

# BIO SYN



**COMMON BIOMEDICAL SYNDROMES:**  
Traditional Chinese Medical Differentiation and Treatment  
with Acupuncture and Herbs

# B I O S Y N

## **COMMON BIOMEDICAL SYNDROMES:** Traditional Chinese Medical Differentiation and Treatment with Acupuncture and Herbs

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## **Traditional Chinese Medical Differentiation and Treatment with Acupuncture and Herbs**

**Compiled by Michael James Hamilton, L.Ac.**

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# ACKNOWLEDGEMENTS

I put this manual together so that I might easily apply Traditional Chinese Medicine in a modern medical setting.

MAHALO

To the Tao for my chances and choices.

To my open and disciplined mind.

To my friends and family who supported my studies.

To my teachers who inspired me to understand.

To my students who continue to expand the understanding of this work.

Trust in the medicine.

Share the treasure.

Develop its effectiveness.

blind light  
flower found  
stop see  
turn around

# ***MAHALO***

# PREFACE

In ancient China, the Taoists believed that sickness came to those who were unrighteous, or lived incorrectly; sinned. Living morally and frugally, by collecting good deeds, was the principal technique for a Taoist adept to become an immortal, or harmonize the spirit with the source of creation. Merging the spirit with the source, or void, was considered the final step in spiritual cultivation, when an adept becomes a sage. This can be expressed in the state of the Taoist mind: being there, yet there is no form in it (*you*), and at the same time does not exist yet it accomplishes everything (*wu*).

"Maintain yourself in calm non-intervention, and there will be no need for exorcism or invocation; the Tao is here and not far away, and our fate lies in ourselves, not in the exterior world." –Zhuangzi

Thus, the Taoists developed a system of living that promoted longevity (conservation), prosperity (honesty), and happiness (contentment), and named it the way, or Tao. The Taoist longevity techniques also included: acupuncture and moxibustion, medicinal herbs, talismans and curses, therapeutic music, nutrition, and qigong. These longevity techniques were the core of what would later be called Traditional Chinese Medicine (TCM).

Traditional Chinese Medicine is an amazing treasure, in which its theories and practices are now available for all. Now, it is becoming more common that Traditional Chinese Medicine is being integrated into hospitals and Health Maintenance Organizations (HMO). Because of this, many TCM practitioners are getting patients referred by medical doctor specialists. Many of these patients have already been diagnosed with a common biomedical syndrome. Therefore, it is essential that these syndromes can be differentiated and treated using TCM.

This book serves as a quick reference guide that provides diagnostic differentiations and treatment plans for common biomedical (western) syndromes using Traditional Chinese Medicine. This book is targeted for TCM professionals. It is recommended that the reader have a background in TCM etiology, pathogenesis, and differentiation and treatment prior to using this manual. TCM etiology consists of the six exogenous factors, the seven emotional factors, food and drink, physical labor, unregulated sexual activity, traumatic injury, phlegm fluid and stagnant blood. Pathogenesis consists of disease occurrence, development, and change within the body. Differentiation consists of the eight principles, *qi* and blood, triple warmer, four portions, five elements, six meridian levels, meridians and collaterals, *zang-fu* organs, and finally common biomedical syndromes. Treatment consists of the combination of various acupuncture prescriptions and related point utilizing modalities, and herbal formulas.

The method in which the information was compiled involved the following procedure:

- 1) Discovering the most common syndromes that have known TCM treatment plans
- 2) Discovering the various TCM differentiations and symptoms associated with each common syndrome
- 3) Discovering various TCM treatment plans, including acupuncture and herbal prescriptions

The information is presented in tabular format for quick referencing. The common syndromes are classified according to anatomical system, and generally arranged from exterior to interior, or superior to inferior. The common syndromes are introduced by biomedical (western) definition, and then differentiated according to TCM by row. The first row after the biomedical definition will most often be general differentiation.

The table consists of four columns. Columns 1 and 2 differentiate common syndromes by compiling diagnostic information, while Columns 3 and 4 formulate treatment plans by compiling acupuncture and herbal prescriptions. These two TCM modalities represent a more simple scope of the five TCM modalities, acupuncture, herbology, tuina, qi gong, and nutrition. Acupoints can be applied also to bodywork (*tuina* and *qi gong*), while herbology can be applied also to nutrition.

Column 1 is diagnostic differentiation (or energetic pattern) and its causes, or etiology. Common syndromes are often translated into *pinyin*. Differentiations are in bold, while the causes are in regular script. The differentiations are often followed by one or more energetic etiologies and physical or emotional lifestyle causes. Sometimes biomedical differentiations will be included.

Column 2 is pathological symptoms, or effects, including signs, tongue, and pulse. Sign, tongue, and pulse designations are bold, while the symptoms are regular script. Sometimes, biomedical symptoms and pathogenesis will be included.

Column 3 is the acupuncture treatment plan including the general point prescription, supplemental point prescriptions, and in some instances auricular acupoints. This column may also include notes on moxibustion, plum blossom needling, electro-stimulation, cupping, hot packs, and other needling protocols. Points are given following a particular treatment plan or specific symptom. It is practical to use discretion when selecting from the given points (it is not necessary to use all the given points.) Treatment plans are given in bold, while points are regular script. General acupoints are demarked by a bulls-eye symbol. General biomedical syndromes may also include remarks to be considered during treatment.

Column 4 is the herbal treatment plan including action categories (bracketed in bold), traditional formulas, patent formulas, and herbal modifications specific to certain differentiations. Following the formula the page number is given where the formula can be found. Traditional formulas come from *Bensky*, while patent formulas come from *Fratkin*. In some instances, key symptoms that differentiate the formula's use may be given after the page reference. See also the key prior to the tables.

Differential Scopes of Traditional Chinese Medicine:

The differential scopes which unfold from simple to complex, also demonstrate similarities in pathology.

DIFFERENTIATION OF TRADITIONAL CHINESE MEDICAL SYNDROME						
Onset	<i>Ba Gang</i> : Foundation	<i>Qi</i> and <i>Xue</i>	<i>San Jiao</i>	Four Portions	Six Levels	Twelve Meridians/ <i>Zang-Fu</i>
Acute	<i>Yang Biao</i> (Exterior) <i>Re</i> (Hot) <i>Shi</i> (Excess)	<i>Qi</i>	Upper Warmer	<i>Wei</i>	<i>Taiyang</i>	SI/UB
			Middle Warmer	<i>Qi</i>	<i>Shaoyang</i>	TW/GB
					<i>Yangming</i>	LI/S
Chronic	<i>Yin Li</i> (Interior) <i>Han</i> (Cold) <i>Xu</i> (Deficiency)	<i>Xue</i>	Lower Warmer	<i>Ying</i>	<i>Taiyin</i>	L/Sp
				<i>Xue</i>	<i>Shaoyin</i>	H/K
					<i>Jueyin</i>	P/Lv

Common Western Syndromes

**SOURCES FOR COMMON SYNDROMES**

**COMMON SYNDROME DEFINITIONS:** (Merck), (Mosby), (Pocket), (New American), (Healing People)

**DIFFERENTIATION:**

**Syndromes:** Etiology/Causes: (Shanghai 567-692), (Mann, Treatment 89-159), (CAM 373-490), (Acusource 116-159), (Healing People)

**Pathogenesis:** Symptoms/Effects: (Merck), (Kaptchuk 275-299), (Mann, Treatment 89-159), (CAM 373-490), (Acusource 116-159), (Healing People)

**TREATMENT:**

**Acupuncture:** (Shanghai 567-692), (Mann, Treatment 89-193), (CAM 373-490), (Acusource 116-159), (Healing People)

**Herbs:** (Bensky), (Fratkin), (Healing People)

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# **COMMON BIOMEDICAL SYNDROMES**

# KEY

## Acupuncture

### Meridians/Vessels:

L = Lung  
LI = Large Intestine  
S = Stomach  
Sp = Spleen  
H = Heart  
SI = Small Intestine  
UB = Urinary Bladder  
K = Kidney  
P = Pericardium  
TW = Triple Warmer  
GB = Gall Bladder  
Lv = Liver

GV = *Du*/Governing Vessel  
CV = *Ren*/Conception Vessel  
PV = *Chong*/Penetrating Vessel  
YgH = *Yangqiao*/*Yang* Heel (Motility) Vessel  
YnH = *Yinqiao*/*Yin* Heel (Motility) Vessel  
YgL = *Yangwei*/*Yang* Linking Vessel  
YnL = *Yinwei*/*Yin* Linking Vessel

### Warmers:

UW = Upper Warmer  
MW = Middle Warmer  
LW = Lower Warmer

### Diagnosis:

(found under functions/ indications)

**S** = signs/symptoms  
**T** = tongue  
**P** = pulse

[only for principal formulas]

TCM: TCM diagnosis

WCI: western clinical impression (western medicine diagnosis)

### Treatment:

TX = treatment  
RX = pharmaceutical/herbal (oral) medication  
PX = prognosis  
pt = patient  
PT = physical therapy

⊙ = General acupuncture  
ACU = acupuncture  
MX (group of points) /mx (designated after specific point) = Moxibustion  
ES = Electrical stimulation  
CP = Cupping  
BL = Blood letting  
HP = Hot pack  
☞ = Auricular acupuncture

( ) = method description of one course of treatments may include:

acupt/s = acupuncture points  
ins = insertion depth  
stim = level of stimulation (mod = moderate)  
ret = retention duration (min = minutes; hr = hour; wk = week; w/d = withdraw)  
x = times  
alt = alternating days  
crs = # of treatments per course (x = times; alt = alternating days)  
freq = frequency  
cont = continuous  
→ = remarks regarding treatment  
c = *cun*

### Western Medicine:

HA = Headache  
BP = blood pressure  
HBP = High Blood Pressure  
LBP = Low Blood Pressure  
TB = tuberculosis  
GI = gastrointestinal  
PID = pelvic inflammatory disease  
SCM = sternocleidomastoid  
URI = upper respiratory infection  
DM = diabetes mellitus  
CVA = cerebrovascular accident  
CV = cardiovascular  
FM = fibromyalgia  
CFS = chronic fatigue syndrome  
HT = hypertension  
RBC = red blood cell  
WBC = white blood cell

ic = intercostals  
si = sacroiliac joint

## Herbs

**Note:** Refer to the principal formula (PF) for specific 'preparations,' 'cautions and contraindications,' 'TCM' diagnosis, and 'WCI' of their associated formulas.

<p><b>[ ] = Action Categories (Bensky):</b></p> <p><b>[E] = release exterior</b>  <b>[E-e]</b> = release early stage exterior  <b>[E-c]</b> = release exterior cold  <b>[E-w]</b> = release exterior wind-heat  <b>[E-h]</b> = release exterior w/ head and neck disorders  <b>[E-↓]</b> = release exterior w/ interior deficiency  <b>[E-↑]</b> = release exterior w/ interior excess</p> <p><b>[H] = clear heat</b>  <b>[H-q]</b> = clear heat from <i>qi</i> level  <b>[H-b]</b> = clear heat from nutritive level and cool blood  <b>[H-t]</b> = clear heat, relieve toxicity  <b>[H-o]</b> = clear heat from organs  <b>[H-↓]</b> = clear deficient heat  <b>[H-s]</b> = clear and relieve summer heat</p> <p><b>[↓] = drain downward</b>  <b>[↓-h]</b> = purge heat accumulation  <b>[↓-i]</b> = moisten intestines, unblock bowels  <b>[↓-c]</b> = warm <i>yang</i>, guide out accumulation  <b>[↓-w]</b> = drive out excess water</p> <p><b>[R] = harmonize</b>  <b>[R-s]</b> = harmonize <i>shaoyang</i> disorders  <b>[R-h]</b> = regulate liver and spleen (hepatic)  <b>[R-d]</b> = regulate stomach and intestines (digestion)</p> <p><b>[Y] = moisten dryness</b>  <b>[Y-d]</b> = gently disperse, moisten dryness  <b>[Y-n]</b> = enrich <i>yin</i>, moisten dryness</p> <p><b>[D] = expel dampness</b>  <b>[D-u]</b> = promote urination, leech out dampness  <b>[D-t]</b> = transform damp turbidity  <b>[D-h]</b> = clear damp heat  <b>[D-c]</b> = warm and transform water and dampness  <b>[D-w]</b> = dispel wind dampness</p> <p><b>[C] = warm interior cold</b>  <b>[C-c]</b> = warm channels, disperse cold  <b>[C-m]</b> = warm middle, dispel cold  <b>[C-g]</b> = rescue devastated <i>yang</i></p> <p><b>[T] = tonify</b>  <b>[T-q]</b> = tonify <i>qi</i>  <b>[T-b]</b> = tonify blood  <b>[T-qb]</b> = tonify <i>qi</i> and blood  <b>[T-g]</b> = warm and tonify <i>yang</i>  <b>[T-n]</b> = nourish and tonify <i>yin</i></p>	<p><b>[Q] = regulate <i>qi</i></b>  <b>[Q-m]</b> = promote movement of <i>qi</i>  <b>[Q-↓]</b> = direct rebellious <i>qi</i> downward</p> <p><b>[B] = invigorate blood</b>  <b>[B-i]</b> = invigorate blood, dispel blood stasis  <b>[B-m]</b> = warm menses, dispel blood stasis  <b>[B-t]</b> = invigorate blood w/ traumatic injury</p> <p><b>[Bs] = stop bleeding</b>  <b>[Bs-h]</b> = clear heat, stop bleeding  <b>[Bs-t]</b> = tonify and stop bleeding</p> <p><b>[SB] = stabilize and bind</b>  <b>[SB-e]</b> = stabilize exterior and lungs  <b>[SB-i]</b> = restrain leakage from intestines  <b>[SB-k]</b> = stabilize kidneys  <b>[SB-w]</b> = stabilize womb</p> <p><b>[S] = calm spirit</b>  <b>[S-h]</b> = nourish heart, calm spirit  <b>[S-s]</b> = sedate and calm spirit</p> <p><b>[W] = expel wind</b>  <b>[W-s]</b> = release wind from skin and channels  <b>[W-i]</b> = extinguish internal wind</p> <p><b>[O] = open orifices</b>  <b>[O-h]</b> = clear heat, open orifices  <b>[O-c]</b> = warm and open orifices  <b>[O-p]</b> = scour phlegm, open orifices</p> <p><b>[P] = treat phlegm</b>  <b>[P-d]</b> = dry dampness, expel phlegm  <b>[P-h]</b> = clear heat, transform phlegm  <b>[P-y]</b> = moisten dryness, transform phlegm  <b>[P-n]</b> = transform phlegm, dissipate nodules  <b>[P-c]</b> = warm and transform cold-phlegm  <b>[P-w]</b> = transform phlegm, extinguish wind  <b>[P-v]</b> = induce vomiting to discharge phlegm</p> <p><b>[FS] = relieve food stagnation</b></p> <p><b>[X] = expel parasites</b></p>	<p><b>{P} = Recommended Patent Groups (Fratkin):</b></p> <p><b>1</b> = pills for problems due to exogenous wind invasion</p> <p><b>2</b> = patents for cough, phlegm, and labored breathing  <b>2a</b> = pills  <b>2b</b> = syrups</p> <p><b>3</b> = pills to remove internal, toxic, and damp heat  <b>3a</b> = pills to remove internal and toxic heat  <b>3b</b> = pills to remove damp-heat  <b>3c</b> = fevers in infants and young children</p> <p><b>4</b> = pills, liniments, and plasters for removing wind-damp  <b>4a</b> = pills  <b>4b</b> = plasters for external application</p> <p><b>5</b> = products for blood stagnation, bleeding, and pain  <b>5a</b> = pills  <b>5b</b> = pills for heart congestion, angina, and stroke  <b>5c</b> = patents for external application</p> <p><b>6</b> = pills for promoting digestion and relieving congestion at the center</p> <p><b>7</b> = pills and extracts for tonifying and nurturing  <b>7a</b> = pills and extracts to tonify <i>qi</i>  <b>7b</b> = pills and extracts to nourish blood  <b>7c</b> = tonics for deficiency of <i>yang</i>  <b>7d</b> = tonics for deficiency of <i>yin</i> or fluids  <b>7e</b> = general and combination tonics</p> <p><b>8</b> = pills to calm <i>shen</i> (restlessness and insomnia)</p> <p><b>9</b> = pills to control endogenous liver wind and hypertension</p>	<p><b>Dosage:</b>  pt/pts = parts  s = slice  p = pieces</p>
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# **DERMATOLOGICAL**

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<b>DERMATOLOGICAL</b>			
<p><b>ACNE:</b> a common inflammatory pilosebaceous disease characterized by comedones (blackheads), papules (small elevation of skin), inflamed nodules (swelling), pustules (superficial pus filled cysts), and (in extreme cases) canalizing and deep, inflamed, sometimes purulent (pus filled) sacs</p> <p><b>DERMATITIS (Eczema):</b> superficial skin inflammation, characterized by vesicles (skin blister) (when acute), redness, edema, oozing, crusting, scaling, and usually itching [scratching or rubbing may lead to lichenification (thickening of skin)]</p> <p><b>Neurodermatitis:</b> a nonspecific, pruritic skin disorder accompanied by an itching rash seen most commonly on the neck, and the folds of the elbows and knees, encountered mostly w/anxious, nervous individuals (esp. women) [sim to stress hives]</p> <p><b>Contact:</b> an acute or chronic inflammation, often sharply demarcated, produced by substances in contact with the skin</p> <p><b>Seborrheic:</b> an inflammatory scaling disease of the scalp, face, and occasionally other areas (sebum flows are usually normal)</p> <p><b>Seborrhea:</b> greasy condition due to overactive sebaceous glands which usually occurs on the scalp, face and sternal regions</p> <p><b>Nummular:</b> chronic dermatitis characterized by inflamed, coin-shaped, vesicular, crusted, scaling, and usually pruritic lesions</p> <p><b>Chronic hand and feet:</b>  <b>Contact:</b> see above  <b>Housewife:</b> caused by household irritants (cleaners, etc.)  <b>Pompholyx:</b> skin blisters on hands and feet</p> <p><b>Psoriasis:</b> chronic skin disease w/ erythematous and scaling that can occur in any part of the body but characteristically occurring at the extensor surfaces of the knees and elbows; when the scales are scraped they produce a shiny silver sheen; not infectious; a small percentage of patients have rheumatoid arthritis</p> <p><b>Recalcitrant (resistant) pustulant</b>  <b>Fungal Infection</b></p> <p><b>Generalized exfoliative:</b> a severe, widespread erythema and scaling/shedding of the skin</p> <p><b>Stasis:</b> persistent inflammation of the skin of the lower legs with a tendency toward brown pigmentation, commonly associated with venous incompetency.</p> <p><b>Localized scratch:</b> a chronic, superficial, pruritic inflammation of the skin, characterized by dry, scaling, demarcated, lichenified plaques (thickened skin w/accenuated markings) of oval, irregular, or angular shape</p> <p><b>FOLLICULITIS:</b> a superficial or deep bacterial infection and irritation of the hair follicles, usually caused by staphylococcus aureus</p> <p><b>FURUNCLES (Boil):</b> acute, tender, perifollicular inflammatory nodules resulting from infection by staphylococcus</p> <p><b>CARBUNCLES:</b> a cluster of furuncles w/spread of infection subcutaneously, resulting in deep suppuration (formation of pus), often extensive local sloughing [septic (infected w/pus producing organisms) tissue that becomes necrosed and separated from healthy tissue], slow healing, and a large scar</p>			
<p><b>SHI ZHEN:</b> damp rash</p> <p><b>Heat and poison collecting in the organs:</b></p> <ol style="list-style-type: none"> <li>1) Stagnation of <i>qi</i> and blood</li> <li>2) In infants and children: stagnant food; evil <i>qi</i> in Sp</li> <li>3) In adults: damp-heat</li> <li>4) Acute: wind-damp-heat penetrating the skin</li> <li>5) Chronic: heat in blood (w/deficient blood)</li> </ol> <p>Causes:</p> <ol style="list-style-type: none"> <li>1) Excessive intake of alcohol or greasy foods</li> <li>2) Exogenous pathogenic invasion</li> </ol> <p><b>Neurodermatitis (chronic lichen</b></p>	<p><b>S:</b> eruption of small white pustules over whole body, lesions (typically on flexor surfaces, neck, face, and hands), itching, redness, dry cracked skin, sudden fever, yellow pus, eosinophilia (an increase in a particular white blood cell during allergy or parasitic infection)</p> <p><b>P:</b> rapid, slippery</p> <p><b>Goose-foot wind:</b> center of palm is mottled purple and white, hard, thick, dry, cracked skin, gradually spreading to whole hand</p>	<p><b>Drain GV, eliminate heat from blood:</b>                  ◎ GV10, GV12, LI4, UB40, Sp10, local acupts (BL; strong stim; 1-2x/day)</p> <p><b>Face:</b> S2-3, M-UE-9, M-HN-3  <b>High fever:</b> GV14, LI11, Sp10  <b>Delirium:</b> GV26, M-UE-1, SI8, P4</p> <p><b>Neurodermatitis:</b> LI11, Sp10, LI4, Sp6 (mod-strong stim; surround affected area; transverse ins criss-cross)</p> <p><b>Acne vulgaris:</b> H9, Sp2, UB54, Lv11, K12                  ♀ allergy, cheek, neurogate, endocrine, testis, lung</p> <p><b>Eczema:</b> GV14, LI11, Sp6, H7  <b>Chronic eczema:</b> Sp10, S36; (CP)  <b>Weeping eczema:</b> UB60, UB54, TW5, SI3,</p>	<p><b>[H-b]</b> <i>xi jiao di huang tang</i> (76)</p> <p><b>Swelling w/o color change:</b>  <b>[H-t]</b> <i>nei shu huang lian tang</i> (80)</p> <p><b>Stubborn limb sores:</b>  <b>[H-t]</b> <i>si miao yong an tang</i> (85)  <b>[H-t]</b> <i>qing wen bai du yin</i> (82)  <b>[H-t]</b> <i>wu shen tang</i> (86) (popliteal region)  <b>[C-c]</b> <i>yang he tang</i> (217)  <b>[C-c]</b> <i>zhong he tang</i> (218)</p> <p><b>Lower extremity sores:</b>  <b>[D-h]</b> <i>er miao san</i> (195)</p> <p><b>Early stage measles, sores:</b>  <b>[E-↓]</b> <i>yin qiao bai du san</i> (54)</p> <p><b>Diaper Rash:</b></p>

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<p><b>simplex):</b> 'ox-skin rash'</p> <p><b>E ZHANG FENG:</b> 'goose-foot wind;' wind scorches and congeals blood</p>		<p>Sp9</p> <p>☞ local body area, allergy, neurogate, endocrine, adrenal, lung, large intestine, occiput</p> <p>→ Consider the location of eczema lesions in relation to the meridians</p> <p><b>Psoriasis:</b> L5, Sp10</p> <p><b>Furuncles:</b> L11, H9 (BL head of furuncle)</p> <p>MX: warm affected area (to activate blood)</p> <p>CP: tap affected area then apply</p> <p>☞ neurogate, adrenal, subcortex, lung, occiput, urticaria (allergy), endocrine, large intestine, pts of affected sites (2-3 acupts w/mod-strong stim; ret 1-2 hrs; TX 1-2x/day)</p> <p>→ Squeezing or incising furuncle too early can cause infection</p> <p>→ If furuncle develops into septicemia (bacteria in blood), use another RX</p> <p>→ ACU is supplementary to lancing</p> <p><b>Clear goose-foot wind, activate blood:</b> P6-8, H8</p> <p><b>Carbuncles:</b></p> <p>☞ local body areas, neurogate, occiput, adrenal</p> <p><b>Cold Sores/Herpes Simplex:</b></p> <p>☞ mouth, urticaria, neurogate, adrenal, lung, occiput, kidney</p> <p><b>Sunburn:</b></p> <p>☞ local body area, spinal cord, urticaria, neurogate, endocrine, adrenal, lung</p> <p><b>Scleroderma:</b></p> <p>☞ local body area, neurogate, endocrine,</p>	<p><b>[W-s]</b> <i>xiao feng san</i> (395)</p> <p><b>Acne:</b></p> <p><b>[E-↑]</b> <i>fang feng tong sheng san</i> (58)</p> <p><b>[T-b]</b> <i>shao yao gan cao tang</i> (252) + <i>chan tui, da zao, di fu zi</i></p> <p><b>{3a}</b> <i>cai feng zhen zhu an chuang wan</i> (43) (blood heat)</p> <p><b>{3b}</b> <i>chuan shan jia qi shi qing du wan</i> (55) (skin itching)</p> <p><b>Carbuncles:</b></p> <p><b>[H-t]</b> <i>xian fang huo ming yin</i> (83)</p> <p><b>[H-t]</b> <i>wu wei xiao du yin</i> (84)</p> <p><b>[H-t]</b> <i>chong he tang</i> (84)</p> <p><b>Furuncles:</b></p> <p><b>[H-t]</b> <i>wu wei xiao du yin</i> (84)</p> <p><b>[↓-h]</b> <i>liang ge san</i> (120)</p> <p><b>[O-h]</b> <i>zi xue dan</i> (420)</p> <p><b>Clear toxic heat:</b></p> <p><b>[H-t]</b> <i>huang lian jie du tang</i> (78) (purulent skin lesions)</p> <p><b>{3a}</b> <i>chuan xin lian kang yan pian</i> (36) (fever w/sore throat)</p> <p><b>{3a}</b> <i>yao zhi gui ling gao</i> (38)</p> <p><b>{3a}</b> <i>lian qiao bai du pian</i> (40) (fever)</p> <p><b>{3a}</b> <i>cai feng zhen zhu an chuang wan</i> (43)</p> <p><b>{3a}</b> <i>niu huang xiao yan wan</i> (50) (fever)</p> <p><b>{5a}</b> <i>yun nan bai yao</i> (97) (bleeding, swelling)</p> <p><b>Weeping eczema:</b></p> <p><b>[E-c]</b> <i>gui zhi tang</i> (37)</p> <p><b>[H-o]</b> <i>long dan xie gan tang</i> (97)</p> <p><b>[T-b]</b> <i>wen qing yin w/huang lian jie du tang</i> (249)</p> <p><b>Skin itching:</b></p> <p><b>{3b}</b> <i>chuan shan jia qu shi qing du wan</i> (55)</p> <p><b>{4a}</b> <i>hua she jie yang wan</i> (74)</p> <p><b>Tinea:</b></p> <p><b>[W-s]</b> <i>xiao feng san</i> (395)</p> <p><b>[W-s]</b> <i>xiao feng san</i> (395)</p>

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
		adrenal, lung, brain, occiput, liver, spleen  <b>Rash from Poison Oak/Ivy:</b> ☞ local body area, spinal cord, urticaria, neurogate, endocrine, allergy, lung, thyroid	<b>Uneven rash:</b> [E-w] <i>xuan du fa biao tang</i> (48)  <b>Measles/viral:</b> [E-w] <i>sheng ma ge gen tang</i> (47)  {3a} <i>chuan xin lian kang yan pian</i> (36) {3c} <i>hou zao san</i> (64) (fits, cough)
<b>URTICARIA (hives):</b> local wheals and erythema in the dermis <b>Angioedema:</b> eruption w/larger edematous areas that involve both dermis and subcutaneous structures			
<b>PEI LEI:</b> rash 1) Wind-heat 2) Wind-damp 3) Accumulated heat in S and intestines		<b>Eliminate heat, wind, and damp, activate blood:</b> ◎ LI11, Sp10, Sp6, S36 (can use plum-blossom needle on diseased regions)  ☞ affected area, endocrine, lung, adrenal, urticaria, neurogate, thyroid, occiput, spleen, kidney (ret 1hr)  → If symptoms include abdominal pain, diarrhea, and dyspnea, other TX methods should be used	[D-u] <i>wu pi san</i> (178) (edema) [T-b] <i>si wu tang</i> (248) [S-h] <i>tian wang bu xin dan</i> (378) (stress)  {3a} <i>lian qiao bai du pian</i> (40) (fever) {3a} <i>cai feng zhen zhu an chuang wan</i> (43) {5c} <i>jing wan hong</i> (108) (trauma)
<b>Wind-heat</b>	<b>S:</b> red rash w/severe itching <b>P:</b> superficial, rapid	<b>Expel wind, eliminate heat in blood:</b> GV14, TW5, UB13, LI4, UB40, UB17-18	[E-w] <i>xuan du fa biao tang</i> (48) [E] <i>ge gen tang</i> (51)  {3a} <i>cai feng zhen zhu an chuang wan</i> (43) {3b} <i>chuan shan jia qu shi qing du wan</i> (55)
<b>Wind-damp:</b> stagnation of wind-damp in skin and muscles	<b>S:</b> white or light red rash, heaviness of body <b>T:</b> white and sticky coating <b>P:</b> superficial, slow	<b>Expel wind, drain damp:</b> Sp9, GV12, UB40  <b>Purple face:</b> L9	[W-s] <i>xiao feng san</i> (395) [E-c] <i>gui zhi tang</i> (35) [C-c] <i>dang gui si ni tang</i> (216) [B-i] <i>xue fu zhu yu tang</i> (314) [W-s] <i>xiao xu ming tang</i> (396)
<b>Accumulation of heat in S and intestines:</b> may be due to intestinal parasites or seafood poisoning	<b>S:</b> red rashes, abdominal pain, constipation or diarrhea <b>T:</b> thin, yellow coating <b>P:</b> rapid	<b>Clear heat from S/intestines, expel parasites, relieve poison:</b> S25, S36, UB25	[E-↑] <i>fang feng tong sheng san</i> (58)
<b>ERYSIPELAS (herpes zoster/shingles):</b> an acute infection caused by reactivation of the varicella-zoster virus involving the dorsal root ganglia (a superficial cellulitis caused by Group A β-hemolytic streptococci); causes eruptions and neuralgia on the skin corresponding to the distribution of the affected root ganglia; most prevalent among those 50 years and over, although it may strike at any age, particularly in immunosuppressed patients; it only effects people who have had chickenpox; reactivation may be idiopathic or follow immunosuppression, stress, trauma including surgery, radiation, CVA, etc.			
<b>External wind-heat or damp-heat from S or intestines into blood, skin, and muscles:</b> 1) Stagnant qi and blood	<b>S:</b> lesions (shiny, red, edematous, tender, w/developing vesicles) rapid onset, burning pain, rapidly extending in size	<b>Eliminate heat, relieve toxins:</b> ◎ GV14, LI11, S43, UB40, Sp10 (strong stim)	[E-w] <i>sheng ma ge gen tang</i> + <i>zi cao</i> (47) [E-↑] <i>fang feng tong sheng san</i> (58) [E-↑] <i>shi gao tang</i> (61) [H-t] <i>wu wei xiao du yin</i> (84)

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<p>2) Lv yang excess</p> <p>Problem areas:</p> <p>1) Geniculate zoster: ear pain w/transient paralysis of the face on the involved side; eruptions are visible on the external auditory canal and on the pinna (external ear), the soft palate, and the anterior pillars of the fauces (area of mouth opening into pharynx that encloses the tonsils); involving nerve ganglia in temple (facial cranial nerves VII-IX)</p> <p>2) Ophthalmic herpes zoster: eruption occurs on the ophthalmic branch of the cranial nerve V; if vesicles appear on the tip of the nose, then corneal involvement may occur and can lead to corneal ulcers and opacities</p> <p>3) Recurrence rate is high</p>	<p>Healing process: bright red to dull red in several days followed by desquamation; erythematous base (over production of red blood cells), linear patches of grouped vesicles, intense pain, lesions stop abruptly on the midline of the body, new crops may continue to appear for 3-5 days after the lesions begin to dry and crust</p> <p>Internal: high fever, vomiting, GI disorders, delirium, convulsion, malaise</p> <p><b>Recurrent:</b> w/chronic lymphadema</p>	<p>CP: (BL toxins) <i>jing</i>-wells, P8</p> <p>☯ neurogate, adrenal, subcortex, occiput, endocrine, lung, occiput, allergy, chest, thoracic vertebrae, helix #1-6 (2-3 acupts w/mod-strong stim; ret 30 min-1 hr)</p> <p>☯ Post Herpetic Neuralgia: chest, thoracic vertebrae, urticaria, neurogate, endocrine, spinal cord</p> <p><b>Erysipelas:</b> GB34, GB41, P7, UB54, GB31, TW6 <b>HA:</b> M-HN-9, LI4 <b>Nausea:</b> P6, Sp4, S36</p>	<p><b>[H-t]</b> <i>wu shen tang</i> (86) <b>[H-o]</b> <i>long dan xie gan tang</i> (96) <b>[D-t]</b> <i>chu shi wei ling tang</i> (182) <b>[W-s]</b> <i>xiao feng san</i> (395)</p> <p><b>{3a}</b> <i>long dan xie gan wan</i> (42) (Lv/GB fire, damp-heat)</p>
<b>Damp-heat</b>	<p><b>T:</b> red w/thick yellow coating <b>P:</b> rapid, slippery, deep</p>	<b>Drain damp, clear heat:</b> Sp6	<b>[D-t]</b> <i>chu shi wei ling tang</i> (182)
<b>Wind-heat</b>	<p><b>S:</b> chills and fever, acute HA <b>T:</b> red w/thin yellow coating <b>P:</b> superficial, rapid</p>	<p><b>Expel wind, clear heat:</b> GB20</p> <p>→ Inappropriate for eye region erysipelas → Erysipelas complicated by infection should consider Western TX in conjunction → Very effective in TX lower leg erysipelas</p>	<p><b>[E-w]</b> <i>xuan du fa biao tang</i> (48) <b>[E-↑]</b> <i>fang feng tong sheng san</i> (58) <b>[E-↑]</b> <i>shi gao tang</i> (61) <b>[W-s]</b> <i>xiao feng san</i> (395)</p>

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Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<b>DERMATOLOGICAL</b>			
<p><b>ACNE:</b> a common inflammatory pilosebaceous disease characterized by comedones (blackheads), papules (small elevation of skin), inflamed nodules (swelling), pustules (superficial pus filled cysts), and (in extreme cases) canalizing and deep, inflamed, sometimes purulent (pus filled) sacs</p> <p><b>DERMATITIS (Eczema):</b> superficial skin inflammation, characterized by vesicles (skin blister) (when acute), redness, edema, oozing, crusting, scaling, and usually itching [scratching or rubbing may lead to lichenification (thickening of skin)]</p> <p><b>Neurodermatitis:</b> a nonspecific, pruritic skin disorder accompanied by an itching rash seen most commonly on the neck, and the folds of the elbows and knees, encountered mostly w/anxious, nervous individuals (esp. women) [sim to stress hives]</p> <p><b>Contact:</b> an acute or chronic inflammation, often sharply demarcated, produced by substances in contact with the skin</p> <p><b>Seborrheic:</b> an inflammatory scaling disease of the scalp, face, and occasionally other areas (sebum flows are usually normal)</p> <p><b>Seborrhea:</b> greasy condition due to overactive sebaceous glands which usually occurs on the scalp, face and sternal regions</p> <p><b>Nummular:</b> chronic dermatitis characterized by inflamed, coin-shaped, vesicular, crusted, scaling, and usually pruritic lesions</p> <p><b>Chronic hand and feet:</b>  <b>Contact:</b> see above  <b>Housewife:</b> caused by household irritants (cleaners, etc.)  <b>Pompholyx:</b> skin blisters on hands and feet</p> <p><b>Psoriasis:</b> chronic skin disease w/ erythematous and scaling that can occur in any part of the body but characteristically occurring at the extensor surfaces of the knees and elbows; when the scales are scraped they produce a shiny silver sheen; not infectious; a small percentage of patients have rheumatoid arthritis</p> <p><b>Recalcitrant (resistant) pustulant</b>  <b>Fungal Infection</b></p> <p><b>Generalized exfoliative:</b> a severe, widespread erythema and scaling/shedding of the skin</p> <p><b>Stasis:</b> persistent inflammation of the skin of the lower legs with a tendency toward brown pigmentation, commonly associated with venous incompetency.</p> <p><b>Localized scratch:</b> a chronic, superficial, pruritic inflammation of the skin, characterized by dry, scaling, demarcated, lichenified plaques (thickened skin w/accenuated markings) of oval, irregular, or angular shape</p> <p><b>FOLLICULITIS:</b> a superficial or deep bacterial infection and irritation of the hair follicles, usually caused by staphylococcus aureus</p> <p><b>FURUNCLES (Boil):</b> acute, tender, perifollicular inflammatory nodules resulting from infection by staphylococcus</p> <p><b>CARBUNCLES:</b> a cluster of furuncles w/spread of infection subcutaneously, resulting in deep suppuration (formation of pus), often extensive local sloughing [septic (infected w/pus producing organisms) tissue that becomes necrosed and separated from healthy tissue], slow healing, and a large scar</p>			
<p><b>SHI ZHEN:</b> damp rash</p> <p><b>Heat and poison collecting in the organs:</b></p> <ol style="list-style-type: none"> <li>1) Stagnation of <i>qi</i> and blood</li> <li>2) In infants and children: stagnant food; evil <i>qi</i> in Sp</li> <li>3) In adults: damp-heat</li> <li>4) Acute: wind-damp-heat penetrating the skin</li> <li>5) Chronic: heat in blood (w/deficient blood)</li> </ol> <p>Causes:</p> <ol style="list-style-type: none"> <li>1) Excessive intake of alcohol or greasy foods</li> <li>2) Exogenous pathogenic invasion</li> </ol> <p><b>Neurodermatitis (chronic lichen</b></p>	<p><b>S:</b> eruption of small white pustules over whole body, lesions (typically on flexor surfaces, neck, face, and hands), itching, redness, dry cracked skin, sudden fever, yellow pus, eosinophilia (an increase in a particular white blood cell during allergy or parasitic infection)</p> <p><b>P:</b> rapid, slippery</p> <p><b>Goose-foot wind:</b> center of palm is mottled purple and white, hard, thick, dry, cracked skin, gradually spreading to whole hand</p>	<p><b>Drain GV, eliminate heat from blood:</b>                  ◎ GV10, GV12, LI4, UB40, Sp10, local acupts (BL; strong stim; 1-2x/day)</p> <p><b>Face:</b> S2-3, M-UE-9, M-HN-3  <b>High fever:</b> GV14, LI11, Sp10  <b>Delirium:</b> GV26, M-UE-1, SI8, P4</p> <p><b>Neurodermatitis:</b> LI11, Sp10, LI4, Sp6 (mod-strong stim; surround affected area; transverse ins criss-cross)</p> <p><b>Acne vulgaris:</b> H9, Sp2, UB54, Lv11, K12                  ♀ allergy, cheek, neurogate, endocrine, testis, lung</p> <p><b>Eczema:</b> GV14, LI11, Sp6, H7  <b>Chronic eczema:</b> Sp10, S36; (CP)  <b>Weeping eczema:</b> UB60, UB54, TW5, SI3,</p>	<p><b>[H-b]</b> <i>xi jiao di huang tang</i> (76)</p> <p><b>Swelling w/o color change:</b>  <b>[H-t]</b> <i>nei shu huang lian tang</i> (80)</p> <p><b>Stubborn limb sores:</b>  <b>[H-t]</b> <i>si miao yong an tang</i> (85)  <b>[H-t]</b> <i>qing wen bai du yin</i> (82)  <b>[H-t]</b> <i>wu shen tang</i> (86) (popliteal region)  <b>[C-c]</b> <i>yang he tang</i> (217)  <b>[C-c]</b> <i>zhong he tang</i> (218)</p> <p><b>Lower extremity sores:</b>  <b>[D-h]</b> <i>er miao san</i> (195)</p> <p><b>Early stage measles, sores:</b>  <b>[E-↓]</b> <i>yin qiao bai du san</i> (54)</p> <p><b>Diaper Rash:</b></p>

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DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<p><b>simplex):</b> 'ox-skin rash'</p> <p><b>E ZHANG FENG:</b> 'goose-foot wind;' wind scorches and congeals blood</p>		<p>Sp9                      ☞ local body area, allergy, neurogate, endocrine, adrenal, lung, large intestine, occiput</p> <p>→ Consider the location of eczema lesions in relation to the meridians</p> <p><b>Psoriasis:</b> L5, Sp10</p> <p><b>Furuncles:</b> L11, H9 (BL head of furuncle)</p> <p>MX: warm affected area (to activate blood)</p> <p>CP: tap affected area then apply</p> <p>☞ neurogate, adrenal, subcortex, lung, occiput, urticaria (allergy), endocrine, large intestine, pts of affected sites                      (2-3 acupts w/mod-strong stim; ret 1-2 hrs; TX 1-2x/day)</p> <p>→ Squeezing or incising furuncle too early can cause infection</p> <p>→ If furuncle develops into septicemia (bacteria in blood), use another RX</p> <p>→ ACU is supplementary to lancing</p> <p><b>Clear goose-foot wind, activate blood:</b> P6-8, H8</p> <p><b>Carbuncles:</b>                      ☞ local body areas, neurogate, occiput, adrenal</p> <p><b>Cold Sores/Herpes Simplex:</b>                      ☞ mouth, urticaria, neurogate, adrenal, lung, occiput, kidney</p> <p><b>Sunburn:</b>                      ☞ local body area, spinal cord, urticaria, neurogate, endocrine, adrenal, lung</p> <p><b>Scleroderma:</b>                      ☞ local body area, neurogate, endocrine,</p>	<p><b>[W-s]</b> <i>xiao feng san</i> (395)</p> <p><b>Acne:</b>  <b>[E-↑]</b> <i>fang feng tong sheng san</i> (58)  <b>[T-b]</b> <i>shao yao gan cao tang</i> (252)                      + <i>chan tui, da zao, di fu zi</i></p> <p><b>{3a}</b> <i>cai feng zhen zhu an chuang wan</i> (43) (blood heat)  <b>{3b}</b> <i>chuan shan jia qi shi qing du wan</i> (55) (skin itching)</p> <p><b>Carbuncles:</b>  <b>[H-t]</b> <i>xian fang huo ming yin</i> (83)  <b>[H-t]</b> <i>wu wei xiao du yin</i> (84)  <b>[H-t]</b> <i>chong he tang</i> (84)</p> <p><b>Furuncles:</b>  <b>[H-t]</b> <i>wu wei xiao du yin</i> (84)  <b>[↓-h]</b> <i>liang ge san</i> (120)  <b>[O-h]</b> <i>zi xue dan</i> (420)</p> <p><b>Clear toxic heat:</b>  <b>[H-t]</b> <i>huang lian jie du tang</i> (78) (purulent skin lesions)</p> <p><b>{3a}</b> <i>chuan xin lian kang yan pian</i> (36) (fever w/sore throat)  <b>{3a}</b> <i>yao zhi gui ling gao</i> (38)  <b>{3a}</b> <i>lian qiao bai du pian</i> (40) (fever)  <b>{3a}</b> <i>cai feng zhen zhu an chuang wan</i> (43)  <b>{3a}</b> <i>niu huang xiao yan wan</i> (50) (fever)  <b>{5a}</b> <i>yun nan bai yao</i> (97) (bleeding, swelling)</p> <p><b>Weeping eczema:</b>  <b>[E-c]</b> <i>gui zhi tang</i> (37)  <b>[H-o]</b> <i>long dan xie gan tang</i> (97)  <b>[T-b]</b> <i>wen qing yin w/huang lian jie du tang</i> (249)</p> <p><b>Skin itching:</b>  <b>{3b}</b> <i>chuan shan jia qu shi qing du wan</i> (55)  <b>{4a}</b> <i>hua she jie yang wan</i> (74)</p> <p><b>Tinea:</b>  <b>[W-s]</b> <i>xiao feng san</i> (395)  <b>[W-s]</b> <i>xiao feng san</i> (395)</p>

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
		adrenal, lung, brain, occiput, liver, spleen  <b>Rash from Poison Oak/Ivy:</b> ☞ local body area, spinal cord, urticaria, neurogate, endocrine, allergy, lung, thyroid	<b>Uneven rash:</b> [E-w] <i>xuan du fa biao tang</i> (48)  <b>Measles/viral:</b> [E-w] <i>sheng ma ge gen tang</i> (47)  {3a} <i>chuan xin lian kang yan pian</i> (36) {3c} <i>hou zao san</i> (64) (fits, cough)
<b>URTICARIA (hives):</b> local wheals and erythema in the dermis <b>Angioedema:</b> eruption w/larger edematous areas that involve both dermis and subcutaneous structures			
<b>PEI LEI:</b> rash 1) Wind-heat 2) Wind-damp 3) Accumulated heat in S and intestines		<b>Eliminate heat, wind, and damp, activate blood:</b> ◎ LI11, Sp10, Sp6, S36 (can use plum-blossom needle on diseased regions)  ☞ affected area, endocrine, lung, adrenal, urticaria, neurogate, thyroid, occiput, spleen, kidney (ret 1hr)  → If symptoms include abdominal pain, diarrhea, and dyspnea, other TX methods should be used	[D-u] <i>wu pi san</i> (178) (edema) [T-b] <i>si wu tang</i> (248) [S-h] <i>tian wang bu xin dan</i> (378) (stress)  {3a} <i>lian qiao bai du pian</i> (40) (fever) {3a} <i>cai feng zhen zhu an chuang wan</i> (43) {5c} <i>jing wan hong</i> (108) (trauma)
<b>Wind-heat</b>	<b>S:</b> red rash w/severe itching <b>P:</b> superficial, rapid	<b>Expel wind, eliminate heat in blood:</b> GV14, TW5, UB13, LI4, UB40, UB17-18	[E-w] <i>xuan du fa biao tang</i> (48) [E] <i>ge gen tang</i> (51)  {3a} <i>cai feng zhen zhu an chuang wan</i> (43) {3b} <i>chuan shan jia qu shi qing du wan</i> (55)
<b>Wind-damp:</b> stagnation of wind-damp in skin and muscles	<b>S:</b> white or light red rash, heaviness of body <b>T:</b> white and sticky coating <b>P:</b> superficial, slow	<b>Expel wind, drain damp:</b> Sp9, GV12, UB40  <b>Purple face:</b> L9	[W-s] <i>xiao feng san</i> (395) [E-c] <i>gui zhi tang</i> (35) [C-c] <i>dang gui si ni tang</i> (216) [B-i] <i>xue fu zhu yu tang</i> (314) [W-s] <i>xiao xu ming tang</i> (396)
<b>Accumulation of heat in S and intestines:</b> may be due to intestinal parasites or seafood poisoning	<b>S:</b> red rashes, abdominal pain, constipation or diarrhea <b>T:</b> thin, yellow coating <b>P:</b> rapid	<b>Clear heat from S/intestines, expel parasites, relieve poison:</b> S25, S36, UB25	[E-↑] <i>fang feng tong sheng san</i> (58)
<b>ERYSIPELAS (herpes zoster/shingles):</b> an acute infection caused by reactivation of the varicella-zoster virus involving the dorsal root ganglia (a superficial cellulitis caused by Group A β-hemolytic streptococci); causes eruptions and neuralgia on the skin corresponding to the distribution of the affected root ganglia; most prevalent among those 50 years and over, although it may strike at any age, particularly in immunosuppressed patients; it only effects people who have had chickenpox; reactivation may be idiopathic or follow immunosuppression, stress, trauma including surgery, radiation, CVA, etc.			
<b>External wind-heat or damp-heat from S or intestines into blood, skin, and muscles:</b> 1) Stagnant qi and blood	<b>S:</b> lesions (shiny, red, edematous, tender, w/developing vesicles) rapid onset, burning pain, rapidly extending in size	<b>Eliminate heat, relieve toxins:</b> ◎ GV14, LI11, S43, UB40, Sp10 (strong stim)	[E-w] <i>sheng ma ge gen tang</i> + <i>zi cao</i> (47) [E-↑] <i>fang feng tong sheng san</i> (58) [E-↑] <i>shi gao tang</i> (61) [H-t] <i>wu wei xiao du yin</i> (84)



**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<p>2) Lv yang excess</p> <p>Problem areas:</p> <p>1) Geniculate zoster: ear pain w/transient paralysis of the face on the involved side; eruptions are visible on the external auditory canal and on the pinna (external ear), the soft palate, and the anterior pillars of the fauces (area of mouth opening into pharynx that encloses the tonsils); involving nerve ganglia in temple (facial cranial nerves VII-IX)</p> <p>2) Ophthalmic herpes zoster: eruption occurs on the ophthalmic branch of the cranial nerve V; if vesicles appear on the tip of the nose, then corneal involvement may occur and can lead to corneal ulcers and opacities</p> <p>3) Recurrence rate is high</p>	<p>Healing process: bright red to dull red in several days followed by desquamation; erythematous base (over production of red blood cells), linear patches of grouped vesicles, intense pain, lesions stop abruptly on the midline of the body, new crops may continue to appear for 3-5 days after the lesions begin to dry and crust</p> <p>Internal: high fever, vomiting, GI disorders, delirium, convulsion, malaise</p> <p><b>Recurrent:</b> w/chronic lymphadema</p>	<p>CP: (BL toxins) <i>jing</i>-wells, P8</p> <p>☯ neurogate, adrenal, subcortex, occiput, endocrine, lung, occiput, allergy, chest, thoracic vertebrae, helix #1-6 (2-3 acupts w/mod-strong stim; ret 30 min-1 hr)</p> <p>☯ Post Herpetic Neuralgia: chest, thoracic vertebrae, urticaria, neurogate, endocrine, spinal cord</p> <p><b>Erysipelas:</b> GB34, GB41, P7, UB54, GB31, TW6 <b>HA:</b> M-HN-9, LI4 <b>Nausea:</b> P6, Sp4, S36</p>	<p><b>[H-t]</b> <i>wu shen tang</i> (86) <b>[H-o]</b> <i>long dan xie gan tang</i> (96) <b>[D-t]</b> <i>chu shi wei ling tang</i> (182) <b>[W-s]</b> <i>xiao feng san</i> (395)</p> <p><b>{3a}</b> <i>long dan xie gan wan</i> (42) (Lv/GB fire, damp-heat)</p>
<b>Damp-heat</b>	<p><b>T:</b> red w/thick yellow coating <b>P:</b> rapid, slippery, deep</p>	<b>Drain damp, clear heat:</b> Sp6	<b>[D-t]</b> <i>chu shi wei ling tang</i> (182)
<b>Wind-heat</b>	<p><b>S:</b> chills and fever, acute HA <b>T:</b> red w/thin yellow coating <b>P:</b> superficial, rapid</p>	<p><b>Expel wind, clear heat:</b> GB20</p> <p>→ Inappropriate for eye region erysipelas → Erysipelas complicated by infection should consider Western TX in conjunction → Very effective in TX lower leg erysipelas</p>	<p><b>[E-w]</b> <i>xuan du fa biao tang</i> (48) <b>[E-↑]</b> <i>fang feng tong sheng san</i> (58) <b>[E-↑]</b> <i>shi gao tang</i> (61) <b>[W-s]</b> <i>xiao feng san</i> (395)</p>

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# **RHEUMATOLOGICAL/MUSCULOSKELETAL AND CONNECTIVE TISSUE**

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<b>RHEUMATOLOGICAL/MUSCULOSKELETAL AND CONNECTIVE TISSUE</b>			
<p><b>ARTHRITIS:</b> a heterogeneous and systemic rheumatic disorder characterized primarily by inflammation of the axial skeleton and large peripheral joints  <b>Acute:</b> quick onset of joint inflammation associated by pain, heat, redness and swelling  <b>Allergic:</b> joint inflammation originating from allergen (ie. hypersensitivity to serum injection)  <b>Chronic:</b> long persisting joint inflammation (many months to years)  <b>Degenerative (Osteoarthritis/Degenerative Joint Disease/Wear and Tear Disease):</b> seen primarily amongst the elderly, accompanied by loss of cartilage about the joint, stiffness, and joint deformity (subchondral bony sclerosis, cartilage and bony proliferation at the joint margins, and osteophytes); most common form of arthritis; can effect all joints, but has special affinity to weight bearing joints (knees, hip, spine, shoulders, fingers); seen in men (usually before age 45) and women (after 45-55)  <b>Gonorrheal:</b> joint inflammation secondary to gonococcal infection  <b>Gouty:</b> joint inflammation due to an upset in uric acid metabolism; usually affects one joint at a time  <b>Hemophilic:</b> joint inflammation seen in hemophiliacs (when blood clots improperly "bleeders") secondary to bleeding into a joint  <b>Menopausal:</b> joint pain seen in women during the change in life; often clears after hormone treatments  <b>Rheumatoid:</b> one of the most common chronic forms of joint inflammation, often affecting many joints simultaneously, characterized by pain and motion limitation; cause is unknown but thought to be infectious in origin  <b>Tuberculous:</b> joint inflammation secondary to TB infection  <b>JOINT PAIN:</b> pain may be due to a single pathological process or combined abnormalities; symptoms may be:  <b>Local:</b> limited to joint, capsule, adjacent ligaments, muscles, or nerves  <b>Distant:</b> causing radiation along the course of neurological bundles or brachialgia beginning anywhere from the spinal cord to the end of the extremity  <b>Referred:</b> pain from diseased intrathoracic or upper abdominal organs</p>			
<p><b>BI ZHENG:</b> numbness; arthralgia  <b>JINGBU SHANGJIN:</b> cervical muscle and tendon injury  <b>DONG JIE JIAN:</b> congealed shoulder (frozen shoulder)</p> <p><b>Blockage of qi or blood (Bi Syndrome):</b> excesses invade exhausted, injured or asleep people:            1) Wandering/Moving (wind)            2) Fixed/Heavy (damp)            3) Febrile (heat)            4) Pain (cold)            5) Chest (heart)</p> <p><b>Osteoarthritis:</b>            1) Deficient K            2) Deficient K <i>jing</i>            3) Deficient Lv            4) Deficient <i>qi</i> w/stagnation            5) Blood stasis            6) Wind-damp <i>bi</i>            7) Dysfunction of YgL</p>	<p><b>BI ZHENG:</b>  <b>S:</b> paresthesias, muscle weakness, and reflex and sensory losses, limited range of motion</p> <p><b>Local:</b> inflammatory, degenerative, and mechanical stress (synovitis, arthritis), bursitis (subacromial), tendinitis (supraspinatus syndrome, epicondylitis of elbow), capsulitis, fibromyalgia</p> <p><b>Distal:</b> vascular and neurological disorders; neuralgia, paralysis, or spasm (spinal cord, nerve roots, peripheral nerves from cervical disk protrusion, cervical spondylosis, carpal tunnel syndrome, etc.)</p> <p><b>Osteoarthritis:</b> deep aches and pains, stiffness upon awakening, insomnia induced from pain and stiffness, tenderness to palpation and Heberden's nodes (distal)</p>	<p><b>Spread qi and blood, relax the muscles, clear channels (Muscular Rheumatism/Joint Pain):</b> <i>ashi</i>, GV14, UB11, LI15, LI11, TW5, LI4</p> <p>MX: Chronic stage arthritis (cold)            (warm affected area 10-20 min; 1-2x/day for 10TX)</p> <p>CP: Acute stage arthritis (hot): pain areas (BL w/ret 10-15 min; 1x/2-4 days for 5TX)</p> <p>☯ Rheumatoid Arthritis: local body areas or painful joints, sympathetic, subcortex, neurogate, adrenal, endocrine, occiput, kidney, triple warmer, helix #1-6 (1x/day or alt for 10TX; can embed intradermal needles for 3-5 days)            ☯ Osteoarthritis: local body area, shoulder, clavicle, neurogate</p> <p>☯ Bone Fracture: local body area, neurogate, subcortex, kidney            ☯ Muscle Sprain: local body area, muscle relaxation, neurogate, subcortex, hot, liver</p>	<p><b>DJD (Osteoarthritis)/Chronic:</b>  <b>[E-c]</b> <i>ma xing yi gan tang</i> (35) (acute stage joint swelling)  <b>[E-c]</b> <i>gui zhi fu zi tang</i> (37) (severe pain, redness and swelling, chill-phobia, inflammation, tender to touch, decreased range of motion)  <b>[↓-i]</b> <i>ji chuan jian</i> (125)  <b>[D-u]</b> <i>fang ji huang qi tang</i> (179) (deformed knee joints in overweight women)  <b>[D-w]</b> <i>juan bi tang</i> (204) (rheumatoid/gouty/bursitis)  <b>[D-w]</b> <i>gui zhi shao yao zhi mu tang</i> (205) (swollen emaciated fingers)  <b>[D-w]</b> <i>yi yi ren tang</i> (206) (swollen joints w/painful movement, esp. upper body)  <b>[D-w]</b> <i>du huo ji sheng tang</i> (207) (chronic low back pain)  <b>[T-n]</b> <i>jin gui shen qi wan</i> (275)  <b>[B-t]</b> <i>huo luo xiao ling dan</i> (329)</p> <p><b>Rheumatoid arthritis:</b>  <b>[E-c]</b> <i>ma huang jia zhu tang</i> (34) (cold-<i>bi</i>)</p>

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<p>Causes: exact cause is unknown</p> <ol style="list-style-type: none"> <li>1) Hereditary tendency</li> <li>2) Poor diet</li> <li>3) Trauma</li> <li>4) Repetitive forceful stress to a joint</li> </ol> <p><b>HE XI FENG:</b> 'crane-knee wind;' 'wandering knee wind;' 'crane's joint;' 'eyes of the knee wind'</p> <p><b>Yin type swelling:</b> dampness congeals in discrete area of muscles, sinews, bones, or blood vessels</p> <ol style="list-style-type: none"> <li>1) External wind-cold: Sp damp flows downward</li> <li>2) Deficient Lv/K yin: damp-heat flows downward</li> </ol>	<p>interphalangeal joints), joint crepitus w/movement, weakness of joint on weight bearing, acute flare-ups of pain, swelling and stiffness</p> <p><b>HE XI FENG:</b>  <b>S:</b> swelling and enlargement of one or both knees w/subsequent atrophy of the area above and below the knee resembling crane legs; difficult mobility</p> <ol style="list-style-type: none"> <li>1) at first interior patellar pain, later the knee swells and the thigh becomes thin</li> <li>2) knee joint redness, swelling, pain, when prolonged the flesh below the knee becomes withered and contracted</li> </ol> <p><b>T:</b></p> <ol style="list-style-type: none"> <li>1) pale</li> <li>2) red, no coat</li> </ol> <p><b>P:</b></p> <ol style="list-style-type: none"> <li>1) weak, slow</li> <li>2) rapid, thin</li> </ol>	<p>☯ Dislocated Joint: local body area, spleen, liver</p> <p>☯ Muscle Tension: muscle relaxation, neurogate, spleen</p> <p>☯ Inflammation/Swelling: local body area, neurogate, endocrine, allergy, apex of tragus, helix #1-6</p> <p>☯ Muscular Atrophy: local body area, neurogate, subcortex, spleen</p> <p><b>Rheumatoid:</b></p> <p>→ Anti-inflammatory RX may be used in conjunction w/ACU to increase effectiveness</p> <p>→ If there is stiffness, exercises should be prescribed</p> <p><b>Osteoarthritis:</b>  <u>Strengthen bones and tendons:</u> GB39, GB34, UB11  <u>Strengthen K yang:</u> UB23, K2-3, GV4, Sp6  <u>Open YqL:</u> TW5, GB41  <u>Deficient jing:</u> master points  <u>Invigorate qi and blood:</u> UB10, LI11, SI5, CV6, S36  <u>Influence parathyroids:</u> UB11, UB58, GB30, S36, GV2, Lv3, GV15, UB3, P7</p> <p>(see specific area points below, TMJ, and low back pain)</p> <p>→ Use MX</p> <p>→ ACU: use local pts related channel's distal pt</p> <p>→ Use plum blossom needle w/affected joints</p> <p><b>Jaw (TMJ):</b> see below</p> <p><b>Vertebrae:</b> M-BW-35, UB37, UB40, GV26</p> <p><b>Neck (stiff):</b> M-UE-24 (ask pt to move neck; if pain is unabated, needle acupts of</p>	<p><b>[D-w]</b> <i>gui zhi shao yao zhi mu tang</i> (205)</p> <p><b>{4a}</b> <i>guan jie yan wan</i> (72)</p> <p><b>Rheumatoid/Gonococcal/Gouty:</b>  <b>[D-h]</b> <i>er miao san</i> (195)</p> <p><b>Rheumatoid/Gouty/Connective Tissue Disorders:</b>  <b>[D-w]</b> <i>gui zhi shao yao zhi mu tang</i> (205)  <b>[D-w]</b> <i>xuan bi tang</i> (206)</p> <p><b>Intractable:</b>  <b>[C-g]</b> <i>si ni tang</i> (226)</p> <p><b>He Xi Feng:</b>  <b>[D-w]</b> <i>da fang feng tang</i> (209)  <b>[C-c]</b> <i>yang he tang</i> (217)</p>

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
		<p>tenderness), TW10, TW16, SI3-4, GB20-21, GB39, GV16, UB10, SI13-15, UB60, UB62</p> <p>☞ Whiplash: neck, cervical vertebrae, clavicle, neurogate</p> <p><b>Shoulder:</b> LI4-16, TW13-15, M-UE-48, SI11, GB20-21, TW3-4, GB34, L5, L9, TW9, S38  <u>Perifocal inflammation:</u> LI15, TW14, M-UE-48  <u>Supraspinatus tendonitis:</u> LI15-16  <u>Infra-acromial bursitis:</u> LI15  <u>Tenosynovitis of biceps brachii:</u> M-UE-48, L5, L9, TW14, TW9, TW4</p> <p>☞ shoulder, upper arm, clavicle, thoracic vertebrae, neurogate, kidney triple warmer</p> <p><b>Scapula:</b> UB41-45, UB12-13, UB15, UB18</p> <p><b>Chest:</b> S13-16, Sp19-21, GB23, GB34, LI10-11, S36</p> <p><b>Elbow (tennis elbow/tendonitis):</b> TW10, LI10, LI4</p> <p>☞ elbow, forearm, upper arm, clavicle, thoracic vertebrae, neurogate, kidney, triple warmer</p> <p>→ During course of TX for tendonitis of the elbow, the elbow should be rested; if the joint becomes stiff due to inflammation, massage or surgery should be considered</p> <p><b>Wrist, fingers (tenosynovitis/tenosynovial cyst):</b> LI5, L7, LI4, TW5, P6-7, M-UE-50, M-UE-9, LI10, TW4, SI4</p> <p>→ During the course of TX for tenosynovitis of wrist, wrist movement should be limited and kept warm</p> <p>→ After needling a tenosynovial cyst, the cyst should be dressed and bandaged for 3-5 days</p>	

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
		<p><b>Carpal Tunnel Syndrome:</b> P7, M-UE-50, P6, TW5</p> <p>→ ACU is very effective for early stages of carpal tunnel syndrome</p> <p><b>Lumbosacral/Hip/Low Back Pain:</b> (see 'lumbago' below)</p> <p><b>Knee:</b> M-LE-16, S33-36, UB40, K10, GB31, GB34, Sp9-10, UB39, Lv7-8, M-LE-27, GB43, Sp6, K7, Lv2</p> <p><b>Ankle:</b> GB39-40, Sp5-6, K3, S41, K6, UB60, UB62, GB35, K8</p> <p>→ For sprained ankle, if the ankle ligaments are torn, surgery must be considered</p> <p><b>Sole of foot:</b> UB57, K3, UB60  <b>Toes:</b> M-LE-41, Sp4, UB65, GB38, Sp5  <b>Gout:</b> UB23-24, UB19, CV4, Sp6</p> <p>→ ACU cannot correct structural defects of the foot (bone deformity, spur, etc.) which may be the source of pain; surgery or other corrective measures may be necessary</p> <p><b>Paget's Disease:</b> (like chronic arthritis bone deformity) GV12, GV8-9, UB13, UB15, UB20, UB22, LI10, S36, Sp6                      (ins 2-4 needles at acupts of tenderness; multi-directional needling, w/d and re-ins; mod-strong stim)                      (severe: 1x/day or alt for 10-15TX; ES)</p>	
<p><b>Wandering/Moving:</b> wind</p> <ol style="list-style-type: none"> <li>1) Wind-cold-damp</li> <li>2) Wind-damp</li> <li>3) Stagnant wind</li> </ol>	<p><b>S:</b> moving pain, mild soreness and stiffness, chills and fever, continuous crackling sounds during joint movement  <b>T:</b> yellow/thin white coat  <b>P:</b> superficial, rapid</p>	<p><b>Expel wind:</b> (ACU)                      ◎ GB20, UB12, GV16</p> <p><b>TMJ:</b> see below</p>	<p><b>[R-s]</b> <i>chai hu gui zhi tang</i> (138)  <b>[W-s]</b> <i>wu yao shun qi wan</i> (397)  <b>[W-s]</b> <i>xiao huo luo dan</i> (398)  <b>[W-s]</b> <i>wu tou tang</i> (398)</p>

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<b>Fixed/Heavy:</b> damp 1) Damp-cold 2) Damp-heat 3) Stagnation of <i>qi</i> in big joints during cold and wet seasons	<b>S:</b> fixed pain, heavy, swelling (edema), numbness, popping sound during joint movement <b>T:</b> greasy <b>P:</b> slippery, slow, moderate	<b>Drain damp, open channels, dispel cold:</b> (ACU-MX) S36, Sp5  → Stretching is effective	<b>[D-w]</b> <i>juan bi tang</i> (204) <b>[D-w]</b> <i>gui zhi shao yao zhi mu tang</i> (205) <b>[D-w]</b> <i>xuan bi tang</i> (206) <b>[D-w]</b> <i>du huo ji sheng tang</i> (207)
<b>Painful:</b> cold 1) Deficient blood 2) Deficient blood and <i>qi</i> 3) Deficient K <i>yang</i> 4) Dysfunction of YgH, YgL 5) Excess in YnH	<b>S:</b> severe fixed pain in joint or muscle, stiffness, pain aggravated by cold and relieved by heat <b>T:</b> thin, white coat <b>P:</b> tight, wiry	<b>Warm channels, dispel cold</b> ◎ S36  MX: CV4, CV6, UB23, GV4	<b>[B-i]</b> <i>shen tong zhu yu tang</i> (316)
<b>Febrile:</b> heat	<b>S:</b> hot flesh, redness, swelling, inflammation, mouth and tongue is parched, dark urine, constipation, irritability, pain aggravated by heat and relieved by cold <b>T:</b> yellow coat, greasy <b>P:</b> rapid	<b>Clear heat, open channels:</b> BL: GV14, LI11  <b>Myositis:</b> GV12, UB20, S36, Sp6	<b>[H-q]</b> <i>bai hu jia gui zhi tang</i> (71) <b>[H-q]</b> <i>bai hu jia cang zhu tang</i> (72)
<b>XIONG BI:</b> chest numbness  <b>Heart (local):</b> 1) Obstructed <i>yang qi</i> in chest w/phlegm fluid ascending 2) Cold and rebellious <i>qi</i> ascends	<b>S:</b> chest distention, palpitations, panting, irritability <b>P:</b> deep, full, slow, slippery	<b>Drain phlegm fluid from H to clear obstruction:</b> Lv13-14, P6, H7, UB17, CV17, GV12, GV10, UB13, L5, CV12, S36  <b>Cold:</b> UB16	
<b>TEMPOROMANDIBULAR JOINT (TMJ) DISORDER:</b> jaw disorders (clenching the teeth) which is susceptible to common congenital and developmental anomalies, fractures and dislocations, ankylosis, arthritis, and neoplastic diseases.			
<b>Wandering bi</b>		<b>Expel wind:</b> S7, LI4, UB20, TW21, SI19, GB2, S6, TW17  ☞ Maxilla, mandible, cervical vertebrae, neurogate, subcortex	See wind blockage above
<b>LOW BACK PAIN (Lumbago):</b> is felt in the low lumbar, lumbosacral, sacroiliac region; often associated w/sciatica <b>Acute sprain of lower back</b> <b>Chronic low back pain</b>			

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<p><b>YAO TONG:</b> lumbago</p> <p><b>Obstruction of qi</b></p> <ol style="list-style-type: none"> <li>1) Blood stagnation (traumatic)</li> <li>2) Cold-damp</li> <li>3) Damp-heat</li> <li>4) Deficient K yang</li> <li>5) Deficient K yin</li> </ol> <p>(see also 'osteoarthritis' above)</p>		<p><b>Spread qi through the meridians, relax muscles, activate blood:</b></p> <p>☉ UB23, UB25, UB40, UB57, UB60, UB17, GV3-4, N-UE-19 (3-5 acupts w/mod-strong stim to project numbness down leg; acute: 1x/day and 1x/2-3 days as condition improves)</p> <p>ES: (strong, high frequency for 5-10 min)</p> <p>CP: M-BW-35 (L2-5) (tap w/cutaneous needle to cause slight bleeding, then apply cups)</p> <p>☯ ischium, adrenal, buttocks, sciatica, neurogate, lumbar-sacral, thoracic vertebrae, urinary bladder (ret for 10-30 min; embed intradermal needles for 3-7 days)</p> <p><b>Lumbosacral:</b> M-BW-25, UB30-32, UB24-26, UB51-52, UB54, S36 <b>Sacroiliac:</b> UB27-28 <b>Hip:</b> GB29-31, GB34, GB39-40, S31, Lv11, GB26-28, UB30-32</p> <p>☯ lumbar vertebrae, lumbago, neurogate, subcortex, adrenal (ret 15-20 min; 1x/day; embed intradermal needles 1-7 days)</p> <p>→ Manipulation and HP may be used in conjunction w/ACU</p>	<p><b>Chronic:</b> [D-w] <i>du huo ji sheng tang</i> (207)</p> <p><b>Severe:</b> [↓-i] <i>da huang fu zi tang + rou gui + xiao hui xiang</i> (126) [↓-w] <i>kong xian dan</i> (129) [T-g] <i>qing e wan</i> (280)</p> <p><b>Acute sprain:</b> [E-c] <i>jiu wei qiang huo tang</i> (40) [B-t] <i>fu yuan huo xue tang</i> (326)</p> <p><b>Soreness/Weakness:</b> [T-n] <i>liu wei di huang wan</i> (263) [T-n] <i>zuo gui yin</i> (266) [T-g] <i>you gui yin</i> (280)</p>
<p><b>Obstruction of qi (acute sprain):</b> GV and UB meridian obstruction and injury due to traumatic sprain or contusion</p> <p><b>Blood stagnation</b></p>	<p><b>S:</b> fixed, sharp pain, tenderness, spasm, mild in daytime and worse at night (poor circulation during yin hours), stiffness (mild), limited mobility (severe) <b>T:</b> pink or dark purple <b>P:</b> hesitant, tight, rapid, wiry, choppy</p>	<p><b>Move blood, resolve stagnation, regulate qi (acute sprain):</b></p> <p>☉ GV26 (strong stim); BL: K2, UB40 (1x/day)</p>	<p>[B-i] <i>shen tong zhu yu tang</i> (316) [B-t] <i>fu yuan huo xue tang</i> (326)</p> <p>{5a} <i>qian lie xian wan</i> (93) (prostate inflammation)</p> <p><b>Trauma:</b> {5c} <i>shen xian jin bu huan gao</i> (110) {5c} <i>die da zhi tong gao</i> (111) {5c} <i>shang shi bao zhen gao</i> (113)</p>



**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<b>Obstruction of qi:</b> obstructed UB meridian (muscle) due to <b>cold-damp</b> invasion	<b>S:</b> obesity, pain aggravated by rainy days, heavy sensation and muscle stiffness in lumbar region, pain radiating down legs <b>T:</b> white w/sticky coat <b>P:</b> deep, weak, slow	<b>Drain cold-damp, warm and open the channels:</b> UB22, UB26, UB48	[E-c] <i>jiu wei qiang huo tang</i> (40) [↓-i] <i>da huang fu zi tang + rou gui + xiao hui xiang</i> (126) [↓-w] <i>kong xian dan</i> (129) [D-w] <i>du huo ji sheng tang</i> (207) (chronic) [C-c] <i>yang he tang</i> (217) [T-g] <i>qing e wan</i> (280) (severe) [P-c] <i>gan cao gan jiang fu ling bai zhu tang</i> (444)
<b>Obstruction of qi:</b> obstructed UB meridian (muscle) due to <b>damp-heat</b> invasion	<b>S:</b> fever, swelling and redness, scanty and yellow urination, exercise eases pain <b>T:</b> yellow, greasy coat <b>P:</b> slippery, rapid	<b>Clear heat, drain damp, open channels, soothe tendons:</b> LI11, GV14, GB34	{4a} <i>qian jin zhi dai wan</i> (56) {4a} <i>yu dai wan</i> (62) {4a} <i>feng shi xiao ton wan</i> (71) {7c} <i>yao tong pian</i> (164)
<b>Obstruction of qi (chronic pain): deficient K qi or yang</b> due to excessive sexual activity	<b>Deficient yang:</b> <b>S:</b> gradual onset of pain and soreness, weak loins and knees, fatigue, pallor, cold limbs <b>T:</b> pale <b>P:</b> deep, thin, or deep, slow	<b>Nourish K yang (chronic pain):</b> ◎ UB40, UB60, UB22-23, M-BW-24, CV6 (mod-strong stim; ins in multiple directions w/muscle spasms; ES; HP)  MX: UB23, UB25, M-BW-24-25, GV3-4 (sticks for 5-10 min/1-3 indirect cones; 1x/day or alt)  CP: UB23, GV3, UB32 (TX 1x/day or alt); low back UB (TX 1x/2-3 days)	[T-g] <i>jin gui shen qi wan</i> (275) [T-g] <i>zan yu dan</i> (281) [T-g] <i>tu si zi wan</i> (280) [T-g] <i>you gui yin</i> (280) (soreness) [T-g] <i>qing e wan</i> (280) (severe)  {7c} <i>yao tong pian</i> (164) {7c} <i>ba wei di hung wan</i> (165) {7c} <i>jin kui shen qi wan</i> (171) {7c} <i>hai ma bu shen wan</i> (176) {7e} <i>ren shen lu rong wan</i> (198) (K+Sp+H) {7e} <i>zhi bao san bian jing</i> (205) (K+Sp+L)
<b>Deficient K yin</b>	<b>Deficient yin:</b> <b>S:</b> irritability, insomnia, dry mouth and throat, flushed face, feverish sensation in chest, palms and soles, tinnitus, nightsweats <b>T:</b> red w/scanty coating <b>P:</b> thin, weak, or thin, rapid	<b>Nourish K yin:</b> UB52, K3, CV4, CV6	[T-b] <i>dang gui sheng jiang yang rou tang</i> (253) [T-n] <i>liu wei di huang wan</i> (263) (soreness) [T-n] <i>zhi bai di huang wan</i> (265) [T-n] <i>zuo gui yin</i> (266) (soreness)  {7d} <i>liu wei di huang wan</i> (188)
<b>FIBROMYALGIA:</b> widespread pain, tenderness and stiffness of muscles, tendons, and ligaments of greater than 3 months duration, usually accompanied by fatigue and anxiety or depression; the tissues of the occiput, low back (lumbago), neck (neck pain and spasm), shoulders, thorax (pleurodynia = flank pain along the chest), and thighs (aches and spasms) are especially affected; may be a complication of hypothyroidism and chronic fatigue syndrome			

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<b>Fibromyalgia:</b> 1) Lv <i>qi</i> stagnation 2) <i>Qi</i> stagnation and blood stasis 3) Deficient Sp 4) Deficient K 5) Deficient blood 6) Deficient <i>jing</i> 7) Cold in the channels w/damp-heat 8) Dysfunction of YgH/YnH  Causes: 1) Physical or mental stress or trauma, chronic overwork 2) Poor sleep/disorders 3) Over-exposure to dampness or cold 4) Viral infection	<b>S:</b> specific points of tenderness (trigger points), chronic aching, stiffness, sleep disturbances, insomnia, pain, numbness, paresthesias (burning and tingling associated w/neuritis), swelling, chronic fatigue (esp. on waking, also at 3-5 pm), low grade fever, swollen lymph nodes, sinusitis, anxiety, depression, chronic HA, GI disturbance, chest pain, dizziness, palpitations	<b>Fibromyalgia:</b> ☉ Trigger points (MX; circling area w/needles)  <b>Sinusitis:</b> L7, TW16-17, S3, LI10, S43  → Use very light stim and short needle ret → Palpate abdomen to located tender and knotty area (stagnant <i>qi</i> and blood)	
<b>Lv <i>qi</i> stagnation/constraint</b>		<b>Clear Lv/GB, clear damp-heat, move Lv constraint:</b> UB18, GB20-21, LI11, P6, H6-7, Lv13-14, Sp6, GB34, GB37-41, Lv1-8	<b>[R-s]</b> <i>chai hu gui zhi tang</i> (138)
<b><i>Qi</i> stagnation and blood stasis</b>		<b>Facilitate <i>qi</i> and blood flow:</b> SI10, UB11, LI4, K16, S30, Sp6, Sp4, Sp2, K4	<b>[T-qb]</b> <i>gui pi tang</i> (255) <b>[T-qb]</b> <i>ren shen yang ying tang</i> (260)
<b>Deficient Sp</b>		<b>Tonify Sp yang:</b> UB20, CV12, S36, Sp6	<b>[T-qb]</b> <i>gui pi tang</i> (255) <b>[T-qb]</b> <i>ren shen yang ying tang</i> (260)
<b>Deficient K</b>		<b>Tonify K yang:</b> UB38, UB43, UB23, GV4, M-BW-23-24, GB30-31, K27, K24, K16, CV6, K3	<b>[T-g]</b> <i>jin gui shen qi wan</i> (275)
<b>Deficient blood</b>		<b>Tonify blood:</b> UB17, CV4, Sp6, K3	<b>[T-b]</b> <i>si wu tang</i> (248)
<b>Deficient <i>jing</i></b>		<b>Distribute <i>jing</i> to genitals:</b> S30, K3-4	
<b>Cold in the channels w/damp-heat</b>		<b>Dispel cold, clear damp-heat:</b> UB11, UB18, GB30-31, TW7, GB34, S30, Sp10, GB37-41, K6-7, K3	<b>[C-c]</b> <i>dang gui si ni tang</i> (216)
<b>Dysfunction of YgH/YnH</b>		<b>Open Ygh/YnH:</b> TW5, SI3, K6, UB62	

# **NEUROLOGICAL**

**DIFFERENTIATION AND TREATMENT OF COMMON BIOMEDICAL SYNDROMES WITH ACUPUNCTURE AND HERBS**

DIFFERENTIATION		TREATMENT	
Syndrome: Etiology (Causes)	Pathogenesis: Symptoms (Effects)	Acupuncture	Herbs
<b>NEUROLOGICAL</b>			
<p><b>HEADACHE (HA):</b> cephalalgia  <b>Functional:</b> marked by organic signs and symptoms but w/o evidence of structural or physiologic abnormalities; upset function  <b>Organic:</b> progressive deterioration of brain structure or physiology</p> <p><b>Vascular:</b>  <u>Migraine:</u> a recurring vascular HA characterized by a prodromal aura, unilateral onset, severe pain (throbbing), photophobia, and autonomic disturbances during the acute phase which may last hours or days; the disorder occurs more frequently in women than men (usually occurs between the age of 10-30, and remissions occur after age 50 suggesting a hormonal influence); a predisposition to migraine may be inherited; the exact cause is unknown, but the head pain is related to dilation of extracranial blood vessels, which may be the result of chemical changes that cause spasms of intracranial vessels; allergic reactions, excess carbohydrates, iodine rich foods, alcohol, bright lights, or loud noises may trigger attacks, which often occur during a period of relaxation after physical or psychic stress; an impending attack may be heralded by visual disturbances, such as wavy lines, flashing lights, strange tastes or odors, numbness, tingling, vertigo, tinnitus, or a feeling of body distortion; the acute phase may be accompanied by nausea, vomiting, chills, polyuria, sweating, facial edema, irritability, and extreme fatigue; after an attack the individual usually has a dull head, neck pains, and a great need for sleep  <u>Cluster (Histamine):</u> associated w/the release of histamine from the body tissues and marked by symptoms of dilated carotid arteries, fluid accumulation under the eyes, tearing or lacrimation, and rhinorrhea (runny nose); symptoms include sudden sharp pain on one side of the head, involving the facial area from the neck to the temple; occurs more frequently in men; also called suicide HA  <u>Hypertension:</u> typically throbbing and located in the occiput or vertex; paroxysmal; there is a history of renal or cardiovascular disease  <u>Miscellaneous:</u> toxic states, infections, alcoholism, uremia, lead, arsenic, morphine, carbon monoxide, poison, encephalitides; moderate intensity</p> <p><b>Sinus:</b> from sinusitis</p> <p><b>Tension:</b> HA as a result of overwork, or emotional strain, and involving tension in the muscles of the neck, face, and shoulder</p>			
<p><b>TOU TONG:</b> headache</p> <ol style="list-style-type: none"> <li>External wind penetrates yang channels</li> <li>Excess Lv yang</li> <li>Stagnant blood</li> <li>Deficient K qi and blood</li> <li>S heat, Lv/GB fire</li> <li>Phlegm and damp</li> <li>Phlegm heat rebels upward</li> </ol> <p><b>Differential Causes:</b>  <b>Organic:</b></p> <ol style="list-style-type: none"> <li>Intracranial: brain tumor, brain abscess, subdural hematoma, meningeal irritation (acute), cancer, subarachnoid hemorrhage</li> <li>Cranial: metastatic neoplasms, Paget's disease</li> </ol> <p>Involvement of sensory nerves of</p>	<p><b>HA Location:</b>  <u>Frontal:</u> S; yangming  <u>Temporal/Parietal:</u> Lv/GB; shaoyang  <u>Vertex:</u> Lv; jueyin; K/UB; shaoyin/taiyang  <u>Supraorbital:</u> S/UB; yangming  <u>Occipital/Cervical:</u> UB; taiyang  <u>Heavy:</u> TW</p> <p><b>Migraine:</b> unilateral or bilateral (often located about or behind the eye spreading to one or both sides), nausea and vomiting, desire for darkness and quiet, HA duration is hours to 1-3 days</p> <p>Prodromal: scintillating scotomas, mood swings, dizziness and tinnitus, dazzling zigzags</p> <p><b>Hypertension:</b> throbbing pain in</p>	<p><b>HA:</b>          ☉ GB20, M-HN-9, GV20, Lv3, GB8, TW3, L14 (first needle GB20 until sensation extends to fronto-temporal region; needle w/small amplitude until qi arrives, then vigorously)</p> <p>☿ subcortex, forehead, occiput, kidneys, pancreas, gallbladder, tender acupoints (manipulate every 5 min; w/persistent HA use strong stim for 5 min; embed intradermal needles for 1-7 days)</p> <p><b>Frontal:</b> GB14, UB2, S8, M-HN-3, GV23, S44, S3, GV14, S40  <b>Supraorbital:</b> UB2, GB14, M-HN-9  <b>Vertex (parietal):</b> GV19-21, Lv3, SI3, UB67  <b>Temporal:</b> M-HN-9, GB8, TW3, TW5, GB41  <b>Unilateral:</b> SI8, GB4-5, GB41  <b>Occipital:</b> UB10-11, UB60, SI3</p> <p><b>Congestive (sinus):</b> UB62</p>	<p><b>Influenza:</b>  <b>[E-w]</b> chuan xiong cha tiao san (49)          + gao ben (occipital- taiyang)          + chai hu (temporal- shaoyang)          + gegen (frontal- yangming)          + wu zhu yu + di long (vertex- jueyin)</p> <p><b>Frontal:</b>  <b>[H-o]</b> yu nu jian (94) (frontal)  <b>[R-s]</b> chai hu zhi jie tang (138) (lateral-frontal)  <b>[Y-d]</b> sang xing tang (159) (supraorbital ridge)</p> <p><b>Vertex:</b>  <b>[T-q]</b> bu zhong yi qi tang (243)          + man jing zi and chuan xiong (pronounced)          + gao ben (vertex)</p> <p><b>Migraine/Tension/Cluster (vascular):</b>  <b>[E-h]</b> chuan xiong cha tiao san (49)  <b>[H-t]</b> xie xin tang (79)  <b>[H-o]</b> long dan xie gan tang (96)</p>