer	✓	✓	
Trigeminal neuralgia			✓
Dizziness	✓		✓

PHLEGM IN THE ELDERLY

- Heart: mental confusion, feeling of oppression in the chest
- Gall-Bladder: stones, nausea, inability to digest fats
- Joints: bone deformities, pain, rigidity
- Lungs: cough with mucus, feeling of oppression of the chest, asthma, breathlessness
- Stomach: lack of appetite, digestive problems, hiatus hernia, acid reflux.
- Skin: greasy skin, sweating, yellow moles.

PATHOLOGY OF PHLEGM

LUNGS not descending and diffusing fluids

SPLEEN not transforming and transporting fluids

KIDNEYS not transforming and excreting fluids

LIVER not smooth flow of Qi

HEART Qi not descending to Kidneys

THREE BURNERS not transforming, transporting and excreting fluids.

DAMP-PHLEGM

This is manifested with expectoration of very profuse phlegm which is white and sticky, no appetite, no thirst, a feeling of oppression of chest and epigastrium, a sticky tongue coating and a Slippery pulse. This type of Phlegm is seen in Lung patterns.

QI-PHLEGM

This type of Phlegm is non-substantial and is manifested with a feeling of swelling in the throat (but no actual swelling), a difficulty in swallowing and a feeling of oppression of chest and diaphragm. This type of Phlegm is usually associated with stagnation of Qi in the throat. It is caused by emotional problems giving rise to (or deriving from) stagnation of Qi which may affect the Liver, Lungs, Stomach and Heart. The typical feeling of constriction of the throat is called “plum-stone syndrome” in Chinese Medicine and this feeling appears and disappears according to mood swings.

PHLEGM-HEAT

This is manifested with expectoration of yellow-sticky phlegm, a red face, dry mouth and lips, restlessness, a Red tongue with sticky-yellow coating and a Rapid-Slippery pulse. This type of Phlegm affects the Lungs or the Stomach.

COLD-PHLEGM

This is manifested with expectoration of white-watery phlegm, a cold feeling in limbs and back, nausea, a Pale tongue with white-wet coating and a Deep-Slippery-Slow pulse. This type of Phlegm is often seen in Stomach or Lung patterns.

WIND-PHLEGM

This causes vertigo, nausea, vomiting, unilateral numbness of the limbs, coughing of phlegm and a rattling sound in the throat. This type of Phlegm is seen in Wind-stroke.



CHARACTERISTICS OF PHLEGM

1. Phlegm is a Yin pathogenic factor and it injures Yang
2. Phlegm is sticky and obstructs Qi mechanism
3. Phlegm flows and moves, always changing
4. Phlegm often harbours stasis
5. Phlegm is the origin of many diseases; many diseases have phlegm
6. Phlegm easily damages Stomach and Spleen.

1. PHLEGM IS A YIN PATHOGENIC FACTOR AND IT INJURES YANG

Fluid metabolism it mostly relies on Yang (warming, moving, transporting, transforming, excreting). Thus, when Yang is deficient, Yin prevails, fluids accumulate and form Phlegm.

From the point of view of Yang being deficient and Yin accumulating, the main manifestations are:

- Feeling of oppression (*men*) and heaviness
- Numbness
- Feeling of cold
- Masses (that are not red, hot or painful) and relatively soft

2. PHLEGM IS STICKY AND OBSTRUCTS QI MECHANISM

Because Phlegm is sticky, it causes symptoms such as:

1. Sticky phlegm
2. Sticky mouth
3. Nausea, vomiting
4. Phlegm in throat
5. Swallowing and spitting
6. Mucus in stools

Because it is sticky and obstructs Qi mechanism, it is difficult to remove, it becomes chronic, it gives rise to slow pathological changes and it may form lumps, swellings, nodules, lumps under skin, lumps in abdominal cavity or in organs.

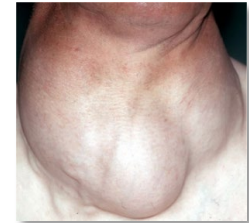
Many diseases characterised by lumps are due to Phlegm.

Because it obstructs the Qi mechanism, very often Qi-moving herbs are added to prescriptions that resolve Phlegm.

Luo Li = scrofula



Ying Liu - goitre



Pi Kuai - Pi masses



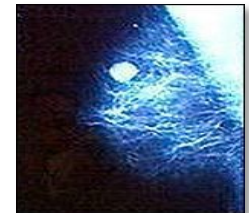
Zheng Jia = Abdominal Mass



Tan He =
Nodules

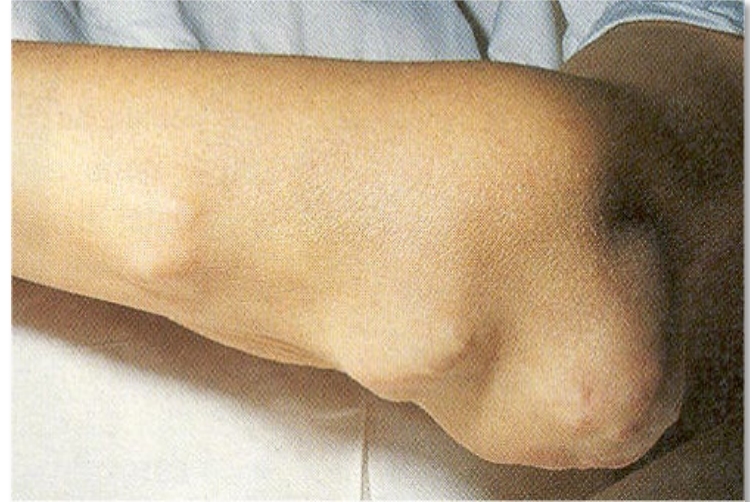


Ru Pi = Breast lump

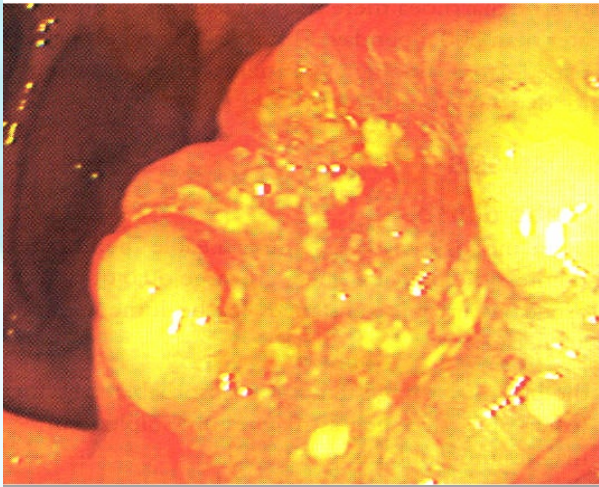




Gout



Rheumatoid arthritis



Colo-rectal carcinoma



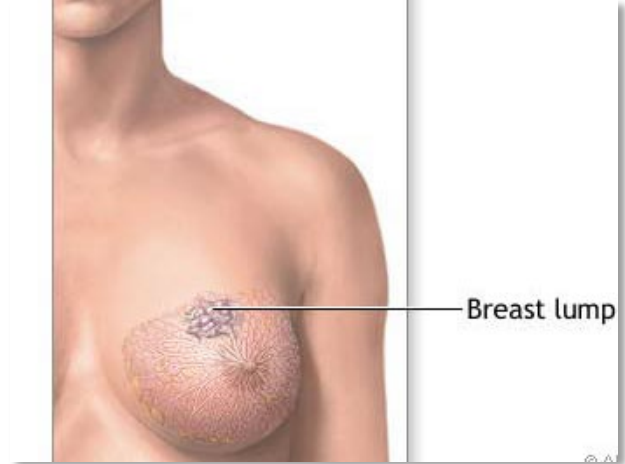
Lipoma



Scrofula



Goitre



Breast lump



Abdominal mass



Nodule

3. PHLEGM FLOWS AND MOVES, ALWAYS CHANGING

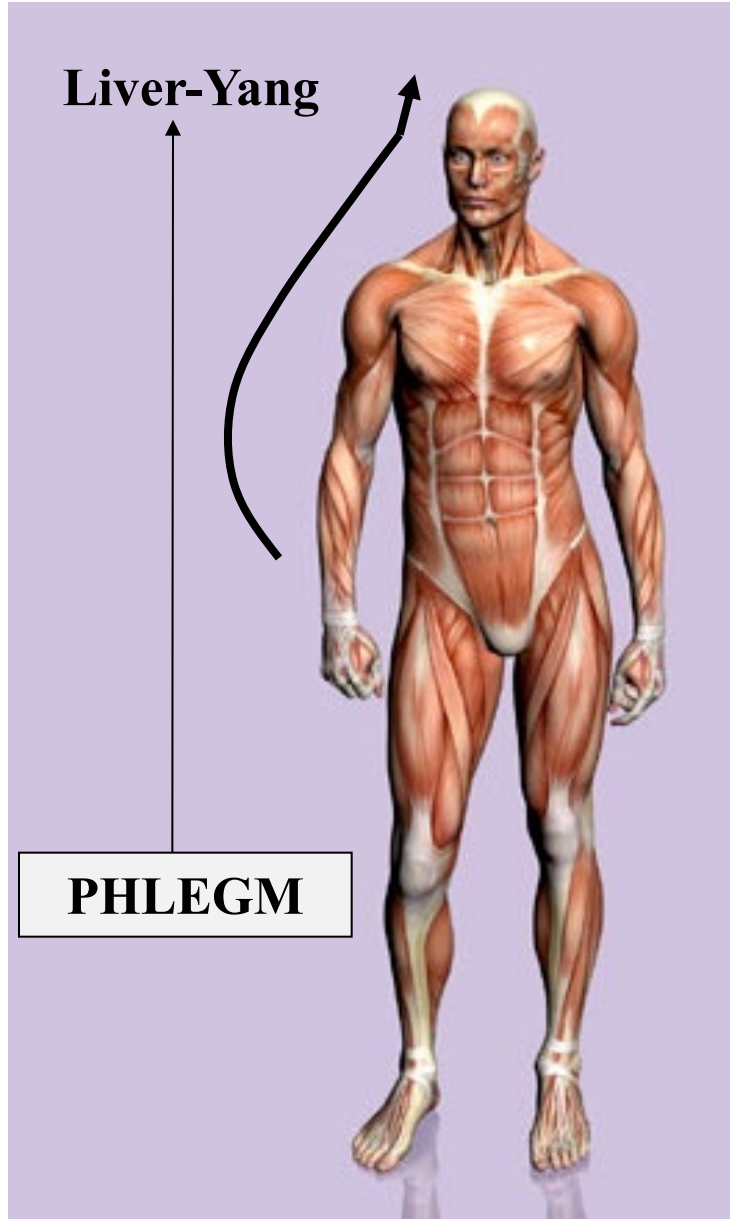
Phlegm always flows and moves... goes to the vertex and soles, follows Qi in its ascending and descending, goes round the body on the exterior and to the 5 Zang and 6 Fu.

“It is stored in the Lungs, stops in the Stomach, obstructs the Heart orifices, harasses the Liver and Gall-Bladder, settles in the channels”.

Phlegm often follows Liver-Yang upwards causing chronic migraine headaches. The combination of Liver-Yang rising and Phlegm is, in my experience, the most common pathology in patients with chronic headaches. It is also a pathology seen in hypertension.

Liver-Yang

PHLEGM



Phlegm often combines with and follows internal Wind. This is a common pathology in the elderly causing hypertension and Wind-stroke.

The movement of Phlegm in its clinical manifestations is an important difference from Dampness which does not move in the same way.



4. PHLEGM OFTEN HARBOURS STASIS

After it has been formed, Phlegm follows Qi and Blood, it is in the interior in the Zangfu and in the exterior in the channels; because it obstructs, it frequently gives rise to Blood stasis, also because of the interaction between fluids and Blood.



Zhu Dan Xi says:

“When the Lungs are distended and there is a cough and the patient cannot lie down, it is due to Phlegm harbouring Blood stasis”.

Zhang Lu says:

“Phlegm harbours dead Blood, it follows Qi to attack, it flows and causes pain”.

Li Yong Cui says:

“The Blood in the Stomach may stagnate with accumulation of Phlegm day and night; this leads to the diseases of Yi Ge and Fan Wei”.

In modern medicine many diseases are considered to be due to Phlegm and Blood stasis, such as lymphoma, cancer, brain haemorrhage, coronary heart disease and some mental illness.
IN THE ELDERLY, WHEN IN DOUBT, RESOLVE PHLEGM AND INVIGORATE BLOOD.

From the point of view of interaction between Phlegm and Blood stasis, the main manifestations are:

dark nails



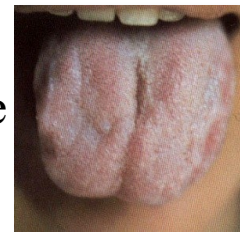
purple lips



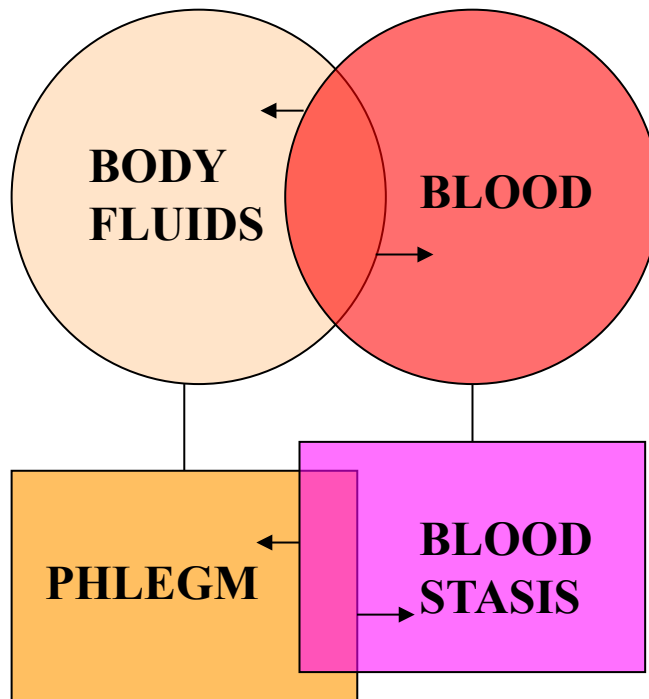
dark complexion



purple and swollen tongue



However, just as Phlegm may lead to Blood stasis, the latter may also contribute to the former due to the interaction between fluids and Blood: thus the two reinforce each other and establish a vicious circle.



Coronary thrombus with atheroma

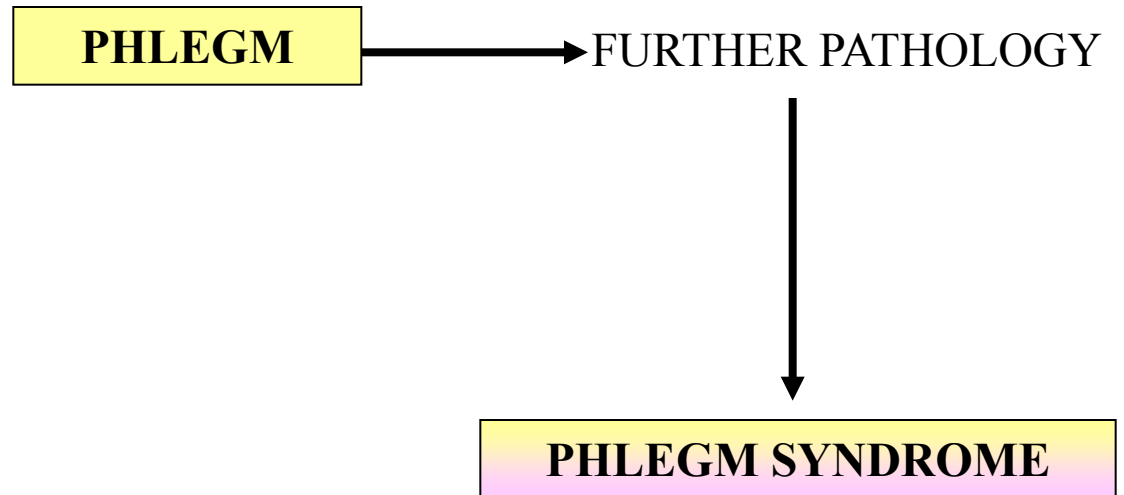
5. PHLEGM IS THE ORIGIN OF MANY DISEASES; MANY DISEASES HAVE PHLEGM

Phlegm is the origin of many diseases and its clinical scope is enormous, usually complicated diseases. “Phlegm syndrome” indicates a condition where Phlegm is the cause of most pathological changes; thus, just because there is Phlegm, it does not mean that is a “Phlegm syndrome”.

In the presence of strange and complicated clinical manifestations, especially in chronic conditions and especially in the elderly, always suspect Phlegm.

Phlegm assumes many different forms, which contributes to its causing very many different problems, e.g. Wind-Phlegm, Cold Phlegm, Phlegm-Heat, etc.

- Derangement of ascending/descending of Qi
- Zangfu disharmony
- Yin-Yang disharmony



6. PHLEGM EASILY DAMAGES STOMACH AND SPLEEN

Phlegm obstructs the Middle Burner and very easily leads to deficiency of the Stomach and Spleen. In particular, the Stomach is affected by Spleen and prescriptions that resolve Phlegm often have herbs that “harmonize the Stomach”.

On the tongue, chronic Phlegm often manifests with a Swollen tongue and a Stomach crack with a sticky-dry coating inside it.



7. PHLEGM EASILY MIXES WITH OTHER PATHOGENIC FACTORS

Phlegm often mixes with Wind, Cold, Heat, Dampness and Food.

DIAGNOSIS

Apart from the diagnosis on the basis of clinical manifestations, there are various constitutional bodily signs of Phlegm. These are:

- Dull *shen* of the eyes
- Dark eye sockets
- Corners of the eyes have very slight cracks with exudate
- Sallow complexion

Swollen body, puffy face, obesity



Greasy skin



Sweaty genitalia axillae or palms



Enlarged fingers and toes



Thick thumbs



- A sticky taste
- Muzziness (fuzziness) of the head
- Smells of petrol (gasoline) or perfume may cause headache or dizziness because aromatic substances stir up Phlegm.
- Lethargy
- Lack of concentration, poor memory
- Excessive salivation or dribbling
- Overproduction of ear-wax
- Swollen tongue body with a sticky coating
- Slippery or Wiry (in the elderly) pulse

The symptoms and signs of Phlegm are not always obvious. I personally think that even only three symptoms/signs are enough to diagnose Phlegm. These are:

- Slippery pulse
- Swollen tongue
- The expectoration of sputum even if it only once in the day, e.g. in the morning

Even two of these symptoms may be enough to diagnose Phlegm!

Damp-Phlegm



Swollen body, sticky
coating = **Phlegm**

Phlegm-Heat



Dry-Phlegm



Swollen body, sticky
coating, without root,
partially peeled =
Phlegm, ST-Qi Xu

Phlegm with Yin Xu



Swollen body, no coating =
Phlegm + Yin Xu



Swollen body, sticky
coating, deep cracks =
Phlegm + Yin Xu



Phlegm with Yin Xu



Phlegm with Blood stasis



Phlegm-Heat



Damp-Phlegm



Swollen-Purple=Wind-Phlegm



Swollen-sticky=Damp-Phlegm



Swollen-no coating=Dry-Phlegm



Swollen-no coating=Dry-Phlegm



Swollen, sticky coating =
Phlegm



Swollen, sticky coating, deep
HE crack = Phlegm misting the
Shen

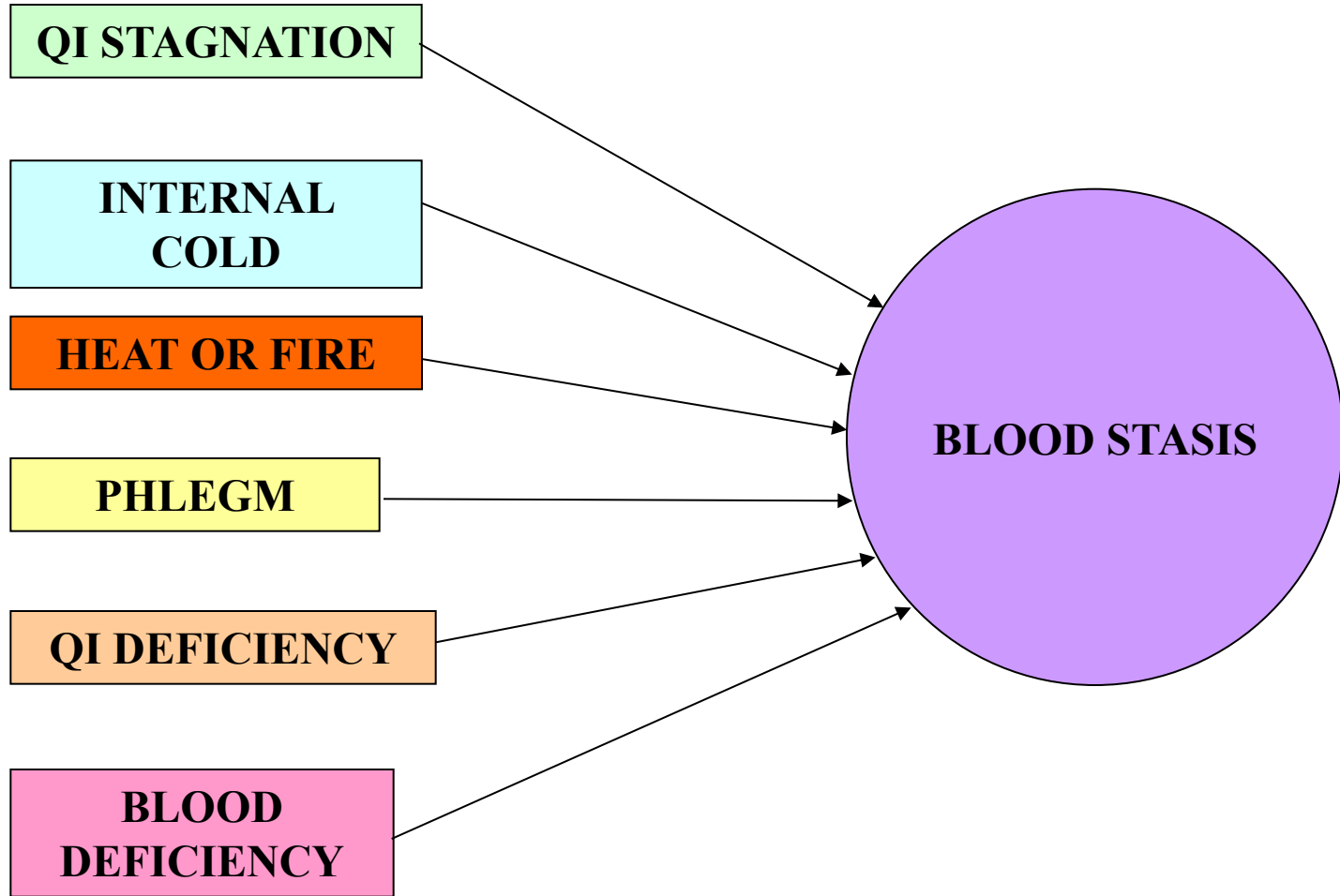


Swollen, sticky coating,
slightly Purple = **Phlegm and
Blood stasis**



Swollen, sticky coating, deep
HE crack = **Phlegm misting
the Shen**

BLOOD STASIS



BLOOD STASIS IN THE ELDERLY

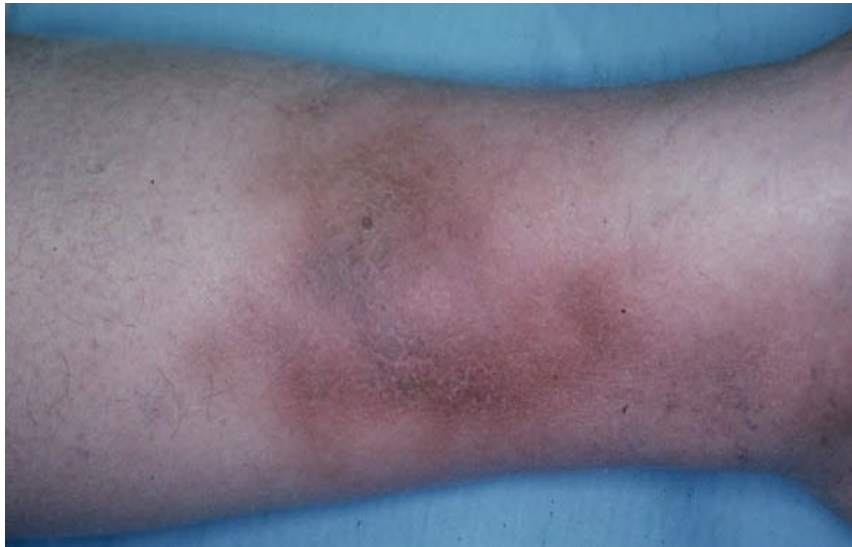
- HEART: palpitations, chest pain, feeling of oppression in the chest, depression, anxiety, mental confusion.
- LIVER: hypochondrial pain
- STOMACH, SPLEEN AND INTESTINES: epigastric and abdominal pain, abdominal distension and fullness, constipation, blood in stools
- LUNGS: breathlessness, asthma, chest pain, tightness of the chest, dry throat
- KIDNEYS: abdominal distension, fullness and pain, painful urination, dysuria, oliguria.
- SKIN: dark moles, dark macules, dark scales, dry skin.

DIAGNOSIS OF BLOOD STASIS

- Pain *bu tong*, *ze tong*; *tong*, *ze bu tong*
- Swellings, lumps, masses, tumours
- Purple
- Purple tongue
- Dark complexion
- Dry nails and hair (da huang bie chong wan)
- Bleeding
- Maculae
- Stiffness
- Dreaming a lot
- Aggravation at night
- Poor memory

DIAGNOSIS OF BLOOD STASIS: OBSERVATION

- Dark moles
- Dark eye sockets
- Purple nose bridge
- Purple venules
- Umbilicus bulging out
- Enlarged ends of fingers and toes
- Skin not elastic, lustreless, dark, scaly, dry
- Adhesions and scars
- Dark macules



- Itching
- Numbness
- Dry mouth with no desire to drink (desire to rinse mouth, not swallow)
- Dry, white hair
- Dark lips
- Dark chin
- Dark spots on sclera
- History of recurrent illness
- History of irregular menstruation

DIAGNOSIS OF BLOOD STASIS: INTERROGATION

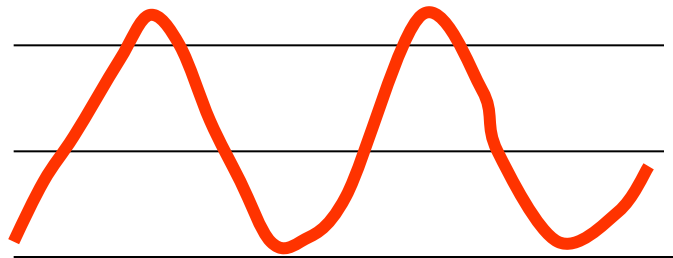
- A history of chronic illness with repeated bouts
- Poor memory
- Irregular period, painful periods, hesitant start
- Fever
- Mental restlessness, agitation
- Thirst with desire to gargle without swallowing
- Abdominal pain

SYMPTOMS THAT IN THE ELDERLY LOOK LIKE KIDNEY DEFICIENCY BUT MAY BE DUE TO BLOOD STASIS OR JING STASIS

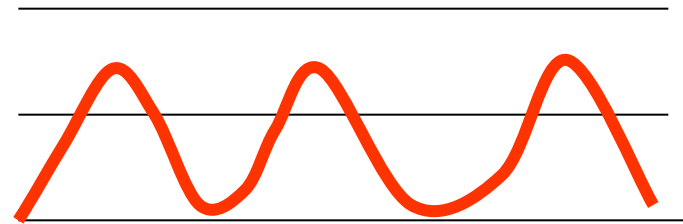
- Impotence
- White hair
- Dizziness
- Poor memory
- Blurred vision
- Premature ejaculation

DIAGNOSIS OF BLOOD STASIS: PALPATION

- Hardness of abdomen
- Stiffness of joints, rigidity
- Dry skin
- Pulse Wiry, Choppy or Firm

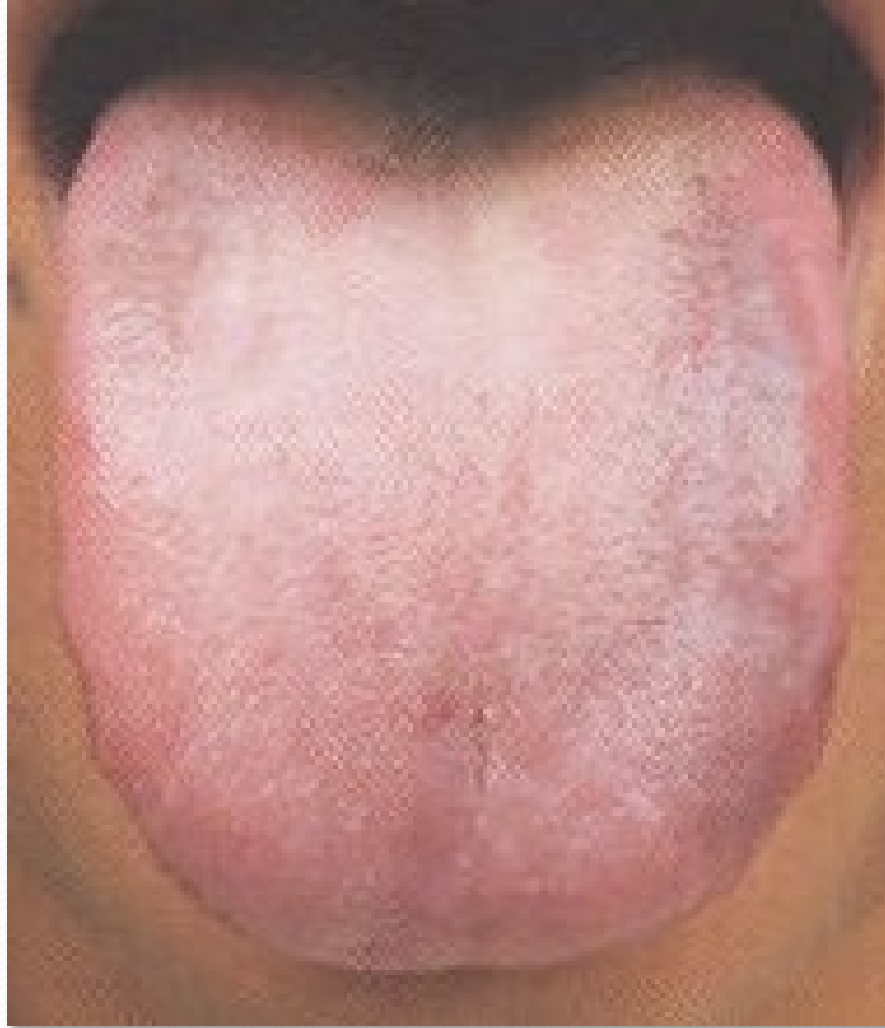


WIRY (*XIAN*)



FIRM
(*LAO*)

Both hard, taut, full



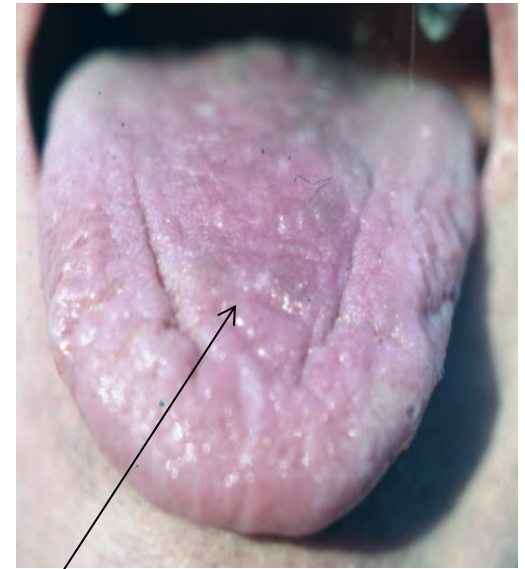
AREAS OF BLOOD STASIS



Purple Sides
(Blood stasis in Liver/ Uterus)



Purple chest/breast area
(Blood-stasis in the lung, heart or
breast)



Purple Centre
(Blood stasis in the Stomach)

PURPLE CHEST AREA

The chest area on the tongue reflects Western pathology of the heart or lungs or of the breast in women. When the chest area reflects pathologies of the heart or lungs these will be very obvious from the symptoms (e.g. coronary heart disease, chronic obstructive pulmonary disease).

In women, the chest area may reflect a pathology of the breast especially when the purple colour is unilateral.



SUBLINGUAL VEINS

Observation of the tongue should always include observation of the veins under the tongue. Under normal circumstances the veins are not distended, not dark, and one can barely see their outline.

Although a purple colour of the veins under the tongue is clinically very significant, other abnormalities may also be observed, such as, for example, the veins being distended and shiny.

When the veins under the tongue are purple it indicates the early stages of Blood stasis. The sublingual veins, therefore, become purple before the rest of the tongue. A purple colour of the veins under the tongue gives an early indication of Blood stasis particularly in the upper and middle burners.

In modern China, doctors also correlate the appearance of the sublingual veins with modern diseases such as hypertension and arteriosclerosis.

DISTENDED = Qi Xu

DISTENDED AND DARK = Blood Stasis

An early indication of Blood stasis in the upper burner, Lungs, Heart, but also in the Liver.

TOO THIN = Yin Xu

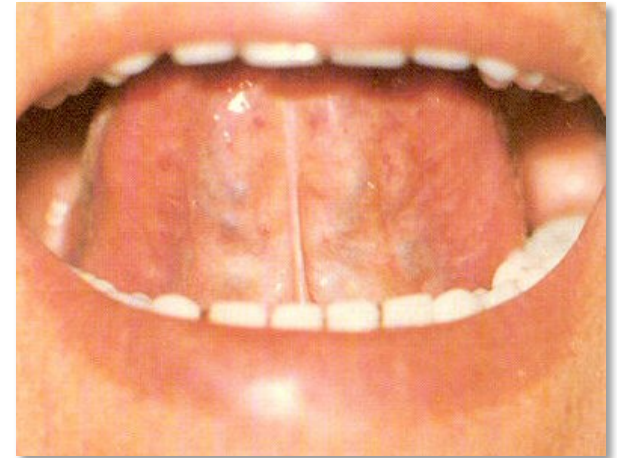
SWOLLEN, WHITE-STICKY = Dampness and Stasis of Blood (Bi syndrome)

REDDISH, SHINY = Damp-Heat

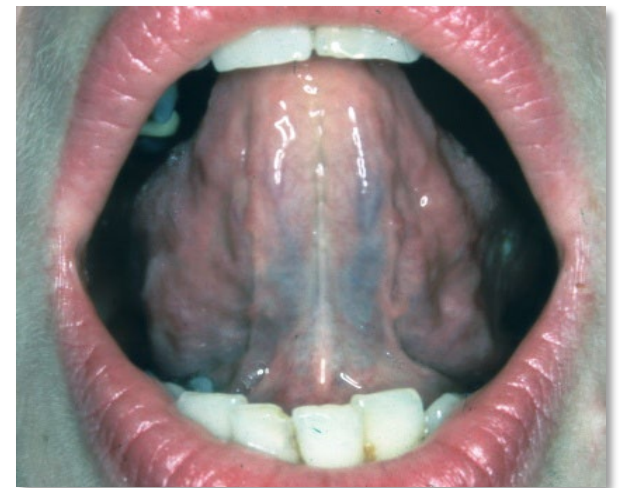
YELLOWISH = Turbid Dampness steaming upwards

WHITE-SLIPPERY = Cold-Dampness.

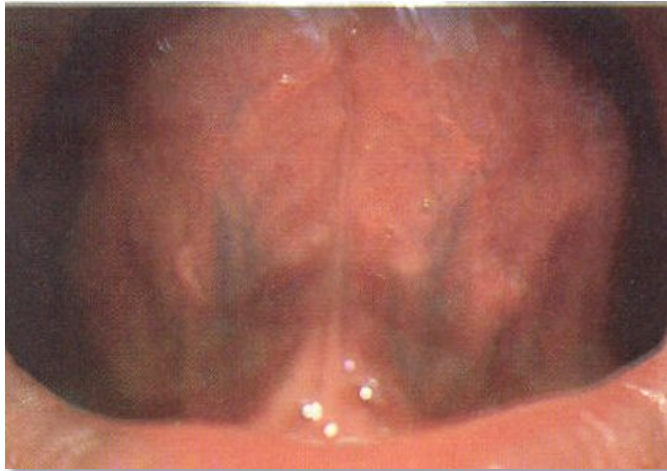
DARK-DRY VEINS: severe Yin Xu with Empty Heat.



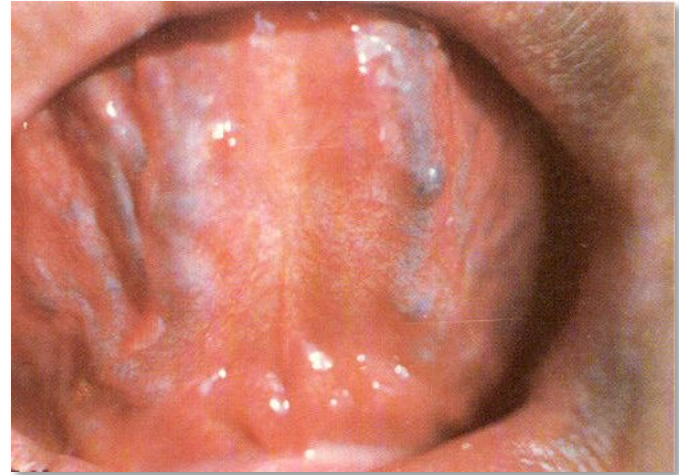
Normal sublingual veins



Dark sublingual veins



Sublingual veins slightly dark



Sublingual veins dark and distended



Sublingual veins very dark on the left side

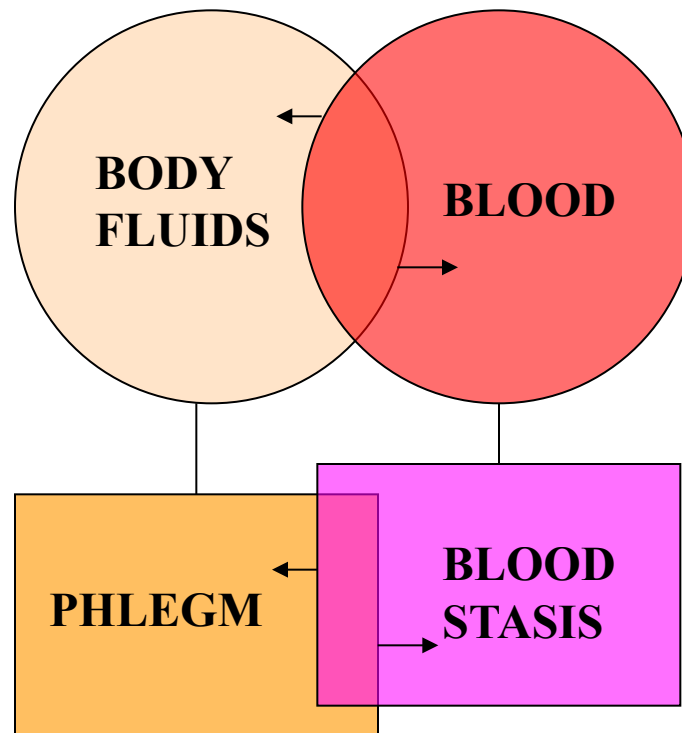


Very dark sublingual veins

INTERACTION BETWEEN BLOOD STASIS AND PHLEGM

Phlegm and Blood stasis are both pathologies of Fluids. Phlegm is a pathological accumulation of Fluids while Blood stasis influences Fluids (due to the exchange between Blood and Fluids).

Therefore Phlegm and Blood stasis aggravate each other. This is a very pernicious interaction in serious diseases, e.g. cancer. Saying: *“In the elderly, when in doubt, resolve Phlegm and invigorate Blood”*.



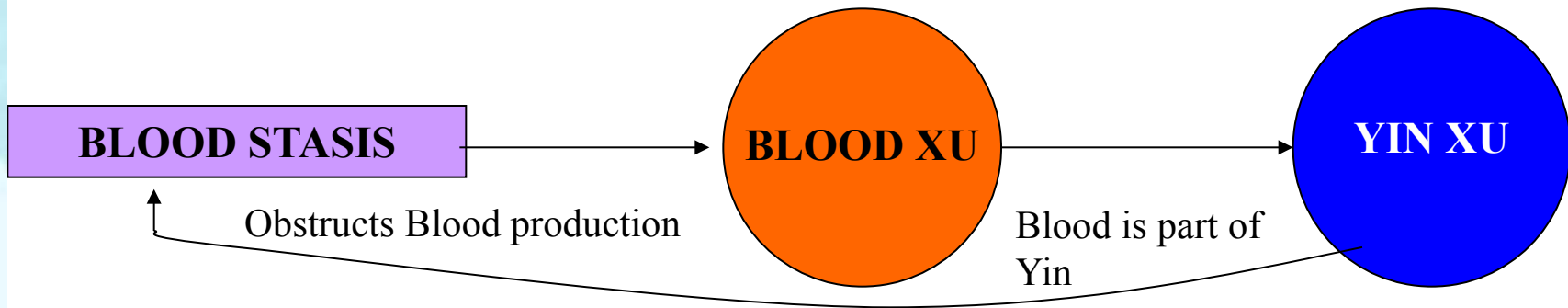
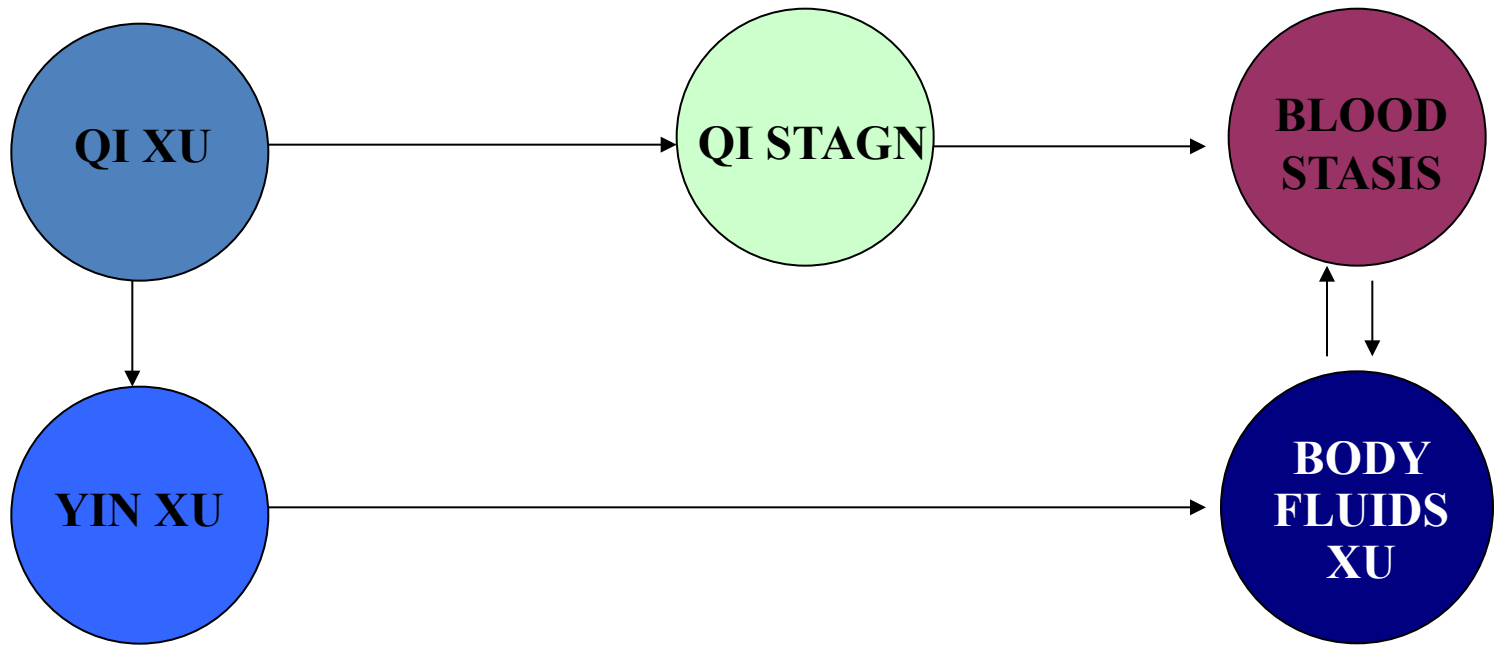
BLOOD STASIS AND YIN DEFICIENCY

Some Chinese doctors place the emphasis on nourishing Yin when treating Blood stasis. They say that Yin deficiency often accompanies Blood stasis and it either derives from it or aggravates it.

Qi stagnation may lead to Blood stasis but Qi stagnation itself may also often lead to Liver-Blood and Liver-Yin deficiency, thus Yin deficiency may derive from Blood stasis. Qi deficiency and Yang deficiency may lead to Blood stasis; on the other hand, deficient Qi and Yang fail to nourish fluids and may lead to Yin deficiency. Thus, Yin deficiency can be seen as a further development of Qi deficiency. The Ling Shu in chapter 8 says: *“If there is Yin deficiency there must be Qi deficiency”*.

Blood stasis may also cause Yin deficiency as stagnant Blood obstructs the Blood vessels and new Blood cannot take its rightful place. Blood is part of Yin and therefore Yin deficiency may ensue, hence the symptoms of dryness. This is much more likely to happen in the elderly.

In treatment, one must nourish Yin as well as invigorating Blood according to the principle that one must *“nourish in order to move”*.



May aggravate Blood stasis as deficient fluids fail to interchange with Blood

It may be useful to classify the Blood-invigorating herbs according to their target area/organ:

MIND: Dan Shen.

HEAD: Chuan Xiong.

BREASTS: Wang Bu Liu Xing, Mo Yao, Chuan Shan Jia, Si Gua Luo, Hong Hua.

CHEST: Yu Jin, Dan Shen.

LOWER BACK AND KNEES: Ji Xue Teng, Chuan Niu Xi.

EPIGASTRIUM: Yan Hu Suo, Yu Jin, Lu Lu Tong, Wu Ling Zhi.

UTERUS: Yan Hu Suo, Yi Mu Cao, Ze Lan, Chi Shao, Hong Hua, Tao Ren, San Leng, Su Mu, Wu Ling Zhi, Di Bie Chong.

LOWER ABDOMEN: Yan Hu Suo, Tao Ren, San Leng, Di Bie Chong.

BLADDER: Yi Mu Cao, Ze Lan.

Dan Shen (Mind)

Chuan Xiong (head)

Yu Jin, Dan Shen (chest)

**Wang Bu Liu Xing, Mo Yao, Chuan Shan Jia,
Si Gua Luo, Hong Hua (breasts)**

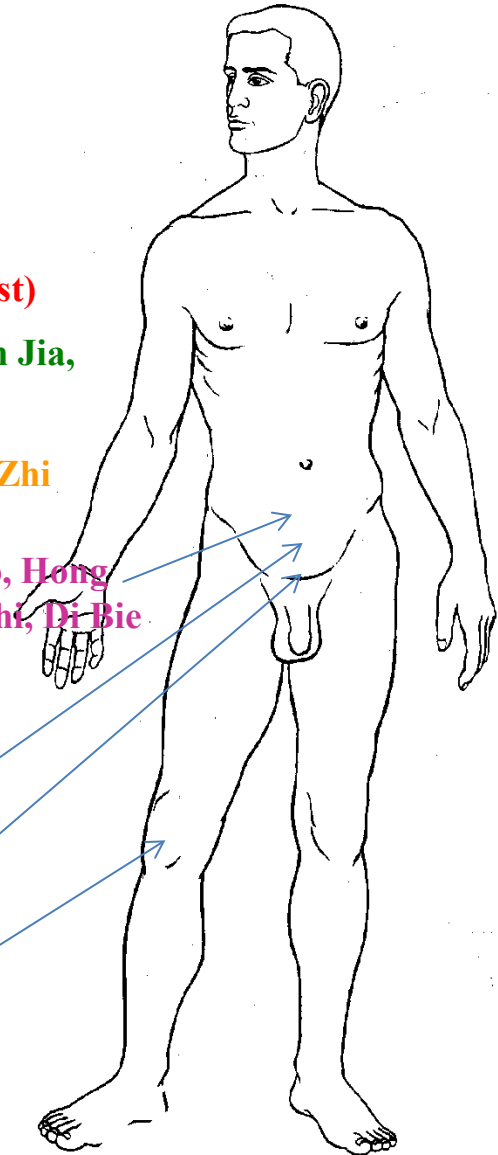
Yan Hu Suo, Yu Jin, Lu Lu Tong, Wu Ling Zhi

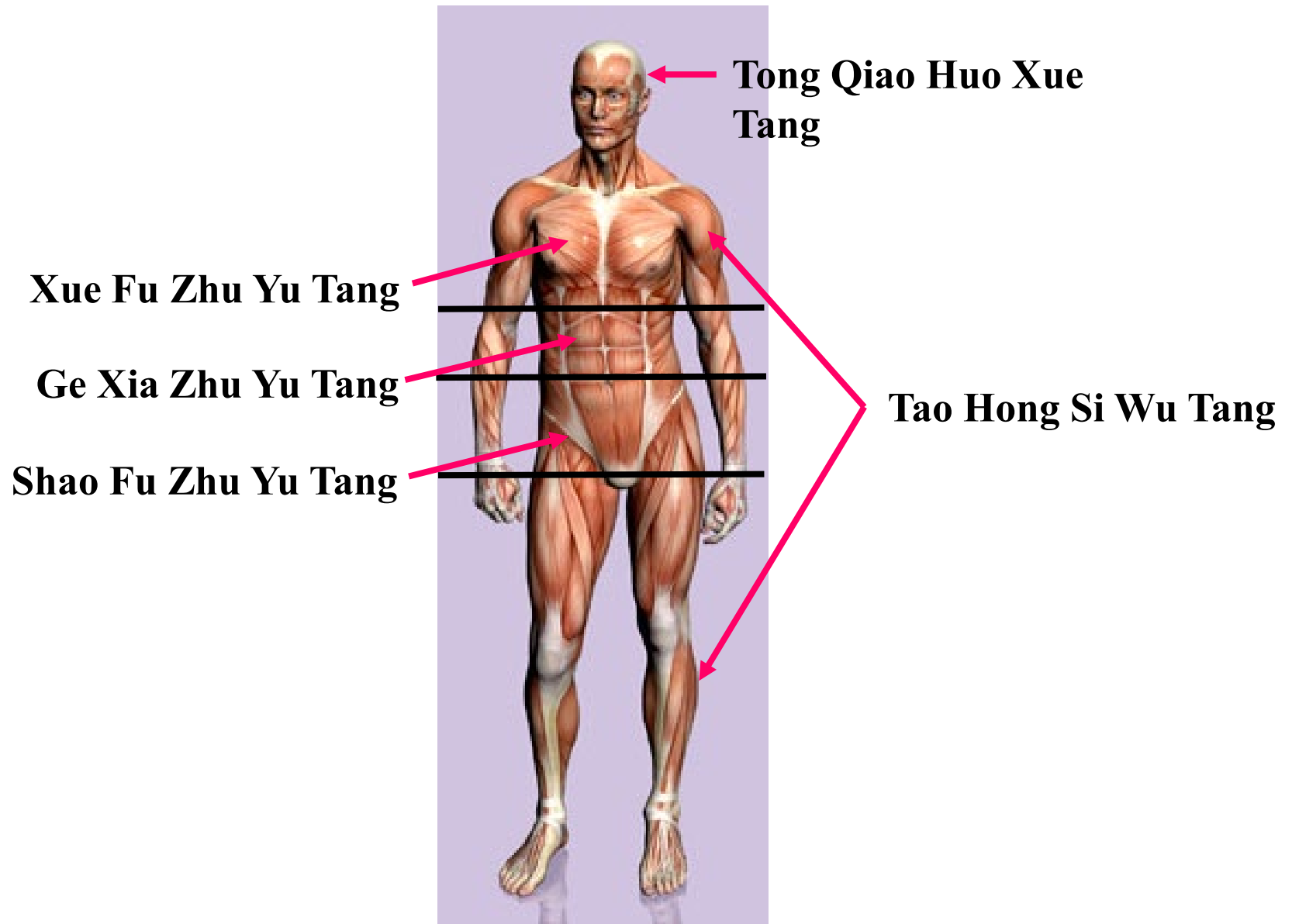
**Yan Hu Suo, Yi Mu Cao, Ze Lan, Chi Shao, Hong
Hua, Tao Ren, San Leng, Su Mu, Wu Ling Zhi, Di Bie
Chong (uterus)**

**Yan Hu Suo, Tao Ren, San
Leng, Di Bie Chong.**

Yi Mu Cao, Ze Lan (BL)

**Ji Xue Teng
Chuan Niu Xi
(back/knees)**





Blood-invigorating herbs have a complex pharmacology which makes them some of the most useful herbs in the Chinese pharmacopoeia. The pharmacological actions of these herbs may be summarized as follows:

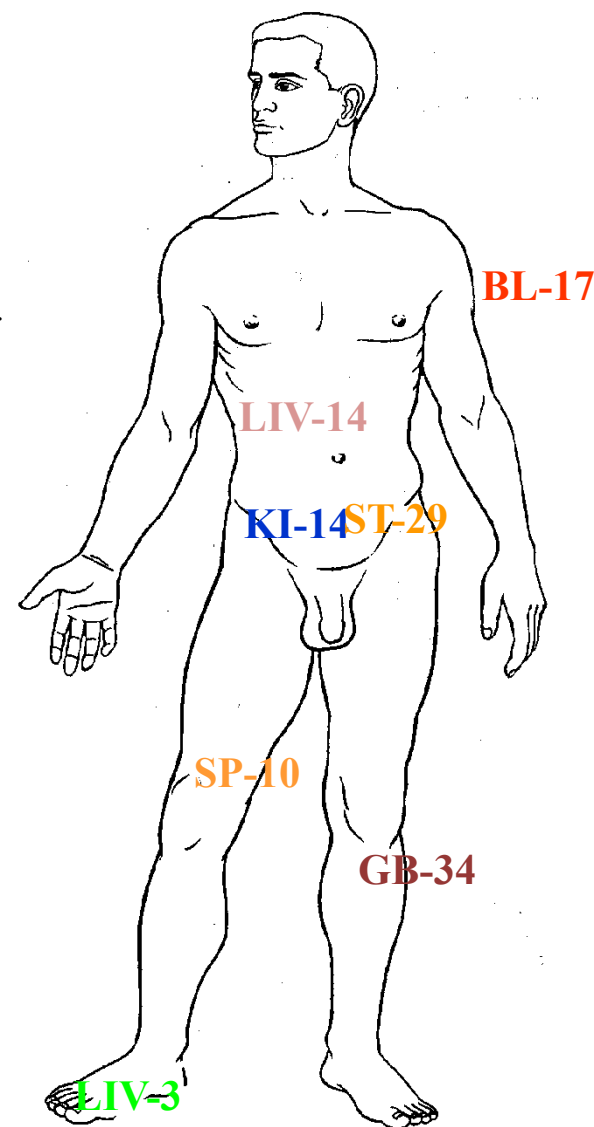
- They improve the dynamics of blood flow and dilate the peripheral, coronary, cerebral, renal and mesenteric arteries.
- They improve microcirculation. Disturbance of microcirculation causes many diseases such as coronary heart disease, angiitis, endometriosis, chronic hepatitis, hepatic cirrhosis and scleroderma.
- They improve concentration, coagulation and accumulation of blood and prevent thrombosis by inhibiting accumulation of platelets.
- They influence connective tissues and can treat diseases of these tissues such as skin warts, burn scars and adhesions.
- They readjust cellular and humoral immunity.
- They have an analgesic effect.
- They increase uterine contractions.
- They combat inflammation and bacterial infection.

ACUPUNCTURE

The main points to move Liver-Blood and eliminate stasis of Blood are the same as those that eliminate stagnation of Liver-Qi, i.e. LIV-3 Taichong (this is the main one), G.B.-34 Yanglingquan, LIV-14 Qimen. These points should be needled with reducing or even method. In addition, two points which specifically invigorate Blood are BL-17 Geshu (with needle, no moxa) and SP-10 Xuehai.

In gynaecology: Chong Mai (SP-4 and P-6) with KI-14, ST-29.

Others: SP-6, P-6.



CAUSES OF DEATH IN CHINESE MEDICINE

- Collapse of Stomach-Qi: infarction
- Loss of Shen: tranquil death from old age (often in sleep)
- Emptiness of the 5 Zang: slow death from cancer
- Separation of Yin and Yang (Collapse of Yin or Yang): infarction, stroke.

AGE AT DEATH OF FAMOUS CHINESE DOCTORS

Ge Hong (Jin): 81

Yao Gong Jing (Jin): 85

Sun Si Miao (Tang): 101 (*Qian Jin Yao Fang*)

Chen Wu Ji (Song): 90

Qian Yi (Song): 82

Li Zao (Yuan): 72

Zhu Dan Xi (Yuan): 78 (*Dan Xin Xin Fa*)

Hua Shou (Yuan): 82

Lan Cheng (Ming): 80

Li Shi Zhen (Ming): 75 (*Ben Cao Gang Mu*)

Gong Ting Shen (Ming): 87

Zhang Jing Qiu (Ming): 77

Wang Zhi Tang (Ming): 80

Ye Tian Shi (Qing): 79 (*Wen Bing Lun*)

Wang Shi Xiong (Qing): 110

Xu Da Chun (Qing): 79

Lu Chong An (People's Republic): 85

TOBACCO IN CHINESE MEDICINE

- Tobacco was introduced in China in 1575.
- The *Zhen Nan Ben Cao* (Ming) concludes that tobacco is pungent in taste, hot and toxic without any medicinal effect
- The *Ben Cao Cong Xin* says “People nowadays inhale smoke down to the throat: this damages *Blood* and the voice”
- Emperor Chong Zhen (Ming) enacts laws against smoking
- Qu Ci Shan (Qing) says: “Tobacco is pungent and drying, it *burns Jing* (Kidneys) and the Fluids, damages the throat, the Stomach and the Lungs...it enters the Heart orifice causing mental confusion as if one were drunk. It makes the tongue coating dark-yellow or black, food and drink have no taste, the medical texts have no treatment for this.”
- Zhao Xue Min (Qing) thought that smoking damages the Lungs, exhausts Blood, injures Shen and shortens life.

Wu Yi Luo (Qing) said: “Smoking burns Lung-Yin and causes dryness and pain of the throat, cough with blood and loss of voice. It also exhausts Blood.”

BENEFICIAL EFFECT OF MODERATE ALCOHOL CONSUMPTION IN CHINESE MEDICINE

- Calms the Mind, relaxing, dispels worry
- Invigorates Blood, eliminates obstructions from the channels, harmonizes and warms the Stomach, expels Cold
- Eliminates toxins, expels pathogenic factors, prevents invasions of Wind and makes Qi descend
- Main herbs for tincture:
 - Huai Niu Xi *Radix Achyranthis bidentatae*
 - Wu Jia Pi *Cortex Acanthopanax gracilistylis Radicis*
 - He Shou Wu *Radix Polygoni multiflori*
 - Huang Jing *Rhizoma Polygonati*
 - Ren Shen *Panax Ginseng*
 - Ju Hua *Flos Chrysanthemi morifolii*

BENEFICIAL EFFECTS OF GREEN TEA

- It clears the Mind and benefits thought process
- It “decreases laziness”
- It makes the body light
- It clears the eyes
- It eliminates toxins
- It clears the brain
- Calms irritability
- It eliminates stagnation



RECIPES FOR THE ELDERLY

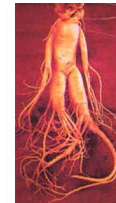
BENEFIT QI PIG'S STOMACH DECOCTION

Yi Qi Zhu Tu Tang

- Pig's stomach
- Ren Shen 10g
- Sheng Jiang 10g
- Pepper
- Scallions (only heads), chopped
- Sweet rice
- Fu Ling

Chop all the ingredients and put them in the pig's stomach, boil in water.

Action: tonify Qi, benefit Jing, calm the Mind.



PIG'S KIDNEY GRUEL DECOCTION

Zhu Shen Zhou Fang

- Pig's kidney
- Scallions 2
- Ren Shen 2g
- Fang Feng 2g
- Yi Yi Ren 15g
- Da Zao 15 dates
- Rice, short grain 500 g

Action: tonify Qi, benefit the Kidneys.



PIG'S LIVER FORMULA

Zhu Gan Fang

- Pig's liver
- Scallions, a bunch
- Eggs, 2

Action: tonify the Liver, nourish Blood, benefit the eyes. Eye problems.

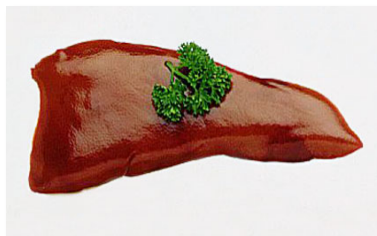
LILIUM FORMULA

Bai He Fang

- Bai He *Bulbus Lillii*
- Flour

Cut the Lily in pieces, roll in flour and coat, fry.

Action: strengthen the body, tonify Qi, nourish Blood.



SAN QI STEAMED CHICKEN FORMULA

- San Qi 10g
- Chicken, one
- Sheng Jiang
- Pepper

Action: nourish Blood and Jing, regulate the Zangfu, invigorate Blood, remove obstructions from the channels. Use in autumn and winter.



PIG'S KIDNEY FORMULA

- Pig's kidney, one
- Du Zhong 10g
- Sha Ren 10g

Action: tonify the Kidneys, strengthen the back and knees. For backache, weak knees, dizziness.

HEN FORMULA

- Hen, one
- Rou Cong Rong 10g
- Shan Yao 500g
- Fu Ling 20g
- Rice, 1 Kg

Action: tonify Qi, benefit the Yuan Qi, strengthen Yang, calm the Zangfu, regulate Qi and Blood.



LAMB GRUEL

- Lamb, 1 Kg
- Huang Qi 30g
- Ren Shen 3g
- Fu Ling 30g
- Da Zao 10 dates
- Rice 500g

Remove fat and skin, use only lean meat.

Action: tonify Qi, nourish Blood, strengthen the Spleen and Kidneys.



BEEF FORMULA

- Beef, 500g
- Pepper 15g
- Chen Pi 8g
- Sha Ren 8g
- Sheng Jiang 8g
- Salt 100g

Cover the beef with salt and leave for 2 days before cooking.

Action: tonify the Spleen and Kidneys.



FOODS FOR THE ELDERLY

NOURISH YIN

Hei Mu Er (black mushrooms), pears, lotus root, carrots, water chestnuts, lily (Bai He), cowpeas, bamboo shoots, lean pork meat.

TONIFY YANG

Lamb, goat, dog (!), deer, lychee, black dates, spring onions, garlic, rape, leaf mustard, pumpkin, ginger, soya beans, broad beans, milk.

RESOLVE DAMPNESS AND PHLEGM

Celery, water spinach, coriander, spinach, amaranth, pak choi, Chinese cabbage, wax gourd, green-leaf vegetables. Avoid alcohol and sugar.
Reduce grains.

WEAK-EMACIATED

Milk, eggs, chicken soup, yam, black dates, fish.

FOODS FOR THE ELDERLY: FOOD FOR THE 5 ZANG

HEART: vegetables. Fruit, asparagus, goat, garlic; avoid alcohol and excess of salt.

LIVER: sweet, bland foods, vegetables; avoid greasy foods, alcohol and too pungent foods.

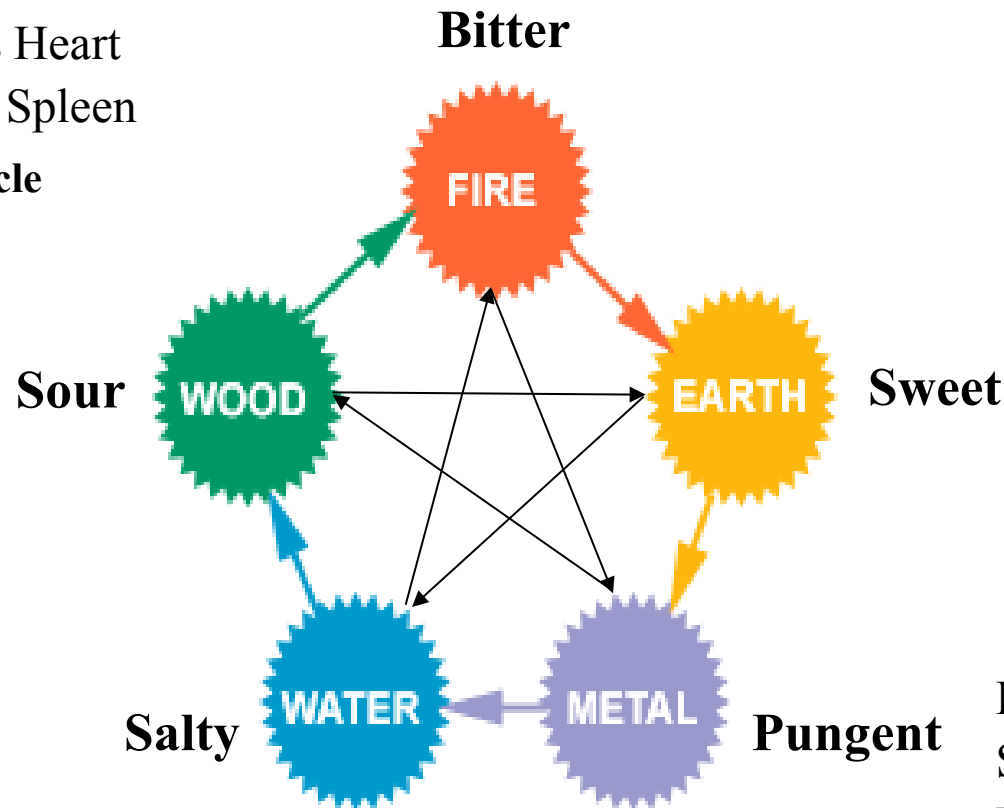
SPLEEN: rice, beef, dates; avoid greasy and cold foods and sour foods.

LUNGS: chicken, scallions; avoid bitter foods.

KIDNEYS: soya beans, pork; avoid pungent foods and excess of sweet foods.

Bitter injures Lungs
Sweet injures Kidneys
Pungent injures Liver
Salty injures Heart
Sour injures Spleen

Direct Ke cycle



Bitter benefits Kidneys
Sweet benefits Liver
Pungent benefits Heart
Salty benefits Spleen
Sour benefits Lungs

Reverse Ke cycle

EFFECTS OF MOXA IN THE ELDERLY FOR PREVENTION

Moxa removes obstructions from the channels, harmonizes Ying and Wei, tonifies Qi, nourishes Blood, regulates the Zangfu, stimulates the immune system and delays aging. More specifically it:

- 1) Tonifies and warms Yang and cheers up the spirit
- 2) Strengthen the Spleen and tonifies the Centre
- 3) Tonifies Qi and the Yuan Qi, regulates Ying and Wei
- 4) Resolves Dampness, scatters cold, removes obstructions from the channels

POINTS FOR MOXIBUSTION IN THE ELDERLY

ST-36 Zusanli: consolidates the Kidneys, nourishes Jing, regulates the Shen, tonifies Qi, nourishes Blood, warms Spleen-Yang, strengthens the Stomach and regulates the Intestines.

REN-6 Qihai: calms the Shen, tonifies the Brain, tonifies Yang and Qi, consolidates the Kidneys, benefits Jing, strengthens the Spleen, benefits the Stomach, consolidates Chong and Ren.

REN-4 Guanyuan: tonifies Kidney-Yang, nourishes Kidney-Yin, tonifies Yuan Qi, nourishes Jing, consolidates Chong and Ren, calms the Mind, treats diseases of the elderly

DU-4 Mingmen: tonifies and warms Kidney-Yang, tonifies Yuan Qi, strengthens the Minister Fire, tonifies the Spleen and Stomach, strengthens the sinews, benefits the Brain, regulates the Spirit, strengthens bones.

POINTS FOR MOXIBUSTION IN THE ELDERLY

BL-23 Shenshu: tonifies Kidney-Yang, strengthens *Zhi* (will power and memory), nourishes Jing, calms the Mind, benefits Spleen and Stomach.

REN-8 Shenque: tonifies Yang, benefits Qi, wearm the Kidneys, strengthens the Spleen.

REN-12 Zhongwan: strengthens the Spleen, benefits the Stomach, tonifies Qi, resolves Dampness and Phlegm.

HERBS FOR THE ELDERLY

He Shou Wu, Huang Jing, Gou Qi Zi, Sheng Di Huang, Ju Hua (good for the heart, coronary heart disease and hypertension), Ren Shen, Du Zhong.

FORMULAE FOR THE ELDERLY

BU LAO WAN *Anti-aging Pill*

Ren Shen, Chuan Niu Xi, Dang Gui, Du Zhong, Sheng and Shu di Huang, Tu Si Zi, Bai Zi Ren, Shi Chang Pu, Gou Qi Zi, Di Gu Pi.

QING SHI DAN *Celebrating Life Pill*

Gou Qi Zi, Ju Hua, Yuan Zhi, Che Qian Zi, Ba Ji Tian, Sheng di Huang, Fu Pen Zi, Bai Zhu, Rou Cong Rong, Chang Pu, Niu Xi, Di Gu Pi, Tu Si Zi, Xu Duan, Xi Xin, Shou Wu.

HE SHOU WU WAN *Polygonum Pill*

He Shou Wu, Shu Di Huang, Fu Zi, Niu Xi, Gui Zhi, Sang Ji Sheng, Bai Zi Ren, Wu Wei Zi, Di Gu Pi, Lu Rong, Rou Cong Rong, Tu Si Zi

CHEST *BI* SYNDROME (*XIONG BI* 胸痹)



Chinese character for “longevity” (*shou*)

CHEST BI SYNDROME

Full

- Stagnation of Qi in the Chest
- Heart-Blood stasis
- Turbid Phlegm stagnating in the Chest
- Stagnation of Cold in the Chest
- Liver-Fire harassing the Heart in the chest

Empty

- Spleen- and Heart-Yang deficiency
- Qi and Yin deficiency
- Heart- and Kidney-Yin deficiency

The condition which goes under the name of “Chest Bi” (where *Bi* means “obstruction”) is characterized by a feeling of oppression and pain in the chest, extending to the shoulders.

In severe cases the pain is greater than the sensation of oppression and in very severe cases there is a stabbing pain in the heart region on the left side of the chest extending to the left shoulder and down the left arm.



The *Bi* in “Chest *Bi*” is composed by the radical for “disease” and a character indicating “obstruction”. The fact that the word *Bi* here is the same as that in *Bi* Syndrome, i.e. ache in the joints from invasion of Wind, Cold and Dampness, should not induce us to make any correlations between these two very different conditions.

In *Bi* Syndrome, only the channels and joints are affected; in Chest *Bi*, the Internal Organs are also affected. Moreover, Chest *Bi* may correspond to very different types of diseases than *Bi* Syndrome, such as coronary heart disease, angina pectoris, chronic bronchitis, pulmonary emphysema or cancer of the lungs.

痹

The “obstruction” in Chest Bi Syndrome is obstruction in the circulation of Qi and Blood in the chest by Qi stagnation, Blood stasis, Phlegm or Cold.

The symptoms of Chest Bi (but not this name) are mentioned in the Nei Jing.

The “Su Wen” in chapter 22 says:

“When the Heart is diseased there is pain in the centre of the chest, hypochondrial fullness and pain, pain involving the chest, back and scapulae as well as both arms.”

The “Ling Shu” in chapter 24 says:

“In True Heart Pain the arms and legs are cyanotic and cold up to the elbows and knees and there is severe pain in the heart region.”

“True Heart Pain” corresponds to a severe type of Chest Bi.

During the Han dynasty, Zhang Zhong Jing in the “Essential Prescriptions from the Golden Chest (*Jin Gui Yao Lue*) introduced the term “Chest Bi” (*Xiong Bi*) for the first time. In chapter 9 he says:

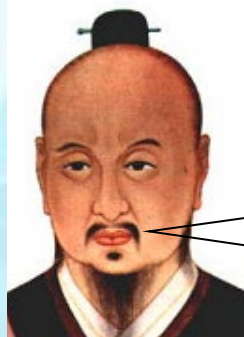
“In Chest Bi there is breathlessness, cough, pain in the chest and back, the Cun pulse is Deep and Slow and the Chi position it is Tight and Rapid. Use Gua Lou Xie Bai Bai Jiu Tang Trichosanthes-Allium-White Wine Decoction.”

張
仲
景



Here “Slow” and “Rapid” do not refer to the actual rate of the pulse (which could not be Slow in one position and Rapid in another), but to the feeling of the pulse.

In the same chapter he says:



“In Chest Bi when the patient cannot lie down and heart pain extends to the back, use Gua Lou Xie Bai Ban Xia Tang Trichosanthes-Allium-Pinellia Decoction.”

The “Causes of Diseases and Treatment according to the Pulse” (1706) says: *“Pain over the sternum indicates Chest Bi...the internal causes of Chest Bi are the 7 emotions and the 6 excessive desires. They stir Heart-Fire and affect the Lungs. They may also cause rebellious Qi to damage the Lung passages, Phlegm to accumulate and Qi to stagnate. Chest Bi may also be caused by excessive consumption of hot-pungent foods which injure the Upper Burner and cause Blood to stagnate. This leads to a feeling of oppression and pain of the chest.”*

Traditionally, there are three types of Chest Bi:

1. *Xin Tong* (Heart-pain): pain in the chest.
2. *Zhen Xin Tong* (True Heart-pain): pain in the chest with cyanosis of face, arms and feet.
3. *Jue Xin Tong* (Breakdown Heart-pain): pain in the chest with cold limbs.

From a Western medical perspective, Chest Bi may correspond to several different diseases, pertaining to the heart or the lungs.

If there is pain in the left side of the chest, palpitations and shortness of breath, it may correspond to heart diseases such as angina pectoris, myocardial infarction or coronary heart disease.

If there is a cough, breathlessness and expectoration of phlegm, it may correspond to such lung diseases as chronic bronchitis, chronic tracheitis, pulmonary emphysema or cancer of the lungs.

Examples of patterns corresponding to lung diseases may be "Turbid Phlegm stagnating in the chest" or "Spleen- and Heart-Yang deficiency". In some cases, Chest Bi may correspond to chronic gastritis.



The discussion of Chest Bi Syndrome will be discussed according to the following topics:

1. Aetiology

- a) External pathogenic factors
- b) Diet
- c) Emotional problems
- d) Old age

2. Pathology

3. Channels

4. Treatment strategies

5. Identification of patterns and treatment

Full Conditions

- a) Stagnation of Qi in the chest
- b) Heart-Blood stasis
- c) Turbid Phlegm stagnating in the chest
- d) Stagnation of Cold in the chest
- e) Liver-Fire harassing the Heart in the chest

Empty Conditions

- a) Spleen- and Heart-Yang deficiency
- b) Qi and Yin deficiency
- c) Heart- and Kidney-Yin deficiency.

6. Prognosis and prevention

7. Modern Chinese literature

8. Western differential diagnosis

1. AETIOLOGY

a) EXTERNAL PATHOGENIC FACTORS

External Cold can invade the chest and obstruct the circulation of Yang Qi in the chest. The obstruction of Yang Qi leads to Chest Bi with the ensuing feeling of oppression and pain in the chest. External Cold is all the more likely to invade the body if there is a pre-existing deficiency of Yang. In particular, a deficiency of Yang of the Lungs or Heart will predispose the body to invasion of Cold in the chest.

The “Methods and Rules of Medicine” (1658) says:

“In Chest Bi, pain in the heart region is caused by Yang deficiency and invasion of Cold.”

The “Treatment Planning according to Syndrome Categories” (1839) says:

“In Chest Bi, Yang Qi of the chest does not move; after a long time Yin takes the place of Yang.”

b) DIET

Irregular eating and excessive consumption of fats, sweets, dairy foods or cold-raw foods injure the Spleen and Stomach.

As a result, these cannot transform food and transport food essences, and Phlegm is formed. Phlegm obstructs the blood vessels leading to stagnation of Qi and Blood. Stasis of Blood in the chest blocks the circulation of Yang Qi in the chest and this leads to Chest Bi.

In Chest Bi Syndrome, there is often an interaction between Phlegm and Blood stasis as these two pathogenic factors aggravate each other.



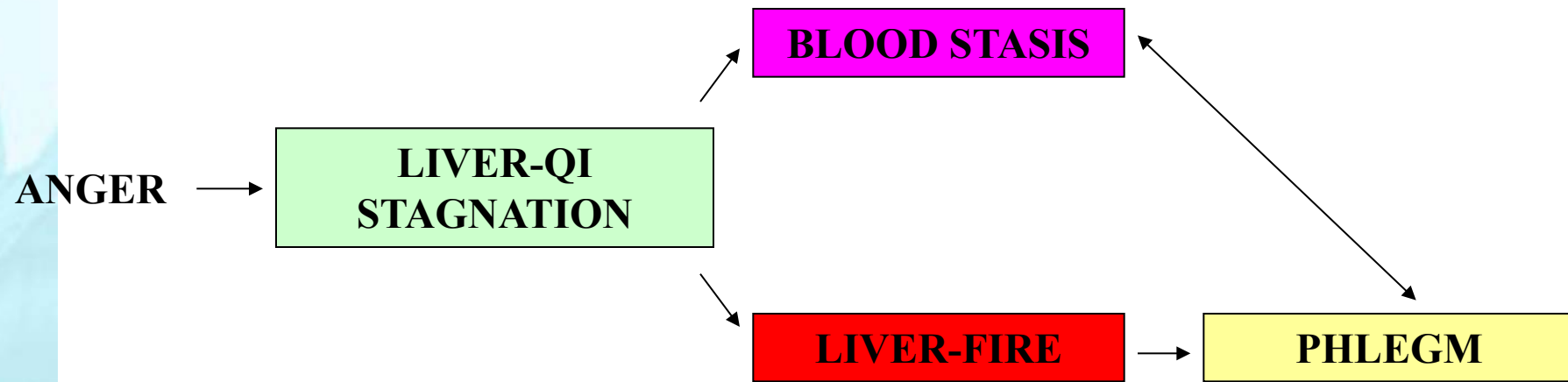
c) EMOTIONAL PROBLEMS

Emotions such as pensiveness, worry, fear, sadness, guilt and shame injure the Heart, Spleen and Lungs and deplete Qi. When Heart-, Spleen- and Lung-Qi are weak, after some time, Qi may stagnate in the chest and this leads to a combination of Qi deficiency and Qi stagnation.

Prolonged stagnation of Qi, on the other hand, may also lead to the formation of Phlegm in the chest. Both Qi stagnation and Phlegm contribute to Chest Bi developing.

Other emotions such as anger, resentment, frustration and guilt injure the Liver and prevent its Qi from flowing freely. Liver-Qi stagnation also affects the chest (as well as the hypochondrium).

Stagnant Liver-Qi may turn into Fire after a long period of time. Fire, on the other hand, burns body fluids and condenses them into Phlegm. Both stagnant Liver-Qi and Phlegm lead to stasis of Blood which obstructs the movement of Yang Qi. This causes Chest Bi.



Please note that “anger” here includes other emotions such as frustration, resentment, envy, repressed anger and guilt.

d) OLD AGE

Declining Kidney-Yang fails to warm the internal organs and may lead to Heart-Yang deficiency.

Declining Kidney-Yin fails to nourish the internal organs and may lead to Heart-Yin deficiency. If Heart-Yin is deficient, Heart-Yang cannot move and this leads to stagnation of Qi and Blood in the chest and Chest Bi. In both these cases, the Root is the deficiency of Yin or Yang of Kidneys and Heart, and the Manifestation is the stagnation of Qi and Blood in the chest.



2. PATHOLOGY

Although the Heart is central to the condition of Chest Bi, other organs, notably the Lungs, Stomach, Liver, Spleen and Kidneys also play a role.

The *Lungs* govern *Zong Qi* of the chest. This assists the Heart in pushing Blood through the blood vessels and if *Zong Qi* is weak, the Heart lacks force in pumping and Blood may stagnate in the chest.

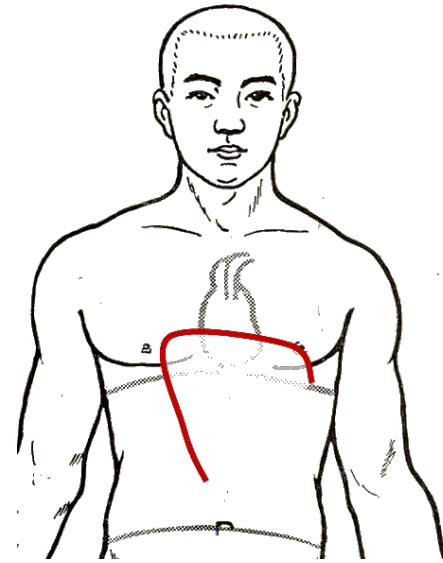
The “Ling Shu” in chapter 75 says:

"If Zong Qi does not descend, Blood will stagnate in the vessels."

Hence the importance of moving Qi in order to invigorate Blood: the point Ren-17 Renzhong, where the *Zong Qi* collects, is an important point to move Qi in the chest to relieve Blood stasis.

The *Stomach* also affects the Heart and Blood circulation: the Great Luo channel of the Stomach gives the pulse the force to contract and dilate.

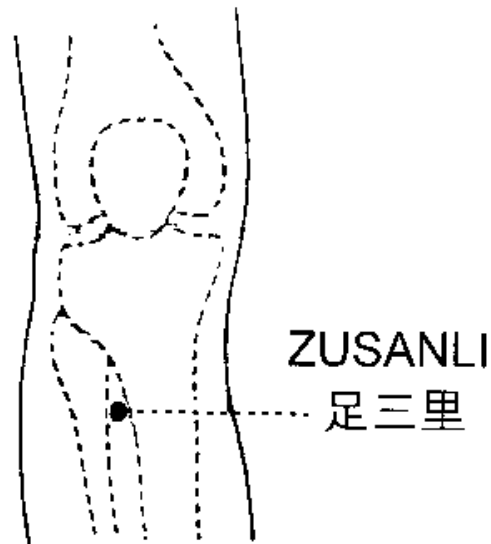
This channel emerges from the Stomach and goes to the area below the left breast: the pulsation which can be felt here, called *Xu Li*, is the pulsation of the Great Luo channel of the Stomach.



Hence the importance of treating the Stomach to support the Heart and help to invigorate Blood: the point ST-40 Fenglong, for example, is extremely important to open the chest and improve the circulation of Blood there.

The point ST-36 Zusanli is very important to regulate the pulse and should always be needled when the pulse is irregular.

Retention of food in the Stomach also affects the development of Chest Bi: when food stagnates in the Middle Burner it may obstruct the circulation of Qi and Blood in the chest and prevents Heart-Qi and Lung-Qi from descending.



This situation is very common in Western patients when it is often difficult to distinguish the chest from the epigastric symptoms. In treatment, it is important to pay attention to the condition of the Middle Burner and, if there is retention of food (sour regurgitation, belching, a feeling of fullness, a thick-sticky tongue coating and a Slippery-Full pulse on the right Middle position), this should be treated with the addition of herbs such as:

Lai Fu Zi *Semen*
Raphani



Ji Nei Jin *Endothelium Corneum*
Gigeriae Galli



Mai Ya *Fructus Hordei*
germinatus.



The *Spleen* influences the pathology of Chest Bi Syndrome primarily through Phlegm.

When Spleen-Qi or Spleen-Yang is deficient, fluids are not transformed properly and may accumulate in the form of Phlegm. This settles in the chest and obstructs the channels and blood vessels in the chest causing a feeling of oppression of the chest.

From a modern perspective, raised cholesterol and atheromas are often considered a form of Phlegm.

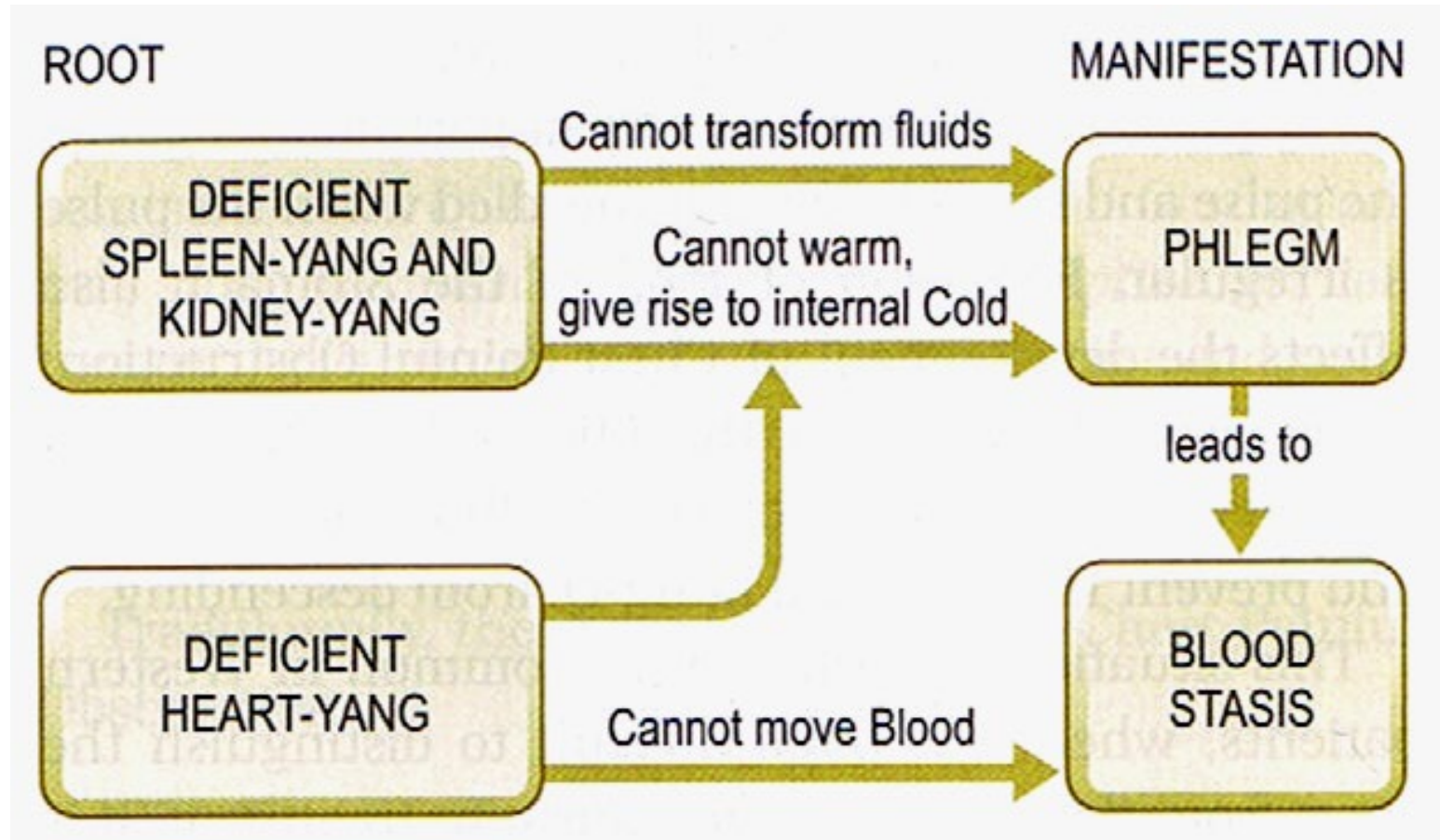
The *Kidneys* play an important role in the pathology of Chest Bi Syndrome. The Heart and Kidneys need to communicate with and nourish each other.

A deficiency of Kidney-Yang often affects the Heart by leading to internal Cold which affects the blood vessels of the chest.

Chest Bi is always characterized by a combination of Deficiency and Excess. The Root of the disease is usually a deficiency of Spleen, Heart or Kidneys or a combination of these. The Manifestation is characterized mostly by stasis of Blood, Cold or Phlegm.

The symptomatology of Chest Bi is characterized by obstruction of blood vessels which leads to pain. Stasis of Blood is therefore nearly always present in this condition, either by itself or in combination with other factors. In long-standing conditions Phlegm is often present and this manifest with a feeling of oppression of the chest.

ROOT AND MANIFESTATION IN CHEST BI



In chronic conditions there is an interaction between stasis of Blood and Phlegm, with one aggravating the other.

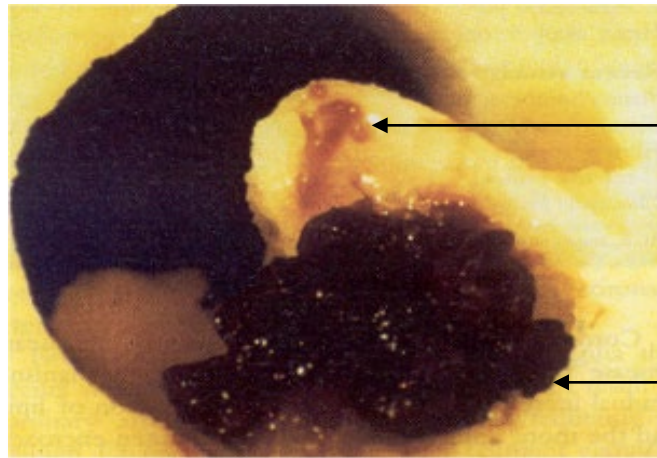
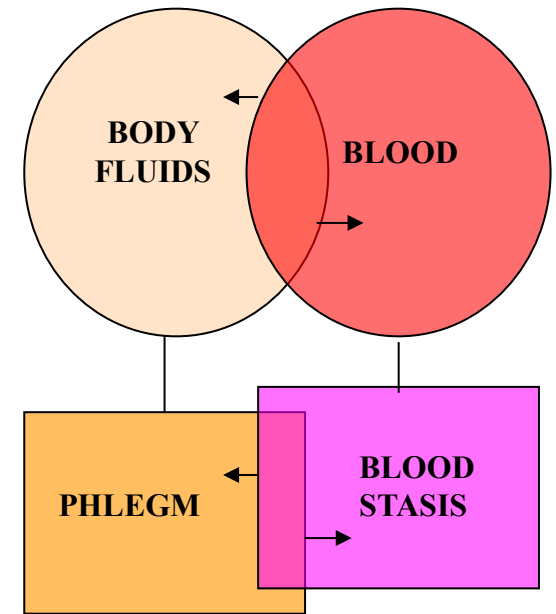
The “Ling Shu” says in chapter 81:

“When body fluids are harmonized, they are transformed into Blood.”

Since body fluids provide the substance for the making of Blood, when they are pathologically transformed into Phlegm, Blood cannot be produced and moved properly and it stagnates. On the other hand, since there is a process of mutual exchange between Blood and body fluids, when Blood stagnates over a long period of time, it will interfere with the transformation of fluids and contribute to forming Phlegm.

For this reason, in chronic conditions of Chest Bi, especially in the elderly, stasis of Blood and Phlegm are both present and they aggravate each other.

If both Kidney and Heart Yang are deficient, body fluids accumulate into Phlegm, the clear Yang cannot rise to open the Heart orifices and the turbid Yin cannot descend: this causes chest pain and a feeling of oppression of the chest.



Atheroma: Phlegm

Thrombus: Blood stasis

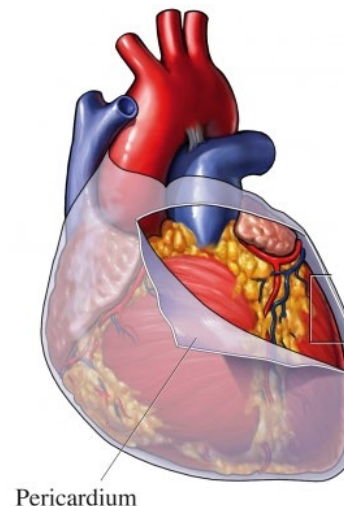
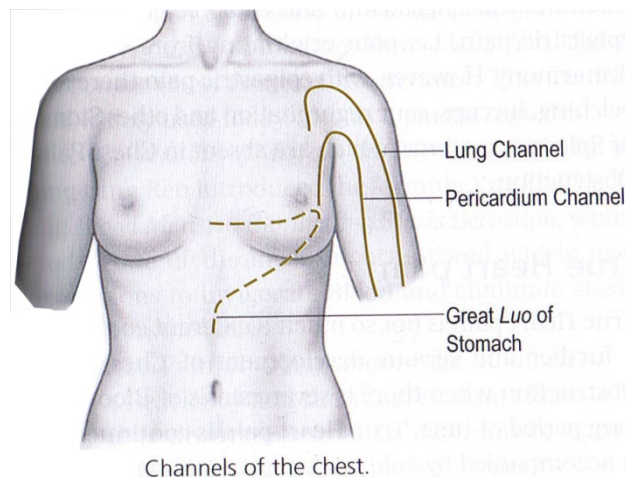
The pathogenic factor involved in Chest Bi can be identified also according to the character of the pain.

- Distending pain: stagnation of Qi
- Feeling of oppression [*men* 悶] or tightness of the chest: Phlegm
- Burning pain: Heat (usually Phlegm-Heat)
- Very severe pain: retention of Cold in the blood vessels
- Stabbing pain that is fixed and feels like a knife blade: stasis of Blood

3. CHANNELS

The most important channels in the pathology of Chest Bi Syndrome are the Lung, Heart, Pericardium and Great Luo channel of the Stomach (see bottom left).

From the point of view of channels, when Chest Bi Syndrome manifests with chest pain, both the Heart and the Pericardium organs are involved (and especially the latter). Whilst as an organ the Pericardium is the outer covering of the Heart and its functions are the same as those of the Heart, from the point of view of channels, the Pericardium channel is quite distinct from the Heart channel and, on a physical level, has a different sphere of action, influencing the area at the centre of the thorax

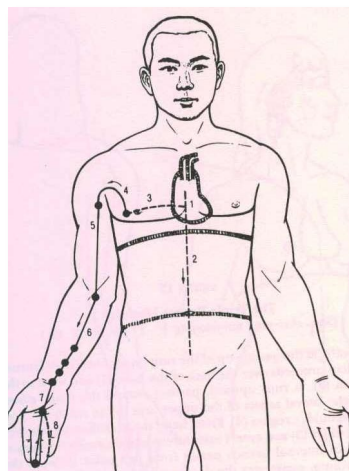


The Nei Jing often refers to the Pericardium as the “centre of the thorax”. The Pericardium channel goes to the centre of the thorax and this area, called *Shan Zhong*, is under the influence of the Pericardium.

Chapter 35 of the “Ling Shu” says:

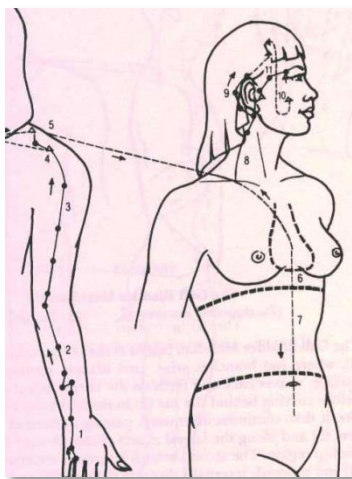
“The centre of the thorax [shan zhong] is the palace of the Pericardium [Xin Zhu]”.

Hence the important action of P-6 Neiguan on the chest and of the point Ren-17 Shanzhong to affect the Pericardium channel.



Being in the centre of the chest, the Pericardium influences the *Zong Qi* and therefore both Heart and Lungs. The Pericardium in this area acts as the agent of propulsion for the Qi and Blood of both Heart and Lungs; for this reason, Pericardium patterns are characterized by clinical manifestations along the chest channels, causing tightness, distension, oppression or pain of the chest.

Thus, whilst in terms of organ functions the Pericardium is obviously closely related to the Heart, in terms of channels, it is exteriorly-interiorly related to the Triple Burner channel, the Pericardium being Yin and the Triple Burner Yang.



For all these reasons, the Pericardium channel is involved in the pathology of Chest Bi Syndrome and must be used for the treatment of it.

That is why Ren-17 Shanzhong, P-6 Neiguan and BL-14 Jueyinshu are important points for Chest Bi Syndrome.

4. TREATMENT STRATEGIES

In Chest Bi the Root (*Ben*) is usually an Empty condition and the Manifestation (*Biao*) is a Full condition. It is always essential to differentiate clearly between the relative influence of Deficiency and Fullness in the clinical manifestations of Chest Bi. Once a Deficiency has been identified, one must further differentiate between deficiency of Qi, Yang, Blood or Yin. Once a Fullness has been identified, one must further distinguish the pathogenic factor involved, e.g. Cold, Phlegm or Blood stasis.

Generally speaking, it is better to deal with the Manifestation first, i.e. eliminate the pathogenic factor. This would involve either expelling Cold or resolving Phlegm or invigorating Blood. Especially with herbal therapy, it is better to eliminate the obstruction of a pathogenic factor before tonifying the body's Qi. With acupuncture, it is possible to deal effectively with both the Root and Manifestation, i.e. tonify the body's Qi as well as eliminating the pathogenic factor.

BEN

Deficiency of:

Qi, Yang, Blood or Yin.

Organs:

Heart, Liver, Kidneys,
Spleen, Lungs, Stomach

BIAO

Qi stagnation

Blood stasis

Phlegm

Cold

In acute cases one must always concentrate on treating the Manifestation only (i.e. eliminate the pathogenic factor), whilst in the chronic phase in between acute attacks, one can turn one's attention to treating the Root (i.e. tonify the body's Qi).

Although the three main Full conditions (Stasis of Blood, Phlegm and Cold) all derive from a deficiency (of Yang), they will be discussed separately because they correspond to acute stages during which one must treat the Manifestation rather than the Root.

The patterns discussed are:

Full

- Stagnation of Qi in the chest
- Heart-Blood stasis
- Turbid Phlegm stagnating in the chest
- Stagnation of Cold in the chest

Empty

- Heart- and Kidney-Yin deficiency
- Qi and Yin deficiency
- Spleen- and Heart-Yang deficiency

GUA LUO XIE BAI BAI JIU TANG

Trichosanthes-Allium-Wine Decoction

Gua Lou *Fructus Trichosanthis*, Xie Bai *Bulbus Allii*, Bai Jiu *white wine*.

GUA LUO XIE BAI BAN XIA TANG

Trichosanthes-Allium-Pinellia Decoction

Gua Lou, Xie Bai, Ban Xia *Rhizoma Pinelliae ternatae*.

ZHI SHI GUA LOU GUI ZHI TANG

Aurantium-Trichosanthes-Cinnamomum Decoction

Zhi Shi *Fructus Immaturus Aurantii*, Gua Lou, Gui Zhi *Ramulus Cinnamomi cassiae*, Hou Po *Cortex Magnoliae officinalis*.

	GUA LOU	BAN XIA	XIE BAI	GUI ZHI	ZHI SHI	BAI JIU
GUA LOU XIE BAI BAI JIU TANG						
GUA LOU XIE BAI BAN XIA T						
ZHI SHI GUA LOU GUI ZHI TANG						

5. IDENTIFICATION OF PATTERNS AND TREATMENT FULL CONDITIONS

a) STAGNATION OF QI IN THE CHEST

Clinical manifestations

Distending pain in the chest that moves from place to place and comes and goes, hypochondrial distension.

Tongue: not significant to diagnose this pattern.

Pulse: Wiry.

This is due to stagnation of Qi of the Liver and Heart. The feeling of distension, the moving of the pain from place to place and the fact that it comes and goes, are all typical of Qi stagnation.

Treatment principle

Move Qi, relax the chest, soothe the Liver and Heart, stop pain.

i. Acupuncture

Points

Ren-17 Shanzhong, P-6 Neiguan, T.B.-6 Zhigou, G.B.-34
Yanglingquan, LIV-3 Taichong, BL-17 Geshu, BL-15 Xinshu, BL-18
Ganshu, BL-14 Jueyinshu. Reducing or even method.

Explanation

- Ren-17 moves Qi in the chest. It is inserted horizontally usually downwards, but it can be slanted towards the direction of the area of pain.
- P-6 moves Qi in the chest, relaxes and opens the chest, calms the Mind and settles the Hun.
- T.B.-6 and G.B.-34 move Qi in the hypochondrial region.
- LIV-3 moves Liver-Qi, relaxes the sinews, calms the Mind and settles the Hun.
- BL-17 relaxes the diaphragm and the chest.
- BL-15 and BL-18, Back-Shu points of the Heart and Liver respectively, move Heart- and Liver-Qi.
- BL-14, Back-Shu point of the Pericardium, moves Qi in the chest.

ii. Herbal therapy

Prescription

XUAN FU HUA TANG

Inula Decoction

Explanation

This formula moves Qi, invigorates Blood, resolves Phlegm and restores the descending of Lung-Qi.

Modifications

- If there is stagnation of Heart-Qi from emotional problems and the patient is unhappy, taciturn and likes to be alone, add He Huan Pi *Cortex Albiziae*.
- If there is stagnation of Qi on a background of Yin deficiency add Fo Shou *Fructus Citri sarcodactylis* which moves Qi without injuring Yin
- If there is stagnation of Lung-Qi as well add Jie Geng *Radix Platycodi*, Zi Wan *Radix Asteris* and Xing Ren *Semen Armeniacae*.

b) HEART-BLOOD STASIS

Clinical manifestations

Pricking pain in the chest which is fixed and worse at night, palpitations.

Tongue: Purple, especially in the chest area or on the sides in correspondence with the chest area (see right).

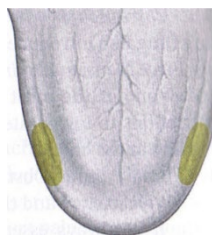
Pulse: Deep and Choppy.

Treatment principle

Invigorate Blood, eliminate stasis, invigorate the Connecting (*Luo*) channels, stop pain.

i. Acupuncture Points

BL-13 Feishu, BL-14 Jueyinshu, BL-15 Xinshu, Ren-17 Shanzhong, Ren-14 Juque, P-4 Ximen, P-6 Neiguan, ST-40 Fenglong, SP-10 Xuehai, BL-17 Geshu, Du-12 Shen-zhu, Du-11 Shendao, Du-10 Lingtai, S.I.-11 Tianzong. All needled with reducing or even method depending on the severity of the pain.



Explanation

- BL-13 is used to stimulate the descending of Qi and to invigorate Blood by moving Qi.
- BL-14, Ren-17, BL-15 and Ren-14 are the Back-Shu and Front-Mu points of Pericardium and Heart respectively. In acute cases they are used with reducing method. These are the main points. Ren-17 is needled horizontally downwards. If the chest pain extends towards the left side, this point can be needled horizontally towards the heart.
- P-4 is the Accumulation point and as such stops pain and is specifically indicated in acute syndromes.
- P-6 is the Luo point and opening point of the Yin Wei Mai. It opens the chest, moves Qi and Blood and removes obstructions. It should be needled with reducing method.
- ST-40 opens the chest (in combination with P-6) and it subdues rebellious Qi.
- SP-10 invigorates Blood.
- BL-17 invigorates Blood and relaxes the diaphragm.
- Du-12-11-10 move Qi and Blood in the chest.
- S.I.-11 invigorates Blood in the chest and it is chosen when the chest pain extends to the scapula.

ii. Herbal therapy

Prescription

XUE FU ZHU YU TANG

Blood Mansion Eliminating Stasis Decoction

Explanation

This formula invigorates Heart-Blood and eliminates stasis of Blood in the Upper Burner.

Prescription

TAO HONG SI WU TANG Variation

Persica-Carthamus Four Substances Decoction Variation

Explanation

This prescription is used when Phlegm and Heat accompany the stasis of Blood in the chest. The symptoms would be a feeling of oppression of the chest, a feeling of heat, thirst and a Red tongue.

Prescription

CHEN XIANG JIANG QI TANG plus XUAN FU HUA TANG

Aquilaria Subduing Qi Decoction plus Inula Decoction

Explanation

These two formulae together move Qi, invigorate Blood, resolve Phlegm and restore the descending of Lung-Qi.

The three formulae for Chest Bi Syndrome from Blood stasis are compared and contrasted in the table below.

Modifications

- If there are signs of Blood-Heat add Mu Dan Pi *Cortex Moutan* and Chi Shao *Radix Paeoniae rubra*
- If there are signs of Cold add one or two of the following herbs: Chuan Xiong *Rhizoma Chuanxiong*, Wu Ling Zhi *Excrementum Troglodyti*, Mo Yao *Myrrha* or Yan Hu Suo *Rhizoma Corydalis*.

Three Treasures remedy

Red Stirring

Red Stirring invigorates Heart-Blood and eliminates stasis in the Upper Burner.

Formulae for Heart-Blood stasis.

FORMULA	DIFFERENTIATION
XUE FU ZHU YU TANG	Heart-Blood stasis
TAO HONG SI WU TANG Variation	Heart-Blood stasis with Phlegm-Heat
CHEN XIANG JIANG QI TANG plus XUAN FU HUA TANG	Qi stagnation, Blood stasis, Phlegm, rebellious Qi (cough, breathlessness)

CASE HISTORY

A 74-year-old man had been suffering from what had been diagnosed as angina pectoris for 1 year. The attacks were elicited by exercise, cold and eating. The pain in the chest was quite severe. He also complained of a feeling of heaviness in the legs. He looked generally quite strong and had no other symptoms. His voice and his spirit were strong. His tongue was Reddish-Purple with a yellow coating and his pulse was Wiry and Full.

Diagnosis

First of all, the condition is clearly one of Fullness as evidenced by his strong voice and spirit, strong body, Full pulse and tongue with coating. As for the chest pain, this is due to stasis of Blood in the chest. Stasis of Blood is evident from the character of the pain, the purple colour of the tongue-body and the Wiry pulse. The feeling of heaviness in the legs is due to Dampness infusing downwards.

Treatment principle

The treatment of principle used was to invigorate Blood in the chest. This patient was treated with acupuncture only with good results.

i. Acupuncture

The main points used were aimed at invigorating Blood and eliminating stasis. These were:

P-6 Neiguan, P-4 Ximen, ST-40 Fenglong, Ren-17 Shanzhong and BL-14 Jueyinshu with even method. ST-40 was used not for its capacity of resolving Phlegm but because, in combination with P-6, it relaxes the chest and regulates the ascending and descending of Qi in the chest.

c) TURBID PHLEGM STAGNATING IN THE CHEST

Clinical manifestations

Pronounced feeling of oppression of the chest, pain in the chest extending to shoulder or upper back, breathlessness, feeling of heaviness, dizziness, expectoration of white sputum.

Tongue: Swollen body, sticky-white tongue coating.

Pulse: Slippery.

Phlegm obstructs the circulation of Qi in the chest and causes the typical feeling of oppression in the chest. Some patients may describe it as “heaviness” or “tightness”. Phlegm causes some slight dizziness as it obstructs the rising of clear Yang to the chest. In this condition, the feeling of oppression in the chest predominates over any pain.



Treatment principle

Invigorate Yang, resolve Phlegm, open the orifices.

i. Acupuncture

Points

P-6 Neiguan, BL-14 Jueyinshu, BL-15 Xinshu, Ren-17 Shanzhong, Ren-14 Juque, ST-40 Fenglong, Ren-12 Zhongwan, Ren-9 Shuifen, SP-6 Sanyinjiao, BL-13 Feishu, LU-7 Lieque, LU-9 Taiyuan. Reducing or even method, except for Ren-12 which should be reinforced. Moxa can be used.

Explanation

- P-6 opens the chest and moves Yang in the chest.
- BL-14, BL-15, Ren-17 and Ren-14 are respectively the Back-Shu points and Front-Mu points of Pericardium and Heart. They are the main points for Chest Bi and, in this case, moxa can be used to invigorate Yang.
- ST-40, Ren-12, Ren-9 and SP-6 resolve Phlegm. ST-40 also opens the chest and subdues rebellious Qi in the chest.
- BL-13 and LU-7 open the Lung passages to facilitate the elimination of Phlegm.
- LU-9 resolves Phlegm from the Lungs.

ii. Herbal therapy
GUA LOU XIE BAI BAN XIA TANG
Trichosanthes-Allium-Pinellia Decoction

Explanation

This is the classic prescription for Chest Bi from Phlegm.

JIA WEI GUA LOU XIE BAI TANG Variation
Trichosanthes-Allium Decoction Variation

Explanation

This formula is used if Phlegm is combined with some stasis of Blood.

HUANG LIAN WEN DAN TANG *Coptis Warming the Gall Bladder
Decoction* with XIAO XIAN XIONG TANG *Small Sinking [Qi of the] Chest
Decoction (Gua Lou-Huang Lian-Ban Xia)*

Explanation

These two formulae are used together if Phlegm is combined with Heat with such manifestations as a feeling of heat, a bitter taste, a Red tongue with sticky-yellow coating and a Rapid pulse.

ZHI SHI XIE BAI GUI ZHI TANG
Aurantium-Allium-Cinnamomum Decoction

Explanation

This formula is used if the symptoms of Phlegm are accompanied by Cold.

Modifications

- In case of symptoms of Phlegm obstructing the head, such as pronounced dizziness, a feeling of muzziness of the head and blurred vision, add Shi Chang Pu *Rhizoma Acori tatarinowii* and Yu Jin *Radix Curcumae* to open the orifices.
- If there is a pronounced feeling of fullness and oppression of the chest add Hou Po *Cortex Magnoliae officinalis*.
- For copious expectoration of phlegm add Dan Nan Xing *Rhizoma Arisaematis preparatum*.
- For pronounced pain in the chest add Dan Shen *Radix Salviae miltiorrhizae*.
- The above four prescriptions are compared in the table below.

Three Treasures remedy

Clear the Soul

Clear the Soul is used if there is Phlegm-Heat in the chest: it is a variation of Wen Dan Tang *Warming the Gall Bladder Decoction*.

Comparison of formulae for Turbid Phlegm in chest

FORMULA	DIFFERENTIATION
GUA LOU XIE BAI BAN XIA TANG	Phlegm
JIA WEI GUA LOU XIE BAI TANG	Phlegm and stasis of Blood
HUANG LIAN WEN DAN TANG and XIAO XIAN XIONG TANG	Phlegm-Heat
ZHI SHI XIA BAI GUI ZHI TANG	Phlegm with Cold

CASE HISTORY

A 59-year-old woman complained of a feeling of oppression and pain in the chest. She had experienced this since a heart attack 5 years previously. Her blood pressure was raised (180/100).

She also suffered from pain and swelling of her knees, ankles and wrists. She was quite overweight. Her tongue was Pale and Swollen. Her pulse was very Deep and Weak especially on both Rear positions.



Diagnosis

The pain and feeling of oppression in the chest are due to a combination of Phlegm and Cold stagnating in the chest, with predominance of Phlegm. This woman does not have many symptoms but the feeling of oppression in the chest, her being overweight and the very Swollen tongue are sufficient for a diagnosis of obstruction by Phlegm.

This occurs on a background of severe deficiency of Yang of the Spleen and Kidneys. Again, she does not have many symptoms but the very Pale tongue and very Deep and Weak pulse on both Rear positions are definite signs of Kidney-Yang deficiency.

We can also deduce Spleen-Yang deficiency from the presence of Phlegm. Both these conditions, i.e. Kidney deficiency and Phlegm, are contributory factors to the development of Chest Bi from Cold and Dampness.

Treatment principle

This case (like most cases of Chest Bi) is characterized by a combination of Deficiency (of Yang of Spleen and Kidneys) and Fullness (itself a combination of Phlegm and Cold). The correct approach to treatment is to deal with the Full condition during the acute or sub-acute stage and with the Deficiency afterwards.

In this case, since this woman had quite a pronounced and distressing feeling of oppression and pain in the chest, attention was paid to treating the Full condition, i.e. resolve Phlegm and dispel Cold. She was treated with acupuncture only and for the first 10 (weekly) sessions, the treatment was aimed at resolving Phlegm and removing obstruction from the chest with acupuncture.

i. Acupuncture

ST-40 Fenglong, P-6 Neiguan, P-4 Ximen, Ren-17 Shanzhong, BL-14 Jueyinshu, Ren-9 Shuifen, SP-6 Sanyinjiao, Ren-12 Zhongwan and BL-20 Pishu. All the points were needled with even method except the last two which were reinforced to tonify the Spleen to resolve Phlegm.

After these 10 sessions, attention was diverted to tonifying Spleen- and Kidney-Yang. The main signs to look for before changing the aim of treatment from resolving Phlegm to tonifying would be a reduction in the size of her swollen tongue and a marked decrease in the feeling of oppression and pain in the chest. The main points used to tonify Spleen- and Kidney-Yang were:

BL-20 Pishu, BL-23 Shenshu, Ren-12 Zhongwan, ST-36 Zusanli, KI-7 Fuliu, and KI-3 Taixi. Reinforcing method and moxa were used.

This lady was completely cured after another 10 sessions although she still comes for treatment every 3 months to prevent any recurrence.

CASE HISTORY

A 66-year-old man complained of a feeling of oppression, tightness and mild ache in the chest. This had started over 20 years previously with recurring, sudden panic attacks characterized by breathlessness and an intense feeling of oppression in the chest like a "band around the chest". He also had the feeling he wanted to sigh but could not. Two years before the consultation he had also suffered a mild heart infarction. He felt occasionally dizzy and had recurrent bouts of a stabbing hypochondrial pain on the right side. His face was pale and his tongue was Bluish-Purple on the edges and Pale elsewhere. It was Swollen and had a very sticky tongue coating. His pulse was Slippery.

Diagnosis

This man's condition is characterized by Turbid Phlegm obstructing the chest (feeling of oppression and tightness of the chest, breathlessness, dizziness, Swollen tongue with sticky coating and Slippery pulse). Besides this central condition there is also some stagnation of Liver-Qi (feeling of needing to sigh) and Liver-Blood (stabbing hypochondriac pain and Bluish-Purple colour of the tongue's edges). Finally, the condition is characterized by Cold (Pale tongue and pale face).

Treatment principle

In spite of the very long duration of this problem, the condition was still primarily one of Fullness as evidenced by the pulse. Attention was therefore paid to resolving Phlegm, moving Qi and Blood and expelling Cold. The herbal prescription chosen was aimed at resolving Phlegm as a primary objective, whilst with acupuncture some points were reinforced to tonify the body's Qi. Both acupuncture and herbs were used.

i. Acupuncture

With acupuncture some points were needled with even method:

- P-6 Neiguan to move Qi and Blood in the chest and relieve the feeling of oppression and tightness.
- ST-40 Fenglong to subdue rebellious Qi in the chest and resolve Phlegm.
- GB-34 Yanglingquan to move Liver-Qi in the hypochondrium.
- LIV-3 Taichong to move Liver-Qi, calm the Mind and settle the Hun.
- Ren-17 Shanzhong and BL-14 Jueyinshu Front-Mu point and Back-Shu point of the Pericardium respectively, to move Qi in the chest and relieve the feeling of oppression and tightness.
- LIV-14 Qimen to move Liver-Qi.
- SP-6 Sanyinjiao to help to resolve Phlegm and calm the Mind.
- SP-4 Gongsun on the left and P-6 Neiguan on the right to open the Chong Mai. This vessel is excellent to remove obstructions and subdue rebellious Qi in the chest.

Some points were needled with reinforcing method to tonify Qi:

- ST-36 Zusanli and Ren-12 Zhongwan to tonify Spleen-Qi to resolve Phlegm.

ii. Herbal therapy

The formula used was a variation of two prescriptions: Gua Lou Xie Bai Ban Xia Tang *Trichosanthes-Allium-Pinellia Decoction* and Ban Xia Hou Po Tang *Pinellia-Magnolia Decoction*.

- Gua Lou *Fructus Trichosanthis* 6g
- Xie Bai *Bulbus Allii macrostemi* 4g
- Ban Xia *Rhizoma Pinelliae preparatum* 6g
- Hou Po *Cortex Magnoliae officinalis* 6g
- Su Ye *Folium Perillae* 4g
- Fu Ling *Poria* 6g
- Gui Zhi *Ramulus Cinnamomi cassiae* 4g
- Zhi Shi *Fructus Aurantii immaturus* 4g
- Sheng Jiang *Rhizoma Zingiberis recens* 3 slices.

Gui Zhi was added to expel Cold and move Yang in the chest. Zhi Shi was added to move Liver-Qi and subdue rebellious Qi in the chest.

This patient showed a very marked improvement after a short time, with most of his symptoms disappearing or being greatly reduced in intensity.

CASE HISTORY

A 56-year-old woman complained of palpitations with a dull ache in the chest extending upwards to the jaw and downwards to the left arm. She felt cold and sweaty during an attack. These attacks were becoming more frequent. She also complained of great tiredness, lack of appetite, a feeling of heaviness, dizziness and blurred vision. She also suffered from expectoration of profuse white phlegm. Her pulse was Slippery and her tongue had a very sticky yellow coating.

Diagnosis

This is a clear example of chest pain due to Phlegm. The manifestations of Phlegm are dizziness, blurred vision, expectoration of phlegm, feeling of heaviness, Slippery pulse and a sticky tongue coating. The Phlegm is obviously caused by Spleen-Qi deficiency which accounts for the great tiredness and lack of appetite.

Treatment principle

This lady was treated with acupuncture only. The treatment was initially aimed at dealing with the Manifestation first, i.e. resolving Phlegm, and later with the Root, i.e. tonifying Spleen-Qi.

Acupuncture

The main points used to resolve Phlegm from the chest were:

- ST-40 Fenglong, LU-5 Chize, SP-6 Sanyinjiao, P-5 Jianshi, P-4 Ximen, P-6 Neiguan, Ren-17 Shanzhong, Ren-9 Shuifen with even method.
- Ren-12 Zhongwan with reinforcing method.

The main points used to tonify the Spleen were:

- ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu and BL-21 Weishu with reinforcing method.

CASE HISTORY

A 36-year-old woman had had an attack of viral pericarditis the previous year. At that time she had chest pain, felt very weak, was sweating and had a temperature. Since then, she had been feeling very tired, dizzy at times and her memory was poor. Her appetite was not very good and she had a constant desire to lie down. At times her mouth felt quite dry and she had a tendency to constipation. Her pulse was Rapid and Slippery and her tongue was Red with a sticky-yellow coating and a Stomach-type crack in the midline.

Diagnosis

This is a condition of combined Deficiency and Fullness. There is some deficiency of Qi and Blood (tiredness, desire to lie down, poor appetite, poor memory) whilst the Fullness is characterized by Phlegm (Slippery pulse and sticky tongue coating) and Heat (dry mouth, constipation, Red tongue with yellow tongue coating and Rapid pulse).

Treatment principle

Although the condition is one of both Deficiency and Fullness, it is better to resolve Phlegm and clear Heat before tonifying Qi and Blood. Especially with herbal medicine, tonifying Qi and Blood in the presence of Phlegm and Heat may aggravate the condition. This is because most Qi and Blood tonics are "sticky" (therefore tending to aggravate Phlegm) and warm in nature (therefore tending to aggravate Heat). After a few weeks of treatment aimed at resolving Phlegm and clearing Heat, attention should be diverted to tonify Qi and Blood.

ii. Herbal therapy

In accordance with these principles the first prescription used was a variation of Gua Lou Xie Bai Ban Xia Tang *Trichosanthes-Allium-Pinellia Decoction*:

- Gua Lou *Fructus Trichosanthis* 9g
- Xie Bai *Bulbus Allii macrostemi* 4g
- Ban Xia *Rhizoma Pinelliae preparatum* 6g
- Bai Jiu Rice wine 15 ml.
- Huang Lian *Rhizoma Coptidis* 3g
- Dan Nan Xing *Rhizoma Arisaematis preparatum*. 4g
- Zhu Ru *Caulis Bambusae in Taeniam* 6g
- Dan Shen *Radix Salviae miltiorrhizae* 4g

Explanation

- Huang Lian was added to clear Stomach-Heat.
- Dan Nan Xing and Zhu Ru resolve Phlegm.
- Dan Shen invigorates Blood in the chest and stops pain.

After the patient had taken this formula for some weeks, attention was diverted to tonifying Qi and Blood. The main changes to look for to decide when to switch the aim of treatment to tonification are a lessening of the Red colour of the tongue body, a decrease in tongue coating, a less Rapid and less Slippery pulse and a disappearance of the thirst. The formula used was a variation of Liu Jun Zi Tang *Six Gentlemen Decoction*

Decoction:

- Bai Zhu *Rhizoma Atractylodis macrocephalae* 9g
- Dang Shen *Radix Codonopsis* 6g
- Fu Ling *Poria* 6g
- Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3g
- Ban Xia *Rhizoma Pinelliae preparatum* 9g
- Chen Pi *Pericarpium Citri reticulatae* 4g
- Huang Lian *Rhizoma Coptidis* 3g
- Gua Lou *Fructus Trichosanthis* 6g

Gua Lou *Fructus Trichosanthis* and Huang Lian *Rhizoma Coptidis* were added to continue to resolve Phlegm and clear Heat.

Comparison of Phlegm and stasis of Blood from symptoms, tongue and pulse.

	PHLEGM	STASIS OF BLOOD
Symptoms	Oppression of the chest	Pain in the chest
Tongue	Swollen body, sticky coating	Purple body
Pulse	Slippery	Choppy or Wiry

d) STAGNATION OF COLD IN THE CHEST

Clinical manifestations

Severe cramping chest pain extending to the scapula, feeling of tightness of the chest, palpitations, breathlessness, difficulty in lying down, pale complexion, cold limbs. The chest pain is induced by exposure to cold and alleviated by warmth.

In very severe cases there would also be cyanosis of lips and nails, cold sweating, severe, continuous stabbing pain in the chest, the tongue would be Purple and the Pulse would be Knotted.

Tongue: Pale, Bluish-Purple.

Pulse: Deep-Weak-Tight.



This pattern is characterized by Cold obstructing the chest. Internal Cold derives from Yang deficiency with which this pattern would always be associated. However, it describes a relatively acute situation when the manifestations of Cold are predominant and the pain in the chest is severe. In such cases one should treat the Manifestation (i.e. the Cold) rather than the Root (i.e. Yang deficiency).

Treatment principle

Invigorate Yang (in herbal therapy with warm-pungent herbs), scatter Cold, remove obstructions.

i. Acupuncture

BL-14 Jueyinshu, BL-15 Xinshu, Ren-17 Shanzhong, Ren-14 Jique, P-6 Neiguan, Ren-6 Qihai, Ren-8 Shenque, ST-36 Zusanli. Even method, except on ST-36, Ren-6 and Ren-8 which should be reinforced. Moxa must be used.

Explanation

- BL-14, BL-15, Ren-17, Ren-14 and P-6: the use of these points has already been explained above. They should be needled with reducing or even method depending on the severity of the chest pain.
- Ren-6 and Ren-8 with direct moxa are used to warm the Yang and expel Cold. Moxa cones are applied to Ren-8 after filling the umbilicus with salt.
- ST-36 is used with moxa on needle and reinforced to tonify Yang and expel Cold.

ii. Herbal therapy

GUA LOU XIE BAI BAI JIU TANG

Trichosanthes-Allium-White Wine Decoction

Explanation

This formula invigorates Blood and expels Cold from the blood vessels.

ZHI SHI XIE BAI GUI ZHI TANG

Citrus-Allium-Cinnamomum Decoction

Explanation

This formula invigorates Blood and expels Cold from the blood vessels. This prescription is more frequently used than the previous one as to that prescription's two main ingredients it adds Zhi Shi to move Qi and Gui Zhi to invigorate Yang in the blood vessels.

DANG GUI SI NI TANG

Angelica Four Rebellious Decoction

Explanation

This formula invigorates Blood and expels Cold. It is particularly used in case of cold hands.

LING GUI ZHU GAN TANG

Poria-Ramulus Cinnamomi-Atractylodes-Glycyrrhiza Decoction

Explanation

This formula treats Phlegm-Fluids obstructing the epigastrium and chest with such manifestations as a feeling of fullness and oppression of the chest, a feeling of cold, coughing of white-watery-frothy sputum (characteristic of Phlegm-Fluids), shortness of breath and dizziness. The tongue would be Pale, Swollen, with teethmarks and a sticky-white coating.

TONG MAI SI NI TANG and SU HE XIANG WAN

Penetrating the Blood Vessels Four-Rebellious Decoction and Styra Pill

Explanation

These two prescriptions rescue the Yang and dispel Cold. They treat pain in the chest from Cold. Su He Xiang Wan is usually taken as a patent remedy. One particular way of using this formula is a plaster applied to the umbilicus. In the absence of a plaster the herbs of the above formula can be boiled and strained and the resulting liquid applied to the umbilicus as a hot compress. The umbilicus is on the *Ren Mai* and is also related to the *Chong Mai* and the *Yuan Qi*. For these reasons, this method is applicable to treat Chest Bi from Kidney deficiency.

KUAN XIONG WAN *Opening the Chest Pill*

Explanation

This formula eliminates Cold, opens the chest, invigorates Blood, resolves Phlegm and opens the orifices. It differs from the previous one in so far as it is hotter in nature and is therefore indicated for pronounced symptoms of Cold. This formula also exists as a patent remedy, the form in which it is normally used.

The previous six prescriptions are compared in the table below.

Comparison of formulae for Cold in the chest.

FORMULA	DIFFERENTIATION
GUA LOU XIE BAI BAI JIU TANG	Cold
ZHI SHI XIE BAI GUI ZHI TANG	Cold with stagnation of Qi
DANG GUI SI NI TANG	Cold, cold hands
LING GUI ZHU GAN TANG	Cold with Phlegm-Fluids
TONG MAI SI NI TANG and SU HE XIANG WAN	Severe Cold, collapse of Yang
KUAN XIONG WAN	Cold with some Phlegm obstructing the orifices

CASE HISTORY

A 70-year-old woman had been suffering from a feeling of oppression and pain in the chest for many years. The chest pain was elicited by exercise and exposure to cold. She was easily breathless and her complexion was pale.

Her tongue was Pale on the whole, Bluish-Purple on the sides, and Swollen. Her pulse was Slippery, Deep and Weak.

Diagnosis

This is an example of stagnation of Cold in the chest occurring against a background of Yang deficiency.

The tongue shows very clearly the location of Cold in the chest.

Treatment principle

The treatment principle followed was to expel Cold from the chest and tonify Yang.



i. Acupuncture

This patient was treated only with acupuncture and the points used were selected from the following:

- P-6 Neiguan, Ren-14 Juque and BL-14 Jueyinshu to move Qi in the chest and stop pain. Even method.
- Ren-17 Shanzhong with moxa to expel Cold from the chest.
- Ren-6 Qihai with moxa to expel Cold in general.
- ST-36 Zusanli and BL-20 Pishu, with reinforcing method and moxa on needle, to tonify Yang.

This patient made a gradual improvement over a period of 9 months until the feeling of oppression and pain in the chest subsided almost completely.

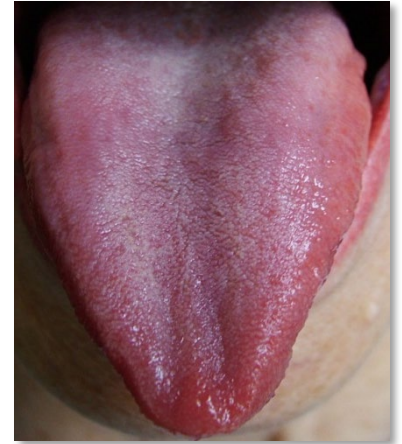
e) LIVER-FIRE HARASSING THE HEART IN THE CHEST

Clinical manifestations

Chest pain, palpitations, irritability, propensity to outbursts of anger, thirst, feeling of heat, blood-shot eyes, insomnia.

Tongue: Red with redder sides and tip.

Pulse: Wiry-Rapid.



Treatment principle

Drain Liver- and Heart-Fire, free the chest, calm the Mind, settle the Hun.

i. Acupuncture

LIV-2 Xingjian, ST-40 Fenglong, P-6 Neiguan, L.I.-4 Hegu, LU-7 Lieque. All with even method.

Explanation

- LIV-2 drains Liver-Fire.
- ST-40 opens the chest.
- P-6 helps to regulate the Liver, calms the Mind, settles the Hun and opens the chest.
- L.I.-4 and LU-7 regulate the ascending/descending of Qi and make Qi descend.

ii. Herbal therapy

ZHEN ZHU MU WAN Variation

Concha Margaritifera Pill Variation

Explanation

This formula drains Liver-Fire, calms the Mind, settles the Hun, moves Qi and restores the descending of Lung-Qi.

EMPTY CONDITIONS

The Deficiency patterns always underlie the Full ones. They are better discussed separately as they correspond to the chronic stage of the disease, in between attacks. In this stage, the treatment principle is to tonify the underlying deficiency.

The Deficiency patterns are:

- a. Spleen- and Heart-Yang deficiency
- b. Qi and Yin deficiency
- c. Heart- and Kidney-Yin deficiency

a) SPLEEN- AND HEART-YANG DEFICIENCY

Clinical manifestations

A feeling of oppression and dull pain in the chest, breathlessness, palpitations, sweating, feeling cold, cold limbs, bright-pale complexion, cyanosis of lips and nails, tiredness, poor appetite, insomnia.

Tongue: Pale or Bluish-Purple

Pulse: Deep-Weak.



This is due to long-term deficiency of Spleen-Yang leading to deficiency of Heart-Yang. This manifests with a cold feeling, cold limbs (especially hands), palpitations, insomnia, sweating, a bright-pale complexion and cyanosis of lips and nails. Deficient Heart-Yang fails to invigorate Blood in the chest. Stasis of Blood causes pain and a feeling of oppression and a Purple tongue.

Long-term deficiency of Yang of the Spleen and Heart nearly always has its root in Kidney-Yang deficiency. This is especially so in old people. In this case, in addition to the above manifestations, there would also be sore back and knees, dizziness and frequent-pale urination.

Treatment principle

Tonify Qi, warm Yang, invigorate Blood, invigorate the Connecting vessels.

i. Acupuncture

BL-15 Xinshu, Ren-14 Jueque, HE-5 Tongli, BL-20 Pishu, Ren-12 Zhongwan, Ren-6 Qihai, ST-36 Zusanli, SP-6 Sanyinjiao, BL-23 Shenshu, Du-4 Mingmen, P-6 Neiguan, KI-25 Shencang, BL-13 Feishu. Reinforcing method on all points except P-6 and KI-25 which should be needled with even method. Moxa is applicable.

All the points should be needled with reinforcing method except P-6 and KI-25 which should be needled with even method.

Explanation

- BL-15, Ren-14 and HE-5 with moxa, tonify Heart-Yang.
- BL-20, Ren-12, Ren-6, ST-36 and SP-6 tonify Spleen-Yang (with moxa).
- BL-23 and Du-4, with moxa, warm Kidney-Yang.
- P-6 opens the chest, stops pain and relieves a sensation of oppression.
- KI-25 is a local point to move Qi and Blood in the chest when there is an underlying Kidney deficiency.
- BL-13, with moxa, tonifies Lung-Yang and strengthens the Gathering Qi (*Zong Qi*) which provides Qi to the Heart to invigorate Blood.

ii. Herbal therapy

SHEN FU TANG and YOU GUI YIN

Panax-Aconitum Decoction and Restoring the Right [Kidney] Decoction

Explanation

The formula Shen Fu Tang strongly tonifies and warms the Yang. The formula You Gui Yin tonifies and warms Kidney-Yang. This is necessary as chronic deficiency of Yang, especially in old people, nearly always derives from deficiency of Kidney-Yang.

SHEN FU TANG *Panax-Aconitum Decoction* plus SI NI TANG *Four Rebellious Decoction* plus SHENG MAI SAN *Generating the Pulse Powder*

Explanation

These three formulae together are used if the deficiency of Heart-Yang is severe with cold hands, cold sweating on the forehead and cyanotic lips, face and nails.

Modifications

- If both Yang and Yin are deficient add *Mai Men Dong Radix Ophiopogonis* and *Wu Wei Zi Fructus Schisandrae*.
- If, in addition to Heart and Spleen Yang deficiency, there are also pronounced signs of Kidney-Yang deficiency, add one or two of the following herbs: *Rou Cong Rong Herba Cistanches*, *Ba Ji Tian Radix Morindae officinalis*, *Du Zhong Cortex Eucommiae ulmoidis*, *Xu Duan Radix Dipsaci* or *Tu Si Zi Semen Cuscutae*.

The two combinations of formulae suggested above are compared in the table below.

Comparison of formulae for Spleen- and Heart-Yang deficiency

FORMULA	DIFFERENTIATION
SHEN FU TANG and YOU GUI YIN	Tonify Lung-, Spleen- and Kidney-Yang
SHEN FU TANG, SI NI TANG and SHENG MAI SAN	Collapse of Heart-Yang

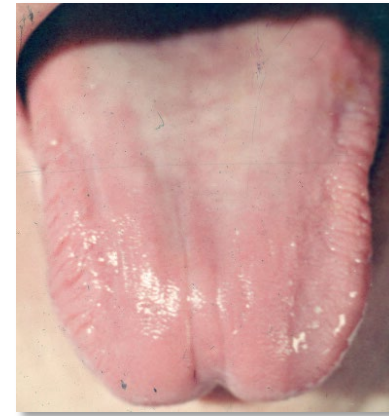
b) QI AND YIN DEFICIENCY

Clinical manifestations

A feeling of oppression and pain in the chest which comes and goes, palpitations, breathlessness, tiredness, dislike to speak, pale complexion, dizziness, blurred vision. All symptoms are aggravated by over-exertion.

Tongue: without coating.

Pulse: Fine or Weak.



This is deficiency of Qi and Yin of Heart, Lungs and Spleen. The Heart deficiency causes palpitations, while Lung deficiency causes breathlessness and pale complexion. When Yin is deficient the blood vessels lack nourishment, Blood cannot circulate properly and this causes the feeling of oppression and pain in the chest. This comes and goes and is much lighter than in Excess patterns.

Treatment principle

Tonify Qi, nourish Yin, move Blood, invigorate the Connecting channels.

i. Acupuncture

LU-9 Taiyuan, HE-5 Tongli, Ren-17 Shanzhong, BL-13 Feishu, BL-15 Xinshu, ST-36 Zusanli, P-6 Neiguan, SP-6 Sanyinjiao, Ren-4 Guanyuan. Reinforcing or even method as indicated below.

Explanation

- LU-9, BL-13, HE-5 and BL-15 tonify Lungs and Heart respectively. Reinforcing method.
- Ren-17 and P-6 move Qi and Blood in the chest. Even method.
- ST-36, SP-6 and Ren-4 tonify Qi and nourish Yin. Reinforcing method.

ii. Herbal therapy

Prescription

SHENG MAI SAN and REN SHEN YANG YING TANG Variation

Generating the Pulse Powder and Panax Nourishing Nutritive Qi Decoction

Variation

Modifications

- For pain in the chest add Dan Shen *Radix Salviae miltiorrhizae* and San Qi *Radix Notoginseng*.

ZHI GAN CAO TANG

Glycyrrhiza Decoction

Explanation

This formula tonifies Qi, Yang, Blood and Yin. It also contains warm and pungent herbs which invigorate Yang in the blood vessels. They direct all the other tonics to the blood vessels to regulate the pulse. For this reason, this prescription is used for an irregular pulse or a pulse with the Knotted quality (slow and stopping at irregular intervals).

Prescription

REN SHEN YANG YING TANG

Ginseng Nourishing Nutritive Qi Decoction

Explanation

This formula tonifies Qi, nourishes Yin and invigorates Blood.

c) HEART- AND KIDNEY-YIN DEFICIENCY

Clinical manifestations

A feeling of oppression and pain in the chest, palpitations, night sweating, insomnia, sore back and knees, tinnitus, dizziness, feeling of heat in the evening.

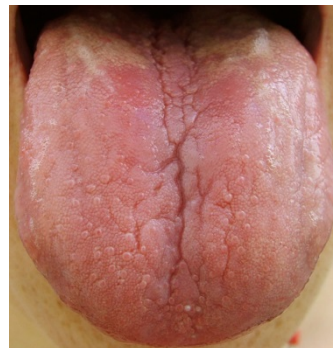
Tongue: without coating with a Heart-crack.

If there is Empty Heat, the tongue is also Red.

Pulse: Floating-Empty.

In this case, as in all cases of Deficiency, the pain in the chest is less severe than in the Excess conditions. In this pattern, besides the Yin deficiency, there is nearly always some Phlegm too which causes the feeling of oppression and pain in the chest.

All the other manifestations are typical of Yin deficiency.



Treatment principle

Nourish Yin, benefit the Kidneys, nourish the Heart, calm the Mind, stop pain.

i. Acupuncture

BL-14 Jueyinshu, BL-23 Shenshu, Ren-4 Guanyuan, KI-3 Taixi, P-6 Neiguan, Ren-17 Shanzhong, HE-6 Yinxi, KI-25 Shencang. Reinforcing method on all points except P-6 and Ren-17 which should be needled with even method.

Explanation

- BL-14, P-6 and Ren-17 move Qi in the chest and stop pain.
- BL-23, Ren-4 and KI-3 tonify the Kidneys.
- HE-6 nourishes Heart-Yin, calms the Mind, stops night sweating and relieves chest pain.
- KI-25 is a local point for chest pain associated with a Kidney pattern.

ii. Herbal therapy

Prescription

ZUO GUI YIN

Restoring the Left [Kidney] Decoction

Explanation

This is a common formula to nourish Kidney-Yin.

TIAN WANG BU XIN DAN

Heavenly Emperor Tonifying the Heart Pill

Explanation

This formula nourishes Heart- and Kidney-Yin, clears Heart Empty Heat and calms the Mind.

Modifications

These modifications apply to both above prescriptions.

- In case of Phlegm and a pronounced feeling of oppression in the chest add Gua Lou *Fructus Trichosanthis*.
- If there are symptoms and signs of Liver-Yang rising add Gou Teng *Ramulus cum Uncis Uncariae* and Shi Jue Ming *Concha Haliotidis*.
- In cases of pronounced chest pain add Dan Shen *Radix Salviae miltiorrhizae* (or increase it in Tian Wang Bu Xin Dan Heavenly Emperor Tonifying the Heart Pill).
- If there are signs of Blood deficiency as well as Yin deficiency add Shou Wu *Radix Polygoni multiflori preparata*, Dang Gui *Radix Angelicae sinensis* and Dan Shen *Radix Salviae miltiorrhizae*.

- If there is mental restlessness and insomnia add (or increase the dosage if already in the prescription) Suan Zao Ren *Semen Ziziphi spinosae*, Wu Wei Zi *Fructus Schisandrae* and Long Chi *Fossilia Dentis Mastodi*.
- In case of Empty Heat signs add Gui Ban *Plastrum Testudinis* and Huang Bo *Cortex Phellodendri*.

The above two formulae are compared in the table below.

Three Treasures remedies

Nourish the Root

Nourish the Root nourishes Liver- and Kidney-Yin: it is a variation of Zuo Gui Wan Restoring the Left [Kidney] Pill.

Heavenly Empress

Heavenly Empress nourishes Heart- and Kidney-Yin, clears Heart Empty Heat and calms the Mind: it is a variation of Tian Wang Bu Xin Dan.

Comparison of formulae for Heart- and Kidney-Yin deficiency

FORMULA	DIFFERENTIATION
ZUO GUI YIN	Tonify Kidney-Yin
TIAN WANG BU XIN DAN	Tonify HE- and KI-Yin, clear Empty Heat

Dr ZHAO XI WU (1902-1980)

Full conditions in Chest Bi are Phlegm, Water, Qi stagnation, Blood stasis. Xu condition is Yang Xu.

6 Treatment methods

1. Tonify and move Yang and release Chest Bi *Tong Yang Xuan Bi Fa* 通阳宣痹法 with Gua Lou Xie Bai Ban Xia Tang or Gua Lou Xie Bai Bai Jiu Tang.
2. Treat both Heart and **Stomach**. Stomach-Qi gives the pulse root. Heart and Stomach assist each other. Use Chen Pi Zhi Shi Sheng Jiang Tang. If there is distension use Hou Po Sheng Jiang Gan Cao Ban Xia Tang.
3. Tonify Qi and nourish Blood.
4. Tonify Yang and restrain Yin.
5. Invigorate Blood.
6. Tonify Liver and Kidneys.

LI SI CHI (1892-1979)

1. Place the emphasis on tonifying Zheng (however, combined with resolving Phlegm and invigorating Blood)
2. Tonify Yang but attend to Yin, nourish Yin but protect Yang.
3. Tonify without causing stagnation, move without injuring Zheng
4. Harmonize the Zangfu. Although HE is main Zang to treat, a deficiency of Heart-Yang has often its root in KI-Yang Xu and a deficiency of Heart-Yin in KI-Yin Xu. **Stomach** and Spleen also need to be treated to support the Heart.

GENERAL CONCLUSIONS ON TREATMENT STRATEGY

1. Concentrate attention on treating Biao and expelling pathogenic factors, i.e. resolve Phlegm, move Qi and invigorate Blood
2. Use variations of the three formulae from Jin Gui Yao Lue: Gua Luo Xie Bai Bai Jiu Tang, Gua Luo Xie Bai Ban Xia Tang, Zhi Shi Gua Lou Gui Zhi Tang.
3. Modify formula to treat also Ben by tonifying Qi, Yang, Blood or Yin, usually the first two.
4. In some cases, I split the treatment of Biao and Ben and give two formulae to be taken at different times of day, i.e. one to treat Biao in the evening and one to treat Ben in the morning.

6. PROGNOSIS AND PREVENTION

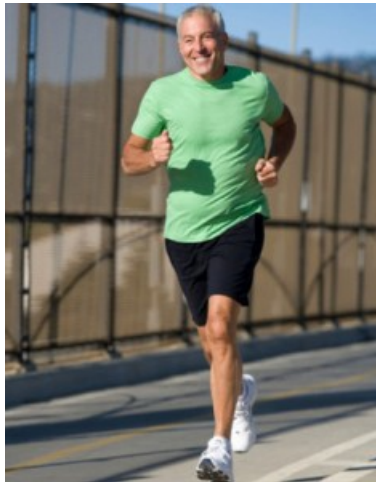
Acupuncture and Chinese herbs are effective for Chest Bi but the treatment will necessarily take several months if not longer. The most difficult types to treat are those from Phlegm and stasis of Blood. The tongue-body colour gives a good indication for prognosis: the more purple it is, the more difficult it will be to treat.

The prognosis necessarily depends also on the Western differentiation: ischaemic heart disease from an atheroma obstructing a coronary vessel and carcinoma of the lung are obviously the most difficult, if not impossible, to treat. However, even if the patient needs a by-pass because of blocked coronary arteries, Chinese medicine does have a role to play after the operation.

In fact, the operation may successfully establish coronary circulation with a by-pass, but it does not eliminate the original causes of the problem, i.e. it does not resolve Phlegm, invigorate Blood, expel Cold or tonify Yang. Therefore the use of Chinese medicine after a coronary by-pass helps the patient to improve their quality of life and, most of all, prevent a recurrence of the coronary obstruction.

As for prevention, it is essential that the patient takes regular exercise which is not too strenuous. Chest Bi is caused by stagnation of Qi-Blood-Cold or by Phlegm and all such conditions improve with moderate exercise.

Brisk walking is an excellent exercise and, for those who have access to a teacher, *Tai Ji Chuan* or *Qi Gong* are ideal.



As for diet, it is important not to eat dairy products or greasy-fried foods which lead to the production of Phlegm: this obstructs the chest and interacts with stasis of Blood.

If the patient is a smoker it is absolutely vital that he or she stops. Smoking is detrimental to Chest Bi not only from a Western but also from a Chinese point of view. From a Western perspective nicotine contracts the blood vessels and would therefore aggravate stasis of Blood. From a Chinese viewpoint, tobacco is a toxic substance which is hot and drying: it dries up Blood in the vessels, which will contribute to the development of stasis of Blood.



7. MODERN CHINESE LITERATURE

a) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 25, No. 10, 1984, p. 12-3. Sha Xing Yuan “The Clinical Application of the Method of Invigorating Blood and Eliminating Stasis in the Treatment of Angina Pectoris”.

Dr Sha Xing Yuan thinks that the three main pathogenic factors involved in angina pectoris are Blood stasis, Phlegm and Qi stagnation with a great deal of interaction among these three. In addition, it is important to pay attention to any background of Deficiency and it is important to distinguish between Full and Empty Blood stasis.

Indeed, Dr Sha thinks that Yang deficiency is always the Deficiency background in angina pectoris. If there is Phlegm, he suggests adopting the method of “penetrating Yang and eliminating turbidity” with Gua Lou Xie Bai Bai Jiu Tang *Trichosanthes-Allium-White Wine Decoction*. He recommends using 15-30g of Xie Bai *Bulbus Allii macrostemi*.

If there is Qi stagnation, he uses Gui Zhi Sheng Jiang Zhi Shi Tang *Cinnamomum-Zingiber-Aurantium Decoction* together with Yue Ju Wan *Gardenia-Ligusticum Decoction*.

If there is Blood stasis, he uses Xue Fu Zhu Yu Tang *Blood Mansion Eliminating Stasis Decoction*.

b) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 24, No. 5, 1983, p. 12. He Zheng Zhi “Dr Fang Yao Zhong’s Experience in the Treatment of Angina Pectoris.”

Dr He Zheng Zhi, in reporting the experience and knowledge of Dr Fang Yao Zhong gives general guidelines for the treatment of angina pectoris. Saying that this condition is a form of Chest Bi Syndrome, Dr He gives three general treatment principles:

1) Always find and treat the cause: by this he means that one must always treat angina pectoris by finding the main internal organs involved and treat them accordingly. In other words, one should never treat according to preconceived ideas.

2) Upright Qi (*Zheng Qi*) is always the Root of the disease: Dr He thinks that, underlying Blood stasis, Phlegm and Qi stagnation, there is always a Deficiency which needs to be addressed.

3) Regulate Yin and Yang.

The following are examples of formulae used by Dr Fang:

Deficiency of Qi and Yin with Blood stasis

Fu Zi *Radix Aconiti lateralis preparata* 6g

Fu Ling *Poria* 15g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 12g

Chi Shao *Radix Paeoniae rubra* 15g

Gui Zhi *Ramulus Cinnamomi cassiae* 10g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3g

Ze Xie *Rhizoma Alismatis* 20g

Dan Shen *Radix Salviae miltiorrhizae* 20g

Yu Jin *Radix Curcumae* 10g

Di Long *Pheretima* 30g.

Deficiency of Qi and Yin of Lungs, Spleen and Kidneys

Huang Qi *Radix Astragali* 25g

Cang Zhu *Rhizoma Atractylodis* 12g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 12g

Chen Pi *Pericarpium Citri reticulatae* 10g

Sheng Ma *Rhizoma Cimicifugae* 10g

Dang Shen *Radix Codonopsis* 25g

Gan Cao *Radix Glycyrrhizae uralensis* 6g

Dang Gui *Radix Angelicae sinensis* 10g

Chai Hu *Radix Bupleuri* 10g

Jiang Huang *Rhizoma Curcumae longae* 10g

Yu Jin *Radix Curcumae* 10g

Bo He *Herba Menthae haplocalycis* 3g

Sheng Di Huang *Radix Rehmanniae* 30g

Xuan Shen *Radix Scrophulariae* 25g

Mai Men Dong *Radix Ophiopogonis* 12g

Gu Lou *Fructus Trichosanthis* 30g

Zhi Ke *Fructus Aurantii* 10g

Liver-Qi deficiency, deficiency of Yin of Heart and Kidneys, Phlegm in the Lungs

Variation of Wen Dan Tang *Warming the Gall Bladder Decoction*

Dang Shen *Radix Codonopsis* 15g

Sheng Di Huang *Radix Rehmanniae* 30g

Shi Chang Pu *Rhizoma Acori tatarinowii* 30g

Yuan Zhi *Radix Polygalae* 15g

Ban Xia *Rhizoma Pinelliae preparatum* 25g

Chen Pi *Pericarpium Citri reticulatae* 12g

Fu Ling *Poria* 20g

Gan Cao *Radix Glycyrrhizae uralensis* 6g

Zhu Ru *Caulis Bambusae in Taeniam* 12g

Zhi Shi *Fructus Aurantii immaturus* 12g

Dr He gives an interesting explanation of the mode of working of Wen Dan Tang *Warming the Gall Bladder Decoction*. He says that this formula clears the Lungs and Stomach and that the Lungs may invade (direct Ke cycle of 5 Elements) and the Spleen “insult” (reverse Ke cycle) the Liver, causing Liver-Qi deficiency. Clearing the Lungs and Spleen therefore also has the effect of supporting the Liver: this is why the formula is called “warming the Gall Bladder” decoction. It “warms” the Gall Bladder and tonifies Liver-Qi.

c) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 42, No. 10, 2001, p. 602.
Zhang Yi and Fan Ping “Clinical Observation on 36 Cases of Angina Pectoris from Coronary Heart Disease Treated with Guan Xin Tong Formula.”

The authors treated 36 patients suffering from angina pectoris from coronary heart disease with the herbal formula Guan Xin Tong *Penetrating Coronaries*. 30 patients in a control group were treated with nitrates. The patients in the treatment group were 27 men and 9 women, ranging in age from 40 to 81 and a median age of 61. The patients in the control group were 24 men and 6 women also ranging in age from 40 to 81 and a median age of 60.6.

The patients in the treatment group were treated with Guan Xin Tong which contained:

Ren Shen *Radix Ginseng* 10g

Xie Bai *Bulbus Allii macrostemi* 10g

Huang Qi *Radix Astragali* 30g

Gua Lou *Fructus Trichosanthis* 30g

Ge Gen *Radix Puerariae* 30g

Dan Shen *Radix Salviae miltiorrhizae* 30g

Shi Chang Pu *Rhizoma Acori tatarinowii* 12g

Yu Jin *Radix Curcumae* 12g

Chen Pi *Pericarpium Citri reticulatae* 12g

Fu Ling *Poria* 15g

Of the 36 patients in the treatment group, on the basis of ECG, 10 (or 27%) had a marked improvement, 17 (or 47%) some improvement and 9 (or 25%) no results. In the control group, 8 (or 26%) had a marked improvement, 14 (46%) had an improvement and 7 (19%) no results.

When taking clinical symptoms into account, in the treatment group, 16 (44%) experienced marked improvement, 17 (57%) some improvement and 3 (8%) no results. In the control group, 9 (30%) experienced a marked improvement, 12 (40%) some improvement and 1 (3%) no results.

It is therefore interesting to note that, although from the point of view of ECG the results in the two groups were about the same, from the point of view of clinical manifestations, the patients in the treatment group did much better.

d) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 37, No. 10, 1996, p. 604. Miao Yang Qian et al “Clinical Observation on Angina Pectoris from Coronary Heart Disease Treated with Guan Xin plaster.”

The authors treated 120 patients suffering from angina pectoris due to coronary heart disease with the external application of a plaster. There was a control group of 50 patients who were treated with a placebo plaster.

The plaster contained a paste made from Dan Shen *Radix Salviae miltiorrhizae*, Chuan Xiong *Rhizoma Chuanxiong* and Bing Pian *Borneol* and other undisclosed ingredients.

The plaster with the paste was applied to the points Ren-17 Shanzhong, BL-15 Xinshu and in the fifth intercostal space below and slightly lateral to the nipple (the area of Xu Li). The plaster was applied once a day for 2 weeks.

Clinical results in trial with Guan Xin herbal plaster

Group	Total	Marked improvement	Improvement	No results
Guan Xin plaster	120	44 (36%)	64 (53%)	12 (10%)
Placebo	50	18 (36%)	26 (52%)	5 (10%)

e) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 37, No. 10, 1996, p. 606. Gao Rong Lin and Li Lian Cheng “Report on 300 Cases of Chest Bi Syndrome Treated by Dr Lu Zhi Zheng’s Method of Regulating Spleen and Stomach.”

The authors treated 300 patients suffering from Chest Bi Syndrome. There were 132 women and 168 men ranging in age from 33 to 89 with a median age of 59.

The formulae used were the following:

1) Deficiency of Central Qi

Dang Shen *Radix Codonopsis* 9g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 9g

Fu Ling *Poria* 9g

Chen Pi *Pericarpium Citri reticulatae* 6g

Sha Ren *Fructus Amomi* 1.5g

Mu Xiang *Radix Aucklandiae* 3g

Zhi Shi *Fructus Aurantii immaturus* 6g

Gui Zhi *Ramulus Cinnamomi cassiae* 1.5g

Bai Shao *Radix Paeoniae alba* 6g

Dan Shen *Radix Salviae miltiorrhizae* 6g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 6g

2) Dampness

Xing Ren *Semen Armeniacae* 6g

Yi Yi Ren *Semen Coicis* 10g

Bai Dou Kou *Fructus Amomi rotundus* 3g

Huo Xiang *Herba Pogostemonis* 6g

Hou Po *Cortex Magnoliae officinalis* 6g

Shi Chang Pu *Rhizoma Acori tatarinowii* 6g

Ban Xia *Rhizoma Pinelliae preparatum* 6g

Fu Ling *Poria* 9g

Zhi Ke *Fructus Aurantii* 6g

Huang Lian *Rhizoma Coptidis* 3g

Liu Yi San (*Hua Shi Talcum* and *Gan Cao Radix Glycyrrhizae uralensis*)

3) Phlegm

Ban Xia *Rhizoma Pinelliae preparatum* 6g

Chen Pi *Pericarpium Citri reticulatae* 3g

Fu Ling *Poria* 9g

Shi Chang Pu *Rhizoma Acori tatarinowii* 6g

Yu Jin *Radix Curcumae* 6g

Gua Lou *Fructus Trichosanthis* 10g

Zhi Shi *Fructus Aurantii immaturus* 6g

Huang Lian *Rhizoma Coptidis* 1.5g

Zhu Ru *Caulis Bambusae in Taeniam* 9g

Kuan Dong Hua *Flos Farfarae* 6g

Gan Cao *Radix Glycyrrhizae uralensis* 3g

The authors give the results as follows:

- Marked improvement: 181 (60%)
- Some improvement: 105 (35%)
- No results: 14 (4%)

f) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 30, No. 6, 1989, p. 27-9. Guan Man Sheng et al “Research on Treatment of Coronary Heart Disease with Kuo Guan Qu Yu Ling *Expanding the Coronaries and Eliminating Stasis Formula.*”

The authors of this study treated 60 patients suffering from coronary heart disease, of which 50 were men and 10 women. They ranged in age from 44 to 55 with a median age of 56.

The formula used was composed of:

Gua Lou *Fructus Trichosanthis*

Zhi Shi *Fructus Aurantii immaturus*

Ge Gen *Radix Puerariae*

Yan Hu Suo *Rhizoma Corydalis*

The herbs were ground into a powder and made into pills of 0.3g each. The patients were given 2-4 pills 2-3 times a day for 30 days. 64% of patients showed improvement in ECG measurements while 61% showed clinical improvement.

g) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 25, No. 4, 1984, p. 13-4.
Mao Yue Li “Introduction to the Case Records of Coronary Heart Disease Cured by Veteran Physician Wu Sheng Nong.”

Dr Mao reports the clinical experience of veteran doctor Wu Sheng Nong in the treatment of coronary heart disease. Dr Wu considers six main patterns causing coronary heart disease: in all of them the Root is a deficiency, of Yang in three cases, of Qi in two and of Yin in one. The patterns and treatment are listed below.

1) Heart-Yang not rising, Phlegm and Blood stasis

This may be due to obesity, over-eating, drinking too much alcohol. The clinical manifestations are: palpitations, chest pain, cold hands, shortness of breath, Deep pulse, Swollen tongue with a sticky coating.

The formula suggested is:

Gui Zhi *Ramulus Cinnamomi cassiae* 9g

Chen Xiang *Lignum Aquilariae resinatum* 6g

Mu Xiang *Radix Aucklandiae* 6g

Zhi Ke *Fructus Aurantii* 9g

Gua Lou *Fructus Trichosanthis* 15g

Hong Hua *Flos Carthami tinctorii* 4.5g

Dang Gui *Radix Angelicae sinensis* 12g

Chuan Xiong *Rhizoma Chuanxiong* 9g

Dan Shen *Radix Salviae miltiorrhizae* 15g

Fu Ling *Poria* 12g

Ze Ze *Rhizoma Alismatis* 15g

2) Heart- and Spleen-Yang deficiency, Qi and Blood deficiency

Due to worry, pensiveness and overwork. The clinical manifestations are: tiredness, chest pain, palpitations, a feeling of stuffiness of the chest, pale-sallow complexion, Weak pulse, Pale tongue.

The formula suggested is as follows:

Huang Qi *Radix Astragali* 12g

Dang Shen *Radix Codonopsis* 9g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 9g

Fu Ling *Poria* 12g

Dang Gui *Radix Angelicae sinensis* 12g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 6g

Lu Lu Tong *Fructus Liquidambaris* 9g

Mu Xiang *Radix Aucklandiae* 6g

Tan Xiang *Lignum Santali albi* 1.5g

Sha Ren *Fructus Amomi* 3g

Gu Ya *Fructus Oryzae germinatus* 12g

3) Heart- and Kidney-Yang deficiency, Qi rebellious, Blood stasis

The clinical manifestations are: stabbing chest pain, cold hands, shortness of breath that is worse on exercise, palpitations, pale-greyish face, frequent-pale urination, backache, Deep-Weak pulse, Pale-Purplish tongue.

The formula suggested is:

Dang Shen *Radix Codonopsis* 30g

Huang Qi *Radix Astragali* 30g

Fu Zi *Radix Aconiti lateralis preparata* 15g

Long Gu *Mastodi Osis fossilia* 30g

Mu Li *Concha Ostreae* 30g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 6g

Dan Shen *Radix Salviae miltiorrhizae* 20g

Ze Xie *Rhizoma Alismatis* 12g

Wu Wei Zi *Fructus Schisandrae* 9g

4) Deficiency of Upright Qi in the elderly, Qi and Blood deficiency, Blood stasis

The clinical manifestations are: tiredness, listlessness, depression, palpitations, insomnia, chest pain, shortness of breath, sweating, night-sweating, bright-pale face, Deep and Weak pulse, Pale-Purplish tongue.

The formula suggested is as follows:

Huang Qi *Radix Astragali* 15g

Tai Zi Shen *Radix Pseudostellariae* 30g

Mai Men Dong *Radix Ophiopogonis* 9g

Sheng Di Huang *Radix Rehmanniae* 15g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 6g

Hong Hua *Flos Carthami tinctorii* 4.5g

Dan Shen *Radix Salviae miltiorrhizae* 15g

Chi Shao *Radix Paeoniae rubra* 12g

Bai Shao *Radix Paeoniae alba* 12g

5) Heart-Qi deficiency, Obstruction of the Heart Channel, Blood stasis
The clinical manifestations are: chest pain, a feeling of oppression of the chest, shortness of breath, palpitations, Choppy pulse, Pale-Purplish tongue.

The formula suggested is as follows:

Gui Zhi *Ramulus Cinnamomi cassiae* 6g

Yu Jin *Radix Curcumae* 9g

Chen Xiang *Lignum Aquilariae resinatum* 3g

Dan Shen *Radix Salviae miltiorrhizae* 15g

Hong Hua *Flos Carthami tinctorii* 6g

Bai Shao *Radix Paeoniae alba* 12g

Huang Qi *Radix Astragali* 20g

Yuan Zhi *Radix Polygalae* 4.5g

Zi Shi Ying *Fluoritum* 30g

6) Heart-Yin deficiency, Liver-Yang rising

The clinical manifestations are: chest pain, palpitations, headaches, dizziness, hypertension, irritability, night sweating, dry mouth and throat, tongue without coating, Wiry pulse.

The formula suggested is as follows:

Sheng di Huang *Radix Rehmanniae* 12g

Gou Qi Zi *Fructus Lycii chinensis* 9g

Huang Jing *Rhizoma Polygonati* 9g

Shou Wu *Radix Polygoni multiflori preparata* 12g

Huai Niu Xi *Radix Achyranthis bidentatae* 12g

Huang Bo *Cortex Phellodendri* 9g

Zhi Mu *Radix Anemarrhenae* 9g

Mu Li *Concha Ostreae* 30g

Yuan Zhi *Radix Polygalae* 4.5g

Yi Mu Cao *Herba Leonuri* 15g

h) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 34, No. 8, 1993, p. 463-5. Lu Guang Chao “Zhou Ci Qing’s Experience in the Diagnosis and Treatment of Coronary Heart Disease.”

Dr Lu reports the experience of veteran doctor Zhou Ci Qing in the treatment of coronary heart disease. Dr Zhou has an interesting slant on the pathology of coronary heart disease (and therefore Chest Bi Syndrome) that differs from that of most other doctors. In fact, practically all doctors say that the Root of this disease is a deficiency and the Manifestation is Phlegm and/or Blood stasis. Dr Zhou says the opposite: he says that, when pain of angina pectoris is the main clinical manifestation, the Root of this disease is a pathogenic factor such as Qi stagnation, Blood stasis or Phlegm which cause a deficiency.

Dr Lu differentiates four main patterns of angina pectoris with chest pain.

1) Liver-Qi stagnation

The clinical manifestations are: chest and hypochondrial distension and pain, irritability, abdominal distension, depression, Wiry pulse.

The representative prescription for this pattern is Zhi Ke Zhu Jian
Aurantium Decoction:

Zhi Ke *Fructus Aurantii*

Chuan Xiong *Rhizoma Chuanxiong*

Jie Geng *Radix Platycodi*

Xi Xin *Herba Asari* (small dose)

Fang Feng *Radix Saposhnikoviae*

Ge Gen *Radix Puerariae*

Gan Cao *Radix Glycyrrhizae uralensis*

2) Phlegm

The clinical manifestations are: a feeling of oppression of the chest, chest pain, obesity, dizziness and muzziness of the head, tiredness, a sticky taste, Swollen tongue with sticky coating, Slippery pulse.

The representative prescription is Gua Lou Xie Bai Ban Xia Tang
Trichosanthes-Allium-Pinellia Decoction:

Gua Lou *Fructus Trichosanthis* 12g

Xie Bai *Bulbus Allii macrostemi* 12g

Ban Xia *Rhizoma Pinelliae preparatum* 12g

Bai Jiu White rice wine 30 ml.

3) Cold and Blood stasis

The clinical manifestations are: chest pain, cold hands, Bluish-Purple tongue and Tight or Wiry pulse.

The representative prescription is Er Jiang Wan *Two “Jiang” Pill*:

Gao Liang Jiang *Rhizoma Alpiniae officinarum*

Gan Jiang *Rhizoma Zingiberis*

If the symptoms of Cold are pronounced use Fu Jiang Gui Zhi Tang *Aconitum-*

Zingiber-Angelica-Cinnamomum Decoction:

Fu Zi *Radix Aconiti lateralis preparata* 6g

Gan Jiang *Rhizoma Zingiberis* 6g

Dang Gui *Radix Angelicae sinensis* 9g

Gui Zhi *Ramulus Cinnamomi cassiae* 6g

4) Heart-Blood stasis

The clinical manifestations are: stabbing chest pain that may be worse in the afternoon or at night, Purple tongue, Wiry or Choppy pulse.

The representative prescription is Tong Qiao Huo Xue Tang *Opening the Orifices and Invigorating Blood Decoction* (see Appendix IV).

If there is Qi stagnation and Blood stasis, use Shou Nian San *Hand Picking Powder*:

Yan Hu Suo *Rhizoma Corydalis*

Wu Ling Zhi *Excrementum Troglodyteri*

Cao Guo *Fructus Tsaoko*

Mo Yao *Myrrha*

For Qi stagnation and Blood stasis , can also use Shou Nian Wan *Hand Picking Pill*:

Wu Ling Zhi *Excrementum Troglodyteri*

E Zhu *Rhizoma Curcumae*

Mu Xiang *Radix Aucklandiae*

Dang Gui *Radix Angelicae sinensis*

If the Blood stasis derives from Cold, use Sheng Jin San
Victorious Metal Powder:

Gui Zhi *Ramulus Cinnamomi cassiae*

Yan Hu Suo *Rhizoma Corydalis*

Wu Ling Zhi *Excrementum Troglodyti*

Dang Gui *Radix Angelicae sinensis*

In such pattern, one may also use Xuan Ling San *Black “Ling” Powder*:

Wu Ling Zhi *Excrementum Troglodyti*

Yan Hu Suo *Rhizoma Corydalis*

E Zhu *Rhizoma Curcumae*

Gao Liang Jiang *Rhizoma Alpiniae officinarum*

Dang Gui *Radix Angelicae sinensis*

If Blood stasis derives from Qi deficiency, use Huang Qi Tao
Hong Tang *Astragalus-Persica-Carthus Decoction*:

Huang Qi *Radix Astragali*

Tao Ren *Semen Persicae*

Hong Hua *Flos Carthami tinctorii*

In such a case one may also Bu Yang Hai Wu Tang *Tonify Yang Restore the 5/10th Decoction*.

By contrast to the situation when chest pain and angina pectoris are the main manifestation, if the main clinical manifestation is a weakness of the heart manifesting subjectively with palpitations and/or objectively with irregularities in the ECG (but without chest pain), then a deficiency is the Root of the disease and pathogenic factors such as Blood stasis and Phlegm are the Manifestations.

Dr Zhou distinguishes two basic patterns of Yang and Yin deficiency:

1. Heart-Yang deficiency
2. Heart-Yin deficiency

1) Heart-Yang deficiency

The clinical manifestations are: palpitations, cold hand, feeling cold, tiredness, depression, shortness of breath, slight feeling of stuffiness of the chest, Pale tongue, Deep and Weak pulse.

The representative prescription in case of Qi deficiency is Bao Yuan Tang *Protecting the Original [Qi] Decoction*. In case of Yang deficiency, use Si Wei Hui Yang Yin *Four Ingredients Rescuing Yang Decoction*:

Ren Shen *Radix Ginseng*

Fu Zi *Radix Aconiti lateralis preparata*

Gan Jiang *Rhizoma Zingiberis*

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata*

If there is Yang deficiency and Phlegm, use Gua Lou Xie Bai Ban Xia Tang *Trichosnathes-Allium-Pinellia Decoction*.

2) Heart-Yin deficiency

The clinical manifestations are: palpitations, a slight feeling of stuffiness of the chest, night-sweating, a feeling of heat in the evening, a dry mouth and throat, insomnia, tongue without coating, Floating-Empty pulse.

The suggested formula is Sheng Mai San *Generating the Pulse Powder* or Wu Wei Zi Tang *Schisandra Decoction*.

If there is a deficiency of the Liver and of Kidney-Yang deficiency Dr Zhou suggests using Bu Shen Jian Xin Tang *Tonifying the Kidneys and Strengthening the Heart Decoction*:

Shu Di Huang *Radix Rehmanniae preparata* 9g

Shou Wu *Radix Polygoni multiflori preparata* 6g

Gou Qi Zi *Fructus Lycii chinensis* 6g

Fu Zi *Radix Aconiti lateralis preparata* 3g

Rou Gui *Cortex Cinnamomi* 3g

Bu Gu Zhi *Fructus Psoraleae* 6g

Huang Qi *Radix Astragali* 6g

Dang Shen *Radix Codonopsis* 6g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3g

If there is a deficiency of Liver- and Kidney-Yin he suggests Da Bu Yuan Jian *Great Tonifying the Original [Qi] Decoction*.

i) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 34, No. 11, 1993, p. 652-3. Hao Ai Zhen et al “Six Methods for Treating Coronary Heart disease through Identification of Patterns Proposed by Dr Chen Shu Sen.”

Dr Hao reports 6 patterns and treatment principles for the treatment of coronary heart disease. These are as follows.

1) Regulate Qi, eliminate stagnation, invigorate Blood, stop pain
This is used for Qi stagnation and Blood stasis with the emphasis on the Liver. A representative prescription from his case history is as follows:

Yu Jin *Radix Curcumae* 10g

Chai Hu *Radix Bupleuri* 10g

Qing Pi *Pericarpium Citri reticulatae viride* 10g

Jie Geng *Radix Platycodi* 10g

Chi Shao *Radix Paeoniae rubra* 15g

Dan Shen *Radix Salviae miltiorrhizae* 15g

Chuan Xiong *Rhizoma Chuanxiong* 15g

San Qi *Radix Notoginseng* 6g

Gan Cao *Radix Glycyrrhizae uralensis* 3g

2) Penetrate Yang with warm-pungent herbs, scatter Cold, remove obstructions from the channels

This is used for Chest Bi Syndrome from Blood stasis deriving from Cold. A representative prescription from his case history is as follows:

Gua Lou *Fructus Trichosanthis* 30g

Xie Bai *Bulbus Allii macrostemi* 15g

Ban Xia *Rhizoma Pinelliae preparatum* 15g

Fu Ling *Poria* 15g

Hou Po *Cortex Magnoliae officinalis* 10g

Zhi Shi *Fructus Aurantii immaturus* 10g

Fo Shou *Fructus Citri sarcodactylis* 10g

Cang Zhu *Rhizoma Atractylodis* 9g

Gan Cao *Radix Glycyrrhizae uralensis* 6g

Xi Xin *Herba Asari* 3g

3) Resolve Phlegm, eliminate turbidity, regulate Qi and harmonize the Centre

This is used for Chest Bi Syndrome from Phlegm and Yang not rising. A representative prescription from his case history is as follows:

Ban Xia *Rhizoma Pinelliae preparatum* 15g

Shan Zha *Fructus Crataegi* 15g

Shi Chang Pu *Rhizoma Acori tatarinowii* 10g

Yu Jin *Radix Curcumae* 10g

Cang Zhu *Rhizoma Atractylodis* 10g

Fo Shou *Fructus Citri sarcodactylis* 10g

Ze Xie *Rhizoma Alismatis* 10g

Chen Pi *Pericarpium Citri reticulatae* 9g

Zhu Ru *Caulis Bambusae in Taeniam* 9g

He Ye *Folium Nelumbinis nuciferae* 9g

4) Benefit Qi, invigorate Blood, penetrate the blood vessels and stop pain

This is used for Qi deficiency, Blood stasis and stasis in the Heart channel. A representative prescription from his case history is as follows:

Huang Qi *Radix Astragali* 30g

Tai Zi Shen *Radix Pseudostellariae* 15g

Mai Men Dong *Radix Ophiopogonis* 15g

Dan Shen *Radix Salviae miltiorrhizae* 15g

Chuan Xiong *Rhizoma Chuanxiong* 12g

Ge Gen *Radix Puerariae* 12g

Tao Ren *Semen Persicae* 10g

Hong Hua *Flos Carthami tinctorii* 10g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 10g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 6g

Da Zao *Fructus Jujubae* 5g

5) Benefit Qi, nourish Yin, resolve Phlegm, remove obstructions from the channels

This is for Qi and Yin deficiency with Phlegm and stasis in the channels. A representative prescription from his case history is as follows:

Xi Yang Shen *Radix Panacis quinquefolii* 9g

Gua Lou *Fructus Trichosanthis* 15g

Mai Men Dong *Radix Ophiopogonis* 15g

Dan Shen *Radix Salviae miltiorrhizae* 15g

Chi Shao *Radix Paeoniae rubra* 10g

Wu Wei Zi *Fructus Schisandrae* 10g

Hong Hua *Flos Carthami tinctorii* 10g

Yan Hu Suo *Rhizoma Corydalis* 10g

Yu Jin *Radix Curcumae* 10g

Ge Gen *Radix Puerariae* 10g

6) Warm Yang, benefit the Kidneys, invigorate Blood, remove obstructions from the channels

This is used for Heart- and Kidney-Yang deficiency with Blood stasis. A representative prescription from his case history is as follows:

Huang Qi *Radix Astragali* 15g

Dang Shen *Radix Codonopsis* 15g

Ren Shen *Radix Ginseng* 6g

Dan Shen *Radix Salviae miltiorrhizae* 15g

Bu Gu Zhi *Fructus Psoraleae* 15g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 12g

Mai Men Dong *Radix Ophiopogonis* 12g

Fu Zi *Radix Aconiti lateralis preparata* 9g

Xian Ling Pi *Herba Epimidii* 9g

Ma Huang *Herba Ephedrae* 6g

Gui Zhi *Ramulus Cinnamomi cassiae* 6g

Xi Xin *Herba Asari* 3g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 6g

j) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 46, No. 4, 2005, p. 273-5. Fan Bing Jun “Clinical Study on Modified Ginseng Decoction in the Treatment of 30 Cases of Coronary Heart Disease with Angina Pectoris.”

60 patients suffering from angina pectoris from coronary heart disease were randomly divided into a treatment group (n=30) treated by oral administration of modified Ren Shen Tang *Ginseng Decoction*; and a control group (n=30) treated by oral Dan Shen Pian *Salvia Tablets*.

Four weeks constituted one course. Paroxysm time of angina pectoris, dosage and times of nitroglycerium, cumulative score of pain syndrome, the time of medicine producing action and the time of medical action were recorded. ECG, blood lipids, haemological indexes before and after treatment were measured.

There were significant differences in the two groups in effective rates in alleviating angina pectoris, precordial pain, improvement of ECG, the time of medicine producing action and the time of medical action ($P<0.05$ or $P<0.01$). There were also significant differences in blood lipids and hemological indexes between the two groups ($P<0.01$).

The modified Ren Shen Tang *Ginseng Decoction* used was as follows:

Ren Shen *Radix Ginseng* 15g

Gan Jiang *Rhizoma Zingiberis* 15g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 15g

Gan Cao *Radix Glycyrrhizae uralensis* 15g

Gua Lou *Fructus Trichosanthis* 15g

Xie Bai *Bulbus Allii macrostemi* 10g

Dan Shen *Radix Salviae miltiorrhizae* 10g

Chuan Xiong *Rhizoma Chuanxiong* 10g

k) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 31, No. 6, 1990, p. 33. Ke Qing et al “Clinical Observation of 227 Cases of Coronary Heart Disease Treated by the Application of Guan Xin Plaster to the Umbilicus.”

227 patients suffering from coronary heart disease were treated with the application of Guan Xin Plaster to the umbilicus. There were 107 men and 120 women, ranging in age from 40 to 62.

The plaster was applied to the umbilicus once every two days for 7 times. The results were as follows: 82 (47%) patients showed a marked improvement, 85 (49%) some improvement and 5 (2.9%) had no improvement. The same type of improvement was also recorded according to the ECG before and after treatment.

The plaster contained a paste made from Dan Shen *Radix Salviae miltiorrhizae*, Chuan Xiong *Rhizoma Chuanxiong* and Bing Pian *Borneol* and other undisclosed ingredients.

The rationale behind the choice of site of application is interesting. The doctors explain that the three extraordinary vessels *Du*, *Ren* and *Chong Mai* all start deep in the abdomen at the level of the umbilicus. All three of these vessels connect with the Heart and they can therefore influence coronary heart disease.

Moreover, the application of the plaster to the Lower *Dan Tian* treats both the Manifestation (through invigorating-Blood herbs) but also the Root by the very fact that it is applied in the Lower *Dan Tian* where the Original Qi and Essence reside.

1) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 38, No. 8, 1997, p. 460-2. Li Xiang Guo “Patterns and Treatment According to Relationship between the Liver and Coronary Heart Disease.”

In spite of the title of this article, Dr Li actually discusses the role of each of the main organs involved in the pathology of coronary heart disease. These are the Liver, Heart, Spleen and Kidneys.

Liver

The Liver has an influence on the development of coronary heart disease especially when there is angina pectoris. The Liver influences this pathology through Qi stagnation affecting the chest. Dr Li gives another interesting explanation for the importance of the Liver in Chest Bi Syndrome which I have not seen in other journals or books. He says that the Liver controls the “sinews membranes” (*jin mo*) as indicated in chapter 44 of the “Su Wen”.

Dr Li says that these “sinews membranes” generates the “sinews-blood vessels” (*jin mai*) and, for this reason, (like the Heart), the Liver also controls the blood vessels and it therefore has an influence on the pathology of Chest Bi Syndrome.

Heart

The Heart is obviously deeply involved in the pathology of coronary heart disease not only by itself but also because it controls the blood vessels. Blood stasis is the main pathology when there is angina pectoris. In the absence of angina pectoris, Heart-Blood deficiency is a common pathology.

Spleen

The Spleen is involved in the pathology of coronary heart disease in two ways. Firstly, a deficient Spleen may lead to the formation of Phlegm which obstructs the chest and the blood vessels. Secondly, a deficient Spleen may fail to produce Blood and this may lead to Heart-Blood deficiency.

Kidneys

The Kidneys influences coronary heart disease due to its relationship with the Heart. Heart and Kidneys need to communicate and mutually nourish each other. A Kidney deficiency may lead to Heart-Yang deficiency and Blood stasis.

As for treatment methods, Dr Li distinguishes two broad methods of treatment: to eliminate pathogenic factors, which he calls *tong fa*, i.e. “penetrating method” or “removing obstructions method”; and to tonify the body’s Qi.

Removing obstructions method (*tong fa*) - This consists in five different methods:

1. *Moving Qi*: used in Qi stagnation manifesting with distension. Examples of herbs are *Mu Xiang Radix Aucklandiae*, *Xiang Fu Rhizoma Cyperi*, *Wu Yao Radix Linderiae* and *Sha Ren Fructus Amomi*. Examples of formulae are *Chai Hu Shu Gan Tang Bupleurum Soothing the Liver Decoction*, *Jin Ling Zi Tang Toosendan Powder*.
2. *Invigorating Blood*: used in Blood stasis manifesting with chest pain. Examples of herbs are *Chi Shao Radix Paeoniae rubra*, *Yan Hu Suo Rhizoma Corydalis*, *Dan Shen Radix Salviae miltiorrhizae*, *Chuan Xiong Rhizoma Chuanxiong*. Examples of formulae are *Shi Xiao San Breaking into a Smile Powder*, *Xue Fu Zhu Yu Tang Blood Mansion Eliminating Stasis Decoction*, *Tao Hong Si Wu Tang Persica-Carthus Four Substances Decoction* and *Tong Qiao Huo Xue Tang Opening the Orifices and Invigorating Blood Decoction*.

3. *Resolving turbidity*: used when there is Phlegm manifesting with a feeling of oppression in the chest. Examples of herbs are Ban Xia *Rhizoma Pinelliae preparatum*, Gua Lou *Fructus Trichosanthis*, Examples of formulae are Gua Lou Xie Bai Ban Xia Tang *Trichosanthes-Allium-Pinellia Decoction*, Xiao Xian Xiong Tang *Small Sinking Chest Decoction*, Huang Lian Wen Dan Tang *Coptis Warming the Gall Bladder Decoction*.

4. *Penetrating Yang*: used when there is Cold obstructing the blood vessels in the chest manifesting with chest pain and cold hands. Examples of herbs are Gao Liang Jiang *Rhizoma Alpiniae officinarum*, Gan Jiang *Rhizoma Zingiberis* and Xi Xin *Herba Asari*. Examples of formulae are Dang Gui Si Ni Tang *Angelica Four Rebellious Decoction* and Zhi Shi Xie Bai Gui Zhi Tang *Aurantium-Allium-Cinnamomum Decoction*.

5. *Opening the orifices*: used when the Heart orifices are obstructed by Phlegm and Blood stasis manifesting with a feeling of oppression of the chest and pain. Examples of herbs are Shi Chang Pu *Rhizoma Acori tatarinowii*, Su He Xiang *Styrax* and Yuan Zhi *Radix Polygalae*. Formulae are Tong Qiao Huo Xue Tang *Opening the Orifices and Invigorating Blood Decoction*, Su He Xiang Wan *Styrax Pill*.

Tonifying method (*bu fa*)

Rather than differentiating between tonifying Yang or Yin, Dr Li differentiates tonification of the four main organs:

Regulate the Liver: used when there is Liver-Qi stagnation and Liver-Blood or Liver-Yin deficiency. Examples of formulae for the latter condition are Liu Wei Di Huang Wan *Six Ingredients Rehmannia Pill* and Yi Guan Jian *One Linking Decoction*.

Nourish the Heart: used when there is a deficiency of Heart-Qi, Heart-Yang or Heart-Yin. Examples of formulae are Tian Wang Bu Xin Dan *Heavenly Emperor Tonifying the Heart Pill*, Sheng Mai San *Generating the Pulse Powder*, Shen Fu Tang *Ginseng-Aconitum Decoction*, etc.

Tonify the Spleen: used when there is Spleen-Qi or Spleen-Yang deficiency and Phlegm. Examples of formulae are Li Zhong Tang *Regulating the Centre Decoction*, Liu Jun Zi Tang *Six Gentlemen Decoction*, Huo Po Xia Ling Tang *Pogostemon-Magnolia-Pinellia-Poria Decoction*.

Benefit the Kidneys: used when there is an underlying deficiency of Kidney-Yang or Kidney-Yin. Examples of formulae are You Gui Wan *Restoring the Right [Kidney] Pill*, Zuo Gui Wan *Restoring the Left [Kidney] Pill*.

m) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 43, No. 6, 2002, p. 415-2. Lin Xiao Zhong et al “Deng Tie Tao’s Experience in the Treatment of Coronary Heart Disease by Regulating the Spleen and Protecting the Heart.”

Dr Deng considers that the main organs involved in the pathology of coronary heart disease are the Heart and the Spleen and that the main pathogenic factors are Phlegm and Blood stasis.

He thinks that the three main factors in the aetiology and pathology of coronary heart disease are an impairment in the movement of Qi and Blood, Phlegm and a disharmony of the Internal Organs.

1) Impairment in the circulation of Qi and Blood

Dr Deng thinks that at the root of the development of this disease is Qi stagnation which, in time, leads to Blood stasis. The Qi stagnation not only leads to Blood stasis but it is also the beginning process of many disharmonies. For example, as Qi stagnates, Stomach-Qi fails to descend and Spleen-Qi fails to ascend which, in time, leads to the formation of Phlegm.

2) Phlegm

A dysfunction of the Stomach and Spleen is usually the root for the formation of Phlegm. A deficiency of Heart-Qi and Heart-Yang means that clear Yang fails to ascend to the chest and turbid Yin fails to descend: as result, Phlegm and “turbidity” settle in the chest leading to coronary heart disease manifesting with a feeling of oppression in the chest.

3) Disharmony of the Internal Organs

In the pathology of coronary heart disease, Stomach-Qi fails to descend and Spleen-Qi fails to ascend.; Liver-Qi stagnates and may ascend in the form of Liver-Yang rising; in other circumstances, there may be insufficient rising of physiological Liver-Qi; Kidney-Qi fails to transform fluids; Heart and Kidneys fail to communicate.

Dr Deng says that the basic differentiation in the pathology of coronary heart disease is that between Full and Empty. Empty conditions include deficiency of Qi, Yang, Blood or Yin. When the Empty aspect predominates, there is not much chest pain and generally only a slight feeling of stuffiness of the chest.

Among the Full conditions, the main differentiation is that between Dampness and Phlegm. This is rather unusual of Dr Deng as very few other doctors consider Dampness an important factor in the pathology of coronary heart disease. Dr Deng says that Dampness in coronary heart disease manifests with a feeling of oppression and pain of the chest, being worse from exposure to damp weather, a feeling of fullness in the epigastrium, a sticky taste, a feeling of heaviness of the head and limbs, turbid urine and a sticky tongue coating.

In the treatment of coronary heart disease, Dr Deng advocates strengthening the Heart, regulating the Spleen, benefitting Qi and resolving Phlegm. A representative prescription is as follows:

Chen Pi *Pericarpium Citri reticulatae* 6g
Ban Xia *Rhizoma Pinelliae preparatum* 10g
Fu Ling *Poria* 12g
Gan Cao *Radix Glycyrrhizae uralensis* 5g
Zhi Ke *Fructus Aurantii* 6g
Zhu Ru *Caulis Bambusae in Taeniam* 10g
Dang Shen *Radix Codonopsis* 15g
Dan Shen *Radix Salviae miltiorrhizae* 12g
Xi Xian Cao *Herba Siegesbeckiae* 10g

n) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 28, No. 6, 1987, p. 64-5. Weng Wei Liang “Advances in Studies on Blood Stasis in Patients with Coronary Heart Disease.”

I report this article only briefly to illustrate some of the modern formulae used in China for coronary heart disease today. These are: Guan Xin Er Hao Fang (*Coronaries Formula No. 2*): Chuan Xiong *Rhizoma Chuanxiong*, Dan Shen *Radix Salviae miltiorrhizae*, Chi Shao *Radix Paeoniae rubra*, Hong Hua *Flos Carthami tinctorii*, Chen Xiang *Lignum Aquilariae resinatum*)

Dan Shen *Radix Salviae miltiorrhizae* (by itself)

Guan Xin Dan Shen Pian *Coronaries Salvia Tablets*: San Qi *Radix Notoginseng*, Dan Shen *Radix Salviae miltiorrhizae*, Chen Xiang *Lignum Aquilariae resinatum*)

Chi Shao *Radix Paeoniae rubra* (by itself)

Yi Mu Cao *Herba Leonuri* (by itself)

Shan Zha *Fructus Crataegi* (by itself)

Chuan Xiong *Rhizoma Chuanxiong* (by itself)

Mao Dong Qing *Radix Ilicis pubescentis* (by itself)

1) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 34, No. 10, 1993, p. 598. Xue Zhang Lian “The Experience of Dr Gao Hui Lian in the Treatment of Coronary Heart Disease with Nourishing the Heart and Settling the Spirit Decoction.”

Dr Xue places the emphasis in the treatment of coronary heart disease on Deficiency and therefore, in treatment, on nourishing the Heart. He advocates the use of variations of Dr Gao Hui Lian’s formula *Yang Xin Ding Zhi Tang Nourishing the Heart and Settling the Spirit Decoction*.

Tai Zi Shen *Radix Pseudostellariae* 10g

Fu Ling *Poria* 10g

Shi Chang Pu *Rhizoma Acori tatarinowii* 10g

Yuan Zhi *Radix Polygalae* 10g

Gui Zhi *Ramulus Cinnamomi cassiae* 10g

Gan Cao *Radix Glycyrrhizae uralensis* 5g

Fu Xiao Mai *Fructus Triticis levis* 15g

Da Zao *Fructus Jujubae* 5 dates

Chuan Xiong *Rhizoma Chuanxiong* 10g

Long Gu *Mastodi Ossis fossilis* 10g

Yan Hu Suo *Rhizoma Corydalis* 10g

As can be seen from the above formula, the stress is very much on tonifying the Heart and there is only one herb to invigorate Blood (Yan Hu Suo).

o) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 32, No. 11, 1991, p. 55. Niu Yuan Qi “What Else to Do in Coronary Heart Disease when invigorating Blood, removing obstructions from the channels, penetrating Yang and benefiting Qi and Yi does not Yield Results?”

This interesting short article in the form of question and answer presents some treatment methods for coronary heart disease that are seldom discussed. The article starts off by saying that the three cardinal treatment principles in coronary heart disease are invigorating Blood, removing obstructions from the channels and penetrating Yang, and benefitting Qi and Yin.

It then suggests what approach to take if still there are no results. Interestingly, it places the emphasis on the Fullness in the Middle Burner as a pathology in coronary heart disease. It says that in coronary heart disease the Heart channel is blocked and this is due to a dysfunction of the Qi Mechanism (*Qi Ji*). The Middle Burner, with its ascending and descending of Qi plays a crucial role in the functioning of the Qi Mechanism.

When the Qi Mechanism in the Middle Burner is disrupted, the Qi of the Three Burners is obstructed, the Qi in the Upper Burner stagnates and this causes chest pain. In the treatment of coronary heart disease it is therefore important to unblock the Middle Burner by stimulating the descending of Qi with digestive herbs such as Ji Nei Jin *Endothelium Corneum Gigeriae Galli*, Sha Ren *Fructus Amomi*, Bing Lang *Semen Arecae catechu* and Lai Fu Zi *Semen Raphani*.

The Middle Burner is unblocked also by the use of herbs with a downwards movement that promote the bowel movement. These are used especially if there is constipation with dry stools.

p) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 36, No. 10, 1995, p. 603. Liu Yan Rong et al “Fifty Four Cases of Coronary Heart Disease Treated with the Application of Herbal Plaster on Acupuncture Points.”

54 patients suffering from coronary heart disease with angina pectoris were treated with the application of a herbal plaster to acupuncture points.

The herbal plaster contained Tan Xiang *Lignum Santali albi*, Chuan Xiong *Rhizoma Chuanxiong*, San Qi *Radix Notoginseng* and Xi Xin *Herba Asari*. This plaster was applied on two groups of points in alternation:

- First group: Ren-17 Shanzhong, ST-18 Rugen, ST-16 Yingchuan, Ren-18 Yutang and P-6 Neiguan.
- Second group: BL-15 Xinshu, BL-17 Geshu, Du-9 Zhiyang and P-6 Neiguan.
- The results were as follows: 25 patients (46%) had a marked improvement; 21 (38.9%) some improvement; and 8 (14%) no improvement.

q) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 3, No. 6, 1983, p. 43-4. Peng Yue “General Situation of Research on Acupuncture Treatment of Coronary Heart Disease.”

Dr Peng uses the following groups of points for coronary heart disease.

1. Group one: combination of Front-*Mu* and Back-*Shu* points of Heart and Pericardium together with local points, i.e. Ren-17 Shanzhong, BL-15 Xinshu, BL-14 Jueyinshu, Ren-14 Jique, ST-18 Rugen, KI-21 Youmen, KI-27 Shufu, Ren-13 Shangwan.
2. Group two: points from the Pericardium and Heart channel, i.e. P-6 Neiguan, P-5 Jianshi, HE-7 Shenmen, HE-5 Tongli, P-4 Ximen.
3. Group three: other points to treat patterns (Phlegm, Qi stagnation, Blood stasis), i.e ST-36 Zusanli, ST-40 Fenglong, L.I.-11 Quchi, L.I.-4 Hegu, SP-6 Sanyinjiao, BL-17 Geshu, Ren-6 Qihai, Ren-4 Guanyuan, G.B.-34 Yanglingquan, KI-3 Taixi.

r) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 7, No. 2, 1987, p. 5. Wang Jia En “Clinical Observation on the Acupuncture Treatment of Coronary Heart Disease.”

Dr Wang treated 160 patients suffering from coronary heart disease with acupuncture. The points used were only three:

Four Huatuojiagi points above and below D5 (i.e. in line with the space between D4 and D5 and that between D5 and D6).

P-6 Neiguan and SP-6 Sanyinjiao.

The Huatuojiagi points were inserted bilaterally and obliquely towards the midline. They were rotated for 5-7 minutes trying to obtain the needling sensation to radiate either towards the heart or up and down the channel. P-6 and SP-6 were rotated for about 2 minutes trying to get the needling sensation to radiate towards the heart.

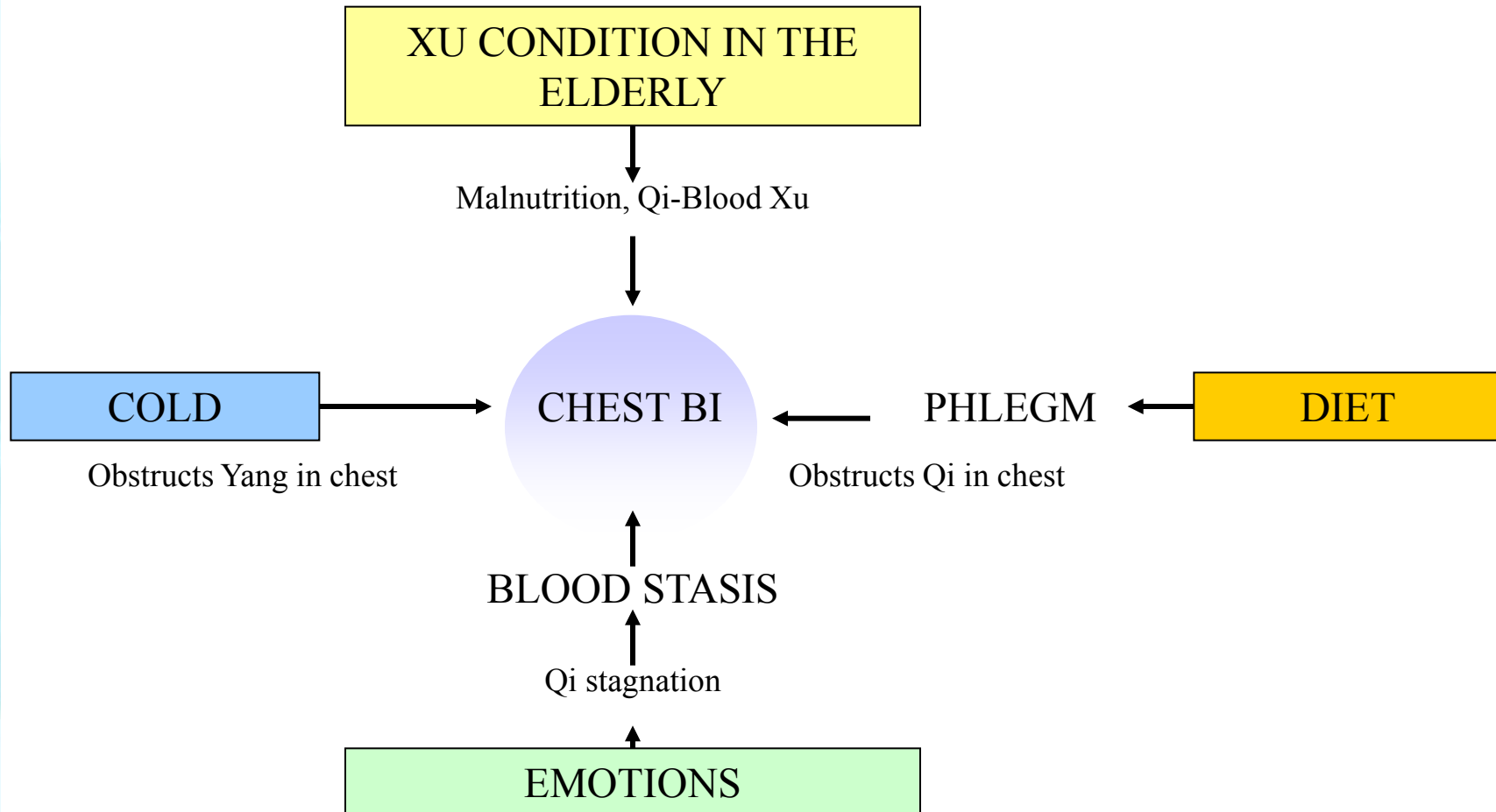
The results are summarized in the table below. An interesting observation can be made looking at the results. The results according to clinical manifestations are much better than those according to ECG and this is in line with other clinical trials with Chinese medicine. In other words, Chinese medicine can effect a marked improvement in clinical manifestations even in the absence of an improvement in objective measurements.

Clinical results of Acupuncture Trial for coronary heart disease

	Total	Marked improvement	Some improvement	No results
Clinical manifestations	160	96 (60%)	51 (31.8%)	8 (5%)
ECG	129	31 (24%)	54 (41.8%)	44 (34.1%)

CORONARY HEART DISEASE AND CONGESTIVE CARDIAC FAILURE

By Dr WANG Xin Hua



Dr Wang distinguishes four main patterns (but all cases are characterized by Xu and Shi):

1. Yang Xu in the chest
2. Blood stasis
3. Phlegm
4. Qi and Yin Xu

YANG XU IN THE CHEST

Chest pain elicited by cold, Pale tongue, Slow pulse.
GUA LOU XIE BAI GUI ZHI TANG

BLOOD STASIS IN THE CHEST

Chest pain, Purple tongue, Wiry, Firm or Choppy pulse.
TAO HONG SI WU TANG plus DAN SHEN YIN

PHLEGM OBSTRUCTING THE CHEST

Dull pain or no pain, feeling of oppression of the chest, Swollen tongue, Slippery pulse.

WEN DAN TANG

QI AND YIN XU

Dull pain or no pain, exhaustion, tongue without coating, Weak pulse

SHENG MAI SAN

ARRHYTHMIA

Tonify Qi, move Blood, resolve Phlegm.

Dr Wang uses Ren Shen and San Qi

STATISTIC ON CORONARY HEART DISEASE FROM CHINA, 1980

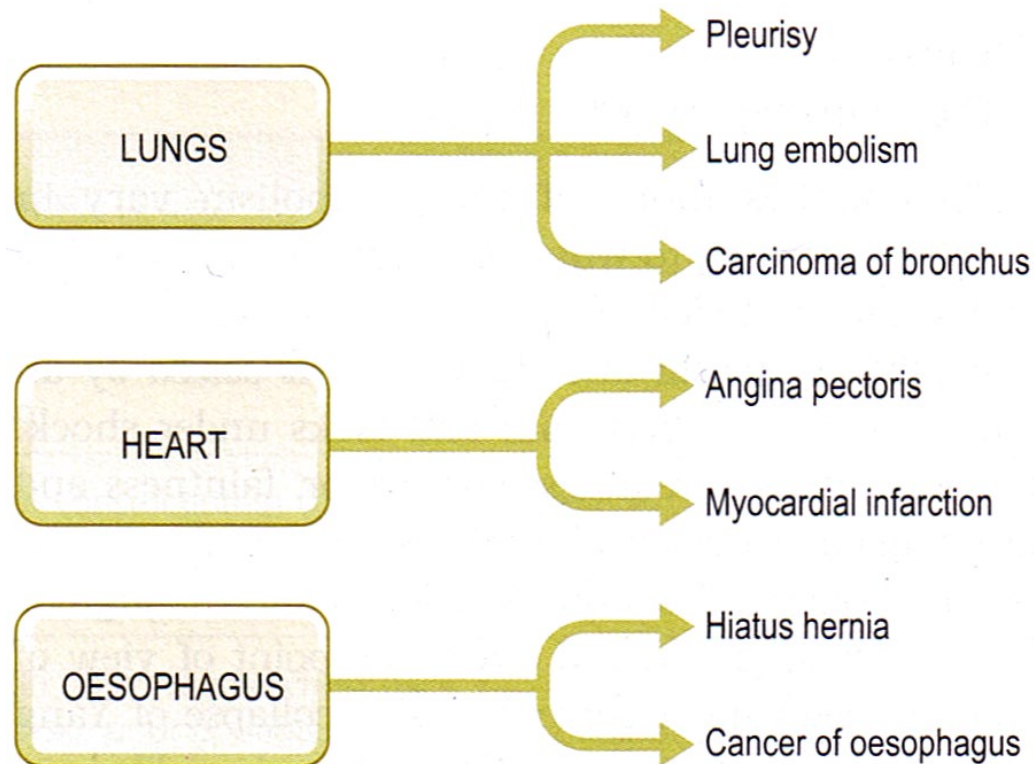
Out of 318 patients, only 12 had a purely Shi condition (3.8%)
20 had a pure Xu pattern (6.3%)
286 had a combined Xu-Shi condition (89.9%).

Of the Shi patterns, these were the statistics:
Blood stasis: 181 (43.6%)
Qi stagnation: 171 (41.2%)
Phlegm: 63 (15.2%).

Of the Xu patterns, these were the statistics:
Heart Xu: 62.7%
Kidney Xu: 31.9%
Spleen Xu: 5.4%

8. WESTERN DIFFERENTIAL DIAGNOSIS

From a Western medical point of view, the first broad differentiation to be made in a patient with chest pain is whether the pain originates from the lungs, heart or stomach/oesophagus. The main causes are represented diagrammatically below:



The causes of chest pain are summarized in this table:

DISEASE	PATHOLOGY	SYMPTOMS	SIGNS
PLEURISY	Inflammation of pleura	Stabbing or lancinating pain below nipple, worse on inspiration, shallow breathing	Fever, friction rub on auscultation
LUNG EMBOLISM	Embolus detached from thrombus occludes an artery in the lung	Feeling of constriction in chest, transient dyspnoea, haemoptysis	Friction rub on palpation, rapid pulse and breathing, oedema of legs
CARCINOMA OF BRONCHUS	Malignancy	Dry cough, deep-seated chest pain, haemoptysis, poor appetite, tiredness	Loss of weight, wheeze, diminished breath sounds

ANGINA PECTORIS	Spasm of coronary arteries	Sudden bouts of severe chest pain radiating to left arm, feeling of constriction in the chest, nausea, vomiting	Pallor, patient motionless, raised blood pressure, cardiac rhythm not altered
MYOCARDIAL INFARCTION	Thrombosis of atheromatous coronary arteries	Sudden, severe chest pain at rest which may radiate to left arm or shoulder, dyspnoea, nausea, vomiting, sweating	Pallor, patient restless, cyanosis of lips and nails, shock, feeble and rapid pulse, decreased blood pressure, raised temperature
HIATUS HERNIA	Protrusion of stomach-cardia through diaphragm into thoracic cavity	Nausea, vomiting, sternal pain, hiccup, regurgitation, dyspnoea	Heart may be displaced upwards away from affected side

CARCINOMA OF OESOPHAGUS	Malignancy	Retrosternal pain on swallowing, pain may radiate to costal margins or between scapulae, tiredness	Loss of weight, enlarged lymph nodes in neck
CARCINOMA OF BRONCHUS	Malignancy	Dry cough, deep-seated chest pain, haemoptysis, poor appetite, tiredness	Loss of weight, wheeze, diminished breath sounds

HERBAL PRESCRIPTIONS

TAO HONG SI WU TANG Variation (Heart-Blood Stasis)

- Dang Gui *Radix Angelicae sinensis*
- Shu Di Huang *Radix Rehmanniae preparata*
- Bai Shao *Radix Paeoniae alba*
- Chuan Xiong *Radix Chuanxiong*
- Hong Hua *Flos Carthami tinctorii*
- Tao Ren *Semen Persicae*
- Huang Lian *Rhizoma Coptidis*
- Dan Nan Xing *Rhizoma Arisaematis preparatum*
- Zhu Ru *Caulis Bambusae in Taeniam*
- San Qi *Radix Notoginseng*
- Dan Shen *Radix Salviae miltiorrhizae*
- Jiang Huang *Rhizoma Curcumae longae*

JIA WEI GUA LOU XIE BAI TANG Variation Turbid Phlegm Stagnating in the Chest

- Gua Lou *Fructus Trichosanthis*
- Xie Bai *Bulbus Allii*
- Chi Shao *Radix Paeoniae rubra*
- Hong Hua *Flos Carthami tinctorii*
- Chuan Xiong *Rhizoma Chuanxiong*
- Jiang Huang *Rhizoma Curcumae longae*

ZHEN ZHU MU WAN Variation

Liver-Fire Harassing the Heart in the Chest

- Zhen Zhu Mu *Concha Margaritiferae usta*
- Long Chi *Fossilia Dentis Mastodi*
- Cheng Xiang *Lignum Aquilariae resinatum*
- Shu Di Huang *Radix Rehmanniae preparata*
- Dang Gui *Radix Angelicae sinensis*
- Suan Zao Ren *Semen Ziziphi spinosae*
- Bai Zi Ren *Semen Platycladi*
- Fu Shen *Sclerotium Poriae pararadicis*
- Long Dan Cao *Radix Gentianae*
- Chai Hu *Radix Bupleuri*
- Ling Yang Jiao *Cornu Saigae tataricae*
- Zhi Ke *Fructus Aurantii*
- Huang Qin *Radix Scutellariae*
- Shan Zhi Zi *Fructus Gardeniae*

SHENG MAI SAN and REN SHEN YANG YING TANG Variation Qi and Yin Deficiency

- Ren Shen *Radix Ginseng*
- Mai Men Dong *Radix Ophiopogonis*
- Wu Wei Zi *Fructus Schisandrae*
- Dang Gui *Radix Angelicae sinensis*
- Bai Shao *Radix Paeoniae alba*
- Chen Pi *Pericarpium Citri reticulatae*
- Gan Cao *Radix Glycyrrhizae uralensis*
- Fu Ling *Poria*
- Huang Qi *Radix Astragali*
- Shan Yao *Rhizoma Dioscoreae*
- Dan Shen *Radix Salviae miltiorrhizae*
- Hong Hua *Flos Carthami tinctorii*
- Ren Shen *Radix Ginseng*
- Mai Men Dong *Radix Ophiopogonis*

TAO HONG SI WU TANG Variation (Heart-Blood stasis)
Persica-Carthus Four Substances Decoction Variation

- Dang Gui *Radix Angelicae sinensis* 9 g
- Shu Di Huang *Radix Rehmanniae preparata* 12 g
- Bai Shao *Radix Paeoniae alba* 6 g
- Chuan Xiong *Radix Chuanxiong* 6 g
- Hong Hua *Flos Carthami tinctorii* 6 g
- Tao Ren *Semen Persicae* 6 g
- Huang Lian *Rhizoma Coptidis* 3 g
- Dan Nan Xing *Rhizoma Arisaematis preparatum* 6 g
- Zhu Ru *Caulis Bambusae in Taeniam* 6 g
- San Qi *Radix Notoginseng* 3 g
- Dan Shen *Radix Salviae miltiorrhizae* 9 g
- Jiang Huang *Rhizoma Curcumae longae* 3 g

JIA WEI GUA LOU XIE BAI TANG Variation (Turbid Phlegm in the Chest)

Trichosanthes-Allium Decoction Variation

- Gua Lou *Fructus Trichosanthis* 15 g
- Xie Bai *Bulbus Allii macrostemi* 9 g
- Chi Shao *Radix Paeoniae rubra* 6 g
- Hong Hua *Flos Carthami tinctorii* 6 g
- Chuan Xiong *Rhizoma Chuanxiong* 6 g
- Jiang Huang *Rhizoma Curcumae longae* 6 g

GUA LOU XIE BAI BAN XIA TANG
Trichosanthes-Allium-Pinellia Decoction

- Gua Lou *Fructus Trichosanthis* 12 g
- Xie Bai *Bulbus Allii macrostemi* 12 g
- Ban Xia *Rhizoma Pinelliae preparatum* 12 g
- Bai Jiu White rice wine 30 ml

ZHEN ZHU MU WAN Variation (Liver-Fire harassing the Heart in the chest)

Concha Margaritiferae Pill Variation

- Zhen Zhu Mu *Concha Margaritiferae usta* 30 g
- Long Chi *Fossilia Dentis Mastodi* 18 g
- Chen Xiang *Lignum Aquilariae resinatum* 3 g
- Shu Di Huang *Radix Rehmanniae preparata* 12 g
- Dang Gui *Radix Angelicae sinensis* 6 g
- Suan Zao Ren *Semen Ziziphi spinosae* 6 g
- Bai Zi Ren *Semen Platycladi* 6 g
- Fu Shen *Sclerotium Poriae pararadicis* 6 g
- Long Dan Cao *Radix Gentianae* 6 g
- Chai Hu *Radix Bupleuri* 3 g
- Ling Yang Jiao *Cornu Saigae tataricae* 6 g
- Zhi Ke *Fructus Aurantii* 6 g
- Huang Qin *Radix Scutellariae* 6 g
- Shan Zhi Zi *Fructus Gardeniae* 6 g

SHENG MAI SAN AND REN SHEN YANG YING TANG

Variation (Qi and Yin deficiency)

Ginseng Nourishing Nutritive Qi Decoction Variation

- Ren Shen *Radix Ginseng* 9 g
- Mai Men Dong *Radix Ophiopogonis* 9 g
- Wu Wei Zi *Fructus Schisandrae* 6 g
- Sheng Di Huang *Radix Rehmanniae* 9 g
- Dang Gui *Radix Angelicae sinensis* 6 g
- Bai Shao *Radix Paeoniae alba* 6 g
- Chen Pi *Pericarpium Citri reticulatae* 4.5 g
- Gan Cao *Radix Glycyrrhizae uralensis* 3 g
- Fu Ling *Poria* 6 g
- Huang Qi *Radix Astragali* 12 g
- Shan Yao *Rhizoma Dioscoreae* 9 g
- Dan Shen *Radix Salviae miltiorrhizae* 6 g
- Hong Hua *Flos Carthami tinctorii* 6 g

DIZZINESS



Chinese character for “longevity” (*shou*)

Giovanni Maciocia

Full

- Liver-Yang, Liver-Fire and Liver-Wind rising
- Turbid Phlegm in the head
- Liver-Yang rising with Phlegm in the head

Empty

- Qi and Blood deficiency
- Kidney deficiency

DIZZINESS

Dizziness in Chinese medicine is called *Xuan Yun* 眩 晕. *Xuan* means “dizziness” but its character contains the radical for “eye” so it also suggests “burred vision”; while *Yun* means “dizziness”.

This symptom may range from a very slight dizziness, sometimes only on changing posture, to very severe vertigo with loss of balance when everything around the patient seems to be spinning.

The first reference to dizziness occurs in the Nei Jing which links it to various patterns.

The “SuWen” in chapter 74 relates it to Liver-Wind:

“Wind causes dizziness and it pertains to the Liver.”

The “Ling Shu” in chapter 28 attributes dizziness to Qi not reaching the head:

“When the Qi of the Upper Burner is deficient, the brain is not full [this causes] dizziness and blurred vision.”

In chapter 33 it relates it to deficiency of the Sea of Marrow:

“When the Sea of Marrow is deficient there is dizziness.”

Zhu Dan Xi in "Essential Methods of Dan Xi" (1347) relates dizziness to Phlegm and goes as far as saying:



“There is no dizziness without Phlegm.”

He therefore advocates resolving Phlegm as the main method of treating dizziness. As we shall see, Phlegm is a very common cause of dizziness in the elderly.

Zhang Jing Yue, on the other hand, in his book “The Complete Book of Jing Yue” (1624), relates dizziness to Deficiency and says: “*Deficiency above causes dizziness*” and “*There is no dizziness without Deficiency*”. He therefore recommends tonifying as the main method to treat dizziness.

The differentiation and treatment of Dizziness together with those of Headaches can be used as a guideline to treat hypertension.



The discussion of Dizziness will be conducted according to the following topics:

1. AETIOLOGY

- a) Emotional strain
- b) Overwork
- c) Irregular diet

2. PATHOLOGY

3. IDENTIFICATION OF PATTERNS AND TREATMENT

- a) Liver-Yang, Liver-Fire or Liver-Wind rising
- b) Turbid Phlegm in the head
- c) Liver-Yang rising with Phlegm in the head
- d) Qi and Blood deficiency
- e) Kidney deficiency

4. Modern Chinese literature

5. Western differentiation

a) Ear

i. Acute labyrinthitis

ii. Ménière's disease

b) Eighth cranial nerve

c) Brainstem

1. AETIOLOGY

a) EMOTIONAL STRAIN

Anger, frustration, resentment, worry, shame and guilt and any other emotion that affects the Liver may cause Liver-Yang to rise. This is a common cause of dizziness of the Full type.

On the other hand, prolonged stagnation of Qi from emotional strain often gives rise to Fire, in this case Liver-Fire which may also cause dizziness. Moreover, Liver-Fire may generate Wind which causes even more intense dizziness, to the point of loss of balance.

b) OVERWORK

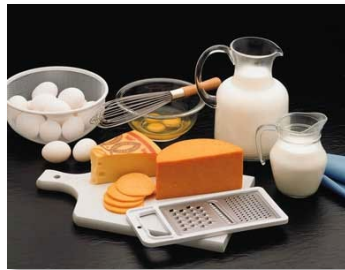
Overwork over many years without adequate rest weakens the Kidneys.

These fail to generate enough Marrow to nourish the brain and dizziness results. This is dizziness of the Empty-type.

c) IRREGULAR DIET

Excessive consumption of greasy foods or dairy products or simply irregular eating may weaken the Spleen and lead to Dampness and Phlegm.

When this is associated with a deficiency of Qi in the Upper Burner, the clear Qi cannot rise to the head and turbid Phlegm stagnates there, giving rise to dizziness, blurred vision and a sensation of muzziness (fuzziness) and heaviness of the head.



2. PATHOLOGY

The most important pathological distinction to be made in dizziness is that between:

Deficiency

The sensation of dizziness quite simply arises either because not enough Qi reaches the head (Deficiency-type)



Fullness

Or because a pathogenic factor in the head prevents the clear Yang from reaching the head and the turbid Qi from descending (Full-type)



The main deficiencies which give rise to dizziness are those of:

- Qi and Blood
- Kidneys

The main pathogenic factors causing dizziness are:

- Liver-Yang
- Liver-Fire
- Liver-Wind
- Phlegm

In the elderly, Blood stasis may also contribute to causing dizziness. This happens especially in elderly people suffering from arteriosclerosis.

Therefore, if there are any signs of Blood stasis (such as a Purple tongue or dark and distended sublingual veins), it is important to modify the prescription used to invigorate Blood and “penetrate” the blood vessels (see second article from modern Chinese journal mentioned at the end).

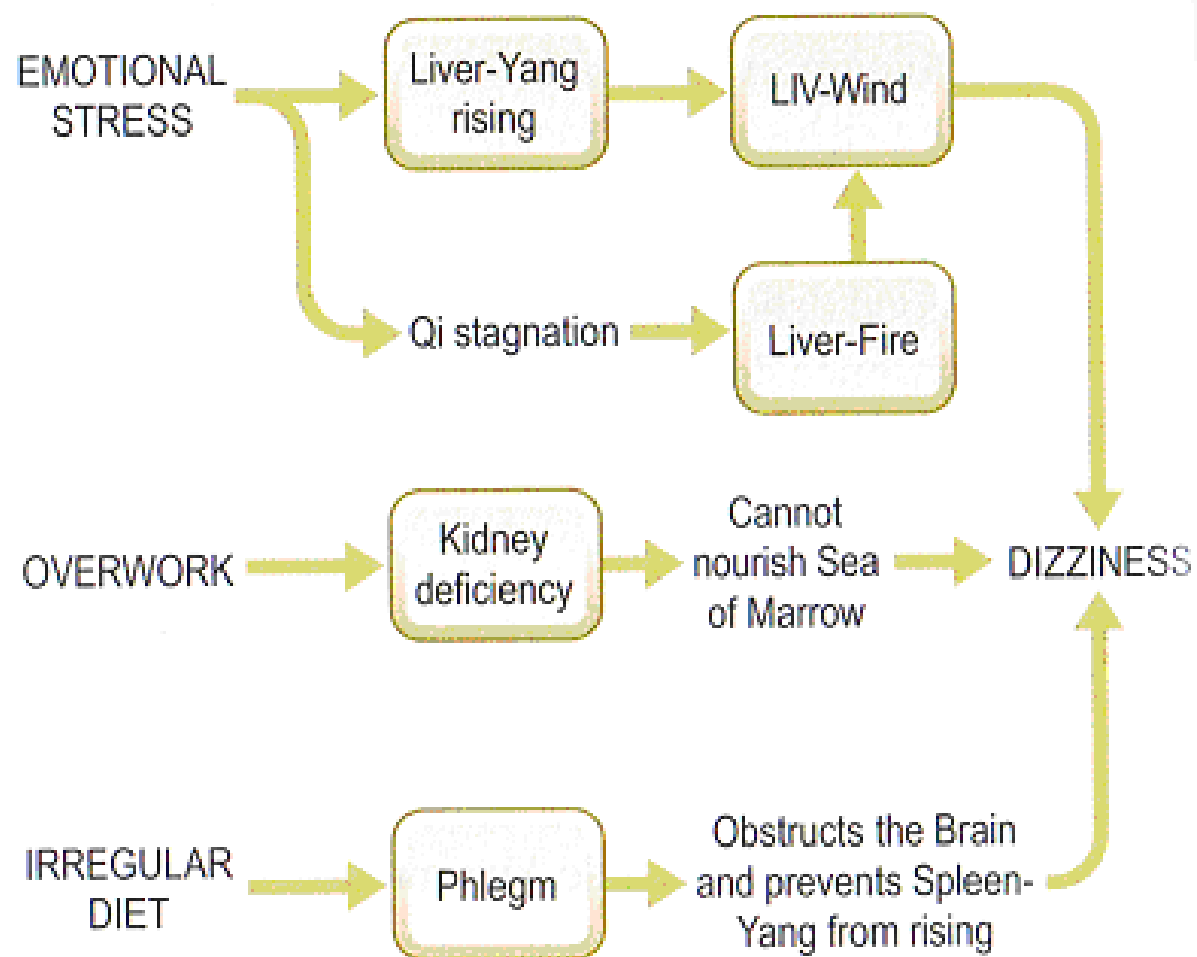


Dizziness deriving from a deficiency is slight and is associated with blurred vision. It may occur only on change of posture.

When caused by a Full condition, dizziness is more severe, in serious cases causing loss of balance.

When Phlegm is the cause of dizziness it is associated with blurred vision and a sensation of heaviness of the head and muzziness (fuzziness) in the head together with an inability to concentrate.

This figure summarizes the aetiology and pathology of Dizziness.



3. IDENTIFICATION OF PATTERNS AND TREATMENT

There are five main patterns causing dizziness:

Full

- Liver-Yang, Liver-Fire or Liver-Wind rising
- Turbid Phlegm in the head
- Liver-Yang with Phlegm in the head

Empty

- Qi and Blood deficiency
- Kidney deficiency

a) LIVER-YANG, LIVER-FIRE OR LIVER-WIND RISING

Clinical manifestations

1. LIVER-YANG: quite severe dizziness, tinnitus, red face, irritability, propensity to outbursts of anger, headache.

Tongue: slightly Red sides.

Pulse: Wiry.

2. LIVER-FIRE: red face, thirst, bitter taste, dry stools, scanty dark urine.

Tongue: Red with dry-yellow coating.

Pulse: Rapid-Wiry-Full.

3. LIVER-WIND: more severe dizziness, vertigo and loss of balance, tremors.

Pulse: Wiry.

The pattern of Liver-Yang as a cause of dizziness is the most common of the three above patterns. Liver-Fire is the least common and Liver-Wind occurs usually only in the elderly.

Treatment principle

Liver-Yang rising: subdue Liver-Yang, nourish Liver-Yin or Liver-Blood and Kidney-Yin if necessary.

Liver-Fire: drain Liver-Fire.

Liver-Wind: extinguish Liver-Wind.

i. Acupuncture

LIV-3 Taichong, G.B.-20 Fengchi, T.B.-5 Waiguan, Du-16 Fengfu, S.I.-3 Houxi, LIV-2 Xingjian, P-6 Neiguan, LIV-8 Ququan, SP-6 Sanyinjiao, KI-3 Taixi. Reducing method on all points, except LIV-8 and KI-3 which should be reinforced.

Explanation

- LIV-3 and G.B.-20 subdue Liver-Yang and extinguish Liver-Wind. G.B.-20 is specific for dizziness.
- T.B.-5 helps to subdue Liver-Yang.
- Du-16 and S.I.-3 extinguish Liver-Wind.
- LIV-2 drains Liver-Fire.
- P-6 indirectly helps to subdue Liver-Yang, calms the Mind and settles the Hun.
- LIV-8 and SP-6 nourish Liver-Blood.
- KI-3 nourishes Kidney-Yin.

ii. Herbal therapy

Prescription

TIAN MA GOU TENG YIN

Gastrodia-Uncaria Decoction

Explanation

This formula subdues Liver-Yang and nourishes Liver and Kidneys. It is widely used for dizziness from Liver-Yang or Liver-Wind rising.

Prescription

ZHEN GAN XI FENG TANG

Pacifying the Liver and Extinguishing Wind Decoction

Explanation

The main difference between this prescription and the previous one is that the latter nourishes the Yin more and is therefore suitable when there is a pronounced deficiency of Liver- and Kidney-Yin. Note that Dai Zhe Shi *Haematitum* is not suitable for long-term use and is contra-indicated in pregnancy. It could be eliminated from this prescription or replaced with Zhen Zhu Mu *Concha Margaritiferae usta* which is also a sinking substance that subdues Liver-Yang.

This formula also extinguishes Liver-Wind.

Prescription

LING JIAO GOU TENG TANG

Cornu Antelopis-Uncaria Decoction

Explanation

This formula subdues Liver-Yang, nourishes Yin and resolves Phlegm. Its Yin-nourishing effect is mild.

Prescription

LONG DAN XIE GAN TANG

Gentiana Draining the Liver Decoction

Explanation

This formula is specific to drain Liver-Fire. Please note that the original formula quoted here contains Mu Tong, which must now be omitted because its use is no longer legal.

Modifications

- If there are symptoms and signs of Liver-Fire (indicated above) either add Long Dan Cao *Radix Gentianae* or use Long Dan Xie Gan Tang *Gentiana Draining the Liver Decoction* instead, adding Tian Ma *Rhizoma Gastrodiae*, Gou Teng *Ramulus cum Uncis Uncariae* and Shi Jue Ming *Concha Haliotidis*.
- If there is Liver-Wind add Di Long *Pheretima*, Zhen Zhu Mu *Concha Margaritiferae usta* and Mu Li *Concha Ostreae*.

Three Treasures remedy

Bend Bamboo

Bend Bamboo subdues Liver-Yang and nourishes Liver-Blood.

CASE HISTORY

A 70-year-old man had been suffering from vertigo for several years. He was very unsteady on his feet and often used a shopping trolley (cart) to steady himself while walking.

His blood pressure was raised and he occasionally had blurred vision. His nails were very dry and withered, his complexion was dark and his skin dry.



His tongue was Reddish-Purple with a thin yellow coating in the centre. The tongue was also Stiff and dry. His pulse was very Full and Wiry.



Diagnosis

His condition was clearly due to Liver-Yang rising with an underlying deficiency of Liver-Yin. The vertigo was due to Liver-Yang rising which was also reflected in the pulse quality, while Liver-Yin deficiency was evidenced by the blurred vision, the dry skin, the dry and withered nails and the Stiff tongue. There was also some Blood stasis (Purple tongue).

Principle of treatment

The principle of treatment adopted was therefore to nourish Liver-Yin and subdue Liver-Yang.

i. Acupuncture

The main points used were G.B.-20 Fengchi, T.B.-5 Waiguan, L.I.-4 Hegu and LIV-3 Taichong with even method and LIV-8 Ququan, SP-6 Sanyinjiao and KI-3 with reinforcing method.

Explanation

- G.B.-20 subdues Liver-Yang and relieves dizziness.
- T.B.-5 subdues Liver-Yang.
- L.I.-4, together with LIV-3, subdues Liver-Yang from the head.
- LIV-3 subdues Liver-Yang and Liver-Wind.
- LIV-8, SP-6 and KI-3 nourish Liver-Yin.

ii. Herbal therapy

No herbs were prescribed but only the patent remedy Jiang Ya Wan *Lowering [Blood] Pressure Pill* which subdues Liver-Yang and Liver-Wind and nourishes Liver- and Kidney-Yin.

After six treatments his blood pressure became normal and his dizziness was much relieved.

b) TURBID PHLEGM IN THE HEAD

Clinical manifestations

Dizziness, a feeling of heaviness and muzziness (fuzziness) of the head as if it were full of cotton wool, blurred vision, difficulty in thinking and concentrating especially in the morning, a feeling of oppression of the chest, nausea, poor appetite, a sticky taste.

Tongue: Swollen with a sticky coating.

Pulse: Slippery.



This condition is due to Phlegm obstructing the head so that the clear Yang cannot rise to it and turbid Qi cannot descend.

The above manifestations are purely those due to Phlegm. Obviously, the more chronic the condition, the more there will be manifestations of Spleen deficiency.

This is probably the most common pattern causing chronic dizziness.

Treatment principle

Dry Dampness, resolve Phlegm, strengthen the Spleen and harmonize the Stomach.

i. Acupuncture

Ren-12 Zhongwan, ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu, BL-21 Weishu, Ren-9 Shuifen, SP-9 Yinlingquan, ST-40 Fenglong, BL-22 Sanjiaoshu, L.I.-4 Hegu, ST-8 Touwei, Du-20 Baihui. Reinforcing method on Ren-12, ST-36, SP-3, BL-20 and BL-21. Reducing or even method on the others.

Explanation

- Ren-12, ST-36, SP-3, BL-20 and BL-21 tonify Stomach and Spleen to resolve Phlegm.
- Ren-9, SP-9, ST-40 and BL-22 Sanjiaoshu resolve Dampness and Phlegm.
- L.I.-4 is used to affect the Stomach channels in the face and regulate the ascending of clear Yang and descending of turbid Qi.
- ST-8 is a local point specific to resolve Phlegm from the head.
- Du-20 facilitates the rising of clear Yang to the head.

ii. Herbal therapy

Prescription

BAN XIA BAI ZHU TIAN MA TANG

Pinellia-Atractylodes-Gastrodia Decoction

Explanation

This formula is specific to resolve Phlegm from the head.

Modifications

- To enhance this formula's resolving Phlegm effect add Shi Chang Pu *Rhizoma Acori tatarinowii* to open the orifices and help the descending of turbid Qi.
- If there is a pronounced feeling of nausea add Zhu Ru *Caulis Bambusae in Taeniam*.

- If there is a feeling of fullness in the epigastrium add Bai Dou Kou *Fructus Amomi rotundus* and Sha Ren *Fructus Amomi*.
- If there is Phlegm and Heat (mental restlessness, headache, bitter taste and a Rapid-Wiry pulse) add Zhu Ru *Caulis Bambusae in Taeniam*, Gua Lou *Fructus Trichosanthis* and Huang Qin *Radix Scutellariae*, and remove Bai Zhu.
- Alternatively, use Wen Dan Tang *Warming the Gall-Bladder Decoction* especially if the tongue has a Stomach-crack in the centre with a rough-yellow coating inside it and the tongue-body is Red. If this formula is used add Huang Qin *Radix Scutellariae*, Huang Lian *Rhizoma Coptidis* and Shi Chang Pu *Rhizoma Acori tatarinowii* to it.

Three Treasures remedy: *CLEAR YANG*

c) LIVER-YANG RISING WITH PHLEGM IN THE HEAD

Clinical manifestations

Severe dizziness, vertigo, tinnitus, irritability, propensity to outbursts of anger, headache, a feeling of heaviness and muzziness (fuzziness) of the head as if it were full of cotton wool, blurred vision, difficulty in thinking and concentrating especially in the morning, a feeling of oppression of the chest, nausea, poor appetite, a sticky taste.

If there is Liver-Wind: tremor of a limb.

Tongue: Swollen with a sticky coating.

Pulse: Slippery-Wiry.



This is a common combination of patterns causing severe dizziness in the elderly. As Liver-Yang rises, it carries Phlegm with it, aggravating the feeling of dizziness. This is also a common cause of chronic headaches.

Treatment principle

Subdue Liver-Yang, nourish the Kidneys, resolve Phlegm, tonify the Spleen, extinguish Wind if necessary.

i. Acupuncture

LIV-3 Taichong, G.B.-20 Fengchi, Du-16 Fengfu, LIV-8 Ququan, KI-3 Taixi, L.I.-4 Hegu, ST-40 Fenglong, Ren-9 Shuifen, SP-9 Yinlingquan, ST-8 Touwei, Ren-12 Zhongwan, BL-20 Pishu. Ren-12, BL-20, LIV-8 and KI-3 with reinforcing method; the others with even method.

Explanation

- LIV-3, G.B.-20 and Du-16 subdue Liver-Yang and extinguish Liver-Wind.
- LIV-8 and KI-3 nourish the Liver and Kidneys.
- L.I.-4 regulates the ascending and descending of Qi to and from the head.
- ST-40, Ren-9 and SP-9 resolve Phlegm.
- ST-8 resolves Phlegm from the head.
- Ren-12 and BL-20 tonify the Spleen to resolve Phlegm.

ii. Herbal therapy

BAN XIA BAI ZHU TIAN MA TANG

Pinellia-Atractylodes-Gastrodia Decoction

Explanation

This formula subdues Liver-Yang, extinguishes Liver-Wind and resolves Phlegm.

Modifications

- In cases of Liver-Wind, add Di Long *Pheretima*, Quan Xie *Scorpio* or Jiang Can *Bombyx batryticatus*

Three Treasures remedy

Clear Yang

Clear Yang is a variation of Ban Xia Bai Zhu Tian Ma Tang to treat headaches from a combination of Phlegm and Liver-Yang rising.

d) QI AND BLOOD DEFICIENCY

Clinical manifestations

Slight dizziness, sometimes only on change of posture, tiredness, dull-pale face, poor memory, insomnia, palpitations, depression, poor appetite.

Tongue: Pale and Thin.

Pulse: Choppy or Fine.

This is essentially a deficiency of Spleen- and Heart-Blood. This is usually a cause of mild dizziness in younger patients and more in women.



Treatment principle

Tonify Qi and nourish Blood, strengthen Stomach and Spleen.

i. Acupuncture

ST-36 Zusanli, SP-6 Sanyinjiao, Ren-12 Zhongwan, BL-20 Pishu, BL-21 Weishu, Du-20 Baihui, Ren-6 Qihai, BL-15 Xinshu.

Reinforcing method. Moxa should be used.

Explanation

- ST-36, SP-6, Ren-12, BL-20 and BL-21 strengthen the Stomach and Spleen and nourish Blood.
- Du-20 facilitates the rising of clear Qi to the head and relieves dizziness.
- Ren-6 tonifies Qi in general.
- BL-15 nourishes Heart-Blood.

ii. Herbal therapy

Prescription

GUI PI TANG

Tonifying the Spleen Decoction

Explanation

This formula tonifies Qi and Blood, strengthens the Spleen and Heart, and nourishes the brain.

Modifications

- If a deficiency of Stomach and Spleen in making Blood is more pronounced than a deficiency of Liver-Blood, reduce the dosage of Dang Gui, increase that of Mu Xiang and add Fu Ling *Poria*, Yi Yi Ren *Semen Coicis* and Sha Ren *Fructus Amomi*.

- If there are symptoms of Cold and epigastric pain add Gui Zhi *Ramulus Cinnamomi cassiae* and Bai Shao *Radix Paeoniae alba*.
- If Blood deficiency is pronounced add Shu Di Huang *Radix Rehmanniae preparata*.
- If Qi deficiency is more pronounced remove Dang Gui and Long Yan Rou and increase the dosage of Huang Qi. Alternatively, use Bu Zhong Yi Qi Tang *Tonifying the Centre and Benefiting Qi Decoction* instead.

e) KIDNEY DEFICIENCY

Clinical manifestations

Persistent dizziness with a feeling of emptiness in the brain, tinnitus, depression, exhaustion, waking up during the night, poor memory, sore back and knees.

Tongue: Pale if Yang deficiency, without coating if Yin deficiency.

Pulse: Deep and Weak if Yang deficiency, Floating-Empty if Yin deficiency.



This is essentially a deficiency of Kidney-Jing; the Jing is failing to nourish Marrow and the brain.

This results in a deficiency of the Sea of Marrow, one of the main symptoms of which is dizziness.

As the Jing has both a Yin and a Yang aspect, its deficiency may manifest with symptoms of either Kidney-Yang or Kidney-Yin deficiency.

This is a common cause of mild dizziness in middle-aged and elderly patients.

Treatment principle

Tonify Kidney-Yang or nourish Kidney-Yin, strengthen the Jing and nourish the Sea of Marrow.

i. Acupuncture

Ren-4 Guanyuan, KI-3 Taixi, BL-23 Shenshu, BL-52 Zhishi, S.I.-3 Houxi and BL-62 Shenmai, Du-16 Fengfu, Du-17 Naohu, Du-20 Baihui, G.B.-39 Xuanzhong. Reinforcing method. Use moxa in Kidney-Yang deficiency.

Explanation

- Ren-4, KI-3, BL-23 and BL-52 strengthen Kidney-Yang or Yin (depending on whether moxa is used or not) and nourish the Jing.
- S.I.-3 and BL-62 (better for Kidney-Yang deficiency) strengthen the Du Mai and nourish Marrow and the brain.
- Du-16 and Du-20 are points of the Sea of Marrow according to chapter 33 of the “Spiritual Axis”. They stimulate the rising of Qi to the brain and nourish Marrow.
- Du-17, called “Brain Window”, nourishes Marrow and relieves giddiness.
- G.B.-39 is the Gathering (*Hui*) point of Marrow and therefore nourishes Marrow and relieves dizziness from Kidney deficiency.

ii. Herbal therapy

Prescription

ZUO GUI WAN

Restoring the Left [Kidney] Pill

Explanation

This formula tonifies Kidney-Yin and nourishes the Jing and Marrow. In particular, Lu Jiao and Lu Jiao Jiao (see below) nourish Marrow and the brain. It is especially suited to women.

Modifications

- If there are symptoms of Empty Heat add *Zhi Mu Radix Anemarrhenae* and *Huang Bo Cortex Phellodendri*.

Prescription

YOU GUI WAN

Restoring the Right [Kidney] Pill

Explanation

This formula, tonifies Kidney-Yang. In particular, Lu Jiao Jiao nourishes Marrow.

Three Treasures remedies

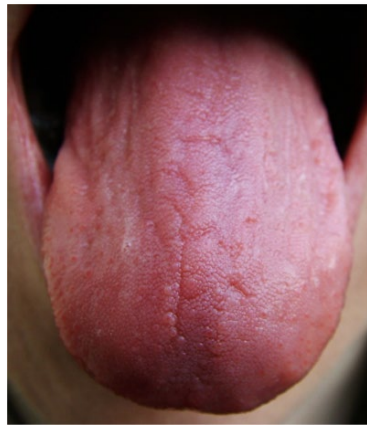
Nourish the Root or *Strengthen the Root*

Nourish the Root nourishes Kidney-Yin while *Strengthen the Root* tonifies Kidney-Yang.

CASE HISTORY

A 55-year-old man had been suffering from severe dizziness, slight deafness and tinnitus for one year. His condition had been diagnosed as Ménière's disease. He sometimes sweated at night and felt generally exhausted. He had had a previous bout of dizziness ten years earlier. He also suffered from headaches of a throbbing character on the temples when his eyes would flicker.

His tongue was slightly Red and the coating was too thin. His pulse was Empty on the deep level and Wiry on both Rear positions.



Diagnosis

This is a clear case of Kidney-Yin deficiency (night-sweating, exhaustion, tongue without enough coating, pulse Empty on the deep level) and Liver-Yang rising (throbbing headache, flickering eyes, Wiry pulse). Thus this is a combined condition of Deficiency (of Kidney-Yin) and Excess (Liver-Yang rising). The dizziness and tinnitus can be accounted for both by Kidney-Yin deficiency and by Liver-Yang rising.

Treatment principle

Nourish Kidney-Yin and subdue Liver-Yang.

i. Herbal therapy

This patient, who had been referred to me by his acupuncturist, sought herbal treatment. The formula used was a variation of Liu Wei Di Huang Wan *Six-Ingredient Rehmannia Pill*.

Shu Di Huang *Radix Rehmanniae preparata* 9g

Shan Yao *Rhizoma Dioscoreae* 6g

Shan Zhu Yu *Fructus Corni* 4.5g

Ze Xie *Rhizoma Alismatis* 4g

Mu Dan Pi *Cortex Moutan* 4g

Fu Ling *Poria* 4.5g

Shi Jue Ming *Concha Haliotidis* 12g

Gou Teng *Ramulus cum Uncis Uncariae* 6g

Tian Ma *Rhizoma Gastrodiae* 6g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3g

Explanation

- The first six herbs constitute the Liu Wei Di Huang Wan which nourishes Kidney-Yin.
- Shi Jue Ming, Gou Teng and Tian Ma subdue Liver-Yang.
- Gan Cao harmonizes.

4. MODERN CHINESE LITERATURE

a) Journal of Chinese Medicine, Vol. 24, No. 7, 1983.

Liu Zhi Ming, “Differentiation and Treatment of Dizziness”.

Dr Liu considers that the three main patterns causing dizziness are Liver-Wind and Heat, deficient Spleen-Qi not rising to the head and deficiency of the Sea of Marrow.

Liver-Yang rising, Liver-Wind and Heat

Dr Liu says that Liver-Yang rising or Liver-Wind may cause dizziness; in both cases, they stem from a deficiency of the Liver-and/or Kidney-Yin. An example of a prescription he uses is as follows:

Gou Teng *Ramulus cum Uncis Uncariae* 9g

Ju Hua *Flos Chrysanthemi* 9g

Huang Qin *Radix Scutellariae* 9g

Bai Shao *Radix Paeoniae alba* 9g

Fu Ling *Poria* 12g

Ze Xie *Rhizoma Alismatis* 12g

Xuan Shen *Radix Scrophulariae* 12g

Sheng Di Huang *Radix Rehmanniae* 15g

Shi Chang Pu *Rhizoma Acori tatarinowii* 6g

Yuan Zhi *Radix Polygalae* 4.5g

Zhen Zhu Mu *Concha Margaritiferae usta* 24g

Shi Jue Ming *Concha Haliotidis* 24g

In cases of Liver-Fire, Dr Liu uses a variation of Long Dan Xie Gan Tang *Gentiana Draining the Liver Decoction* as follows:

Long Dan Cao *Radix Gentianae* 9g

Huang Qin *Radix Scutellariae* 9g

Shan Zhi Zi *Fructus Gardeniae* 9g

Chai Hu *Radix Bupleuri* 9g

Ju Hua *Flos Chrysanthemi* 9g

Bai Shao *Radix Paeoniae alba* 9g

Shi Chang Pu *Rhizoma Acori tatarinowii* 9g

Yuan Zhi *Radix Polygalae* 6g

Fu Ling *Poria* 12g

Ze Xie *Rhizoma Alismatis* 12g

Tai Zi Shen *Radix Pseudostellariae* 12g

Ge Gen *Radix Puerariae* 12g

Gan Cao *Radix Glycyrrhizae uralensis* 6g

Deficient Qi not rising to the head

Dr Liu considers that deficient Qi's not rising to the head is an important cause of dizziness. This is mostly deficient Spleen-Qi. Dr Liu quotes chapter 28 of the "Spiritual Axis";

"When the rising Qi is deficient, the brain cannot be filled, and there is tinnitus, the head feels like it is spinning and there is blurred vision."

An example of a prescription used by Dr Liu is as follows:

Dang Shen *Radix Codonopsis* 12g

Huang Qi *Radix Astragali* 12g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 6g

Ge Gen *Radix Puerariae* 9g

Dang Gui *Radix Angelicae sinensis* 9g

Chen Pi *Pericarpium Citri reticulatae* 9g

Suan Zao Ren *Semen Ziziphi spinosae* 9g

Fu Shen *Sclerotium Poriae pararadicis* 9g

Gan Cao *Radix Glycyrrhizae uralensis* 6g

Deficiency of the Sea of Marrow

Kidney-Jing fills the Sea of Marrow which forms the Brain. Chapter 33 of the “Spiritual Axis” mentions the symptoms caused by a deficiency of the Sea of Marrow:

“When the Sea of Marrow is deficient, there is dizziness, tinnitus, blurred vision, weak legs and a desire to lie down.”

For dizziness deriving from a deficiency of the Kidneys and of the Sea of Marrow, Dr Liu recommends tonifying the Kidneys (Yin or Yang).

An example of a prescription used is as follows:

Shu Di Huang *Radix Rehmanniae preparata* 15g

Dang Gui *Radix Angelicae sinensis* 12g

Bai Shao *Radix Paeoniae alba* 9g

E Jiao *Colla Corii Asini* 12g

Xu Duan *Radix Dipsaci* 12g

Sang Ji Sheng *Herba Taxilli* 12g

Dang Shen *Radix Codonopsis* 12g

Huang Qi *Radix Astragali* 12g

Suan Zao Ren *Semen Ziziphi spinosae* 9g

Fu Ling *Poria* 12g

Zhen Zhu Mu *Concha Margaritiferae usta* 24g

Gan Cao *Radix Glycyrrhizae uralensis* 6g

In case of Kidney-Yang deficiency, Dr Liu uses the following prescription:

Fu Zi *Radix Aconiti lateralis preparata* 9g

Rou Gui *Cortex Cinnamomi* 4.5g

Shu Di Huang *Radix Rehmanniae preparata* 18g

Shan Zhu Yu *Fructus Corni* 15g

Ba Ji Tian *Radix Morindae officinalis* 12g

Fu Ling *Poria* 12g

Yuan Zhi *Radix Polygalae* 6g

Shi Chang Pu *Rhizoma Acori tatarinowii* 9g

Huang Qi *Radix Astragali* 15g

Dang Gui *Radix Angelicae sinensis* 9g

b) Journal of Nanjing University of Traditional Chinese Medicine, Vol. 13, No. 3, 1997.

Chai Xiao Kang, “The Treatment of Dizziness from Arteriosclerosis with Invigorating Blood and Penetrating the Blood Vessels Decoction”.

Dr Chai reports on the treatment of 32 patients suffering from dizziness related to arteriosclerosis. The patients were 22 men and 10 women ranging in age from 48 to 72 with an average age of 63.5 years.

Dr Chai considers that the invigorating of Blood in the elderly suffering from dizziness is an important treatment principle.

The formula used was the following:

Tao Ren *Semen Persicae* 6g

Hong Hua *Flos Carthami tinctorii* 6g

Ban Xia *Rhizoma Pinelliae preparatum* 6g

Chen Pi *Pericarpium Citri reticulatae* 6g

Chuan Xiong *Rhizoma Chuanxiong* 9g

Shi Chang Pu *Rhizoma Acori tatarinowii* 9g

Dan Shen *Radix Salviae miltiorrhizae* 12g

Chi Shao *Radix Paeoniae rubra* 12g

Chuan Niu Xi *Radix Cyathulae* 12g

Di Long *Pheretima* 12g

Bai Zhu *Rhizoma Atractylodis macrocephalae* 12g

Ji Xue Teng *Caulis Spatholobi* 20g

The results of the treatment were as follows:

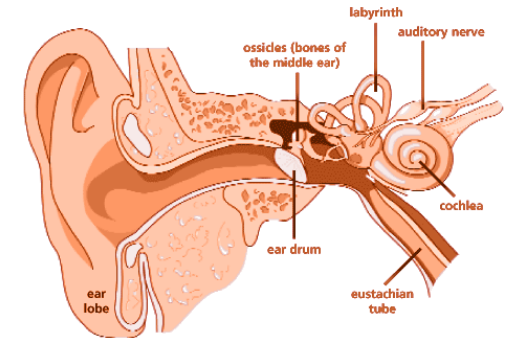
- Cured: 15 cases (46.88%)
- Improved: 14 cases (43.75%)
- No results: 3 cases (9.38%)

This article highlights the importance of the invigorating of Blood to treat dizziness in the elderly.

5. WESTERN DIFFERENTIATION

The causes of vertigo in Western medicine may be classified according to its site. The sites may be:

- Ear
- Eighth cranial nerve
- Brainstem



a) EAR

Causes in the ear include wax, otitis media, acute labyrinthitis, Ménière's disease and postural vertigo.

The two most common causes of severe vertigo are acute labyrinthitis and Ménière's disease.

i. Acute labyrinthitis

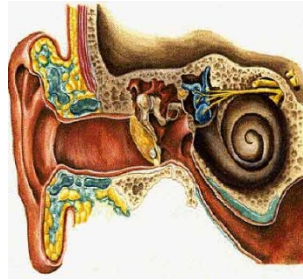
This occurs during an acute febrile disease such as influenza. The sense of whirling that the patient develops has a sudden onset.

Nausea and vomiting may occur. The patient has to lie flat and the slightest movement brings on the vertigo.

The symptoms gradually subside and disappear in 3 to 6 weeks. There is no accompanying tinnitus or hearing loss.

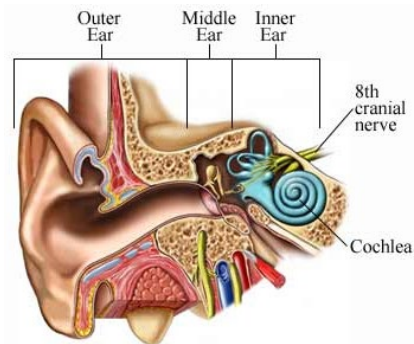
ii. Ménière's disease

This is characterized by recurring bouts of sudden vertigo, tinnitus and deafness. In the intervals between bouts the patient has complete freedom from vertigo, but the tinnitus and deafness continue.



b) EIGHTH CRANIAL NERVE

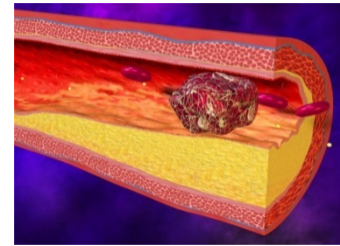
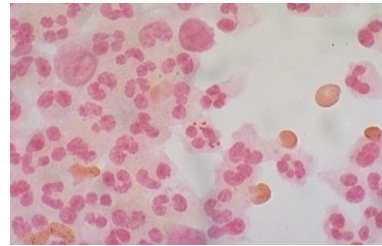
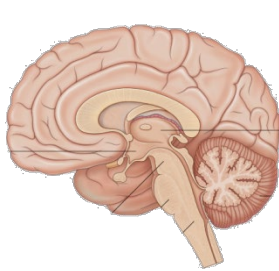
This can be affected by acute meningitis, trauma and tumours. Damage to the eighth nerve produces vertigo, nystagmus (involuntary rapid movement of the eyeball) and hearing loss.



c) BRAINSTEM

This can be affected by:

- Infections: Encephalitis / Meningitis
- Trauma
- Thrombosis of the posteroinferior cerebellar artery
- Multiple Sclerosis



Damage to the brainstem causes:

- vertigo
- nystagmus

But no hearing loss. Transient vertigo may be caused by a vascular spasm.

BENIGN PROSTATIC HYPERPLASIA



Chinese character for “longevity” (*shou*)

Giovanni Maciocia

THE PROSTATE IN CHINESE MEDICINE

The prostate is not mentioned in classical texts.

Modern Chinese books and journals frequently discuss the treatment of prostatitis and benign prostatic hyperplasia.

Few ancient or modern texts are dedicated to the diagnosis and treatment of men's problems.

For example, Chinese medicine refers to the “Uterus” in all its classic texts, but no mention is ever made of the prostate.

The Du, Ren and Chong Mai are said to arise in the Lower Burner and flow through the uterus: but where do they flow in men? The classics do not say.

Chapter 65 of the “Ling Shu”:

“The Ren and Chong Mai originate from the Lower Dan Tian [literally “Bao”].”

“*Bao*” 包 is often translated as “uterus”.

“*Bao*” indicates a structure that is common to both men and women: in women, it is the Uterus; in men, it is the “Room of Sperm” [Jing Shi 精室]

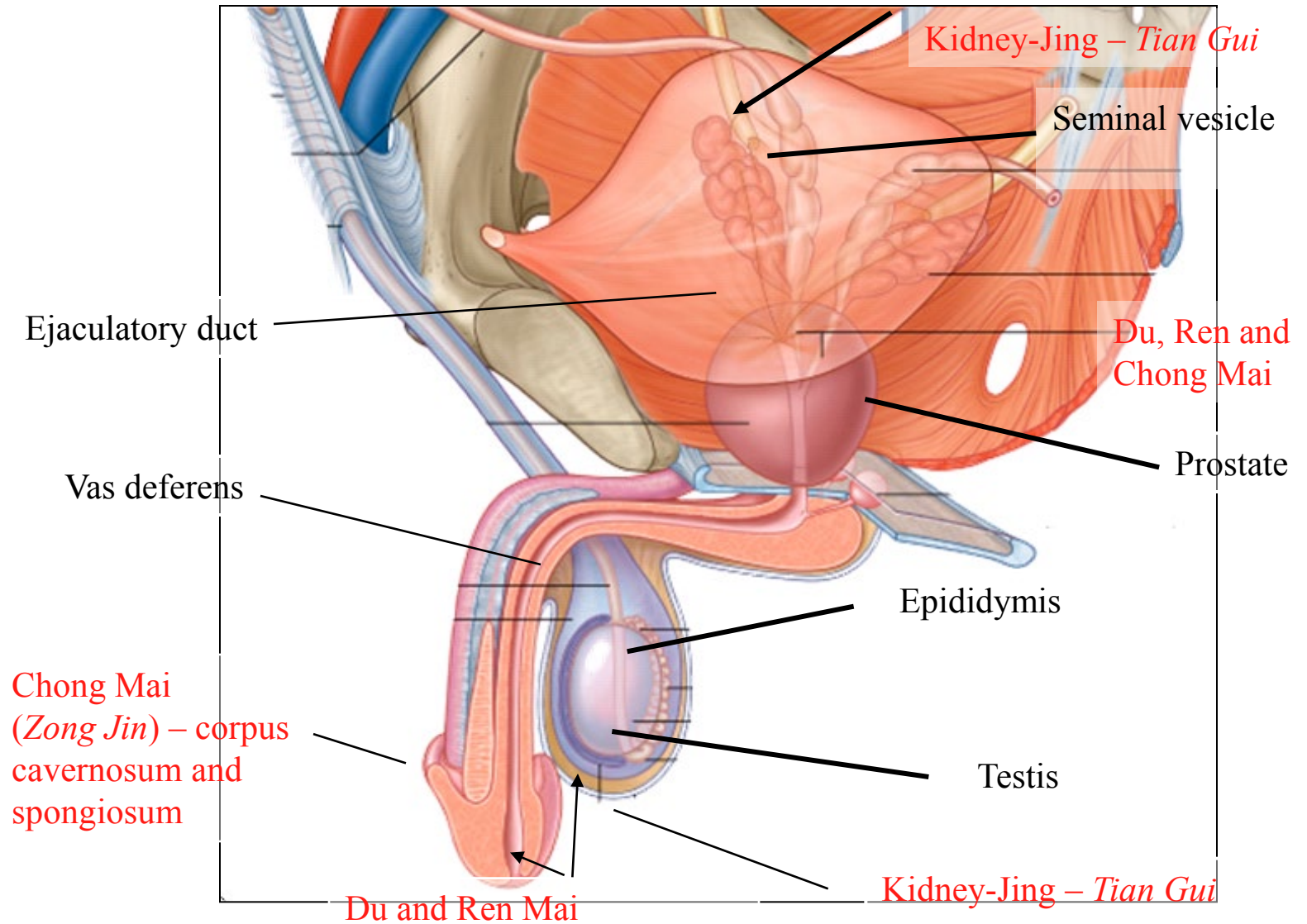
Both these structures reside in the lower *Dan Tian* and store *Jing* and, as the Extraordinary Vessels originate from here, they are closely connected to the *Jing*.

The “Golden Mirror of Medicine” (*Yi Zong Jin Jian*, 1742):

“The Du Mai arises within the lower abdomen, externally in the abdomen, internally in the ‘Bao’ . . . also called Dan Tian in both men and women: in women it is the uterus, in men it is the Room of Sperm.”

The “Room of Sperm” is in the lower abdomen but we know that the sperm is made in the testicles, seminal vesicles and prostate.

I think it is therefore legitimate to assume that the prostate is a structure that is equivalent to the uterus in women and that the Du, Ren and Chong Mai flow through the prostate.



In order to understand the pathology of benign prostatic hyperplasia (BPH), we must understand three important pathological conditions of the male genital system:

- Phlegm
- Stasis of Jing
- Dampness



Swollen = Phlegm



Purple = Jing stasis



Thick-sticky coating
on root = Dampness

PHLEGM IN MALE GENITAL SYSTEM

MALE GENITAL MANIFESTATIONS OF PHLEGM:

- Prostatic hypertrophy
- Peyronie's disease
- Priapism
- Impotence
- Sweaty genitals

OTHER MANIFESTATIONS:

- Dull *shen* of the eyes
- Dark eye sockets
- Corners of the eyes have very slight cracks with exudate
- Sallow complexion
- Swollen body, puffy face, obesity
- Greasy skin
- Sweaty external genitalia, axillae or palms and soles
- Enlarged fingers and toes
- Thick thumbs
- Swollen tongue
- Slippery pulse

Dampness is an extremely common pathogenic factor in male genital problems and Phlegm may be seen as a further development of it.

Compared to Dampness, Phlegm is more obstructive and it may therefore give rise to masses and enlargements such as prostatic hypertrophy or Peyronie's disease (which is a fibrosis of the penis's connective tissue).

Common and essential symptoms/signs of Phlegm would be:

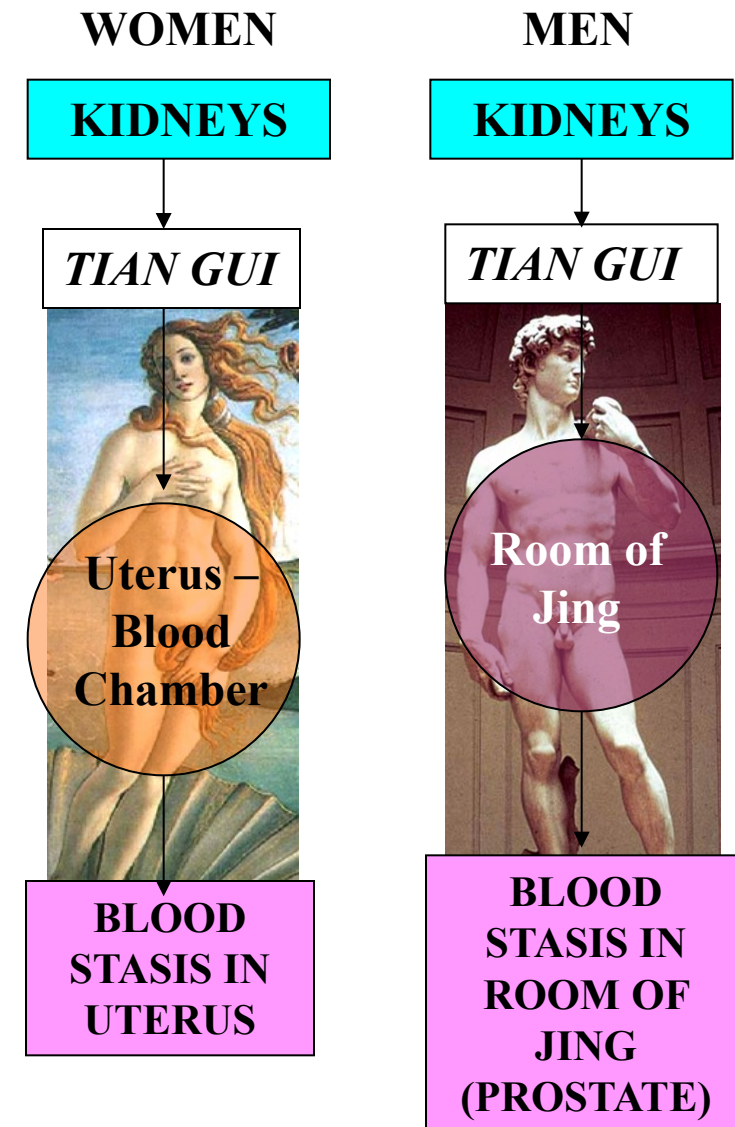
- Obesity
- The occasional expectoration of mucus from the throat
- Slippery pulse
- Swollen tongue with sticky coating



STASIS OF BLOOD IN WOMEN = STASIS OF JING IN MEN

STASIS OF JING

Stabbing pain lumbar region, pain in perineum, hypogastric pain, pain in testis and/or penis, impotence, premature ejaculation, priapism, prostatic hypertrophy, premature greying of hair, itching or pain pubic region, abnormal sperm, Peyronie's disease, Purple tongue, Choppy or Firm pulse.



Stasis of Jing in men is equivalent to Blood stasis in women. Women have the Blood Chamber in the Lower Burner and are therefore prone to Blood stasis. Men have the Room of Jing in the Lower Burner and this is subject to stasis of Jing.

In this context, the word “Jing” may be translated as “Essence”, (Jing), or as “sperm” or “semen”. In the context of pathology, it may be translated better as “stasis of sperm” because it is a pathology that only occurs in men and only in genital problems.

One of the major symptoms of Stasis of Jing (that distinguishes it from Phlegm or Dampness) is pain. Note that in terms of signs, Stasis of Jing may cause some of the same signs as Phlegm, i.e. prostatic hypertrophy or Peyronie’s disease.

Note also the interesting phenomenon whereby stasis of Jing may cause symptoms and signs that one would associated with Jing deficiency: premature greying of hair, impotence, abnormal sperm, etc.

DAMPNESS IN THE MALE GENITAL SYSTEM

URINARY SYMPTOMS

- Dysuria
- Stranguria
- Turbid urine

GENITAL SYMPTOMS

- Pruritus of the genitals
- Urethral discharge
- Testicular swelling
- Impotence
- Anomalies of sperm

PROSTATE SYMPTOMS

- Hypertrophy
- Pain of the perineum
- Feeling of heaviness of the perineum

GENERAL SYMPTOMS

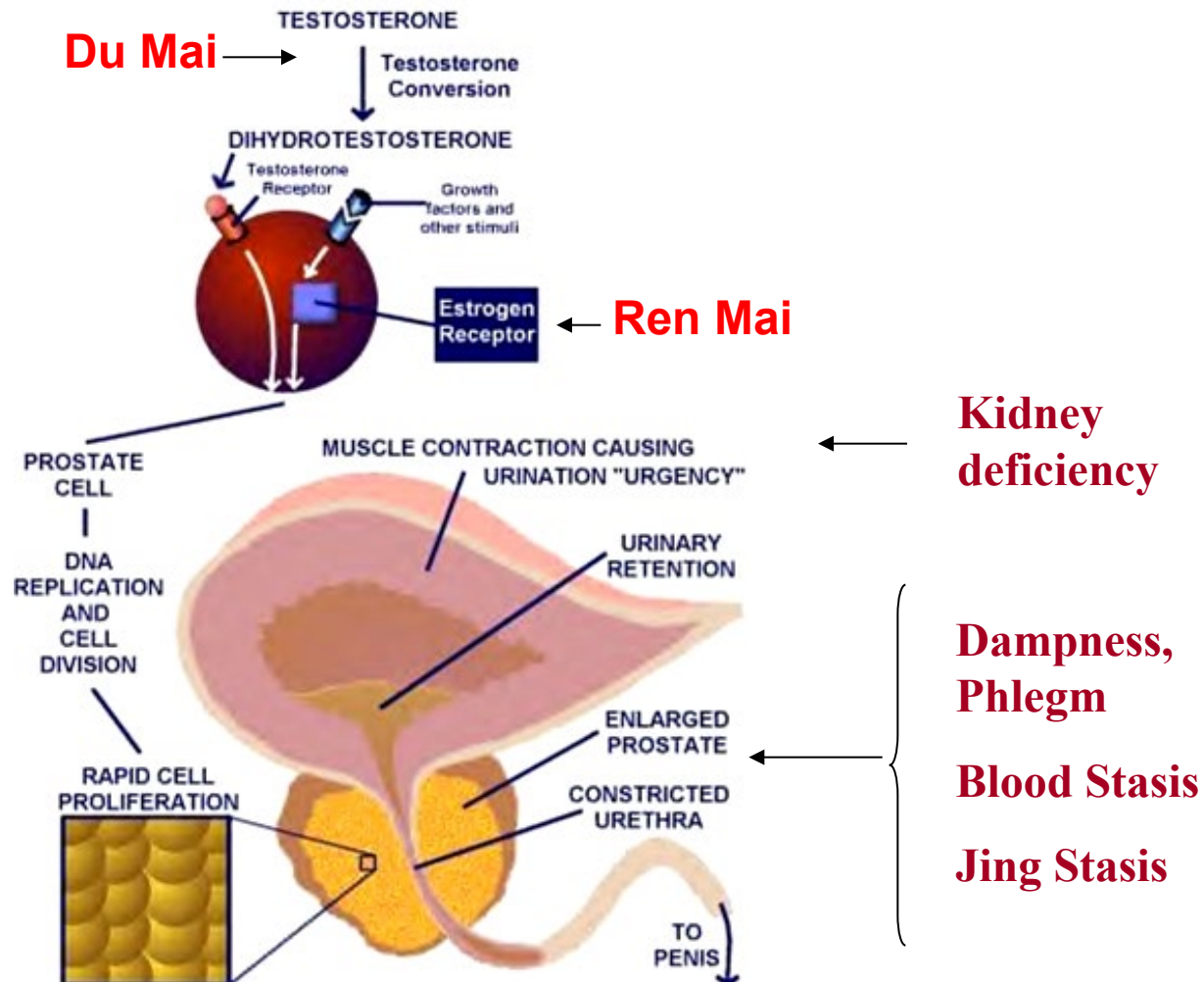
- Feeling of heaviness of the abdomen
- Feeling of heaviness and fullness
- Tongue with sticky coating on the root
- Slippery pulse

PATHOLOGY

- Dampness obstructs the Water passages
- Dampness is sticky, dirty, heavy



BENIGN PROSTATIC HYPERPLASIA



The primary effect of BPH is a progressive decrease in the ability to empty the bladder as the prostate enlarges and applies pressure to the urethra. Retained urine from this obstruction at first can interfere with sleep as the sufferer wakes up in the middle of the night. At other times, pressure may make it impossible to properly control urine flow (incontinence). Retained urine in the bladder can allow bacterial growth and infection. Urine may flow back up the tubules to the kidneys and cause infection there. In severe cases of retention, urine can even find its way into the blood (uraemia) with toxic consequences. BPH is common in older men.

- Sensation of not emptying bladder completely
- Frequent urination
- Micturition stopping and starting
- Difficult to postpone urination
- Weak urinary stream
- Need to push in order to urinate
- Nocturia

The main organs that affect the prostate are the Kidneys and the Liver.

The prostate plays a role in the making of semen (the *Tian Gui* of men) and, it is under the influence of the Kidneys which are the origin of *Tian Gui*.

The Heart also influences the prostate in the same way as it influences the Uterus.

Heart-Qi and Heart-Blood need to descend towards the Kidneys to establish the communication between these two organs.

This communication ensures the smooth functioning of the prostate and the regulation of the feedback mechanism among the hypothalamus, pituitary and prostate.

- The Liver channel circles around the external genitalia
- The Liver stores Blood, contributing to the production of *Tian Gui*
- Liver Blood contributes to normal erection
- Liver-Qi contributes to Qi circulation in genitals

LIVER

- The Kidneys are the origin of *Tian Gui* (sperm)
- The Kidneys influence the internal and external genitals
- The Kidneys control the *Zong Jin* or Ancestral Muscle (penis)

HEART

- Heart-Yang descends to help Kidney-Yin with production of *Tian Gui*
- Heart-Yang descends to enable erection of the penis
- The (physiological) Fire of the Heart must descend to meet Kidney-Water and produce *Tian Gui*
- Heart Blood descends to the penis to assist erection

**External Kidney
(Penis, scrotum,
testicles,
Room of Sperm)**

**SPLEEN AND
STOMACH**

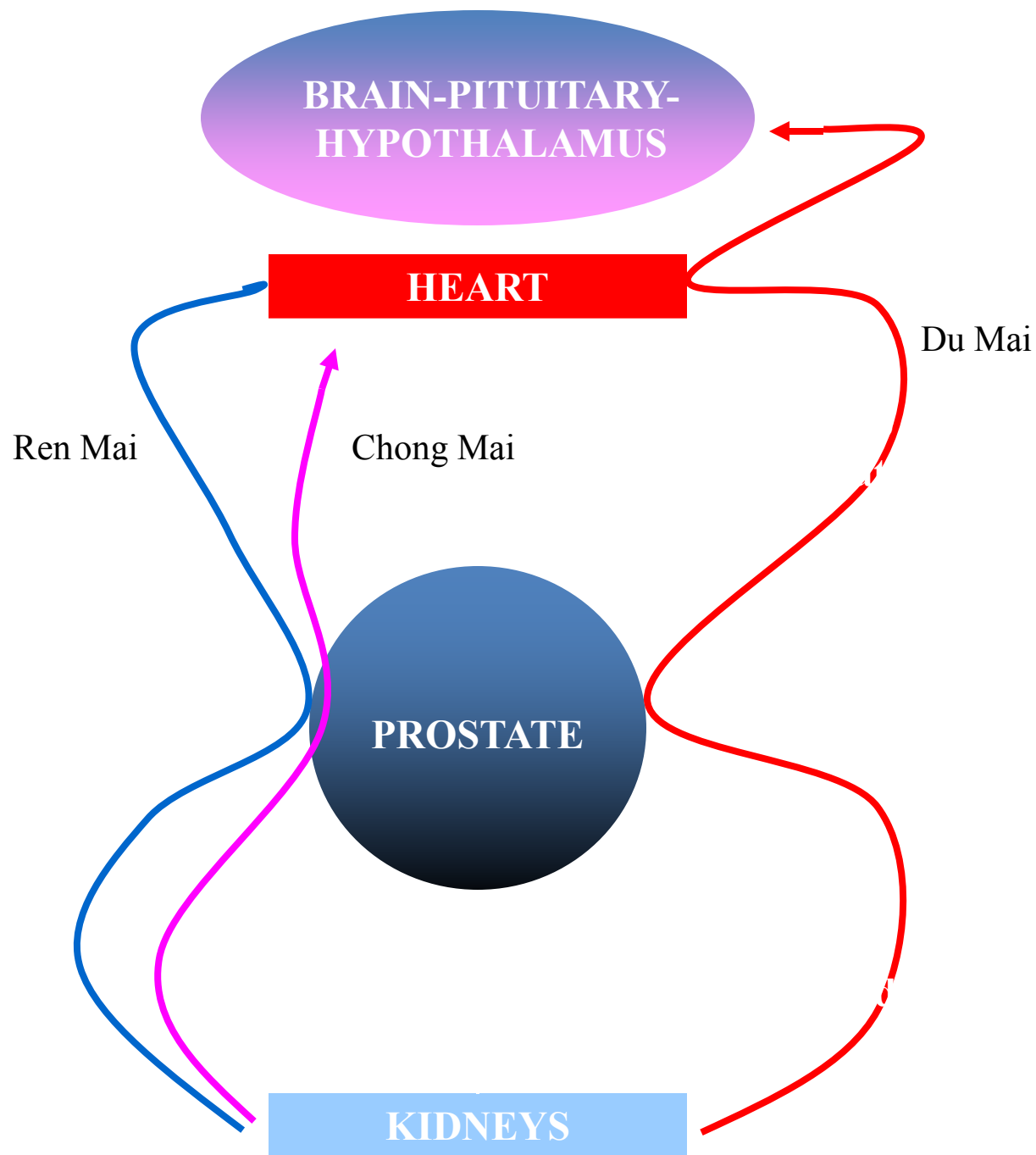
The Qi and Blood produced by the Spleen and Stomach also contribute indirectly to the production of *Tian Gui*

KIDNEYS

In terms of channels, the Du, Ren and Chong Mai affect the prostate.

There is a complex feedback mechanism among the hypothalamus, pituitary and prostate which could be compared to the flow of the Du Mai (which flows through the brain) and the Ren Mai.

From a Chinese Medicine point of view, the clinical manifestations of benign prostatic hyperplasia closely resemble those of Urinary Retention (*Long Bi*): however, not all cases of urinary retention are due to prostatic hyperplasia.



PATHOLOGY

BIAO: Blood Stasis, Dampness, Phlegm, stasis of Jing.

BEN: Kidney deficiency (Yang or Yin), Spleen deficiency, Liver deficiency, Lung deficiency

CHANNELS: Du Mai, Ren Mai, Chong Mai, Liver, Bladder.

DEEP (BLOOD) LUO: Blood stasis in the prostate is located in the Deep (Blood) *Luo* of the prostate. Herbs which “penetrate the Luo” (*tong Luo*):

Superficial Luo

Luo channel

Main channel

Deep Luo channel

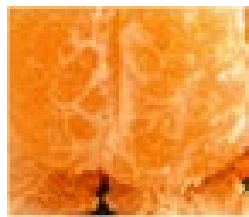
Lu Lu Tong



Tong Cao



Ju Luo



Si Gua Luo



Lou Lu



In ancient times, an abdominal mass was diagnosed only on the basis of palpation, i.e. it could be diagnosed only when it became palpable.

Therefore is it legitimate to consider (and treat) an abdominal mass that is not palpable as part of the disease category “Abdominal Masses” (*Zheng Jia* or *Ji Ju*) in Chinese medicine?

Using modern technology, we can now diagnose very small masses before they are palpable: can we then diagnose the Chinese disease entity of “Abdominal Masses” on the basis of Western medical tests?

My personal opinion is that non-palpable masses (diagnosed by modern tests such as MRI, CAT or ultrasound scans) can and should indeed be treated as disease entities pertaining to the Chinese disease category of Abdominal Masses.

PATHOLOGY OF BENIGN PROSTATIC HYPERPLASIA IN CHINESE MEDICINE

The pathology of benign prostatic hyperplasia is complex and it is always characterized by Emptiness and Fullness.

a) DEFICIENCY OF KIDNEYS, SPLEEN, LIVER OR LUNGS

A Kidney deficiency is always at the root of benign prostatic hyperplasia as a deficient Kidney fails to transform, transport and excrete fluids in the Lower Burner resulting in accumulation of fluids and eventually Dampness and Phlegm.

There may also be a Spleen, Liver or Lung deficiency. A deficient Lung fails to make fluids descend and a deficient Spleen fails to transform fluids: this leads to the formation of Dampness and Phlegm.

b) DAMPNESS AND PHLEGM

A deficiency of the Kidneys, Spleen Liver or Lungs leads to the impairment of the transformation, transportation and excretion of fluids and therefore to Dampness and Phlegm accumulating in the prostate.

The symptoms of Phlegm accumulation in the men's genital system are:

Prostatic hypertrophy

Priapism

Sweaty genitals

Peyronie's disease

Impotence

c) STASIS OF JING

There is a pathology not only of fluids but also of Jing. Although the ancient Chinese did not have a knowledge of the prostate and seminal vesicles, they were aware of the difference between urethral discharges of urine and of sperm.

Urethral discharges of urine pertain to the pathology of Lin Syndrome and therefore of Body Fluids.

Urethral discharges of sperm pertain to the pathology of Jing and are generally due to a weakness of the "Sperm Gate" (*Jing Guan*).

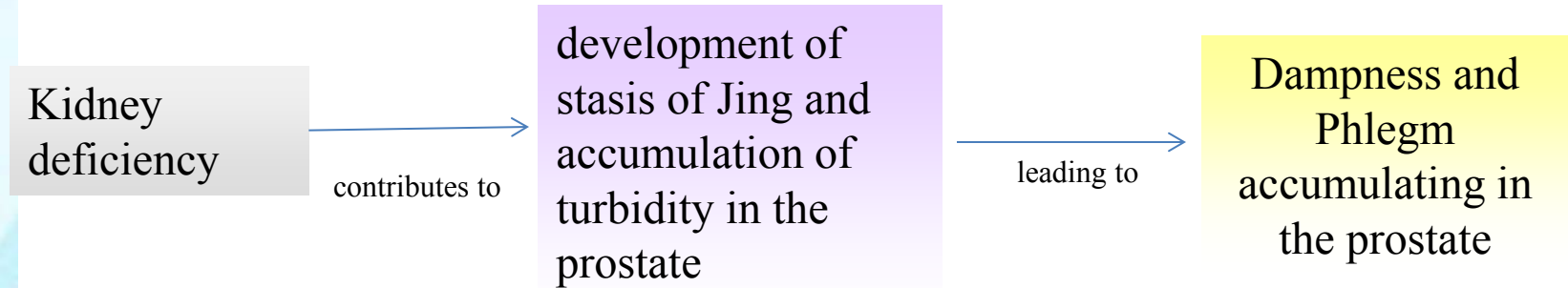
“Turbidity” is often mentioned in Chinese medicine, especially in diseases of the Lower Burner.

In urinary diseases, “turbidity” indicates a pathological state of the fluids in the Lower Burner: this occurs when there is an impairment in the transformation, transportation and excretion of fluids in the Lower Burner. In this context, “turbidity” manifests not only with turbid urine but also with urinary difficulty.

In genital diseases such as prostatitis and benign prostatic hyperplasia, “turbidity” refers to a pathology of Jing: in this context, it manifests with urethral discharges of sperm, prostatitis and benign prostatic hyperplasia.

In both urinary and genital diseases, “turbidity” also refers to retention of chronic Dampness.

Although we think of the Jing as a pure, precious fluid that is inherited from the parents, it plays a role in the physiology and pathology of men’s genital system in the same way that Blood does in women: as a result, Jing in men can become stagnant and be affected by “turbidity”.



Dampness and Phlegm in the prostate interact with stasis of Jing and these two pathological conditions aggravate each other in the same way as Phlegm and Blood stasis do.

In particular, when stasis of Jing interacts with Phlegm, it is men's genital system that is affected.

d) BLOOD STASIS

Blood stasis resulting from stagnation of Liver-Qi and Liver-Blood and from stasis of Jing is another factor in the pathology of benign prostatic hyperplasia.

Blood stasis in the prostate occurs in the prostate's Blood Luo Mai.

One therefore needs herbs that “penetrate the Luo Mai” (*tong Luo*) such as Lu Lu Tong, Tong Cao, Ju Luo, Si Gua Luo, Lou Lu.

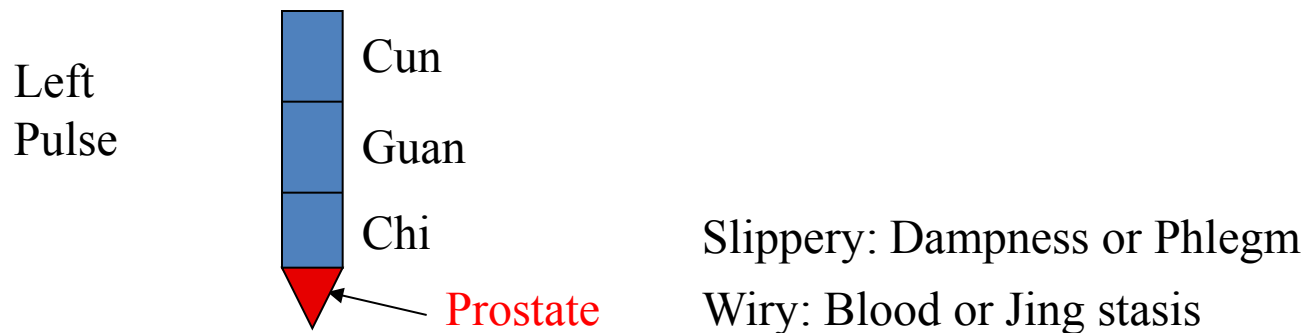


This tongue is purple indicating Blood stasis and has a very sticky coating indicating Dampness and Turbidity

It is also necessary to describe a pulse finding that is encountered frequently in practice.

The prostate can be felt on the proximal end of the left-Rear position (left Kidney position): this is felt by rolling the finger proximally but only very slightly.

If the prostate is enlarged, the pulse feels either Slippery (indicating Damp-Phlegm as the main cause of the swelling) or Wiry (indicating Blood stasis as the main cause of the swelling).



TREATMENT STRATEGIES

a) HERBAL STRATEGY

The following are the treatment strategies commonly adopted:

- Invigorate Blood: Lu Lu Tong, Wang Bu Liu Xing, Mu Dan Pi.
- Resolve Dampness: Yi Yi Ren, Bi Xie, Shi Wei, Hai Jin Sha, Tian Kui Zi.
- Resolve Phlegm: Zhe Bei Mu, Ban Xia, Xia Ku Cao, Dan Nan Xing, Si Gua Luo.
- Soften hardness: Yi Yi Ren, Zhe Bei Mu, Kun Bu, Hai Zao.
- Resolve Toxic Heat: Bai Hua She She Cao, Shan Dou Gen, Tian Kui Zi.
- Penetrate the Luo channels: Lu Lu Tong, Tong Cao, Ju Luo, Si Gua Luo, Lou Lu.
- Open the orifices: Shi Chang Pu.
- “Break” Blood: E Zhu, San Leng.

The method of “softening hardness” is used for abdominal masses, especially those from Blood stasis.

ACUPUNCTURE

When treating prostate problems, it is important to treat one of the three extraordinary vessels that flow through it, i.e. the Du, Ren or Chong Mai.

- Use the Du Mai for pronounced Kidney-Yang deficiency
- Use the Ren Mai for pronounced Kidney-Yin deficiency
- Use the Chong Mai for pronounced Blood or Jing stasis.

In all cases, I use the opening and coupled points of the relevant extraordinary vessel.

In men, use the opening point on the left side and the coupled point on the right, e.g. for the Du Mai, S.I.-3 Houxi on the left and BL-62 Shenmai on the right.

The main points used according to channel and patterns are:

Du Mai: SI-3 Houxi (left) and BL-62 Shemai (right).

Ren Mai: LU-7 Lieque (left) and KI-6 Zhaohai (right), Ren-2 Qugu, Ren-3 Zhongji

Chong Mai: SP-4 Gongsun (left) and P-6 Neiguan (right), KI-14 Siman.

Liver channel: LIV-5 Ligou, LIV-1 Dadun, LIV-3 Taichong.

Back-Shu points: BL-32 Ciliao, BL-34 Xialiao.

Damp-Phlegm: ST-40 Fenglong, SP-9 Yinlingquan, BL-22 Sanjiaoshu, ST-28 Shuidao, Ren-3 Zhongji, Ren-5 Shimen.

Blood stasis: LIV-3 Taichong, SP-10 Xuehai, BL-17 Geshu, KI-14 Siman.

Stasis of Jing: KI-14 Siman, Ren-5 Shimen.

a) BLOOD STASIS

Clinical manifestations

Decreased urinary flow

hypogastric pain

Nocturia

The prostate feels hard on rectal examination

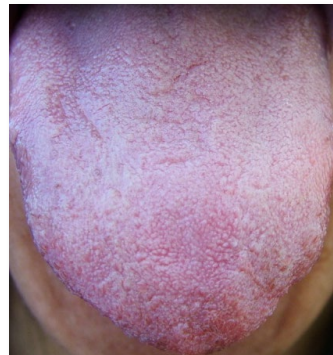
pain in the perineum

Tongue: Purple.

Pulse: Wiry, Choppy or Firm. Prostate pulse Wiry.

Treatment principle

Invigorate Blood and eliminate stasis, soften hardness.



i. Acupuncture

LIV-3 Taichong, SP-10 Xuehai, BL-17 Geshu, KI-14 Siman, SP-4 Gongsun on the left and P-6 Neiguan on the right (Penetrating Vessel), Ren-2 Qugu, BL-32 Ciliao, BL-34 Xialiao.

ii. Herbal therapy

HU PO SI WU TANG *Succinum Four Substances Decoction*

Explanation

This formula invigorates Blood, eliminates stasis and soften hardness.

DAI DI DANG WAN *Surrogate Keeping out Decoction*.

Note: Chuan Shan Jia in this formula can be replaced by Wang Bu Liu Xing *Semen Vaccariae*.

Explanation

This formula invigorates Blood and soften hardness. It is especially suitable if there is Heat in the Stomach and Intestines with dry stools.

Three Treasures remedies

Stir Field of Elixir and *Clear the Root*.

Stir Field of Elixir invigorates Blood in the Lower Burner: *Clear the Root* also invigorates Blood and, in addition, it drains Dampness and resolves Toxic Heat.

b) DAMP-PHLEGM

Clinical manifestations

hypogastric heaviness

urinary difficulty

micturition stopping and starting

turbid urine

painful urination

feeling of heaviness at the perineum

Tongue: Swollen with sticky coating

Pulse: Slippery. Prostate pulse Slippery.



i. Acupuncture

LU-7 Lieque on the left and KI-6 Zhaohai on the right, ST-28 Shuidao, BL-22 Sanjiaoshu, Ren-3 Zhongji, Ren-5 Shimen, Ren-9 Shuifen, Ren-12 Zhongwan, BL-20 Pishu.

ii. Herbal therapy

CANG FU DAO TAN WAN - *Atractylodes Resolving Phlegm Pill*

Explanation

This formula resolves Damp-Phlegm from the Lower Burner. It is primarily for Damp-Phlegm associated with Cold. The formula contains *Fu Zi Radix Aconiti lateralis preparata* which may be illegal in some countries and can be replaced by *Rou Gui Cortex Cinnamomi*.

TONG FU ZHI LONG TANG - *Penetrating the Yang Organs and Treating Urinary Retention Decoction*

Explanation

This formula is applicable when Damp-Phlegm is combined with Heat and there is Full Heat in the Stomach and Intestines with dry stools and a thick-dry-yellow coating.

Three Treasures remedies

Separate Clear and Turbid and *Clear the Root*.

Separate Clear and Turbid resolves Dampness from the urinary passages and resolves turbidity; *Clear the Root* resolves Damp-Phlegm from the prostate.

c) KIDNEY- AND SPLEEN-YANG DEFICIENCY

Clinical manifestations

Tiredness

Dizziness

Tinnitus

Depression

urinary frequency

dribbling

lower backache

slight incontinence

urgency

loose stools

cold legs and knees

Tongue: Pale tongue.

Pulse: Deep-Weak.



Treatment principle

Tonify and warm the Spleen and Kidneys, resolve Dampness from the Lower Burner.

i. Acupuncture

BL-20 Pishu, Ren-12 Zhongwan, BL-23 Shenshu, KI-13 Qimen, Ren-4 Guanyuan, SI-3 Houxi with BL-62 Shenmai, Ren-3 Zhongji, SP-9 Yinlingquan, KI-12 Dahe, BL-32 Ciliao, BL-34 Xialiao. Moxa is applicable.

ii. Herbal therapy

EMPIRICAL PRESCRIPTION

Explanation

This formula tonifies Spleen- and Kidney-Yang and resolves Dampness from the Lower Burner.

LAO REN LONG BI TANG

Urinary Retention Decoction for the Elderly

Explanation

This formula tonifies primarily Spleen-Yang and resolves Dampness from the Lower Burner.

BAO YUAN TONG BI TANG

Protecting the Origin and Penetrating Urinary Retention Decoction

Explanation

This formula, based on only three herbs, tonifies Spleen-Yang (with Huang Qi *Radix Astragali* 100g), resolves Dampness from the urinary passages (with Hua Shi *Talcum* 30g), invigorates Blood and opens the orifices of the urinary passages (with Hu Po *Succinum* 30g). Although the original formula calls for a dose of 100g daily for Huang Qi, I would reduce that to 30g and the other two herbs to 10g.

Three Treasures remedies

Strengthen the Root and Clear the Root.

Strengthen the Root tonifies Kidney-Yang and *Clear the Root* resolves Dampness from the prostate.

d) LIVER- AND KIDNEY-YIN DEFICIENCY

Clinical manifestations

dizziness

tinnitus

dry eyes

urinary difficulty

dark urine

frequent but scanty urination

night-sweating

lower backache

5-palm heat

Tongue: without coating.

Pulse: Floating-Empty.



Treatment principle

Nourish Liver- and Kidney-Yin, resolve Dampness from the Lower Burner.

i. Acupuncture

Ren-4 Guanyuan, KI-13 Qimen, SP-6 Sanyinjiao, LIV-8 Ququan, LU-7 Lieque on the left with KI-6 Zhaohai on the right, Ren-7 Yinjiao, Ren-3 Zhongji, SP-9 Yinlingquan, BL-32 Ciliao, BL-34 Xialiao.

ii. Herbal therapy

ZHI BO DI HUANG WAN Variation

Anemarrhena-Phellodendron-Rehmannia Pill

The original formula plus:

- Yi Yi Ren Semen Coicis and Shi Wei Folium Pyrrosiae to resolve Dampness

Explanation

This formula nourishes Liver- and Kidney-Yin and drains Damp-Heat from the Lower Burner.

Three Treasures remedies

Nourish the Root (or Water Passages) and Clear the Root

Nourish the Root nourishes Liver- and Kidney-Yin and Clear the Root resolves Dampness from the Lower Burner and the prostate.

e) STASIS OF JING

Clinical manifestations

hypogastric pain

seminal emissions

urinary difficulty

urethral discharge

nocturia

pain in the perineum

decreased urinary flow

Tongue: Purple.

Pulse: Wiry, Choppy or Firm. Prostate pulse Wiry.



Treatment principle

Invigorate Blood, eliminate stasis, soften hardness, eliminate turbidity.

i. Acupuncture

SP-4 Gongsun on the left with P-6 Neiguan on the right , LIV-3 Taichong, LIV-1 Dadun, Ren-3 Zhongji, KI-14 Siman, Zigong, BL-32 Ciliao, BL-34 Xialiao.

ii. Herbal therapy

HUO XUE TONG JING TANG Variation

Invigorate Blood and Penetrate the Jing Decoction

Explanation

This formula invigorates Blood and resolves turbidity and Dampness in the Lower Burner

Three Treasures remedy

Clear the Root.

f) LIVER-QI STAGNATION WITH DAMP-PHLEGM

Clinical manifestations

Urinary difficulty

Irritability

hypogastric distension

hypogastric heaviness

retention of urine when under stress

feeling of heaviness at the perineum

turbid urine

Tongue: Red on the sides, Swollen with sticky coating

Pulse: Slippery-Wiry. Prostate pulse Wiry.



Treatment principle

Soothe the Liver, move Qi, resolve Dampness and Phlegm.

i. Acupuncture

SP-4 Gongsun on the left with P-6 Neiguan on the right, LIV-3 Taichong, LIV-5 Ligou, KI-14 Siman, Ren-3 Zhongji, SP-9 Yinlingquan, ST-40 Fenglong, ST-28 Shuidao.

ii. Herbal therapy

SHU GAN SAN JIE FANG

Soothe the Liver Disperse Stagnation Formula

Explanation

This formula moves Liver-Qi, invigorates Blood, resolves Damp-Phlegm and softens hardness.

Three Treasures remedies

Clear the Root and Break into a Smile.

Clear the Root resolves Damp-Phlegm from the prostate and
Break into a Smile moves Liver-Qi in the Lower Burner.

MODERN CHINESE LITERATURE

a) Cui Xue Jiao “58 Cases of Prostatic Hyperplasia Treated by Tonifying Qi, Benefiting the Kidneys and Eliminating Stasis”, Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 35, No. 4, 1994, p. 225.

58 cases of prostatic hyperplasia: aged between 45 and 70.

Treatment principle: tonify Qi, benefit Kidneys, invigorate Blood and eliminate stasis.

Prescription:

Huang Qi 30g

Dang Shen 30g

Rou Cong Rong 30g

Shan Zhu Yu 12g

Wang Bu Liu Xing 30g

Lu Lu Tong 30g

Tao Ren 15g

Chi Shao 15g

San Qi 3g

Results:

Good: nocturia less than twice, free micturition, retention of urine in bladder under 60ml

Average: nocturia reduced, dribbling reduced, retention of urine between 60 and 100ml

None: no observed changes in symptoms and signs.

Based on the above criteria, 39 patients had good results, 17 good and 2 had no results.

b) Wang Geng Sheng “Experience in Treatment of Prostatic Hyperplasia by Tonifying the Kidneys and Resolving Dampness”, Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 29, No. 7, 1988, p. 66.

Treatment principle: tonify the Kidneys and resolve Dampness.

Prescription:

Bi Xie 15g

Tu Si Zi 15g

Shan Yao 15g

Qian Shi 10g

Yi Zhi Ren 15g

Shi Chang Pu 10g

Huang Bo 10g

Che Qian Zi 15g

Mu Dan Pi 10g

Fu Ling 15g

Gan Cao 5g

c) Zhang Xi Jun “Experience in the Treatment of Prostatic Hyperplasia in the Elderly” Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 27, no. 5, 1986, pp. 10-1.

The treatment must be based on treating the Biao in acute cases and the Ben in chronic cases. Eliminate stasis, dissolve nodules, promote Water transformation. Prostatic hyperplasia is characterized by Dampness, Qi stagnation, Blood stasis and nodules accumulation: this is the Manifestation (*Biao*).

Before treating according to Pattern Identification, Dr Zhang resolves Dampness, moves Qi, invigorates Blood and dissolves nodules with the formula Shuang Hu Tong Guan Wan *Double Tiger Opening the Gate Pill* in pill form. He uses this pill for 3 to 5 days. This formula eliminates Stasis, resolves Dampness and dissolves nodules by the two excretions (urination and defecation).

Ingredients of Shuang Hu Tong Guan Wan:

- Hu Po 1g
- Hu Zhang 1g
- Da Huang 1g
- Dang Gui (Wei) (tails) 1g
- Tao Ren 1g
- Shi Wei 1g
- Hai Jin Sha 1.5g
- Tu Bie Chong 2g

Take one pill 3 times a day with a decoction of Lu Cao *Herba Lupuli scandentis* and Bai Hua She She Cao *Herba Hedyotidis diffusae* 30g of each.

d) Zhang Ping et al “Herbs Affecting the Prostate in 100 Cases of Prostatitis and Prostatic Hyperplasia” Journal of Nanjing University of Traditional Chinese Medicine (*Nan Jing Zhong Yi Yao Da Xue Xue Bao*), Vol. 12, no. 4, 1996, pp. 43-4.

The principle adopted was to tonify and warm the Kidneys, tonify Yang, move Qi, remove obstructions from the channels, remove obstructions with warm-pungent-dispersing herbs, invigorate Blood, benefit urination.

Examples of herbs used: Ding Xiang *Flos Caryophilli*, Jiu Cai Zi *Semen Allii tuberosi*, She Chuang Zi *Fructus Cnidii*.

e) Fang Tie Sheng et al “Differentiation between Full and Empty Patterns in the Treatment of 150 Cases of Benign Prostatic Hyperplasia” Journal of Nanjing University of Traditional Chinese Medicine (*Nan Jing Zhong Yi Da Xue Xue Bao*), Vol. 13, no. 4, 1997, pp. 206-7.

Full type. Pu Gong Ying *Herba Taraxaci*, Hu Lu Cha *Herba Desmodii triqueti*, Dong Kui Zi *Fructus Malvae*, E Zhu *Rhizoma Curcumae*, Chuan Niu Xi *Radix Cyathulae*.

Empty type. Kun Bu *Thallus Eckloniae*, Hai Zao *Herba Sargassi*, Shu Di Huang *Radix Rehmanniae preparata*, Shan Zhu Yu *Fructus Corni*, Ze Xie *Rhizoma Alismatis*, Mu Dan Pi *Cortex Moutan*, Dan Shen *Radix Salviae milthiorrizae*, Huang Qi *Radix Astragali*, Chai Hu *Radix Bupleuri*.

Benign prostatic hyperplasia (BPH) corresponds to Long Bi. Many organs are affected and particularly the Spleen, Lungs, Liver, Kidneys, Triple Burner and Bladder.

In Empty conditions, there is Spleen and Kidney deficiency. Spleen deficiency leads to the impairment of the rising of the clear and descending of the turbid so Dampness is formed. When the Kidneys are deficient, the Qi transformation is impaired, fluids cannot be transformed, injuring the Jing and leading to Blood stasis; turbid Jing obstructs the Water passages.

In Full conditions, there is often Damp-Heat and stasis of Blood.

f) Meng Yu “Experience of Dr Xu Fu Song in the Treatment of Prostatic Diseases with the Method of Transforming Yin with Sour and Sweet Herbs” Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 41, No. 9, 2000.

- Dr Meng Yu reports the experience of Dr Xu Fu Song in the treatment of disease of the prostate by nourishing Yin and transforming fluids. This treatment applies especially to the elderly.
- For benign prostatic hyperplasia in the elderly, Dr Xu uses this formula:

Wu Wei Zi, Wu Mei, Chi Shao, Bai Shao, Mu Gua, Mai Ya, Long Gu, Mu Li, Xu Duan, Wu Yao, Mu Tong, Gan Cao.

g) Shanghai College of Traditional Chinese Medicine “63 Cases of Prostatic Hyperplasia Treated by Tonifying the Kidneys and Benefiting Urination”, Shanghai Journal of Chinese Herbal Medicine (*Zhong Yi Yao Za Zhi*), Vol. 12, No. 8, 1987, p. 225.

63 cases were treated by tonifying the Kidneys and benefiting urination. The formula used was:

Dang Shen *Radix Codonopsis* 15g
Huang Qi *Radix Astragali* 26g
Jie Geng *Radix Platycodi* 5g
Wu Yao *Radix Linderiae* 15g
Shan Yai *Rhizoma Dioscoreae* 15g

Fu Ling *Poria* 10g
Ze Xie *Rhizoma Alismatis* 10g
Mu Dan Pi *Cortex Moutan* 10g
Che Qian Zi *Semen Plantaginis* 15g

Most common treatment methods for benign prostatic hyperplasia adopted by modern Chinese doctors.

TREATMENT METHOD	NUMBER
Nourish Yin	14
Clear Heat	13
Eliminate Qi stagnation	10
Resolve Phlegm	9
Soften hardness	3
Dissolve nodules	3
Extinguish Wind	3
Eliminate Blood stasis	2
Clear Empty Heat	2
Tonify Qi and Yin	1

THE TREATMENT OF BENIGN PROSTATIC HYPERPLASIA by Dr Zhang Yi Jun.

SHUANG HU TONG GUAN WAN 双虎通关丸 Invigorate Blood,
dissolve accumulation, clear Heat and promote Water transformation

Hu Po, Hu Zhang, Da Huang, Dang Gui (wei), Tao Ren, Di Bie Chong,
Shi Wei, Hai Jin Sha.

1. LIVER-QI STAGNATION

Chen Xiang, Ju Pi, Dang Gui, Wang Bu Liu Xing, Shi Wei, Dong Kui Zi, Hua Shi,
Xiang Fu, Yu Jin, Wu Yao.

2. BLOOD STASIS

Dang Gui (wei), Chuan Shan Jia, Tao Ren, Da Huang, Mang Xiao.

3. DAMP-HEAT

Hua Shi, Gan Cao, Che Qian Zi, Bian Xu, Qu Mai, Shan Zhi Zi, Da Huang.

4. SPLEEN- AND KIDNEY-YANG XU

Dang Shen, Huang Qi, Lian Zi, Huang Jing, Yin Yang Huo, Rou Gui, Bi Xie, Che
Qian Zi, Wang Bu Liu Xing, Wu Zhu Yu, Gan Cao.

5. KIDNEY-YIN XU

Mu Dan Pi, Shan Zhu Yu, Shan Yao, Fu Ling, Sheng Di Huang, Ze Xie, Gou Qi
Zi, Che Qian Zi, Bian Xu, Qu Mai, Niu Xi.

THE TREATMENT OF PROSTATIC HYPERPLASIA THROUGH THE LUNGS, SPLEEN AND KIDNEYS by Dr Guo Wei Yi.

LUNGS

The Lungs are in the Upper Burner, they are the “lid”. They control the Water Passages and communicate downwards with the Bladder. When Lung-Qi fails to descend, the Water Passages are obstructed and they affect the Bladder leading to urinary retention.

Example of formula: Mai Men Dong 60g, Huang Qin 6g, Huang Lian 3g, Zhu Ye 10g.

SPLEEN

Example: Huang Qi 20g, Dang Shen 15g, Dang Gui 10g, Bai Zhu 10g, Chen Pi 10g, Mai Ya 10g, Zhi Gan Cao 5g, Sha Ren 6g, Sheng Ma 6g, Chai Hu 6g, Da Zao 3g.

KIDNEYS

Example: Shu Di Huang 24g, Shan Yao 12g, Shan Zhu Yu 12g, Mu Dan Pi 12g, Ze Xie 10g, Fu Ling 10g, Rou Gui 10g, Niu Xi 10g, Che Qian Zi 10g, Dang Gui 10g, Wu Wei Zi 10g, Yi Zhi Ren 10g, Huang Qi 30g, Fu Zi 15g, Yin Yang Huo 15g.

PRINCIPLES OF TREATMENT FOR PROSTATIC HYPERPLASIA

by Dr Ye Lang Qing

1. PAY ATTENTION TO IDENTIFICATION OF PATTERNS

a) Deficiency of Central Qi (Zhong Qi): Dang Shen 9g, Huang Qi 9g, Bai Zhu 9g, Chai Hu 4.5g, Sheng Ma 6g, Bi Xie 12g, Mu Tong 4.5g, Dang Gui 9g, Xia Ku Cao 10g, Bian Xu 10g, Hai Zao 12g, Kun Bu 12g.

b) Qi and Yin Xu: Dang Shen 9g, Huang Qi 9g, Sheng Di Huang 12g, Bei Sha Shen 12g, Tian Men Dong 9g, Sheng Ma 9g, Xia Ku Cao 10g, Bi Xie 12g, Mu Tong 4.5g, Dong Kui Zi 12g, Gan Cao 9g, Chai Hu 4.5g, Hai Zao 12g, Kun Bu 12g.

c) Yin Xu with Dampness: Sheng Di Huang 12g, Bei Sha Shen 12g, Mai Men Dong 9g, Shi Hu 9g, Bi Xie 12g, Xia Ku Cao 12g, Sheng Ma 9g, Bian Xu 12g, Qu Mai 12g, Hai Zao 12g, Kun Bu 12g, Dong Kui Zi 12g, Da Huang 6g.

d) Damp-Heat: Mu Tong 4.5g, Bi Xie 12g, Bian Xu 12g, Qu Mai 12g, Jin Qian Cao 30g, Xia Ku Cao 12g, Hai Zao 12g, Hua Shi 12g, Dong Kui Zi 12g, Huan Lian 3g, Hou Po 3g, Kun Bu 12g, Sheng Ma 9g.

2. MUST GIVE EQUAL IMPORTANCE TO BOTH BEN AND BIAO AND TREAT BOTH.

This means invigorate Blood, resolve Dampness and Phlegm but also tonify Lungs, Spleen and Kidneys.

3. STIMULATE THE ASCENDING OF CLEAR QI AND THE DESCENDING OF TURBID QI

Use Sheng Ma and Chai Hu to stimulate the ascending of clear Qi.

4. MUST CONSIDER BOTH IDENTIFICATION OF PATTERN (*Bian Zheng*) AND IDENTIFICATION OF THE WESTERN DISEASE (*Bian Bing*).

For example, although the urinary problems deriving from prostatic hyperplasia fall under the category of “*Long Bi*” (Urinary Retention) in Chinese medicine and can be treated through the identification of patterns, it is important to consider the identification of the Western disease. This means that one would use herbs to soften and dissolve masses that one would not otherwise use if only considering identification of pattern and Chinese disease.

HU PO SI WU TANG

Succinum Four Substances Decoction

Hu Po *Succinum* 6 g

Shu Di Huang *Radix Rehmanniae preparata* 6 g

Bai Shao *Radix Paeoniae alba* 6 g

Chuan Xiong *Rhizoma Chuanxiong* 6 g

Dang Gui *Radix Angelicae sinensis* 9 g

Tao Ren *Semen Persicae* 6 g

Hong Hua *Flos Carthami tinctorii* 6 g

Chuan Niu Xi *Radix Cyathulae* 6 g

Dan Shen *Radix Salviae milthiorrizae* 6 g

Chuan Shan Jia *Squama Manitis Pentadactylae* 6 g

Rou Gui *Cortex Cinnamomi* 3 g

Wang Bu Liu Xing *Semen Vaccariae* 6 g

DAI DI DANG WAN

Surrogate Keeping out Decoction.

Da Huang *Radix et Rhizoma Rhei* 9 g

Mang Xiao *Natrii Sulfas* 6 g

Tao Ren *Semen Persicae* 6 g

Dang Gui *Radix Angelicae sinensis* 6 g

Sheng Di Huang *Radix Rehmanniae* 12 g

Shan Jia *Squama Manitis* 6 g

Rou Gui *Cortex Cinnamomi* 3 g

CANG FU DAO TAN WAN

Atractylodes Resolving Phlegm Pill

Cang Zhu *Rhizoma Atractylodis* 6 g

Fu Zi *Radix Aconiti lateralis preparata* 3 g

Ban Xia *Rhizoma Pinelliae preparatum* 6 g

Chen Pi *Pericarpium Citri reticulatae* 6 g

Fu Ling *Poria* 9 g

Dan Nan Xing *Rhizoma Arisaematis preparatum*
6 g

Zhi Shi *Fructus Aurantii immaturus* 6 g

Yi Yi Ren *Semen Coicis* 12 g

Huang Bo *Cortex Phellodendri* 6 g

Gan Cao *Radix Glycyrrhizae uralensis* 3 g

TONG FU ZHI LONG TANG

*Penetrating the Yang Organs and Treating
Urinary Retention Decoction*

Da Huang *Radix et Rhizoma Rhei* 30 g

Tian Hua Fen *Radix Trichosanthis* 12 g

Mang Xiao *Natrii Sulfas* 12 g

Lian Qiao *Fructus Forsythiae* 12 g

Zhi Shi *Fructus Aurantii immaturus* 9 g

Shan Zhi Zi *Fructus Gardeniae* 9 g

Gan Cao *Radix Glycyrrhizae uralensis* 9 g

Huang Lian *Rhizoma Coptidis* 9 g

Lai Fu Zi *Semen Raphani* 24 g

Lu Dou *Semen Phaseoli radiati* 45 g

EMPIRICAL PRESCRIPTION SPLEEN- AND KIDNEY-YANG DEFICIENCY

Huang Qi *Radix Astragali* 6 g

Dang Shen *Radix Codonopsis* 6 g

Shan Yao *Rhizoma Dioscoreae* 6 g

Xu Duan *Radix Dipsaci* 6 g

Sang Ji Sheng *Herba Taxilli* 6 g

Fu Ling *Poria* 6 g

Ze Xie *Rhizoma Alismatis* 6 g

Mu Dan Pi *Cortex Moutan* 6 g

Wu Yao *Radix Linderiae* 6 g

Fu Pen Zi *Fructus Rubi* 6 g

Huang Bo *Cortex Phellodendri* 6 g

LAO REN LONG BI TANG

Urinary Retention Decoction for the Elderly

Dang Shen *Radix Codonopsis* 9 g

Huang Qi *Radix Astragali* 12 g

Fu Ling *Poria* 6 g

Lian Zi *Semen Nelumbinis* 6 g

Bai Guo *Semen Ginkgo* 4 g

Bi Xie *Rhizoma Dioscoreae hypoglauca* 6 g

Che Qian Zi *Semen Plantaginis* 6 g

Wang Bu Liu Xing *Semen Vaccariae* 6 g

Wu Zhu Yu *Fructus Evodiae* 3 g

Rou Gui *Cortex Cinnamomi* 3 g

Gan Cao *Radix Glycyrrhizae uralensis* 3 g

BAO YUAN TONG BI TANG

*Protecting the Origin and Penetrating Urinary Retention
Decoction*

Huang Qi *Radix Astragali* 100 g

Hua Shi *Talcum* 30 g

Hu Po *Succinum* 30 g

HUO XUE TONG JING TANG Variation

Invigorate Blood and Penetrate the Essence Decoction

Dang Gui *Radix Angelicae sinensis* 6 g

Yi Mu Cao *Herba Leonuri* 6 g

Ji Xue Teng *Caulis Spatholobi* 6 g

Chuan Niu Xi *Radix Cyathulae* 6 g

Gou Qi Zi *Fructus Lycii chinensis* 6 g

Xue Jie *Resina Demonoropis* 6 g

Pu Huang *Pollen Typhae* 6 g

Tao Ren *Semen Persicae* 6 g

Wang Bu Liu Xing *Semen Vaccariae* 6 g

Fu Ling *Poria* 6 g

Huang Bo *Cortex Phellodendri* 6 g

Ze Xie *Rhizoma Alismatis* 6 g

SHU GAN SAN JIE FANG

Soothe the Liver Disperse Stagnation Formula

Chai Hu *Radix Bupleuri* 6 g

Dan Shen *Radix Salviae miltiorrizae* 6 g

Chi Shao *Radix Paeoniae rubra* 6 g

Dang Gui *Radix Angelicae sinensis* 6 g

Chuan Niu Xi *Radix Cyathulae* 6 g

Mu Li *Concha Ostreae* 9 g

Xuan Shen *Radix Scrophulariae* 6 g

Zhe Bei Mu *Bulbus Fritillariae thunbergii* 6 g

Xia Ku Cao *Spica Prunellae* 6 g

Hai Zao *Herba Sargassi* 6 g

Kun Bu *Thallus Eckloniae* 6 g

Hai Fu Shi *Pumice* 6 g

HYPERTENSION



Chinese character for “longevity” (*shou*)

Giovanni Maciocia

HYPERTENSION

“Hypertension” is not one of the traditional Chinese disease entities as ancient Chinese doctors obviously did not have the instruments to measure blood pressure.

The textbook “Davidson’s Principles and Practice of Medicine” describes hypertension as follows:

“Hypertension is a trait as opposed to a specific disease, and represents a quantitative rather than qualitative deviation from the norm. Any definition of hypertension is therefore arbitrary.” It then says: *“A useful and practical definition of hypertension is the level of blood pressure at which the benefit of treatment outweighs its costs and hazards.”*



The discussion of hypertension will be conducted according to the following topics:

1. Hypertension in Western Medicine

- a) Causes of hypertension
 - i. Essential hypertension
 - ii. Secondary hypertension
 - iii. Renal disease / Endocrine causes / Congenital cardiovascular causes
- b) Pathology of essential hypertension
- c) Complications
- d) Assessment
- e) Treatment
 - i. Diuretics
 - ii. Beta-adrenoceptor blockers
 - iii. Angiotensin-converting enzyme (ACE) inhibitors
 - iv. Angiotensin II receptor antagonists
 - v. Calcium-channel blockers
 - vi. Alpha-adrenoceptor blockers

2. Hypertension in Chinese Medicine

- a) Pathology of hypertension in Chinese medicine
- b) Aetiology of hypertension in Chinese medicine
 - i. Emotional stress
 - ii. Overwork
 - iii. Old age
 - iv. Irregular diet
- c) Thoughts on hypertension in Chinese medicinei. Classification according to location of pathology:
 - Head / Middle Burner / Chest and heart / Blood vessels
- d) Effects of hypertension medication on the pulse
 - i. Diuretics
 - ii. Beta-adrenoceptor blockers
 - iii. Angiotensin-converting enzyme (ACE) inhibitors
 - iv. Angiotensin II receptor antagonists
 - v. Calcium-channel blockers
 - vi. Alpha-adrenoceptor blockers

3. Identification of Patterns and Treatment

- a) Liver-Yang rising
- b) Liver-Wind
- c) Liver-Fire
- d) Liver-Qi stagnation, Blood rebelling upwards
- e) Phlegm obstructing the orifices and the blood vessels
- f) Blood stasis in the Connecting (*Luo*) channels
- g) Liver- and Kidney-Yin deficiency
- h) Spleen- and Kidney-Yang deficiency
- i) Disharmony of *Chong* and *Ren Mai*

4. Modern Chinese literature

5. Case histories

6. Patients' statistics

1. HYPERTENSION IN WESTERN MEDICINE

Blood pressure is maintained at a physiological level by a complex interaction of neurosympathetic control with the renin-angiotensin-aldosterone system. The “Textbook of Medicine” says:

“Activation of preganglionic sympathetic neurones to the heart produces an increased heart rate and increased strength of contraction. Vasomotor sympathetic outflow constricts vascular smooth muscle, producing arterial vasoconstriction.”

Reflex control of the blood circulation is via the arterial baroreceptors in the wall of the aorta and in the carotid arteries. The speed of this pressure-controlling mechanism is illustrated by its important role in maintaining systemic pressure during abrupt changes in posture. Neurosympathetic influences on blood pressure are rapid but transient.

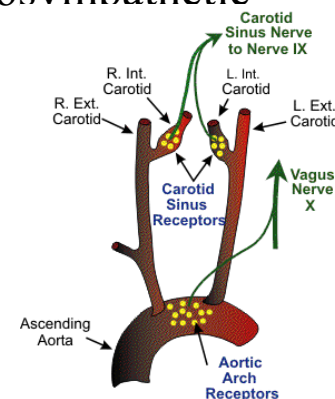
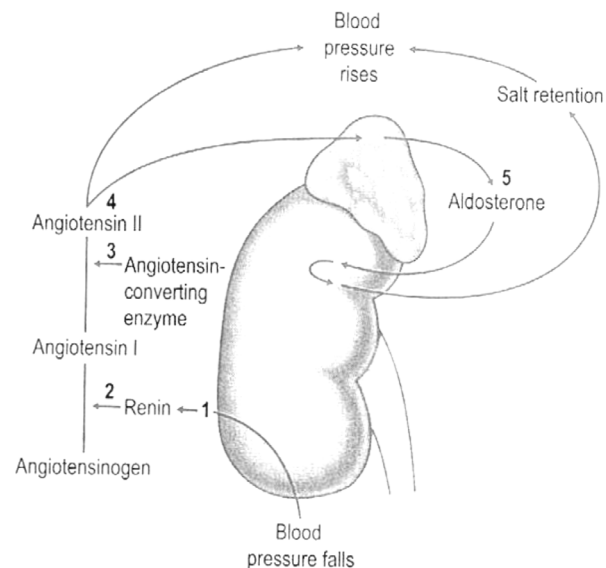


Figure 1. Location and innervation of arterial baroreceptors.

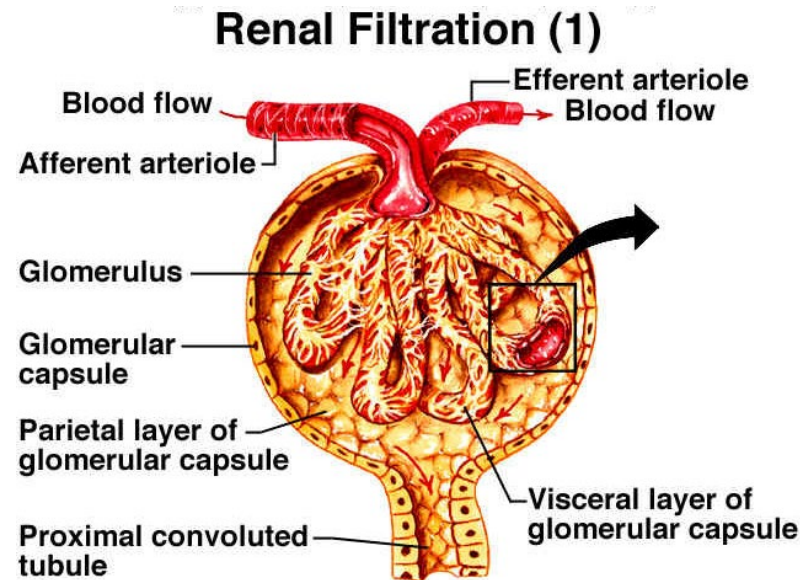
The renin-angiotensin-aldosterone system plays a major role in the control of blood pressure, regional blood flow and blood volume, via its control of sodium balance. Renin secretion from granules in the juxtaglomerular apparatus is stimulated by a fall in plasma volume, a drop in blood pressure and sodium depletion.

The consequent rise in angiotensin II production and aldosterone secretion leads to sodium and water retention, and hence restoration of sodium balance and plasma volume.



Under conditions of plasma volume reduction and sodium depletion (<50 mmol Na^+ /day), angiotensin II contributes to the maintenance of blood pressure by both vasoconstriction and interaction with the sympathetic nervous system.

In the kidney, angiotensin II has a preferential constrictor effect on efferent (postglomerular) arterioles and thus maintains glomerular filtration pressure when the overall arterial pressure is diminished.



The renin-angiotensin system plays a crucial role in the increased blood pressure seen with renal arterial constriction; the latter causes a rapid release of renin and angiotensin II and hence a rise in blood pressure. Angiotensin II causes changes in intrarenal flow patterns and stimulates aldosterone release.

The combination of haemodynamic and direct effects on the renal tubules increases sodium reabsorption.

Elevated arterial blood pressure is a major cause of premature vascular disease leading to cerebrovascular events, ischaemic heart disease and peripheral vascular disease.

Blood pressure in industrialized countries rises with age, certainly up to the seventh decade. This rise is more marked for systolic pressure and is more pronounced in men.

Hypertension is very common in the developed world. Depending on the diagnostic criteria, hypertension is present in 20-30% of the adult population.

Hypertension rates are much higher in black Africans (40-45% of adults). The normal values of blood pressure and pathological values of hypertension given by the British Hypertension Society are shown in this table.

(Kumar & Clark 2005 Clinical Medicine 6th Edition, Elsevier.)

	Systolic	Diastolic
Blood pressure		
Optimal	<120	<80
Normal	<130	<85
High-normal	130-139	85-90
Hypertension		
Grade 1	140-149	90-99
Grade 2	160-179	100-109
Grade 3	>180	>110
Isolated systolic hypertension		
Grade 1	140-149	<90
Grade 2	>160	<90

The risk of mortality or morbidity rises progressively with increasing systolic and diastolic pressures; for example, isolated systolic hypertension is associated with a two- to threefold increase in cardiac mortality.

Two consistent blood pressure measurements are needed to estimate blood pressure, and more are recommended if there is variation in the pressure. When assessing the cardiovascular risk, the average blood pressure at separate visits is more accurate than measurements taken at a single visit.



Changes in blood vessels in hypertension:

- Increase in wall thickness with a reduction in the vessel lumen diameter or small vessels
- Rarefaction (decreased density) of small vessels
- Thickening of the media of arteries
- Increase in collagen
- Secondary deposition of calcium
- Atheromas in large arteries
- Loss of arterial compliance

Blood stasis

Phlegm

Most hypertensive patients will require a combination of anti-hypertensive drugs to achieve the recommended targets
Several classes of drugs are available to treat hypertension.

The usual are:

- (a) ACE inhibitors or angiotensin receptor antagonists;
- (b) beta-blockers;
- (c) calcium-channel blockers;
- (d) Diuretics

It is recommended that drugs are chosen according to the scheme laid out in this figure →

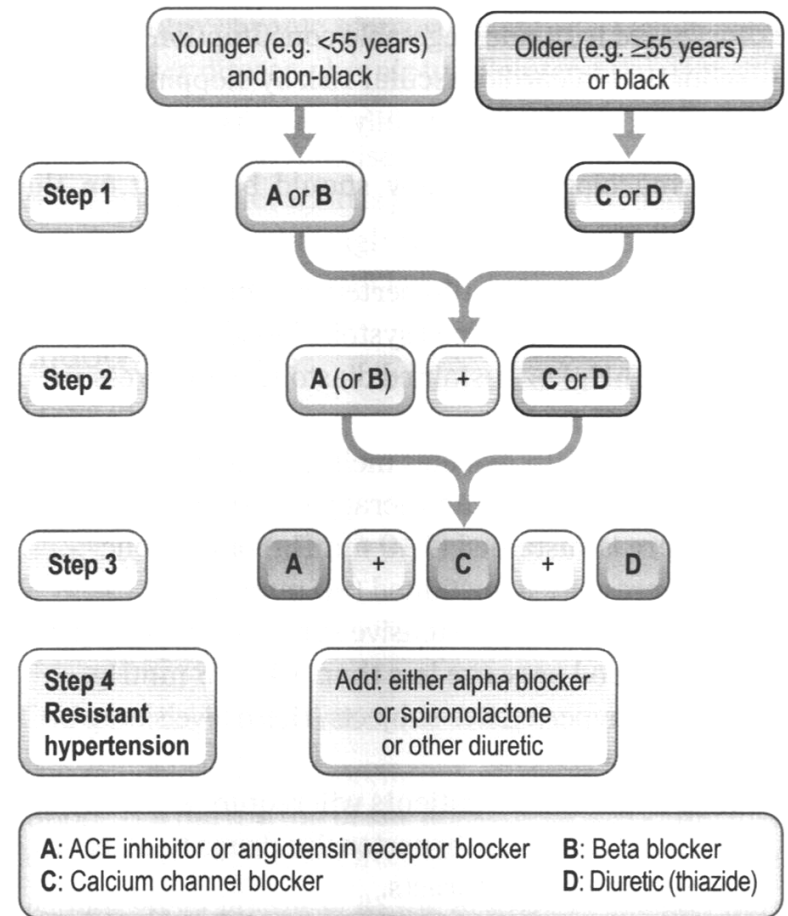


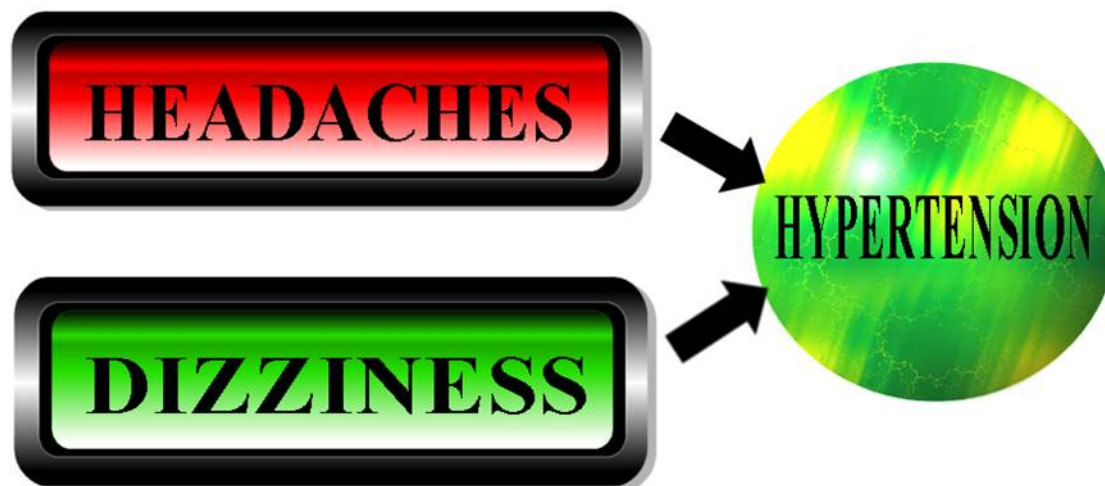
Figure 19.2 Criteria for hypertension drugs selection. ACE, angiotensin-converting enzyme. (After Kumar PJ, Clark ML 2005 Kumar and Clark Clinical Medicine, 6th edn. Saunders, Edinburgh, with permission.)

2. HYPERTENSION IN CHINESE MEDICINE

There is no ancient Chinese disease entity called “hypertension” because ancient Chinese doctors did not have the technology to measure blood pressure.

In very many cases, hypertension is totally asymptomatic and, in those cases, it is sometimes very difficult to work out how to fit the patient’s patterns (or lack of them) into Chinese medicine.

When there are symptoms, hypertension may cause headaches, dizziness, palpitations, insomnia or epistaxis. It is generally agreed in modern China that the two Chinese disease entities that are most closely related to hypertension are “Headaches” and “Dizziness”. However, as we shall see below, we should not overemphasize the correlation between hypertension and *rising* Qi causing headache and dizziness.



a) PATHOLOGY OF HYPERTENSION IN CHINESE
MEDICINE

Most modern books say that, from the Chinese perspective, the three organs that are most involved in the pathology of hypertension are the:

Liver

Kidneys

Spleen

Chinese books point to the Liver, Kidney and Spleen as the main organs involved in the pathology of hypertension because of the main patterns found in this disease.

In fact, in chronic conditions, there is often a deficiency of the Liver and/or Kidneys leading to the rising of Liver-Yang or Liver-Wind; in other cases, there may be Liver-Fire rising.

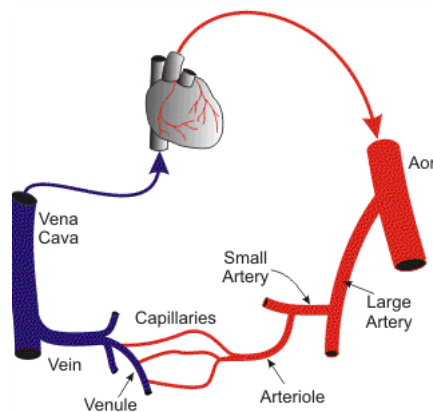
A deficiency of the Spleen, on the other hand, leads to the formation of Phlegm which also plays a role in the pathology of hypertension.

However, I tend to disagree that only the Liver, Kidneys and Spleen are involved in the pathology of hypertension, as I cannot see how the Heart is not involved.

At least in its chronic state, hypertension is essentially a pathology of the blood vessels.

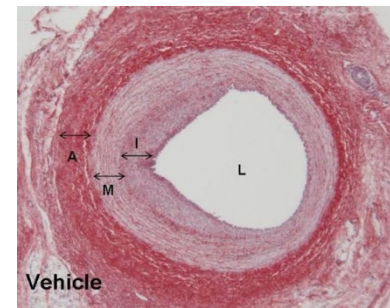
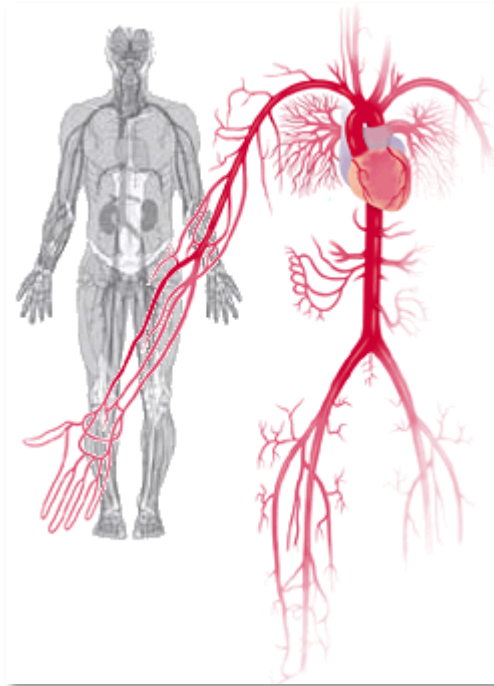
Many of the patterns discussed below involve a pathology of the Heart and of the blood vessels even when other organs are involved (e.g. Liver-Yang rising).

In particular, the Heart and blood vessels are involved in the patterns of Phlegm obstructing the orifices and the blood vessels and Blood stasis in the *Luo* channels.



In fact, in hypertension, the small arteries and arterioles show structural changes such as an increase in wall thickness with a reduction in the vessel lumen diameter.

There is also decreased density of these vessels. These mechanisms result in an increased overall peripheral vascular resistance.



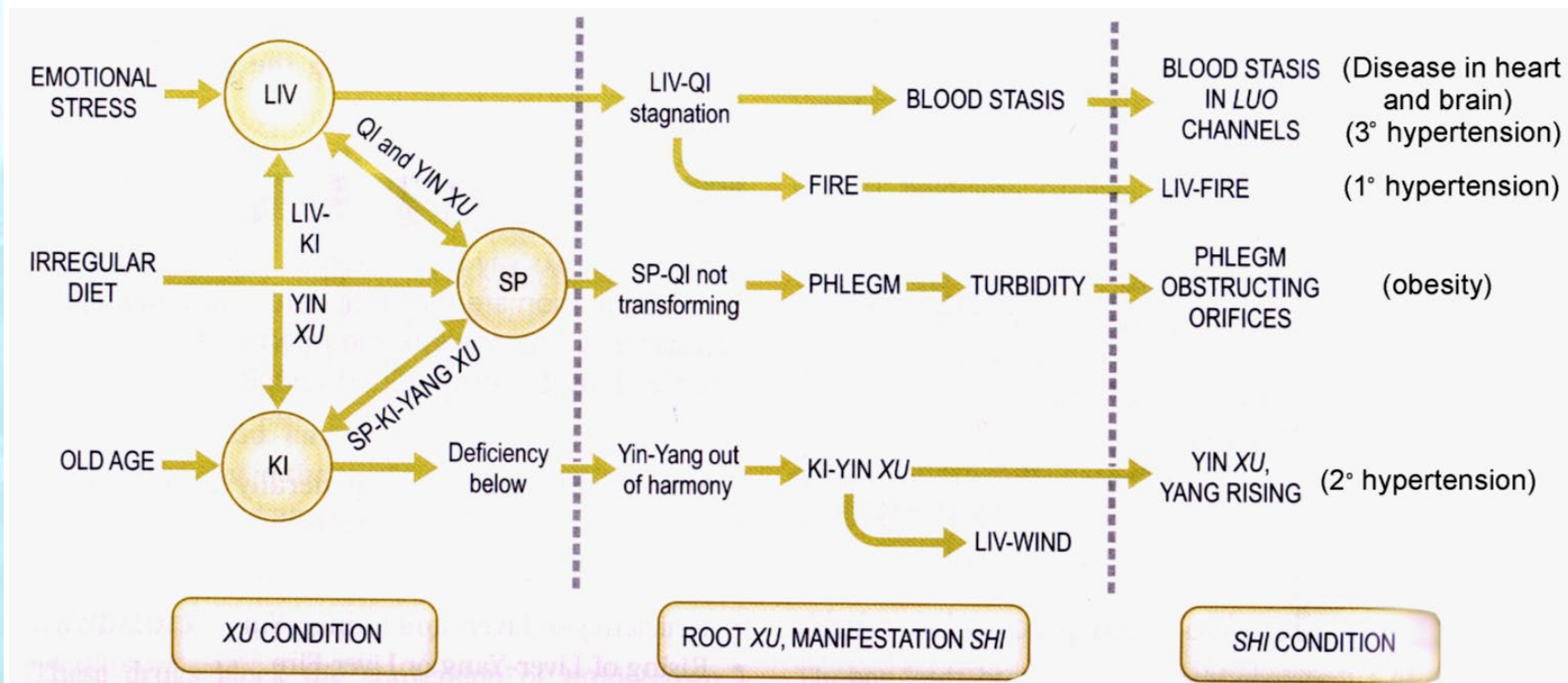
Hypertension also causes changes in the large arteries with thickening of the media, an increase in collagen and the secondary deposition of calcium. These changes result in a loss of arterial compliance, which in turn leads to a more pronounced arterial pressure wave.

As the Heart governs the blood vessels, this organ must play an important role in the pathology (and treatment) of hypertension.

Modern Chinese books generally agree on the following being the main patterns involved in the pathology of hypertension:

1. Deficiency of Liver- and Kidney-Yin
2. Spleen deficiency
3. Phlegm
4. Rising of Liver-Yang or Liver-Fire
5. Blood stasis (in advanced cases)

This Figure summarizes the aetiology and pathology of hypertension:



The book “Identification of Diseases and Patterns in Internal Medicine” identifies three stages of hypertension according to patterns:

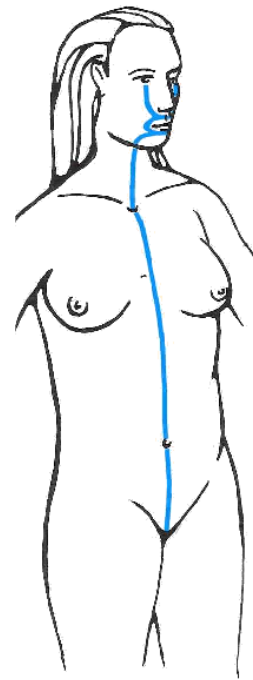
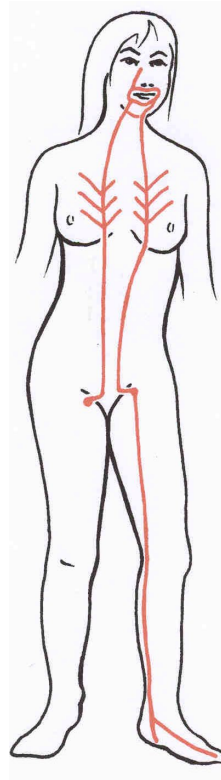
Stage 1: Liver-Fire

Stage 2: deficiency of Liver and Blood stasis

Stage 3: Kidney-Yin, rising of Liver-Yang, Spleen deficiency
and Phlegm.

In advanced, chronic cases of hypertension, there is often Blood stasis in the vessels and in the Blood *Luo* channels: this corresponds to pathological changes of progressive severity in the blood vessels as described in Western medicine, such as an increase in wall thickness with a reduction in the vessel lumen diameter, decreased density of the vessels, thickening of the media of the arteries, an increase in collagen and the secondary deposition of calcium in the arteries.

Hypertension in menopausal women is essentially due to a disharmony of the Chong and Ren Mai. As during the menopause Kidney-Jing is naturally declining, in susceptible individuals this may aggravate a deficiency of the Liver- and Kidney-Yin and lead to rising of Liver-Yang and hypertension.



I. DR XIA DE XIN

Dr Xia De Xin summarizes the pathogenic factors of hypertension as Wind, Fire and Phlegm. These constitute the Manifestation (*Biao*) and a deficiency of the Liver and Kidneys the Root (*Ben*) of the disease.

Dr Xia De Xin also gives the symptoms and treatment of what he calls “hidden patterns” in hypertension. These are as follows.

Hidden Wind: unilateral numbness of a limb, tremor of eyelids or face (use Xi Xian Cao *Herba Siegesbeckiae*, Gou Teng *Ramulus cum Uncis Uncariae*, Tian Ma *Rhizoma Gastrodiae*)

Hidden Phlegm: feeling of oppression of the chest, sputum in the throat, numbness of limbs.

(with Heat, use Tian Zhu Huang *Concretio Silicea Bambusae*, Gua Lou *Fructus Trichosanthis*, Zhu Ru *Caulis Bambusae in Taeniam*; with Dampness, use Ban Xia *Rhizoma Pinelliae preparatum*, Dan Nan Xing *Rhizoma Arisaematis preparatum*, Yuan Zhi *Radix Polygalae*)

Hidden Blood stasis: chest pain (use Dan Shen *Radix Salviae miltiorrizae*, Chuan Xiong *Rhizoma Chuanxiong*, Tao Ren *Semen Persicae*, Hong Hua *Flos Carthami tinctorii*)



2. DR SHI JIAN ZHONG

Dr Shi Jian Zhong summarizes the main patterns causing hypertension with the key herbs for them. The main patterns he describes and key herbs are as follows:

Kidney deficiency and Liver-Yang rising: He Shou Wu *Radix Polygoni multiflori preparata* and Bai Ji Li *Fructus Tribuli*

Phlegm obstructing the channels: Jiang Can *Bombyx Batryticatus* and Shan Zha *Fructus Crataegi*

Liver-Fire: Jin Que Gen *Radix Caraganae sinicae* and Luo Bu Ma *Rhizoma Apocyni veneti*

Empty Wind: Mu Li *Concha Ostreae* and Zhen Zhu Mu *Concha Margaritiferae usta*.

3. DR WENG WEI LIANG

Dr Weng Wei Liang lists the main treatment principles for hypertension (and by inference the patterns) as follows:

- Clear Heat and resolve Dampness
- Resolve Phlegm and Dampness
- Clear the Interior by moving downwards
- Nourish Yin and tonify the Kidneys
- Invigorate Blood and eliminate stasis
- Drain Liver-Fire

Dr Weng also gives the main acupuncture points for hypertension as follows: P-6 Neiguan, P-4 Ximen, P-5 Jianshi, HE-7 Shenmen, L.I.-4 Hegu, L.I.-11 Quchi, ST-18 Rugen, ST-36 Zusanli, ST-40 Fenglong, HE-5 Tongli, G.B.-34 Yanglingquan, BL-13 Feishu, BL-14 Jueyinshu, BL-15 Xinshu, BL-16 Dushu, SP-3 Taibai, SP-6 Sanyinjiao, SP-4 Gongsun, LIV-3 Taichong, KI-1 Yongquan, Ren-12 Zhongwan, Ren-15 Jiuwei, Ren-17 Shanzhong.

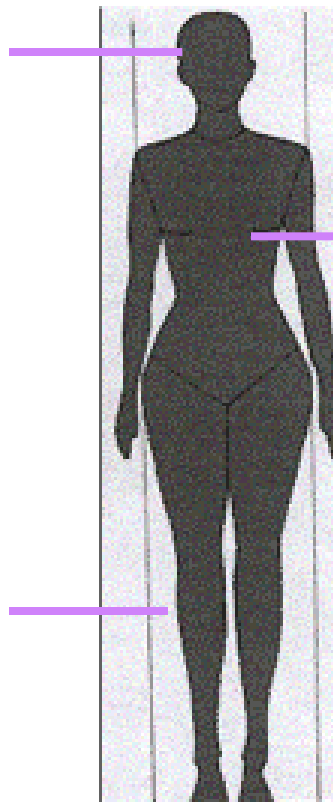
Dr Weng also indicates Shan Zha *Fructus Crataegi* as the main household remedy for hypertension. This is an interesting observation as Crataegus is also a major remedy for hypertension in Western herbal medicine.



4. DR KONG BING YAO

Dr Kong Bing Yao presents some interesting statistics of hypertension. He presents an interesting classification of hypertension according to the part of body involved. He classifies 1239 cases of hypertension according to the location of the disease:

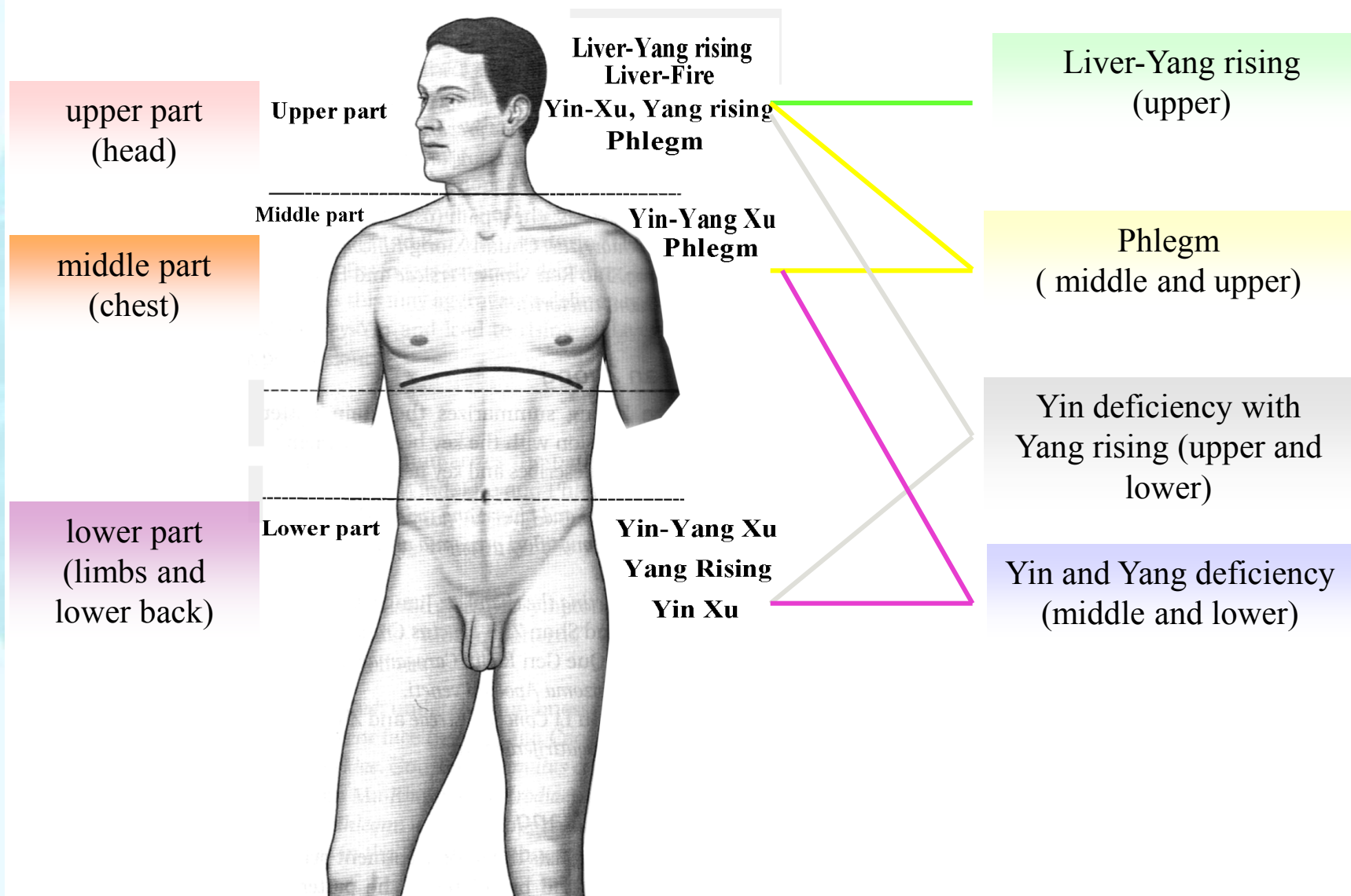
head (headache and dizziness)
= 87.33%



trunk (palpitations and
feeling of oppression of the
chest) = 50.28%

limbs = 20.66% of cases

Dr Kong distinguishes three locations for hypertension:
He then assigns each pattern to a specific location as follows:



5. DR DENG XU GUANG

As mentioned above, most modern Chinese doctors stress the pathology of rising Qi as a pattern in hypertension and most of them correlate the modern disease of hypertension with the Chinese disease entities of “Headaches” and “Dizziness”. Only occasionally there are some discordant voices.

Dr Deng Xu Guang is one of such voices. He maintains that hypertension *cannot* be simply correlated to “Headaches” or “Dizziness” although these two symptoms frequently occur with hypertension. He thinks that the best way to treat hypertension is by differentiating the patterns causing it (Liver-Yang rising, Kidney deficiency, Phlegm, etc.).

Also, contrary to most other Chinese doctors, Dr Deng attributes major importance to the Stomach and Spleen and to Phlegm as pathologies of hypertension. He lists several different treatment principles for hypertension according to the pattern, as follows:

- dry Dampness and resolve Phlegm
- strengthen the Spleen and harmonize the Centre
- clear Heat and resolve Phlegm
- promote the Spleen's transformation and transportation and harmonize the Stomach
- tonify the Spleen and benefit Qi
- warm the Centre and benefit the Spleen.

In another article, the same doctor Deng Xu Guang integrates Western and Chinese pathology to work out a differentiation and treatment of hypertension. He recommends a fourfold strategy to understand and treat hypertension as follows:

1. We must first diagnose and identify any Western disease underlying the hypertension.
2. We must identify the patterns from the point of view of Chinese medicine.
3. We must constantly learn from clinical experience.
4. We must understand the pathology of hypertension from a Chinese perspective.

Dr Deng differentiates three stages of hypertension with relevant patterns as follows:

1. Early stage: disharmony of Yin and Yang
2. Middle stage: Phlegm and Blood stasis
3. Late stage: stroke, coronary heart disease, kidney disease.

Dr Deng then makes parallels between Western and Chinese pathology and says that high cholesterol is a manifestation of Phlegm and that coronary heart disease is Blood stasis. He therefore says that the presence of Phlegm and/or Blood stasis in hypertension indicates an advanced or serious case.

6. DR WANG ZHI XIAN

Dr Wang Zhi Xian considers three main causes of dizziness from the point of view of Western medicine:

high blood pressure

low blood pressure

Meniere's disease.

He considers Liver-Yang rising, together with Liver-Wind and Liver-Fire, as the main pattern occurring in hypertension. The prescription he recommends subdues Liver-Yang, drains Liver-Fire and extinguishes Liver-Wind. His prescription is listed below under the pattern of Liver-Wind. Dr Wang recommends the following acupuncture points for hypertension:

Du-20 Baihui, LIV-2 Xingjian, SP-6 Sanyinjiao and KI-3 Taixi

b) AETIOLOGY OF HYPERTENSION IN CHINESE MEDICINE

i. Emotional stress

Worry, anger, resentment or guilt may lead to Liver-Qi stagnation which in turn frequently leads to Liver-Fire: this harasses upwards and may cause hypertension. Liver-Qi stagnation may occasionally also lead to Liver-Yang rising which may also cause hypertension.

ii. Overwork

Overwork over many years depletes Liver and Kidney-Yin: this may lead to the rising of Liver-Yang and hypertension.

iii. Old age

The decline of Kidney-Jing in old age may lead to Liver-Yang or Liver-Wind which frequently cause hypertension. Old age also leads to Phlegm.

iv. Irregular diet

Irregular diet weakens the Spleen: a Spleen deficiency frequently leads to the formation of Phlegm which plays a role in the pathology of hypertension. The formation of Phlegm is also facilitated by the excessive consumption of dairy, fatty and fried foods.

c) THOUGHTS ON HYPERTENSION IN CHINESE MEDICINE

The Chinese medicine view of hypertension leans strongly towards seeing it as a pathology of “rising Qi” in the form of Liver-Yang rising, Liver-Fire or Liver-Wind occurring against a background of Liver- and Kidney-Yin deficiency.

Indeed, most books say that hypertension may be equated to the disease entities of “Headaches” and “Dizziness” in Chinese medicine: therefore the emphasis is very much on the head as the seat of pathology of hypertension.

I shall propose some new ways of looking at hypertension in Chinese medicine.

i. Classification of hypertension according to location of pathology
Drawing inspiration from the views of Dr Kong Bing Yao mentioned above, I think that hypertension could be classified according to the location of the pathology as follows:

Head

Chest and heart

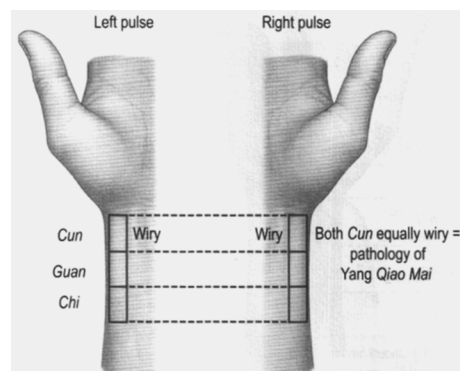
Middle Burner

Blood vessels

HEAD

The pathology of hypertension due to Liver-Yang rising, Liver-Fire or Liver-Wind causing symptoms in the head such as headaches, dizziness and occipital stiffness is located in the head. However, please note that just because hypertension is due to the above Liver patterns, it does not necessarily follow that it is “located” in the head.

From a Western medical viewpoint, this corresponds to the beginning stages of hypertension without pathological changes in the blood vessels. When the pathology of hypertension is located in the head, the pulse is Wiry and it may also tend to be Wiry on both Front positions: this pulse reflects a pathology of the *Yang Qiao Mai* with Excess of Yang in the head (see left).

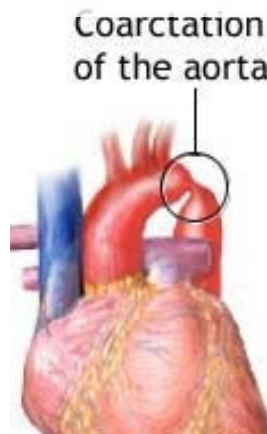


CHEST AND HEART

Many hypertension patients do not have any symptoms in the head (headache, dizziness, occipital stiffness) but suffer symptoms in the chest area such as palpitations and a feeling of tightness of the chest.

Secondary hypertension from coarctation of the aorta is an example of hypertension located in the chest and head. “Coarctation” is a narrowing of the aorta, typically found just after the aorta emerges out of the heart.

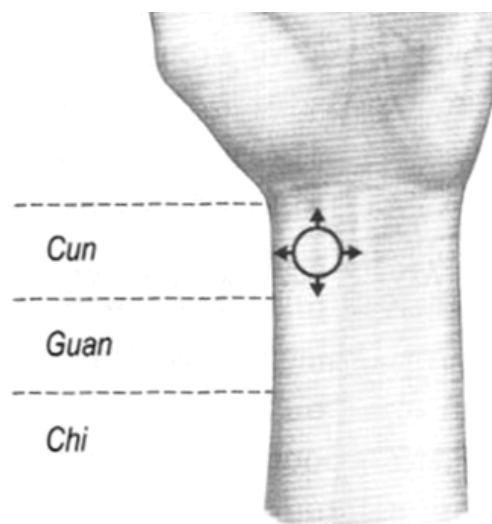
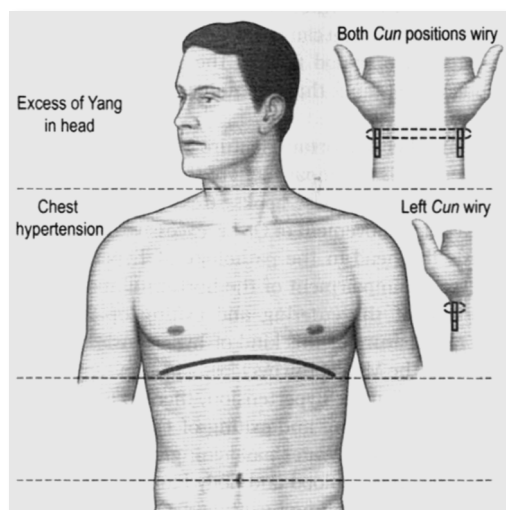
This is a cause of secondary high blood pressure. This may cause no symptoms, and be discovered as part of the evaluation for high blood pressure when the person is in their teens, twenties, or beyond. The key finding is an elevated blood pressure in the arms, with low blood pressure in the legs.



The main patterns appearing in chest and heart hypertension are Phlegm, Blood stasis and Liver-Qi stagnation with rebellious Blood.

When hypertension is located in the chest, the pulse may tend to be Wiry on the left-cun position.

The pulse may also be characteristically Wiry and hard *around* the Heart pulse position, i.e. felt by rolling the finger medially/laterally and proximally/distally.



MIDDLE BURNER

Phlegm is an important pathogenic factor in the pathology of hypertension: I classify this type of hypertension as being located in the Middle Burner because a disharmony of the Spleen and Stomach is at the root of Phlegm causing hypertension.

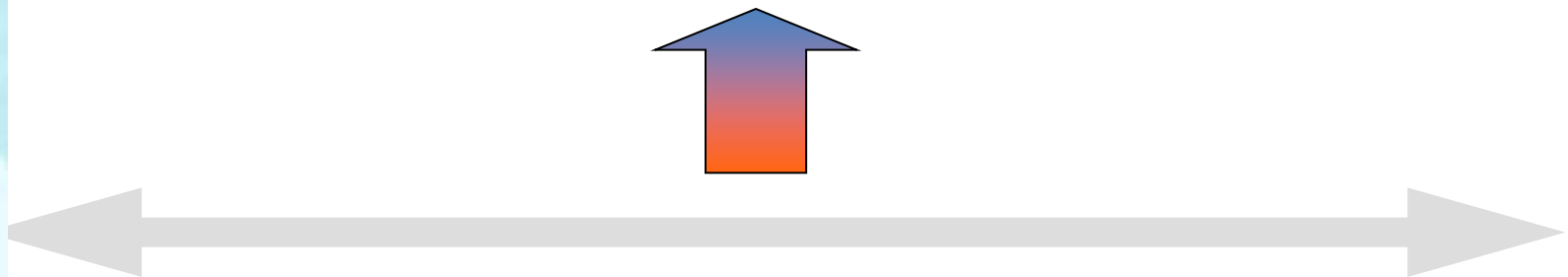
Another important characteristic of Middle Burner hypertension is a pathology of the orifices. Phlegm obstructs the orifices in all parts of the body:

The obstruction of the orifices by Phlegm causes hypertension by increasing the attrition of blood flow in the vessels (increased peripheral resistance that maintains the elevated blood pressure).

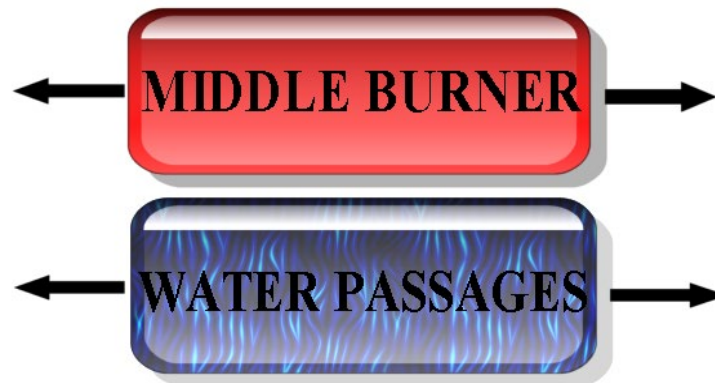
Yet another important feature of Middle Burner hypertension is the impairment of the *horizontal* movement of Qi.

All Chinese books stress the impairment of the *vertical* movement of Qi, i.e. excessive rising of Qi towards the head in the pathology of hypertension.

However, an impairment of the horizontal movement of Qi and of the entering and exiting of Qi is an important feature of this kind of hypertension (stemming from the Middle Burner).



In Middle Burner hypertension, there is an impairment of the entering and exiting of Qi in the Middle Burner and in the Water Passages: given the mutual exchange between Blood and Body Fluids, the impairment of the entering and exiting of Qi in the Middle Burner will increase the attrition of blood flow in the vessels and lead to hypertension (increased peripheral resistance that maintains the elevated blood pressure).



Entering and exiting of Qi in Middle Burner's hypertension

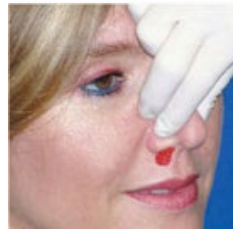
The main patterns appearing in Middle Burner hypertension are Liver invading the Spleen, Phlegm, and Liver-Qi stagnation with rebellious Blood. In Middle Burner hypertension, the pulse is Slippery and the patient is often overweight.

BLOOD VESSELS

In advanced cases of chronic hypertension, there are pathological changes of progressive severity in the blood vessels, such as an increase in wall thickness with a reduction in the vessel lumen diameter, decreased density of the vessels, thickening of the media of the arteries, an increase in collagen and deposition of calcium in the arteries, atheroma in the large arteries, and changes in the renal vasculature.

When there are such changes, I classify hypertension as “blood vessels-hypertension”.

Epistaxis is always a sign that it has reached the blood vessels. Please note that epistaxis also indicates that the pathology is centred in the head area. However, from the pathology and treatment point of view, the essential trait is that it has reached the blood vessels and the Blood level.



This diagram summarizes the four locations of hypertension.

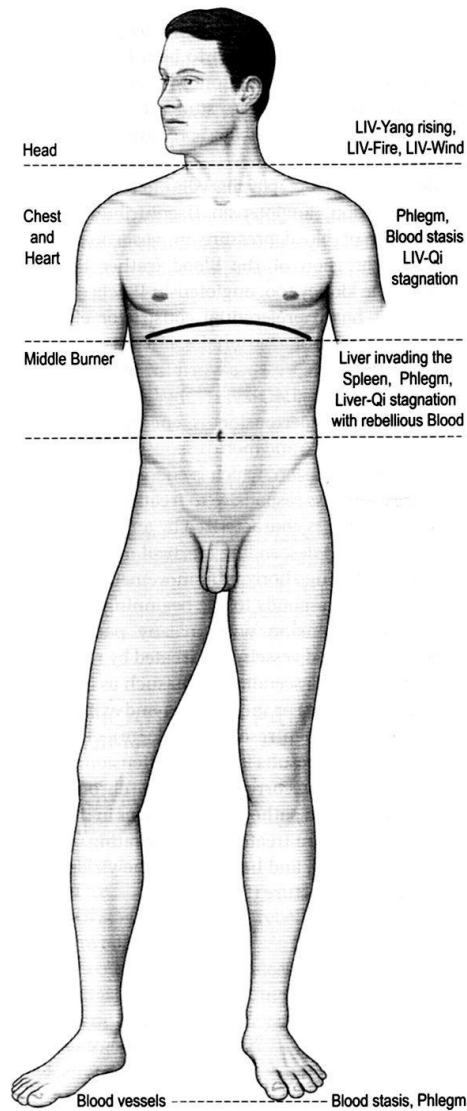
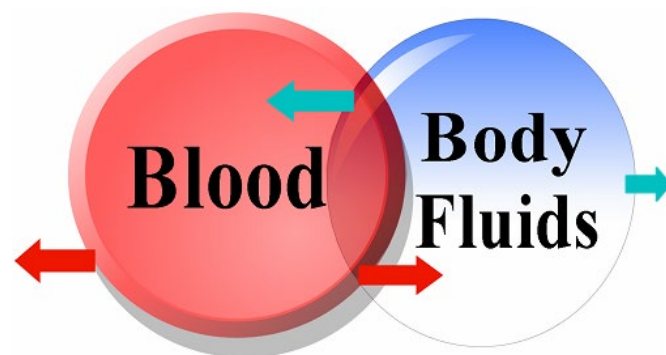


Figure 19.12 Four locations of hypertension.

One of the features of this type of hypertension, is the impairment of the entering and exiting of Qi in and out of the blood vessels.

In every organ and every part of the body, Qi enters and exits from various structures. For example, in relation to the blood vessels (which is relevant to hypertension), Qi enters and exits from them. As will be remembered, Blood and Body Fluids have a relationship of mutual interchange to keep the fluidity of the Blood just right: the interchange between Blood and Body Fluids relies on the proper entering and exiting of Qi in and out of the blood vessels.



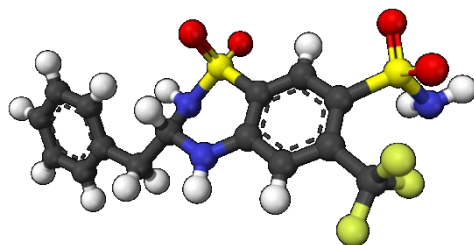
When the entering and exiting of Qi in and out of the blood vessels is impaired, the attrition of blood flow in the arteries is increased and high blood pressure (increased peripheral resistance) results. The main patterns appearing in blood vessels' hypertension are Blood stasis and Phlegm. The pulse in this type of hypertension is very Wiry and hard.

d) EFFECTS OF HYPERTENSION MEDICATION ON THE PULSE
The drugs used for hypertension generally have a marked effect on the pulse, changing the pulse quality, strength and rate significantly.

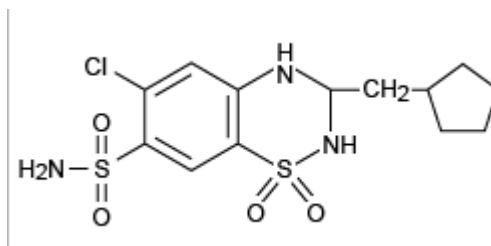
i. DIURETICS

Thiazide diuretics such as bendroflumethiazide and cyclopenthiazide are commonly used for hypertension. These diuretics have significant side effects tending to cause increased serum cholesterol, impaired glucose tolerance, hyperuricaemia (which may precipitate gout) and hypokalaemia (low potassium).

From the Chinese perspective, long-term use of diuretics tends to injure Yin because they forcibly remove fluids; as a consequence, long-term use of diuretics may tend to make the pulse Fine and we should be aware of this side-effect when evaluating the pulse quality.



bendroflumethiazide



cyclopenthiazide

ii. BETA-ADRENOCEPTOR BLOCKERS

Beta-adrenoceptors blockers (commonly called “beta-blockers”) reduce the force of cardiac contraction, as well as resting and exercise-induced increase in heart rate. Commonly used beta-blockers include atenolol, bisoprolol, oxprenolol and pindolol.

The major side-effects of this class of agents are bradycardia, bronchospasm, cold extremities, fatigue, bad dreams and hallucinations.

From a Chinese perspective, these drugs cause Yang deficiency and Cold and make the pulse Slow, Deep and somewhat Weak. In my experience, they change the pulse so much in terms of speed, depth and strength, that they make pulse diagnosis completely unreliable.

iii. ANGIOTENSIN-CONVERTING ENZYME (ACE) INHIBITORS

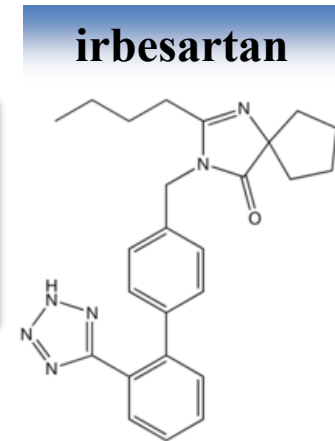
These drugs block the conversion of angiotensin I to angiotensin II, which is a potent vasoconstrictor. They also block the degradation of bradykinin, a potent vasodilator.

The major potential side-effects are profound hypotension following the first dose, which is usually seen in sodium-depleted patients or in those on treatment with large doses of diuretics. They also cause mild dry cough in a number of patients, especially if prescribed at high doses, due to their effect on bradykinin.

From a Chinese perspective, ACE inhibitors tend to cause Yin deficiency, especially when combined with diuretics. They also tend to injure Lung-Yin and to impair the descending of Lung-Qi. ACE inhibitors tend to make the pulse Fine and Deep, something which should be kept in mind when evaluating the pulse.

iv. ANGIOTENSIN II RECEPTOR ANTAGONISTS

This group of agents selectively block the receptors for angiotensin II. They share many of the actions of ACE inhibitors but, since they do not have any effect on bradykinin, do not cause a cough. The agents include:



From a Chinese perspective, the angiotensin II receptor antagonists do not cause Lung-Yin deficiency and they do not tend to cause as much Yin deficiency as the ACE inhibitors.

The pulse is therefore less Fine than it is with the previous class of hypotensives.

v. CALCIUM-CHANNEL BLOCKERS

These agents:

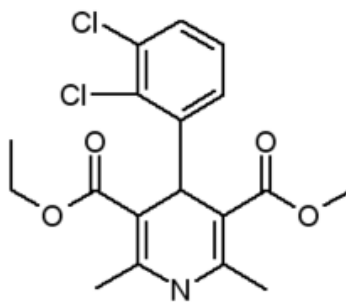
Reduce blood pressure by causing arteriolar dilatation, and some also reduce the force of cardiac contraction. The major side-effects are particularly seen with the short-acting agents and include headaches, sweating, swelling of the ankles, palpitations and flushing.

Judging from the side effects, Calcium-channel blockers injure Kidney-Yang and Heart-Blood. They tend to make the pulse Deep and Choppy.

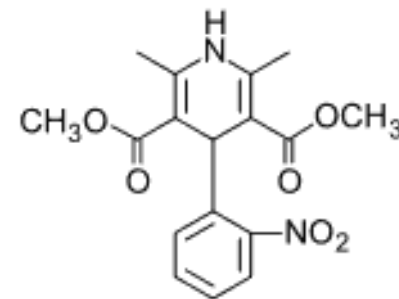
amlodipine



felodipine



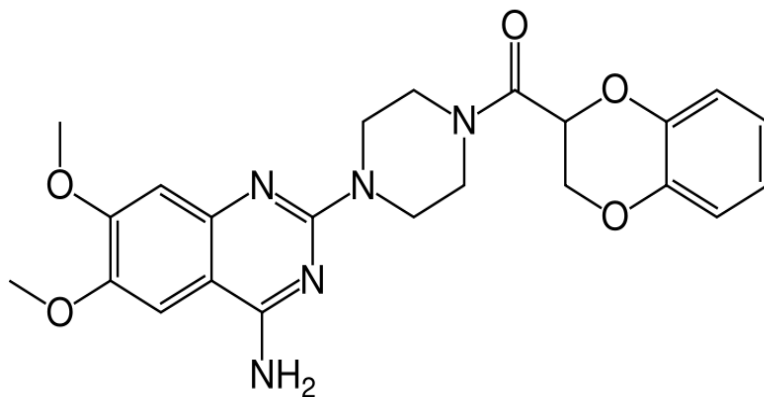
long-acting nifedipine



vi. ALPHA-ADRENOCEPTOR BLOCKERS

These agents cause postsynaptic α_1 -receptor blockade with resulting vasodilation and blood pressure reduction. They tend to make the pulse Slow and Empty.

Doxazosin



Labetalol



3. IDENTIFICATION OF PATTERNS AND TREATMENT

The patterns discussed are:

- Liver-Yang rising
- Liver-Wind
- Liver-Fire
- Liver-Qi stagnation, Blood rebelling upwards
- Liver invading the Spleen
- Phlegm obstructing the orifices and the blood vessels
- Blood stasis in the *Luo* channels
- Liver- and Kidney-Yin deficiency
- Qi and Yin deficiency
- Spleen- and Kidney-Yang deficiency
- Disharmony of *Chong* and *Ren Mai*

a) LIVER-YANG RISING

Clinical manifestations

Hypertension, a headache which may be on the temples, eyes or lateral side of the head, dizziness, tinnitus, deafness, high systolic blood pressure, blurred vision, dry mouth and throat, insomnia, irritability, feeling worked-up, propensity to outbursts of anger, stiff neck.

Tongue: the tongue presentation may vary widely depending on the underlying condition causing Liver-Yang rising.

If this derives from Liver-Blood deficiency the tongue-body colour will be Pale.



If it derives from Liver-Yin deficiency the tongue-body colour will be slightly Red on the sides and without coating.



This is a common pattern in hypertension, especially in the beginning-middle stages in relatively young people. It is due to an impairment of the ascending/descending of Qi with Qi rebelling upwards. It corresponds to Qi-level hypertension (as defined above) and the location of the disease is the head and neck.

Treatment principle

Subdue Liver-Yang.

i. Acupuncture

LIV-3 Taichong, T.B.-5 Waiguan, L.I.-4 Hegu, G.B.-20 Fengchi, Taiyang extra point, G.B.-9 Tianchong. In cases of Liver-Blood or Liver-Yin deficiency: SP-6 Sanyinjiao, LIV-8 Ququan, ST-36 Zusanli, KI-3 Taixi, KI-6 Zhaohai.

Use reducing method on points to subdue Liver-Yang and tonifying method on points to nourish Yin or Blood.

Explanation

- LIV-3 subdues Liver-Yang. This is the main distal point to use.
- T.B.-5 subdues Liver-Yang.
- L.I.-4 regulates the ascending and descending of Qi and therefore helps to subdue Liver-Yang.
- G.B.-20 is an important adjacent point to subdue Liver-Yang.
- Taiyang and G.B.-9 are local points to subdue Liver-Yang.
- SP-6, LIV-8 and ST-36 nourish Liver-Blood and Liver-Yin.
- KI-3 and KI-6 are used if there is a Kidney-Yin deficiency.

ii. Herbal therapy

Prescription

ZE XIE JIANG YA TANG

Alisma Lowering [Blood] Pressure Decoction

Explanation

This formula is from a modern Chinese book and is specific to lower blood pressure. It subdues Liver-Yang, clears Heat and mildly nourishes Liver-Blood. Please note that the Chinese book advises using 50g of Ze Xie *Rhizoma Alismatis*: I would personally use no more than 20g (per day). The high dosage of Ze Xie reflects the modern Chinese tendency to mimic the action of drugs (in this case diuretics) in the treatment of modern diseases.

ZE XIE JIANG YA TANG

Alisma Lowering [Blood] Pressure Decoction

- Ze Xie *Rhizoma Alismatis* 50g
- Yi Mu Cao *Herba Leonuri* 9g
- Che Qian Zi *Semen Plantaginis* 9g
- Xia Ku Cao *Spica Prunellae* 6g
- Shi Jue Ming *Concha Haliotidis* 9g
- Gou Teng *Ramulus cum Uncis Uncariae* 9g
- Sang Ji Sheng *Herba Taxilli* 6g
- Mu Dan Pi *Cortex Moutan* 9g
- Ju Hua *Flos Chrysanthemi* 6g

QI WEI TIAO DA TANG

Seven-Ingredient Regulating and Relaxing Decoction

- Xing Ren *Semen Armeniacae* 12g
- Bai Ji Li *Fructus Tribuli* 15g
- Xuan Shen *Radix Scrophulariae* 15g
- Dan Shen *Radix Salviae milthiorrizae* 15g
- Bing Lang *Semen Arecae catechu* 6g
- Che Qian Zi *Semen Plantaginis* 15g
- Hu Po *Succinum* 1g

QI WEI TIAO DA TANG

Seven-Ingredient Regulating and Relaxing Decoction

Explanation

This formula is from a modern Chinese book and is specific to lower blood pressure. It subdues Liver-Yang, nourishes Liver-Yin, extinguishes Wind and calms the Mind.

ZHEN ZHU MU WAN Variation

Concha Margatiriferae Pill Variation

Explanation

This formula subdues Liver-Yang, nourishes Liver-Blood and Liver-Yin and calms the Mind.

EMPIRICAL PRESCRIPTION by Dr Fu Ren Jie

Explanation

This formula subdues Liver-Yang and nourishes Liver-Yin, with the emphasis on the former. It is specific for hypertension.

Modifications

- Empty Heat from Yin deficiency, add Xuan Shen *Radix Scrophulariae*, Tian Men Dong *Radix Asparagi* and Mai Men Dong *Radix Ophiopogonis*.
- Symptoms of Yang rising are pronounced, add Shi Jue Ming *Concha Haliotidis* and Long Chi *Fossilia Dentis Mastodi*.

ZHEN ZHU MU WAN Variation
Concha Margaritiferae Pill Variation

Zhen Zhu Mu *Concha Margaritiferae usta* 30 g
Mu Li *Concha Ostreae* 15 g
Sheng Di Huang *Radix Rehmanniae* 12 g
Dang Gui *Radix Angelicae sinensis* 6 g
Suan Zao Ren *Semen Ziziphi spinosae* 6 g
Bai Zi Ren *Semen Platycladi* 6 g
Gou Qi Zi *Fructus Lycii chinensis* 12 g

EMPIRICAL PRESCRIPTION by Dr Fu Ren Jie

Tian Ma *Rhizoma Gastrodiae* 9 g
Gou Teng *Ramulus cum Uncis Uncariae* 6 g
Ju Hua *Flos Chrysanthemi* 6 g
Bai Shao *Radix Paeoniae alba* 9 g
Shi Jue Ming *Concha Haliotidis* 9 g
Huang Qin *Radix Scutellariae* 6 g
Man Jing Zi *Fructus Viticis* 6 g
Long Dan Cao *Radix Gentianae* 6 g
Xuan Shen *Radix Scrophulariae* 6 g

b) LIVER WIND

Clinical manifestations

Hypertension, a headache which may be on the temples, eyes or lateral side of the head, dizziness, vertigo, high systolic blood pressure, blurred vision, unilateral numbness of limbs, insomnia, irritability, stiff neck.

Tongue: the tongue presentation may vary widely depending on the underlying condition causing Liver-Wind.

If this derives from Liver-Blood deficiency the tongue-body colour will be Pale.

If it derives from Liver-Yin deficiency the tongue-body colour will be slightly Red on the sides and without coating.



Pulse: Wiry. If there is a background of Liver-Blood or Liver-Yin deficiency, the pulse may be Wiry only on one side or it may be Wiry but Fine.

This is a common pattern in hypertension, especially in the beginning-middle stages: it is more common in the elderly. It is due to an impairment of the ascending/descending of Qi with Qi rebelling upwards. It corresponds to Qi-level hypertension (as defined above) and the location of the disease is the head and neck.

Treatment principle

Extinguish Liver-Wind.

i. Acupuncture

LIV-3 Taichong, T.B.-5 Waiguan, L.I.-4 Hegu, G.B.-20 Fengchi, Du-16 Fengfu, Taiyang extra point, G.B.-9 Tianchong. In cases of Liver-Blood or Liver-Yin deficiency: SP-6 Sanyinjiao, LIV-8 Ququan, ST-36 Zusanli, KI-3 Taixi, KI-6 Zhaohai.

Use reducing method on points to extinguish Liver-Wind and tonifying method on points to nourish Yin or Blood.

Explanation

- LIV-3 extinguishes Liver-Wind. This is the main distal point to use.
- T.B.-5 extinguishes Liver-Wind.
- L.I.-4 regulates the ascending and descending of Qi and therefore helps to subdue Liver-Yang.
- G.B.-20 and Du-16 extinguish Liver-Wind.
- Taiyang and G.B.-9 are local points to extinguish Liver-Wind.
- SP-6, LIV-8 and ST-36 nourish Liver-Blood and Liver-Yin.
- KI-3 and KI-6 are used if there is a Kidney-Yin deficiency.

ii. Herbal therapy

FU FANG XIA KU CAO TANG

Revised Prunella Decoction

Explanation

This formula is from a modern Chinese book and is specific to lower blood pressure. It extinguishes Liver-Wind.

TIAN MA GOU TENG YIN Variation

Gastrodia-Uncaria Decoction Variation

Explanation

This variation of Tian Ma Gou Teng Yin subdues Liver-Yang, nourishes Liver-Yin and extinguishes Liver-Wind. This variation is from a modern Chinese book and is specifically aimed at lowering the blood pressure.

Please note that the dosages reported for this formula are from the Chinese book and I would personally use a third of the dosages indicated. Also, please note that the formula contains Di Long which is an animal product, the use of which is not allowed in European Union countries. Finally, the formula from the Chinese book contained Ma Dou Ling *Fructus Aristolochiae* which I have removed because this herb contains aristolochic acid.

FU FANG XIA KU CAO TANG

Revised Prunella Decoction

Xia Ku Cao *Spica Prunellae* 10g

Ju Hua *Flos Chrysanthemi* 10g

Shi Jue Ming *Concha Haliotidis* 15g

Gou Teng *Ramulus cum Uncis Uncariae* 15g

TIAN MA GOU TENG YIN Variation

Gastrodia-Uncaria Decoction Variation

Xuan Shen *Radix Scrophulariae* 30 g

Mu Dan Pi *Cortex Moutan* 15 g

Huai Niu Xi *Radix Achyranthis bidentatae* 50 g

Huang Bo *Cortex Phellodendri* 15 g

Gou Teng *Ramulus cum Uncis Uncariae* 50 g

Di Long *Pheretima* 30 g

Ze Xie *Rhizoma Alismatis* 30 g

Sang Ji Sheng *Herba Taxilli* 50 g

Shan Zha *Fructus Crataegi* 15 g

EMPIRICAL PRESCRIPTION by Dr Chai Rui Ji

Explanation

This formula extinguishes Wind, subdues Liver-Yang and nourishes Liver- and Kidney-Yin. It was formulated specifically for hypertension.

Modifications

- For Liver-Yang rising, add Mu Li *Concha Ostreae*, Shi Jue Ming *Concha Haliotidis* and Zhen Zhu Mu *Concha Margatiriferae usta*.
- For tremors, add Gou Teng *Ramulus cum Uncis Uncariae* and Ling Yang Jiao *Cornu Saigae tataricae*.

EMPIRICAL PRESCRIPTION by Dr Chai Rui Ji

Zhen Zhu Mu *Concha Margaritiferae usta* 24 g

Shi Jue Ming *Concha Haliotidis* 24 g

Bai Shao *Radix Paeoniae alba* 15 g

Xia Ku Cao *Spica Prunellae* 15 g

Tian Ma *Rhizoma Gastrodiae* 6 g

Gou Teng *Ramulus cum Uncis Uncariae* 12 g

Ci Shi *Magnetitum* 15 g

Mu Li *Concha Ostreae* 15 g

Gui Ban *Plastrum Testudinis* 15 g

Gan Cao *Radix Glycyrrhizae uralensis* 6 g

c) LIVER-FIRE

Clinical manifestations

Hypertension, high systolic blood pressure, irritability, propensity to outbursts of anger, tinnitus, deafness, temporal headache, dizziness, red face and eyes, thirst, bitter taste, dream-disturbed sleep, constipation with dry stools, dark-yellow urine, epistaxis, haematemesis, haemoptysis.

Tongue: Red body, redder on the sides,
dry-yellow coating.

Pulse: Full-Wiry-Rapid.



This is not a so common pattern in hypertension; it occurs usually in the beginning-middle stages. It is due to an impairment of the ascending/descending of Qi with Qi rebelling upwards. It corresponds to Qi-level hypertension (as defined above) and the location of the disease is the head and neck.

Treatment principle

Drain Liver-Fire.

i. Acupuncture

LIV-2 Xingjian, LIV-3 Taichong, G.B.-20 Fengchi, Taiyang, GB-13 Benshen, LI-11 Quchi, G.B.-1 Tongziliaox, G.B.-9 Tianchong, G.B.-8 Shuaigu, G.B.-6 Xuanli, SP-6 Sanyinjiao, LIV-1 Dadun.

All points with reducing method, no moxa.

Explanation

- LIV-2 is the main point to use: it is specific to drain Liver-Fire.
- LIV-3 drains the Liver.
- GB-20 drains Liver-Fire, subdues ascending Liver-Qi and extinguishes Wind.
- Taiyang (extra point) clears Liver-Fire.
- GB-13 subdues ascending Liver-Yang and calms the Mind.
- L.I.-11 clears Heat
- G.B.-1, G.B.-9, G.B.-8 and G.B.-6 are important local points for Liver-Fire ascending to the head.
- SP-6 is used to nourish Yin which will help to drain Fire.
- LIV-1 clears the Liver and subdues rising Liver-Yang and Liver-Fire.

ii. Herbal therapy

XIAO YAO JIANG YA TANG

Free and Easy Wanderer Lowering the [Blood] Pressure Decoction

Explanation

This formula is from a modern Chinese book and is specific to lower blood pressure. It is a variation of Dan Zhi Xiao Yao San *Moutan-Gardenia Free and Easy Wanderer Powder* to drain Liver-Fire deriving from Liver-Qi stagnation.

SAN CAO TANG

Three “Cao” Decoction

Explanation

This formula is from a modern Chinese book and is specific to lower blood pressure. It drains Liver-Fire.

XIAO YAO JIANG YA TANG

Free and Easy Wanderer Lowering the [Blood] Pressure Decoction

- Mu Dan Pi *Cortex Moutan* 12g
- Shan Zhi Zi *Fructus Gardeniae* 12g
- Huang Qin *Radix Scutellariae* 12g
- Ju Hua *Flos Chrysanthemi* 12g
- Chai Hu *Radix Bupleuri* 6g
- Bai Shao *Radix Paeoniae alba* 30g
- Fu Ling *Poria* 15g
- Gou Teng *Ramulus cum Uncis Uncariae* 15g
- Xia Ku Cao *Spica Prunellae* 15g
- Dang Gui *Radix Angelicae sinensis* 9g
- Bo He *Herba Menthae haplocalycis* 3g

SAN CAO TANG

Three “Cao” Decoction

- Xia Ku Cao *Spica Prunellae* 12g
- Long Dan Cao *Radix Gentianae* 6g
- Yi Mu Cao *Herba Leonuri* 9g
- Bai Shao *Radix Paeoniae alba* 9g
- Gan Cao *Radix Glycyrrhizae uralensis* 6g

EMPIRICAL PRESCRIPTION by Dr Lu Fang.

For hypertension from Liver-Fire.

Explanation

This formula (a loose variation of Long Dan Xie Gan Tang *Gentiana Draining the Liver Decoction*) drains Liver-Fire and is specific for hypertension from Liver-Fire.

Please note that some of the dosages indicated are extremely high (50g per day) and I would personally use less than a third of that. Also, please note that the formula contains Di Long which is an animal product and Shi Jue Ming which is a mineral, the use of which is not allowed in European Union countries.

QIAN JIN LONG DAN TANG Variation

Thousand Ducats Gentiana Decoction Variation

Explanation

This formula drains Liver-Fire and subdues Liver-Yang. It is specific for hypertension.

EMPIRICAL PRESCRIPTION by Dr Lu Fang.

Shi Jue Ming *Concha Haliotidis* 50 g

Huang Qin *Radix Scutellariae* 15 g

Shan Zhi Zi *Fructus Gardeniae* 15 g

Ju Hua *Flos Chrysanthemi* 15 g

Chai Hu *Radix Bupleuri* 15 g

Di Long *Pheretima* 30 g

Xia Ku Cao *Spica Prunellae* 15 g

Gou Teng *Ramulus cum Uncis Uncariae* 50 g

Mu Dan Pi *Cortex Moutan* 25 g

QIAN JIN LONG DAN TANG Variation

Thousand Ducats Gentiana Decoction Variation

Long Dan Cao *Radix Gentianae* 10 g

Gou Teng *Ramulus cum Uncis Uncariae* 10 g

Huang Qin *Radix Scutellariae* 6 g

Xia Ku Cao *Spica Prunellae* 9 g

Gao Ben *Rhizoma Ligustici* 9 g

Chuan Xiong *Rhizoma Chuanxiong* 3 g

Ci Shi *Magnetitum* 20 g

Mu Li *Concha Ostreae* 20 g

d) LIVER-QI STAGNATION, BLOOD REBELLING UPWARDS

Clinical manifestations

Headache, high systolic blood pressure, dizziness, epistaxis, hypochondrial distension, depression, moodiness, poor appetite.

Tongue: slightly Red on the sides.

Pulse: Wiry.

This type of hypertension usually occurs in the middle to late stages. It is characterized by the impairment of the ascending/descending of Qi with Qi rebelling upwards. However, a key difference in this pattern is that Blood is also rebelling upwards. From the point of view of location, this type of hypertension is located in the upper and middle parts of the body.



Treatment principle

Soothe the Liver, eliminate stagnation, subdue rebellious Blood.

i. Acupuncture

P-6 Neiguan, T.B.-6 Zhigou, G.B.-34 Yanglingquan, LIV-3 Taichong, SP-10 Xuehai, L.I.-4 Hegu.

All points with reducing or even method.

Explanation

- P-6, T.B.-6 and G.B.-34 soothe the Liver and eliminate Qi stagnation.
- LIV-3, SP-10 and L.I.-4 subdue rebellious Blood.

ii. Herbal therapy

Prescription

SHU GAN TIAO XUE TANG

Soothing the Liver and Regulating Blood Decoction

Explanation

This formula soothes the Liver, eliminates stagnation and subdues rebellious Blood. It was specifically formulated for hypertension.

SHU GAN TIAO XUE TANG

Soothing the Liver and Regulating Blood Decoction

Chai Hu *Radix Bupleuri* 10g

Xiang Fu *Rhizoma Cyperi* 10g

Yu Jin *Radix Curcumae* 10g

Su Geng *Caulis Perillae* 10g

Chuan Xiong *Rhizoma Chuanxiong* 10g

Dang Gui *Radix Angelicae sinensis* 10g

Bai Shao *Radix Paeoniae alba* 10g

Bo He *Herba Menthae haplocalycis* 6g

e) PHLEGM OBSTRUCTING THE ORIFICES AND THE BLOOD VESSELS

Clinical manifestations

Hypertension, high diastolic blood pressure, dizziness, muzziness (fuzziness) and heaviness of the head, high cholesterol, feeling of oppression of the chest, blurred vision, tinnitus, nausea, feeling of heaviness of the body, numbness of the limbs, obesity.

Tongue: Swollen with sticky coating.

Pulse: Slippery.

This pattern appears in the late stages of hypertension and it is a Blood-level type (as defined above). It frequently manifests with high cholesterol levels. It is due to an impairment of the entering/exiting of Qi in the Middle Burner and the head.



It is more common in middle-aged or elderly patients. It is difficult to treat.

Treatment principle

Resolve Phlegm, open the orifices of the head and of the Middle Burner.

i. Acupuncture

P-6 Neiguan, P-5 Jianshi, Ren-9 Shuifen, ST-40 Fenglong, SP-6 Sanyinjiao, L.I.-4 Hegu, LU-7 Lieque, BL-20 Pishu, Ren-12 Zhongwan, ST-8 Touwei.

All with even method, except BL-20 and Ren-12 which should be reinforced.

Explanation

- P-6 and P-5 open the Mind's orifices.
- Ren-9, ST-40 and SP-6 resolve Phlegm.
- L.I.-4 and LU-7 regulate the ascending of clear Qi and descending of turbid Qi to and from the head and open the orifices of the head.
- BL-20 and Ren-12 tonify the Spleen to resolve Phlegm.
- ST-8 resolves Phlegm from the head.

ii. Herbal therapy

BAN XIA BAI ZHU TIAN MA TANG

Pinellia-Atractylodes-Gastrodia Decoction

Explanation

This formula is specific for Phlegm combined with Liver-Yang rising or Liver-Wind. The combination of these two patterns is very common in hypertension.

EMPIRICAL PRESCRIPTION by Dr Lu Fang

For hypertension from Phlegm.

Explanation

This formula (a loose variation of Ban Xia Bai Zhu Tian Ma Tang) subdues Liver-Yang, extinguishes Liver-Wind, resolves Phlegm and opens the orifices.

Please note that some of the dosages indicated are extremely high (50g per day) and I would personally use less than a third of that.

EMPIRICAL PRESCRIPTION by Dr Lu Fang

Tian Ma *Rhizoma Gastrodiae* 15 g

Shi Chang Pu *Rhizoma Acori tatarinowii* 15 g

Yuan Zhi *Radix Polygalae* 15 g

Gua Lou *Fructus Trichosanthis* 50 g

Ju Hua *Flos Chrysanthemi* 30 g

Gou Teng *Ramulus cum Uncis Uncariae* 50 g

Kun Bu *Thallus Eckloniae* 15 g

Xia Ku Cao *Spica Prunellae* 25 g

EMPIRICAL PRESCRIPTION by Dr Fu Ren Jie

Explanation

This formula resolves Dampness and Phlegm and has been formulated specifically to treat hypertension.

Modifications

- If the tongue coating is yellow (indicating Heat), add Long Dan *Cao Radix Gentianae*, Tian Zhu Huang *Concretio Silicea Bambusae* and Zhu Ru *Caulis Bambusae in Taeniam*.
- If the tongue coating is white (indicating Cold), add Cang Zhu *Rhizoma Atractylodis* and Ban Xia *Rhizoma Pinelliae preparatum*.
- For swelling of the legs, add Ze Xie *Rhizoma Alismatis*.

EMPIRICAL PRESCRIPTION by Dr Fu Ren Jie

Huang Qi *Radix Astragali* 60 g

Ban Xia *Rhizoma Pinelliae preparatum* 9 g

Chen Pi *Pericarpium Citri reticulatae* 6 g

Fu Ling *Poria* 6 g

Jiang Can *Bombyx batryticatus* 6 g

Shan Zha *Fructus Crataegi* 6 g

Ju Hua *Flos Chrysanthemi* 6 g

Yin Yang Huo *Herba Epimidii* 6 g

Xi Xian Cao *Herba Siegesbeckiae* 6 g

Lu Ti Cao *Herba Pyrolae* 6 g

f) BLOOD STASIS IN THE *LUO* CHANNELS

Clinical manifestations

Chronic hypertension, headache, dizziness, epistaxis, high diastolic blood pressure, blurred vision, chest pain, tinnitus, numbness of limbs, poor memory.

Tongue: Purple

Pulse: Wiry, Choppy or Firm

This pattern is seen also in middle to late stages of hypertension in middle-aged or elderly patients. It is a type of hypertension that is located in the head and Middle Burner. It is often characterized by a high diastolic reading and it is difficult to treat.



Treatment principle

Invigorate Blood, eliminate stasis, remove obstructions from the *Luo* channels, open the orifices.

i. Acupuncture

Points

P-6 Neiguan, P-5 Jianshi, LIV-3 Taichong, SP-10 Xuehai, BL-17 Geshu, SP-4 Gongsun and P-6 Neiguan, G.B.-13 Benshen, Ren-17 Shanzhong, HE-7 Shenmen, HE-5 Tongli.
All with even method.

Explanation

- P-6 and P-5 open the Mind's orifices.
- LIV-3, SP-10 and BL-17 invigorate Blood and eliminate stasis.
- SP-4 and P-6 open the Penetrating Vessel (*Chong Mai*) and invigorate Blood.
- G.B.-13 invigorates Blood in the head.
- Ren-17 moves Qi and invigorates Blood in the chest.
- HE-7 and HE-5 are used to influence the state of the blood vessels to help to reduce blood pressure.

ii. Herbal therapy

SHEN TONG ZHU YU TANG - *Body-Pain Eliminating Stasis Decoction*

Explanation

This formula invigorates Blood and eliminates stasis in the channels and blood vessels.

EMPIRICAL PRESCRIPTION by Dr Lu Fang

For hypertension from Blood stasis.

Explanation

This formula is for hypertension from Blood stasis. Please note that some of the dosages indicated are extremely high (50g per day) and I would personally use less than a third of that.

Modifications

- For numbness of the limbs, add Di Long *Pheretima*.
- For stiffness of the tongue, add Shi Chang Pu *Rhizoma Acori tatarinowii* and Yu Jin *Radix Curcumae*.
- For palpitations, add Gua Lou *Fructus Trichosanthis* and Gui Zhi *Ramulus Cinnamomi cassiae*.
- For stiffness of the neck, add Ge Gen *Radix Puerariae*.

SHEN TONG ZHU YU TANG

Body-Pain Eliminating Stasis Decoction

Dang Gui *Radix Angelicae sinensis* 9 g

Chuan Xiong *Rhizoma Chuanxiong* 6 g

Tao Ren *Semen Persicae* 9 g

Hong Hua *Flos Carthami tinctorii* 9 g

Mo Yao *Myrrha* 6 g

Wu Ling Zhi *Excrementum Troglodyteris* 6 g

Xiang Fu *Rhizoma Cyperi* 3 g

Chuan Niu Xi *Radix Cyathulae* 9 g

Di Long *Pheretima* 6 g

Qin Jiao *Radix Gentianae macrophyllae* 3 g

Qiang Huo *Rhizoma seu Radix Notopterygii* 3 g

Gan Cao *Radix Glycyrrhizae uralensis* 3 g

EMPIRICAL PRESCRIPTION by Dr Lu Fang

Dan Shen *Radix Salviae miltiorrhizae* 50 g

Yi Mu Cao *Herba Leonuri* 50 g

Chuan Xiong *Rhizoma Chuanxiong* 50 g

Mei Gui Hua *Flos Rosae rugosae* 50g

Hong Hua *Flos Carthami tinctorii* 15 g

Ji Xue Teng *Caulis Spatholobi* 25 g

Shan Zha *Fructus Crataegi* 15 g

g) LIVER- AND KIDNEY-YIN DEFICIENCY

Clinical manifestations

Chronic hypertension, dizziness, blurred vision, tinnitus, dry throat, lower backache, dry eyes, night-sweating, poor memory.

Tongue: without coating, Red if there is Empty Heat.

Pulse: Fine or Floating-Empty.

This pattern is seen in the late stages of hypertension. It is usually unlikely to occur by itself, but it will probably be combined with a Full pattern such as Liver-Yang rising, Phlegm or Blood stasis or a combination of these.



Treatment principle

Nourish Liver- and Kidney-Yin, if necessary, clear Empty Heat.

i. Acupuncture

LIV-8 Ququan, Ren-4 Guanyuan, SP-6 Sanyinjiao, KI-3 Taixi, KI-6 Zhaohai. With reinforcing method.

If there is Empty Heat, add L.I.-11 Quchi and P-3 with reducing method.

Explanation

LIV-8 Nourishes Liver-Yin.

Ren-4, SP-6, KI-3 and KI-6 nourish Kidney- and Liver-Yin.

L.I.-11 and P-3 clear Empty Heat.

ii. Herbal therapy

QI JU DI HUANG WAN

Lycium-Chrysanthemum-Rehmannia Pill

Explanation

This formula, a variation of Liu Wei Di Huang Wan *Six-Ingredient Rehmannia Pill*, nourishes Liver- and Kidney-Yin and specifically affects the head and eyes.

EMPIRICAL PRESCRIPTION by Dr Lu Fang

For hypertension from Liver- and Kidney-Yin deficiency.

Explanation

This formula nourishes Liver and Kidney-Yin.

EMPIRICAL PRESCRIPTION by Dr Chai Rui Ji

Explanation

This formula nourishes Kidney- and Liver-Yin and subdues Liver-Yang: the emphasis is very much on the former. It was specifically formulated for hypertension.

EMPIRICAL PRESCRIPTION by Dr Fu Ren Jie

Explanation

This formula nourishes Liver- and Kidney-Yin and was specifically formulated to treat hypertension.

Modifications

- For epistaxis, add Bai Mao Gen *Rhizoma Imperatae*.
- For night-sweating, add Shan Zhu Yu *Fructus Corni*.
- For blurred vision, add Ju Hua *Flos Chrysanthemi*.
- For insomnia, add Suan Zao Ren *Semen Ziziphi spinosae* and Ye Jiao Teng *Caulis Polygoni multiflori*.

EMPIRICAL PRESCRIPTION by Dr Lu Fang

He Shou Wu *Radix Polygoni multiflori preparata*

25 g

Xuan Shen *Radix Scrophulariae* 50 g

Gou Qi Zi *Fructus Lycii chinensis* 25 g

Sang Ji Sheng *Herba Taxilli* 25 g

Wu Wei Zi *Fructus Schisandrae* 15 g

Jue Ming Zi *Semen Cassiae* 50 g

Di Gu Pi *Cortex Lycii* 25 g

Qing Xiang Zi *Semen Celosiae* 15 g

EMPIRICAL PRESCRIPTION by Dr Chai Rui Ji

Shou Wu *Radix Polygoni multiflori preparata* 18 g

Nu Zhen Zi *Fructus Ligustri lucidi* 9 g

Sheng Di Huang *Radix Rehmanniae* 9 g

Ju Hua *Flos Chrysanthemi* 9 g

Han Lian Cao *Herba Ecliptae* 9 g

Sang Ji Sheng *Herba Taxilli* 9 g

Huai Niu Xi *Radix Achyranthis bidentatae* 9 g

Zhen Zhu Mu *Concha Margaritiferae usta* 15 g

Gui Ban *Plastrum Testudinis* 9 g

Gou Qi Zi *Fructus Lycii chinensis* 9 g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3 g

EMPIRICAL PRESCRIPTION by Dr Fu Ren Jie

Sheng Di Huang *Radix Rehmanniae* 6 g

Shu Di Huang *Radix Rehmanniae preparata* 6 g

Ju Hua *Flos Chrysanthemi* 6 g

Luo Bu Ma *Rhizoma Apocyni veneti* 6 g

Gou Qi Zi *Fructus Lycii chinensis* 6 g

Shou Wu *Radix Polygoni multiflori preparata* 6 g

Bai Ji Li *Fructus Tribuli* 6 g

Shan Zha *Fructus Crataegi* 6 g

Nu Zhen Zi *Fructus Ligustri lucidi* 6 g

Han Lian Cao *Herba Ecliptae* 6 g

Gu Ya *Fructus Oryzae germinatus* 6 g

h) SPLEEN- AND KIDNEY-YANG DEFICIENCY

Clinical manifestations

Chronic hypertension, lower backache, cold and weak knees, sensation of cold in the back, feeling cold, weak legs, bright-white complexion, impotence, decreased libido, tiredness, lassitude, abundant-clear urination, urination at night, oedema of the legs, infertility in women, loose stools, depression, poor appetite, slight abdominal distension, desire to lie down, early-morning diarrhoea, chronic diarrhoea.

Tongue: Pale and wet.

Pulse: Deep-Weak.

This pattern is seen in the late stages of hypertension. It is usually unlikely to occur by itself, but it will probably be combined with a Full pattern such as Liver-Yang rising, Phlegm or Blood stasis or a combination of these.



Treatment principle

Tonify and warm Spleen- and Kidney-Yang.

i. Acupuncture

BL-23 Shenshu, Du-4 Mingmen, Ren-4 Guanyuan, Ren-6 Qihai, KI-3 Taixi, KI-7 Fuli, BL-52 Zhishi, Jinggong extra point (0.5 cun lateral to BL-52 Zhishi), Ren-12 Zhongwan, ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu, BL-21 Weishu, Ren-9 Shuifen, ST-37 Shangjuxu, ST-25 Tianshu, BL-25 Dachangshu. Reinforcing method, moxa must be used.

Explanation

- BL-23 tonifies Kidney-Yang.
- Du-4 strengthens the Fire of the Gate of Life.
- Ren-4 tonifies Kidney-Yang (with direct moxa cones).
- Ren-6 tonifies Qi in general and Yang if used with direct moxa. It is an important point for chronic diarrhoea.

- KI-3 tonifies the Kidneys.
- KI-7 tonifies Kidney-Yang and resolves oedema.
- BL-52 and Jinggong tonify Kidney-Yang, strengthens the Zhi and nourish the Jing: this combination is good for depression from Kidney-Yang deficiency.
- Ren-12, ST-36 and SP-3 tonify Spleen-Yang.
- BL-20 and BL-21 tonify Spleen-Yang.
- Ren-9 promotes the transformation and transportation of fluids to resolve Dampness.
- ST-37 is the Lower He-Sea point for the Large Intestine and is specific to stop chronic diarrhoea.
- ST-25 stops diarrhoea.
- BL-25 is the Back Shu point for the Large Intestine and it stops diarrhoea.

ii. Herbal therapy

YOU GUI YIN

Restoring the Right [Kidney] Decoction

Explanation

This formula tonifies Spleen- and Kidney-Yang.

EMPIRICAL PRESCRIPTION by Dr Lu Fang

For hypertension from Spleen- and Kidney-Yang deficiency.

Explanation

This formula tonifies Spleen- and Kidney-Yang and extinguishes Wind: it is specific for hypertension. Please note that some of the dosages indicated are extremely high (50g per day) and I would personally use less than a third of that.

Modifications

- For spontaneous sweating, add Huang Qi *Radix Astragali*.
- For oedema, add Ze Xie *Rhizoma Alismatis*.
- For backache, add Du Zhong *Cortex Eucommiae ulmoidis*.
- If results are slow, add Dan Shen *Radix Salviae miltiorrhizae* and San Qi *Radix Notoginseng*.

EMPIRICAL PRESCRIPTION by Dr Lu Fang

Dang Shen *Radix Codonopsis* 25 g
Cang Zhu *Rhizoma Atractylodis* 20 g
Tian Ma *Rhizoma Gastrodiae* 15 g
Xian Mao *Rhizoma Curculiginis* 25 g
Yin Yang Huo *Herba Epimidii* 25 g
Ba Ji Tian *Radix Morindae officinalis* 25 g
Tu Si Zi *Semen Cuscutae* 25 g
Ge Gen *Radix Puerariae* 50 g

i) DISHARMONY OF *CHONG* and *REN MAI*

Clinical manifestations

Hypertension in women starting during (or aggravated by) the menopause, headache, irritability, lower backache, night-sweating, hot flushes (flashes), insomnia.

Tongue: the tongue body colour depends on whether there is a deficiency of Kidney-Yin or Kidney-Yang.

Pulse: Floating-Empty if there is Kidney-Yin deficiency and Weak-Deep if there is Kidney-Yang deficiency.



This pattern is seen in the late stages of hypertension. It is usually unlikely to occur by itself, but it will probably be combined with a Full pattern such as Liver-Yang rising, Phlegm or Blood stasis or a combination of these. This pattern is more common in women, especially of menopausal age.

Treatment principle

Tonify the Kidneys, nourish the Jing, consolidate the Chong and Ren Mai, calm Mind.

i. Acupuncture

LU-7 Lieque on the right with KI-6 Zhaohai on the left, Ren-4 Guanyuan, KI-13 Qixue, HE-6 Yinxi, LIV-3 Taichong. All with even method except Ren-4 and KI-13 which should be reinforced.

Explanation

- LU-7 and KI-6 regulate the Ren Mai.
- Ren-4 and KI-3 tonify the Kidneys, nourish the Jing and consolidate the Chong and Ren Mai.
- HE-6 helps hot flushes and calms the Mind.
- LIV-3 helps to subdue rebellious Qi.

ii. Herbal therapy

Prescription

ER XIAN TANG

Two Immortals Decoction

Explanation

This formula tonifies the Kidneys (both Yin and Yang) and nourishes Blood.

Modifications

- If there is dizziness and blurred vision, add Xia Ku Cao *Spica Prunellae*.
- If there is Empty Heat, add Qing Hao *Herba Artemisiae annuae*.
- If there is insomnia, add Suan Zao Ren *Semen Ziziphi spinosae*.

Women's Treasure remedies

Ease the Journey-Yin or Ease the Journey-Yang

5. CASE HISTORIES

CASE HISTORY

A 49-year-old woman had been suffering from hypertension which had been diagnosed only a few months before the consultation. Her blood pressure was 180/117 mmHg. She was taking calcium-channel antagonists but the diastolic pressure was still 100. She also sought treatment for migraines manifesting as headaches of a throbbing nature near her right eye causing watery eyes. She complained of dizziness, lower backache, tinnitus and night-sweating. Her tongue was of a normal colour and was slightly dry with small, shallow cracks. Her pulse was Wiry but not excessively so.

Diagnosis

This patient has clear symptoms and signs of Liver-Yang rising (migraine of a throbbing nature around the eye, dizziness, Wiry pulse). The cause of Liver-Yang rising is a Kidney-Yin deficiency (dizziness, tinnitus, backache, night-sweating, cracks on the tongue). I therefore concluded that the blood pressure was due to Liver-Yang rising against a background of Kidney-Yin deficiency.

Treatment

I treated this patient with acupuncture and herbal medicine. The points I used were selected from the following:

- LIV-3 Taichong and L.I.-4 Hegu to subdue Liver-Yang and calm the Mind.
- T.B.-5 Waiguan and P-6 Neiguan to subdue Liver-Yang.
- Du-24 Shenting and Ren-15 Jiuwei to calm the Mind.
- G.B.-20 Fengchi to subdue Liver-Yang.
- SP-6 Sanyinjiao, KI-3 Taixi, Ren-4 Guanyuan to nourish Kidney-Yin.
- G.B.-9 Tianchong, G.B.-1 Tongziliaoxue as adjacent and local points.

With herbal medicine, I used a variation of Qi Ju Di Huang Wan *Lycium-Chrysanthemum-Rehmannia Pill* to nourish Kidney-Yin and subdue Liver-Yang. The additional herbs used were selected from the following (in addition to the standard Qi Ju Di Huang Wan)

Tian Ma *Rhizoma Gastrodiae*, Gou Teng *Ramulus cum Uncis Uncariae* and Shi Jue Ming *Concha Haliotidis* to subdue Liver-Yang and calm the Mind.

- Xia Ku Cao *Spica Prunellae* to reduce blood pressure.
- Yuan Zhi *Radix Polygalae* and Suan Zao Ren *Semen Ziziphi spinosae* to calm the Mind.

I treated this patient for over two years. After some months of treatment, the diastolic blood pressure went down to 90. Apart from the reduction in blood pressure, her migraine attacks subsided considerably so that she only had a mild one every few months.

CASE HISTORY

A 66-year-old woman had been suffering from hypertension for many years: her blood pressure was 180/110. Her main presenting symptom was giddiness, so in this case, her hypertension seemed to correspond well to the Chinese disease entity of “Dizziness”. The giddiness was severe and accompanied by flashing lights in her eyes. Her eyes were also often dry and she suffered from blurred vision. She was taking a thiazide diuretic. Her pulse was Wiry and Slippery. Her tongue was Reddish-Purple on the sides and was Swollen.

Diagnosis

This patient’s symptoms seemed to be due clearly to Liver-Yang rising; however, the severe giddiness points to Liver-Wind as a development from Liver-Yang rising. In addition, there was Blood stasis as evidenced clearly by the tongue. Finally, although she had no symptoms of it, the Slippery pulse and the Swollen tongue indicate Phlegm.

The three main pathogenic factors were therefore Wind, Phlegm and Blood stasis, a pernicious combination of factors in the elderly. In fact, this combination of pathogenic factors in the elderly frequently heralds Wind-stroke.

Treatment

I treated this patient with both acupuncture and herbs.

With acupuncture, I selected points from the following:

- G.B.-20 Fengchi to subdue Liver-Yang and extinguish Liver-Wind.
- L.I.-4 Hegu and LIV-3 Taichong to subdue Liver-Yang and calm the Mind.
- Ren-12 Zhongwan, SP-6 Sanyinjiao, Ren-9 Shuifen and ST-40 Fenglong to resolve Phlegm.
- P-6 Neiguan and SP-10 Xuehai to invigorate Blood and eliminate stasis.

With herbal medicine, I used a variation of Ban Xia Bai Zhu Tian Ma Tang *Pinellia-Atractylodes-Gastrodia Decoction* to extinguish Liver-Wind and resolve Phlegm: this formula is specific for Wind-Phlegm. The herbs I used in addition to the original prescription were as follows:

- Gou Teng *Ramulus cum Uncis Uncariae* and Bai Ji Li *Fructus Tribuli* to increase the subduing Liver-Yang effect.
- Jiang Can *Bombyx Batryticatus* to extinguish Liver-Wind.
- Gua Lou *Fructus Trichosanthis* to resolve Phlegm.
- Ju Hua *Flos Chrysanthemi* to subdue Liver-Yang and treat the eyes. It also lowers blood pressure.

This patient reacted well to treatment and she experienced great mental calmness after each treatment. Her giddiness improved greatly after a few weeks treatment and her diastolic blood pressure went down to 90 after a few months.

CASE HISTORY

A 59-year-old man had been suffering from hypertension for some years. The blood pressure (without medication) was 164/109. He had been taking Beta-blockers (5 mg) which did not control his blood pressure completely.

He had also been diagnosed as suffering from a fatty liver and high ferritin levels. He had a family history of heart disease.

His digestion was poor, suffering from abdominal distension and fullness, flatulence and poor appetite. He was often anxious and his libido was low. He felt often hot in the face which became red. His urine was often dark.

His tongue was Reddish-Purple, Swollen with a Stomach crack and distended-dark veins underneath. His pulse was Slippery.

Diagnosis

The tongue actually tells the whole story and diagnosis.

The Purple colour of the body itself and the distended-dark veins underneath indicate clearly Blood stasis;

Its redness indicates Heat; the swelling indicates Phlegm.

Therefore it is obvious that this patient's blood pressure is due to Phlegm and Blood stasis. The Phlegm is also the cause of the fatty liver and his digestive problems.



Treatment

I used a variation of Wen Dan Tang *Warming the Gall Bladder Decoction*

Ban Xia *Rhizoma Pinelliae preparatum* 6g

Fu Ling *Poria* 9g

Chen Pi *Pericarpium Citri reticulatae* 6g

Zhu Ru *Caulis Bambusae in taeniam* 6g

Zhi Shi *Fructus Aurantii immaturus* 6g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3g

Sheng Jiang *Rhizoma Zingiberis recens* 5 slices

Da Zao *Fructus Jujubae* one date

Gua Lou *Fructus Trichosanthis* 6g

Dan Shen *Radix Salviae miltiorrhizae* 6g

Chuan Xiong *Rhizoma Chuanxiong* 6g

Shan Zha *Fructus Crataegi* 6g

Explanation

The first eight herbs constitute the root formula.

- Gua Lou resolves Phlegm and frees the chest.
- Dan Shen and Chuan Xiong invigorate Blood.
- Shan Zha is a digestive herb that reduces cholesterol.

This patient reacted well to the treatment as his blood pressure became more stable. After some months of treatment he was able to reduce the dosage of his medication.

6. PATIENTS' STATISTICS

It is useful looking at a statistic of 55 hypertension patients from my practice. First of all, 31 were women and 24 men: this reflects the general trend of my practice in which the percentage of women patients is about 66%. The age distribution was as follows:

30-39	40-49	50-59	60-69	70-79	80+
1	10	21	13	7	3

The distribution of tongue appearances were as follows:

Red body	29 (52%)
Pale body	10 (18%)
Swollen	24 (44%)
Peeled (without coating)	11 (20%)

Please note that the numbers in the right column do not add to 55 and the percentages do not add to 100 because a tongue may appear twice, e.g. a tongue may be Red and Swollen.

Some interesting observations can be made on the basis of the tongue appearances. Firstly, a high percentage of patients with hypertension suffer from Heat, usually Liver-Heat.

Secondly, there is also a high percentage of Swollen tongues, i.e. Phlegm is a common pattern in hypertension.

As for the pulse, I compiled some statistics according to five main pulse qualities; Wiry, Slippery, Wiry-Weak, Slippery-Weak and Weak/Choppy:

Wiry	27 (49%)
Slippery	17 (31%)
Wiry-Weak	3 (5%)
Slippery-Weak	4 (7%)
Overall Weak or Choppy	13 (23%)

Please note that the numbers on the right do not add up to 55 and the percentages to 100 because a pulse may have more than one quality (e.g. Wiry and Slippery) and may therefore appear twice in the statistic.

1. It is significant (and not surprising) that half the patients had a Wiry pulse: this is both because a Liver disharmony is a common pattern in hypertension, but also because a Wiry pulse reflects a hardening of the arteries (and Wiry pulse may also indicate Phlegm, especially in elderly).

2. There is relatively high percentage of Slippery pulses, which again confirms Phlegm as a common pathogenic factor in hypertension. Perhaps a surprising finding is the relatively high percentage (23%) of pulses that were overall Weak or Choppy: this indicates that an underlying deficiency is a frequent background pattern in hypertension.

I have identified five main patterns:

Liver-Yang rising	24 (43%)
Phlegm	27 (49%)
Liver-Fire	4 (7%)
Blood stasis	4 (7%)
Liver-Wind	1 (1.8%)

The patterns may be combined, therefore the totals are greater than the number of subjects.

A very striking observation from the above table is the high percentage (49%) of patients with Phlegm which is even higher than Liver-Yang rising.

The percentage of Phlegm patterns (49%) is even higher than the statistics on Slippery pulse (31%) and Swollen tongue (44%) would indicate. This is because the diagnosis of Phlegm is made on the basis of all clinical manifestations and not just the pulse and tongue, i.e. a person may well have many clinical symptoms and signs of Phlegm (feeling of oppression of the chest, sputum in throat, obesity, etc.) without the pulse being Slippery or the tongue Swollen.

This is also because Phlegm may manifest with a Wiry pulse.

I have also identified four main types:

Full (with two or three pathogenic factors)	8 (14%)
Empty	5 (9%)
Mixed Full-Empty	32 (58%)
Full (with two or three pathogenic factors) and a concomitant Deficiency	13 (23%)

Interestingly the number of purely Full (8) and purely Empty (5) are relatively low; that means that the overwhelming majority of patients with hypertension (81%) suffer from a mixed Full-Empty condition.

PARKINSON'S DISEASE



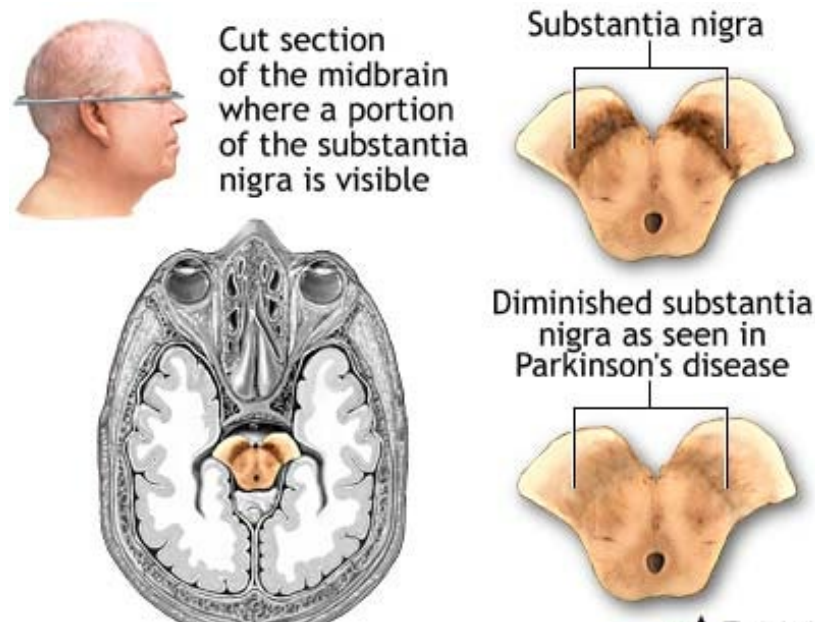
Chinese character for “longevity” (*shou*)

Giovanni Maciocia

PARKINSON'S DISEASE

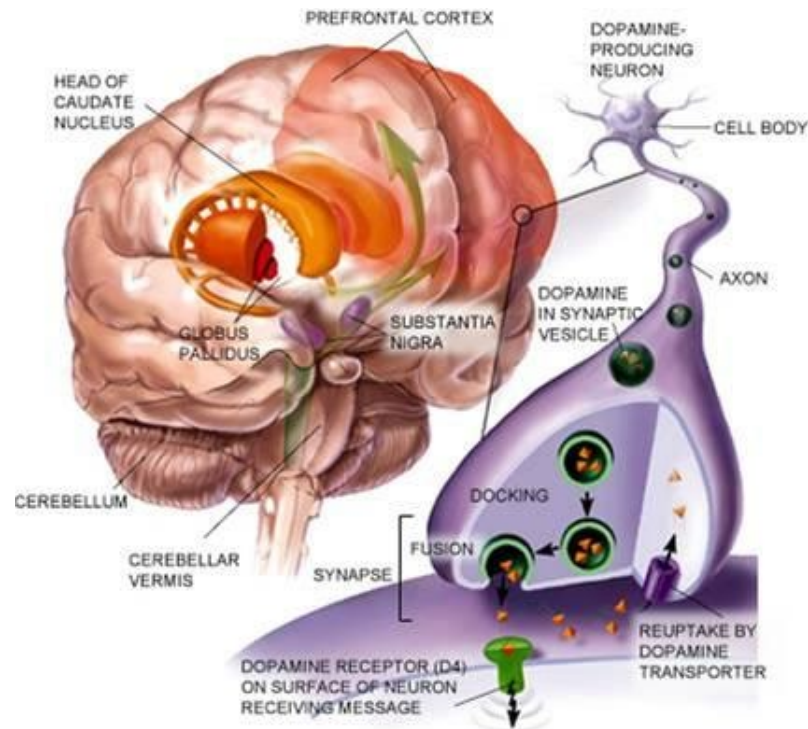
Parkinson's disease is a clinical syndrome characterized by impairment of movement, rigidity and tremor, which results from damage to the basal ganglia.

Its pathology consists in cellular loss and depigmentation of the substantia nigra. This is accompanied by biochemical changes in the corpus striatum where there is a decrease of dopamine.



In Parkinson's disease there is an imbalance between these two neurotransmitters, with a decrease in dopamine accounting for the impairment of movement, and an increase in acetylcholine accounting for the rigidity and tremor.

The substantia nigra and corpus striatum are connected by fibers where dopamine and acetylcholine act as neurotransmitters.



The onset of the disease usually occurs between the ages of 50 and 60. The first sign is usually a tremor of the hand. It is a coarse tremor 4 to 8 times per second. Difficulty in movement and rigidity follow the onset of tremor.

The face also loses its expressive movements, giving the patient the typical staring look which is diagnostic of this disease.

Automatic swinging of the arms when walking is decreased or lost and the patient walks taking small shuffling steps. The handwriting becomes progressively smaller.

Primary motor symptoms

Resting tremor, slow movement (bradykinesia), decrease in facial expressivity, rigidity, postural instability, leaning forward.

Secondary motor symptoms

Freezing of gait, micrographia, mask-like expression, unwanted accelerations (“festination”).

The tremor of Parkinson's disease is coarse while that of thyrotoxicosis or alcoholism is finer and more rapid.



Additional secondary motor symptoms include:

Stooped posture, a tendency to lean forward

Dystonia

Impaired fine motor dexterity and motor coordination

Impaired gross motor coordination

Poverty of movement (decreased arm swing)

Akathisia (a feeling of inner restlessness, constant motion)

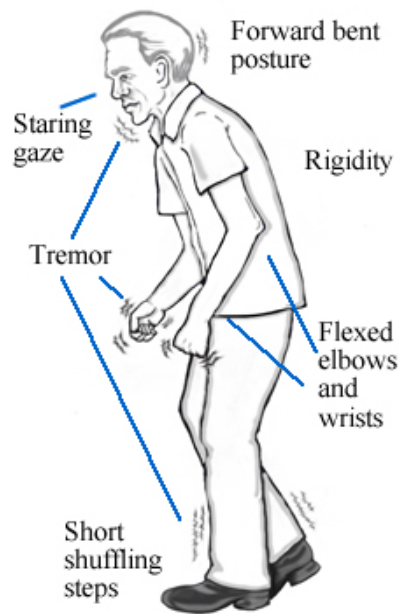
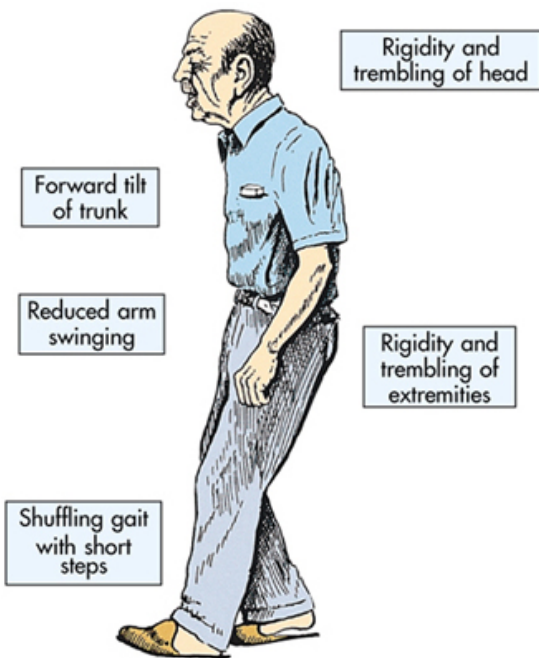
Speech problems, such as softness of voice or slurred speech

Difficulty swallowing

Sexual dysfunction

Cramping

Drooling



In Chinese medicine, Parkinson's disease comes under the disease-symptom of “Tremors” (*Chan Zheng*) and is always related to Liver-Wind.

The “Principles of Medicine” (1565) says:

"Wind tremors are [caused by] Wind entering the Liver and the Qi of the channels rebelling upwards, this causes tics of the face and tremors of the limbs."

The “Original Theory of Medicine” (Ming dynasty) says:

“Tremors may be caused by: deficient Qi unable to attract fluids and Blood towards sinews and channels to nourish them;

deficient fluids and Blood not nourishing the sinews;

Phlegm-Fire obstructing the channels and sinews so that fluids and Blood cannot nourish them;

deficient Yuan Qi facilitating the invasion of pathogenic factors in the channels so that Blood cannot nourish sinews and channels.

Although there are many different causes, in all of them there is a deficiency of fluids and Blood not nourishing sinews and channels.”

The discussion of Parkinson's disease will be conducted according to the following topics:

1. Aetiology

- a) Overwork
- b) Diet
- c) Emotional stress

2. Pathology

3. Acupuncture in the treatment of Parkinson's disease

- a) Body acupuncture
- b) Scalp acupuncture

4. Identification of patterns and treatment

- a) Liver-Blood deficiency generating Wind
- b) Liver-Yang rising generating Wind
- c) Liver-Fire generating Liver-Yang rising deriving from Liver-Yin deficiency
 - Liver-Yang rising deriving from Liver- and Kidney-Yin deficiency
 - Liver-Yang rising deriving from Liver-Blood deficiency
- c) Wind
- d) Phlegm-Heat agitating Wind
- e) Qi and Blood stagnation, stasis in the Blood Luo channels
- f) Liver- and Kidney-Yin deficiency

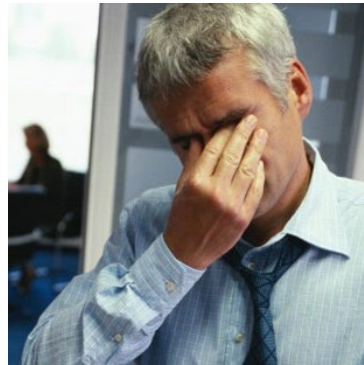
5. Prognosis and prevention

6. Modern Chinese literature

1. AETIOLOGY

a) OVERWORK

Overwork in the sense of working long hours without adequate rest for several years weakens the Kidneys and particularly Kidney-Yin.



b) DIET

Excessive consumption of greasy-fried or sweet foods leads to the formation of Phlegm.

With time, Phlegm easily combines with Fire, especially when the person consumes alcohol as well. Fire may lead to the formation of Internal Wind and tremors.

c) EMOTIONAL STRESS

Anger, frustration, resentment and worry may cause Liver-Yang to rise and, with time, this may lead to Liver-Wind.



2. PATHOLOGY

Parkinson's disease is always characterized by internal Wind by definition as tremors are always a sign of Wind. Internal Wind is always a pathology of the Liver but its root may lie also in the pathology of other organs. There is often an underlying Yin deficiency.

Chapter 74 of the "Su Wen" says:

"Wind tremors are due to the Liver."



Liver-Wind can arise from four different conditions:

1. Liver-Heat
2. Liver-Fire
3. Liver-Yang rising
4. Liver-Blood or Liver-Yin deficiency and/or Kidney-Yin deficiency

- a) Heat may generate Liver-Wind. This process is like the wind generated by a large forest fire.
- b) Liver-Fire may also generate Wind and it is actually more likely to do so.



c) Liver-Yang rising can give rise to Liver-Wind in prolonged cases. The clinical manifestations are severe dizziness, vertigo, headache, tremors, tics and irritability.

d) Deficiency of Liver-Blood and/or Liver-Yin can give rise to Liver-Wind. This is due to the deficiency of Blood creating an empty space within the blood vessels which is taken up by interior Wind. It may also be combined with Kidney-Yin deficiency. This could be compared to the draughts generated sometimes in certain underground (subway) stations.



The clinical manifestations are numbness, dizziness, blurred vision, tics and slight tremors (in Chinese called “chicken feet Wind” as the tremors are like the jerky movements of chicken feet when they scour the ground for food).

Thus, Liver-Wind may arise from an Empty or a Full condition. The most common Empty causes of Liver-Wind are Liver-Blood, Liver-Yin or Kidney-Yin deficiency or a combination of these.

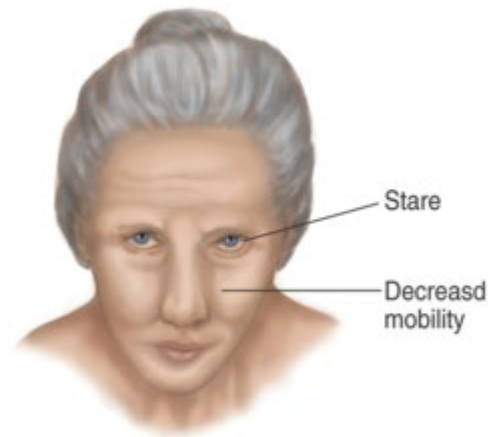
A deficient Liver-Blood fails to nourish and moisten the sinews; the empty space in the vessels is taken up by Wind and this causes “shaking of the sinews” (tremors).

Phlegm easily combines with Fire, especially when the person consumes alcohol as well. Fire may lead to the formation of Internal Wind and therefore tremors.

Phlegm-Fire on its own would not cause Parkinson's disease but it does so when associated with Liver-Wind, which it often is in old people. Phlegm obstructs the channels and prevents fluids and Blood from nourishing them, hence the tremor.

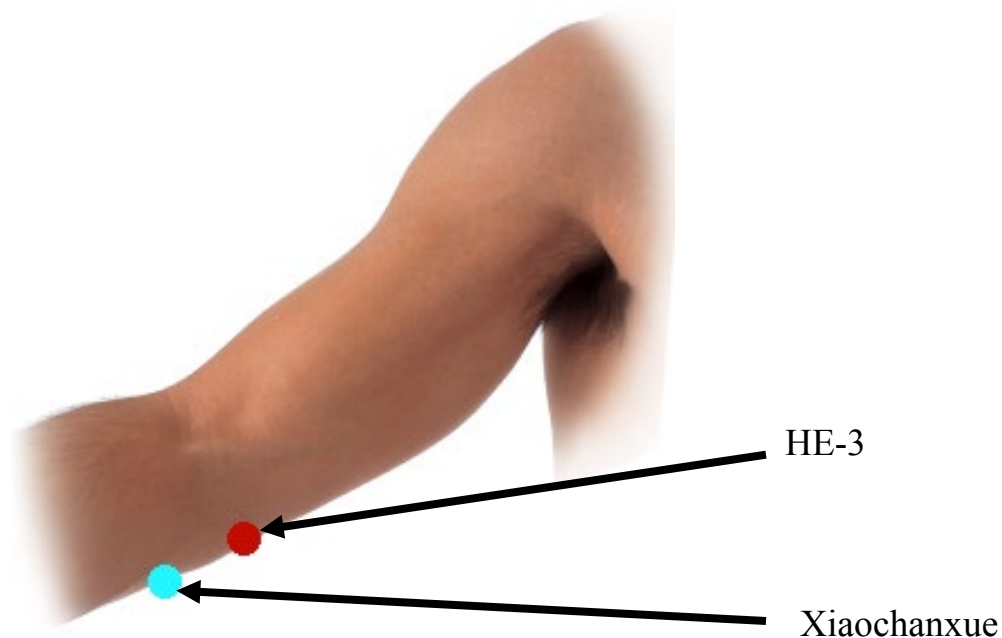
In my experience, Parkinson is a disease of the Shen (and Heart) as well as the Liver. Of course, the Liver is always involved because there is always Wind (tremor).

However, it is also a pathology of the Shen because of the mood changes, speech changes and mask-like facial expression) and I always tonify the Heart when treating Parkinson. It is because Parkinson involves a pathology of the Shen that treating the Heart also helps the tremor.



Having said that Parkinson's disease is always related to a Liver disharmony, in my experience, the Heart is also often involved especially in Empty conditions. Thus, when there is Liver-Blood or Liver-Yin deficiency, frequently there is also Heart-Blood and Heart-Yin deficiency.

Interestingly, the extra point for tremors called Xiaochanxue (*Stopping Tremor Point*) is located on the Heart channel (1.5 *cun* below HE-3 Shaohai).



3. ACUPUNCTURE IN THE TREATMENT OF PARKINSON'S DISEASE

a) BODY ACUPUNCTURE

The following points may be used as a general prescription to extinguish Wind:

G.B.-20 Fengchi, L.I.-11 Quchi, Xiaochanxue (“Stopping Tremor Point”, on the Heart channel 1.5 cun below HE-3 Shaohai), T.B.-5 Waiguan, G.B.-34 Yanglingquan, LIV-3 Taichong, Du-16 Fengfu.

Use 30 gauge (0.32 mm. diameter) needles with even method and leave needles for 1/2 hour.

The use of local points on the limb affected by tremor is essential.

Arm: L.I.-11 Quchi, L.I.-10 Shousanli, T.B.-5 Waiguan and L.I.-4 Hegu, HE-7 Shenmen.

Leg: ST-31 Biguan, G.B.-31 Fengshi, ST-36 Zusanli, G.B.-34 Yanglingquan, ST-41 Jiexi, G.B.-40 Qiuxu, SP-6 Sanyinjiao, KI-3 Taixi.

Other points are chosen according to the prevailing pattern and these will be indicated below. In my experience, in order to treat tremors, it is important not to use too many Yang points (as Yang corresponds to movement) and to use some points from Yin channels of the arm or leg.

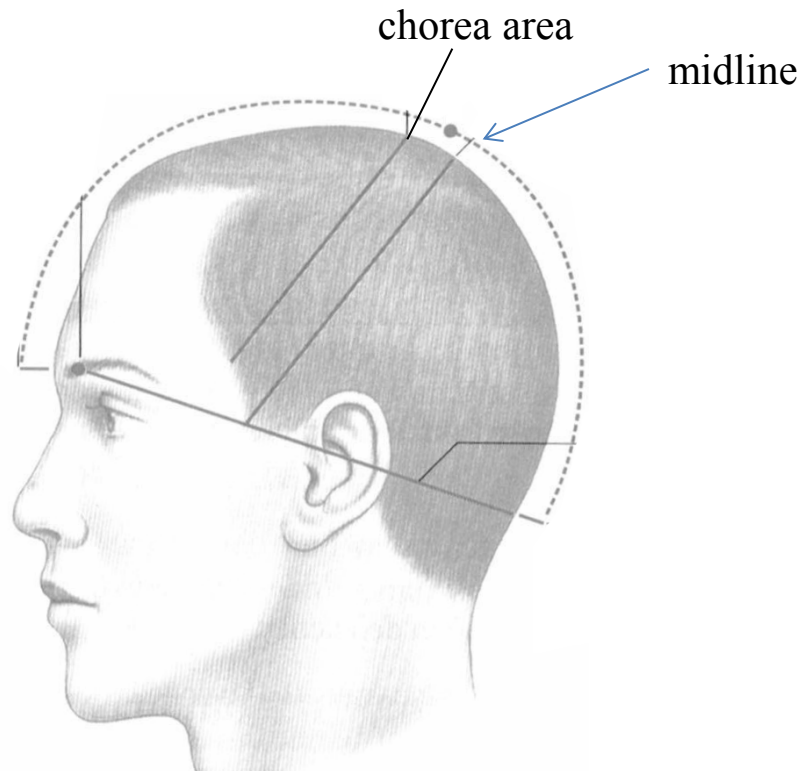
For this purpose I generally use HE-7 Shenmen for the arm and SP-6 Sanyinjiao and KI-3 Taixi for the leg.

b) SCALP ACUPUNCTURE

Use the chorea area on the side opposite the trembling limb (see diagram).

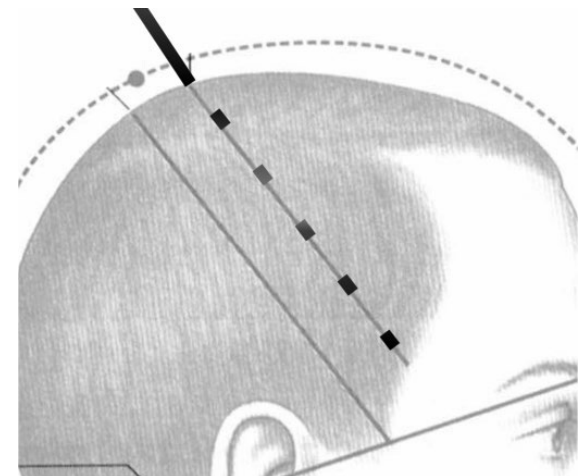
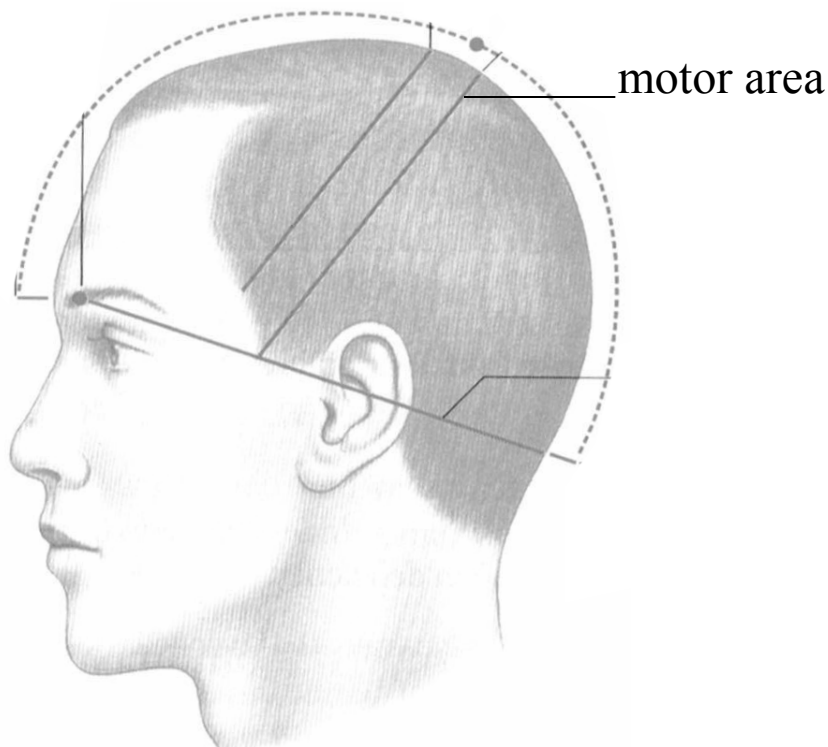
The midline is the line from the glabella in between the eyes to the occipital protuberance.

The chorea area is located in relation to the motor area and this, in turn, is located in relation to the midline and the eyebrow-occiput line.



Locate the mid-point of the midline: the motor area starts 0.5 cm behind the mid-point and goes to the point of intersection between the eyebrow-occiput line and the hairline. The chorea area is parallel to the motor area and starts 1 cm in front of the mid-point.

One needle is inserted subcutaneously to cover the whole area. If this proves difficult, three needles may be used to cover the chorea line. Electricity with low frequency may be applied to two needles inserted along the chorea area.



4. IDENTIFICATION OF PATTERNS AND TREATMENT

The above points, on the body and scalp, are applicable to any type of condition. The choice of other body points and herbal formulae must be based on the identification of patterns.

The main patterns discussed are:

- a) Liver-Blood deficiency generating Wind
- b) Liver-Yang rising generating Wind
- c) Liver-Fire generating Wind
- d) Phlegm-Heat agitating Wind
- e) Liver- and Kidney-Yin deficiency.

a) LIVER-BLOOD DEFICIENCY GENERATING WIND

Clinical manifestations

Long-standing pronounced tremor of a limb, sallow complexion, staring look, dislike of speaking, occipital stiffness, cramps in the limbs, difficulty in moving, walking uncoordinated, dizziness, blurred vision, sweating, worse with movement.

Tongue: Pale, Thin and Quivering.

Pulse: Fine or Choppy.

Treatment principle

Nourish Blood, invigorate the Luo channels and extinguish Wind.



i. Acupuncture

LIV-3 Taichong, G.B.-20 Fengchi, L.I.-4 Hegu, T.B.-5 Waiguan, Du-19 Houding, SP-6 Sanyinjiao, ST-36 Zusanli, LIV-8 Ququan, KI-3 Taixi, BL-17 Geshu, Ren-4 Guanyuan.

Reducing on points that extinguish Wind, reinforcing on points that nourish Liver-Blood. Moxa on BL-17 is applicable.

Explanation

- LIV-3 and G.B.-20 extinguish Wind.
- L.I.-4 helps to subdue Yang and therefore extinguish Wind.
- T.B.-5 and Du-19 extinguish Liver-Wind.
- SP-6, ST-36 LIV-8 and KI-3 nourish Liver-Blood.
- Ren-4 and BL-17 nourish Blood.

ii. Herbal therapy

EMPIRICAL PRESCRIPTION

Explanation

This formula nourishes Blood and extinguishes Wind.

Prescription

E JIAO JI ZI HUANG TANG

Colla Corii Asini-Egg Yolk Decoction.

Explanation

This formula nourishes Liver-Blood and extinguishes Wind.

Prescription

BA ZHEN TANG plus TIAN MA GOU TENG YIN

Eight Precious Decoction plus Gastrodia-Uncaria Decoction

Explanation

These two formulae together nourish Blood, subdue Liver-Yang and extinguish Wind.

Three Treasures remedies

Precious Sea plus Bend Bamboo

Precious Sea nourish Blood; *Bend Bamboo* nourishes Liver-Blood, subdues Liver-Yang.

CASE HISTORY

A 46-year-old woman had been suffering from Parkinson's disease for 2 years.

The first symptom was a difficulty in writing; she then developed a fine tremor and stiffness of the right hand and a “shaking” of the right leg. She went to see a neurologist who diagnosed Parkinson's disease.

Apart from these symptoms, she also experienced floaters, blurred vision and some hair loss.

Her tongue was Pale, Swollen, and Deviated; her pulse was Weak and Choppy in general while the Liver position was very slightly Wiry.



Diagnosis

This patient displays symptoms of Liver-Blood deficiency: floaters, blurred vision, hair loss, Pale tongue and Choppy pulse.

She has clear symptoms of internal Wind: tremor and Deviated tongue.

Therefore, in this case, the internal Wind developed from Liver-Blood deficiency. There is also some Phlegm (Swollen tongue).

Treatment

This patient was recommended by a fellow practitioner for herbal treatment while he administered acupuncture. I adopted the treatment principle of nourishing Liver-Blood, extinguishing Wind, resolving Phlegm and invigorating Blood. I used the following formula in powdered form (10g of powder each):

Ban Xia *Rhizoma Pinelliae preparatum*

Bai Zhu *Rhizoma Atractylodis macrocephalae*

Fu Ling *Poria*

Chen Pi *Pericarpium Citri reticulatae*

Gou Teng *Ramulus cum Uncis Uncariae*

Ju Hua *Flos Chrysanthemi*

Chan Tui *Periostracum Cicadae*

Di Long *Pheretima*

Bai Ji Li *Fructus Tribuli*

Dang Gui *Radix Angelicae sinensis*

Gou Qi Zi *Fructus Lycii chinensis*

Bai Shao *Radix Paeoniae alba*

Explanation

- Ban Xia, Bai Zhu, Fu Ling and Chen Pi resolve Phlegm.
- Gou Teng, Ju Hua, Chan Tui, Di Long and Bai Ji Li extinguish Wind.
- Dang Gui, Gou Qi Zi and Bai Shao nourish Liver-Blood.

This patient was treated with variations of the this formula for 2 years while she received acupuncture from my colleague. After two years, she was much better in terms of tremor and general well being.

CASE HISTORY

A 51-year-old woman had been suffering from Parkinson's disease for 2 years. Her main problem was a tremor of the head which she tried to stop by bending her head forward. She sometimes felt that her tremor started from the lower back running all the way up the spine to the head. Apart from this she had few other symptoms. She felt tired easily and her vision was sometimes blurred.

She had been prescribed anticholinergic drugs which produced side-effects such as a dry mouth and tunnel vision.



She was a very tense person with a very strong sense of responsibility probably deriving from a very strict upbringing.

Her tongue was Pale and Thin, while her pulse was Choppy.

Diagnosis

Qi and Blood deficiency of the Liver leading to Liver-Wind.



Treatment principle

This patient was treated only with acupuncture and the treatment given was very simple, being aimed at tonifying Qi and Blood, calming the Mind and extinguishing Liver-Wind.

i. Acupuncture

The main points used were:

- ST-36 Zusanli and SP-6 Sanyinjiao to tonify Qi and Blood.
- HE-7 Shenmen or HE-5 Tongli to calm the Mind and relax the nervous system.
- LIV-3 Taichong and Du-16 Fengfu to extinguish Wind.

After a few months of treatment she was able to stop her drugs and after 1 year she was 90% free of tremor.

b) LIVER-YANG RISING GENERATING WIND

Liver-Yang rising may generate Wind if it persists for some years. This usually happens only in the elderly. We can distinguish the clinical manifestations according to the cause of Liver-Yang rising, i.e.:

- Liver-Yang rising deriving from Liver-Yin deficiency
- Liver-Yang rising deriving from Liver- and Kidney-Yin deficiency
- Liver-Yang rising deriving from Liver-Blood deficiency

Liver-Yang rising deriving from Liver-Yin deficiency

Clinical manifestations

Tremor, facial tic, severe dizziness, tinnitus, headache, hypertension, dry throat, dry eyes, blurred vision, numbness or tingling of limbs, poor memory.

Tongue: normal-coloured without coating.

Pulse: Wiry-Fine.

Treatment principle

Subdue Liver-Yang, extinguish Wind, nourish Liver-Yin.



i. Acupuncture

Points

LIV-3 Taichong, G.B.-20 Fengchi, L.I.-4 Hegu, T.B.-5 Waiguan, Du-19 Houding, SP-6 Sanyinjiao, LIV-8 Ququan, KI-3 Taixi. Reducing on the points that extinguish Wind and reinforcing on the points that nourish Liver-Yin.

Explanation

- LIV-3 subdues Liver-Yang and extinguishes Wind.
- G.B.-20 extinguishes Wind and subdues Yang.
- L.I.-4 helps to subdue Yang.
- T.B.-5 subdues Liver-Yang.
- Du-19 extinguishes Wind.
- SP-6, LIV-8 and KI-3 nourish Liver-Yin.

ii. Herbal therapy

Prescription

SAN JIA FU MAI TANG

Three Carapaces Restoring the Pulse Decoction.

Explanation

This formula nourishes Liver-Blood and Liver-Yin, subdues Liver-Yang and extinguishes Wind.

Liver-Yang rising deriving from Liver- and Kidney-Yin deficiency

Clinical manifestations

Tremor, facial tic, severe dizziness, tinnitus, headache, hypertension, dry throat, dry eyes, blurred vision, numbness or tingling of limbs, poor memory, backache, scanty urination, night-sweating.

Tongue: normal-coloured without coating.

Pulse: Wiry-Fine.



Treatment principle

Subdue Liver-Yang, extinguish Wind, nourish Liver- and Kidney-Yin.

i. Acupuncture

LIV-3 Taichong, G.B.-20 Fengchi, L.I.-4 Hegu, T.B.-5 Waiguan, Du-19 Houding, SP-6 Sanyinjiao, LIV-8 Ququan, KI-3 Taixi, KI-6 Zhaohai, Ren-4 Guanyuan. Reducing on points that extinguish Wind and subdue Yang and reinforcing on points that nourish Liver- and Kidney-Yin.

Explanation

- The first eight points have been explained under the previous pattern.
- KI-6 and Ren-4 nourish Kidney-Yin.

ii. Herbal therapy

Prescription

ZHEN GAN XI FENG TANG

Pacifying the Liver and Extinguishing Wind Decoction

Explanation

This formula nourishes Liver- and Kidney-Yin, subdues Yang and extinguishes Wind.

Prescription

JIAN LING TANG

Constructing Roof Tiles Decoction.

Explanation

This formula nourishes Liver-Blood and Liver-Yin, subdues Liver-Yang and extinguishes Wind.

Liver-Yang rising deriving from Liver-Blood deficiency

Clinical manifestations

Tremor, dizziness, tinnitus, headache, hypertension, dry throat, blurred vision, numbness or tingling of limbs, poor memory, insomnia.

Tongue: Pale and Thin.

Pulse: Wiry-Fine.

Treatment principle

Subdue Liver-Yang, extinguish Wind, nourish Liver-Blood.



i. Acupuncture

LIV-3 Taichong, G.B.-20 Fengchi, L.I.-4 Hegu, T.B.-5 Waiguan, Du-19 Houding, SP-6 Sanyinjiao, LIV-8 Ququan, KI-3 Taixi, BL-17 Geshu, Ren-4 Guanyuan. Reducing on points that subdue Yang and extinguish Wind, reinforcing on points that nourish Liver-Blood.

Explanation

- The first 8 points have been explained under the previous pattern.
- BL-17 nourishes Blood (with direct moxa cones).
- Ren-4 nourishes Blood.

ii. Herbal therapy

Prescription

E JIAO JI ZI HUANG TANG

Colla Corii Asini-Egg Yolk Decoction.

Explanation

This formula nourishes Liver-Blood and extinguishes Wind.

c) LIVER-FIRE GENERATING WIND

Clinical manifestations

Tremor, irritability, propensity to outbursts of anger, tinnitus and/or deafness (with sudden onset), temporal headache, dizziness, red face and eyes, thirst, bitter taste, dream-disturbed sleep, constipation with dry stools, dark-yellow urine, epistaxis, haematemesis, haemoptysis.

Tongue: Red with redder sides and dry-yellow coating.

Pulse: Wiry-Rapid.

Treatment principle

Clear the Liver, drain Fire, extinguish Wind.



i. Acupuncture

LIV-2 Xingjian, LIV-3 Taichong, G.B.-20 Fengchi, L.I.-11 Quchi, G.B.-1 Tongziliao, SP-6 Sanyinjiao, LIV-1 Dadun, Du-8 Jinsuo. Reducing method, no moxa.

Explanation

- LIV-2 drains Liver-Fire.
- LIV-3 extinguishes Liver-Wind.
- G.B.-20 extinguishes Wind.
- L.I.-11 drains Fire.
- G.B.-1 extinguishes Liver-Wind.
- SP-6 is used to nourish Yin to help to drain Fire.
- LIV-1 extinguishes Liver-Wind.
- Du-8 relieves spasms and tremors.

ii. Herbal therapy

Prescription

LING JIAO GOU TENG TANG Variation

Cornu Antelopis-Uncaria Decoction Variation

Explanation

This formula drains Liver-Fire, subdues Yang and extinguishes Wind.

d) PHLEGM-HEAT AGITATING WIND

Clinical manifestations

Tremors, obesity, staring look, dislike of exercise, a feeling of oppression of the chest, dry mouth, sweating, dizziness, spitting of yellow phlegm, stiff neck and back, tremor of a limb which can be stopped.

Tongue: Red with yellow-sticky coating.

Pulse: Wiry or Slippery-Rapid.

Treatment principle

Resolve Phlegm, clear Heat, extinguish Wind and invigorate the *Luo* channels.



i. Acupuncture

ST-40 Fenglong, Ren-12 Zhongwan, BL-20 Pishu, SP-6 Sanyinjiao, SP-9 Yinlingquan, LIV-3 Taichong. Even method, except for Ren-12 and BL-20 which should be reinforced.

Explanation

- ST-40 resolves Phlegm.
- Ren-12 and BL-20 tonify the Spleen to resolve Phlegm.
- SP-6 and SP-9 help to resolve Phlegm.
- LIV-3 subdues Wind.

ii. Herbal therapy

Prescription

EMPIRICAL PRESCRIPTION

Explanation

This formula resolves Phlegm, clears Heat, extinguishes Wind and invigorates Blood.

Prescription

DAO TAN TANG plus TIAN MA GOU TENG YIN

Conducting Phlegm Decoction plus Gastrodia-Uncaria Decoction

Explanation

These two formulae together resolve Phlegm, subdue Liver-Yang and extinguish Wind.

CASE HISTORY

A 53-year-old man had been suffering from Parkinson's disease for 1 year. The first symptoms he experienced were lack of concentration, apathy, tiredness, dizziness, poor sleep and nausea. He was prescribed Valium at that time. A few months later his writing started to become progressively smaller and he developed a tremor of the left hand on lifting things.

He also had stiffness of the neck and difficulty in walking. He said he felt as if walking on water. His mouth was dry and his vision was sometimes blurred.

He had the typical staring look associated with Parkinson's disease. He was a businessman working long hours in London with a long commuting time to and from work.

His tongue was Red with a sticky-yellow coating and a Heart-crack. His pulse was generally Slippery.

Diagnosis - Phlegm-Heat with Liver-Wind.

The signs of Phlegm are blurred vision, lack of concentration, nausea, a Slippery pulse and a sticky tongue coating.

Signs of Heat are a dry mouth and a Red tongue.

Signs of Liver-Wind are the tremor of his hand, dizziness and the small handwriting.



Treatment principle

This patient was treated with both acupuncture and herbal medicine. The acupuncture treatment was mostly aimed at expelling Wind from the channels whilst the herbal treatment was aimed at resolving Phlegm, clearing Heat and subduing Wind.

i. Acupuncture

The main points used were:

- L.I.-11 Quchi, G.B.-20 Fengchi, Xiaochanxue, T.B.-5 Waiguan and LIV-3 Taichong to extinguish Wind.
- LIV-8 Ququan to nourish Liver-Yin in order to subdue Liver-Wind.
- ST-40 Fenglong and SP-6 Sanyinjiao to resolve Phlegm.
- Scalp acupuncture: chorea area on the right side.

ii Herbal therapy

The herbal formula used was a variation of Wen Dan Tang *Warming the Gall-Bladder Decoction*:

Zhu Ru *Caulis Bambusae in Taeniam* 6g

Zhi Shi *Fructus Aurantii immaturus* 6g

Ban Xia *Rhizoma Pinelliae preparatum* 6g

Chen Pi *Pericarpium Citri reticulatae* 3g

Fu Ling *Poria* 4g

Gou Qi Zi *Fructus Lycii chinensis* 6g

Tian Ma *Rhizoma Gastrodiae* 6g

Di Long *Pheretima aspergillum* 4.5g

Mai Ya *Fructus Hordei vulgaris germinatus* 6g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3g

Da Zao *Fructus Jujubae* 3 dates

Sheng Jiang *Rhizoma Zingiberis officinalis recens* 3 slices

Explanation

- The first five herbs constitute the Wen Dan Tang which resolves Phlegm-Heat.
- Gou Qi Zi nourishes Liver-Yin to subdue Liver-Wind.
- Tian Ma and Di Long extinguish Liver-Wind. Di Long also extinguishes Wind from the channels.
- Mai Ya is added as a digestive. I always use one or two digestive herbs when a formula contains insects.
- Zhi Gan Cao, Da Zao and Sheng Jiang harmonize.

His tremor diminished by 50% in a few months and further after 1 year. His movements and walking are much more coordinated.

e) QI AND BLOOD STAGNATION, STASIS IN THE BLOOD LUO CHANNELS

Clinical manifestations

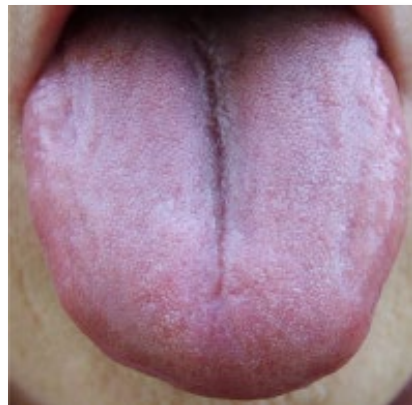
Chronic tremors, agitation, insomnia, dark complexion, rigidity, staring look, numbness of limbs, slurred speech, headache, dark nails.

Tongue: Purple.

Pulse: Wiry, Firm or Choppy.

Treatment principle

Invigorate Blood, eliminate stasis, invigorate the Blood Luo channels.



i. Acupuncture

LIV-3 Taichong, SP-10 Xuehai, BL-17 Geshu, P-6 Neiguan, SP-4 Gongsun with P-6 Neiguan, Even method.

Explanation

- LIV-3, SP-10, BL-17 and P-6 invigorate Blood.
- SP-4 and P-6 in combination regulate the *Chong Mai* and invigorate Blood.

ii. Herbal therapy

Prescription

TONG QIAO HUO XUE TANG Variation

Opening the Orifices and Invigorating Blood Decoction Variation

Explanation

This formula invigorates Blood, eliminates stasis and extinguishes Wind.

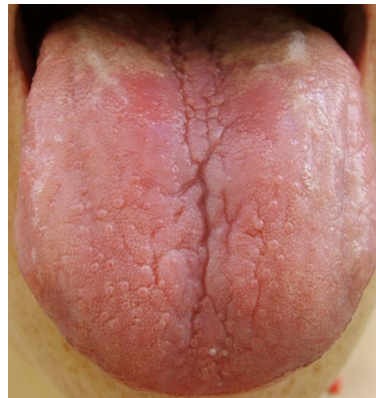
f) LIVER- AND KIDNEY-YIN DEFICIENCY

Clinical manifestations

Thin body, dizziness, tinnitus, insomnia, dream-disturbed sleep, headache, night-sweating, mental restlessness, sore back and knees, numbness of the limbs, stiff neck and back, tremor of head, clenched teeth and tremor of jaw, long-standing tremor of a limb with marked amplitude, cramps in the limbs, difficulty and clumsiness of walking, staring look, poor memory.

Tongue: Thin, without coating. Red body if there is Empty Heat.

Pulse: Fine-Rapid or Floating-Empty.



Treatment principle

Nourish Yin, extinguish Wind, invigorate the Luo channels.

i. Acupuncture

Ren-4 Guanyuan, KI-3 Taixi, SP-6 Sanyinjiao, LIV-8 Ququan, LIV-3 Taichong, G.B.-20 Fengchi. All with reinforcing method except for LIV-3 which should be needled with even method.

Explanation

- Ren-4, BL-23, KI-3 and SP-6 nourish Kidney-Yin.
- LIV-8 nourish Liver-Yin.
- LIV-3 and G.B.-20 subdue Liver-Wind.

ii. Herbal therapy

Prescription

EMPIRICAL PRESCRIPTION

Explanation

This formula nourishes Blood and Yin, extinguishes Wind, invigorates Blood, and tonifies the Kidneys.

Prescription

DA DING FENG ZHU Variation

Great Extinguishing Wind Pearl Variation

Explanation

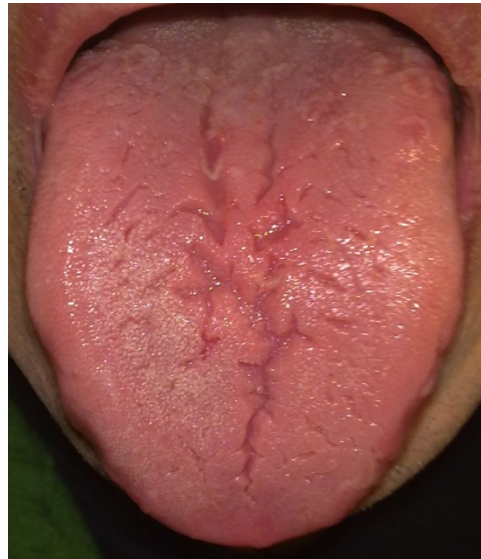
This variation of this formula nourishes Liver- and Kidney-Yin, subdues Liver-Yang and extinguishes Wind. Compared to the previous formula, this prescription has a stronger Yin-nourishing effect and it is therefore indicated when the tongue is completely without coating and perhaps also cracked.

CASE HISTORY

A 48-year-old man had been suffering from Parkinson's disease for 3 years.

His main symptoms were a tremor of the left hand and blurred vision. He also had the typical staring look of Parkinsonism and his walking was difficult.

His tongue was Red without coating and with cracks and his pulse was Floating-Empty.



Diagnosis

This patient suffered from deficiency of Yin of the Liver with Liver-Wind. The deficiency of Yin was clearly evident from the Red tongue without coating and the Floating-Empty pulse.

Treatment principle

The principle of treatment was to nourish Liver-Yin, subdue Liver-Wind and invigorate the Luo channels. Acupuncture was mostly used to invigorate the Luo channels and expel Wind from the channels, while the herbal treatment was used to nourish Liver-Yin and subdue Liver-Wind.

Acupuncture

The main points used were:

- L.I.-11 Quchi, Xiaochanxue, T.B.-5 Waiguan, G.B.-20 Fengchi and L.I.-10 Shousanli with even method to expel Wind from the channels.
- Ren-4 Guanyuan, LIV-8 Ququan, SP-6 Sanyinjiao and KI-3 Taixi with reinforcing method to nourish Liver-Yin.
- LIV-3 Taichong with even method to subdue Liver-Wind.

Herbal therapy

The herbal formula used was a variation of the one mentioned above for Liver- and Kidney-Yin deficiency:

Sheng Di Huang *Radix Rehmanniae* 12g

Shu Di Huang *Radix Rehmanniae preparata* 12g

Shou Wu *Radix Polygoni multiflori preparata* 9g

Gou Qi Zi *Fructus Lycii chinensis* 6g

Sang Ji Sheng *Ramulus Loranthi* 6g

Gou Teng *Ramulus Uncariae* 6g

Tian Ma *Rhizoma Gastrodiae* 6g

Di Long *Pheretima aspergillum* 4.5g

Bai Ji Li *Fructus Tribuli terrestris* 6g

Ling Yang Jiao *Cornu Antelopis* 4.5g

Dan Shen *Radix Salviae miltiorrhizae* 4.5g

Mai Ya *Fructus Hordei vulgaris germinatus* 6g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3g

Explanation

- Shu Di, Sheng Di, Shou Wu, Gou Qi Zi and Sang Ji Sheng nourish Liver-Yin.
- Gou Teng, Tian Ma, Di Long, Bai Ji Li and Ling Yang Jiao subdue Liver-Wind.

Di Long, in particular, expels Wind from the channels.

- Dan Shen moves Blood and calms the Mind.
- Mai Ya and Gan Cao harmonize.

After one year of treatment there was an improvement of about 70% in the patient's tremor and walking. He felt much better and in general freer in movement.

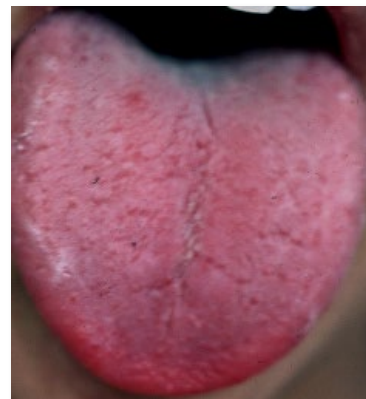
5. PROGNOSIS AND PREVENTION

With a combination of acupuncture and herbal treatment this disease can be controlled and its progress halted at best, but in my experience it cannot be completely cured.

- Best results are obtained in Parkinsonism from Blood deficiency,
- Second best from Phlegm-Fire
- Worst from Yin deficiency and Blood stasis

The sooner the treatment is started after its onset, the better the results.

In general, the tongue is a good indicator of the prognosis: if it shows advanced signs of Yin deficiency, such as a Red, Thin and dry body with cracks, the prognosis is poor.



Generally speaking, the acupuncture and herbal treatment may be given in conjunction with Western medication. This is based either on anti-cholinergic agents which reduce tremor and/or L-Dopa to improve movement and reduce rigidity. After some weeks of treatment the dosage of the drugs could be reduced but this should be done very gradually.

As for prevention, this is obvious from what was said about the aetiology of this condition. Any person over 50 who suddenly develops symptoms such as dizziness, stiffness, and an increasing difficulty in walking, should immediately change their life-style by working less, never getting exhausted, taking more rest, avoiding emotional stress and, for men, reducing sexual activity.

6. MODERN CHINESE LITERATURE

a) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 18, No. 4, 1998, p. 252. Huang Wen Yan and Wu Huan Gan “Survey of Treatment of Parkinson’s Disease with Acupuncture.”

Dr Huang and Wu present an overview of different doctors’ view on treating Parkinson’s disease.

Dr Qin Lian Pu

Dr Qin uses the following points: Sizhencong extra point, G.B.-20 Fengchi, L.I.-11 Quchi, L.I.-4 Hegu, G.B.-34 Yanglingquan, LIV-3 Taichong, KI-3 Taixi, KI-7 Fuli, Du-4 Mingmen, BL-23 Shenshu with reinforcing method. The needles are retained for 30 minutes and the patient is treated once a day. 10 days make a course, and three courses are given with a rest of 7 days in between courses.

From a group of 30 patients, 5 were cured, 9 had a marked improvement, 10 a moderate improvement, and 6 no results.

Dr Wang Xian Feng

Dr Wang uses the following points: Du-20 Baihui, LIV-3 Taichong, HE-3 Shaohai, T.B.-5 Waiguan, L.I.-4 Hegu, Juegu extra points with reducing method.

The patient is treated once a day. 10 days make a course, and three courses are given with a rest of 5 days in between courses.

From a group of 40 patients, 24 were cured, 14 had an improvement, and 2 no results.

Dr Zhang Nai Zheng

Dr Zhang uses the following points: G.B.-34 Yanglingquan, LIV-3 Taichong, LIV-2 Xingjian, L.I.-11 Quchi, L.I.-4 Hegu, ST-36 Zusanli.

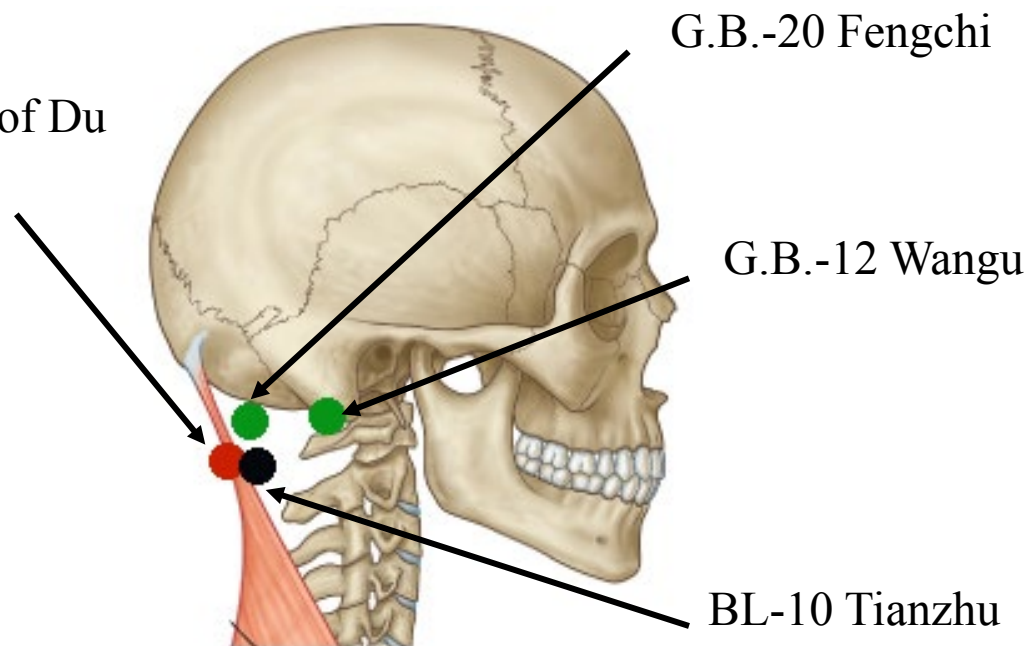
The patient is treated once a day. 10 days make a course, and four courses are given with a rest of 5 days in between courses. The patients also received Chinese herbs to nourish Blood and Yin and soothe Liver.

From a group of 50 patients, 14 showed marked improvement, 27 had some improvement, and 9 no results.

Dr Chen Li Guo

Dr Chen uses the following points:

Du-15 Yamen (interestingly because it is a meeting point of Du Mai and Yang Wei Mai)



These are called the “7 points of the base of the skull”.

These were the main points: other points were added according to pattern, such as L.I.-4 Hegu, ST-40 Fenglong, SP-6 Sanyinjiao, P-6 Neiguan.

From a group of 40 patients, 10 showed marked improvement, 16 had some improvement, and 14 no results.

Dr Liu Jia Ying

Dr Liu uses the following points: L.I.-11 Quchi, T.B.-5 Waiguan, LIV-3 Taichong, Xiao Chan Xue (extra point “Stopping Tremor Point” on the Heart channel 1.5 *cun* below HE-3 Shaohai), Du-20 Baihui, Du-24 Shenting.

Other points were used for the following aims:

- SP-6 Sanyinjiao and KI-7 Fuliu to nourish Liver- and Kidney-Yin.
- ST-36 Zusanli and L.I.-4 Hegu to tonify Qi and Blood.
- SP-9 Yinlingquan and ST-40 Fenglong to resolve Phlegm-Heat.

From a group of 159 patients, 2 were cured, 125 showed an improvement, and 32 no results.

Dr Cheng Yong De

Dr Chen uses the following points: Du-16 Fengfu, Du-14 Dazhui, Du-20 Baihui, G.B.-20 Fengchi, BL-32 Ciliao, LIV-3 Taichong, L.I.-4 Hegu.

Dr Zhang Pei Lin

Dr Zhang differentiates the treatment according to five stages of the disease:

1. Dr Zhang nourishes Liver- and Kidney-Yin and extinguishes Wind and uses points primarily from the Greater Yang channels and the Kidney channel.
2. Dr Zhang nourishes Liver and Kidneys and extinguishes Wind with the following points: Du-21 Qianting, BL-7 Tongtian, Du-20 Baihui, G.B.-5 Xuanlu, T.B.-6 Zhigou, G.B.-35 Yangjiao.

3. Dr Zhang nourishes Yin and subdues Yang with Du-14 Dazhui, Du-16 Fengfu, Du-13 Taodao, BL-8 Luoque, LU-7 Lieque, KI-6 Zhaohai.
4. Dr Zhang invigorates Blood and eliminates stasis.
5. He nourishes Blood, tonifies Qi, extinguishes Wind and removes obstructions from the Connecting (*Luo*) channels.

Dr Liang Feng Yin

Dr Liang treats Parkinson's disease with three groups of points:

1. Group 1: SP-9 Yinlingquan, ST-36 Zusanli, SP-8 Diji, SP-6 Sanyinjiao, L.I.-4 Hegu, L.I.-11 Quchi, ST-7 Xiaguan, ST-4 Dicang, Ren-23 Lianquan.
2. Group 2: LIV-8 Ququan, G.B.-34 Yanglingquan, LIV-4 Zhongfeng, LIV-3 Taichong, T.B.-6 Zhigou, L.I.-10 Shousanli, ST-6 Jiache, Ren-24 Chengjiang.
3. Group 3: KI-10 Yingu, BL-40 Weizhong, KI-3 Taixi, BL-58 Feiyang, LU-6 Kongzui, P-6 Neiguan, S.I.-17 Tianrong, ST-5 Daying, S.I.-18 Quanliao.

b) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 19, No. 12, 1999, p. 709. Wang Ling Ling et al “Clinical Observation of 29 Cases of Parkinson’s Disease Treated with Acupuncture.”

The authors of this study treated 29 patients suffering from Parkinson’s disease with acupuncture. There was a control group who received no treatment. There were 16 men and 13 women, ranging in age from 43 to 81 with a median age of 64.

The points used were divided into two groups used in alternation.

The first group consisted in Sishencong, L.I.-11 Quchi, T.B.-5 Waiguan, G.B.-34 Yanglingquan, ST-36 Zusanli, ST-40 Fenglong.

The second group consisted of G.B.-13 Benshen, G.B.-20 Fengchi, Du-20 Baihui, L.I.-4 Hegu, SP-6 Sanyinjiao, LIV-3 Taichong and the Huatuoji points from T3 to L2. Electricity was applied to Sishencong, G.B.-13 Benshen and G.B.-20 Fengchi.

The huatuojiagi points from T3 to L2 were divided into three sections and one section at a time was used in succession., The patients were treated once a day for 3 months.

The results are summarized in the table below:

	Total	Cured	Marked improvement	Some improvement	No result
Treatment group	29	7 (24.1%)	8 (27.6%)	11 (38%)	3 (10.3%)
Control group	24	0	3 (12.5%)	6 (25%)	15 (62.5%)

c) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 19, No. 10, 1999, p. 617. Ren Xiao Qun et al “Clinical and Experimental Studies on Parkinson’s Disease Treated with Acupuncture.”

The authors of this study treated 41 patients suffering from Parkinson’s disease. There were 26 men and 15 women ranging in age from 43 to 72, with a median age of 62. There was a control group of 27 patients treated with Western medicine. The authors identified three main patterns:

1. Qi and Blood deficiency
2. Liver and Kidney deficiency
3. Phlegm-Heat with Wind

The patients were treated with scalp acupuncture on the chorea area. The main points of body acupuncture were: Xiaochanxue extra point (on the Heart channel, 1.5. *cun* below HE- Shaohai), T.B.-5 Waiguan, L.I.-4 Hegu, G.B.-34 Yanglingquan, LIV-3 Taichong.

In case of Qi and Blood deficiency, ST-36 Zusanli was added. In case of Liver and Kidney-Yin deficiency, SP-6 Sanyinjiao and KI-7 Fuliu were added. In case of Phlegm-Heat, SP-9 Yinlingquan and ST-40 Fenglong were added.

The needled were manipulated with even method and retained for 30 minutes. The patients were treated once a day, 10 days made a course and three courses were given.

The results are summarized in the table below:

	Total	Cured	Improvement	No results
Treatment group	41	9 (21.95%)	24 (58.54%)	8 (19.51%)
Control group	27	1 (3.70%)	14 (51.86%)	12 (44.44%)

d) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 8, No. 8, 1986, p. 22. Wang Yong Yan et al “Clinical Observation on the Treatment of Parkinson’s Disease with Chinese Medicine - an Analysis of 35 Cases.”

The authors of this study treated 35 patients suffering from Parkinson’s disease. There were 31 men and 4 woman ranging in age from 42 to 80, with a median age of 59.

The patterns identified were three and the formulae used were as follows. As can be observed, Dr Wang considers Blood stasis present in every pattern.

1. Qi and Blood deficiency with Blood stasis and Wind

Tonify Qi and Blood, invigorate Blood, extinguish Wind.

Huang Qi *Radix Astragali*

Dang Shen *Radix Codonopsis*

Dang Gui *Radix Angelicae sinensis*

Bai Shao *Radix Paeoniae alba*

Tian Ma *Rhizoma Gastrodiae*

Gou Teng *Ramulus cum Uncis Uncariae*

Zhen Zhu Mu *Concha Margaritiferae usta*

Dan Shen *Radix Salviae miltiorrhizae*

Ji Xue Teng *Caulis Spatholobi*

Ling Yang Jiao *Cornu Saigae tataricae*

2. Liver and Kidney deficiency, Blood stasis, Wind

Nourish Liver- and Kidney-Yin, invigorate Blood, extinguish Wind.

Sheng Di Huang *Radix Rehmanniae*

Shu Di Huang *Radix Rehmanniae preparata*

Shou Wu *Radix Polygoni multiflori preparata*

Bai Shao *Radix Paeoniae alba*

Gou Teng *Ramulus cum Uncis Uncariae*

Bai Ji Li *Fructus Tribuli*

Ling Yang Jiao *Cornu Saigae tataricae*

Mu Li *Concha Ostreae*

Dan Shen *Radix Salviae miltiorrhizae*

Chi Shao *Radix Paeoniae rubra*

Du Zhong *Cortex Eucommiae ulmoidis*

3. Phlegm-Heat with Wind

Resolve Phlegm, clear Heat, extinguish Wind.

Gua Lou *Fructus Trichosanthis*

Dan Nan Xing *Rhizoma Arisaematis preparatum*

Zhu Li *Succus Bambusae*

Gou Teng *Ramulus cum Uncis Uncariae*

Tian Ma *Rhizoma Gastrodiae*

Ling Yang Jiao *Cornu Saigae tataricae*

Zhen Zhu Mu *Concha Margaritiferae usta*

Dan Shen *Radix Salviae miltiorrhizae*

Chi Shao *Radix Paeoniae rubra*

The results were as follows:

- Cured: 1 (2.9%)
- Marked improvement: 11 (31.4%)
- Improvement: 15 (42.9%)
- No results: 8 (22.8%)

e) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 31, No. 12, 1990, p. 29. Jiang Da Shu et al “Observation on the Effect of Acupuncture and Herbs in the Treatment of 113 cases of Parkinson’s Disease.”

The authors of this study treated 113 patients suffering from Parkinson’s disease with a combination of acupuncture and Chinese herbs. Of the 113 patients, there were 81 men and 32 women, ranging in age from 25 to 80 with a median age of 58.

The authors identified three main patterns causing this disease:

1. Qi and Blood deficiency
2. Phlegm-Heat with Wind
3. Liver- and Kidney-Yin deficiency

The main group of point used for every patient included: G.B.-20 Fengchi, L.I.-11 Quchi, Xiaochanxue extra point (on the Heart channel, 1.5 *cun* below HE-3 Shaohai), T.B.-5 Waiguan, G.B.-34 Yanglingquan, LIV-3 Taichong. The needles were retained for 30 minutes. In addition to this points, the chorea area was treated with scalp acupuncture with electrical stimulation.

Other points were selected according to pattern as follows:

- Qi and Blood deficiency: ST-36 Zusanli, L.I.-4 Hegu.
- Liver- and Kidney-Yin deficiency: SP-6 Sanyinjiao, KI-7 Fuli.
- Phlegm-Heat with Wind: SP-9 Yinlingquan, ST-40 Fenglong.

The patients were treated once a day, 10 days making a course. The patients were treated for up to 10 courses, with an average number of courses being 3.9.

The herbal formula used was quite simple and aimed primarily at extinguishing Wind. It contained Tian Ma *Rhizoma Gastrodiae*, Gou Teng *Ramulus cum Uncis Uncariae*, Zhen Zhu Mu *Concha Margaritiferae usta*, Jiang Can *Bombyx batryticatus* .

The results were as follows:

- Cured : 1 (0.9%)
- Marked improvement: 10 (8.84%)
- Improved: 79 (69.91%)
- No results: 23 (20.35%)

f) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 44, No. 5, 2003, p. 390. He Jian Cheng “Present Situation and Studies on the Treatment of Parkinson’s Disease with Chinese Medicine.”

This article is a review of various articles and trials on the treatment of Parkinson’s disease with Chinese medicine. Rather than discussing the make up of the trials and results, I will concentrate on highlighting the various doctors’ pattern identification and treatment of Parkinson’s disease.

Dr Chen He considers three patterns to be the main ones, with formulae, in Parkinson’s disease:

Liver- and Kidney-Yin deficiency
with Empty Wind:



Da Ding Feng Zhu *Great Extinguishing
Wind Pearl*

Qi and Blood deficiency with Empty
Wind:



Ren Shen Yang Ying Tang *Ginseng
Nourishing Nutritive Qi Decoction*

Qi stagnation and Blood stasis with
Empty Wind:



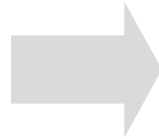
Bu Yang Hai Wu Tang *Tonify Yang and
Restore the 5/10th Decoction*



combined with Da Ding Feng Zhu *Great
Extinguishing Wind Pearl*

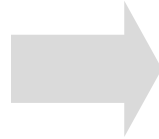
Dr Huang Jun Shan lists the following six patterns and formulae:

Liver Yang rising generating
Liver-Wind:



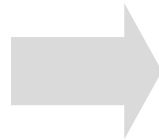
*Zhen Gan Xi Feng Tang Pacifying the
Liver and Extinguishing Wind Decoction*

Blood deficiency giving rise to
Wind:



Ding Zhen Wan Stopping Tremor Pill

Qi deficiency and Blood stasis:



*Bu Yang Hai Wu Tang Tonify Yang and
Restore the 5/10th Decoction variations*

Qi stagnation and Blood stasis:



Xue Fu Zhu Yu Tang *Blood Mansion
Eliminating Stasis Decoction* variations

Phlegm:



Dao Tan Tang *Conducting Phlegm
Decoction*

Phlegm-Heat with Wind:



Cui Gan Wan *Urging the Liver Pill*
variations.

Dr Liu Ming Wu lists four patterns and formulae:

Liver and Kidney deficiency, Blood deficiency, Wind: Liu Wei Di Huang Wan *Six Ingredients Rehmannia Pill* variations

Wind-Phlegm: Dao Tan Tang *Conducting Phlegm Decoction*

Qi and Blood deficiency: Ba Zhen Tang *Eight Precious Decoction*

Qi deficiency, Heart deficiency: Yang Xin Tang *Nourishing the Heart Decoction*.

The authors of the article then review the formulae used by various doctors and the following are some examples which give an insight into the thinking of these doctors in treating Parkinson's disease.

1. Chan Zhen Ping *Calming Tremor*: Da Huang *Radix et Rhizoma Rhei*, Shui Zhi *Hirudo*, Di Bie Chong *Eupolyphaga seu Steleophaga*, Ling Yang Jiao *Cornu Saigae tataricae*.

2. Wu Long Tang *Zaocys-Mastodi Osis fossilis Decoction*: Wu Shao She *Zaocys*, Long Gu *Mastodi Osis fossilis*, Tian Ma *Rhizoma Gastrodiae*, Gou Teng *Ramulus cum Uncis Uncariae*, Dang Gui *Radix Angelicae sinensis*, Chuan Xiong *Rhizoma Chuanxiong*, Bai Shao *Radix Paeoniae alba*, Shu Di Huang *Radix Rehmanniae preparata*, Wu Gong *Scolopendra*, Gan Cao *Radix Glycyrrhizae uralensis*.

3. Ding Zhen Wan *Stopping Tremor Pill* variation: Shu Di Huang *Radix Rehmanniae preparata*, Sheng Di Huang *Radix Rehmanniae*, Dang Gui *Radix Angelicae sinensis*, Bai Shao *Radix Paeoniae alba*, Chuan Xiong *Rhizoma Chuanxiong*, Gou Teng *Ramulus cum Uncis Uncariae*, Shou Wu *Radix Polygoni multiflori preparata*, Gou Qi Zi *Fructus Lycii chinensis*, Huang Qi *Radix Astragali*, Bai Zhu *Rhizoma Atractylodis macrocephalae*, Tian Ma *Rhizoma Gastrodiae*, Fang Feng *Radix Saposhnikoviae*, Quan Xie *Scorpio*, Wei Ling Xian *Radix Clematidis*, Wu Gong *Scolopendra*, Hou Po *Cortex Magnoliae officinalis*, Ze Xie *Rhizoma Alismatis*.

4. Kang Zhen Zhi Jing I Hao Chong Ji *Counteracting Tremor and Stopping Convulsions No. 1 Infusion* (Shou Wu *Radix Polygoni multiflori preparata*, Bai Shao *Radix Paeoniae alba*, Dan Shen *Radix Salviae miltiorrhizae*, Di Long *Pheretima*, Tian Ma *Rhizoma Gastrodiae*, Gou Qi Zi *Fructus Lycii chinensis*, Rou Cong Rong *Herba Cistanches*).

As for acupuncture, all doctors agree that points on the head are the most important ones in the treatment of Parkinson's disease. The following are some examples of point combination used by various doctors:

1. Du-20 Baihui, Du-14 Dazhui, Ren-17 Shanzhong, Ren-12 Zhongwan, ST-25 Tianshu and ST-36 Zusanli in men and SP-6 Sanyinjiao in women.
2. Du-14 Dazhui, BL-18 Ganshu, BL-20 Pishu, BL-23 Shenshu, L.I.-4 Hegu, L.I.-11 Quchi.
3. L.I.-4 Hegu, P-6 Neiguan, L.I.-11 Quchi, HE-4 Lingdao, ST-36 Zusanli, BL-57 Chengshan, BL-58 Feiyang, SP-9 Yinlingquan.

HERBAL PRESCRIPTIONS

EMPIRICAL PRESCRIPTION (Blood deficiency, Wind)

Huang Qi *Radix Astragali* 9 g

Dang Shen *Radix Codonopsis* 6 g

Dang Gui *Radix Angelicae sinensis* 9 g

Bai Shao *Radix Paeoniae alba* 6 g

Ji Xue Teng *Caulis Spatholobi* 6 g

Tian Ma *Rhizoma Gastrodiae* 9 g

Gou Teng *Ramulus Uncariae* 6 g

Zhen Zhu Mu *Concha margaritiferae* 12 g

Ling Yang Jiao *Cornu Antelopis* 4.5 g

Dan Shen *Radix Salviae miltiorrhizae* 4 g

E JIAO JI ZI HUANG TANG (Blood deficiency, Wind)

E Jiao *Colla Corii Asini* 6 g

Ji Zi Huang Egg yolk 2 yolks

Sheng Di Huang *Radix Rehmanniae* 12 g

Bai Shao *Radix Paeoniae alba* 9 g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 1.5 g

Gou Teng *Ramulus Uncariae* 6 g

Shi Jue Ming *Concha Haliotidis* 15 g

Mu Li *Concha Ostreae* 12 g

Fu Shen *Sclerotium Poriae pararadicis* 12 g

Luo Shi Teng *Caulis Trachelospermi jasminoides* 9 g

TIAN MA GOU TENG YIN (Blood deficiency, Wind)

Tian Ma *Rhizoma Gastrodiae* 9 g
Gou Teng *Ramulus cum Uncis Uncariae* 9 g
Shi Jue Ming *Concha Haliotidis* 6 g
Sang Ji Sheng *Herba Taxilli* 9 g
Du Zhong *Cortex Eucommiae ulmoidis* 9 g
Chuan Niu Xi *Radix Cyathulae* 9 g
Shan Zhi Zi *Fructus Gardeniae* 6 g
Huang Qin *Radix Scutellariae* 9 g
Yi Mu Cao *Herba Leonuri* 9 g
Ye Jiao Teng *Caulis Polygoni multiflori* 9 g
Fu Shen *Sclerotium Poriae pararadicis* 6 g

SAN JIA FU MAI TANG

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 18 g

Sheng Di Huang *Radix Rehmanniae* 18 g

Bai Shao *Radix Paeoniae alba* 18 g

Mai Men Dong *Radix Ophiopogonis* 15 g

Huo Ma Ren *Semen Cannabis* 9 g

E Jiao *Colla Corii Asini* 9 g

Mu Li *Concha Ostreae* 15 g

Bie Jia *Carapax Amydae sinensis* 24 g

Gui Ban *Plastrum Testudinis* 30 g

ZHENG GAN XI FENG TANG

Huai Niu Xi *Radix Achyranthis bidentatae* 15 g

Dai Zhe Shi *Haematitum* 15 g

Long Gu *Mastodi Osis fossilis* 12 g

Mu Li *Concha Ostreae* 12 g

Gui Ban *Plastrum Testudinis* 12 g

Xuan Shen *Radix Scrophulariae* 12 g

Tian Men Dong *Radix Asparagi* 12 g

Bai Shao *Radix Paeoniae alba* 12 g

Yin Chen Hao *Herba Artemisiae scopariae* 6 g

Chuan Lian Zi *Fructus Toosendan* 6 g

Mai Ya *Fructus Hordei germinatus* 6 g

Gan Cao *Radix Glycyrrhizae uralensis* 6 g

LING JIAO GOU TENG TANG Variation (Liver-Fire generating Wind)

Cornu Saigae-Uncaria Decoction Variation

Ling Yang Jiao *Cornu Saigae tataricae* 4.5 g

Gou Teng *Ramulus cum Uncis Uncariae* 9 g

Sang Ye *Folium Mori* 6 g

Ju Hua *Flos Chrysanthemi* 9 g

Bai Shao *Radix Paeoniae alba* 9 g

Sheng Di Huang *Radix Rehmanniae* 15 g

Fu Shen *Sclerotium Poriae pararadicis* 9 g

Chuan Bei Mu *Bulbus Fritillariae cirrhosae* 12 g

Zhu Ru *Caulis Bambusae in Taeniam* 15 g

Gan Cao *Radix Glycyrrhizae uralensis* 2.5 g

Long Dan Cao *Radix Gentianae* 6 g

EMPIRICAL PRESCRIPTION (Phlegm-Heat agitating Wind)

Gua Lou *Fructus Trichosanthis* 9 g

Dan Nan Xing *Rhizoma Arisaematis preparatum* 6 g

Zhu Li *Succus Bambusae* 6 g

Gou Teng *Ramulus Uncariae* 6 g

Tian Ma *Rhizoma Gastrodiae* 6 g

Ling Yang Jiao *Cornu Antelopis* 4.5 g

Zhen Zhu Mu *Concha margaritiferae* 12 g

Dan Shen *Radix Salviae miltiorrhizae* 4.5 g

Chi Shao *Radix Paeoniae rubra* 4 g

DAO TAN TANG (Phlegm-Heat agitating Wind)

Ban Xia *Rhizoma Pinelliae preparatum* 6 g

Dan Nan Xing *Rhizoma Arisaematis preparatum* 3 g

Zhi Shi *Fructus Aurantii immaturus* 3 g

Fu Ling *Poria* 3 g

Chen Pi *Pericarpium Citri reticulatae* 3 g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 2 g

Sheng Jiang *Rhizoma Zingiberis recens* 3 g

TONG QIAO HUO XUE TANG

Variation (Qi and Blood stagnation, stasis in the Blood Luo channels)

Opening the Orifices and Invigorating Blood Decoction: Variation

Chi Shao *Radix Paeoniae rubra* 3 g

Chuan Xiong *Rhizoma Chuanxiong* 3 g

Tao Ren *Semen Persicae* 9 g

Hong Hua *Flos Carthami tinctorii* 9 g

Cong Bai *Bulbus Allii fistulosi* 3 g

Hong Zao *Fructus Jujubae* 7 red dates

Sheng Jiang *Rhizoma Zingiberis recens* 3 slices

Chai Hu *Radix Bupleuri* 6 g

Tian Ma *Rhizoma Gastrodiae* 6 g

Di Long *Pheretima* 6 g

Wu Gong *Scolopendra* 6 g

Rice Wine

EMPIRICAL PRESCRIPTION (Liver- and Kidney-Yin deficiency)

Sheng Di Huang *Radix Rehmanniae* 12 g

Shu Di Huang *Radix Rehmanniae preparata* 12 g

Shou Wu *Radix Polygoni multiflori preparata* 9 g

Xuan Shen *Radix Scrophulariae* 6 g

Gou Teng *Ramulus Uncariae* 6 g

Bai Ji Li *Fructus Tribuli* 6 g

Ling Yang Jiao *Cornu Antelopis* 4.5 g

Mu Li *Concha Ostreae* 15 g

Dan Shen *Radix Salviae miltiorrhizae* 4.5 g

Chi Shao *Radix Paeoniae rubra* 4.5 g

Du Zhong *Cortex Eucommiae* 6 g

DA DING FENG ZHU Variation (Liver- and Kidney-Yin deficiency)

Great Extinguishing Wind Pearl Variation

Bai Shao *Radix Paeoniae alba* 9 g

Gui Ban *Plastrum Testudinis* 9 g

Sheng Di Huang *Radix Rehmanniae* 9 g

Wu Wei Zi *Fructus Schisandrae* 6 g

Mai Men Dong *Radix Ophiopogonis* 6 g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3 g

Bie Jia *Carapax Trionycis* 9 g

Huai Niu Xi *Radix Achyranthis bidentatae* 6 g

Sang Ji Sheng *Herba Taxilli* 6 g

Du Zhong *Cortex Eucommiae ulmoidis* 6 g

Gou Teng *Ramulus cum Uncis Uncariae* 9 g

POOR MEMORY



Chinese character for “longevity” (*shou*)

Giovanni Maciocia

In Chinese medicine, memory depends on the state of the:

Spleen



意

Yi

Kidneys



志

Zhi

Heart



神

Shen

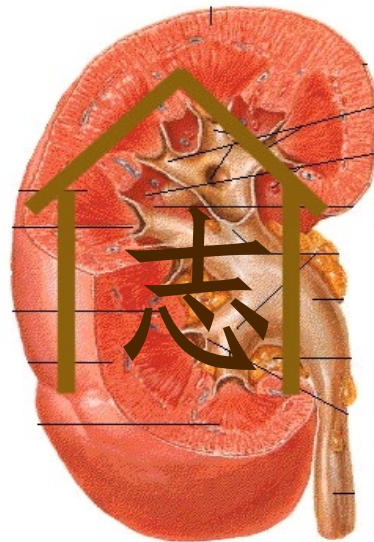
There is a considerable overlap among these three organs' functions.

The Spleen houses Intellect (*Yi* 意): influences memory in the sense of memorization, studying, concentrating, focusing. Its corresponding pathological aspect is excessive thinking and pensiveness.



The Kidneys house *Zhi* 志 (which is also Memory) and influence the brain since Kidney-Jing produces Marrow which nourishes the brain. As mentioned above, besides meaning “will-power”, *Zhi* also means “memory”.

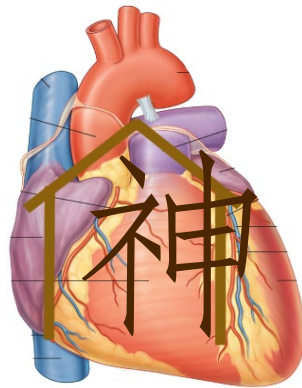
The Kidneys are responsible for memory in the sense of memorization of both recent and long-past events.



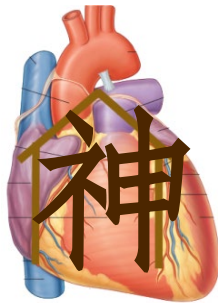
The Heart controls memory because it houses the Mind (*Shen* 神). There is a considerable overlap between the Kidneys and Heart with regard to memory, but the Heart is responsible more for the memory of recent events (but not exclusively).

And also remembering faces, names, etc. The Heart is also responsible for absent-mindedness, forgetting where one has put one's keys, leaving the front door open, etc.

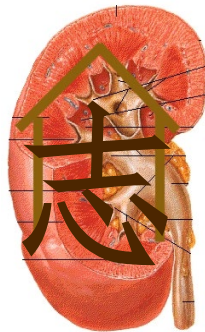
The Shen of the Heart also controls intrinsic memory (together with Po of the Lungs)



Indeed, memory depends primarily on the *communication* between the Heart and the Kidneys.



The Heart is above and houses the *Shen*

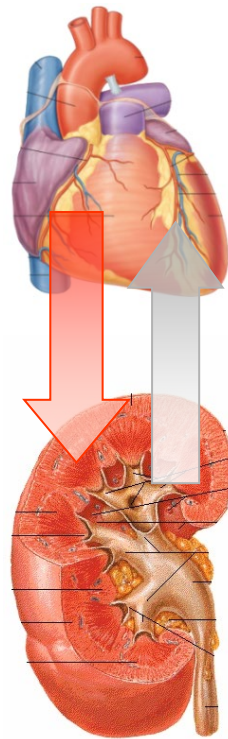


The Kidneys are below and house the *Jing* and memory (*Zhi*).

One of the functions of the Mind of the Heart is memory and consciousness and this faculty needs to descend towards the Kidneys.

When this communication takes place, Jing can generate Qi and Qi, in turn, can generate the Mind and memory is good.

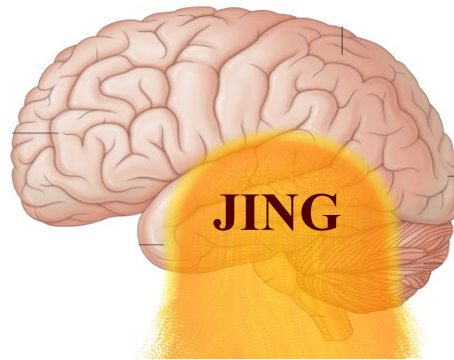
On the other hand, Kidney-Jing and *Zhi* need to ascend towards the Heart and Brain.



Thus, the Kidneys control memory in two ways: by its *Zhi* reaching the Heart and the Mind, and by its Jing reaching the Brain.

Besides the Heart and Kidneys, memory also relies on the Spleen and its Intellect (*Yi*).

Besides the Heart, Spleen and Kidneys deficiency, memory is also affected by Full conditions and, in the elderly, primarily by Phlegm and/or Blood stasis.



Chapter 8 of the “Ling Shu” clearly refers to the relationship between Heart, Spleen and Kidneys in memory:

“The recollection of the Heart is called Intellect [Yi –Spleen], the storage of memory by the Yi is called Zhi [of the Kidneys].”

The *Yi Xue Ji Cheng* says:

“With regard to poor memory, in the elderly Jing dries up. ”

“ In the young, worry, pensiveness and overwork weaken the Heart. ”

“[To strengthen memory] One must promote the communication between Heart and Kidneys, reinforce the Spleen and harmonize Qi and Blood.”

1. AETIOLOGY

a) WORRY AND PENSIVENESS

Worry and pensiveness affect Lungs, Spleen and Heart and they influence memory simply because the Spleen and Heart's mental capacity is employed in worrying and obsessive thinking and cannot therefore be used for memorization.

b) OVERWORK

Overwork and excessive sexual activity (primarily in men) weaken Kidney-Yin and Kidney-Jing which decreases mental power and memory.

c) CHILDBIRTH

Excessive bleeding at childbirth weakens Blood and affects the Heart. Deficient Heart-Blood is unable to nourish the brain and the Mind, and poor memory results

d) SADNESS

Sadness depletes Heart-Qi so that this cannot brighten the Mind and poor memory results.

e) "RECREATIONAL" DRUGS

Prolonged and continued use of cannabis and other drugs is a cause of poor memory and concentration. It would appear that the conversion of short-term to long-term memory is impaired by prolonged use of cannabis due to interference by a flow of sensory impressions.

Moreover, there have also been reports of loss of brain substance in heavy users of cannabis. I have certainly verified the relationship between heavy, long-term use of cannabis and poor memory in my clinical practice.



2. IDENTIFICATION OF PATTERNS AND TREATMENT

a) SPLEEN DEFICIENCY

Clinical manifestations

Inability to concentrate and study, poor memory, tiredness, poor appetite.

Tongue: Pale.

Pulse: Weak.

i. Acupuncture

ST-36 Zusanli, SP-3 Taibai, Ren-12 Zhongwan, BL-20 Pishu, Du-20 Baihui, BL-15 Xinshu, Du-14 Dazhui with moxa, BL-49 Yishe. Reinforcing method.



Explanation

- ST-36, SP-3 and Ren-12 Zhongwan tonify the Spleen and strengthen the Yi.
- Du-20 raises clear Yang to the head to brighten the Shen and Yi.
- BL-15, Back-Shu point of the Heart, strengthens the Mind and the Yi.
- Du-14 with moxa also facilitates the rising of clear Yang to the brain.
- BL-20 and BL-49 tonify the Spleen and strengthen the Yi and memory.

ii. Herbal therapy

Prescription

GUI PI TANG *Tonifying the Spleen Decoction*

Explanation

This formula tonifies Heart-Qi and Heart-Blood and therefore strengthens the Mind and memory.

b) KIDNEY-JING DEFICIENCY

Clinical manifestations

Poor memory of both recent and past events, dizziness, tinnitus, weak knees and back.

Tongue: Pale in case of Kidney-Yang deficiency; without coating in case of Kidney-Yin deficiency.

Pulse: Deep and Weak.

i. Acupuncture

KI-3 Taixi, Ren-4 Guanyuan, BL-23 Shenshu, BL-52 Zhishi, BL-15 Xinshu, Du-20 Baihui. Reinforcing method.



Explanation

- KI-3, Ren-4 and BL-23 tonify the Kidneys.
- BL-52 strengthens the Will Power and memory.
- BL-15 strengthens the Mind and memory.
- Du-20 facilitates the rising of clear Yang to the head.

ii. Herbal therapy

Prescription

LIU WEI DI HUANG WAN Variation *Six-Ingredient Rehmannia Pill*
Variation

Explanation

This formula tonifies Kidneys, strengthens Marrow and promotes memory.

Modifications

If there is both Yin and Yang deficiency add Lu Jiao Jiao *Gelatinum Cornu Cervi*, Ba Ji Tian *Radix Morindae officinalis* and Zi He Che *Placenta hominis*.

LIU WEI DI HUAN WAN Variation

Shu Di Huang *Radix Rehmanniae preparata* 24 g

Shan Zhu Yu *Fructus Corni* 12 g

Shan Yao *Rhizoma Dioscoreae* 12 g

Ze Xie *Rhizoma Alismatis* 9 g

Mu Dan Pi *Cortex Moutan* 9 g

Fu Ling *Poria* 9 g

Bai Shao *Radix Paeoniae alba* 15 g

Chai Hu *Radix Bupleuri* 1.5 g

Mai Men Dong *Radix Ophiopogonis* 15 g

Wu Wei Zi *Fructus Schisandrae* 3 g

Suan Zao Ren *Semen Ziziphi spinosae* 15 g

Ju Hua *Flos Chrysanthemi* 9 g

c) HEART DEFICIENCY

Clinical manifestations

Poor memory of both recent and past events, forgetting names, absent-mindedness, palpitations, slight breathlessness on exertion, tiredness.

Tongue: Pale or Red, depending whether there is Yang or Yin deficiency.

Pulse: Weak.

i. Acupuncture

HE-5 Tongli, BL-15 Xinshu, BL-44 Shentang, Ren-6 Qihai, Du-14 Dazhui, with reinforcing method.

If Phlegm obstructs the Heart, use ST-40 Fenglong and Ren-14 Juque with reducing method.



Explanation

- HE-5 and BL-15 tonify Heart-Qi and strengthen the Shen.
- BL-44 strengthens the Shen and memory.
- Ren-6 with moxa tonifies Qi in general.
- Du-14 with moxa tonifies the Heart and brightens the Shen. It is coordinated with Ren-6: one is on the *Ren Mai*, the other on the *Du Mai*, both flow through the Heart.
- ST- 40 and Ren-14 resolve Phlegm from the Heart.

ii. Herbal therapy

Prescription

ZHEN ZHONG DAN *Bedside Pill*

Explanation

This formula could also be used for poor memory from other Heart patterns such as Heart Empty Heat.

ZHEN ZHONG DAN *Bedside Pill*

Gui Ban *Plastrum Testudinis* 10 g

Long Gu *Mastodi Osis fossilis* 10 g

Yuan Zhi *Radix Polygalae* 10 g

Shi Chang Pu *Rhizoma Acori tatarinowii* 10 g

d) TURBID PHLEGM IN THE HEAD

Clinical manifestations

Poor memory, dizziness, a feeling of heaviness and muzziness (fuzziness) of the head as if it were full of cotton wool, blurred vision, difficulty in thinking and concentrating especially in the morning, a feeling of oppression of the chest, nausea, poor appetite, a sticky taste.

Tongue: Swollen with a sticky coating.

Pulse: Slippery (could also be Wiry).



This condition is due to Phlegm obstructing the head so that the clear Yang cannot rise to it and turbid Qi cannot descend.

Treatment principle

Dry Dampness, resolve Phlegm, strengthen the Spleen and harmonize the Stomach.



i. Acupuncture

Ren-12 Zhongwan, ST-36 Zusanli, SP-3 Taibai, BL-20 Pishu, BL-21 Weishu, Ren-9 Shuifen, SP-9 Yinlingquan, ST-40 Fenglong, BL-22 Sanjiaoshu, L.I.-4 Hegu, ST-8 Touwei, Du-20 Baihui. Reinforcing method on Ren-12, ST-36, SP-3, BL-20 and BL-21. Reducing or even method on the others.

Explanation

- Ren-12, ST-36, SP-3, BL-20 and BL-21 tonify Stomach and Spleen to resolve Phlegm.
- Ren-9, SP-9, ST-40 and BL-22 resolve Dampness and Phlegm.
- L.I.-4 is used to affect the Stomach channels in the face and regulate the ascending of clear Yang and descending of turbid Qi.
- ST-8 is a local point specific to resolve Phlegm from the head.
- Du-20 facilitates the rising of clear Yang to the head.

ii. Herbal therapy

Prescription

BAN XIA BAI ZHU TIAN MA TANG

Pinellia-Atractylodes-Gastrodia Decoction

Explanation

This formula is specific to resolve Phlegm from the head.

Modifications

- To enhance this formula's resolving Phlegm effect add Shi Chang Pu *Rhizoma Acori tatarinowii* to open the orifices and help the descending of turbid Qi.
- If there is a pronounced feeling of nausea add Zhu Ru *Caulis Bambusae in Taeniam*.

- If there is a feeling of fullness in the epigastrium add Bai Dou Kou *Fructus Amomi rotundus* and Sha Ren *Fructus Amomi*.
- If there is Phlegm and Heat (mental restlessness, headache, bitter taste and a Rapid-Wiry pulse) add Zhu Ru *Caulis Bambusae in Taeniam*, Gua Lou *Fructus Trichosanthis* and Huang Qin *Radix Scutellariae*, and remove Bai Zhu. Alternatively, use Wen Dan Tang *Warming the Gall-Bladder Decoction* especially if the tongue has a Stomach-crack in the centre with a rough-yellow coating inside it and the tongue-body is Red. If this formula is used add Huang Qin *Radix Scutellariae*, Huang Lian *Rhizoma Coptidis* and Shi Chang Pu *Rhizoma Acori tatarinowii* to it.

Three Treasures remedy: *CLEAR YANG*

e) HEART-BLOOD STASIS

Clinical manifestations

Poor memory, insomnia, anxiety, chest pain, palpitations.

Tongue: Purple, especially in the chest area or on the sides in correspondence with the chest area (see right).

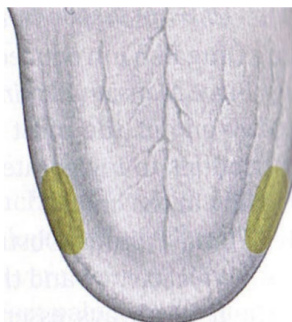
Pulse: Choppy, Wiry or Firm.

Treatment principle

Invigorate Blood, eliminate stasis, invigorate the *Luo* channels.

i. Acupuncture

BL-15 Xinshu, Ren-17 Shanzhong, Ren-14 Jueque, P-6 Neiguan, SP-10 Xuehai, BL-17 Geshu. All needled with reducing or even method depending on the severity of the Blood stasis.



Explanation

- Ren-17, BL-15 and Ren-14 invigorate Heart-Blood. Ren-17 is needled horizontally downwards.
- P-6 is the Luo point and opening point of the Yin Wei Mai. It invigorate Heart-Blood, opens the chest, moves Qi and Blood and removes obstructions. It should be needled with reducing method.
- SP-10 and BL-17 invigorate Blood.

ii. Herbal therapy

Prescription

XUE FU ZHU YU TANG *Blood Mansion Eliminating Stasis
Decoction*

Explanation

This formula invigorates Heart-Blood and eliminates stasis of Blood in Upper Burner and brain.

Prescription

TAO HONG SI WU TANG *Persica-Carthamus Four Substances
Decoction Variation*

Explanation

This prescription is used when Phlegm and Heat accompany the stasis of Blood. The symptoms would be a feeling of oppression of the chest, a feeling of heat, thirst and a Red tongue.

Prescription

CHEN XIANG JIANG QI TANG plus XUAN FU HUA TANG
Aquilaria Subduing Qi Decoction plus Inula Decoction

TAO HONG SI WU TANG *Persica-Carthamus Four Substances*
Decoction Variation

Dang Gui *Radix Angelicae sinensis* 9 g

Shu Di Huang *Radix Rehmanniae preparata* 12 g

Bai Shao *Radix Paeoniae alba* 6 g

Chuan Xiong *Radix Chuanxiong* 6 g

Hong Hua *Flos Carthami tinctorii* 6 g

Tao Ren *Semen Persicae* 6 g

Huang Lian *Rhizoma Coptidis* 3 g

Dan Nan Xing *Rhizoma Arisaematis preparatum* 6 g

Zhu Ru *Caulis Bambusae in Taeniam* 6 g

San Qi *Radix Notoginseng* 3 g

Dan Shen *Radix Salviae miltiorrhizae* 9 g

Jiang Huang *Rhizoma Curcumae longae* 3 g

CHEN XIANG JIANG QI TANG plus XUAN FU HUA TANG
Aquilaria Subduing Qi Decoction plus Inula Decoction

Chen Xiang Jiang Qi Tang

Chen Xiang *Lignum Aquilariae resinatum* 3 g

Sha Ren *Fructus Amomi* 4 g

Xiang Fu *Rhizoma Cyperi* 6 g

Zhi Gan Cao *Radix Glycyrrhizae uralensis preparata* 3 g

Sheng Jiang *Rhizoma Zingiberis recens* 3 slices

Xuan Fu Hua Tang

Xuan Fu Hua *Flos Inulae* 9 g

Xiang Fu *Rhizoma Cyperi* 6 g

Su Geng *Radix Perillae frutescentis* 6 g

Yu Jin *Radix Curcumae* 6 g

Zhi Ke *Fructus Aurantii* 6 g

Si Gua Luo *Fructus Luffae retinervus* 6 g

Explanation

These two formulae together move Qi, invigorate Blood, resolve Phlegm and restore the descending of Lung-Qi.

The three formulae from Blood stasis are compared and contrasted in the table below.

Modifications

- If there are signs of Blood-Heat add Mu Dan Pi *Cortex Moutan* and Chi Shao *Radix Paeoniae rubra*
- If there are signs of Cold add one or two of the following herbs: Chuan Xiong *Rhizoma Chuanxiong*, Wu Ling Zhi *Excrementum Troglodyti*, Mo Yao *Myrrha* or Yan Hu Suo *Rhizoma Corydalis*.

Three Treasures remedy

Red Stirring

Red Stirring invigorates Heart-Blood and eliminates stasis in the Upper Burner.

FORMULAE FOR HEART-BLOOD STASIS

FORMULA	DIFFERENTIATION
XUE FU ZHU YU TANG	Heart-Blood stasis
TAO HONG SI WU TANG Variation	Heart-Blood stasis with Phlegm-Heat
CHEN XIANG JIANG QI TANG plus XUAN FU HUA TANG	Qi stagnation, Blood stasis, Phlegm, rebellious Qi (cough, breathlessness)

WINDSTROKE 中 风



Chinese character for “longevity” (*shou*)

Giovanni Maciocia

WIND-STROKE

Attack of the Internal Organs

- Tense Type
- Flaccid Type

Attack of the channels alone

- Hemiplegia
- Aphasia (or slurred speech)
- Hypertension
- Facial paralysis

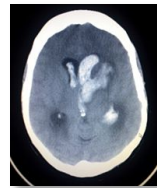
Patterns in the sequelae stage

- Wind-Phlegm
- Damp-Phlegm
- Stagnation of Qi and Blood
- Yin deficiency with Empty Heat

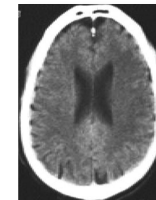
The Chinese term “Wind-stroke” (*Zhong Feng* 中 风) indicates apoplexy, i.e. a sudden diminution or loss of consciousness, sensation, and/or neurological impairment. The Chinese term clearly refers to the pathogenic factor involved as *Feng* means Wind: it is therefore apoplexy caused by (internal) Wind. The term *Zhong* clearly indicates the sudden onset of this condition as the character *zhong* conveys the idea of an arrow hitting the target.

Wind-stroke in Chinese medicine corresponds to four possible Western medical conditions:

cerebral
haemorrhage



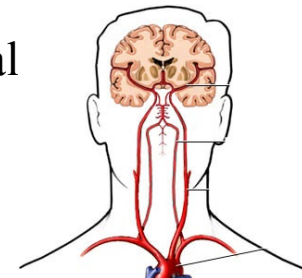
cerebral
thrombosis



cerebral
embolism



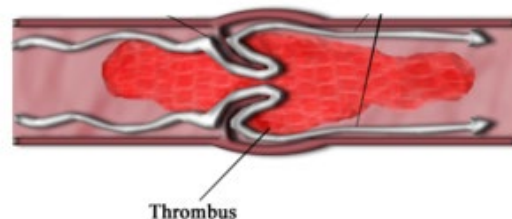
spasm of a cerebral
vessel

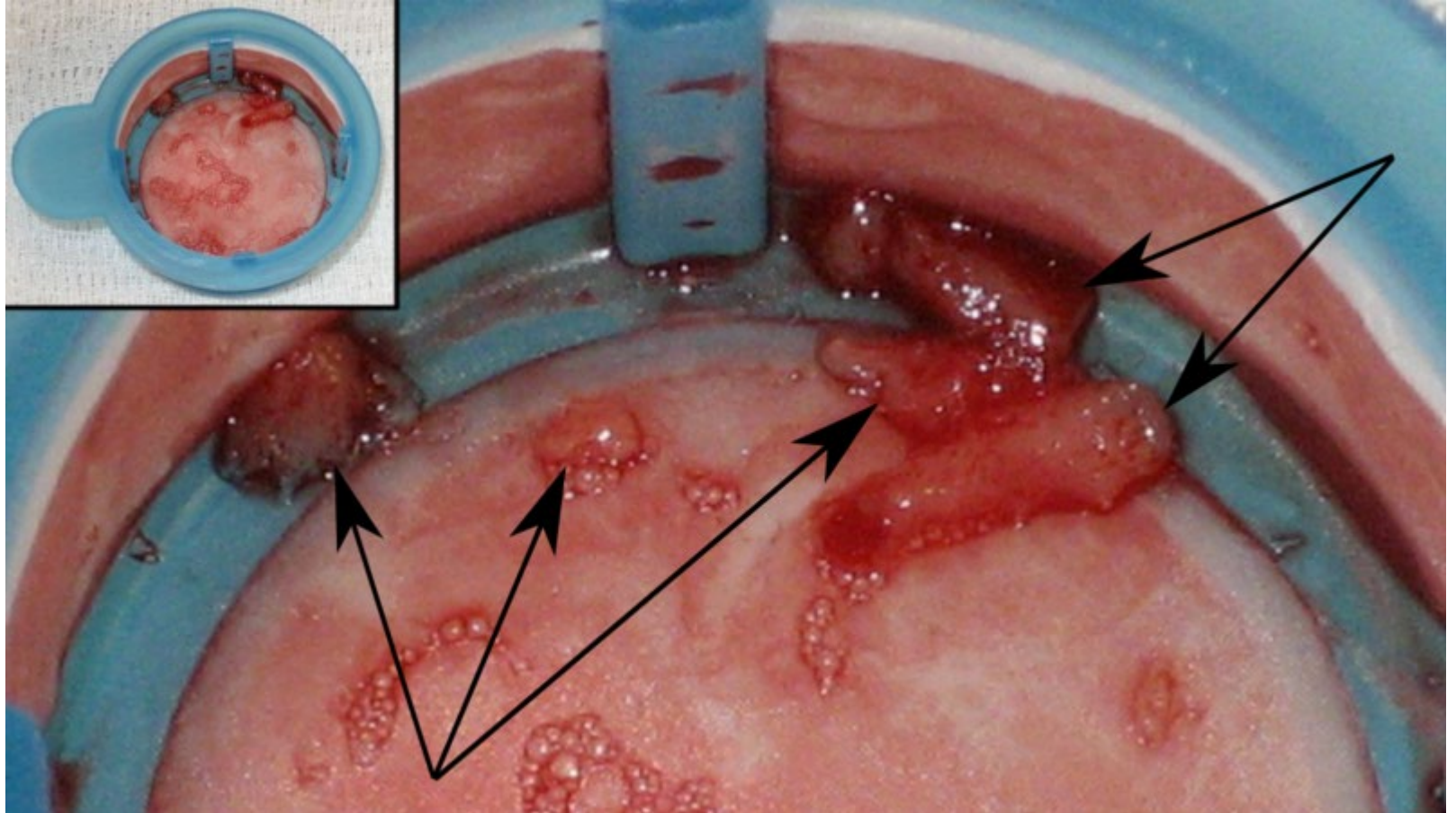


In Western medicine these four conditions come under the term “cerebro-vascular accident” (CVA), i.e. a pathological state of the blood vessels in the brain. The sudden neurological impairment caused by a CVA is called “apoplexy” in Western medicine and popularly referred to as “stroke”.

- 1) Cerebral haemorrhage consists in bleeding from an intracerebral artery into the subarachnoid space.
- 2) Cerebral thrombosis is the total or partial obstruction of a cerebral artery by a thrombus with consequent infarction and anoxia of the surrounding tissue.

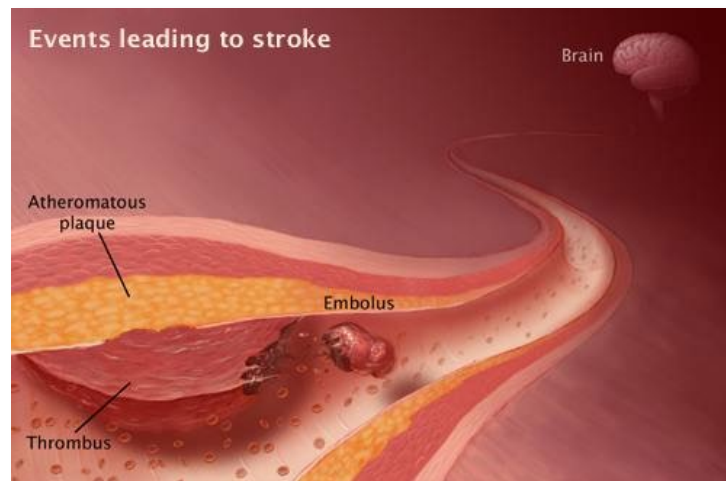
A thrombus is a blood clot that forms in the lining of an artery and remains attached to its place of origin.

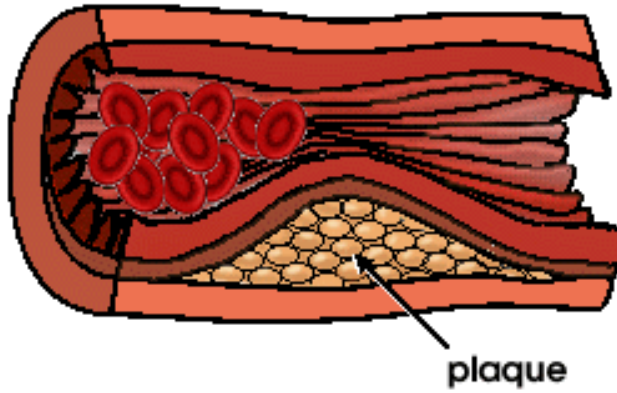




3) Cerebral embolism occurs when an embolus detaches from a thrombus and occludes a cerebral artery with consequent infarction and anoxia of the surrounding cerebral tissue. An embolus is a bubble of air or a piece of a thrombus that detaches from it, and travels along the arterial system, eventually occluding an artery.

4) Spasm of a cerebral vessel occurs when it temporarily contracts. This may also be due to a passing embolus which causes a temporary narrowing or obstruction of its lumen and therefore temporary anoxia of the surrounding cerebral tissue. This condition is the least severe of the four and is usually followed by complete recovery. Transient ischaemic attack (TIA).





Plaque build up



Haemorrhage into plaque in coronary artery



Aortas showing varying degrees of atherosclerosis

The discussion of Wind-stroke will be conducted according to the following topics:

1. Aetiology

- a) Overwork, and emotional stress
- b) Irregular diet
- c) Physical overwork and inadequate rest

2. Pathology

3. Identification of patterns

Attack of Internal Organs (severe type)

- a) Tense (or closed) type
- b) Flaccid (or open) type
- c) Sequelae of attack of Internal Organs

Attack of the channels alone (mild type)

- a) Attack of main channels
- b) Attack of Luo channels only

4. Treatment

Attack of the internal organs

- a) Tense Type
- b) Flaccid Type

Attack of the channels alone

- a) Hemiplegia
- b) Aphasia (or slurred speech)
- c) Hypertension
- d) Facial paralysis

Patterns in the sequelae stage

- a) Wind-Phlegm
- b) Damp-Phlegm
- c) Stagnation of Qi and Blood
- d) Yin deficiency with Empty Heat

5. Prognosis, frequency of treatment and prevention

6. Modern Chinese literature

1. AETIOLOGY

The aetiology of Wind-stroke is very complex as this condition, although it occurs suddenly, “brews up” over many years. There are four main aetiological factors.

a) OVERWORK, AND EMOTIONAL STRESS

Working long hours under stressful conditions without adequate rest together emotional strain, lead to deficiency of Kidney-Yin. A combination of these two factors is the most common cause of Kidney-Yin deficiency in industrialized societies.

Deficiency of Kidney-Yin often leads to deficiency of Liver-Yin and the rising of Liver-Yang. Liver-Yang, especially in the elderly, often gives rise to Liver-Wind. Liver-Wind causes apoplexy, coma, mental cloudiness and paralysis. There is also an interaction between internal and external Wind as the latter may stir up the former.

b) IRREGULAR DIET

Eating irregularly or eating excessive amounts of fats, dairy foods, greasy, fried foods and sugar weakens the Spleen and leads to Phlegm, which predisposes to obesity. Phlegm causes numbness in the limbs, mental cloudiness, slurred speech or aphasia, and a Swollen tongue with a sticky coating.



c) PHYSICAL OVERWORK AND INADEQUATE REST

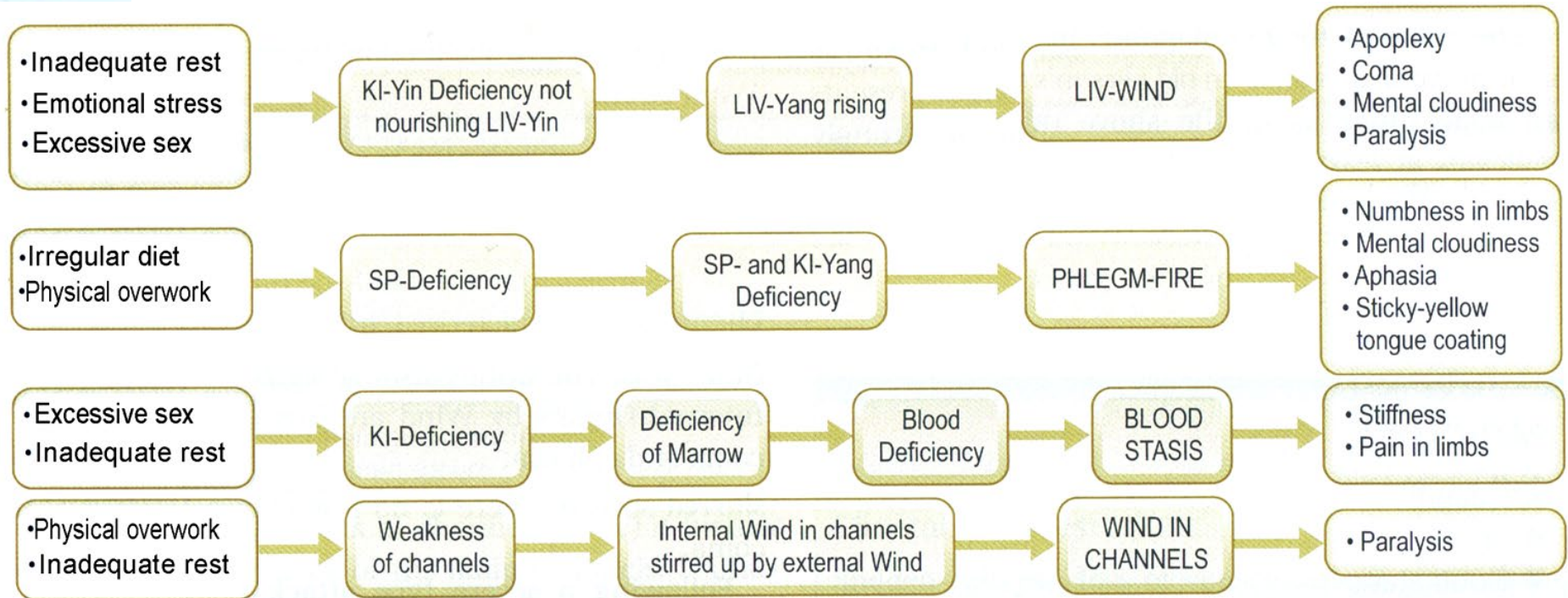
Physical overwork, such as excessive lifting or excessive exercise and sport activities, weakens the Spleen, the muscles and the channels.

The deficient Spleen fails to produce enough Blood and a situation of Blood deficiency in the channels develops. A pre-existing internal Wind exploits the deficiency of Qi and Blood in the channels to penetrate them.

Physical overwork weakens the Spleen and that may lead to Phlegm.



The four aetiological factors and their interactions are summarized in this diagram.



2. PATHOLOGY

The pathology of Wind-stroke may be summarized in only four words:

WIND

PHLEGM

FIRE

STASIS

These are the four main pathogenic factors involved in the pathogenesis of Wind-stroke. They may not all be present but there must usually be at least three of them to cause Wind-stroke. Also, they may be present in different degrees of intensity giving rise to many different types of Wind-stroke.

Wind causes the sudden loss of consciousness of an acute attack of Wind-Stroke and the subsequent hemiplegia.

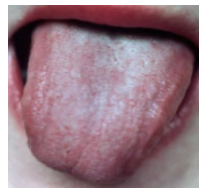
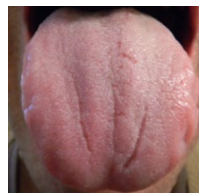
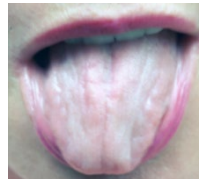
Phlegm contributes to causing the sudden loss of consciousness of acute Wind-Stroke. In the channels, Phlegm causes numbness or tingling of the limbs. When obstructing the orifices, Phlegm causes aphasia or slurred speech.

Fire injures Yin: this fails to nourish sinews and channels and leads to malnourishment of the channels, contributing to hemiplegia.

Blood stasis affects the channels and the joints: this causes the rigidity and pain of the limbs seen in the sequelae stage of Wind-Stroke.

Of course, these are the pathogenic factors appearing in Wind-stroke. Besides these, there will also be some deficiency of Qi, Blood, or Yin, especially Kidney- and/or Liver-Yin. The tongue appearance is an important indicator especially in the prevention of Wind-stroke. The four pathological factors and the way they are reflected on the tongue are summarized in the table below.

PATHOGENIC FACTOR	TONGUE APPEARANCE
WIND	Stiff, Moving, Deviated
PHLEGM	Swollen body, sticky coating
FIRE	Red tongue body
STASIS	Reddish-Purple tongue body



The value of tongue diagnosis in Wind-stroke lies in its preventive role. If an old person's tongue presents an appearance as in the above table, it strongly indicates at least the possibility of Wind-stroke.

For example, the tongue may be Reddish-Purple, Stiff and Swollen, indicating Fire, Stasis, Wind and Phlegm, the four pathogenic factors of Wind-stroke.



PREVENTATIVE VALUE OF TONGUE DIAGNOSIS IN THE ELDERLY

1) DEVIATED,
MOVING, STIFF

Internal Wind

2) RED, WITHOUT
COATING

Severe Yin Xu –
Empty Heat

3) SWOLLEN BODY,
STICKY COATING

Phlegm

4) PURPLE, STIFF

Blood Stasis

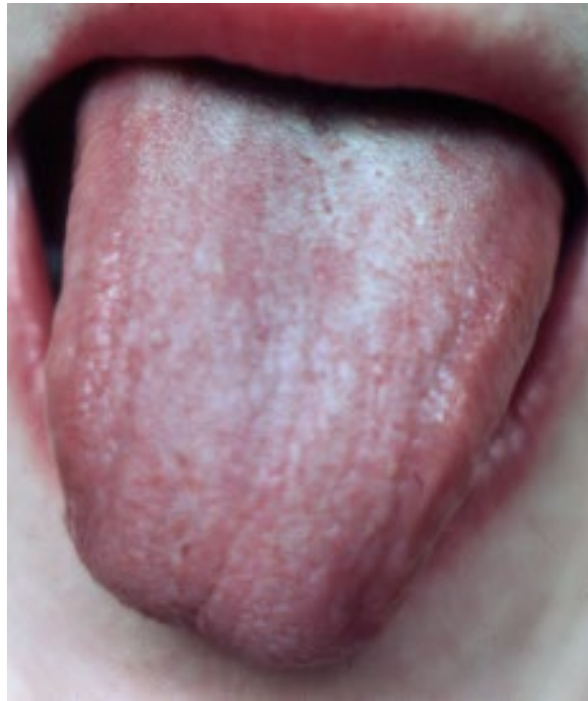
Wind -Stroke

RED, PARTIALLY NO COATING: Yin Xu, Empty Heat (or Heat leading to Yin Xu)

SWOLLEN: Phlegm (not so much)

DEVIATED, STIFF: internal Wind

PURPLE: Blood stasis



3. IDENTIFICATION OF PATTERNS

The most important differentiation in Wind-stroke is between that which attacks the internal organs and channels and that which attacks only the channels. According to this distinction there are two types of Wind-stroke:

- Severe type which attacks the Internal Organs and the channels;
- Mild type which attacks only the channels.

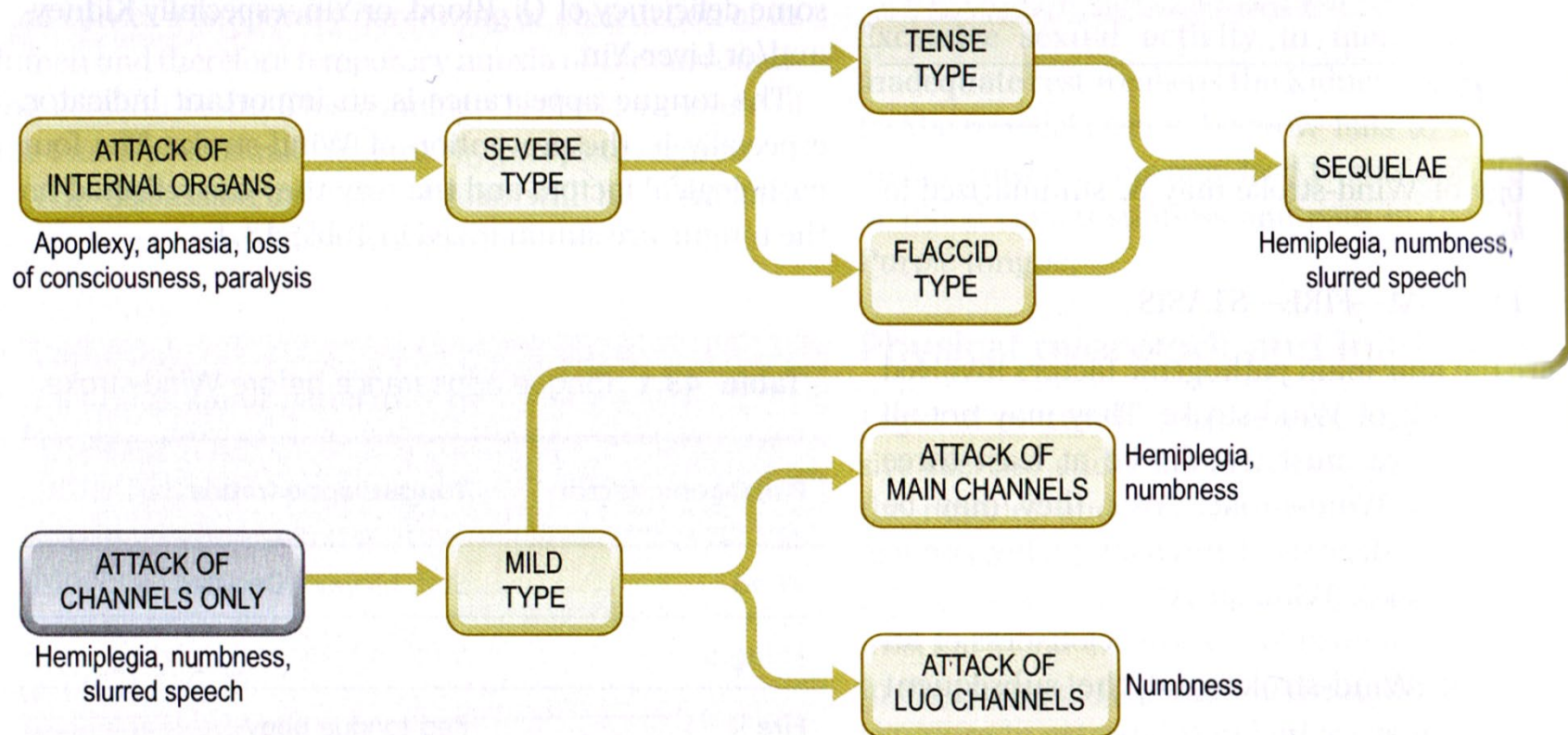
Wind-stroke from attack of the Internal Organs and channels is characterized by apoplexy, loss of consciousness, possibly coma, aphasia, paralysis and numbness. The distinguishing signs of attack of the Internal Organs by Wind are loss of consciousness, coma and aphasia.

Wind-stroke from attack of the channels alone is characterized by unilateral paralysis, numbness and slurred speech. There is no loss of consciousness or coma.

Following a severe-type attack of Wind to the Internal Organs, a person who survives will enter the sequelae stage when the clinical manifestations are the same as in a mild type (attack of channels only), i.e. unilateral paralysis (hemiplegia), numbness and slurred speech.



Thus, these manifestations may either arise independently from an attack of the channels alone, or they may be the sequelae of an attack of the Internal Organs (below).



The severe type (attack of internal organs and channels) is further divided into the Tense (or Closed) type and the Flaccid (or Open) type according to the clinical manifestations, as will be explained shortly. The mild type (attack of channels alone) is further divided into an attack of the main channels, characterized by hemiplegia and numbness, and an attack of the Luo channels alone characterized only by numbness. This is summarized in the table below.

DIFFERENTIATION OF WIND-STROKE

TYPE	INTERNAL ORGANS AND CHANNELS		CHANNELS	
MANIFESTATIONS	Apoplexy, coma, aphasia, hemiplegia		Hemiplegia, numbness	
TYPE	TENSE	FLACCID	MAIN	LUO
MANIFESTATIONS	Collapse of Yin	Collapse of Yang	Hemiplegia, numbness	Numbness
SEQUELAE	Hemiplegia, numbness, slurred speech			



ATTACK OF INTERNAL ORGANS (SEVERE TYPE)

As we have seen, attack of the Internal Organs and channels by Wind is characterized by apoplexy, loss of consciousness, possibly coma, aphasia, hemiplegia and numbness. The loss of consciousness indicates attack of the internal organs. There are two types of patterns: one called Tense (or Closed) corresponding to collapse of Yin, and the other called Flaccid (or Open) corresponding to collapse of Yang.

a) TENSE (OR CLOSED) TYPE

This corresponds to collapse of Yin.

Clinical manifestations: Sudden collapse, loss of consciousness, coma, clenched teeth, closed fists, lock-jaw, red face and ears, profuse sputum, rattling sound in the throat, coarse breathing, constipation, retention of urine.

Tongue: Red body, Stiff, Deviated, sticky-yellow coating.

Pulse: Wiry-Full-Rapid-Slippery.



b) FLACCID (OR OPEN) TYPE

This corresponds to collapse of Yang.

Clinical manifestations

Sudden collapse, loss of consciousness, coma, hands and mouth open, eyes closed, pale face, oily sweat beads on the forehead, incontinence of stools and urine, cold limbs (see lower right).

Tongue: Pale, Swollen.

Pulse: Minute-Hidden-Scattered.



The manifestations determining the two types are shown in the Table below.

MANIFESTATIONS	TENSE TYPE	FLACCID TYPE
EYES	Open	Closed
MOUTH	Closed	Open
HANDS	Clenched	Relaxed
SWEATING	None	Oily sweat on forehead
URINE	Retention	Incontinence
STOOLS	Constipation	Incontinence
TONGUE	Red, Stiff, Deviated, sticky-yellow coating	Pale, Swollen
PULSE	Wiry-Full-Rapid-Slippy	Minute-Hidden-Scattered
TREATMENT	Rescue Yin	Rescue Yang

c) SEQUELAE OF ATTACK OF THE INTERNAL ORGANS

Wind-stroke from attack of the Internal Organs (whether of the Tense or Flaccid type) always leaves sequelae if the patient survives. These consist primarily of:

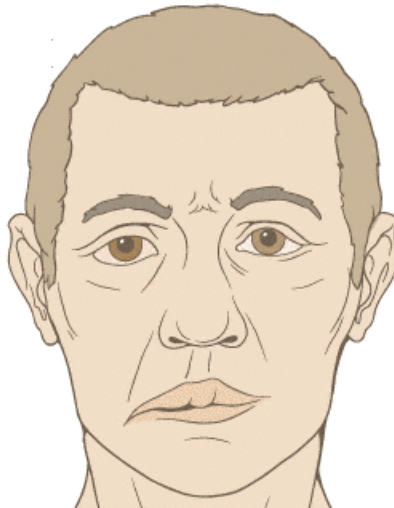
1. hemiplegia (unilateral paralysis of upper and/or lower limbs)
2. facial paralysis (deviation of eye and mouth)
3. slurred speech
4. numbness of limbs

In prolonged cases there will also be contraction and stiffness of the limbs due to malnourishment of the channels.

ATTACK OF THE CHANNELS ALONE (MILD TYPE)

As we have seen, when only the channels are attacked there is no loss of consciousness or coma, but only unilateral paralysis of the limbs and deviation of eye and mouth. The clinical manifestations of attack of the channels alone are basically the same as those of the sequelae stage of attack of the Internal Organs.

The clinical manifestations vary according to whether the main or Luo channels are attacked.



a) ATTACK OF MAIN CHANNELS

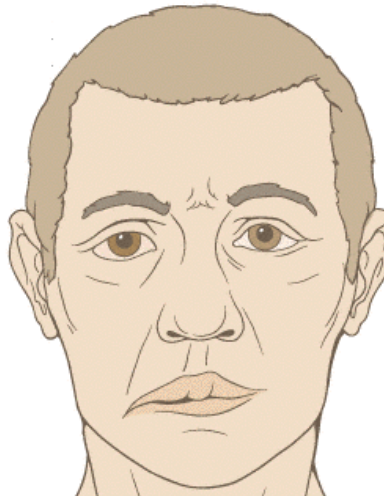
Clinical manifestations

Facial paralysis, hemiplegia, numbness of limbs, limitation of movement, slurred speech (this is not always present).

b) ATTACK OF LUO CHANNELS ONLY

Clinical manifestations

Unilateral numbness of face and limbs, slurred speech (this is not always present).

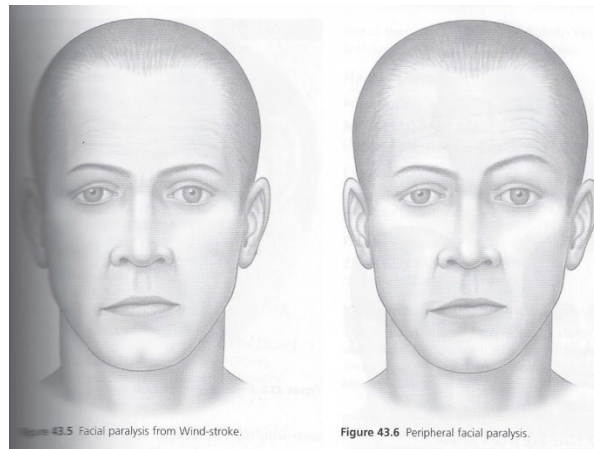


CENTRAL VS PERIPHERAL FACIAL PARALYSIS

“Central” facial paralysis is the one caused by a stroke, i.e. a cerebro-vascular accident in the brain. “Peripheral” facial paralysis is the one that results from affliction only of the facial nerves, not deriving from the brain.

There is a difference in the clinical manifestations of the two types. In central facial paralysis, there is no affliction of nerves above the eyebrow; in peripheral facial paralysis, there is.

Therefore, one must always ask the patient to furrow the forehead: if they can, and the furrows are equal all across the forehead, it is central paralysis; if the furrows are unequal, i.e. they show on one side but not the other, then it is peripheral facial paralysis.





Unequal furrowing of forehead: peripheral facial paralysis

4. TREATMENT

The discussion of treatment will be structured as follows:

ATTACK OF THE INTERNAL ORGANS

- a) Tense Type
- b) Flaccid Type

ATTACK OF THE CHANNELS ALONE

- a) Hemiplegia
- b) Aphasia (or slurred speech)
- c) Hypertension
- d) Facial paralysis
- e) Incontinence of stools and urine
- f) Dizziness
- g) Stiffness and contraction of the muscles

PATTERNS IN THE SEQUELAE STAGE

- a) Wind-Phlegm
- b) Damp-Phlegm
- c) Stagnation of Qi and Blood
- d) Yin deficiency with Empty Heat

ATTACK OF THE INTERNAL ORGANS

At this acute stage it is imperative that Chinese medicine be combined with Western medical treatment in hospital.

The general principles of treatment are:

- 1) Relieve spasm
- 2) Induce resuscitation
- 3) Lower blood pressure

These are only the general aims of treatment; the more specific aims depend on the differentiation between the Tense and Flaccid types.

The acupuncture points which may be used for the above objectives are:

- 1) Relieve spasm: P-6 Neiguan, SP-6 Sanyinjiao, reducing method.
- 2) Induce resuscitation: Du-26 Renzhong, L.I.-4 Hegu, reducing method.
- 3) Lower blood pressure: L.I.-11 Quchi, ST-36 Zusanli, LIV-3 Taichong, KI-3 Taixi, reducing method except for KI-3 which should be reinforced.

Treatment should be given every 6 hours without retention of needles.

a) TENSE TYPE

Treatment principle

Induce resuscitation, relax spasm, clear Heat, extinguish Wind, resolve Phlegm, open the orifices.

i. Acupuncture

Du-26 Renzhong, Du-20 Baihui, Du-16 Fengfu, G.B.-20 Fengchi, the 6 Well points of the hand bilaterally, KI-1 Yongquan, P-7 Daling or P-8 Laogong, ST-40 Fenglong. All with reducing method.

Explanation

- Du-26, needled oblique upwards, promotes resuscitation.
- Du-20 (needled horizontally forwards), Du-16 and G.B.-20 extinguish internal Wind.
- 6 Jing-Well points of the hand, with bleeding method, extinguish Wind and clear Heat.

- KI-1 extinguishes Wind, lowers blood pressure and relaxes spasm.
- P-7 or P-8 open the orifices and clear Heat.
- ST-40 resolves Phlegm.
- KI-1 extinguishes Wind, lowers blood pressure and relaxes spasm.
- P-7 or P-8 open the orifices and clear Heat.
- ST-40 resolves Phlegm.

Modifications

Other points according to symptoms and signs:

- Lock-jaw: ST-6 Jiache, ST-7 Xiaguan and L.I.-4 Hegu.
- Profuse sputum: Ren-22 Tiantu, ST-40 Fenglong with reducing method.
- Aphasia: Ren-23 Lianquan, HE-5 Tongli.

ii. Herbal therapy

Prescription

LING JIAO GOU TENG TANG Variation

Cornu Saigae-Uncaria Decoction Variation

Explanation

This formula extinguishes internal Wind, clears Heat, nourishes Yin, subdues Yang, cools Blood and resolves Phlegm.

Modifications

If Phlegm is predominant add Ban Xia *Rhizoma Pinelliae preparatum*, Gua Lou *Semen Trichosanthis* and Dan Nan Xing *Rhizoma Arisaematis preparatum*.

If there is coma from Phlegm add Yu Jin *Tuber Curcumae* and Shi Chang Pu *Rhizoma Acori tatarinowii*.

LING JIAO GOU TENG TANG Variation (Attack of Internal Organs,
Tense type)

Cornu Saigae-Uncaria Decoction Variation

Ling Yang Jiao *Cornu Saigae tataricae* 4.5 g

Gou Teng *Ramulus cum Uncis Uncariae* 9 g

Ju Hua *Flos Chrysanthemi* 9 g

Xia Ku Cao *Spica Prunellae* 6 g

Chan Tui *Periostracum Cicadae* 6 g

Bai Shao *Radix Paeoniae alba* 9 g

Gui Ban *Plastrum Testudinis* 15 g

Shi Jue Ming *Concha Haliotidis* 15 g

Sheng Di Huang *Radix Rehmanniae* 15 g

Mu Dan Pi *Cortex Moutan* 6 g

Chuan Bei Mu *Bulbus Fritillariae cirrhosae* 12 g

Zhu Ru *Caulis Bambusae in Taeniam* 15 g

Gan Cao *Radix Glycyrrhizae uralensis* 2.5 g

b) FLACCID TYPE

Treatment principle

Recapture Yang, induce resuscitation.

i. Acupuncture

Ren-6 Qihai, Ren-4 Guanyuan, Ren-8 Shenque, ST-36 Zusanli, SP-6 Sanyinjiao, P-6 Neiguan, Du-4 Mingmen, BL-23 Shenshu. Reinforcing method and strong moxibustion.

Explanation

- Ren-6, Ren-4 and Ren-8, with moxa, recapture Yang. Ren-6 and Ren-4 are best used with moxa cones on a slice of aconite (which is itself a herb to recapture Yang). Moxa cones are applied to Ren-8 after filling the umbilicus with salt.
- ST-36, SP-6 and P-6 strengthen Heart-Yang to relieve collapse of Yang.
- Du-4 and BL-23, with moxa, strengthen the Fire of Ming Men also to relieve collapse of Yang.

In some cases the distinction between Tense and Flaccid type may not be clear or the pattern may change from Tense to Flaccid or vice versa.

In such cases, Du-26 Renzhong, ST-36 Zusanli, SP-6 Sanyinjiao, Yintang and P-6 should be needled with even method to induce resuscitation and extinguish Wind.

ii. Herbal therapy

Prescription

SHEN FU TANG and SHENG MAI SAN

Ginseng-Aconitum Decoction and Generating the Pulse Powder

Explanation

These two formulae together tonify Qi and Yin and recapture Yang.

Modifications

If there is profuse sweating add *Huang Qi Radix Astragali*, *Long Gu Mastodi Ossis fossilis*, *Mu Li Concha Ostreae* and *Shan Zhu Yu Fructus Corni*.

ATTACK OF THE CHANNELS ALONE

The treatment for attack of the channels only is exactly the same as for the sequelae stage of attack of the internal organs. During the acute stage of Wind-stroke from attack of the internal organs, Chinese medicine plays only a secondary role to Western medicine; during the sequelae stage, or in attack of the channels alone, Chinese medicine plays a primary role.

Acupuncture in particular gives excellent results in the treatment of hemiplegia and facial paralysis. The time factor, however, is very important: best results are obtained if treatment is given within one month of the attack. More than six months after its occurrence treatment becomes increasingly difficult.

Normally paralysis of the leg responds to treatment better than that of the arm, and large joints respond better than small joints.

The general principles of treatment are:

- 1) Remove obstructions from the channels
- 2) Extinguish Wind and resolve Phlegm
- 3) Invigorate the Luo channels
- 4) Move Qi and invigorate Blood in the channels

This next section deals with the treatment of the following specific symptoms appearing after an attack of the channels:

1. Hemiplegia
2. Aphasia (or slurred speech)
3. Facial paralysis (deviation of eye and mouth)

This is followed by a discussion of the treatment of some underlying conditions frequently seen during the sequelae stage of Wind-stroke.

a) HEMIPLEGIA

Hemiplegia is caused by obstruction of the channels by Wind and Phlegm. Pronounced stiffness of the joints and contraction of the muscles indicates stasis of Blood. The pathogenic factors obstruct the channels against a background of Qi, Blood or Yin deficiency.

Zhu Dan Xi (1281-1358), in his book “The Essential Methods of Dan Xi”, makes an interesting distinction according to whether the left or right side is affected:



朱丹溪

“Wind-stroke is mostly due to Blood deficiency and Phlegm. One must first resolve Phlegm and then nourish and invigorate Blood...Hemiplegia is due to Phlegm [in general]: if the left side is affected, it is due to Blood deficiency and stasis; if the right side is affected, it is due to Phlegm, Fire and Qi deficiency.”

In treating unilateral paralysis of the limbs, generally more points from Yang channels are selected because Yang corresponds to movement and agility.

In general, the points of the affected (paralyzed side) are chosen and they are needled with reducing method if within one month of the stroke, or with even method if more than one month has elapsed.

The points are reduced because it is Wind and Phlegm in the channels that cause the paralysis. Relatively thick needles must be used, i.e. at least 0.34 mm (32 gauge) in diameter. It is essential to obtain a good needling sensation and it is even better if this propagates down the channel.

Under a different method, the duration of the condition determines the side of needling, distinguishing between a condition of under three months or over three months' duration.

If the Wind-stroke occurred within the last three months, the points of the paralyzed side are needled with reducing method and the corresponding points of the healthy side are needled with reinforcing method.

This is because in the first few weeks after the stroke, the channels of the affected side are in a Full condition, i.e. they are obstructed by Wind and Phlegm. The channels of the healthy side are in a relatively Empty condition.

If the Wind-stroke occurred more than three months previously, the points of the affected side are needled with reinforcing method and moxa, and the corresponding points of the healthy side with reducing method.

This is because, after three months, the pathogenic factors (Wind and Phlegm) in the channels of the paralyzed side have moved deeper and also moved on to the healthy side. Also, obstruction of the channels of the affected side by pathogenic factors leads to malnourishment of the channels.

Thus, the channels of the affected side are empty in relation to those of the healthy side. In any case, the points chosen consist of two groups: one of general points to extinguish Wind, and one of points to remove obstruction from the channels.



WITHIN 3 MONTHS: reduce paralyzed side and reinforce healthy side

Reinforce



Reduce

AFTER 3 MONTHS: reinforce paralyzed side and reduce healthy side

Reduce



Reinforce

i. Acupuncture

Points

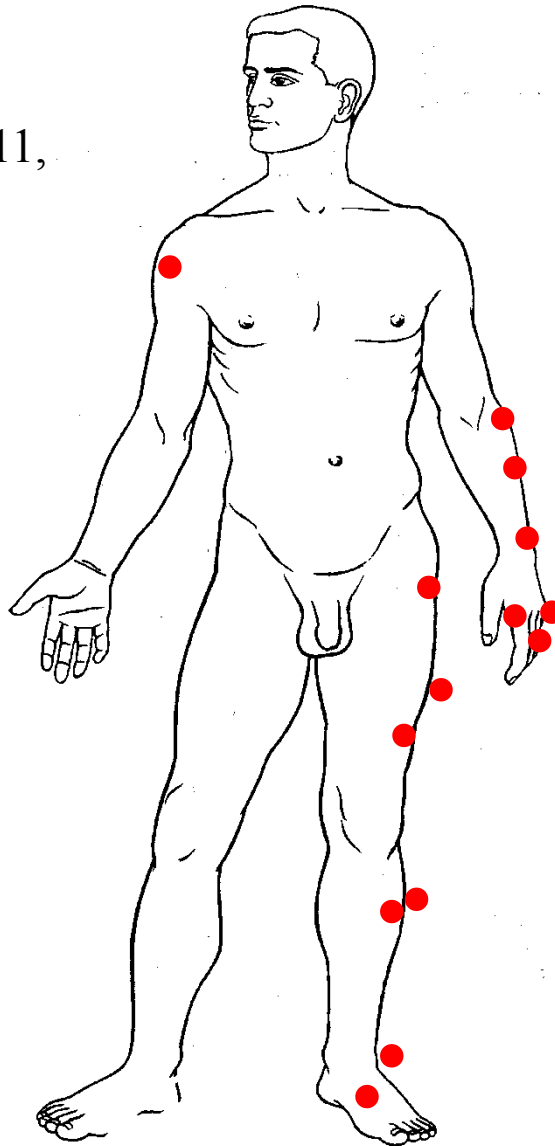
The points to extinguish Wind in general are:

- Du-26 Renzhong, Du-20 Baihui and BL-7 Tongtian.

The points to remove obstructions from the channels are:

- Paralysis of the arm: L.I.-15 Jianyu, T.B.-14 Jianliao, L.I.-11 Quchi, L.I.-10 Shousanli, T.B.-5 Waiguan, L.I.-4 Hegu, T.B.-3 Zhongzhu, S.I.-3 Houxi.
- Paralysis of the leg: BL-23 Shenshu, G.B.-30 Huantiao (a very important point for this condition), G.B.-29 Juliao, ST-31 Biguan, G.B.-31 Fengshi, ST-32 Futu, BL-40 Weizhong, G.B.-34 Yanglingquan, ST-36 Zusanli, BL-57 Chengshan, G.B.-39 Xuanzhong, ST-41 Jiexi, BL-60 Kunlun, G.B.-40 Qiuxu.

L.I.-15, T.B.-14, L.I.-11,
L.I.-10, T.B.-5, L.I.-4,
T.B.-3, S.I.-3



BL-23, G.B.-30, G.B.-29,
ST-31 G.B.-31, ST-32, BL-
40, G.B.-34, ST-36, BL-57,
G.B.-39, ST-41, BL-60,
G.B.-40.

Only three or four points should be used each time for each limb. The points are also selected according to the joint involved. They should be needled rather deep and intramuscular penetration of two points with one needle is often used.

For example:

- L.I.-15 Jianyu to L.I.-14 Binao
- ST-36 Zusanli to ST-37 Shangjuxu
- T.B.-5 Waiguan to P-6 Neiguan
- L.I.-11 Quchi to HE-3 Shaohai
- G.B.-34 Yanglingquan to SP-9 Yinlingquan
- G.B.-39 Xuanzhong to SP-6 Sanyinjiao

Although more Yang points are used, points from the Yin channels should not be overlooked. Yin points are particularly indicated in conditions of more than six months' duration where there is pronounced stiffness and contraction of the limbs.

Treatment principle

Tonify Qi, invigorate Blood, remove obstructions from the channels and invigorate the Luo channels.

ii. Herbal therapy

Prescription

BU YANG HAI WU TANG

Tonify Yang and Restore the 5/10th Decoction

Explanation

This formula tonifies Qi and invigorates Blood. It also extinguishes Wind and removes obstructions from the channels. This formula is for stasis of Blood and Wind in the channels against a background of Qi deficiency.

Prescription

DA QIN JIAO TANG Variation

Great Gentiana macrophylla Decoction Variation

Explanation

This formula expels Wind from the channels, harmonizes Blood (according to the principle “harmonize Blood in order to extinguish Wind”), resolves Dampness, clears Heat and invigorates the Luo channels.

This formula is used for Wind in the channels against a background of Blood deficiency.

DA QIN JIAO TANG Variation (Attack of channels alone,
Hemiplegia)

Great Gentiana macrophylla Decoction Variation

Qin Jiao Radix Gentianae macrophyllae 9 g

Qiang Huo Rhizoma seu Radix Notopterygii 6 g

Fang Feng Radix Saposhnikoviae 6 g

Bai Zhi Radix Angelicae dahuricae 4 g

Xi Xin Herba Asari 1.5 g

Dang Gui Radix Angelicae sinensis 6 g

Sheng Di Huang Radix Rehmanniae 9 g

Chuan Xiong Rhizoma Chuanxiong 4 g

Chi Shao Yao Radix Paeoniae rubra 6 g

Bai Zhu Rhizoma Atractylodis macrocephalae 6 g

Fu Ling Poria 6 g

Shi Gao Gypsum fibrosum 15 g

Huang Qin Radix Scutellariae 4 g

Bai Fu Zi Rhizoma Typhonii preparatum 3 g

Quan Xie Buthus Martensi 1.5 g

Gan Cao Radix Glycyrrhizae uralensis 3 g

Prescription

ZHEN GAN XI FENG TANG

Pacifying the Liver and Subduing Wind Decoction

Explanation

This formula subdues Liver-Yang, extinguishes Liver-Wind, resolves Phlegm-Heat and expels Wind and Phlegm from the channels. It is used for hemiplegia with Wind and Phlegm in the channels against a background of Yin deficiency.

Prescription

XIAO XU TANG

Small Addition Decoction

Explanation

This formula scatters Cold, invigorates the channels, expels Wind, resolves Dampness and invigorates Blood. It is used if there are pronounced Cold symptoms and signs.

ZHEN GAN XI FENG TANG

Pacifying the Liver and Subduing Wind Decoction

Huai Niu Xi *Radix Achyranthis bidentatae* 15 g

Dai Zhe Shi *Haematitum* 15 g

Long Gu *Mastodi Ossis fossilis* 12 g

Mu Li *Concha Ostreae* 12 g

Gui Ban *Plastrum Testudinis* 12 g

Xuan Shen *Radix Scrophulariae* 12 g

Tian Men Dong *Radix Asparagi* 12 g

Bai Shao *Radix Paeoniae alba* 12 g

Yin Chen Hao *Herba Artemisiae scopariae* 6 g

Chuan Lian Zi *Fructus Toosendan* 6 g

Mai Ya *Fructus Hordei germinatus* 6 g

Gan Cao *Radix Glycyrrhizae uralensis* 6 g

XIAO XU TANG

Small Addition Decoction

Ma Huang *Herba Ephedrae* 9 g

Fang Ji *Radix Stephaniae tetrandrae* 6 g

Ren Shen *Radix Ginseng* 6 g

Huang Qin *Radix Scutellariae* 6 g

Gui Zhi *Ramulus Cinnamomi cassiae* 6 g

Gan Cao *Radix Glycyrrhizae uralensis* 3 g

Chi Shao *Radix Paeoniae rubra* 6 g

Chuan Xiong *Rhizoma Chuanxiong* 6 g

Xing Ren *Semen Armeniacae* 6 g

Fu Zi *Radix Aconiti lateralis preparata* 6 g

Fang Feng *Radix Saposhnikoviae* 6 g

Sheng Jiang *Rhizoma Zingiberis recens* 3 g

Modifications

- If symptoms of Wind in the channels are pronounced add Quan Xie *Buthus Martensi* and Wu Shao She *Zaocys Dhumnades*.
- If the leg is affected add Sang Ji Sheng *Ramulus Loranthe*.
- If the arm is affected add Gui Zhi *Ramulus Cinnamomi cassiae* and Sang Zhi *Ramulus Mori*.
- If the limb is swollen add Fu Ling *Poria*, Ze Xie *Rhizoma Alismatis*, Yi Yi Ren *Semen Coicis* and Fang Ji *Radix Stephaniae tetrandae*.
- If there is slurred speech add Yu Jin *Tuber Curcumae*, Shi Chang Pu *Rhizoma Acori tatarinowii* and Yuan Zhi *Radix Polygalae*.

- If there is facial paralysis add Bai Fu Zi *Rhizoma Typhonii preparatum*, Quan Xie *Buthus Martensi* and Jiang Can *Bombyx batryticatus*.
- If numbness is pronounced add Chen Pi *Pericarpium Citri reticulatae*, Ban Xia *Rhizoma Pinelliae preparatum*, Fu Ling *Poria* and Dan Nan Xing *Rhizoma Arisaematis preparatum*.
- If there is constipation add Huo Ma Ren *Semen Cannabis*, Yu Li Ren *Semen Pruni* and Rou Cong Rong *Herba Cistanchis*.

b) APHASIA (OR SLURRED SPEECH)

i. Acupuncture

- Ren-23 Lianquan to ease the throat and promote speech.
- HE-5 Tongli to resolve Phlegm and open the orifices. The Heart controls the tongue and speech.
- KI-6 Zhaohai to benefit the throat.

These points are needled with reducing method if the Wind-stroke occurred within one month and even method if more than a month has elapsed.

ii. Herbal therapy

Prescription

JIE YU DAN

Relaxing Speech Pill

Explanation

This formula pacifies the Liver, extinguishes Wind, resolves Phlegm and opens the orifices.

JIE YU DAN

Relaxing Speech Pill

Tian Ma *Rhizoma Gastrodiae* 6 g

Quan Xie *Scorpio* 1.5 g

Dan Nan Xing *Rhizoma Arisaematis preparatum* 6 g

Bai Fu Zi *Rhizoma Thyphonii* 3 g

Yuan Zhi *Radix Polygalae* 6 g

Shi Chang Pu *Rhizoma Acori tatarinowii* 6 g

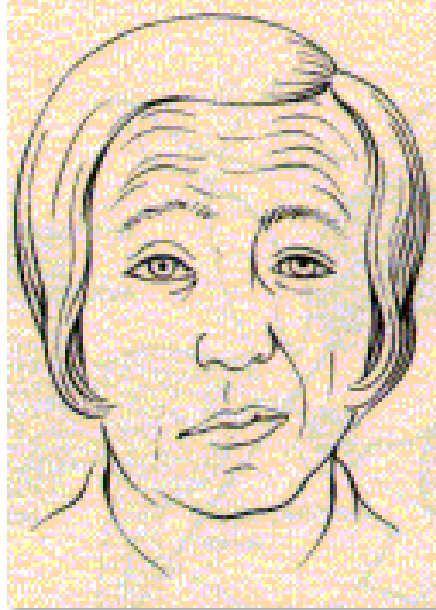
Mu Xiang *Radix Aucklandiae* 4 g

Qiang Huo *Radix seu Rhizoma Notopterygii* 3 g

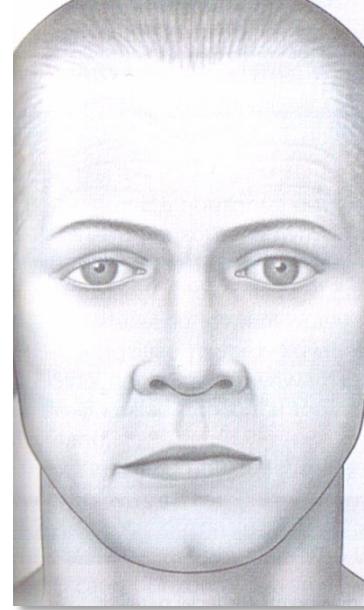
c) FACIAL PARALYSIS

The facial paralysis following a stroke is called central facial paralysis in Western medicine as it arises from the central nervous system. Peripheral facial paralysis occurring without a stroke is due to injury of the peripheral nerves alone.

In facial paralysis following Wind-stroke the nerves above the eyes are not affected, i.e. the movement of the eyebrows and furrowing of the forehead are normal.



Peripheral



Central (forehead
not affected)

In peripheral facial paralysis the patient will be able to move only one eyebrow when trying to frown and furrowing of the forehead will not occur on the paralysed side. In other words, the two most prominent signs in facial paralysis following a stroke are deviation of an eye and the mouth (lower right).

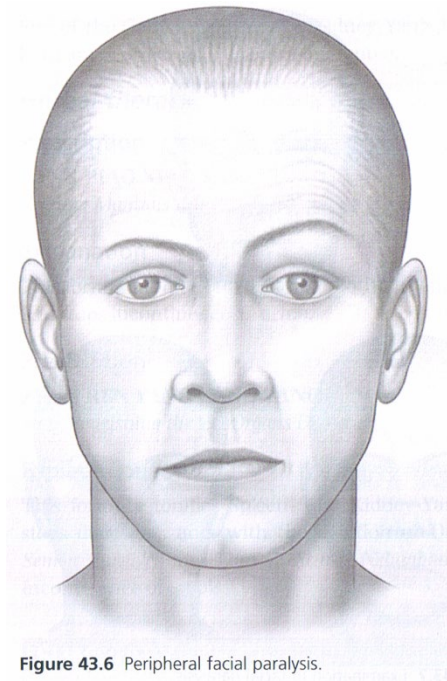
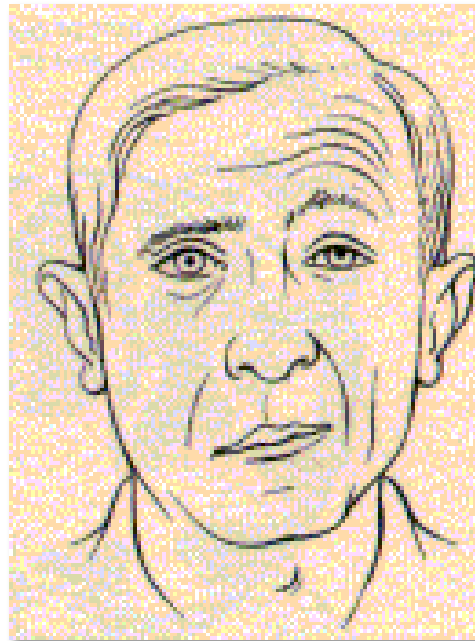


Figure 43.6 Peripheral facial paralysis.



On examination, one should ask the patient to close the eyes, bulge the cheeks, grin and whistle in order for the site and extent of paralysis to be ascertained. The eye on the paralysed side will not close completely, the mouth will deviate towards the unaffected side, and the lips on the paralysed side will not move on attempting to grin. This will also provide a guideline for the selection of local points.

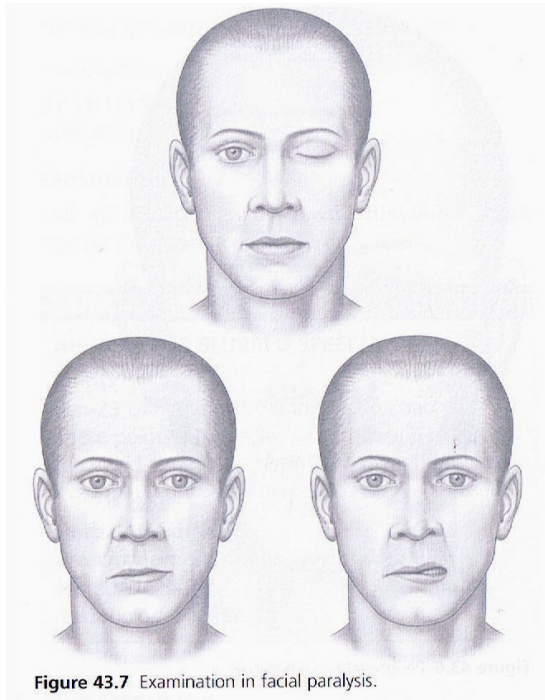
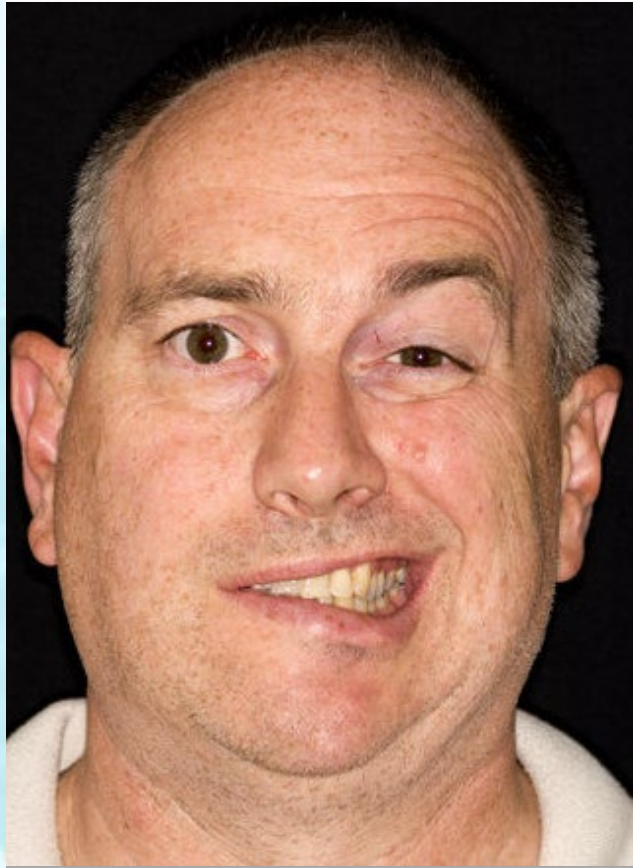


Figure 43.7 Examination in facial paralysis.





Inability to
wrinkle brow

Drooping
eyelid; inability
to close eye

Inability to
puff cheeks;
no muscle tone

Drooping mouth;
inability to
smile or pucker



Although the aetiology of central and peripheral facial paralysis is different, treatment with Chinese medicine is similar for both. Thus, the treatment recommended here for facial paralysis following a stroke applies also to peripheral facial paralysis (Bell's palsy).

From a Chinese perspective, facial paralysis following a stroke is due to internal Wind, whilst Bell's palsy is due to external Wind.

The treatment of facial paralysis is based on distal and local points. The distal points are needled with reducing method if the paralysis is of less than one month's duration and even method if it has persisted longer.

For very prolonged cases moxa with small cones may be used and also cupping on the cheek with small cups.

Only one distal point and three to five local ones on the paralysed side are normally selected.



i. Acupuncture

Distal points

The two most common distal points are L.I.-4 Hegu or T.B.-5 Waiguan depending on the channel principally involved.

The combination of L.I.-4 Hegu and LIV-3 Taichong called the “Four Gates” expels Wind from the face.

Local points

The most commonly used local points are:

- G.B.-14 Yangbai horizontal downwards.
- BL-2 Zanzhu horizontal downwards or towards Yuyao.
- Yuyao horizontal towards BL-2 Zanzhu.
- T.B.-23 Sizhukong towards Yuyao.
- G.B.-1 Tongziliao towards Yuyao.
- ST-2 Sibai horizontal downwards.
- S.I.-18 Quanliao horizontal towards L.I.-20 Yingxiang.

- L.I.-20 Yingxiang horizontal towards S.I.-18 Quanliao.
- ST-7 Xiaguan horizontal towards ST-4 Dicang.
- ST-6 Jiache oblique towards ST-4 Dicang.
- ST-4 Dicang horizontal towards ST-6 Jiache.
- L.I.-19 Heliao horizontal towards L.I.-20 Yingxiang.
- Ren-24 Chengjiang horizontal towards ST-4 Dicang.
- Du-26 Renzhong horizontal towards L.I.-19 Heliao.

Adjacent points

T.B.-17 Yifeng oblique towards the opposite eye, deep puncture (at least 1 cun). Some doctors say that if this point is needled deep enough with a good needling sensation, other local points are unnecessary. They say this point should be used if there is tenderness on the mastoid process.

G.B.-20 Fengchi oblique towards the eye on the same side.

An empirical method for the treatment of facial paralysis consists of pricking certain points inside the cheek. These are nine extra points between the rows of teeth arranged in three rows of three points each with 0.2 cun between each row and 0.2 cun between points in each row (see right).

These points are pricked to cause slight bleeding and then cupping is applied to the cheek (outside). The points are pricked from top to bottom and from left to right.

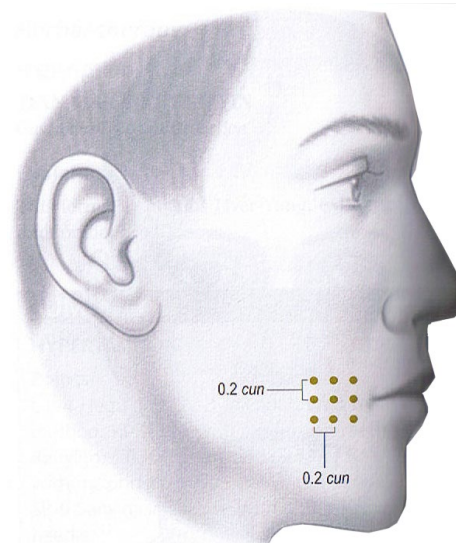


Figure 43.8 Empirical points for facial paralysis

ii. Herbal therapy

Prescription

QIAN ZHENG SAN

Pulling the Upright Powder

Explanation

This formula expels Wind from the channels, reaches the face, resolves Phlegm and invigorates the Luo channels.

In facial paralysis the facial muscles are pulled towards the healthy side, hence the name of the formula, i.e. to pull the muscles of the healthy side straight.

Modifications

If there is a tic add Tian Ma *Rhizoma Gastrodiae*, Gou Teng *Ramulus cum Uncis Uncariae* and Shi Jue Ming *Concha Haliotidis*.

QIAN ZHENG SAN

Pulling the Upright Powder

Bai Fu Zi *Rhizoma Thyphonii* 6 g

Jiang Can *Bombyx batryticatus* 6 g

Quan Xie *Scorpio* 1.5 g

PATTERNS IN THE SEQUELAE STAGE

After a Wind-stroke attack, besides treating the above symptoms, it is important to attend to the underlying imbalances which caused the stroke in the first place. These imbalances are obviously still present and they predispose the patient to further attacks.

The most common patterns encountered are listed below with their treatment.

a) WIND-PHLEGM

Clinical manifestations

Contraction of limbs, severe dizziness, giddiness, stiffness.

Tongue: Stiff and Deviated.

Pulse: Wiry-Slippery.

Treatment principle

Resolve Phlegm and extinguish Wind.

i. Acupuncture

Du-20 Baihui, Du-16 Fengfu and G.B.-20 Fengchi with reducing or even method to extinguish Wind.

ST-40 Fenglong, LU-7 Lieque, Ren-9 Shuifen and SP-6 Sanyinjiao with reducing or even method to resolve Phlegm.

ii. Herbal therapy

Prescription

BAN XIA BAI ZHU TIAN MA TANG

Pinellia-Atractylodes-Gastrodia Decoction

Explanation

This formula resolves Phlegm and extinguishes Wind.

Prescription

DING XIAN WAN

Stopping Epilepsy Pill

Explanation

This formula extinguishes Wind, resolves Phlegm, calms the Mind, opens the orifices and nourishes Yin.

This prescription is stronger than the previous one, both in resolving Phlegm and extinguishing Wind.

DING XIAN WAN
Stopping Epilepsy Pill

Tian Ma *Rhizoma Gastrodiae* 9 g

Dan Nan Xing *Rhizoma Arisaematis preparatum* 9 g

Quan Xie *Scorpio* 1.5 g

Jiang Can *Bombyx batryticatus* 4 g

Chuan Bei Mu *Bulbus Fritillariae cirrhosae* 9 g

Ban Xia *Rhizoma Pinelliae preparatum* 9 g

Zhu Li *Succus Bambusae* 10 ml

Fu Ling *Poria* 6 g

Chen Pi *Pericarpium Citri reticulatae* 4 g

Fu Shen *Sclerotium Poria pararadicis* 6 g

Shi Chang Pu *Rhizoma Acori tatarinowii* 6 g

Yuan Zhi *Radix Polygalae* 6 g

Dan Shen *Radix Salviae miltiorrhizae* 6 g

Deng Xin Cao *Medulla Junci* 6 g

Hu Po *Succinum* 6 g

Mai Men Dong *Radix Ophiopogonis* 6 g

Gan Cao *Radix Glycyrrhizae uralensis* 3 g

Sheng Jiang *Rhizoma Zingiberis recens* 3 slices

b) DAMP-PHLEGM

Clinical manifestations

A feeling of heaviness of the body and of oppression of the chest, profuse sputum, a rattling sound in the throat, blurred vision, dizziness, obesity.

Tongue: Swollen tongue with sticky coating.

Pulse: Slippery.

Treatment principle

Tonify the Spleen, resolve Dampness and Phlegm.

i. Acupuncture

- BL-20 Pishu and Ren-12 Zhongwan with reinforcing method to tonify the Spleen to resolve Phlegm.
- ST-40 Fenglong, LU-7 Lieque, Ren-9 Shuifen and SP-6 Sanyinjiao with even method to resolve Phlegm.

ii. Herbal therapy

Prescription

ER CHEN TANG

Two Old Decoction

Explanation

This formula is widely used to resolve Damp-Phlegm, often added as a unit to other prescriptions.

Prescription

WEN DAN TANG

Warming the Gall Bladder Decoction

Explanation

This formula is used instead of the previous one if there are symptoms of Heat.

It resolves Phlegm-Heat.

Three Treasures remedies

Limpid Sea

Limpid Sea is a variation of Er Chen Tang: it resolves Damp-Phlegm.

Clear the Soul

Clear the Soul is a variation of Wen Dan Tang: it resolves Phlegm-Heat.

c) STAGNATION OF QI AND BLOOD

Clinical manifestations

Hemiplegia, pains in the shoulder and hip.

Tongue: Purple.

Pulse: Firm, Choppy or Wiry.

Treatment principle

Move Qi and invigorate Blood.

i. Acupuncture

- Ren-17 Shanzhong with even method to move Qi in order to invigorate Blood.
- BL-17 Geshu and SP-10 Xuehai with even method to invigorate Blood.

ii. Herbal therapy

Prescription

HUO LUO XIAO LING DAN

Miraculously Effective Invigorating the Luo Channels Pill

Explanation

This formula moves Qi and invigorates Blood in the channels.

HUO LUO XIAO LING DAN

Miraculously Effective Invigorating the Luo Channels Pill

Dang Gui *Radix Angelicae sinensis* 15 g

Dan Shen *Radix Salviae miltiorrhizae* 15 g

Ru Xiang *Olibanum* 15 g

Mo Yao *Myrrha* 15 g

d) YIN DEFICIENCY WITH EMPTY HEAT

Clinical manifestations

Feeling of heat in the afternoon and evening, dizziness, tinnitus, night-sweating, five-palm heat, feeling of heaviness of the upper part of the body and weakness of the lower part when walking.

Tongue: Red without coating.

Pulse: Floating-Empty.

Treatment principle

Nourish Yin and clear Empty Heat.

i. Acupuncture

- KI-6 Zhaohai, KI-3 Taixi and Ren-4 Guanyuan to nourish Kidney-Yin, reinforcing method.
- HE-6 Yinxi to clear Empty Heat, reducing method.
- G.B.-20 Fengchi to extinguish Wind, reducing method.

ii. Herbal therapy

LIU WEI DI HUANG WAN

Six-Ingredient Rehmannia Pill

Explanation

This formula nourishes Liver- and Kidney-Yin.

Prescription

ZUO GUI WAN

Restoring the Left [Kidney] Pill

Explanation

This formula also nourishes Liver- and Kidney-Yin. Compared to the previous formula, it has a broader range of action in that it nourishes Blood and mildly tonifies Kidney-Yang as well.

Prescription

DI HUANG YIN Variation

Rehmannia Decoction Variation

Explanation

This formula nourishes Liver- and Kidney-Yin and opens the orifices. Compared to the previous two formulae, it has an action in opening the orifices which the previous two do not have.

Three Treasures remedy

Nourish the Root

Nourish the Root is a variation of Zuo Gui Wan: it nourishes Liver- and Kidney-Yin.

DI HUANG YIN Variation
Rehmannia Decoction Variation

Sheng Di Huang *Radix Rehmanniae* 9 g
Shan Zhu Yu *Fructus Corni* 6 g
Shi Hu *Herba Dendrobii* 6 g
Wu Wei Zi *Fructus Schisandrae* 6 g
Shi Chang Pu *Rhizoma Acori tatarinowii* 6 g
Wu Wei Zi *Fructus Schisandrae* 6 g
Yuan Zhi *Radix Polygalae* 6 g
Xing Ren *Semen Armeniacae* 6 g
Jie Geng *Radix Platycodi* 3 g
Mu Hu Die *Semen Oroxyli* 6 g
Gou Qi Zi *Fructus Lycii chinensis* 6 g
Nu Zhen Zi *Fructus Ligustri lucidi* 6 g

5. PROGNOSIS, FREQUENCY OF TREATMENT AND PREVENTION

Best results are obtained if treatment is given within one month of the Wind-stroke attack and good results if within 3 months. It is difficult to treat Wind-stroke of more than six months' duration and even more difficult if more than a year has elapsed. However, in my experience, it is always worth trying, even if the Wind-stroke occurred more than a year previously.

If the stroke occurred within the last three months, treatment should be given literally every day, including Sundays. If the stroke occurred more than three months previously, treatment may be given every other day. A break of one to two weeks is necessary after one to two months.

As for prevention, old people with symptoms of Yin deficiency, Phlegm, Heat and Liver-Yang rising are more prone to be attacked by Wind-stroke. High blood pressure and obesity are also predisposing factors.

If we refer to the four main pathological factors of Wind-stroke, i.e. Wind, Fire, Stasis and Phlegm, it is easy to see that any elderly person who shows symptoms and signs of four or even three of these factors may be prone to Wind-stroke.

The presence of these four factors can be observed particularly clearly on the tongue:

- Wind makes the tongue Stiff, Deviated or Moving or a combination of these.
- Fire makes the tongue Red
- Empty Heat makes it Red without a coating.
- Stasis of Blood makes the tongue Reddish-Purple.
- Phlegm makes the tongue Swollen with a sticky coating.

Thus, if an elderly person has a tongue that presents three or four of the above characteristics, he or she should be treated to prevent the occurrence of Wind-stroke.



Action must be taken to extinguish Wind, clear Heat, nourish Yin if there is Yin deficiency, move Blood and resolve Phlegm.

Some particular prodromal signs are especially indicative of the possibility of Wind-stroke, including numbness of the first three fingers of one hand and slightly slurred speech.

Other preventive measures can be deduced from analysis of the aetiological factors of Wind-stroke. An old or middle-aged person with some of the above symptoms and tongue signs should take immediate steps to avoid overwork, lose weight if overweight, take adequate rest, reduce sexual activity and avoid eating greasy-fried food and drinking alcohol.

When the above symptoms and signs are present, direct moxibustion on G.B.-39 Xuanzhong and ST-36 Zusanli can also be used.

6. MODERN CHINESE LITERATURE

a) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 2, No. 5, 1982, p. 11. Acupuncture Department, Second Hospital of Hubei Medical College “Analysis of Therapeutic Effect of Acupuncture on 94 Cases of Sequelae of Cerebro-vascular Accident.”

The authors of this study tested the efficacy of four different acupuncture techniques in the treatment of the sequelae of cerebro-vascular accidents. The four groups were as follows:

Group 1: only scalp acupuncture on the motor area.

Group 2: both body and scalp acupuncture.

Group 3: body acupuncture with manual stimulation.

Group 4: body acupuncture with electrical stimulation.

The results in all groups are summarized in the table below. Best results were obtained if the patients were treated within 3 months of the CVA: worst if treated more than 7 after the CVA. The results in the group who received both scalp and body acupuncture were better than those in the group who received only scalp acupuncture (95%) as opposed to 67%). Better results are also obtained if the needles are stimulated electrically (93% as opposed to 75%). The main points used in the arms were L.I.-15 Jianyu, L.I.-11 Quchi, T.B.-5 Waiguan and L.I.-4 Hegu. The main points used in the legs were G.B.-30 Huantiao, ST-32 Futu, ST-36 Zusanli and ST-41 Jiexi.

	Therapeutic results			No results
	Cured	Marked improvement	Some improvement	
Cerebral thrombosis	5 (6.8%)	25 (34.2%)	30 (41%)	13 (17.8%)
Cerebral haemorrhage	1 (8.3%)	3 (25%)	5 (41.6%)	3 (25%)
Cerebral embolism	0	4 (44.4%)	3 (33.3%)	2 (22.2%)
Total	6 (6.4%)	32 (34%)	38 (40.4%)	18 (19.1%)



b) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 4, No. 2, 1984, p. 9. Ma Rui Lin et al “Clinical Observation on the Treatment of 258 Cases of Wind-stroke and its Sequelae with Acupuncture.”

The authors of this study treated 258 patients who had suffered Wind-stroke: the patients were treated both at the acute stage and at the sequelae stage.

The points used at the acute stage, Severe type were: Du-26 Renzhong, the hand Shixuan points, P-6 Neiguan, L.I.-4 Hegu, P-8 Laogong, S.I.-3 Houxi, LIV-3 Taichong with reducing method. The needles were retained for 20-30 minutes.

The points used for the sequelae stage were as follows:

- Aphasia or slurred speech: Du-16 Fengfu, G.B.-20 Fengchi, Ren-23 Lianquan, Ren-22 Tiantu, LU-11 Shaoshang, L.I.-1 Shangyang, SP-6 Sanyinjiao, KI-3 Taixi, Jinjin and Yuye extra points (on the underside of the tongue).

- Deviation of eye and mouth: G.B.-14 Yangbai, ST-2 Sibai, ST-6 Jiache, ST-4 Dicang, L.I.-4 Hegu, Du-26 Renzhong.
- Hemiplegia: L.I.-15 Jianyu, L.I.-16 Jugu, S.I.-9 Jianzhen, L.I.-11 Quchi, L.I.-10 Shousanli, L.I.-4 Hegu, L.I.-3 Sanjian, T.B.-5 Waiguan, S.I.-3 Houxi, SP-1 Yinbai, LIV-3 Taichong, SP-6 Sanyinjiao, Juegu, BL-60 Kunlun, G.B.-34 Yanglingquan, ST-36 Zusanli, G.B.-31 Fengshi, G.B.-30 Huantiao, BL-23 Shenshu, BL-32 Ciliao. The needles were retained for 20 minutes.

**This table clearly shows how best results are obtained
if the patient is treated within 1 month of onset.**

	Within 1 month	Between 1 and 6 months	Between 7 and 12 months	Over 1 year	Total	Percentage of positive results
Cured	80	28	0	1	109	42.2%
Marked improve ment	8	43	17	5	73	28.4%
Some improve ment	14	19	19	16	68	26.4%
No results	0	0	5	3	8	3.1%
Total	102	90	41	25	258	
% of positive results	100%	100%	87%	88%	96%	

c) Journal of the Nanjing University of Traditional Chinese Medicine (*Nanjing Zhong Yi Yao Da Xue Xue Bao*), Vol. 12, No. 6, 1996, p.39. Gan Jun Xue “The Treatment of 16 Cases of Aphasia following Wind-stroke with Acupuncture.”

The author of this study treated 16 patients suffering from aphasia following Wind-stroke with acupuncture. The patients received a three-pronged acupuncture treatment consisting of body acupuncture, scalp acupuncture and “tongue acupuncture” (i.e. bleeding of the two extra points on the veins on the underside of the tongue, see below).

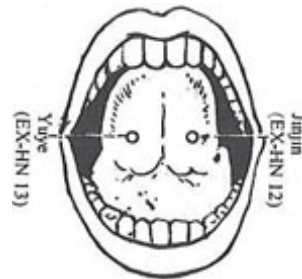
The patients were 21 men and 10 women, ranging in age from 39 to 79 with a median age of 58.

1) Body acupuncture: Ren-23 Lianquan, Zengyin (“*increasing sound*”) extrapoint (0.5 *cun* lateral to and inferior to ST-9 Renying), Du-15 Yamen, G.B.-20 Fengchi, HE-5 Tongli, KI-6 Zhaohai, P-6 Neiguan, ST-40 Fenglong, KI-3 Taixi.

2) Scalp acupuncture: speech area.

3) Tongue acupuncture: Jinjin and Yuye extra points (on the veins on the underside of the tongue).

There was a control group of 15 patients who received only speech therapy.



The results are summarized in this table.

	Total	Cured	Marked improvement	Some improvement	No results
Control group	15	1 (6.7%)	3 (20%)	5 (33.3%)	6 (40%)
Treatment group	16	6 (37.5%)	3 (18.75%)	6 (37.5%)	1 (6.25%)

d) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 18, No. 12, 1998, p. 719. Xing Qing Chun and Zhang Shu Wen “Clinical Observation on 75 Cases of Cerebral Hemorrhage Treated by Clearing, Lowering and Regulating the Governing Vessel with Penetration Needling.”

The authors of this study treated 75 patients suffering from acute cerebral hemorrhage with acupuncture and specifically with “penetration needling”, i.e. needling two points with one needle inserted obliquely or horizontally to connect two points. The results in this group were compared to those of a control group who received normal acupuncture. In other words, the study set out to see whether penetration needling makes any difference to clinical results.

In both groups, there were 92 men and 58 women, ranging in age from 28 to 82 with nearly half the patients being in the 50-60 bracket. As for duration of the disease, it was as follows:

- Within 24 hours: 58.
- Between 1-2 days: 33.
- Between 3-4 days: 31.
- Over 4 days: 28.

The points used in the treatment group were: Du-26 Renzhong, BL.-1 Jingming, LIV-3 Taichong (needled deeply towards KI-1 Yongquan), S.I.-3 Houxi (needles towards P-8 Laogong), SP-6 Sanyinjiao)needled towards G.B.-39 Xuanzhong.

Other points according to symptoms were:

- Unconsciousness: Du-20 Baihui.
- Aphasia: Ren-23 Lianquan, Du-15 Yamen.
- Hemiplegia upper limbs: L.I.-15 Jianyu, L.I.-11 Quchi, P-6 Neiguan.
- Hemiplegia lower limbs: G.B.-30 Huantiao, G.B.-34 Yanglingquan, BL-60 Kunlun.

The patients in the control group were treated as follows:

- Attack of Internal Organs, closed type: Shixuan points of the hands, Du-26 Renzhong, L.I.-4 Hegu, LIV-3 Taichong, Du-15 Yamen, Ren-23 Lianquan, HE-5 Tongli, ST-40 Fenglong, ST-7 Xiaguan, ST-6 Jiache.
- Attack of Internal Organs, open type: Ren-8 Shenque, Ren-4 Guanyuan, Du-26 Renzhong.

- Hemiplegia upper limbs: HE-1 Jiquan, L.I.-15 Jianyu, L.I.-11 Quchi, L.I.-10 Shousanli, T.B.-5 Waiguan, L.I.-4 Hegu.
- Hemiplegia lower limbs: G.B.-30 Huantiao, G.B.-34 Yanglingquan, ST-36 Zusanli, BL-40 Weizhong, G.B.-39 Xuanzhong, SP-6 Sanyinjiao, G.B.-40 Qiuxu, LIV-3 Taichong.
- Aphasia: Du-15 Yamen, Ren-23 Lianquan, HE-5 Tongli.
- The results are summarized in the table below.

	Total	Cured	Marked improvement	Some improvement	No results	Deaths
Treatment group	75	37 (49.3%)	21 (28%)	4 (5.3%)	3 (4%)	10 (13.3%)
Control group	75	14 (18.6%)	13 (17.3%)	12 (16%)	15 (20%)	21 (28%)

e) Chinese Acupuncture and Moxibustion (*Zhong Guo Zhen Jiu*), Vol. 19, No. 10, 1999, p. 635. Zhou Jian Wei and Xiao Ming “The Use of Head Acupuncture in the Treatment of Wind-stroke.”

The authors treat Wind-stroke primarily with “head points” which includes regular channel points on the head and scalp acupuncture. The head points were: Du-20 Baihui, G.B.-7 Qubin, Du-15 Yamen, Sishencong extra points, HE-5 Tongli, G.B.-20 Fengchi, Du-16 Fengfu, G.B.-18 Chengling.

The scalp acupuncture was based mainly on the use of the motor and sensory areas as well as the speech area in case of aphasia.

f) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 32, No. 11, 1991, p. 34. Yuan Ying Jian “Clinical Observation on the Use of Bu Shen Yi Nao Tang to Treat Diminished Mental Capacity following Wind-stroke.”

Dr Yuan researched the use of Chinese herbs to treat diminished mental capacity following Wind-stroke in the elderly. He treated patients suffering from disorientation, loss of memory, diminished mental capacity after a stroke. He selected a group of 20 patients of which 18 were men and 2 women ranging in age from 49 to 75 with a medial age of 62.

Dr Yuan used his own formula called Bu Shen Yi Nao Tang *Tonifying the Kidneys and Benefiting the Brain Decoction* containing:

Shou Wu *Radix Polygoni multiflori preparata*

Shan Zhu Yu *Fructus Corni*

Shan Yao *Rhizoma Dioscoreae*

Gou Qi Zi *Fructus Lycii chinensis*

Tu Si Zi *Semen Cuscutae*

Chi Shao *Radix Paeoniae rubra*

Dan Shen *Radix Salviae miltiorrhizae*

Shi Chang Pu *Rhizoma Acori tatarinowii*

Yuan Zhi *Radix Polygalae*

Yu Jin *Radix Curcumae*

The treatment principle adopted is to tonify the Kidneys, resolve Phlegm, open the Mind's orifices, invigorate Blood. The results were as follows:

- Marked improvement: 13 (65%)
- Improvement: 6 (30%)
- No results: 1 (5%)

It is interesting to note the treatment principle adopted, i.e. not only tonify the Kidneys to strengthen the Brain, but also to resolve Phlegm and invigorate Blood. This treatment principle follows the general principle that old people suffer not only from a Kidney deficiency but also from pathogenic factors and especially Phlegm and Blood stasis.

Phlegm obstructs the Mind's orifices and plays an important role in the diminished mental capacity after a stroke. Invigorating Blood will also help the brain function by stimulating the circulation of blood in the blood vessels of the brain.

g) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 36, No. 6, 1995, p. 372. Ke Xin Qiao “Treating Blood in Patients with Wind-stroke.”

Dr Ke discusses the method of “treating Blood” in patients with Wind-stroke. “Treating Blood” includes four separate treatment methods:

- Attract Blood downwards
- Cool Blood
- Invigorate Blood
- Tonify Qi and nourish Blood
- Attract Blood downwards

This method is used when there is rebellious Qi attracting Blood upwards: this manifests with vertigo, tinnitus, headache, hypertension. The rebellious Qi carries Blood upwards with it.

The treatment method consists in nourishing Yin, subduing Yang, subduing rebellious Qi and attracting Blood downwards. The formula used is Zhen Gan Xi Feng Tang *Pacifying the Liver and Extinguishing Wind Decoction* in which Huai Niu Xi has the function of attracting Blood downwards.

Dr Ke says one can use up to 100g of Huai Niu Xi to attract Blood downwards.



Cool Blood

This is used when there is Blood Heat manifesting with a feeling of heat, hypertension, vertigo, red face and a Red tongue. The treatment method adopted is to subdue Yang, extinguish Wind, cool Blood, attract Blood downwards, resolve Phlegm and open the orifices.

Herbs used include Sheng Di Huang *Radix Rehmanniae*, Shui Niu Jiao *Cornu Bubali*, Da Huang *Radix et Rhizoma Rhei*, Shi Gao *Gypsum fibrosum*, Mu Dan Pi *Cortex Moutan*.

Invigorate Blood

This method is used when there is Blood stasis manifesting with rigidity of the limbs and a Purple tongue. Formulae used include Tao Hong Si Wu Tang *Persica-Carthamus Four Substances Decoction* or Tong Qiao Huo Xue Tang *Opening the Orifices and Invigorating Blood Decoction*.

It should be noted that, besides mentioning the usual herbs that invigorate Blood, in this context, he also mentions Wu Gong *Scolopendra*, Di Long *Pheretima*, Quan Xie *Scorpio*.

Tonify Qi and nourish Blood

This method is used during the sequelae stage of Wind-stroke and especially when there is hemiplegia. Note that, besides mentioning the usual herbs that tonify Qi and nourish Blood, Dr Ke also mentions in this context herbs such as Dan Shen *Radix Salviae miltiorrhizae*, San Qi *Radix Notoginseng* and Ji Xue Teng *Caulis Spatholobi* which simultaneously nourish and invigorate Blood.

h) Journal of Chinese Medicine (*Zhong Yi Za Zhi*), Vol. 33, No. 5, 1992, p. 28. Liang Chen “The Treatment of 101 Cases of Facial Paralysis following Wind-Stroke with the Point Shengen.”

Dr Liang treated 101 cases of facial paralysis following Wind-stroke with the extra point Shengen. This point is situated on the Liver channel, on the foot, half way between LIV-2 Xingjian and LIV-3 Taichong. There were 60 men and 41 women, ranging in age from 22 to 76 with a media age of 55.

The extra point Shengen was needled with a 28 gauge needle obliquely and deeply towards KI-1 Yongquan. The author used other points: SP-6 Sanyinjiao, SP-9 Yinlingquan, LU-10 Yuji, P-6 Neiguan and either LU-5 Chize or HE-3 Shaohai.

The other points were also needled deeply with penetration insertion as follows:

- SP-6 towards the internal malleolus.
- G.B.-34 Yanglingquan.
- LU-10 towards P-8 Laogong.
- P-6 towards T.B.-5 Waiguan.
- LU-5 in turn towards L.I.-11 Quchi and HE-3 Shaohai.

On the face, he used ST-4 Dicang towards ST-6 Jiache.

There was a control group of 38 patients who received physiotherapy and attended the neurology department of the hospital. The results are summarized in the table below.

	No	Cured	Marked improvement	Some improvement	No results
Treatment group	101	36 (35.6%)	54 (53.5%)	7 (6.9%)	4 (4%)
Control group	38	6 (15.8%)	11 (29%)	13 (34.2%)	8 (21%)