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ACUPUNCTURE COLLEGE  
CORRESPONDENCE COURSE



LESSON 31  
OF  
31 LESSONS

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*Essentials of Chinese Acupuncture*  
*Gray's Anatomy*  
*The Merck Manual*  
*Taber's Cyclopedic Medical Dictionary*

The people of the entire English-speaking world owe a debt of gratitude  
to the acupuncturists and medical researchers  
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# MODERN & TRADITIONAL ACUPUNCTURE

## LESSON 31

### A TREATMENT FORMULARY

A little knowledge can be a dangerous thing.  
The point combinations that follow should only be attempted  
if you actually know what you are doing.  
No person trained in acupuncture alone is capable of healing disease  
unless they are also adept at qi gong or meditation or Tai Chi Chuan.  
This should not dissuade you from experimenting. However,  
I have touched hands with numerous acupuncture physicians  
who were licensed practitioners of acupuncture.  
These people knew acupuncture intimately but did not know  
how to cultivate their own Chi. Thus, they were really unqualified  
to practice acupuncture even though they were graduates of  
quality acupuncture colleges and were licensed acupuncture doctors.

Physician, heal thy self!

Learn to cultivate your own Chi before attempting  
to re-direct the Chi in others.

-- Dr. Wu Tao-Wei

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TABLE OF CONTENTS

PREFACE.....	5
ACKNOWLEDGEMENTS.....	6
HOW TO USE THIS MANUAL.....	7
COUNSEL FROM MASTER ACUPUNCTURISTS.....	10
ERRATA.....	13

## DISEASE SECTIONS

ABDOMINAL PAINS.....	14
ACNE	18
AGALACTIA, OLIGOGALACTIA.....	19
AMENORRHEA	21
AMNESIA.....	24
ANURIA (ANURESIS)	25
APHONIA.....	26
APPENDICITIS	27
ASTHMA.....	28
BELL'S PALSY (PERIPHERAL FACIAL PARALYSIS)	31
BREAST CANCER OR TUMORS.....	33
CATARACT	35
CHILBLAIN (FROSTBITE, PERNIO).....	36
CHOLELITHIASIS (GALLSTONES)	37
CHOLERA.....	39
CONSTIPATION	42
CORNS (CALLOSITIES, CLAVUS).....	44
COUGH	45
DEAFNESS-TINNITUS.....	48
DEAF-MUTISM	51
DIABETES MELLITUS.....	53
DIARRHEA	56
DIARRHEA IN CHILDREN.....	58
DYSENTERY	59
DYSMENORRHEA (MENORRHALGIA).....	61
DYSURIA	63
ECLAMPSIA.....	64
ECZEMATOUS DERMATITIS OF THE HAND ("GOOSE-FOOT WIND")	65
EDEMA.....	66
EDEMA OF THE FOOT OR LEG	69
EMPHYSEMA.....	70
ENURESIS	72
EPILEPSY.....	74
EPISTAXIS (NOSEBLEED)	77
EYES, PAINS AND INFLAMMATION OF.....	78
FEVER AND CHILLS (SHIVERING), FEVER	80
"FURIOUS MADNESS".....	82
FURUNCLES (BOILS) & CARBUNCLES	84
GALL BLADDER CANCER.....	86
GASTRALGIA	87
GLAUCOMA, CHRONIC.....	90
GOITRE (STRUMA)	91
GOUT (GOUTY ARTHRITIS).....	93

TABLE OF CONTENTS

HALITOSIS ("BAD BREATH").....	97
HEADACHES (CEPHALALGIA)	98
HEMORRHOIDS (RECTAL BLEEDING).....	101
HICCOUGH (HICCUP, SINGULTUS)	103
HORDEOLUM (STY), CHALAZION.....	105
HYPERTENSION (PRIMARY OR ESSENTIAL)	107
IMPOTENCE, PREMATURE EJACULATION.....	109
INFANTILE CHOLERA	111
INFANTILE CONVULSIONS (ACUTE & CHRONIC).....	112
INFANTILE MALNUTRITION (MARASMUS, KWASHIORKOR)	118
INFERTILITY OF THE FEMALE (STERILITY).....	119
INSANITY (MADNESS)	121
INSOMNIA (VIGIL).....	122
INTERCOSTAL NEURALGIA (COSTALGIA)	124
JAUNDICE, ICTERUS.....	126
KERATITIS	128
KERATOLEUKOMA.....	129
LABOR, PROLONGED	130
LEUKORRHEA (VAGINAL DISCHARGE).....	131
LINGUAL NEOPLASMS	134
LIVER ENERGY, INTERNAL DISTURBANCES OF.....	135
LUMBAGO (LOW BACK PAIN)	137
MALARIA.....	142
MASTITIS (MAMMITIS)	144
METRRORRHAGIA, MENORRHAGIA (HYPERMENORRHEA, POLYMENORRHEA)	145
MIGRAINE	148
MORNING SICKNESS (VOMITING IN PREGNANCY).....	150
MUMPS (PAROTITIS)	152
MUSCULAR ATROPHY, PROGRESSIVE.....	154
MYOPIA (NEARSIGHTEDNESS)	156
NASAL NEOPLASM (BENIGN HEMANGIOMA).....	157
NEURASTHENIA	158
NIGHT BLINDNESS (NYCTALOPIA, NYCTOTYPHLOSIS).....	161
NIGHT CRYING IN CHILDREN	162
OBESITY (CORPULENCE, ADIPOSITY).....	163
ODONTALGIA (TOOTHACHE)	164
OFFENSIVE SICKNESSES ("CAM MAO", COMMON COLD, INFLUENZA).	167
OTITIS MEDIA (ACUTE & CHRONIC)	169
PALPITATION OF THE HEART.....	171
PANCREATIC CANCER	173
PARALYSIS IN CHILDREN (INCLUDING POLIOMYELITIS).....	175
PARALYSIS, MUSCULAR (OF THE LOWER EXTREMITIES)	177
PARKINSONISM (PARALYSIS AGITANS, SHAKING PALSY).....	179
PLACENTA, RETAINED	181
PUERPERAL MUSCULAR SPASMS, PAIN & LOWER ABDOMINAL PAIN...	182
QUEENS EDEMA	183
RECTAL PROLAPSE (ANAL PROLAPSE, ANAL PTOSIS, ETC.).....	184
RHEUMATISM (RHEUMATOID ARTHRITIS, OSTEOARTHRITIS, ETC.)	186
RHINITIS (ALLERGIC, HAY FEVER, ACUTE).....	189
RHINITIS (CHRONIC, ATROPHIC)	190
SAN KHI (INCLUDING ORCHITIS, HERNIAS, PROSTATITIS, ETC.).	191
SCABIES	194

TABLE OF CONTENTS

SCROFULA (TUBERCULOUS LYMPHADENITIS).....	195
SINUSITIS (ACUTE & CHRONIC)	197
SPRAINS (INJURY OF THE JOINTS).....	199
SPERMATORRHEA (SEMINAL EMISSION, NOCTURNAL EMISSION)	201
STOMACH CANCER OR TUMORS.....	203
STOMATITIS & DEGENERATIVE DISEASES OF THE MOUTH	206
SWEATING, NOCTURNAL.....	209
SWEATING, SPONTANEOUS	210
SYDENHAM'S CHOREA (ST. VITUS' DANCE).....	212
TETANUS (LOCKJAW, TRISMUS)	213
THROAT, AFFECTIONS (PHARYNGITIS, LARYNGITIS, TONSILLITIS)	215
TORTICOLLIS (WRYNECK)	218
THU CHUNG (SICKNESSES OF THE HEAT).....	220
TRACHOMA (GRANULAR CONJUNCTIVITIS, EGYPTIAN OPHTHALMIA)	223
TRUNG PHONG, STROKES, APOPLEXY.....	224
TUBERCULOSIS (TB, CONSUMPTION)	229
TYMPANITES (METEORISM).....	233
URINARY CALCULI (RENAL STONES)	238
URTICARIA (HIVES, NETTLE RASH).....	240
UTERINE CANCER (CERVICAL & ENDOMETRIAL)	242
VAGINITIS (PAINS & INFLAMMATION OF THE VAGINA).....	244
VERTEBRAL SUBLUXATION	245
VERTIGO.....	248
VOMITING (EMESIS)	250
VOMITING OF MILK IN INFANTS.....	252
VULVAR PRURITIS	253
APPENDIX.....	255

## APPENDIX CONTENTS

Acupuncture Points For Specific Organs and Tissues.....	256
The Points of the Four Seas.....	258
The Points of the Endocrine Glands.....	258
The Points for Direct Hormonal Action.....	258
The God Points and Their Indications.....	260
The Four Great Assembling Points.....	260
The Wind Points and Their Indications.....	261
The Meeting Points.....	261
The Emperor-Minister Points and Their Indications.....	262
The Points for Sedating Inflammation of Organs.....	264
The Points for Tonifying Organs and Tissues.....	265
Some Points of Special Effects and Their Indications.....	266
First Aid Acupuncture Points.....	267
Some Points for Exacerbations.....	269
PAGE INDEX TO DISEASES.....	270

PREFACE

This last Lesson is intended to provide Graduates of the O.I.C.S. Extension Training Program (and separately, other practicing acupuncturists) with a desk reference manual containing highly efficacious acupuncture treatment formulas and point combinations.

This is the most voluminous such formulary ever printed in the English language. Every English language book on the subject of acupuncture and many foreign sources have been reviewed and evaluated for applicable contents. The evaluation of these numerous works for possible inclusion in this manual has been a constant challenge. Particularly difficult were editorial decisions to include or delete the many treatment formulas and modalities that were thoroughly reviewed. Priority of emphasis has been given to works of Masters of the Art, conservative treatment modalities, and treatment methods which have provided high efficacy and survived critical analysis. As well, much time and effort was spent to "double check" the acupuncture points given in all sources used, regarding their nomenclature discrepancies and typographical errors, of which one may be surprised to learn there are many, especially in the English language books.

The user of this formulary can rest at ease that ALL the points in the formulas listed, correspond and are given to one international standard; namely, in O.I.C.S. terminology, the same as that of the widely accepted International Nomenclature System first published in The American Journal of Chinese Medicine (1973). All "Extra" (Strange or New) Points [notated with the symbol "#"] are listed as given on the China Cultural Corporation "Acupuncture Charts" (1975), as well as the Ear Points [notated as E-\_\_\_\_, with point name]. These charts are supplied with the O.I.C.S. Extension Program.

The worldwide dissemination of this manual has forced us to include many grave and infectious diseases not normally encountered or treated by acupuncturists in North America, this for the benefit of our students and graduates in third world nations. Here, we realized the critical need for other modalities of treatment, since orthodox pharmaceuticals are in many cases not available or are in very limited supply.

Because the Chinese, Japanese and Vietnamese languages are very rich in subtleties, some of the exact equivalents of certain Oriental diseases (i.e. Xian, San Khi, Trung Phong) should not have the same title as disorders in English. This problem has forced us to keep these disorders in their original context, which we are sure "students" of traditional acupuncture will appreciate. Nevertheless, in spite of the fact that terminology formed thousands of years ago is usually not the

same as that used in Western medicine, many such translation difficulties with disorders that are given by us in Western terms were circumvented through reference to numerous Oriental and Western medical texts (e.g. "Goose-Foot Wind" = eczematous dermatitis of the hand).

Only the unusual reader could master the contents of this Lesson by studying it in sequence, from beginning to end. Instead, one should digest the subject matter in segments while general clinical knowledge progresses, and as contact with patients increases and specific problems arise. In order to do this, however, you should first thoroughly familiarize yourself with the disorders covered by this formulary, their Key Symptoms, and Chinese Etiology [as opposed to their Treatment]. Later on, determining WHY the points provided are effective due to their seasonal (Elemental) relationships, meridian and sub-meridian pathways, documented effects, pathophysiological roles, functional anatomy (i.e. Ah Shi Points) or classical references, will provide the student [we are all students in this profession] with ample study challenges; and there is a wealth of knowledge to be gained as a result of such study---that continues throughout one's lifetime.

ATTENTION O.I.C.S. STUDENT: THE CONTENT OF THIS LESSON IS NOT SUBJECT TO EXAMINATION, NOR REQUIRED MATERIAL FOR THE O.I.C.S. EXTENSION TRAINING PROGRAM FINAL EXAMINATION OR THESIS OPTION!

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O.I.C.S. STUDENTS & GRADUATES, FOR THEIR PATIENCE AND SUPPORT.



## HOW TO USE THIS MANUAL

All "Disease Sections" in this Lesson are in alphabetical order, beginning with "Abdominal Pains" and ending with "Vulvar Pruritis". Hundreds of formulas are provided, with more than two hundred and fifty disorders listed altogether.

At the beginning of each "Disease Section", numbering a total of one hundred and twenty-one such sections, there is a heading entitled "Key Symptoms" (unless implied). This category covers most of the chief complaints commonly presented to the physician for that disorder.

Below the "Key Symptoms" is the heading entitled "Western Etiology and Treatment" (where applicable). The latter describes the current (1978) conservative Western medical thought about the particular disorder in question. Both of the above categories are provided to make certain that the acupuncture formulas which follow are properly applied in their correct context. The Western etiology is also given to allow the student a comparison of the Western and Eastern concepts regarding disease. It is our hope that the "Western Etiology and Treatment" category will warn the practitioner about possible complications the patient may present, and make information readily available on treatment or medications the patient may currently be taking under some other doctor's care [This is frequent in the West where patients go to an acupuncturist as a last resort!]

As regards the "Key Symptoms" and "Western Etiology and Treatment" categories, they are not intended to be complete. They do reflect current Western medical thought in the field since such information is also available in the standard medical texts. They are, however, "custom tailored" to meet the needs of the acupuncture practitioner in a Western setting.

Below the "Western Etiology and Treatment" heading is that of "Chinese Etiology and Treatment" [a few are entitled "Acupuncture Treatment"]. The Chinese etiology is given (many for the first time in English) to provide the student and practitioner an insight as to the cause of the disease. This provides one with information to determine whether the disorder is due to Internal or External causes, and from there, to select the "treatment of choice". The relevant 'symptom-atologies' have been provided as much as possible to allow a differentiation of the causes, and give more insight into the key symptoms as well [See also O.I.C.S. Lesson material].

Under the heading "Chinese Etiology and Treatment" an acupuncture formula(s) is given for each of the different causes. You will note that in addition to the meridian abbreviations and point numbers, the transliterated Chinese name of the point is also given [in accord with O.I.C.S. Program terminology], for each point. THOSE FORMULAS WITH BOTH THE ACUPUNCTURE POINT AND TRANSLITERATED CHINESE NAMES ARE THE ONES CURRENTLY RECOMMENDED BY THE RESEARCH DEPARTMENT OF OCCIDENTAL INSTITUTE OF CHINESE STUDIES. These formulas have remained efficacious

over the years, under the careful scrutiny and application of Masters of the Art. For this reason, one may use them with confidence!

In regard to these formulas [and the "Additional Formulas" discussed below], you will note that often the instruction is that these points be stimulated. This does not refer to either tonification or sedation of these acupuncture points, but only that a stimulus be applied. As much leeway as possible has been allowed, because to the modern-day acupuncturist, many methods and modalities of stimulation are available. Whether one may want to use needles (with or without electronic stimulation), "needle-less" Electro-Acupuncture, lasers, finger pressure, etc., has been given the utmost consideration.

In instances where specific instructions are given for stimulation of the points, namely, tonification or sedation, this is clearly stated, and again implies by whatever method or modality the practitioner chooses [See Lessons 12, 26, 28 and 29 of the O.I.C.S. Extension Training Program]. Also, in those instances where moxibustion is to be specifically performed, that information is included with the formulas as well.

For those formulas where tonification, sedation (dispersion), or moxibustion is not specifically indicated; it is up to the practitioner using this manual to make that judgement on an individual basis, with regard to the patient, the specific acupuncture points, and on the basis of the "Laws of Acupuncture". We hope that sufficient knowledge has been attained throughout the course of this basic Extension Training Program to make such decisions possible.

Below or adjacent to the "Chinese Etiology and Treatment" heading [the only category with O.I.C.S. recommended formulas] is a heading entitled "Additional Formulas". Please note that these additional formulas do not have transliterated names following their acupuncture point abbreviations and numbers. These extra formulas are given for your benefit; however, they DO NOT necessarily have the recommendation of the O.I.C.S. research department. They are provided for the judicious selection of further acupuncture points for the treatment of difficult or atypical cases. They should only be employed as a result of the overall findings of traditional diagnosis and the presenting pathophysiology. Formulas under the category "Additional Formulas" that are not specifically titled or otherwise identified, are assumed to be for the treatment of the particular disorder covered in that Disease Section.

You will also note that many of the Additional Formulas are identified as being for disorders that are distinct from, but similar to, the particular disease in that Disease Section, and these are usually underscored. They are also given for your benefit; however, they are not necessarily associated with the specific disease in that particular section (or its actual additional formulas). Their pathology may be different, and no Chinese etiology is given (in most instances) due to lack of documented evidence at this time. Therefore, one must, to a

certain extent, rely on their Western classification and etiologies in order to apply them properly. As with all Additional Formulas, they do not necessarily carry the O.I.C.S. research department's recommendation. They are provided because of their professional interest, supplementary nature, and to extend the scope of therapy for graduates of this Program even further.

In some acupuncture formulas, including the Additional Formulas, there appears the word description "add" followed by more acupuncture points. Points to be added to a formula are given in the context of "according to the symptoms"; in difficult cases these points MAY be used in light of their function and indications for that disorder. The indications of these added points should be kept in mind before they are applied, and for this, one only needs to consult the Indications Sheets given at the end of each meridian Lesson in this Program to determine the actual need for such points.

At the end of this Lesson (manual) an appendix and index is provided. The "Appendix" (Page 255) contains additional information so that no user of this manual should ever be "lost" for points in the treatment of any disease. As with all points that do not have their respective transliterated name, the formulas in the Appendix do not necessarily have the O.I.C.S. recommendation as to their efficacy. The scope of the "Index" (Page 270) covers as much as possible, in order to save the practitioner time and effort in finding listed disorders, which many times "slip the mind" in the busy clinical setting.

Since nothing else in the English language compares even remotely to this Lesson [and we've seen them all!], we are sure that most users of this manual will probably separate this Lesson from their Program binders for convenience in clinical practice [perhaps along with the meridian lesson Indication Sheets]. Added to this fact, as time progresses and cases are encountered, the users will undoubtedly be inserting notes and additional well tested formulas to this manual. For this reason, we have included ample blank space for that purpose. NOTE: It is also our intention to issue periodic supplements and updates to this Lesson via the medium of the O.I.C.S.A.A. Newsletters.

In the next few pages, there are discussions concerning advice given by Masters of the Art, as collected while reviewing and researching the literature for this Lesson. This information about the practice of acupuncture is provided to help the user of this manual better apply the formulas in this Lesson.

**CAUTION:** The formulas given in this Lesson should only be used in accordance with the laws and statutes regarding the practice of acupuncture in your state, province or country, and the medico-legal standards of your community. The application of the information in this Lesson is considered as postgraduate level work by the Board of Directors of Occidental Institute of Chinese Studies Alumni Association, Miami, Florida, U.S.A.

## COUNSEL FROM MASTER ACUPUNCTURISTS

### 1. Location of the Acupuncture Points

The knowledge of the points is the most difficult part of the Acupuncture Art and discourages most beginners in the field. We must insist upon the fact that what is important in the Art is not so much the material from which the needle is made, or whether the moxa is applied directly or indirectly, but rather the judicious selection and precise location of the points where the stimulus is applied.

There are those who, regretfully neglecting this fundamental necessity, are absolutely incapable of locating many important points. In spite of this, they attempt to practice acupuncture, thus risking the health of their patients and the reputation of the Art as well.

It goes without saying that it is indispensable to know the point locations according to the Chinese anatomical system, namely, the locations as presented throughout the Lessons of this Training Program, and the objective findings that have rectified the controversies regarding certain acupuncture points.

"The numerous practitioners of acupuncture, who often have not studied acupuncture adequately, unfortunately, all too often, achieve results commensurate with their lack of knowledge."

### 2. Frequency of Sessions and the Treatment Schedule

The number and frequency of treatments to be performed varies with the duration, severity, and extent of a particular disease, as well as the constitution of the patient. In general, a series of treatments consists of ten to twenty days. For chronic conditions, an interim period of anywhere from seven to ten days is allowed for the body to adjust itself to the Energy manipulation, before a new series of treatments is resumed.

For acute conditions, one generally performs treatment once or twice daily, followed by (dependent upon improvement) sessions every second or third day.

For chronic conditions, one generally performs treatment once every third or fourth day, followed later by every sixth or seventh day, until improvement has been stabilized or a plateau has been reached.

The therapeutic effects can be improved by treating patients at a properly scheduled time:

a) Diseases with a regular pattern of onset should be treated prior to its manifestation. As examples: Malaria is best treated a few hours before its onset; menstrual pain or irregularities are best treated three to seven days before or after

the period; insomnia and enuresis may be treated with best results about half an hour before the patient retires to bed; and some cases of epilepsy and hysteria will be prevented or alleviated if they are treated just prior to the occurrence of preceding symptoms.

b) Diseases with overt symptoms and discomfort should be treated during the time of acuteness. As examples: Bronchial asthma should be treated at the time when the symptoms of tight breathing or other symptoms appear; chronic ulcers with periodic pain are best treated when the stomach discomfort appears; periodic rheumatic pain is best treated at the time the pain appears (allowing the acupuncturist to localize and effectively manipulate the "wandering" Perverse Energy).

c) Other diseases such as the aftereffects of polio or of accidental injury of the cerebral blood vessels should be treated as early as possible in order to produce good results.

### 3. The Acupuncture Formula

For us living in a modern society, it is very difficult to follow the counsel of the Nei Ching; namely, using the Art of Acupuncture more for the prevention of disease rather than the amelioration of it. As a consequence, the method of treatment should relieve the suffering as rapidly as possible, to which end acupuncture "by formula" or "by cookbook" is a dependable means (depending of course on how good the formulas being used are in the first place).

In cases of manifested illness, the study of the Pulses is not a reliable indicator because the sickness creates and imposes derangements upon the Energy of the body. As a result, the entire treatment is conducted in two distinct phases: First the symptomatic; followed by the Energetic, which consolidates the healing and prevents a relapse. It is during the symptomatic treatment phase that the Formulas, the result of incredible experience of the Chinese physicians, are applied from this Lesson. For the Energetic cure, a study of the classics of acupuncture (i.e. Nei Ching, Nan Ching) is indispensable.

It is important to note that using a few carefully selected points is far better than using a multiplicity of points (sometimes called the "shotgun technique"). At the first treatment session, only a few points should be used so that one may note exactly how the body is going to respond to the Energetic change (and prevent undue anxiety on the part of the patient). However, more points should be used if the patient does not respond with satisfactory results. Thereafter, more points can be introduced with the maximum number of points not generally exceeding from twelve to fifteen, except in very special cases.

In general, it is best to treat first the Local Points on the basis that "all acupuncture points treat diseases of the local and adjacent area". Next the distal points should be applied on the principles of their therapeutic roles.

If with a judicious choice of points, the patient has not improved after five or six sessions, it is useless to continue with that particular treatment regimen. This appears in those patients that are very weak, on strong medications, or who are under psychic stress. In these cases there is either no Energy available to manipulate, or the Energy is not "at rest" enough to allow the healing. The treatment schedule should be postponed for about one month while the patient is given rest, good nutrition, fresh air, hygiene, and other therapeutics left to the physician's (or patient's) judgement.

A wise acupuncturist always learns from experience, especially from case failures. With the passage of time and more experience gained, the physician should come to know the exact points needed for a particular presentation of symptoms in the more common clinical situations. For the more unusual cases presenting, there is no shame in "looking in the book", and therefore the intentional memorization of acupuncture formulas is not a necessity.

#### 4. Clinical Practice

The practice of acupuncture is a very subjective Art and aside from therapy administered, the confidence of the patient (and the practitioner in his system) is essential for a better prognosis. The relief of the emotional stress and burden caused from the disorder and the promotion of contentment is just as vital as the alleviation of physical (and Energetical) stress.

The patient must be made to realize that his unique individuality is recognized and that his life's problems are appreciated. Explanation and reinforcement during treatment and consultation periods is important to your patients. The proceeds of what they should expect from the particular therapy should be discussed at all times. Taking the time to explain their disorder (according to Chinese medical philosophy) and the needed treatment to be performed, promotes a better relationship with the patient and gains their cooperation.

The physician's staff (as well as the practitioner) should express an inspired atmosphere in the clinic. The staff should know how to properly handle emergencies, as well as the distress and suffering that will frequent the clinic daily. They should perform efficiently the procedures of treatment room scheduling, patient privacy, fee collection, sanitation of all equipment, medical record keeping, and all the matters (and manners!) that provide a healing environment.

Aside from the emotional environment in the clinic, early ambulation, physical therapy, and rehabilitation are no less important than the acupuncture itself, for total patient care. It is the attention to these details which may appear as trivia in a busy clinic, that makes the difference between the good physician or the poor doctor. Lastly, we quote: "It takes patience as well as patients to build a successful practice."

ERRATA

In spite of several very thorough proofreadings prior to production, a few errors were discovered after the Lesson was printed. Should we find any more, we will advise our Members via the O.I.C.S.A.A. Newsletters. Please, make the following additions and corrections to your copy of this formulary:

1. Page 34, second para., line 5: ("1 1/2 deep") s.b. [should be] ("1 1/2 [pouce] deep"). Add the word "pouce".
2. Page 36, third para., line 3: (100-110 F) s.b. (100°-110° F). Add the "°" symbols.
3. Page 129, heading, line 4, and line 9: Keratoleucoma s.b. keratoleukoma. Spelling mistakes in three places.
4. Page 148, first para., line 5: amoung s.b. among. Spelling error.
5. Page 248, under subsection #1, line 4: Slanting of the heat s.b. slanting of the head. Spelling mistake.
6. NOTE: There is some inconsistency among translators today regarding the terms 'Humidity' (a Perverse Energy) and 'Dampness' (which is associated with internal Glairy Mucus). A final review with this energetical difference in mind, has resulted in the following necessary corrections:
  - a) Page 57, second last line: Damp Diarrhea s.b. Humidity Diarrhea. Replace the word Damp, with the word Humidity.
  - b) Page 100, subsection #5, line 2: Humidity s.b. Dampness.
  - c) Page 119, third last line: Glairy Mucus-Humidity s.b. Glairy Mucus-Dampness.
  - d) Page 177, subsection #2 in the center of page, line 1: Humidity Heat s.b. Damp Heat.
  - e) Page 177, subsection #2 at the bottom of page, line 1: Humidity Heat s.b. Damp Heat.

## ABDOMINAL PAINS

---NOTE: Skillful examination of the abdomen is deceptively difficult. In comparison to the chest, the abdomen encloses more organs that can become sites of disease. Physical signs in the chest can be interpreted with an elementary knowledge of physiology and pathology but correct assessment of abdominal findings requires thorough competence in gross pathology. Abdominal diagnosis relies heavily upon skillful extraction of a meaningful history describing the nature and site of pain, the occurrence of nausea, vomiting, diarrhea and constipation. One should consult a comprehensive text for detailed information.

---Chinese Etiology: This section will be confined to the study of abdominal pains due to "Offensive Cold" sicknesses, indigestion, and certain Energetical accumulations in the lower abdomen. As for the others, see the appropriate sections in this Lesson on Constipation, Diarrhea, Dysentery, etc.

Generally, abdominal pains are classed as Gastric (upper), Umbilical (middle), or Lower Abdominal pains.

- The Gastric pains belong to difficulties of the Spleen meridian.
- The Umbilical pains belong to difficulties of the Kidney meridian.
- The Lower Abdominal pains belong to difficulties of the Liver meridian.

Etiologically, these pains are owed to:

- Material accumulation (food, worms, blood, etc.); the pains are clearly localized and continuous.
- Immaterial or Energetical accumulation (accumulation of the Cold, blockage of the Heat, insufficiency of Yin Energy, insufficiency of Blood); the pains have no fixed localization and are intermittent.

In practice, it is necessary to know the origin of the pains according to the following symptoms:

- Emptiness: Pains with a desire to be massaged, worsening after meals.
- Fullness: Pains with refusal of any massage or palpation, worsening after meals.
- Heat: Pulse-rapid, thirst, tongue-yellowish, red urine.
- Cold: Pulse-slow but not deep, tongue-yellowish, clear and abundant urine, the pains are soothed by warm applications.



## ABDOMINAL PAINS (Continued)

--Treatment: Below is the etiological treatment as indicated by the Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961).

--In the case where "Wood-Fire" triumphs over the "Spleen-Earth", the pains are umbilical, spreading towards the flanks, accompanied by contractures, borborygmus, bitter mouth, sour vomiting, pulse-taut. The treatment consists in "restraining" the Liver (Wood-Fire) and "assisting" the Spleen.

--Pains occasioned by the emptiness of Energy: The patient loves to be massaged, short (shallow) respiration, limbs growing weak, the pains worsening with movement. The treatment consists principally of tonifying the Energy.

--Pains occasioned by the emptiness of Blood: Latent pains, dark yellow countenance (face), cardiac palpitations, loss of sleep. The treatment consists of tonifying the Blood.

--Pains occasioned by accumulation of the Cold perverse Energy: Continuous pains, no thirst, desire for warm drink, pains soothed by warm heat, clear and abundant urine. The treatment consists of essentially "heating" (furnishing heat) the central portion (of the body) and in "improving" the output of the Essential Energy [Yong & Wei energies--see Lesson 10].

--Pains owed to stagnation of Blood: Clearly localized pains with nocturnal worsening, the patient does not have the feeling of being satiated and he does not complain of indigestion, the pains are soothed by heat. The treatment consists of "invigorating" the Blood and prescribing remedies in order to make it circulate.

--Pains owed to tardiness of the Energetic circulation: Intermittent and generalized pains throughout the abdomen with fullness at the chest, relief by passing wind (flatus). The treatment consists of above all "activating" the Energetic circulation and in "combating" the stagnation.

--Pains provoked by the accumulation of food (indigestion): Extensive and enfeebling pain always accompanied by fullness and oppression at the flanks with "the sensation of a shaft" at the epigastric hollow, sour saliva, acid belching, strong breath, lack of appetite, dislike of palpation or massage, pulse-slippery. The treatment consists primarily of "making" the food digest.

## ABDOMINAL PAINS (Continued)

--Pains owed to the amassing of worms (taenia or ascaris): Pain always accompanied with good appetite and worsening with hunger, at times the bowel movements contain worm segments. In serious cases, vomiting of ascarides, white points upon the lips, large belly with obvious veins, the patient has desires to eat selected dishes; pulse-indeterminate character. The treatment consists of "soothing" the worms and in "neutralizing" their accumulation.

Generally, abdominal pains are divided into two groups:

--Fullness Group: Fixed localization, abdominal swelling, the patient refuses to be massaged or palpated, acrid belching, discomfort at the chest, sparse urine. In serious cases, dry vomiting.

--Emptiness Group: No fixed localization nor discomfort at the chest or at the pit of the stomach, no symptoms of indigestion, the patient likes to be massaged, pains soothed by heat and alimentation.

In Fullness, it is necessary to needle; in Emptiness, it is necessary to apply moxibustion [one of the "Laws" of Acupuncture].

--In peri-umbilical pains use the following basic points:

Co-10 (Hsia-Wan), Co-8 (Shen-Ch'Ueh), St-25 (T'ien-Shu), Co-6 (Ch'i-Hai), St-36 (Tsu-San-Li), and St-40 (Fung-Lung).

--In lower abdominal pains use the following basic points:

Co-4 (Kuan-Yuan), St-29 (Kuei-Lai), Sp-6 (San-Yin-Chiao), and Li-2 (Hsing-Chien).

--In the case of gastric pains, see section regarding Gastralgia in this Lesson.

Additional Formulas for Abdominal Pain

1. Hyperfunction: Sedate Bl-25, Bl-27, Co-10, St-25, Li-2.
2. Hypofunction: Tonify Bl-20, Co-6, St-36, Co-11.
3. Points to add according to the symptoms:  
 Perverse Cold: Co-8 (moxibustion).  
 Heat: LI-4, St-37, St-39, by sedation method.  
 Accumulated food: St-44, Sp-4, by sedation method.  
 Worms: #S-163 (Paichungwo) by sedation method.  
 Stagnation of Blood: Sp-6, Sp-10, by sedation method.  
 Stagnation of Energy: Li-3, St-41, by sedation method.  
 Deficiency of Blood: Sp-8, Sp-6, by tonification method.  
 Deficiency of Energy: Co-4 by moxibustion.
4. Worms: Tonify Bl-67, Ki-7, preferably just before the new moon.
5. Abdominal Pain: Sedate Sp-4, Bl-25 or Bl-27, Bl-60, Sp-8, Sp-3, LI-2, EH-6, Co-6, by sedation; and if:  
 Ascending colon: Bl-26.  
 Cecum: Li-1, LI-5, Co-5.  
 Descending Colon: LI-4 (LI-10 for splenic angle).  
 Duodenum: GB-27.  
 Hypogastrium: GB-27, GB-26, Bl-30, Sp-6, Co-5.  
 Intestinal worms: Bl-67, Co-14, Co-13.  
 With meteorism (tympanites): Sp-9, LI-3.  
 Spastic: GB-20, Bl-22, SI-8, Co-13.  
 Transverse colon: LI-10, Bl-24.  
 Umbilical region: SI-8, St-25, Co-9, Co-7.
6. To disperse Cold and warm the Lower Burner: Apply moxibustion to Co-8, Co-12, Co-4.
7. Food stasis: Stimulate and apply moxibustion to Co-12, Sp-4, St-36.
8. Clotted Blood: Stimulate and apply moxibustion to Co-4, Sp-6, Li-2.
9. Parasitosis: Stimulate and apply moxibustion to Co-4, St-4, Go-14.
10. Nervous excitability of Liver-Stomach disturbances: Apply moxibustion to Co-6, Co-8, St-25; and stimulate Sp-4, EH-6, St-36.
11. Pain in the area of the Small Intestine (bowel) radiating to the navel: Stimulate Sp-9, Ki-1.
12. Severe pain: Add St-34.
13. Flatulence: Sedate Sp-4, Bl-47, Bl-21, Bl-20, Sp-9 (if meteorism), Sp-3 (if painful), St-36, LI-3, Co-9.

NOTE: Examination of the Blood from "Bleeding" Bl-40 in the case of abdominal pain has the following significances:

- a) Black Blood indicates cholera or "paracholera".
- b) Red Blood indicates "knottedness": While there is no vomiting and diarrhea, Ch'i knottedness; while there is vomiting and diarrhea, "Chill-Fire" knottedness; while there is only vomiting, Fire; while there is only diarrhea, Chill.

## ACNE

---Key Symptoms: Pimples (papules or pustules) on the face, back, and shoulders occurring at puberty. Cyst formation with slow resolution and scarring.

---Western Etiology and Treatment: Acne, the most common form of all skin conditions, is an inflammatory skin disorder of unknown cause. It is thought to be due to genetic predisposition and activated by androgens. The skin lesions are a result of sebaceous overactivity, retention of sebum, overgrowth of the acne bacillus (*Corynebacterium acnes*) in incarcerated sebum, irritancy of fatty acids, and foreign body reaction to extrafollicular sebum.

The treatment consists of educating the patient (ie. acne lotions, soaps, keratolytic ointments, etc.); eliminating all possible medications; treating anemia, malnutrition, gastrointestinal disorders, etc.; sometimes administering tetracycline orally; and many other therapies that are tried and used.

---Acupuncture Treatment: Apply sedation method to the points Bl-40 (Wei-Chung), LI-12 (Chow-Liao), and if purulent add Bl-62 (Shen-Mai); then tonify LI4 (Ho-Ku) and Li-8 (Ch'u-Ch'uan).

Additional Formulas

1. Lu-11, He-9, Sp-2, Bl-40, Ki-12, Li-11.
2. Bl-5, Bl-12, Bl-65, Lu-1, Lu-10, LI-4, LI-5, Ki-2, Go-13.
3. Acne Rosacea: Tonify Li-5, He-2.

## AGALACTIA, OLIGOGALACTIA (Absence of Lactation)

--Key Symptoms: Absence of lactation after childbirth; or, deficiency of milk secretion.

--Western Etiology: The absence of lactation can be caused by asthenia, anorexia, emotional stress, or an incorrect method of breast feeding.

--Chinese Etiology and Treatment: The production of milk is dependent upon the Blood and Energy. There are two essential causes of the lack of production or deficiency of secretion:

1. Deficiency of Energy and Blood: Due to a poor physical constitution before childbirth and/or to an excessive loss of Blood during childbirth.

The symptoms include the following: Lack of milk after childbirth; underdeveloped breasts; yellowish complexion; anorexia or dizziness and ringing in the ears; palpitation; shortness of breath; aching in the lumbar region and in the legs; discharge of watery stools alternating with constipation; frequent urination; light tongue with little fur; pulse-small and weak.

There may also be symptoms of a "middle deficiency" displaying the following: Reddish cheeks; sensation of fever in the afternoon; mental depression with little sleep; burning sensation in the palm of the hand; dry stools; yellowish urine; dry mouth; pink tongue with thin and yellowish fur; pulse-small and frequent.

Tonify the points SI-1 (Shao-Tze), Bl-18 (Kan-Shu), Bl-17 (Ke-Shu), and SI-11 (Tien-Tsung).

2. Accumulated Energy and Blood: Due to poor Blood circulation which causes "stoppage of milk due to an abundance of Blood and Energy".

The symptoms include the following: Swelling of the breasts; pain in the breasts; congested chest with hiccoughs; anorexia; painful swelling in the ribs or decreased urination; thin and white greasy fur on the tongue; pulse-retarded.

Sedate the points St-18 (Ju-Ken), EH-6 (Nei-Kuan), Co-17 (T'an-Chung), and Li-14 (Ch'i-Men).

Additional Formulas for Agalactia, etc.

1. Apply moxa to Co-17. Stimulate GB-21, SI-1, LI-4, and Sp-6.
2. Tonify SI-1, SI-2, LI-4, Co-17.
3. China's current therapy uses:  
Co-17, St-18, He-1, SI-1, St-36.

Remarks: Apply moderate stimulation. Treat once or twice daily. Moxibustion may be performed on Co-17 and St-18 with moxa rolls, 10-20 minutes.

4. Galactorrhea: Sedate Lu-1, St-38.

## AMENORRHEA

---Key Symptoms: Absence of menstruation.

---Western Etiology and Treatment: Primary amenorrhea implies that the menses have never been established; most cases are of the hypohormonal or ahormonal type. Secondary amenorrhea refers to temporary cessation of menses which is extremely common and is not considered to require medical treatment. Other common causes of amenorrhea are the following: congenital abnormalities of the reproductive tract; metabolic disorders; systemic diseases; emotional disorders; endocrine disorders (esp. those involving the ovaries, pituitary, thyroid, and adrenal glands).

General measures include diet therapy; psychotherapy; correction of anemia; and if hormone deficiencies exist, substitutional therapy is administered.

---Chinese Etiology: This affection is owed, more or less, to the "Dryness of Blood" which can have multiple causes: Exaggerated deficiency of Energy and Blood; repeated pregnancies; chronic illness.... At times worry or anger can be the cause, in this case the absence of menstruation is owed to Energy and Blood stagnation.

Clinically, it is necessary to distinguish between two types of Amenorrhea:

1. Absence owed to "Dryness of Blood": It is always accompanied by digestive troubles--anorexia, liquid stools, yellow complexion, dry lips. The menstruations are at first scanty, then totally disappear; at this stage whitish tongue, pulse-often fine and rough.
2. Absence owed to "Stagnation of Blood": In this case there is generally some Fire in the Five Organs, the Heart being especially touched by the presence of Heat. The Energy is no longer able to circulate and amasses in the shape of a lump in the abdomen. This type of absence is always accompanied by constipation; scaly, flaky skin; black rings under the eyes; thirst; rose colored tongue with a yellow coat; pulse-often fine and rapid.

## AMENORRHEA (Continued)

---Acupuncture Treatment:

1. Absence owed to "Dryness of Blood": According to the Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961), it is necessary "to aid digestion and tonify the Liver and Kidneys". This shows that, in this case, there is always Liver and Kidney-Yang insufficiency. In other words, their Fire is not in condition to maintain, on the one hand, the Stomach-Spleen in controlling digestion (digestion difficulties) and, on the other hand, the Heart (Heart-Blood) in guarding the normal volume of Blood.

Stimulate these basic points: Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), Co-12 (Chung-Wan), Co-6 (Ch'i-Hai), St-36 (Tsu-San-Li); to which one can add Bl-43 (Kao-Mang), Bl-18 (Kan-Shu), Co-4 (Kuan-Yuan), and Sp-6 (San-Yin-Chiao).

2. Absence owed to "Stagnation of Blood": The treatment consists of "releasing the Meridians" (make the Energy and Blood circulate). In order to perform this, it is necessary to diminish the Heat and decongest the Energy (as oppressed by pain, anger and worries).

Stimulate these basic points: Bl-25 (Ta-Ch'ang-Shu), Co-4 (Kuan-Yuan), LI-11 (Ch'u-Ch'ih), LI-4 (Ho-Ku), Sp-6 (San-Yin-Chiao), Sp-10 (Hsueh-Hai), and Li-2 (Hsing-Chien).



Additional Formulas for Amenorrhea

1. Amenorrhea owed to "scanty Blood" (hypofunction of the Liver and Spleen): Apply moxibustion or tonification method on the points Bl-20, Bl-17, Bl-18, Co-4, Co-6, and Sp-10.
  2. Amenorrhea owed to "retarded Blood" (hyperfunction): Sedate the points Sp-6, Li-8, Li-2, Sp-8, St-30; and tonify LI-4.
- Remarks for #1 and #2 above: If amenorrhea is due to hypofunction and is accompanied by lumbago, tonify Bl-23. If it is due to hyperfunction and is accompanied by abdominal pain, sedate St-29.
3. EH-5, Co-6, St-25, Sp-6, Sp-10.
  4. Bl-18, Bl-20 and Bl-21 by moxibustion to augment digestion. Co-6 and Sp-10 to harmonize the Yong & Wei. Sp-6 to relieve restlessness. For cough use Lu-5 and Lu-9. For parasitosis use St-4 and St-36.
  5. Use Go-14 to "stir up the Yang Ch'i" in the body. Apply moxa to Bl-43 to remedy overwork. Use Bl-23 and Ki-7 to nourish the Yin. Use Bl-20, Bl-21 and Co-12 to "step up" the Middle Burner. Use Sp-10 (Sea of Blood), Co-6 (Sea of Ch'i), and #S-75 (Shihchi-Chuihsia) by moxibustion to replenish the Energy and Blood. These points may be divided into two groups, one group used each day.
  6. For the appearance of menstruation in the elderly; tonify Co-4, St-36, Sp-6, and apply moxibustion to Sp-1.
- Note: Vaginal bleeding which occurs 6 months or more following cessation of menstrual function in 35-50% of cases is due to carcinoma of the cervix or endometrium (see that section in this Lesson).
7. China's current therapy uses:
    - a) Bl-23, Sp-6.
    - b) Bl-17, Sp-10, St-30, Sp-8.
- Remarks: Apply moderate stimulation. Treat every other day, 10 treatments to a course.
- c) Ear Points: E-34 Internal Secretion, E-47 Kidney, E-46 Liver, E-50 Spleen, E-37 Shen-men, E-33 Subcortex.
- Remarks: Apply moderate stimulation. Treat every other day, 10 treatments to a course.
8. Sedate Sp-6, LI-13; then tonify LI-4, St-30, St-36, TB-3, Li-13, Li-14, Co-3, add EH-9 if emotional cause.

## AMNESIA

--Key Symptoms: Loss of ability to form memories despite an alert state of mind. The patient has the ability to grasp problems, use language normally, and to maintain adequate motivation. The failure is mainly one of retention, recall or reproduction, and is distinguished from states of drowsiness and acute confusion.

---Western Etiology: Amnesia can result from either diffuse cerebral impairment or focal lesions of the limbic system where the pathways underlying memory are thought to be found.

---Chinese Etiology and Treatment: Amnesia has two essential causes:

1. Kidneys and Heart empty, the Fire and Water do not pass into their respective organs: The patient presents an empty "Spirit"; the foot (ie. St-42) and distal pulses are empty.  
 Stimulate the points Bl-15 (Hsin-Shu), Bl-23 (Shen-Shu), Co-4 (Kuan-Yuan), and St-36 (Tsu-San-Li). Points to add according to the symptoms are He-7 (Shen-Men) and He-3 (Shao-Hai) [see Lesson Three].
2. Sputum "set in motion" by the Fire which covers the Envelope of the Heart: The patient presents a confused "Spirit", greasy tongue, and a slippery pulse.  
 Stimulate the points Co-12 (Chung-Wan), St-40 (Fung-Lung), Bl-15 (Hsin-Shu), and St-36 (Tsu-San-Li). Points to add according to the symptoms are Lu-7 (Lieh-Ch'Ueh), He-7 (Shen-Men), EH-6 (Nei-Kuan), and Ki-1 (Yung-Ch'Uan) [see indications for these points in previous Lesson materials].

Additional Formulas

1. He-9, He-7, He-3, Go-11, Bl-15, Bl-43, Bl-44, EH-9, Lu-3, LI-11, Go-20, Ki-1.
2. Bl-43, Ki-21, Ki-24.

## ANURIA (ANURESIS)

---Key Symptoms: Trickling urination, or impossible urination. There may be coldness of the limbs, dislike of cold, nausea, and a feeling of congestion in the chest.

---Western Etiology: Anuria can be due to severe dehydration, shock, transfusion reactions, poisoning by metallic or industrial poisons, sulfonamide nephrosis, kidney disease, obstruction of the ureters or renal pelves, obstruction of or reduction in blood flow to the kidneys, severe hypotension, etc.

---Chinese Etiology and Treatment: Anuria can be due to Damp Heat in the Bladder (organ); a disturbance of Energy transformation in the Triple Burner; renal stones, exposure of the genitals to the cold while sweating; or trauma.

Stimulate Co-6 (Ch'i-Hai) for the male patient or Co-3 (Chung-Chi) for the female. Couple with Sp-6 (San-Yin-Chiao) and Sp-9 (Yin-Ling-Ch'UAN). If there is an excess of Energy or Heat add Bl-11 (Ta-ChU) and Bl-23 (Shen-Shu). If there is a deficiency of Energy or Heat, stimulate and apply moxibustion to Co-4 (Kuan-YUAN) and Co-3 (Chung-Chi). For congestion of Energy in the Lungs, stimulate LI-4 (Ho-Ku) and Lu-5 (Ch'ih-Tze). For uremia add EH-6 (Nei-Kuan) and Co-12 (Chung-Wan). For anuria during pregnancy apply moxa to Go-20 (Pai-Hui), Co-6 (Ch'i-Hai), and Co-4 (Kuan-YUAN).  
NOTE: Sp-6 is forbidden to needles during pregnancy.

For a deficiency of Blood, or stasis of Energy post-partum apply moxa to Sp-6 (San-Yin-Chiao).

For anuria in children, Bleed the superficial vein in the region of the point Li-2 (Hsing-Chien).

For Blood in the urine, add Lu-7 (Lieh-Ch'Ueh).

Additional Formulas

1. Sedate Ki-6, Bl-23, St-36; then tonify Bl-21, Bl-27, Ki-7, Sp-9.
2. Oliguria: Tonify Sp-9 (moxa), Sp-7, Sp-6, Bl-64, Bl-67, Ki-7, Co-3, Co-6, Co-9.

## APHONIA

---Key Symptoms: Sudden loss of speech, the onset is not gradual. There is no voice, the patient can only speak in whispers.

---Western Etiology: Aphonia is caused by the paresis of both vocal cords. Since the vocal cords normally separate during inspiration, their failure to do so when paralyzed may result in an inspiratory stridor. Aside from diseases of the vocal cords (ie. laryngitis), other causes may be paralysis of the laryngeal nerves, pressure on recurrent laryngeal nerve, or it may be due to hysteria or psychiatric disorders.

---Chinese Etiology and Treatment: Aphonia is due basically to the Cold Wind confined to the superficial layers of the body, preventing the Lung Energy from circulating.

The treatment consists of stimulating the points Go-16 (Fung-Fu, the "Palace of the Wind"), Co-23 (Lien-Ch'uan), and LI-4 (Ho-Ku). Other points to add according to the symptoms are TB-5 (Wai-Kuan) and EH-5 (Chien-Shih).

Additional Formulas

1. Hysterical Aphonia: Ki-1, Li-1, Lu-11, LI-10, LI-18, Bl-10, Co-23, TB-17, SI-15, Go-15, Go-12, LI-17, LI-4, Ki-5, He-5.
2. Aphonia: EH-5, Lu-10, LI-4, St-6, Co-22.

## APPENDICITIS

---Key Symptoms: Pain typically begins in the midepigastrium and moves to the right lower quadrant where it is persistent and accentuated by movement, deep respiration, coughing, and sneezing. Constipation of recent onset is characteristic. Other symptoms include vomiting and nausea, mild fever (later than the other signs). The psoas sign (pain on passive hyperextension of the thigh) is strongly suggestive of appendicitis.

---Western Etiology and Treatment: Acute appendicitis is usually considered to be caused by *Escherichia coli* and other bowel flora. It is often preceded by obstruction of the appendiceal lumen.

With early surgery, the operative mortality is low; with complications, the prognosis is more serious. It is considered safer to operate than not.

---Chinese Etiology and Treatment: This condition is generally due to the overindulgence of rich foods causing Damp Heat and Damp Poison to accumulate in the intestines.

The counsel given by one of our Oriental colleagues: "Pique Lanwei (#S-142) and leave the needle in situs for four hours. Pause four hours and repeat. Thus for one or two days."

Other points to add are Co-12 (Chung-Wan), St-36 (Tsu-San-Li), Bl-25 (Ta-Ch'ang-Shu), St-44 (Nei-T'ing), and EH-6 (Nei-Kuan).

Additional Formula

Stimulate Co-4, St-36, Lanwei (#S-142). Afterwards, heat some drysalt and wrap it in cloth; place it over the point Co-4 and leave it for some time replacing the salt when it cools. Apply the treatment once or twice daily until the symptoms disappear. If the pain is severe add St-25; for vomiting add EH-6. For the extremely severe cases Bleed EH-3, Bl-40, and St-45.

NOTE: The patient should be hospitalized if the acupuncture therapy is ineffective or if the pain is severe.

## ASTHMA

---Key Symptoms: Recurrent acute attacks of wheezing, dyspnea, cough, and mucoid sputum. Prolonged expiration with generalized wheezing and musical rales. Individuals with asthma differ greatly in the frequency and degree of their symptoms.

---Western Etiology and Treatment: Bronchial asthma can occur secondarily to a variety of stimuli, although the underlying mechanisms for the wheezing attacks are unknown. Inherited or acquired imbalance of adrenergic and cholinergic control of the airway diameter has been implicated. Persons whose asthma is precipitated only by allergenic exposure (dust, pollen, etc.) are said to have allergic or "extrinsic asthma". By contrast, 30% to 50% of adult asthmatics have episodes that appear to be triggered only by nonallergenic factors (infection, irritants, emotional factors) and are said to have "intrinsic asthma". Allergy is considered to be more implicated in infants and children than in adults.

Treatment of the acute attacks are managed by drugs like epinephrine, aminophylline, nebulized drugs, corticosteroid drugs, etc. Treatment between attacks (interim therapy) is managed by compounds like oral aminophylline, cromolyn sodium, metaproterenol, etc. Patients who are not helped by other measures may be treated on a long-term basis with a corticosteroid. Elimination of emotional disturbances and offending allergens is attempted.

---Chinese Etiology and Treatment: There are generally two types of Asthma: That of External origin (due to the "Offensive Cold" or the "Offensive Heat") and that of Internal origin ("Emptiness Asthma"). Clinically, in both cases, there is strained and rapid respiration.

1. External origin: Generally due to the after effects of a poorly nursed illness. The symptoms include strong respiration, swollen chest, shoulders and back rebound with each respiration, the patient cannot stretch out, pulse-full and sliding (slippery).

Generally, the treatment is to nurse the Lungs in asthma of external origin. Apply sedation method on the points Bl-13 (Fei-Shu), Bl-12 (Fung-Men), Lu-5 (Ch'ih-Tze), St-40 (Fung-Lung); to which we add according to the case, Bl-11 (Ta-ChU), Co-17 (T'an-Chung), Co-12 (Chung-Wan), and Lu-8 (Ching-Ch'U).

## ASTHMA (Continued)

2. Internal origin: Generally due to Renal insufficiency, the other Energies are not being maintained in their "place" and they try to climb to the upper parts of the body (Lungs). Symptoms include rapid but feeble respiration, abdominal respiration, icy limbs, cardiac palpitations, sweating; pulse-superficial, small and feeble.

In order to nurse the Kidneys for asthma of internal origin, first perform tonification method and then moxibustion therapy on the points Bl-43 (Kao-Mang), Bl-23 (Shen-Shu), Ki-27 (Shu-Fu), Co-4 (Kuan-Yuan), St-40 (Fung-Lung); to which one adds according to the case, Go-12 (Shen-Chu), Ki-24 (Ling-Hsu), and St-36 (Tsu-San-Li).

Additional Formulas for Asthma

1. Asthma of Heat origin: Co-22, Co-17, Lu-7, St-40, Bl-12.
2. Asthma of Cold origin: Co-22, Lu-7, Co-12 (moxa), Bl-13, St-36.
3. Deficient Asthma: Moxibustion on Go-14, Bl-11; then stimulate Bl-23, Bl-21, Co-6, Co-4, EH-6, St-36.
4. In the presence of attack: Stimulate or apply moxibustion on LI-4 with immediate results expected.

Remarks: Generally, the treatment for the above formulas (#1,2,3,4) has to continue two to three months.

5. China's current therapy uses:
  - a) #N-45 (Tingchuan), Co-22, Bl-13, Co-17, and other points according to the symptoms:
    - Cough with excessive sputum: Lu-7, St-40.
    - Palpitation and dyspnea: EH-6, Co-6.
    - Abdominal distention and lumbago: Bl-23, St-25.

Remarks: Select 2 to 3 points for each treatment using strong stimulation. Treat every other day, 10 treatments to a course. For prophylactic measures before seasonal occurrence, apply moxibustion on Bl-13, Bl-20, St-36.

- b) Ear Points: E-52 Lung, E-47 Kidney, E-29 Adrenal Gland, E-39 Sympathetic, E-32 Ping-chuan (Smoothing Asthma).

Remarks: Select 2 to 3 points for each treatment or tender points, with strong stimulation.

Additional Formulas for Asthma

6. Sedate Lu-7, Bl-17, Bl-13, Bl-12, Bl-10, Bl-48, He-9, Li-13, GB-38, GB-10; then tonify Co-15, Co-16, Co-17, Co-18, Co-19, GB-20.

Remarks: Choose from these points those that are especially indicated, according to previous Lesson materials.



## BELL'S PALSY (Peripheral Facial Paralysis)

---Key Symptoms: Paralysis and inflammation of the seventh or facial nerve on one side of the face of sudden onset. Pain behind the ear may precede the onset which sometimes develops into complete paralysis within hours.

---Western Etiology and Treatment: The cause is unknown. The patient is assured that recovery usually occurs in 2-8 weeks. Electric stimulation is used to prevent atrophy of the facial muscles. Heat from an infra-red lamp may hasten recovery.

---Chinese Etiology and Treatment: This condition is due to an infection of the Cool Wind attacking the meridians of a weak body (due to exhaustion and lack of rest). Facial palsy may also be a condition accompanying meningitis, external trauma, apoplexy and hemiplegia. The treatment given below may be also used for these conditions.

Stimulate first the unaffected side of the body at the points LI-4 (Ho-Ku) and LI-3 (T'ai-Ch'ung); then St-4 (Ti-Ts'ang) and St-6 (Chia-Ch'e). Afterwards apply moxibustion to these points. Following, stimulate the affected side at the points St-4 (Ti-Ts'ang) and St-6 (Chia-Ch'e).

For impaired hearing add St-7 (Hsia-Kuan). For headache add Go-16 (Fung-Fu). For the nose veering to one side add LI-20 (Ying-Hsiang). For paralysis of the eyelids add Bl-2 (Tsuan-Chu) and TB-23 (Ssu-Chu-K'ung). For lacrimation add St-8 (T'ou-Wei), Bl-18 (Kan-Shu), and GB-1 (Chung-Tze-Liao). For excessive salivation add #N-35 (Chianei) by bleeding and then rinse the mouth with a weak boric acid solution.\* For speech difficulty add Sp-5 (Shang-Ch'iu) and TB-1 (Kuan-Ch'ung).

The treatments are given every other day. The patients face may be covered with a hot towel and massaged with the palms of the hands. After the treatment, counsel the patient to avoid cold air and wind.

\* #N-35 is one pounce posterior to the corner of the mouth on the inner buccal wall.

Additional Formulas for Bell's Palsy

1. China's current therapy uses:

GB-14, TB-23, St-2, LI-4, St-4, and other points according to the Symptoms:

Shallow nasal labial groove: LI-20

Slanted upper labial groove: Go-26

Slanted lower labial groove: Co-24

Pain in the mastiod region: TB-17, TB-7

Remarks: Select points from the local area and distal points according to the route of the meridian. Treat once a day with moderate stimulation. Moxibustion may also be applied to the affected side.

The above formula is effective for both peripheral and central nerve paralysis.

2. Tonify LI-4, LI-11, TB-17, TB-22, TB-23, St-36, GB-2, Go-18.

## BREAST CANCER OR TUMORS

---Key Symptoms: In the early stages, the cancerous growth in the breast is about the size of a bean. Unfortunately, the diffuse nodularity of the female breast makes it difficult to detect early lesions. After a period of time, the lump grows larger in size with multicentric origins being a frequent occurrence. As a rule, malignancy distinguished from a benign neoplasm is evidenced by hardness, fixation to underlying tissue, or dimpling of the overlying skin (by the time these signs appear, the cancer has all too often metastasized).

The majority of patients with breast cancer suggest the diagnosis themselves because of a readily detectable lump found upon self-examination. Carcinoma of the breast is usually not painful, though a vague discomfort may be present. Other physical signs to look for are a retracted nipple, bleeding from the nipple, distorted areola or breast contour, edema of the skin of the breast, with an appearance "pitted like an orange", and enlarged axillary or supraclavicular lymph nodes. In far-advanced cases, the skin nodules ultimately break down with ulceration.

---Western Etiology and Treatment: The cause, like that of most forms of malignant disease, is unknown. Total surgical excision provides the only known permanent cure for carcinoma of the breast, and X-Ray therapy the best palliation for localized disease.

---Chinese Etiology and Treatment: The causes of Breast cancer include: A period of great sorrow and grief with excessive crying; a long period of worry; desperation under great vicissitudes; eating foods with artificial coloring; excessive breathing of smoke.

Following is some advice about the nature and treatment of this disease by one of our Oriental colleagues:

In the first stage, that is, when the lump of the cancer in the breast can be felt and it can be moved with the fingers (before it becomes fixed) the cancer can be successfully treated by Acupuncture. When the cancer has grown larger and is fixed inside so that you cannot manually move the lump away from its position, it is then much more difficult to cure and in fact treatment by Acupuncture may fail. However, in some cases Acupuncture treatment is

## BREAST CANCER OR TUMORS (Continued)

successful even though the cancer is that far advanced. ("When the cancer has been 'cut' by a medical doctor in order to ascertain definitely whether the patient is suffering from this disease by examination of the tissue, this is very dangerous for the patient, because in having done so the cancer can very easily enter other parts of the body through the blood or in some other manner, and then fresh cancers may crop up in other parts of the body. If this has been done to the patient, it would be as well to avoid treatment by Acupuncture.")

The first step of the treatment consists of needling Lu-9 and EH-6; and applying moxibustion (traditionally applying it directly, one hillock about the size of a half a grain of rice) to SI-1. The second step consists of needling GB-21 deeply ("1 1/2 deep") and having the "radiation effect" going down to the chest. Before needling, feel the pulse to ascertain the condition of the heart beat, as this point must be needled with care. If the patient suffers from heart palpitations, angina pectoris, or any weakness of the heart, this point must not be used.

The third step of the treatment consists of needling St-16 and applying moxibustion to Co-17 (traditionally applying it directly, seven hillocks, about the size of a bean). The final step is to apply indirect moxibustion with a slice of ginger directly on the lump in the breast.

If the cancer has reached the second stage, that is, if the cancerous growth is fixed in its position, instead of applying indirect moxa to the lump of the cancer, use a long, thick needle and apply it to the lump and burn moxa upon the handle of the needle, 3 moxa balls a little smaller than a pigeons' egg size (burn 3 balls of moxa one after the other on the handle of the needle).

Additional points which can be used: EH-7, Lu-5, St-36, Bl-40, GB-44.

Lastly, as to the prognosis, we again quote our colleague: "In the first stage, which is very easy to cure, 3-7 treatments. In the second stage, it is very difficult to cure, though in some cases Acupuncture treatment is effective (as many as the patient requires to obtain a cure). In the third or last stage: no cure." (The last stage is when the skin nodules break down and ulcerate.)

## CATARACT

---Key Symptoms: Blurred vision, progressive over the months or years; no pain or redness; lens opacities which may be grossly visible.

---Western Etiology and Treatment: Cataract may be congenital, as a result of trauma, or less commonly due to a systemic disease. Senile cataract is by far the most common type with almost all persons over the age of 60 having some degree of lens opacity.

Only a small percentage of senile cataracts require surgical removal. Frequent refractions and changing of eyeglass prescriptions will help maintain useful vision during cataract development.

---Chinese Etiology and Treatment: Cataract is basically due to an emptiness of the Kidneys with a corresponding Fire of the Liver that rushes upwards to the eyes. Many patients are invariably very "irritable".

The treatment consists of stimulating the points Bl-18 (Kan-Shu), Bl-1 (Ching-Ming), GB-20 (Fung-Ch'ih), LI-4 (Ho-Ku), and St-36 (Tsu-San-Li).

Additional Formulas

1. LI-11, Bl-10, Go-20.  
Remarks: Results are good at the onset, but not in the advanced stages of the disease. Nutritious food should be recommended and exertions avoided.
2. LI-4, St-36, Li-2, GB-20, Bl-18, Bl-2, GB-1, Bl-1; apply moxa to Go-4, Bl-23, Go-24, Go-20.  
Remarks: For mild conditions--two weeks of daily treatments; for severe conditions--one to two months of daily treatments. Reported to have successfulness in a number of patients in combination with appropriate Chinese Herbs.

## CHILBLAIN (Frostbite, Pernio)

---Key Symptoms: Red, itching skin lesions, usually on the extremities due to exposure to cold without actual freezing of the tissues. They may be associated with edema or blistering and are aggravated by warmth. Continued exposure leads to ulcerative or hemorrhagic lesions that progress to scarring, fibrosis, and atrophy.

---Western Etiology and Treatment: The exact pathogenesis is "unclear".

The old methods of slow rewarming or rubbing with or without snow are contraindicated. It is best treated by rapid rewarming with a warm bath (100-110 F)---the treatment of choice. The skin is dried carefully to avoid injury. Damaged tissue is cleaned and protected with loose, dry, and sterile dressings. Blisters are not broken. Broad-spectrum antibiotics are administered if the damaged area cannot be fully cleansed. Pain is relieved with morphine.

---Acupuncture Treatment: The treatment consists of applying moxibustion with a slice of ginger on the affected parts until the area is very hot, as much as the patient can tolerate. The treatment is performed 2-3 times per day, until the itching completely ceases. In 3-5 days the patient should show signs of recovery.

For ulcerated chilblains with pus and edema, place a ball of moxa (the size of a pigeons' egg) in a saucer and ignite it. Place the affected part over the smouldering fumes without touching the burning moxa. Allow the therapeutic Heat to penetrate into the tissues. This treatment should be repeated 2-3 times per day. The patients are reported to recover in 5-7 days.

### Additional Formula

1. B1-60, EH-7, St-40, TB-4.

## CHOLELITHIASIS (GALLSTONES)

---Key Symptoms: Patients are frequently asymptomatic but usually have upper abdominal discomfort, belching, and food intolerance. The pain at the inside of the right subaxillary region may radiate to the scapular region on the right. There may not be a fixed hour for the seizure, but many times it takes place in the middle of the night. Over 60% of patients will experience no, or only one, attack of biliary pain.

---Western Etiology and Treatment: It is still not certain whether or not cholesterol gallstones represent a single disease entity. Several kinds of metabolic defects may lead to gallstones. Many theories have been proposed.

Cholecystectomy is often advocated as the treatment of choice, unless other serious illnesses contraindicate surgery. Gallstones may be dissolved in vivo by giving bile acids and other compounds orally for several months.

---Chinese Etiology and Treatment: Gallstones are due basically to the overindulgence in alcohol or fatty foods that precipitate Damp Heat in the Gall Bladder. Other contributing factors include lack of exercise, gout, diabetes, or obesity.

To relieve the colic, stimulate Li-14 (Ch'i-Men) on the right side; Bl-18 (Kan-Shu), and Bl-19 (Tan-Shu). As a preventive measure add Bl-22 (San-Chiao-Shu), LI-11 (Ch'u-Ch'ih), St-36 (Tsu-San-Li), GB-34 (Yang-Ling-Chuan), and EH-4 (Chieh-Men).

Remarks: "Bronzing jaundice lasts throughout the entire course of illness, while that in gallstone lasts only as long as colic endures and for three or four days afterwards" [From one of our Oriental colleagues].

Additional Formulas for Cholelithiasis, etc.

1. Sedate B1-19, GB-38, GB-33, St-31.
  2. Cholecystitis: Sedate GB-41, GB-38, GB-34, GB-18, B1-19, Li-13, St-31 (if gallstones).
  3. Biliary colic: Sedate Sp-4, B1-19, GB-40, GB-38, GB-34, GB-23, St-31, Co-6, Co-4, Go-8.
  4. China's current therapy in Biliary Tract Diseases:
    - a) Ascariasis of the bile duct: LI-20 ("through to St-2"), GB-34.
    - b) Cholelithiasis: #S-52 (Tanlangtien), TB-6, B1-19, St-36.
    - c) Points according to the symptoms:
      - Vomiting: EH-6
      - Jaundice: TB-9
      - Back pain: B1-18
- Remarks: Apply strong stimulation. Treat once a day, 10 treatments to a course. Generally, perform two treatment courses.
- d) Ear Points: E-49 Gall Bladder (right ear only!), E-49 Pancreas (left ear), E-46 Liver, E-39 Sympathetic, E-37 Shen-men, E-33 Subcortex.
- Remarks: Utilize 2-3 points at a time for each treatment alternately.



## CHOLERA

---Key Symptoms: Sudden onset of severe, frequent diarrhea (up to 1 liter per hour); liquid stool (occasionally vomitus) is gray, turbid, without fecal odor and blood; hypotension; tachycardia; skin-cold, cyanotic, and lacking turgor; rapid development of dehydration, acidosis, hypokalemia, prostration, and abdominal pain.

---Western Etiology and Treatment: Cholera is an acute diarrheal disease caused by *Vibrio cholerae* or El Tor vibrios. The infection is caused by ingestion of food or drink contaminated with feces from persons with symptomatic or asymptomatic infection.

Severe water and electrolyte losses must be restored promptly and continuously, and acidosis must be corrected either orally or intravenously depending upon the severity of infection (consult the proper text for the appropriate solution). Tetracycline, orally, suppresses vibrio growth in the gut and shortens the time of vibrio excretion.

---Chinese Etiology and Treatment: Cholera is generally due to food unsuitable for the season, containing perverse Heat, Cold, or Humidity. The energetic system of the organism is consequently obstructed, which produces difficult and abnormal digestion. Because of the special character of the illness (sudden appearance with a great disturbance of the system), there are three main types:

1. Cholera due to Cold with a tendency of "escape of the Yang": Symptoms include violent colic; vomiting with or without diarrhea; cold limbs; haggard eyes; thirst but the patient does not drink much; abundant sweating; grayish-green face; pulse-fine or hidden.  
Apply moxibustion to the points Co-12 (Chung-Wan), Co-8 (Shen-Ch'Ueh), St-25 (T'ien-Shu), Co-4 (Kuan-Yuan), St-36 (Tsu-San-Li); add Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), Bl-25 (Ta-Ch'ang-Shu), and Sp-9 (Yin-Ling-Ch'uan).
2. Cholera due to Heat with a tendency of "escape of the Yin": Symptoms include anxiety; thirst; unsteadiness; strong respiration; dry vomiting; diarrhea of yellow liquid; pulp of the fingers wrinkled and rough; cold and quivering limbs; tongue-thick, yellow and dry; unconsciousness or unaware consciousness; pulse-often deep and rapid.

## CHOLERA (Continued)

Needle and make Bleed the ten Strange points #S-86 (Shihhsuan) and #S-87 (Muchihchien). Also use Bl-40 (Wei-Chung), EH-3 (Ch'U-Tze), LI-11 (Ch'U-Ch'ih), EH-6 (Nei-Kuan), Bl-57 (Ch'eng-Shan); add St-37 (Shang-ChU-HsU), St-44 (Nei-T'ing), and Sp-4 (Kung-Sun).

3. "Aberrant" cholera: Symptoms include very violent colic; painful desire to move the bowels with constant nausea, but the patient can neither pass the bowels or vomit; nails of the hands and feet blue-black; sadness; unsteadyness; pulse-deep and hidden.

Needle the ten Strange points #S-86 (Chihhsuan) and #S-87 (Muchihchien). Also use Bl-40 (Wei-Chung), EH-3 (Ch'U-Tze), Co-12 (Chung-Wan), Co-6 (Ch'i-Hai), LI-4 (Ho-Ku), St-44 (Nei-T'ing), EH-6 (Nei-Kuan) and St-36 (Tsu-San-Li). Also one can add to the treatment by rubbing with the edge of a copper coin the points EH-3 (Ch'U-Tze), Bl-40 (Wei-Chung), and upon the two rows of points centered on the Bladder meridian on the back until red "trails" appear.

Additional Formulas

1. Cholera due to Cold: Apply moxa to Co-8 using salt in the navel to regenerate the Yang energy. Stimulate and apply moxa (with a slice of ginger) to Co-12, St-25, Co-4, and Sp-1. Bleed Lu-11 and He-9. Stimulate LI-4. Add other points as follows:  
For unconsciousness, stimulate Go-26. For wrinkled fingers, stimulate and apply moxa to EH-6, St-36. For vomiting, add Co-22. For leg cramps, add Bl-57. For diarrhea, use Go-1.
2. Cholera due to Heat: Bleed #S-86, #S-87, Lu-11, He-9, Lu-5, and Bl-40 to deplete the Heat in the Blood. To clear the Heat in the Middle Burner and in the intestines, use Co-12, St-25, and Co-4.  
If vomiting continues, add Co-22. If diarrhea continues, add Go-1. If the fingers wrinkle, add EH-6. If the cramping persists, add Bl-57.

Additional Formulas for Cholera (Continued)

3. "Light Cholera" (a light degree of Heat Cholera):  
To deplete Heat in the Blood, bleed Lu-11,  
LI-1, He-9, Bl-2, Lu-5, and #S-9. Stimulate Co-12,  
St-36, Co-4 and Co-22.

Remarks: In Light Cholera, the patient has the urge to pass stools, but cannot produce any bowel movements. Sometimes there is light vomiting and diarrhea. The patient has chills and fever; the back and limbs are stiff and sore.

## CONSTIPATION

---Key Symptoms: Difficult defecation; infrequent defecation with passage of dry and hard fecal matter; sensation of fullness in the abdomen; and sluggish action of the bowels.

---Western Etiology and Treatment: Improper diet; intestinal obstruction; excessive use of laxatives; atony of the intestinal musculature; spastic colon; carcinoma; psychological depression; etc.

Treatment of constipation includes some of the following measures: High residue diet, vegetable irritants (stewed or raw fruits and vegetables); adequate fluids; laxatives; mineral oil; milk of magnesia; enemas; etc.

---Chinese Etiology and Treatment: Generally, constipation is due to a disturbance of the Lower Burner which involves a deficiency of the Organic Liquid [Than-Dich]. At first the bowel movements occur every two or three days, then, the intervals between movements increases.

To the symptomatic treatment (ie. diet) one must add the etiological treatment. One may use either needles or moxa at the following points: Co-12 (Chung-Wan), St-25 (T'ien-Shu), TB-6 (Chih-Kou), and St-36 (Tsu-San-Li).

According to the case, add Bl-25 (Ta-Ch'ang-Shu), Go-1 (Ch'ang-Ch'iang), Sp-15 (Ta-Heng), St-40 (Fung-Lung), St-44 (Nei-T'ing), Ki-6 (Chao-Hai), and Li-1 (Ta-Tun).

Additional Formulas

1. Sedate EH-6, St-25, Bl-25, and Sp-15. Then, add points if caused by:
  - Heat: Tonify Ki-6, sedate Li-1, LI-4.
  - Mental fatigue, anxiety: Sedate Co-6, TB-6.
  - Cold of the Lower Burner: Apply moxa to Co-4, Sp-6.
  - Wind: Sedate Bl-12, Go-16.
  - Overeating (ie. food stagnation): Sedate Co-12, St-36.
  - Deficiency of Yin (ie. after prolonged illness): Tonify Bl-17, Bl-18.

Additional Formulas for Constipation (Continued)

2. Atonic (constipation): Tonify LI-11, LI-10, LI-4, St-36, Sp-9, Ki-8 (if small volume of feces), GB-34, GB-44, Li-8.
3. Spastic (constipation): Sedate GB-34, LI-3, LI-2, Li-3, Li-2.

## CORNS (CALLOSITIES, CLAVUS)

---Western Etiology and Treatment: Callosities and corns are considered to be caused by pressure and friction on the skin due to faulty weight-bearing, orthopedic deformities, or improperly fitting shoes. Some persons have a hereditary predisposition to excessive and abnormal callus formation.

Tenderness on pressure and "after-pain" are the only symptoms.

The treatment consists of correcting mechanical abnormalities which cause the friction and pressure. Callosities may be removed by careful paring of the callus after a warm water soak, or with keratolytic agents.

---Acupuncture Treatment: For corns on the toes or fingers, foot or hand; traditionally, one applies the direct method of moxibustion with the size of the moxa cone corresponding to the size of the head of the corn. One or two treatments are stated to suffice. The root of the corn should disengage with the corn falling off the skin in a few days.

For corns on the bottom of the feet, it is necessary to apply several treatments, and after each session the foot should be soaked in hot water.

## COUGH

---Western Etiology: Cough is probably the most common symptom of all respiratory disorders. It may be produced by disturbances anywhere from the oropharynx to the terminal bronchioles. It may also occur in diseases not primarily associated with respiratory disorders; for example congestive heart failure, mitral valve disease, otitis media, or sub-diaphragmatic irritation. Paroxysmal cough suggests bronchial obstruction.

Due to these factors, thorough interrogation and examination of the patient is necessary to pinpoint the primary disorder.

---Chinese Etiology and Treatment: There are basically two causes of Cough, Internal and External origins:

1. EXTERNAL ORIGIN: The Energy of the Lungs does not circulate because of the presence of Perverse Energy at the external surface of the body.

The patient displays the following symptoms: Fever, fear of the cold, obstructed nose, low (deep) voice, difficult cough with sputum, thin and white tongue, pulse-often superficial.

Stimulate the points Bl-11 (Ta-Chü), Bl-12 (Fung-Men), Bl-13 (Fei-Shu), LI-4 (Ho-Ku), and Lu-9 (T'ai-Yuan).

2. INTERNAL ORIGIN: The Lungs (upper region) have become Dry because the Yin of the lower regions is in a state of emptiness; or else the Yang of the Spleen is not strong enough to neutralize the Dampness and Glairy Mucus.

The patients with emptiness of Yin display the following symptoms: Their Yang is swollen and taut, dry cough, burning and painful throat, loss of weight, dark red tongue, pulse-fine and rapid.

Stimulate Bl-13 (Fei-Shu), Lu-1 (Ch'ung-Fu), Lu-5 (Ch'ih-Tze), Lu-10 (Yü-Chi), St-36 (Tsu-San-Li), and Ki-3 (T'ai-Hsi).

The patients with circulatory disturbances of the Yang of the Spleen display the following symptoms: Cough with abundant sputum; in winter the affliction is more serious; sputum that clings to the throat; the tongue is thick, slippery, moist, and whitish; pulse-taut and slippery.

## COUGH (Continued)

Perform moxibustion at the points Bl-13 (Fei-Shu), Bl-43 (Kao-Mang), Bl-20 (P'i-Shu), Co-17 (T'an-Chung), Co-12 (Chung-Wan), and Lu-9 (T'ai-Yuan). Stimulate and perform moxibustion on St-36 (Tsu-San-Li) and St-40 (Fung-Lung).

Additional Formulas for Cough

1. Wind Cold: The symptoms include blocked nose, sneezing, dislike of the cold, fever, tongue slightly furred and white, pulse-floating. Treat the points GB-20, Bl-12, Bl-13; add TB-5, Lu-8.
2. Wind Heat: The symptoms include parched mouth, hot body, sweating, tongue furred, white and slightly yellow, pulse-both distal pulses large. Treat the points Bl-12, Bl-13, LI-4, Lu-7; add TB-5.
3. Lung Meridian Dry and Hot: The symptoms include Sputum that is difficult to cough up and is yellow, slight fever, palms of the hands hot, tongue furred yellow and white but dry, pulse-right distal pulse overflowing and large. Treat the points Bl-12, Bl-13, LI-4, Lu-7; add Co-22.
4. Obstruction and Fullness, Hot Sputum: The symptoms include chest melancholy, thick and obstructing sputum difficult to cough up, tongue yellow and greasy, hard stools, red urine, pulse-slippery and full. Treat the points LI-4, Lu-7, Lu-5; add St-36, Sp-6, TB-6.
5. Empty Lungs: The symptoms include light breathing, low and weak voice, skin dry and withered, frequent sweating, face dry and white, fear of the cold, shortness of breath, dyspnea upon movement, dry throat, parched mouth, pulse-empty. Treat the points Bl-42, Bl-43, Co-6; add Co-12, St-36.
6. Exhausted Lungs due to Worry and Grief: The symptoms include loss of body hair, haggard appearance, shivering and dislike of the cold, hemoptysis, red cheeks, emaciation, body hot and flushed after midday, pulse-"the six pulses empty and rapid". Treat the points Bl-42, Bl-43, Co-12; add St-25, Co-6, St-36.



Additional Formulas for Cough (Continued)

## 7. Cough:

- a) Catarrhal: Sedate Lu-7, Bl-13, Ki-27, Lu-9, LI-4 (tracheitis), Co-17. If continuous, add LI-3, LI-2, Lu-5.
- b) Irritative (nervous): Sedate Lu-7, Lu-5, Co-22, Co-13, Co-12.
- c) Paroxysmal: Sedate Lu-7, Bl-13, GB-44, Bl-60, Sp-5, Co-22, Co-17.

## DEAFNESS-TINNITUS

---Key Symptoms: Tinnitus--the perception of sound in the absence of an acoustic stimulus. Buzzing, ringing, roaring, whistling, or a hissing quality; or may involve more complex sounds that vary over time. The sounds may be intermittent or continuous, an associated hearing loss is usually present.

Deafness--hearing loss may be due to cochlear or neural (8th cranial nerve) impairment which is usually classed under the heading "nerve deafness"; or secondly, that caused by impairment of the middle ear mechanisms for transmitting sound into the cochlea, which is usually termed "conductive deafness". Conductive deafness can be differentiated from sensorineural deafness by either a tuning fork or an audiometer [see Textbook of Medical Physiology, Guyton 1976].

---Western Etiology and Treatment: Sensorineural hearing loss may be congenital, due to birth trauma, maternal rubella, erythroblastosis fetalis, or malformations of the inner ear; or it may be due to traumatic injury to the inner ear or 8th cranial nerve, vascular disorders with hemorrhage or thrombosis in the inner ear, ototoxic agents (antibiotics, drugs, etc.), bacterial or viral infections, severe febrile illness, Ménière's disease, posterior fossa tumors, multiple sclerosis, presbycusis, or prolonged exposure to loud sound.

Conductive hearing loss may also be congenital, due to malformations of the external or middle ear. Trauma may cause perforations of the eardrum or disruption of the ossicular chain. Damage may also be caused by serious ear infections. Otosclerosis produces ankylosis of the stapes by overgrowth of new spongy bone; the cause is not known.

Little is done by Western methods to restore hearing of sensorineural deafness. Some surgical advances have been made for treating conductive deafness. Ear infections causing conductive deafness are usually managed by antibiotics and nasal decongestants.

---Chinese Etiology and Treatment: There are two essential causes:

1. The Wood (Liver, Gall Bladder) changes into Fire because there is an obstruction of the Energetic circulation. The Fire reaches the upper parts of the body and releases itself at the level of the ears; hence, humming and buzzing; and with a more advanced stage, deafness.

## DEAFNESS-TINNITUS (Continued)

2. The internal Wind (Wind-Spring-Liver) upsurges because of a renal insufficiency (Water fails to submerge the Wood) and becomes violently agitated. The Wind becoming agitated is transformed into Fire which also reaches the upper parts of the body and provokes tinnitus or deafness according to the strength or weakness of the Ancestral Energy (from the Kidneys).

Tinnitus: It can show signs of emptiness or fullness. If resting the finger against the ear and the tinnitus diminishes in intensity, it is a sign of emptiness; for the contrary case it denotes fullness.

Deafness: If the deafness is sudden and unexpected it is owed to a fullness; if it arrives slowly and in stages, it is a sign of emptiness.

The etiological treatment consists essentially in making the Energy circulate in order to prevent the Wood from transforming into Fire, and to strengthen the Kidney Energy in order to soothe the internal Fire.

Fullness: Stimulate the points GB-2 (T'ing-Hui), TB-17 (Yi-Fung), TB-3 (Chung-Chü), GB-43 (Hsia-Hsi). According to the case add SI-19 (T'ing-Kung), TB-21 (Erh-Men), TB-5 (Wai-Kuan), LI-4 (Ho-Ku), GB-41 (Tsu-Lin-Ch'i).

Emptiness: Stimulate the preceding points in tonification and add Bl-23 (Shen-Shu) and St-36 (Tsu-San-Li).

#### Additional Formulas for Deafness-Tinnitus

1. Diminished Hearing: Tonify LI-4, SI-3, Bl-41, TB-4, TB-15, TB-23, GB-43, Go-20.
2. China's current therapy for Tinnitus:
  - a) TB-17, GB-20, TB-3.
  - b) Li-2, St-40, Ki-3, Bl-23.
  - c) TB-17, #S-13 (Yiming), TB-16, GB-20; add TB-3, TB-5 (affected side).

Remarks: For deafness choose points anterior to the ear region. Apply moderate stimulation once every other day, 10-15 treatments to a course.

Additional Formulas for Deafness-Tinnitus (Continued)

- d) Ear Points: E-24 Ear, E-63 Internal Auricle, E-37 Shen-men, E-47 Kidney, E-34 Internal Secretion, E-31 Back of Head.  
Remarks: Apply moderate stimulation. Treat once daily, 10-15 treatments to a course.
3. Tinnitus; Anemia, Hypotension: Tonify St-36, TB-21, TB-22, TB-23, GB-12, Go-10.
4. Tinnitus; Congestion, Vascular erethism: Sedate TB-5, GB-2, TB-23, TB-22, TB-21, Go-20.

## DEAF-MUTISM

NOTE: Deaf-Mutism is generally due to a loss of hearing before the age of 2-3 years; which is a hindrance in learning to speak. Most case studies result from acute infectious diseases such as measles, epidemic meningitis, encephalitis, typhoid, otitis media, toxic effects of drugs, etc. There is also congenital deaf-mutism. The Chinese etiology ascribes deaf-mutism either to congenital causation, a complication of a Heat illness, or to an otitis poorly managed.

---Acupuncture Treatment: For the deafness treat the same as for Tinnitus on page 48 of this Lesson.

For the mutism: Go-15 (Ya-Men), Co-23 (Lien-Ch'uan), Go-16 (Fung-Fu), Co-22 (T'ien-Tu), He-5 (T'ung-Li), and TB-1 (Kuan-Ch'ung). Traditionally, the needles are left in place for 10 to 30 minutes. Treat once daily for 10 days, then allow a 10 day interim, and begin a new series of treatments.

Remarks: Treat the deafness first. Begin with GB-2, TB-17 associated with the points TB-3 and GB-43. When the deafness begins to improve, treat it and the mutism simultaneously. For the mutism, take as a basis the points Go-15 and Co-23.

Concerning congenital deaf-mutism: If at the end of 20 series of 10 sessions each, the patient has not recovered hearing and speech, it is because the illness is said to be truly incurable.

Additional Formulas

1. China's current therapy uses:
  - a) Deafness: TB-21, SI-19, GB-2, TB-17, TB-5, TB-3.
  - b) Mutism: Go-15, Co-23, He-5.

Remarks: Treat the deafness first and the mutism afterwards, or simultaneously combine treatment with speech training. Apply mild stimulation first, gradually increasing to moderate stimulation. Ten to fifteen treatments as a course, with 5-7 days between each course.
2. #S-13 (Yiming), TB-17, Go-16, SI-19, GB-2, TB-21, LI-4, TB-3, Co-22, LI-11, Go-15, #S-20 (Chinchin, Yuyeh), GB-20, Go-20, St-36, TB-5, St-2. [See Remarks on next page.]

Additional Formulas for Deaf-Mutism (Continued)

Remarks (for #2 above): First stimulate Go-20, #S-20, TB-17, and SI-19. Then needle Go-15 "...and manipulate there and withdraw as soon as pique sensation is obtained" [advice given by one of our Oriental colleagues]. The remainder of the basic points are taken in groups, per session. Ten days to a course of treatments with two courses given at one time, with a ten day interim before the following two courses of sessions. Treatments should be given on alternating days with a group of about five acupuncture points per session.

A speedy recovery may be expected with this formula for patients between 15 and 20 years of age, but from 21 to 30 years of age they recover much more slowly. Infants are difficult to manage and "...results are not so well marked". If any pathological changes are noted in the ear drum, results will be very slow or unobtainable.

The point Yiming (#S-13) gives special effects in deafness due to a preceding serious illness.

NOTE: After every treatment, test the results with a ticking watch. If results are obtained, simple speech may be taught at that time.

## DIABETES MELLITUS

---Key Symptoms: Polyuria (the earliest sign of elevated blood glucose), thirst, hunger, weight loss, weakness, amenorrhea, polydipsia, polyphagia, impotence, dryness of the skin, pruritis, vulvar pruritis, acetone on the breath.

---Western Etiology and Treatment: The cause of insulin deficiency or its reduction in biological effectiveness is relatively unknown, although genetic factors are highly suggestive. There are two major types of diabetes: 1) Insulinopenic Diabetes; 2) Insulinoplethoric Diabetes. The method of diagnosis of either is a complicated clinical procedure, as is the treatment program itself. For further information one should consult an appropriate text.

---Chinese Etiology and Treatment: This disease was first brought to notice in the eighth century. Causes of the disease include: An overtaxed mind due to worries; an extreme shock to emotional well-being; an excess of rich foods and a lack of exercise; a lack of an orderly and disciplined life. Chinese medicine has divided the progress of this disease into three stages: Upper wasting, Middle wasting, and Lower wasting.

1. Upper Wasting: Symptoms include a hotness of the esophagus, great thirst (not in the chronic forms of the disease), patient drinks a lot, urine is clear (may be red and turbid) and passes without difficulty, tongue-red and cracked.

Stimulate the points Bl-13 (Fei-Shu), Lu-11 (Shao-Shang), and LI-4 (Ho-Ku) to clear the Heat of the Lungs in the Upper Burner; also stimulate St-36 (Tsu-San-Li), Sp-6 (San-Yin-Chiao), Li-2 (Hsing-Chien), and Ki-1 (Yung-Ch'uan) to nourish the Yin and dissolve the Heat.

2. Middle Wasting: Symptoms include thirst, increased appetite that is unsatisfied with the body gradually becoming thinner, sweating, polyuria, hard stools.

Stimulate the points LI-11 (Ch'U-Ch'ih), EH-6 (Nei-Kuan), St-36 (Tsu-San-Li), and Co-12 (Chung-Wan) to clear the Heat of the Stomach and Middle Burner. The wasting caused by overeating and overwork of the organs and the resulting vicious circle may be checked by this treatment. Ki-7 (Fu-Liu) may be added to facilitate urination.

## DIABETES MELLITUS (Continued)

3. Lower Wasting: Symptoms include urinary incontinence at the beginning with a precipitate that appears in the urine, restlessness, thirst, water taken in large quantities, the face and eyes gradually appear green and blackish, the ears appear to wilt. The urine becomes very turbid and frothing, this being caused generally by an overindulgence in sex. The condition easily worsens and there is little hope of recovery.

Stimulate the points Co-4 (Kuan-Yuan), Bl-23 (Shen-Shu), Li-2 (Hsing-Chien), and Ki-6 (Chao-Hai) to harmonize Kidney function; and stimulate Sp-6 (San-Yin-Chiao) coupled with EH-6 (Nei-Kuan) to relieve restlessness in the chest. Bl-20 (P'i-Shu) and Bl-21 (Wei-Shu) can augment the Central Ch'i (Triple Burner) and the metabolic processes of digestion. Bl-18 (Kan-Shu) can augment Yong Energy and the Blood. TB-4 (Yang-Ch'ih) can harmonize the three Burners. Ki-3 (T'ai-Hsi) can relieve pruritis. He-7 (Shen-Men) can harmonize the psychological condition, deplete Fire of the Heart, and thus lessen the possibility of boil formations. Any of these points can be used according to necessity.

Additional Formulas for Diabetes

1. China's current therapy uses:
- a) #S-62 (Yishu), Bl-13, Bl-20, Bl-23, St-36, Ki-3.
  - b) Lu-11, Lu-10, Bl-17, Bl-21, Co-12, #N-51 (Pijehsueh), Co-4, Ki-7, Ki-5.  
Points according to the symptoms:  
Thirst--Lu-11, Lu-10, Bl-17  
Overeating--#N-51 (Pijehsueh), Bl-21, Co-12  
Frequent micturition add Co-4, Ki-7, Ki-5
- Remarks: For the Back-Shu points apply mild stimulation, for the other points give moderate stimulation. Treat once daily, 10 treatments to a course.
- c) Ear Points according to the symptoms:  
Thirst--E-34 Internal Secretion, E-52 Lung, E-99 Thirst Point.  
Overeating--E-34 Internal Secretion, E-43 Stomach.  
Frequent micturition--E-34 Internal Secretion, E-47 Kidney, E-48 Urinary Bladder.



Additional Formulas for Diabetes Mellitus (Continued)

2. Sedate Lu-7, B1-20 [right side=Pancreas]; then tonify Go-16, Sp-2, SI-7 in fat diabetes or B1-23 in lean diabetes.

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NOTE: Reports have shown that diabetes has been radically cured by needling only B1-18, B1-20, and B1-23.

## DIARRHEA

---Western Etiology and Treatment: The causes of diarrhea are very numerous and may be classified as follows: 1) Psychogenic; 2) Intestinal (ie. viral enteritis, salmonella, shigella, metal poisoning, antibiotics, carcinoma, etc.); 3) Malabsorption (ie. celiac sprue); 4) Pancreatic disease; 5) Cholestatic syndromes; 6) Reflex from other viscera; 7) Neurologic disease; 8) Metabolic disease; 9) Immunodeficiency disease; 10) Malnutrition; 11) Food allergy; 12) Dietary factors (ie. excessive fruit intake); 13) Factitious (ie. surreptitious laxative ingestion); 14) Unknown.

The treatment of diarrhea depends upon the cause, one should consult a proper text for detailed information.

---Chinese Etiology and Treatment: There are two essential causes of diarrhea:

- a) Splenic, due to the Perverse Water-Humidity and alimentation;
- b) Renal, due to the insufficiency of Yang Kidney.

Diarrhea presents three clinical types:

1. Yin, Cold origin: Due to the overeating of raw and cold foods with the Spleen being in poor condition. The patient presents the following symptoms: Borbor-ygmus, abdominal pains, liquid diarrhea with undigested food, clear urine, no thirst, white tongue, pulse-deep and slow.
2. Yang, Heat origin: The patient presents the symptoms of diarrhea of yellow color, of solid substance, with a stench-like odor; burning sensation at the anus; thirst; worry and anxiety; sparse and red urine; yellow tongue; pulse-taut and rapid.
3. Insufficiency of Yang Kidney origin: Also called "diarrhea of the fifth vigil (day)", early morning diarrhea, or "cock-crow" diarrhea. The patient has two or three bowel movements with diarrhea each morning; cold feet; palpitations; slight pain in the belly; alternating hot and cold sensations.

The general treatment consists of the points Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), Co-12 (Chung-Wan), St-25 (T'ien-Shu), Co-6 (Ch'i-Hai), St-36 (Tsu-San-Li), St-37 (Shang-Chü-Hsü), Sp-6 (San-Yin-Chiao), and Sp-4 (Kung-Sun).

## DIARRHEA (Continued)

For diarrhea of Yin origin perform moxibustion at the points Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), Bl-25 (Ta-Ch'ang-Shu), St-25 (T'ien-Shu), and Co-6 (Ch'i-Hai).

For diarrhea of Yang origin stimulate St-25 (T'ien-Shu), St-36 (Tsu-San-Li), and Sp-9 (Yin-Ling-Ch'uan).

For diarrhea of Yang Kidney origin, over and above the aforementioned points, perform moxibustion at the points Go-4 (Ming-Men), Bl-23 (Shen-Shu), Co-8 (Shen-Ch'ueh), Co-4 (Kuan-Yuan), and Sp-6 (San-Yin-Chiao).

Additional Formulas

1. Cold Diarrhea:
  - a) Stimulate Co-12, St-25, and St-34. Apply moxa with a slice of ginger to Co-6 and Co-4. Stimulate and apply moxa to St-36. Lastly, apply moxa to Sp-6.
  - b) Apply moxa to St-25, Co-6, Co-12, Bl-25.
2. Heat Diarrhea:
  - a) Stimulate LI-4 and LI-11 to disperse the Heat; and St-36, GB-34, St-25, Sp-4, St-44 to harmonize the digestion and clear the accumulation of foods.
  - b) Sedate Co-10, LI-4, St-44.
3. "Cock-Crow" Diarrhea:
  - a) Apply moxa to Go-20 which is a meeting point of three Yang meridians, which will enable the sunken Yang to rise upwards. Generally, one or two treatments will suffice. It may be coupled with Co-8, St-25, Bl-60, Bl-23, Ki-6, and St-36 to fortify the Renal and Splenic functions.
  - b) Apply moxa to Go-4, Co-4, Go-20; tonify Bl-23 and Bl-20.
4. Damp Diarrhea: Sedate Sp-9 and Sp-4; apply moxa to Bl-20 and Co-9.

## DIARRHEA IN CHILDREN

NOTE: The physician should always consider this symptom serious and general treatment measures must begin as soon as diagnostic findings are obtained. A simple, mild diarrhea may gradually become severe; the child should be under careful observation.

Fats and cereal starches aggravate early cases of diarrhea or vomiting and should not be given for at least 24 hours. Lactose (ie. cows' milk) intolerance is common. The child should avoid the overuse of fluids or foods containing salt.

Symptomatic medications are considered secondary to diet therapy. One should consult a proper text for detailed information.

---Chinese Etiology and Treatment: This condition generally happens because the food ingested is not digestible, or there is an irregularity of mealtimes. An attack of the Perverse Cold may also precipitate diarrhea.

Stimulate LI-4 (Ho-Ku), St-36 (Tsu-San-Li), St-25 (T'ien-Shu), and #S-94 (Szufeng) [Bleed #S-94 and press out a yellowish mucoid fluid].

Additional Formula

1. Apply strong stimulation to Go-20. Firmly massage from LI-1 down to LI-4 thirty times. Then massage from #S-99 (Sanshang) down to LI-4 eighteen times. Lastly massage seven times along the path from Lu-8 downward to He-7.

## DYSENTERY

---Key Symptoms: Abdominal distress and pain, painful desire to move the bowels. The bowels are moved ten to twenty times per day without an established regularity. The bowels can be of whitish color ("white dysentery") or reddish color ("red dysentery"). The character of the stools (containing blood and pus) and fever distinguish dysentery from simple gastroenteritis.

---Western Etiology and Treatment: The bacterial causes of dysentery are *Salmonella paratyphi* A and B, and enteriditis; *Shigella dysenteriae*, *flexneri*, and *sonneri*. Protozoal causes are *Entamoeba histolytica*, *Giardia lamblia*, *Trichomonas hominis*, and *Balantidium coli*.

The treatment is directed towards general relief of the symptoms, replacement of blood, correction of fluid and electrolyte losses, antibiotic therapy, and chemotherapy.

---Chinese Etiology and Treatment: Generally, these troubles manifest themselves between summer and autumn. The causes are numerous:

- a) Perverse causes: Too prolonged exposure to coolness during very warm days; Wind, white frost; endemic or toxic Energies.
- b) Alimentary causes: Absorption of too cold or insufficiently cooked or unwholesome (perverse) foods which produce disturbances of the Stomach and Spleen. The digestive functions are hampered and undigested foods pass directly to the intestines, along with the toxic Energy.

The main points of treatment are St-25 (T'ien-Shu) and St-36 (Tsu-San-Li). Also are utilized the points Bl-21 (Wei-Shu), Bl-25 (Ta-Ch'ang-Shu), Co-12 (Chung-Wan), Co-6 (Ch'i-Hai), LI-11 (Ch'U-Ch'ih), LI-4 (Ho-Ku), Ki-7 (Fu-Liu), Sp-2 (Ta-Tu), and Sp-4 (Kung-Sun).

If the dysentery is of Yang origin (ie. "red dysentery"), it is necessary to use acupuncture therapy. If it is of Yin origin (ie. "white dysentery"), it is necessary to perform moxibustion. If it is chronic, then needles and moxa must be used simultaneously.

Additional Formulas for Dysentery

1. "White Dysentery": St-25, Co-6, B1-22, Co-10, Sp-4, St-36.  
Remarks: With fever, needle only; without fever, apply moxa only.
2. "Red Dysentery": LI-4, LI-11, Co-12, St-36, Sp-10, Go-1.
3. "Fasting Dysentery" (resulting from wrong herbal treatment at the onset of dysentery including retching, headaches, inability to eat or drink, etc.): Co-12, St-25, Co-11, B1-20, B1-21, B1-25. To replenish the Organic Liquid add Co-4 and Ki-3.
4. Chronic or relapsed Dysentery: Co-4, B1-20, Sp-17, B1-21, B1-18, B1-23. Apply moxa to Go-4 coupled with Co-12, Sp-4 and St-36 to restore digestion.

## DYSMENORRHEA (MENORRHALGIA)

---Key Symptoms: Prodromal signs of breast enlargement, agitation, abdominal bloating, pelvic heaviness, intermittent aching or cramping in lower midline of the abdomen at the onset of bleeding, tenderness upon pelvic and abdominal palpation.

---Western Etiology and Treatment: For 80% of the cases of painful menses no organic cause can be found. The pain is always considered to be secondary to an emotional problem. The treatment consists of psychiatric counseling. The ovulation can be suppressed and dysmenorrhea prevented, by any of the oral contraceptives. Primary presacral neurectomy is rarely justified.

---Chinese Etiology and Treatment: Dysmenorrhea is owed to difficulties of two Ancestral meridians, namely the Chong Mo and Jen Mo vessels. There are two essential causes of these difficulties:

1. Pain due to accumulated psychic difficulties, loss of harmony between the Liver and Spleen, and retarded Energy and Blood. The symptoms include the following: Congested chest; mental depression; abdominal pains and swelling during the period; pain in no fixed regions; severe pain alternating with light pain; discharge of scanty blood.  
Sedate the points Li-2 (Hsing-Chien), Co-6 (Ch'i-Hai), Co-12 (Chung-Wan), Co-3 (Chung-Chi), and Sp-8 (Ti-Chi).
2. Pain due to the accumulated Blood which may be caused by consumption of cold foods during the period, or by infection of Perverse Cold into the Lower Burner. The symptoms include the following: Pain in the lower abdomen which cannot tolerate palpation; discharge of purple or black blood; cold sensations alternating with hot sensations; pulse-small and retarded. Also, discharge of clear and abundant urine, with a sinking and slow pulse may be observed.  
Sedate the points LI-4 (Ho-Ku), Sp-6 (San-Yin-Chiao), St-29 (Kuei-Lai), St-25 (T'ien-Shu), and Sp-10 (Hsueh-Hai). If due to the Cold, add Co-4 (Kuan-Yuan) and apply moxibustion; then tonify Bl-23 (Shen-Shu) and Bl-20 (P'i-Shu).

Additional Formulas for Dysmenorrhea (Menorrhagia)

1. Pains due to the perverse Cold: Apply moxa to Co-6, Co-4, LI-11, Bl-20, Co-12.
2. Pains due to the accumulated Blood: Stimulate Co-6, Co-4, Sp-6, St-36, Li-2.
3. Sedate Bl-38, Bl-60, Sp-5; then tonify Ki-27. If menstruation is profuse, tonify Sp-6; if scanty, sedate Bl-23, Bl-18, Bl-17.
4. Co-4, Co-3, St-27, St-28, Sp-10, Sp-6.



## DYSURIA

---Key Symptoms: Painful or difficult urination.

---Western Etiology and Treatment: Dysuria may be indicative of cystitis; urethritis; urethral stricture; hypertrophied, cancerous or ulcerated prostate in the male; prolapsus of the uterus in the female; pelvic peritonitis and abscess; metritis; cancer of the cervix; or dysmenorrhea. Pain and burning may also be caused by concentration of acid in the urine. Consult a proper text as well as this Lesson for the treatment and diagnosis of these conditions.

---Chinese Etiology and Treatment: Generally, dysuria is due to two principal causes: Loss of energetical balance of the Triple Burner; or, accumulation of Heat Humidity in the Bladder.

However, sometimes with pregnant women, fetal movements may be the cause of dysuria.

Basically, stimulate the points Bl-28 (P'ang-Kuang-Shu), Co-3 (Chung-Chi), and Sp-6 (San-Yin-Chiao). If needed add Bl-20 (P'i-Shu), Li-8 (Ch'U-Ch'Uan), Co-6 (Ch'i-Hai), Co-4 (Kuan-YUan), Lu-5 (Ch'ih-Tze), and Sp-9 (Yin-ling-Ch'Uan).

With pregnant women, do not needle; apply moxibustion at the points Go-20 (Pai-Hui) and Sp-9 (Yin-Ling-Ch'Uan).

ECLAMPSIA

---Key Symptoms: Headache, vertigo, irritability, convulsions, coma, scintillating scotomata, partial or complete blindness, retinal hemorrhages, nausea, vomiting, epigastric pain, hepatic enlargement or tenderness, elevated blood pressure, edema, proteinuria, oliguria, anuria.

---Western Etiology and Treatment: The cause is not known. Ten to fifteen percent of women with eclampsia die. In most cases, the best form of treatment is termination of pregnancy by the most expeditious means available which is least harmful to the patient and her baby (ie. Cesarean section). One should consult the proper text for management of emergency situations.

---Chinese Etiology and Treatment: Eclampsia is due basically to the Heart and Liver meridians being "depressed" and Hot.

Stimulate the points Go-26 (Jen-Chung), Go-20 (Pai-Hui), Go-16 (Fung-Fu), Bl-10 (T'ien-Chu); and add the following points according to the symptoms: St-36 (Tsu-San-Li), EH-6 (Nei-Kuan), and GB-34 (Yang-Ling-Chuan) [See previous Lesson material regarding these points].

Additional Formula

1. Ki-2, GB-21, SI-14, EH-7, GB-34, St-36.

## ECZEMATOUS DERMATITIS OF THE HAND ("GOOSE-FOOT WIND")

---Key Symptoms: A common cutaneous reaction that is localized to the hands. In subacute cases, there is mild erythema, dry scales, and often small red papules, many of which are excoriated. In the chronic forms, lichenification is the most prominent feature.

---Western Etiology and Treatment: Suspected etiological causes range from allergens and irritants (detergents, organic solvents, dust, topical medications, etc.) to emotional disturbances.

Attempted treatments include topical corticosteroid creams, oral cloxacillin or erythromycin, oral prednisone; hospitalization for detailed patch testing, cultures, and other diagnostic attempts.

---Chinese Etiology and Treatment: Traditionally called "goose-foot wind", the cause is considered to be "scorched Blood" that is congealed by the Perverse Wind.

The treatment consists of stimulating the points EH-8 (Lao-Kung), EH-7 (Ta-Lung), EH-6 (Nei-Kuan), and He-8 (Shao-Fu).

## EDEMA

---Key Symptoms: Excessive accumulation of interstitial fluid, either generalized or local. In the adult, fluid accumulates to the amount of about 10 pounds (4.5 kg) before it is detectable by the examiner as "pitting edema". To demonstrate edema (pitting edema), the physician's thumb is pressed into the skin of the patient against a bony surface: When the thumb is withdrawn, an indentation (pit) persists for a short time.

---Western Etiology and Treatment: Usually due to abnormal renal excretion, but it may be caused by cardiac, hepatic or renal diseases. Edema associated with renal disease may be noted first by facial puffiness rather than swelling in dependent or lower parts of the body. Because of its numerous complications, one should consult a proper text for a complete overview.

---Chinese Etiology: Generally, Edema is due to difficulties of three meridians: Lungs, Spleen and Kidneys; because the Lungs are responsible for the distribution of Energy, the Spleen is responsible for the collection of Energy, and the Kidneys are responsible for the transformation of Water into Energy.

When these three meridians do not fulfill their functions, the Energy of the organism is "blocked up" and circulates poorly, which makes the Water Humidity remain stagnant; hence, Edema.

Generally, there are two types of edema:

1. Edema owing to difficulties with the circulation of Energy of the Stomach and Intestines--difficulties occasioned by the presence of Perverse Wind Humidity.
2. Edema owing to insufficiency (emptiness) of the Energy of Stomach, Spleen and Kidneys.

Edema first appears by the eyes, with some distention above and below, like "two lines of stretched silk". Little by little, the swelling overtakes the head and face, then the entire body. In serious cases, the edema is accompanied by pulmonary symptoms: Difficult respiration and asthma (troubles of the energy of the Lungs).

However, sometimes the edema first appears at the abdomen and overtakes the limbs.

## EDEMA (Continued)

--Edema of external origin (Wind Humidity) is manifested by symptoms of fullness: Edema of the face, limbs and abdomen (generalized or widespread edema), protruding navel, sparse urine, discomfort in the chest, rapid respiration, the patient cannot stretch out.

--Edema of internal origin (insufficiency of the Stomach, Spleen, and Kidneys) is manifested by symptoms of emptiness: Localized edema at the face and at the limbs (never generalized), normal or sparse urine, often liquid bowel movements. One often finds this kind of edema in the course of chronic illnesses.

---Acupuncture Treatment:

--Generalized Edema: Apply moxibustion to the points Co-6 (Ch'i-Hai), Co-9 (Shuei-Fen); or stimulate LI-6 (P'ien-Li), LI-4 (Ho-Ku), Sp-9 (Yin-Ling-Ch'uan), St-36 (Tsu-San-Li), and Sp-6 (San-Yin-Chiao).

--Localized Edema (symptoms of emptiness): Stimulate the points Bl-13 (Fei-Shu), Bl-20 (P'i-Shu), Bl-23 (Shen-Shu), and Bl-28 (P'ang-Kuang-Shu). With the objective of "taking out water" from the leg and foot, one can utilize thick needles (No. 28 gauge) at the points Sp-6 (San-Yin-Chiao) and GB-41 (Tsu-Lin-Ch'i).

Generally, apply moxa to the points St-36 (Tsu-San-Li) and Sp-6 (San-Yin-Chiao).

Additional Formulas

1. Bl-49, Ki-7, GB-28, Li-13, St-22, St-25, Co-9, Go-4, Go-26. Points according to the symptoms: Face and limbs, Lu-1; legs, Bl-65, Ki-2, Ki-5, Ki-7, St-32, St-35; pulmonary, SI-8; generalized subcutaneous, St-12.
2. Generalized, tonify Ki-7, Sp-7.  
Inflammatory, sedate GB-41, Bl-60, St-36, and if:
  - Axillary--GB-40, EH-5.
  - Breast--GB-43, SI-1.
  - Facial--GB-12, Lu-1.
  - Fingers--TB-5, TB-3, TB-2.
  - Foot--Bl-62, Bl-60.

Additional Formulas for Edema (Continued)

Hand--TB-5, TB-3, TB-2.  
 Knee--Li-4, Li-2, St-45, St-35.  
 Lips--LI-10.  
 Mouth, floor of--Co-23, Go-15.  
 Neck--GB-40, St-45.  
 Popliteal fossa--GB-38.  
 Tongue--St-41, LI-4, Lu-7.  
 Vulva--Bl-60, Sp-6.

## Passive:

Cardiac--Sedate Ki-6, then tonify He-5, He-9,  
 Ki-7.

Renal--Sedate Ki-6, then tonify Sp-9, Bl-60,  
 Bl-64, Bl-67, Ki-7, Co-3, Co-6, Co-9.

Venous Stasis: Tonify TB-21, and if:

Face--Bl-40, Li-8.

Foot, Leg--Sp-4, Sp-5, Sp-6, Sp-9, Bl-50, Bl-60,  
 Bl-62, GB-30, GB-31, Go-20.

Hand--Lu-7.

Orbit--SI-3.

3. Facial Edema (due to Yang deficiency of the Lungs and Spleen): Go-26, Go-23, Co-24, St-41, St-40, Sp-4, St-44.

## EDEMA OF THE FOOT OR LEG

---Key Symptoms: See the preceding discussion on Edema.

---Chinese Etiology and Treatment: An affection very widespread in China and Viet-Nam, particularly with rice cultivators. It is caused by the Perverse Water Humidity remaining latent and stagnant at the level of the foot.

Generally, there are two types:

1. Edema of Humidity origin: Foot-swollen, exhausted, fatigued, without strength; or foot-flabby with a feeling of numbness. Little by little, the swelling spreads up to the knee.
2. Edema of "aberrant" Humidity origin: The Perverse Humidity evolves and changes astoundingly; weak, cold foot without strength; muscular atrophy, cramps and pains. This type is much more serious than type #1 (above).

Use as the basic points St-36 (Tsu-San-Li), GB-39 (Hsüan-Chung), Sp-6 (San-Yin-Chiao), Bl-60 (K'un-Lun), Ki-3 (T'ai-Hsi), Sp-5 (Shang-Ch'iu); add GB-31 (Fung-Shih), GB-34 (Yang-Ling-Chüan), and Li-2 (Hsing-Chien).

Remarks: If these affections present symptoms of local inflammation (Heat), do not use moxa. In the case where edema of the foot is accompanied by cardiac complications [palpitations, rapid respiration, discomfort or precordial (anterior thorax in the area of the heart) pain, cold limbs with strong fever], it is necessary to needle and prescribe remedies (ie. Herbal!).

Additional Formulas

See preceding section on Edema in this Lesson (pages 67 & 68).

## EMPHYSEMA

---Key Symptoms: Insidious onset of exertional dyspnea (dyspnea at rest only at late stages), prolonged expiratory phase and wheezing, productive cough (often ineffective in clearing the bronchi), barrel chest with the use of accessory muscles of respiration, over-aerated lungs. It is chiefly a disease of men over the age of 45.

---Western Etiology and Treatment: Many investigators feel that cigarette smoking is a major cause, however heredity seems to be an important factor. Emphysema, being generalized obstruction of the airways is often associated with varying degrees of chronic bronchitis (now termed "Chronic Obstructive Pulmonary Disease" or COPD). It is often difficult in an individual case to decide which is the major factor producing airways obstruction.

Since chronic bronchitis and emphysema both have elements of spasm and obstructing secretions, therapy is generally similar to that outlined for chronic bronchitis and chronic asthma; bronchodilators and sputum liquefiers. Infections are controlled with antibiotics. If the above methods fail to relieve bronchial obstruction, corticosteroids may be administered.

---Chinese Etiology and Treatment: There are two essential types of Emphysema:

1. Emphysema of Cold origin: Primarily due to the accumulation of sputum and Water Dampness; an "Offensive Cold" sickness improperly nursed during an illness; or overconsumption of sour and spicy (salted) foods. Symptoms include: Patient fears the cold, love of warmth, the limbs are cold, tongue whitish, pulse-urgent (hurried) and slippery. The trouble generally appears in the winter.
2. Emphysema of Heat origin: Due to the accumulation of sputum and Heat. Symptoms include: Fever, the patient loves the cold, yellowish tongue, pulse-slippery and rapid. The trouble generally appears in the summer.

Treat according to the principle "perform moxibustion in emphysema of Cold origin and needle in the case of emphysema of Heat origin". The basic points are Bl-13 (Fei-Shu), Bl-43 (Kao-Mang), Co-22 (T'ien-Tu), Co-17 (T'an-Chung), Lu-7 (Lieh-Ch'Ueh), St-36 (Tsu-San-Li), and St-40 (Fung-Lung).



EMPHYSEMA (Continued)

Points to add according to the case [See previous Lessons of Program]: Go-16 (Fung-Fu), Bl-12 (Fung-Men), Lu-1 (Ch'ung-Fu), Co-12 (Chung-Wan), and Lu-9 (T'ai-Yuan).

Additional Formula

1. Sedate Lu-7, Bl-13, St-12, St-13; then tonify Co-17, Lu-9, Go-15.

## ENURESIS

---Key Symptoms: Involuntary and consistent episodic wetting during sleep in children over the age of 5 or 6; occurs occasionally in adults.

---Western Etiology and Treatment: In the absence of organic causes, persistent enuresis may be functional or psychological. Phimosis, meatal stricture and meatitis, urethral stricture, urethral valves, and contracture of the vesical neck are the most common anatomic causes. Other causes include urethritis, trigonitis and cystitis, juvenile diabetes, pinworms, epilepsy, spina bifida, obstructive uropathies, etc.

Obstructive uropathies are corrected surgically while infections are treated with the indicated medications (ie. antibiotics). Behavioral problems are managed by counseling.

---Chinese Etiology and Treatment: Enuresis is due to the emptiness of Energy of the Kidney and Bladder meridians. It is manifested by the involuntary loss of urine during sleep or during dreams.

Stimulate or perform moxibustion on the points Bl-20 (P'i-Shu), Bl-28 (P'ang-Kuang-Shu), Co-4 (Kuan-Yüan), Co-6 (Ch'i-Hai), Co-3 (Chung-Chi), Sp-6 (San-Yin-Chiao); one can add Bl-25 (Ta-Ch'ang-Shu) and Bl-24 (Ch'i-Hai-Shu).

Remarks: One or two treatment sessions by acupuncture or moxibustion usually suffices to give good results.

Additional Formulas for Enuresis, Etc.

1. Stimulate and apply moxa to Co-4, Co-3, Co-6; then stimulate Bl-23, Go-4, Sp-6, Li-1, Ki-1.  
For polyuria in the elderly, apply moxa to Co-6, Co-4, Bl-23, Go-4.
2. Sedate Ki-6, Bl-28, Bl-23; then tonify St-36, Sp-5, Sp-6, Sp-9, Co-3, Co-6, Bl-62 (if deep sleep).
3. China's current Enuresis therapy:
  - a) Co-4, Sp-6, St-36.
  - b) Bl-23, Bl-32, Bl-28.  
Other points according to the symptoms, for example in Enuresis with dreams add He-7.  
Remarks: Apply moderate stimulation, treat daily. These two sets of points can be used alternately.
  - c) Apply moxa to Go-20, Go-4, Co-12, Co-4.  
Remarks: Use two or three points and treat daily.
  - d) Ear Points: E-39 Sympathetic, E-105 Brain Stem, E-47 Kidney, E-48 Urinary Bladder, E-31 Back of Head, E-3 Urethra, tender points.  
Remarks: Treat daily or every other day. When symptoms are relieved, treat once every five days in order to establish a cure.

## EPILEPSY

---Key Symptoms: Recurrent, transient attacks of disturbed brain function. Characterized by various combinations of the following symptoms: Motor, sensory, or psychic malfunctions; with or without convulsions; altered or complete loss of consciousness.

During seizures, the patient falls suddenly like a mass without consciousness, with spasmodic agitation, eyes askance, glairy foam or vomiting, they "utter the cries of beasts (goats, pigs,...)". After the crisis, the patients become their normal selves again as if nothing happened. The intervals of the attacks are variable, sometimes several times a day, sometimes once a month, or every two or three months.

---Western Etiology and Treatment: Epilepsy is classed as either symptomatic or idiopathic; with symptomatic implying that a probable cause can be identified which at times permits a specific therapy. No obvious cause can be found in about 75% of cases in adults, and a lesser percentage in children under age 3. It is considered likely that unexplained metabolic abnormalities underlie most idiopathic cases.

Convulsive seizures may be associated with a variety of cerebral or systemic disorders as a result of a focal or generalized disturbance of cortical function (ie. hyperpyrexia, CNS infections, trauma, edema, infarct or hemorrhage,...).

No single drug controls all types of seizures, patients may be administered several drugs with medication being continued for at least 5 seizure-free years. Phenytoin is the drug of choice for frequent seizures; other drugs are phenobarbital, primidone, etc. One should consult a proper text for the adverse side effects of these anticonvulsants.

---Chinese Etiology and Treatment: With all hereditary predispositions aside, this illness is manifested often during infancy; a period during which the Energies of the Five Organs are not yet stabilized. This lack of stability (balance) provokes a type of "energetic congestion" which transforms the diverse energies into Mucus and Fire, and prevents them from circulating in the meridians. The latter, thus obstructed, become violently agitated.

Stimulate the points GB-20 (Fung-Ch'ih), Bl-15 (Hsin-Shu), Bl-18 (Kan-Shu), Go-2 (Yao-Shu), Co-15 (Chiu-Wei), Co-12 (Chung-Wan), EH-5 (Chien-Shih), He-7 (Shen-Men), St-40 (Fung-Lung), and St-41 (Chieh-Hsi). If the crisis is diurnal, add Bl-62 (Shen-Mai); if it is nocturnal, add Ki-6 (Chao-Hai).

### Additional Formulas for Epilepsy

1. Stimulate the "Thirteen Ghost Points" in their listed order. For severe cases, use all thirteen points in a single treatment; for lighter cases, split them into two daily treatments.
  - 1) Ghost Palace--Go-26.
  - 2) Ghost Faith--Lu-11.
  - 3) Ghost Castle--Sp-1.
  - 4) Ghost Heart--EH-7.
  - 5) Ghost Path--Bl-62.
  - 6) Ghost Pillow--Go-16.
  - 7) Ghost Bed--St-6.
  - 8) Ghost Market--Co-24.
  - 9) Ghost Den--EH-8.
  - 10) Ghost Hall--Go-23.
  - 11) Ghost Hiding--Male Co-1; female "Jumentou", a point between the urethra and vagina.
  - 12) Ghost Leg--LI-11.
  - 13) Ghost Sealed--Traditionally, the corona of the sublingual frenulum which is punctured to bleed while leaving the needle in situ with the mouth closed, keeping the tongue still.

Co-15 and He-3 can be used to clear congestions, to clear the Heart, and to calm the Spirit. SI-3, being linked to the Governor Vessel, is used to relieve the stiffness of the neck. Co-12 and Co-6 may be used to harmonize the Stomach and replenish the Energy. St-36 and St-40 may be used to lower the uprising Energy and to clear the Mucus. Sp-6 and Ki-1 may be used to nourish the Kidneys and calm the Liver.

For quasi-epileptic fits, stimulate Go-12, GB-31, He-7, Go-14. For stupor and amnesia apply moxa to He-7, Go-20, and Ki-1.

2. Sedate Bl-63, Bl-62, Bl-15, He-7, Co-15, Co-13, Go-15, Go-12, and "four or five points along the ulnar border of the hand".
3. Dian: Note--"Dian" is defined as a type of nervous condition. [Dian-Xian is now the modern medical term for epilepsy in China.]  
 --Chinese Etiology: Empty Heart, Mucus Hot and abundant. Secondary causes include fright, anger, deficient Energy and Blood, Mucus that surrounds the Lo vessels, excessive worry, Heart meridian that stores Heat, empty Yin and Spirit.  
 The symptoms include the following: At first unhappiness, with heavy and painful head, red eyes, weeping, foolish Spirit, speech incoherent, severe

Additional Formulas for Epilepsy [Continued]

loss of balance, the patient collapses with muscular spasms and rigidity.

Treat the points Go-12, Go-26, Co-12, He-7; add EH-6, SI-3, St-40.

4. Xian: Note--"Xian" is defined vaguely as "fits", "convulsions", etc....  
--Chinese Etiology: Ceased function of the Kidney meridian, the "two Yin" are agitated and become "Xian" and Cold. The Kidney "Dragon Fire" ascends and the Liver "Lightening" follows and assists.  
The symptoms include the following: Spitting of saliva, Spirit confused, suddenly loses recognition of everything, trismus, convulsions lasting any length of time, and after the attacks patient becomes normal.  
Treat the points GB-20, Go-14, Bl-15, He-7; add EH-5, SI-3, St-40, Li-2.
5. China's current therapy is as follows:
- a) Go-26, SI-3, Bl-62.
  - b) Go-20, Co-12, St-40.
  - c) Bl-15, Bl-18, Sp-6.
- Remarks: Apply group "a" during the seizure. Groups "b" and "c" can be used alternately during the intermittent periods. Apply strong stimulation.
- d) Ear Points: E-37 Shenmen, E-51 Heart, E-47 Kidney, E-31 Back of Head, E-43 Stomach, E-33 Subcortex, E-69 Brain Point.

## EPISTAXIS (Nosebleed)

---Western Etiology and Treatment: Underlying causes of nosebleed without obvious causes (ie. nose "picking", a very frequent cause) are dyscrasias, hypertension, hemorrhagic disease, nasal tumors [see that section in this Lesson], and certain infectious diseases (measles or rheumatic fevers). These must be considered in any case of recurrent or profuse nosebleeds.

The bleeding may be controlled by pinching the nasal alae together for 5 to 10 minutes. If this fails, the bleeding site is found and cauterized. Bleeding far posterior in the nose requires ligation of the internal maxillary artery and its branches or packing the posterior part of the nasal cavity.

---Chinese Etiology and Treatment: Epistaxis can be due to congested Heat in the Upper Burner forcing the Blood to "run wild". It may also be due to congested Blood from fevers or due to alcoholism forcing the Blood upwards.

Use as the basic points Go-16 (Fung-Fu), SI-15 (Chien-Chung-Shu), LI-4 (Ho-Ku), LI-11 (Ch'U-Ch'ih), St-36 (Tsu-San-Li), LI-13 (Chang-Men), Go-23 (Shang-Hsing), LI-20 (Ying-Hsiang), GB-39 (Hsuan-Chung), and Sp-1 (Yin-Pai).

Additional Formulas

1. Go-22, Go-23, LI-20, LI-4, LI-1, St-44.
2. Sedate SI-1 (ipsilaterally), SI-3; then tonify LI-3, LI-4.
3. LI-4, LI-11, Go-14, Bl-12, Bl-13, LI-20, Go-23 (moxa); add Bl-60, Go-20, Go-15, Ki-1, SI-3, Bl-40.

## EYES, PAINS AND INFLAMMATION OF

---Key Symptoms: Red eyes, pain in the eyes, intolerance to light, watering of the eyes due to irritation of the wind; misty vision first affecting one eye and eventually the other.

---Chinese Etiology: There are two essential causes of troubles of the eyes: Internal or External; more or less involving direct attack of the Wind, Fire of the Liver, Gall Bladder or Stomach, the emptiness of Blood or Energy:

1. External: Attack of the Wind Heat causing the symptoms of headache, cold and hot sensations, pulse-floating.
2. Internal: Fire of the Liver, Gall Bladder or Stomach. The Fire in the Liver or Gall Bladder meridians extending to the eyes provokes the symptoms. Also, an excess of consumption of spicy and Hot foods will cause the perverse Heat of alimentation to rise up from the stomach and infect the eyes.

The Internal symptomatology includes the following: Mental depression, fever, thirst, pain in the ribs, constipation, pulse-wiry, full, sliding and frequent.

---Acupuncture Treatment:

1. Wind Heat: Bleed the points Lu-11 (Shao-Shang) and #S-9 (Taiyang). Also apply sedation method to the points Go-23 (Shang-Hsing), LI-4 (Ho-Ku), and GB-20 (Fung-Ch'ih).
2. Fire of the Liver, Gall Bladder, or Stomach: Apply sedation method to the points Li-2 (Hsing-Chien), GB-43 (Hsia-Hsi), GB-1 (Chung-Tze-Liao), Li-3 (T'ai-Ch'ung), and GB-15 (Lin-Ch'i); also Bleed LI-1 (Shang-Yang).



Additional Formulas for Eye Pains and Inflammation

1. Pains and inflammation, photophobia, tearing: B1-1 (Ching-Ming), and #S-9 (Taiyang); or else LI-4 (Ho-Ku) and Go-23 (Shang-Hsing). Bleed Taiyang and Shang-Hsing.
2. Tearing with no pain or inflammation; the eyes tear in contact with the wind: GB-20 (Fung-Ch'ih), B1-1 (Ching-Ming), St-8 (T'ou-Wei), B1-18 (Kan-Shu), GB-41 (Tsu-Lin-Ch'i). Preferably, apply moxa on the last two points.
3. Dazzling vision; the eyes are normal but the sight is not clear: GB-20 (Fung-Ch'ih), B1-1 (Ching-Ming), B1-2 (Tsu-an-Chu), SI-6 (Yang-Lao), B1-18 (Kan-Shu), and St-36 (Tsu-San-Li). Preferably, apply moxa to the last two points and needle the others.
4. Eye pain: Sedate SI-3, GB-43, GB-2, TB-5, EH-7, B1-2, Go-20, #S-9 (Taiyang). If traumatic, add LI-16.
5. Severe inflammation (due to Wind Heat): GB-20, B1-1, LI-2, LI-4, GB-37.

**FEVER AND CHILLS [Shivering], FEVER**

**--Key Symptoms:** Fever--an elevation of body temperature above the normal range (oral=98.6°F or 37.0°C; rectal=0.5° to 1°F higher). In moderately active persons above 99.0° F or 37.2°C usually constitutes fever.

Chills--an attack of shivering with a sense of coldness and pallor of the skin. Chills usually follow fever.

**---Western Etiology:** A thermoregulatory center in the hypothalamus controls the temperature of the body by altering skin circulation, sweating, and muscle activity. Fever associated with bacterial infection may be due to the action of endogenous pyrogens, which acts directly on the thermoregulatory center.

Chills are a mechanism for raising body temperature to a new level set by the "thermostat" in the hypothalamus. Shaking chills are seen in many acute bacterial infections, but are by no means specific to them. Pneumococcal pneumonia and gram-negative bacteremia are two conditions characteristically associated with chills. Chills may also be seen with other bacterial infections, fever due to allergic reactions, transfusion reactions, viral infections, and malignancy. In a febrile patient, ingestion of aspirin may cause chills.

**---Chinese Etiology and Treatment:** Wind, Cold, Humidity and Toxic Energy can provoke fever and chills. Generally, fever and chills manifest themselves alternately by crisis. The clinical types are numerous and below are listed only the four most "current".

1. **Fever due to the Cold:** First shivering (chills), then fever; a lot of shivering, little fever.
2. **Fever due to the Latent Heat:** First fever, then shivering; a lot of fever, little shivering.
3. **Intermittent Fever:** A thrust of fever and shivering daily, or every third day.
4. **Indeterminate Fever:** Fever and shivering manifest themselves simultaneously as in the Heat afflictions.

## FEVER AND CHILLS [Shivering], FEVER (Continued)

In spite of the diversity of types, the treatment by acupuncture consists essentially of combating the crisis. Stimulate the points Go-14 (Ta-Chuei), Go-13 (T'ao-Tao), EH-5 (Chien-Shih), and SI-3 (Hou-Hsi).

Remarks: The choice for the moment (timing) of needling is very important. In order to prevent the crisis from occurring, one must stimulate the points two hours before the crisis unleashes itself.

Additional Formulas

1. Fever: Sedate Bl-45, Sp-10; and in case of  
 Chilliness--tonify Li-3, Li-8  
 Dyspnea--sedate LI-3  
 Emaciation--tonify GB-9, Co-6  
 Eruption--tonify LI-4, LI-11, Co-12  
 Heat without perspiration--tonify LI-4,  
 then sedate Lu-10, Lu-8, Lu-7  
 Intermittent--tonify LI-11, St-36  
 Perspiration--sedate Bl-62, SI-3, Sp-4  
 Pulmonary affection--sedate Bl-13, LI-4  
 Lu-7, Lu-5  
 Shivering--sedate Lu-10
2. Intermittent Fevers: Go-14, Go-13, EH-5, TB-6,  
 SI-3.

"FURIOUS MADNESS"

---Key Symptoms: Audacity, ill-natured, diurnal and nocturnal nervous excitation, "the patient climbs (with the aid of hands and feet) very high in order to sing", "undresses himself in order to run", he insults and abuses those near to him (family, friends).

---Chinese Etiology and Treatment: Often owed to excessive discouragement or violent manifestations of the seven Psychic Elements. There is a concentration of Mucus and Yang Energy at the level of the chest, impeding the circulation of Energy in the Envelope of Heart. Sometimes it can have its cause in an illness of Heat.

Stimulate the "Twelve Magic Points" [cited in a Chinese text entitled "Needle Methods"]: St-9 (Jen-Ying), Lu-11 (Shao-Shang), Go-16 (Fung-Fu), St-6 (Chia-Ch'e), Co-24 (Cheng-Chiang), EH-8 (Lao-Kung), Go-23 (Shang-Hsing), Co-1 (Huei-Yin), LI-11 (Ch'U-Ch'ih), Sp-1 (Yin-Pai), EH-7 (Ta-Lung), and Bl-62 (Shen-Mai).

Remarks: Use thick needles (No. 28 guage) for sedation or else use small needles and leave them in situs for a long length of time. Moxibustion is strictly contraindicated. Three or four sessions should suffice, in order for the condition of the patient to improve.

To these points, one can add Co-15 (Chiu-Wei), EH-5 (Chien-Shih), and SI-3 (Hou-Hsi).

Additional Formulas for "Furious Madness"

1. Bad Temper: Bl-18, Ki-26, Ki-27, GB-39, Li-2.
2. Impatience: Bl-13, Ki-17, TB-7, LI-16, Sp-2, Sp-3.
3. "Walks around wildly": Co-15, Go-8, Go-12, Go-13, Go-19.
4. Cannot wear clothes: He-2, TB-11.
5. "Kuang" (defined as Mad or Insane in Chinese).

--Chinese Etiology: Perverse Heat in the Heart, Mucus that accumulates in the "holes of the Heart". Secondary causes include fullness of the Upper Burner, Heat in the Large Intestine and Stomach meridians; Heat that enters the Chong Mo vessel; Fire that is excessive, mad and reckless.

The symptoms include forgetfulness, proneness to rage and fear, insomnia and anorexia. Previously a reputable person capable of rational thought, possessing knowledge and sound moral values is then prone to abusive language, nocturnal and diurnal restlessness, wild speech, etc.

Treat the points Go-16, Bl-15, Go-26, Co-12; add EH-5, St-40, Sp-6.

## FURUNCLES (BOILS) &amp; CARBUNCLES

---Key Symptoms: Extremely painful, inflammatory swelling of the hair follicles which form an abscess. Primary predisposing debilitating disease may sometimes be present. [A carbuncle is several furuncles developing in adjoining hair follicles and coalescing to form a conglomerate, deeply situated mass, with multiple drainage points.]

---Western Etiology and Treatment: Coagulase-positive *Staphylococcus aureus* is considered to be the causative organism. The pain, fever, and malaise are more severe in carbuncles than with furuncles. Recurrent crops may harass the patient for months or years.

Systemic anti-infective agents are administered using such compounds as sodium cloxacillin or erythromycin. Moist heat is used to help the larger lesions localize. Surgical incision, epilation, or debridement after the lesions are "mature" is also indicated. Extensive incision may spread the infection.

---Chinese Etiology and Treatment: Boils are due basically to overexposure of Heat (during the summer months) that penetrates into the Blood layer of the external surface of the body. The Perverse Energy is attempting to be released out of the body through the boil. Other causes include the excessive consumption of spicy foods, snake and insect poisoning, and poison from the "plague" of cattle, goats, pigs and horses. All of these other causes are also of the nature of Perverse Fire.

Stimulate the points Go-14 (Ta-Chuei), St-36 (Tsu-San-Li), and LI-4 (Ho-Ku). If the boils are on the legs, add Bl-40 (Wei-Chung) by Bleeding method.

Additional Formulas for Furuncles, etc.

1. LI-11, Lu-11 (Bleed), Sp-10, Bl-40; Li-1 (obtain a strong stimulation); Bl-17 (if no fever, apply moxa).
2. Furunculosis: Sedate Bl-62, GB-39, EH-3, Bl-65; then tonify Li-13, Li-14.
3. Boils: Ki-2, GB-21, LI-11, Li-9 (if on buttocks).
4. China's current therapy is:
  - a) "Ah Shi" Points, Go-10, Go-12.  
Points according to the symptoms:  
High Fever--Go-14, LI-4.  
Severe cases with mental cloudiness--EH-8, He-7.  
Remarks: Treat once or twice daily. Use two or three points at a time, apply "superficial puncture around the furuncle" (ie. Ah Shi), retain the needle in situs for 15 minutes.
  - b) Ear Points: E-37 Shen-men, E-29 Adrenal Gland, E-33 Subcortex, E-31 Back of Head, points of the corresponding area.  
Remarks: Use two to three points at a time. Apply moderate stimulation, once or twice daily.
5. Bleed Go-12, Bl-40; sedate LI-4.

## GALL BLADDER CANCER

---Key Symptoms: Primary carcinoma of the Gall Bladder is predominately a disease of older women and considered to represent a complication of gallstone disease. It should be considered in patients who have recurrent gallstones which become more severe and frequent, or who have concomitant acute cholecystitis.

The cancer is insidious; persistent right upper quadrant pain with weight loss and anorexia. A common physical sign is a hard, irregular mass associated with the liver which is moderately tender. Jaundice is usually a terminal event.

The best treatment is said to be early cholecystectomy in patients with gallstones to prevent carcinoma of the gall bladder. At the time of surgical detection in the advanced stages, the prognosis is poor; the five-year survival rate is less than 3%.

---Acupuncture Treatment: The first step of the treatment consists of applying moxibustion to the points Li-13 and Li-14; stimulating these points on the right side of the body only. Traditionally, direct moxibustion is applied using 10 hillocks on Li-13 and 5 hillocks on Li-14; the hillocks used are "green bean size".

The second step is to needle Co-14, Co-12, Bl-19; and then applying indirect moxibustion with a slice of ginger to these three points.

Thirdly, apply moxibustion to the point "Pey Kun" (traditionally, 14 hillocks "green bean size"). This point is 1.5 pouce lateral to the lower border of the 12th thoracic vertebra. The point is utilized once every seven days.

Lastly, the palpable growth (which can extend down as far as the umbilicus) is needled at both ends of the mass, and one needle applied to the center. Afterwards, indirect moxibustion is applied to the growth with or without a slice of ginger for 15 minutes.

As to the prognosis, we quote the counsel given by one of our Oriental colleagues: "In the first stages of this disease, 10-20 treatments are required. If the cancer or growth has enlarged to the extent that it has spread to the liver, it is very difficult to cure, but it is worth trying, and if the patient meets with some degree of success, it may take a very long time to bring about a cure."



## GASTRALGIA

---NOTE: See "NOTE" in the section entitled "ABDOMINAL PAINS" in this Lesson (page 14).

---Chinese Etiology: Gastric pains have two essential causes:

1. Alimentary causes: Due to a poorly balanced diet consisting of too spicy, fermented, or Cold natured (ie. fruits) foods.
2. Psychic causes: Due to excess worry, grief, anger, or cares that upset the energetic circulation of the Stomach and Spleen, thus favoring the effect of "Wood destroys Earth" [Liver-Wind attacks the Spleen-Stomach]. The internal physiology being disturbed creates pains at the gastric hollow; or more precisely, the Middle Burner [greater curvature of the stomach and which produces the Yong Energy] and provokes the pain due to a lack of Energetic circulation.

Gastralgia is often accompanied by nausea, sometimes vomiting; the pulse is deep and fine, or "taut" and fine. In the form of emptiness, the patient likes to be massaged. In the form of fullness, the patient refuses palpation or massage.

---Symptomatology:

- a) Cold: In gastralgia owed to the Perverse Cold originating from Cold foods, the pain is continuous, icy limbs and glairy vomitus. Here, one must disperse the Cold (ie. moxa) and "perfect the Energy production".
- b) Fire: In gastralgia owed to the action of Fire of the Liver attacking the Stomach, the pain spreads to the flanks, with sour belching, nausea, vomiting, yellowish tongue, pulse-taut. One must nurse the Liver and harmonize the Stomach.
- c) Indigestion: In gastralgia owed to the accumulation of foods, the pain often takes the form of discomfort with nausea and belching (with the odor of food). One must "help digest" the foods and make the Energy circulate by calming the Stomach.

## GASTRALGIA [Continued]

- d) Mucus: In gastralgia owed to the accumulation of Mucus, the pain is light with a sensation of fullness (burning or cramps from excess Stomach acidity), unbearable discomfort, at times vomiting with acid liquid. One must "storm at" the Mucus and make the Energy circulate.
- e) Blood: In gastralgia owed to the accumulation of Blood, the pain is very violent like "a knife stab" (bleeding ulcer type) with darkish (blackish) urine. One must "neutralize" the accumulated Blood and make the Energy circulate.
- f) Worms: In gastralgia owed to the presence of Ascarides, the pain is manifested suddenly, with some white markings upon the face. Outside of the periods of crisis, the patient eats normally, and at times vomits worms. One must harmonize the Stomach and "calm" the worms.

---Acupuncture Treatment: Use the basic points Co-12 (Chung-Wan), EH-6 (Nei-Kuan), St-36 (Tsu-San-Li); and add according to the case Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), St-19 (Ju-Jung), St-21 (Liang-Men), St-37 (Shang-Chü-Hsü), St-39 (Hsia-Chü-Hsü), and St-40 (Fung-Lung).

Remarks: The treatment essentially consists of treating summarily the Liver, harmonizing the Stomach, "perfecting the Energy production" and "calming" the pain.

Additional Formulas

1. Blockage of Energy: Sedation method on the points Co-12, St-41, EH-6, Li-3.
2. Accumulation of Food: Sedation method on the points Co-11, St-36, Co-21, St-44.
3. Accumulation of Sputum (Mucus): Apply moxa to the points Co-14, St-40, Co-9.
4. Accumulation of Blood: Sedation method on the points Sp-6, Bl-17; Li-13 (moxa).
5. Due to excess Heat: Sedation method on the points EH-6, St-43, St-45.
6. Due to excess Cold: Apply moxa to the points Co-14, Co-4.

Additional Formulas for Gastralgia (Continued)

7. Due to Hypofunction (ie. prolonged illness): Tonification method on the points B1-20, Co-6, St-36.
8. Gastric spasms: B1-18, B1-17, B1-21, B1-20, Co-12, St-36, St-44, Li-2, St-34, EH-6, Li-13.  
Remarks: First stimulate Co-12, St-36, and St-44 to relieve the pain. The remaining points are split into groups and used in turns every other day. Stimulate first, then apply moxa. Sedation method may be applied to St-36 and Sp-4.
9. Chronic Gastritis: Co-12, St-36 (stimulate both points and apply moxa); B1-18, B1-21; Co-13 (applying moxa). If the pain is severe, sedate EH-6 and Sp-4 to soothe the pain and augment the general metabolism.
10. Gastric Ulcer: Sedate and Bleed Sp-4, St-44, and St-36. Divide these following points into two groups alternating the groups daily: B1-11, B1-18, B1-17, St-34. For duodenal ulcers add the point EH-7 to the above formula. For black stools add Co-4, TB-10.
11. Hyperacidity: Stimulate and apply moxa to the points B1-18, B1-17, B1-21, Co-12, and St-34. Note: St-36 becomes tender to palpation but should not be stimulated; GB-34 may be added.
12. Acute Gastritis: First stimulate Co-12 and St-36 to loosen up the Energy of the Stomach. Then stimulate B1-21, St-25, EH-6, and Sp-4 to relieve the pain and to conduct the accumulated foods downwards. #S-130 (Lineiting) is very effective for treating disorders due to overeating, it should be stimulated by moxibustion until it becomes hot. For chemical poisoning add Ki-9.
13. Nervous Dyspepsia: Co-13, Co-12, Co-11, St-36, B1-11, B1-20, B1-18, B1-21.  
Remarks: Divide these points into two groups and apply one group every other day. In the presence of an attack, stimulate and apply moxa, otherwise moxibustion alone should suffice. A long lasting result should be expected to take two or three months.
14. Heartburn: Sedate St-45, B1-19, B1-18, Co-22, Co-21, Co-16.
15. Dyspepsia:  
Acid--Sedate Sp-4, B1-21, B1-19, B1-18, St-45, Co-22.  
Atonic--Sedate Sp-4; then tonify St-23, St-36, St-41, Co-8, Co-13, Co-14, Sp-3, Sp-5, Sp-8.  
Flatulent--Sedate Sp-4, B1-47, B1-21, B1-20, St-36, LI-3, Co-9; and if meteorism, Sp-9, Ki-21.

## GLAUCOMA, CHRONIC

---Key Symptoms: No symptoms in the early stages. There is a gradual loss of peripheral vision over a period of years, but the central visual fields remain good until late in the disease. Symptoms during an attack are severe headache, nausea, vomiting, and poor vision.

---Western Etiology and Treatment: The cause of the decreased rate of aqueous outflow in chronic glaucoma is unknown. The disease is bilateral and is thought to be genetically determined.

Treatment must be continuous throughout life. Most patients are controlled with miotics (ie. pilocarpine which increases the rate of outflow of aqueous). Carbonic anhydrase inhibitors (ie. acetazolamide, ethoxzolamide) decrease aqueous production; epinephrine eyedrops decrease aqueous production and increase the outflow; thus these compounds are also administered.

---Acupuncture Treatment: Apply moderate stimulation to the points GB-20 (Fung-Ch'ih), Bl-2 (Tsuan-Chu), GB-1 (Chung-Tze-Liao), LI-4 (Ho-Ku), Li-3 (T'ai-Ch'ung), Ki-3 (T'ai-Hsi), Sp-6 (San-Yin-Chiao), and Bl-18 (Kan-Shu).

Treat once a day or every other day. In severe cases add Bl-63 (Chin-Men), Bl-62 (Shen-Mai), Li-2 (Hsing-Chien); in mild cases add St-36 (Tsu-San-Li).

"Acupuncture therapy is effective for curing glaucoma in the early stages. If there is severity, composite treatment should be taken." (Counsel from one of our Oriental colleagues.)

Additional Formulas

1. Ear Points: Reactive points; E-46 Liver, E-54 Eye, E-55 Depressing Groove; add, Eye 1 (E-35), Eye 2 (E-36).
2. Plum Blossom Needle: Mainly tap on the course of the Bladder meridian on the back. Treat once a day or every other day, 10 treatments to a course.

## GOITRE (STRUMA)

---Key Symptoms: Enlarged thyroid gland initially appearing like a soft, cherry-like swelling on one or both sides of the neck in patients living in iodine deficient areas (away from the seacoasts). There may be no symptoms, or symptoms may occur as a result of compression of structures in the neck or chest, namely; wheezing, dysphagia, respiratory embarrassment. There may be associated congenital deafness and disorders of taste. In long-standing cases, the goiter persists and is often nodular.

---Western Etiology and Treatment: Simple goiter is often due to lack of the mineral iodine. Unknown factors other than iodine deficiency play a role in the genesis of goiter. Rarely, goiter may be due to goitrogenic vegetables (rutabagas, turnips), exposure to thiocyanate, or congenital lack of certain enzyme systems.

Goiter is more readily preventable than cured and is less common since the introduction of iodized salt. Treatment consists of administering such compounds as levothyroxine, "T4", triiodothyronine, desiccated thyroid, Lugol's solution, etc.; or surgery in cases not helped by medical treatment.

---Chinese Etiology and Treatment: In addition to iodine deficiency, Goiter may also be caused by "turmoils of the Spirit" (worrying and sorrow).

Treatment consists of stimulating Go-20 (Pai-Hui) to activate the five meridians passing through the neck. Then stimulate GB-21 (Chien-Ching), Co-22 (T'ien-Tu), and #S-117 (Tsechien) to loosen up activities in the Yang meridians, to calm the Liver and extinguish the Wind, to transform the Glairy Mucus and tranquilize the Will (Spirit). The points LI-15 (Chien-YU), GB-20 (Fung-Ch'ih), Go-14 (Ta-Chuei) and LI-11 (Ch'U-Ch'ih) are divided into two groups each of which are stimulated on alternate days. #S-117 is a special point for the treatment of goitre, use strong stimulation. Plum Blossom needles may be used on the swelling to accelerate its contraction.

Remarks: During the course of the treatment, the patient should be advised of abstinence regarding eating Cold and stimulating foods such as coffee, curry, and Cold spices. Seaweeds (ie. Kelp) should be ingested in liberal quantities. Overwork and excitement should be avoided. Strong moxibustion may be applied to GB-20.

Additional Formulas for Goitre

## 1. China's current therapy is:

- a) LI-4 and Ah Shi points (one or two points on the lateral sides of the thyroid mass). Apply strong stimulation.
- b) Moxibustion on the points Co-22, Bl-7, Lu-2, LI-14, LI-11, Li-4, Co-17, GB-20, St-11, TB-13, Lu-3, St-42. Moderate stimulation excepting Co-17 (light stimulation only).
- c) St-9, EH-6, Sp-6, LI-4, TB-13, and points according to the symptoms:  
Hoarseness of voice--SI-17, Co-22.  
Dry cough--Lu-7, Ki-6.

Remarks: Treat once daily or every other day, 10 treatments to a course. This formula (c) is also suitable for the treatment of Hyperthyroidism. Use moderate stimulation in both cases.

## GOUT (GOUTY ARTHRITIS)

---Key Symptoms: Acute onset, usually monoarticular involving the metatarsophalangeal joint of the big toe (about 50% of the cases). Urate deposits in subcutaneous tissue, bone, cartilage, joints and other tissues. Asymptomatic periods between acute attacks.

The pain, often of nocturnal onset, is many times described as throbbing, crushing, or excruciating. The skin is hot, tense, shiny and dusky red or purplish in color. Systemic reactions include fever, tachycardia, chills, malaise, and leukocytosis.

The first few attacks usually last only a few days, but later untreated attacks may persist for several weeks. Regression of local symptoms is usually complete and joint functions return to normal.

---Western Etiology and Treatment: Gout is due to monosodium urate crystals deposited in and about the joints, tendons and in the interstitial tissue of the renal parenchyma. An inflammatory reaction of the crystal deposits accounts for the acute attacks. Excessive purine synthesis is contributory in the majority of gout patients; diminished renal clearance of uric acid is the major factor in others. More than 95% of patients are hyperuricemic. Men are the most often affected.

Colchicine is the drug of choice in the first few attacks. Phenylbutazone or indomethacin are effective in acute attacks. In addition to the above specific therapy, rest, abundant fluid intake to combat dehydration and decrease urate precipitation in the kidneys and a soft diet are recommended. Codeine or meperidine may be administered to reduce the pain.

The frequency of the acute attacks is reduced by daily prophylactic use of colchicine. The progressive joint damage is managed by the use of a uricosuric drug to increase uric acid excretion; or by blocking uric acid production with allopurinol.

---Chinese Etiology and Treatment: Aside from an hereditary predisposition, gout can be due to an overindulgence in foods, alcoholic beverages and sex. Other precipitating factors are diabetes, renal disturbance, typhoid fever, or influenza.

The pain may be fixed in focus or wandering in nature. For treatment of the nodules: "...leave the needle in situs in parallel (horizontal) pique and thermocauterise across ginger slice" [advice given by one of our Oriental colleagues].

## GOUT (GOUTY ARTHRITIS) [Continued]

1. Treatment of the wandering pain: Start by bleeding Lu-11 (Shao-Shang). To lower the fever stimulate LI-4 (Ho-Ku) and LI-11 (Ch'U-Ch'ih); and to "clear the meridians" stimulate St-36 (Tsu-San-Li) and GB-39 (Hsüan-Chung). To loosen the Three Burners and disperse the Wind and Dampness, use SI-3 (Hou-Hsi), TB-3 (Chung-Chü), GB-31 (Fung-Shih), TB-8 (San-Yang-Lo, moxa only), and Ki-3 (T'ai-Hsi) which should be split into two groups; use one group per day.
2. Treatment of pain of fixed focus:
  - a) Upper extremities.
    - Upper arm: LI-11 (Ch'U-Ch'ih), TB-10 (Tien-Ching), TB-8 (San-Yang-Lo, moxa only), Bl-27 (Hsiao-Ch'ang-Shu).
    - Forearm: TB-5 (Wai-Kuan), Lu-5 (Ch'ih-Tze), LI-10 (San-Li), He-3 (Shao-Hai), LI-15 (Chien-YU).
    - Elbow: "...pique deep at the hollow near LI-11 on the lateral aspect of the upper arm. Allow needle point to emerge at the medial aspect." [Advice given by one of our Oriental colleagues.]
    - Spastic elbow: Lu-5 (Ch'ih-Tze) and contra-lateral GB-34 (Yang-Ling-Chüan).
    - Painful arm, cannot be extended: EH-7 (Ta-Lung), TB-4 (Yang-Ch'ih), SI-11 (Tien-Tsung), SI-10 (Nao-Shu).
    - Cold pain in the arm: Lu-5 (Ch'ih-Tze), SI-14 (Chien-Wai-Shu), LI-11 (Ch'U-Ch'ih), Bl-62 (Shen-Mai).
    - Red, swollen arm: LI-10 (San-Li, moxa), TB-3 (Chung-Chü), TB-2 (Yieh-Men).
    - Elbow, extended and spastic: LI-10 (San-Li), EH-3 (Ch'U-Tze).
    - Pain due to external trauma of wrist and arm: TB-5 (Wai-Kuan), TB-4 (Yang-Ch'ih).
    - Wrist pain: EH-4 (Chieh-Men), SI-4 (Wan-Ku), TB-4 (Yang-Ch'ih).
    - Fingers sore and spastic: TB-5 (Wai-Kuan), TB-3 (Chung-Chü), SI-3 (Hou-Hsi).
    - Fingers, all five painful: TB-4 (Yang-Ch'ih), TB-5 (Wai-Kuan), LI-4 (Ho-Ku), Lu-6 (K'ung-Tzuei), SI-3 (Hou-Hsi).
    - Index finger stiff: Bl-22 (San-Chiao-Shu), SI-11 (Tien-Tsung), TB-10 (Tien-Ching).



## GOUT (GOUTY ARTHRITIS) [Continued]

- Middle and ring fingers painful: LI-15 (Chien-YU), LI-11 (Ch'U-Ch'ih), TB-6 (Chih-Kou), TB-3 (Chung-ChU).
- Thumb pain: Bl-25 (Ta-Ch'ang-Shu).
- Middle finger numbness: LI-11 (Ch'U-Ch'ih), St-36 (Tsu-San-Li), GB-39 (Hsüan-Chung), GB-21 (Chien-Ching, moxa).
- Fingers, numbness: TB-5 (Wai-Kuan), LI-4 (Ho-Ku), TB-3 (Chung-ChU), SI-3 (Hou-Hsi), LI-11 (Ch'U-Ch'ih), Lu-5 (Ch'ih-Tze), #S-107 (Fahsieh).
- Spastic Hand: EH-7 (Ta-Lung).
- Writers' cramp: EH-3 (Ch'U-Tze), LI-4 (Ho-Ku), Lu-9 (T'ai-Yuan), LI-11 (Ch'U-Ch'ih), EH-5 (Chien-Shih), He-3 (Shao-Hai).
- Powerless wrist: Lu-9 (T'ai-Yuan).
- Hand and feet, numbness: LI-15 (Chien-YU), LI-11 (Ch'U-Ch'ih), GB-31 (Fung-Shih).
- Shoulder and upper back: TB-3 (Chung-ChU), SI-9 (Chih-Cheng), SI-10 (Nao-Shu), "Jiafeng" [seated with arms crossed on the chest, it is at the tender spot on the medial border of the scapula just below Bl-42].
- Shoulder pain, prolonged: "shoulder joint seems to be immobilized with glue", contralateral SI-8 (Hsiao-Hai).

b) Lower extremities.

- Knee joint pain: #S-156 (Heting), Li-2 (Hsing-Chien), contralateral LI-11 (Ch'U-Ch'ih).
- Pain inside knee: St-35 (Tu-Pi).
- Knee swollen and painful: St-36 (Tsu-San-Li), Li-2 (Hsing-Chien), contralateral LI-11 (Ch'U-Ch'ih). Needle and apply moxa to St-36.
- Knee, medial aspect painful: Li-4 (Chung-Fung), Li-3 (T'ai-Ch'ung). Needle and apply moxa to both points.
- Chill inside knee: Apply moxibustion to Bl-32 (T'ze-Liao), #S-145 (Hsiyen).
- Knee, lateral aspect painful: GB-34 (Yang-Ling-Chüan), Ki-3 (T'ai-Hsi).
- Chill at the tibia: Li-3 (T'ai-Ch'ung).
- Lower limb, extension difficulty: TB-6 (Chih-Kou).
- Legs limp and powerless: apply moxibustion to Bl-11 (Ta-ChU), St-36 (Tsu-San-Li), GB-39 (Hsüan-Chung).

## GOUT (GOUTY ARTHRITIS) [Continued]

- Ankle pain: Bl-60 (K'un-Lun), Ki-3 (T'ai-Hsi), Bl-62 (Shen-Mai), GB-40 (Ch'iu-Hsü), Li-3 (T'ai-Ch'ung), St-41 (Chieh-Hsi).
- Heel pain: Bl-57 (Ch'eng-Shan), Bl-60 (K'un-Lun), Ki-3 (T'ai-Hsi).
- Dorsum of the foot, red and swollen: Bl-60 (K'un-Lun), GB-40 (Ch'iu-Hsü), Ki-6 (Chao-Hai).
- Cold feet: apply moxibustion to GB-31 (Fung-Shih), Bl-23 (Shen-Shu), #S-75 (Shihchichui-hsia).
- Pain at the toes: Ki-1 (Yung-Ch'üan).
- Numbness of the toes: Sp-4 (Kung-Sun), St-41 (Chieh-Hsi), #S-137 (Pafeng).
- Sole of the foot, painful: Bl-60 (K'un-Lun).

## HALITOSIS ("BAD BREATH")

---Western Etiology and Treatment: Halitosis can result from the following: Poor oral hygiene; chronic nasal and sinus disease; dental cavities, gum infections; tonsillar infections; systemic diseases, fevers, and toxemias; chronic pulmonary disease; gastrointestinal disease; and neuropsychiatric disorders where only the subjective complaint of "bad breath" is present.

In the absence of disease, oral malodor results from the production of metabolic end products by bacteria in the mouth.

The treatment consists of improved oral hygiene and antiseptic rinses for the mouth.

---Chinese Etiology and Treatment: Oral malodor is due mainly to congested Heat in the Stomach inducing the rising of Heart Fire.

Since the Heart Fire attacks the Envelope of the Heart first, sedation method is applied to EH-7 (Ta-Lung). The Heat in the digestive organs is dispersed by the points Go-26 (Jen-Chung) and Go-27 (Ke-Tuan).

Additional Formulas

1. First check and reestablish the balance of the pulses of the Liver and Gall Bladder; then sedate Sp-4, EH-8, EH-7, St-14, Co-24, Go-28.
2. St-22.
3. Odorous armpits: GB-21, St-36.

## HEADACHE (Cephalalgia)

---Western Etiology and Treatment: Headache can be a manifestation of acute systemic or intracranial infection, intracranial tumor, head injuries, severe hypertension, cerebral hypoxia and many diseases of the eye, nose, throat, teeth, and ear. However, such conditions account for only a few patients who consult a physician because of headache. Most patients suffer from migraine, muscle tension headaches, or head pain for which no structural cause can be found. The latter gives the Acupuncturist a clue that the disturbance is still confined to the Energy, and has yet to reach the physical matter; making the disorder easy to cure.

Symptomatic analgesic therapy is usually applied. Management of chronic psychogenic, post-traumatic, or migrainous headaches is a common and more difficult problem. Psychotherapy and pharmacotherapy are considered necessary. Examples of the pharmacological compounds used are: Aspirin, phenobarbital, methysergide maleate, ergotamine tartrate; and various sedatives, tranquilizers, antidepressants, etc.

---Chinese Etiology and Treatment: Basically there are two types of Headaches:

1. External origin--due basically to the Perverse Wind.
2. Internal origin--which is divided into two groups:  
Symptoms of Fullness or Symptoms of Emptiness.

External origin: Headache may be caused by the Perverse Wind attacking the principal or secondary meridians. Other Perverse Energies (ie. Heat, Cold, Humidity...) usually are accompanied by the Wind. Symptoms include dislike of the wind; stuffed up nose; clear discharge from the nose; tender areas on the cranium, nape of the neck, etc. (Ah Shi points); pulse-floating; which may be accompanied by fever, coughs, pain in the body and bones, etc.

The prime consideration for the treatment is the "Tonification of the Essential Energy" by the formula--Lu-7 (Lieh-Ch'Ueh) with sedation method, LI-4 (Ho-Ku) with tonification method, and St-36 (Tsu-San-Li) with moxibustion preferable in tonification method. Sedation method on the points GB-20 (Fung-Ch'ih), Go-16 (Fung-Fu), #S-9 (Taiyang), and TB-5 (Wai-Kuan) may also be applied as well as sedation on some of the "Ah Shi" points on the head and neck.

## HEADACHE (Cephalalgia) [Continued]

Internal origin:

- a) Symptoms of Fullness--This can be due to a prolonged accumulation of the Glairy Mucus in the Stomach; or to anger or worry. In this case there are thrusts of Energy towards the upper parts of the body.

Example: An excessive consumption of spicy foods or alcoholic beverages can lead to an accumulation of the Glairy Mucus in the Stomach, which combined with the Heat, can rise up the internal Stomach meridian to the head.

Symptoms of Digestive origin include the nausea, "glairy" vomit, discomfort in the chest, abdominal distention, sour taste in the mouth, bitter belching, and constipation.

Symptoms due to Fullness may also be due to Psychic origin in which case it is always accompanied by anger, sadness, or light pains in the sides.

- b) Symptoms of Emptiness--Owing to an insufficiency of Energy and Blood, in this case, there is an instability (disequilibrium) between the Yin and the Yang which are both in Emptiness.

Symptoms of Energetic origin include the following: Intermittent crises (attacks); increase of intensity during physical exertion; the patient neither speaks nor eats sufficiently; asthenia; short respiration; pulse-empty and changeable or without strength.

Symptoms of Blood (Sanguine) origin include the following: The pains are continual, but much less strong; "...the patient has the sensation of having a small tendon which painfully contracts (in the head) of a beast which to him is running (roaming) about the cranium". This type is often accompanied by fear or anguish.

To treat the Internal origins needle in the case of Fullness, apply moxibustion in the case of Emptiness to the following points: Go-20 (Pai-Hui), Go-14 (Ta-Chuei), St-8 (T'ou-Wei), GB-20 (Fung-Ch'ih), LI-4 (Ho-Ku), Lu-7 (Lieh-Ch'Ueh), St-44 (Nei-T'ing), Ki-7 (Fu-Liu), and S-9 (Taiyang).

In the case of Digestive origin add Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), Co-12 (Chung-Wan), St-25 (T'ien-Shu), St-40 (Fung-Lung).

In the case of Psychic origin add Bl-18 (Kan-Shu), Bl-19 (Tan-Shu), GB-34 (Yang-Ling-Chuan), and GB-43 (Hsia-Hsi).

In the case of Energetic origin (Emptiness), apply moxibustion to Co-6 (Ch'i-Hai) and Co-4 (Kuan-Yuan).

## HEADACHE (Cephalalgia) [Continued]

In the case of Sanguine origin (Emptiness), apply moxibustion to Bl-15 (Hsin-Shu) and Bl-17 (Ke-Shu).

NOTE: Headaches can be localized on one or several parts of the cranium. Use some points according to the following areas:

- At the Forehead, Cheek or Face take as a basis the Governing Vessel and the Stomach meridian using the points Go-23 (Shang-Hsing), #S-3 (Yintang), St-8 (T'ou-Wei), GB-14 (Yang-Pai), Bl-2 (Tsuan-Chu), and LI-4 (Ho-Ku).
- At the top of the skull take as a basis the Governing Vessel and the Bladder meridian using the points Go-20 (Pai-Hui), Bl-7 (T'ung-T'ien), Bl-60 (K'un-Lun), and Bl-67 (Chih-Yin).
- At the Occiput take as a basis the Governing Vessel and the Bladder meridian using the points Go-19 (Hou-Ting), GB-20 (Fung-Ch'ih), Bl-11 (Ta-Chü), and Bl-60 (K'un-Lun).
- At the Temples take as a basis the Gall Bladder and Triple Burner meridians using the points #S-9 (Taiyang), St-8 (T'ou-Wei), GB-8 (Shuai-Ku), TB-20 (Chiao-Sun), Lu-7 (Lieh-Ch'Ueh), TB-3 (Chung-Chü), and GB-43 (Hsia-Hsi).

Additional Formulas

1. If the Headaches are due to the Energy of Heat, use LI-4, St-43, and St-8.
  2. If the Headaches are caused by the Glairy Mucus, sedate Co-12, St-40, St-8, and #S-9 (Taiyang).
  3. If the Headaches are caused by the weakening of the Kidneys, conditions of the Liver, and the elements of Yang, tonify Ki-3 and Bl-23; and sedate Li-2 and GB-40.
  4. If the Headaches are due to an insufficiency of Energy tonify Co-4, Co-6, St-36 and Go-20.
  5. If the Headaches are due to the Heat of the Liver and Humidity, sedate Li-1, Li-2, GB-40, GB-39, GB-4, Sp-5 and Sp-9.
  6. China's current therapy uses:
    - a) Vertical Headache--Go-20, Bl-60, Li-2.
    - b) Frontal Headache--GB-14, #S-3 (Yintang), LI-4.
    - c) Temporal Headache--#S-9 (Taiyang), GB-20, TB-5.
    - d) Occipital Headache--Go-15, Bl-10, Bl-60.
    - e) Generalized Headache--Go-15, #S-3 (Yintang), LI-4, TB-5.
- Remarks: It is not advised to give strong stimulation to points on the Head. Treat daily or every other day.
- f) Ear Points: E-33 Subcortex, E-30 Forehead, E-31 Back of Head, E-47 Kidney, E-49 (Gall Bladder, right ear), tender points.

## HEMORRHOIDS (Rectal Bleeding)

---Key Symptoms: Blood is bright, may appear as flecks on toilet paper, coating the surface of the stool or dripping into the toilet bowl after passage of the bowel; excruciating pain; mucoid discharge from the rectum; characteristic findings on external anal inspection or anoscopic examination (consult a proper text).

---Western Etiology and Treatment: Hemorrhoids are due to an increased intra-abdominal pressure transmitted to the veins of the hemorrhoidal plexus causing inflammation, thrombosis, and bleeding. Straining at the stool, prolonged sitting, obesity, and anal infection are contributing factors. Precaution should be exercised about other possible complications such as carcinoma of the colon or rectum, polyps, anorectal abscess, proctitis, portal hypertension, etc.

Conservative treatment suffices in most instances of mild hemorrhoids, which may improve spontaneously or in response to low-roughage diet and regulation of bowel habits with mineral oil or other laxatives. Local pain and infection are managed with warm sitz baths and insertion of a soothing anal suppository 2 or 3 times daily. For severe symptoms, surgery (hemorrhoidectomy) is administered.

---Chinese Etiology and Treatment: Basically hemorrhoids are due to the accumulation of the Damp Heat in the Large Intestine. It may be precipitated by overwork and strain, prolonged sitting, or overindulgence in sex and alcohol.

Stimulate the main point Go-1 (Ch'ang-Ch'iang). Couple with Bl-57 (Ch'eng-Shan) and Lu-6 (K'ung-Tzuei). For rectal hemorrhage, stimulate St-34 (Liang-Ch'iu) and Sp-4 (Kung-Sun). For pains and spasms at the anus, stimulate Bl-30 (Pai-Huan-Shu) (for Rectal Prolapse, see that section in this Lesson).

## HEMORRHOIDS (Rectal Bleeding) [Continued]

Additional Formulas for Hemorrhoids

1. China's current therapy uses:
  - a) B1-32, B1-30, B1-57, Go-1. For constipation, add B1-25, TB-6.  
Remarks: The Bladder meridian is selected for the main points. Apply strong stimulation, treat once daily or every other day.
  - b) Ear Points: E-2 Lower Segment of Rectum, E-37 Shen-men, E-33 Subcortex.  
Remarks: Apply strong stimulation on 2-3 points, treat once daily.
2. General Treatment: Tonify St-31, Sp-5, B1-57, Go-1.
3. During painful episodes: Sedate GB-20, GB-14, B1-57, B1-40, B1-28, Go-4, Sp-1, Go-1.
4. For bleeding or pus from the rectum: Tonify Lu-9, B1-28, B1-57.



## HICCOUGH (HICCUP, SINGULTUS)

---Western Etiology and Treatment: Hiccough is usually a benign, transient phenomenon but may occur as a manifestation of many diseases. It is important to rule out specific causes such as Central Nervous System disorders, phrenic nerve irritation, cardiorespiratory disorders, gastrointestinal disorders, renal failure, and infectious diseases.

Countless measures have been tested for the interruption of the rhythmic reflex that produces hiccough. At times none of them may be successful, and the symptom may be so prolonged and severe as to jeopardize the patient's life.

---Chinese Etiology and Treatment: In describing the clinical basis and treatment of Hiccoughs, the Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961) notes two principal causes:

1. Hiccough due to return of the Energy of the Liver: Stimulate the points utilized in the treatment of vomiting (see the section on Vomiting in this Lesson, page 249) and add the point Co-14 (Chü-Chüeh).
2. Hiccough that is a beginning indication of exhaustion of the Stomach Energy. The treatment is very difficult.

## HICCOUGH (HICCUP, SINGULTUS) [Continued]

Additional Formulas for Hiccough

1. Stomach Empty and Cold (due to Cold natured foods):  
The symptoms include swollen and full esophagus, hiccoughs cured by drinking warm water, tongue thinly furred and white, pulse-slow and fine. Treat the points B1-20, B1-21, Co-12; add St-25, St-36.
2. Fire of the Liver: The symptoms include thirst, yellow coated tongue, pulse-wiry and rapid. Treat the points B1-18, Li-2, EH-6; add St-36, GB-34.
3. Emptiness of the Stomach and Spleen: The symptoms include noise slight, breathing light, pulse-minute or fine. Treat the points B1-43, B1-17, Co-17, Co-6; add St-36.
4. Stomach Hot, Dry and Full: The symptoms include loud noise, heavy breathing, constipation, pulse-slippery and full. Treat the points Co-12, St-25, EH-6; add Lu-7, St-36, St-44.
5. Sedate Li-13, GB-20, Co-17, Co-16, Co-12, B1-43, B1-17, St-21, St-19.
6. China's current therapy uses:
  - a) B1-17, Co-22, EH-6, Go-26.  
Remarks: Apply moderate or strong stimulation, moxibustion produces better results in severe cases.
  - b) Ear Points: E-37 Shen-men, E-1 Diaphragm, E-33 Subcortex.  
Remarks: Apply strong stimulation.

## HORDEOLUM (Sty), CHALAZION

---Key Symptoms: Hordeolum--localized red, swollen, acutely tender area on the upper or lower eyelid; it may be internal or external. The primary symptom is pain, with the intensity being directly related to the size of the swelling.

Chalazion--hard, nontender swelling on the upper or lower eyelid. The conjunctiva in the region of the chalazion is red and elevated. At the onset, it may be indistinguishable from a sty; after a few days it resolves and is painless and slowly grows a round mass around the lid.

---Western Etiology and Treatment: Hordeolum is a common staphylococcal abscess and is often associated with and secondary to blepharitis. Recurrence is common. Warm compresses are helpful. Incision is indicated if resolution does not begin in 48 hours. An antibiotic or sulfonamide instilled into the conjunctival sac every 3 hours may be helpful during the acute stage.

Chalazion usually disappears after a few months, although incision and curettage may be indicated if there is no resolution after 6 weeks. Hot compresses and topical antibiotics are administered initially.

---Chinese Etiology and Treatment: Having its roots, somewhat, in physical exhaustion and dyspepsia, eyelid infection is basically due to the Perverse Wind Heat attacking the Spleen and Stomach meridians (more precisely the Yang Ming). Reaching the eyes, the Wind Heat and Dampness block the Energy channels and cause a stagnation of Blood.

When the swelling is hard, it has more Heat than Wind and will disperse with difficulty. When the swelling is soft, it has more Wind than Heat and will disperse more readily. If treated improperly, the eruption will leave a scar.

The treatment consists of applying very strong stimulation to a special point--"Sawada" Ho-Ku either contralaterally or bilaterally. The point is located one finger breadth proximal to LI-4 (Ho-Ku) in a depression between the 1st and 2nd metacarpal bones. It is stated that one or two treatments is sufficient when employing a strong manipulation.

## HORDEOLUM (Sty), CHALAZION [Continued]

Additional Formulas for Hordeolum, etc.

1. Sty: Sedate Bl-1, Lu-7; and if recurrent, tonify SI-7.
2. Sty: Lu-11, SI-7, Bl-1.
3. Blepharitis: Sedate TB-10, Bl-2, LI-4; then tonify Li-13.
4. Blepharitis: TB-10, St-36, GB-3, SI-4, LI-2.

## HYPERTENSION (Primary or Essential)

---Key Symptoms: The criteria for diagnosis of hypertension are arbitrary, because the arterial pressure rises with age and varies from one occasion to another. Most authorities consider it to be present when the diastolic pressure consistently exceeds 100 mm Hg in persons more than 60 years old, or 90 mm Hg in persons less than 50 years old. The World Health Organization places the upper limits of normal pressure at 160/95 mm Hg.

---Western Etiology and Treatment: The cause is unknown. Some authorities implicate the kidneys as the cause in primary hypertension, but other observations suggest that kidney pathology follows the onset of hypertension. Ultimately, generalized arteriolar sclerosis develops. It is considered that dizziness, flushed face, headache, fatigue, epistaxis and nervousness are not caused by uncomplicated hypertension. Diagnosis of primary hypertension depends on excluding other secondary causes such as left ventricular failure, atherosclerotic heart disease, renal failure, cerebral vascular insufficiency, etc.

They have no cure for primary hypertension. Prolonged rest, dietary restrictions, and weight reductions are considered as poor substitutes for drug therapy. There is considerable variation in opinion about which type of medication sequence to administer. A certain amount of trial and error is involved in the selection; therapy usually starts with thiazides or other classes of diuretics.

---Chinese Etiology and Treatment: There are two essential causes of Hypertension:

1. Hypertension may be caused by a deficiency of Yin Kidney caused by the following: Over use of the Will and mental thought which weakens the Blood; excessive sexual activity; blockage of the Ancestral energy; etc. These causes drive up the "Wind of the Liver" accompanied by "Liver Fire". Symptoms include lack of physical strength accompanied by exhaustion of the Spirit, headache, dizziness, palpitation, insomnia, pulse-small and wiry.

Apply tonification method on points Bl-23 (Shen-Shu), Ki-3 (T'ai-Hsi), and Bl-15 (Hsin-Shu). Sedate the points Li-2 (Hsing-Chien) and Li-3 (T'ai-Ch'ung).

## HYPERTENSION (Primary or Essential) [Continued]

2. Hypertension may be caused by the Glairy Mucus in combination with the Fire of the Liver being transformed into Wind caused by: Overeating (leading to an accumulation of Glairy Mucus); excessive consumption of spicy foods or alcoholic beverages; or psychic disturbances of the Energy of the Liver (anger). Symptoms include pain in the ribs; dizziness and paralysis of the limbs; thirst and mental depression; pulse-wiry, sliding and forceful; white, greasy or yellowish fur on the tongue.
- Apply sedation method on the points St-40 (Fung-Lung), Co-12 (Chung-Wan), Li-2 (Hsing-Chien), Bl-18 (Kan-Shu), and EH-7 (Ta-Lung).

Additional Formulas for Hypertension

1. China's current therapy uses:
- a) Ki-3, Bl-23, Bl-18.  
Points according to the symptoms:  
Dizziness and headache--GB-20.  
Abdominal distention and excessive mucus--  
Co-12, St-40.  
General weakness--St-36, Sp-6.
- Remarks: Treat once daily until symptoms subside, then treat every other day. This prescription is also suitable for Ménière's Syndrome.
- b) Ear points: E-33 Subcortex, E-55 Depressing Groove, E-37 Shen-men, E-51 Heart, E-39 Sympathetic.
2. Balance the pulses of the Kidney, Heart and Envelope of the Heart. Then sedate EH-8, EH-7, EH-6, Ki-2, He-9, Co-6, Co-5, TB-10, TB-2, He-7, and St-36; then tonify SI-10, SI-13, SI-14, and SI-17. Choose the appropriate points among those listed [see previous Lessons of this Program].

## IMPOTENCE, PREMATURE EJACULATION

NOTE: Although Western classification places these two disorders as separate, the Chinese Etiology and Treatment is essentially the same for both.

---Key Symptoms: Inability of the male to attain or sustain an erection satisfactory for normal coitus; or, constant failure to maintain intromission of sufficient duration to satisfy a responsive partner. Premature ejaculation is too rapid achievement of climax during sexual intercourse and ejaculation in the male (relative to his own or his partner's wishes).

---Western Etiology and Treatment: Psychic factors are considered to be causative in approximately 90% of the cases of erectile dysfunction. Occult somatic factors are rare in cases of premature ejaculation, although prostatitis or diseases affecting the neural pathways may be involved.

Treatment for both conditions consists essentially of Psychotherapy or Sex Therapy.

---Chinese Etiology and Treatment: Impotency is generally due to either sexual abuse or masturbation; or, to excessive thought and contemplation. The patient displays the symptoms of inability to obtain erection or too rapid "escape of the sperm".

1. Excessive Sex: This causes an exhaustion of the Energy of the Kidneys. The patient complains often of aching pains in the lumbar region, dizziness, poor memory, low spirits, tired extremities, with the pulse small and weak.

Tonify the points Go-4 (Ming-Men), Bl-23 (Shen-Shu), Go-2 (Yao-Shu), Co-4 (Kuan-Yuan), Co-3 (Chung-Chi), St-36 (Tsu-San-Li), and Sp-6 (San-Yin-Chiao).

2. Excess Thought: This causes a burden upon the Spirit with the Heart and Spleen becoming "entangled". The patient presents mental depression, congested chest, stomach disorders, high frequency of dreams, with the pulse small and retarded.

Tonify the points Bl-15 (Hsin-Shu), Bl-20 (P'i-Shu), He-7 (Shen-Men); sedate the points Bl-18 (Kan-Shu), Bl-19 (Tan-Shu), Li-1 (Ta-Tun), Li-12 (Chi-Mai), and Co-6 (Ch'i-Hai).

Additional Formulas for Impotence

1. Apply moxa to Bl-23 and Go-4 to strengthen the Kidneys; and also to Co-4 and Co-3 to replenish the Energy in the Lower Burner. For paraphimosis, apply moxa to Co-4 and St-29.
2. Tonify (preferably by moxa) St-30, St-36, Sp-6, Sp-10, Go-4, Go-14, Li-8 (if premature ejaculation). Apply moxa to Ki-12 for azoospermia.
3. China's current therapy uses:

a) Co-4, Sp-6, Li-5.

b) He-7, Go-4.

Remarks: Apply mild stimulation, moxa may also be used. These two groups of points can be used alternately.

c) Ear Points: E-4 External Genital Organs, E-68 Testis, E-34 Internal Secretion, E-33 Subcortex, E-37 Shen-men.

Remarks: Apply moderate stimulation, select 2-3 points for each treatment. Treat once a day or every other day, 10 treatments to a course.



## INFANTILE CHOLERA

---Key Symptoms: During the incubation stage (1-3 days), a mild diarrhea may be present. During the diarrheal stage, there is severe cramping and profuse diarrhea, the stools becoming almost a clear fluid and albuminous ("rice water"). Vomiting is severe. In the collapsing stage, diarrhea ceases and shock appears within 2-12 hours after the onset of diarrhea. During the recovery stage the stools become more normal during the course of a week. In the untreated cases, mortality rate is 25-50%.

---Western Etiology and Treatment: The causitive agent is considered to be *Vibrio cholerae*. Transmission is by food or water.

The treatment consists of massive infusions of physiologic saline solution, the single most important consideration. Potassium and bicarbonate supplements may be necessary. If tolerated, oral tetracycline is administered for 5 days to hasten recovery.

---Chinese Etiology and Treatment: There are two essential causes:

1. With children of early age, the Organic Liquid (Than Dich) defends itself poorly against the Perverse Wind or alimentation, both entailing difficulties of the Liver. However, according to the "Law of the Five Elements", the Liver difficulty "represses" the action of the Spleen and Stomach, hence, liquid stools of green (green=spring=Wood) color.
2. The maternal milk is disturbed because the mother carries in her the "Latent Wind" or because the Energy of her Liver weakens it; hence, difficulties with the infant's digestion with liquid stools or green color.

The treatment consists of calming the Liver and fortifying the Spleen [textually; render the Spleen strong and do not allow the Liver energy to be too powerful].

Stimulate the points Co-12 (Chung-Wan), St-25 (T'ien-Shu), St-36 (Tsu-San-Li), Li-2 (Hsing-Chien); add St-44 (Nei-T'ing).

## INFANTILE CONVULSIONS (Acute)

Acute Convulsions [See also Chronic, Pages 116 and 117]

---Key Symptoms: Strong fever, dazed and fixed gaze, clenched jaws, stiff neck, spasmodic contractures of the limbs, opisthotonos, and blue-violet countenance (cyanosis). The duration is generally 10-15 minutes, the attack passes into sleep.

---Western Etiology: Convulsive seizures are relatively common in children. They may be of unknown cause, genetic, or related to such disorders as CNS and other infections, fever, tumors of the CNS, drugs and poisoning, pyridoxine deficiency and dependency, progressive degenerative diseases, etc. One should consult a proper text for more information.

---Chinese Etiology and Treatment: There are three essential causes of convulsions of rapid evolution:

1. The Perverse Wind very easily attacks the epidermis of the child; it first follows the secondary vessels, then the principal meridians in order to reach the interior where it transforms into Heat, thus causing difficulties of the Liver and Gall Bladder. When this Wind arrives at the Liver, the Wood transforms into Fire [by the Law of the Five Elements] occasioning convulsions of rapid evolution.
2. The alimentation (milk or other) is not looked after properly, it is not digested and amasses in the stomach or in the intestines impeding the Energetic circulation of the interior. The Energy of the body changes into Fire and then into Damp Wind which is the cause of the acute convulsions.
3. The Mental Energy (Yang Energy) of a child being weak makes the child fearful. A sudden excitation or fall can provoke in a child convulsions of rapid evolution.

Rapid convulsions are thus characterized by four essential symptoms: Fever, Dampness, Wind and spasmodic contractures.

## INFANTILE CONVULSIONS (Acute) [Continued]

The treatment consists essentially of:

- a) Expelling the Perverse Wind, reestablishing the communication of the orifices (nose, eyes, mouth, ears), and refreshing the skin;
- b) Combat the indigestion and stimulate the Internal Wind;
- c) Appease the meridians and soothe the Mental Energy;
- d) Calm the Liver (Wind), refresh the Blood and Heart, and reinforce the Yin.

The Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961) advises to disperse (sedate) the following points: Go-26 (Jen-Chung), Go-20 (Pai-Hui), Go-14 (Ta-Chuei), #S-86 (Shihhsuan), #S-87 (Muchihchien), LI-4 (Ho-Ku), Ki-1 (Yung-Ch'uan), and Li-2 (Hsing-Chien).

Other complimentary points are LI-11 (Ch'U-Ch'ih), Bl-40 (Wei-Chung), and Li-3 (T'ai-Ch'ung).

Additional Formulas for Acute Infantile Convulsions

1. First Bleed Go-20, #S-3 (Yintang), Go-26, Lu-11, #S-86 (Shihhsuan) and #S-87 (Muchihchien) to clear the Heat and the openings. Then stimulate LI-4 and Go-12 to clear the channels. Stimulate He-7 and Ki-1 to clear the Heart and nourish the Kidneys. Stimulate GB-34, Li-3, Lu-5, and Bl-40 to calm the Liver and to stop the spasms. Stimulate Go-14, Go-13 and Bl-63 to treat an open mouth, clonic movements of the head, and tonic spasms of the back muscles.

Remarks: Manual Method--with the middle finger of the right hand pressing on the top of the index finger, apply pressure to Go-20. Then place the feet and legs together with the index finger of the left hand between the two Ki-3 points. Apply the thumb on the Bl-60 point of one side and the middle finger on the Bl-60 point of the other side and press, stimulating these four points with the left hand. One or two minutes of pressure should suffice to relieve the convulsion. [Advice from one of our Oriental colleagues.]

2. Bleed #S-86 (Shihhsuan) and the twelve "Ting" points [see Lesson 27, Page 41]; sedate Go-20, #S-3 (Yintang), Go-14, LI-11, LI-4. In the case of:
  - a) Damp Sputum and confused consciousness--sedate EH-8, St-40, GB-34.
  - b) Loss of speech and stiff neck--sedate Go-16, Go-26, Go-13, Lu-7.
  - c) Jerking of the extremities--sedate Li-2, GB-34 and tonify Ki-1.
  - d) Blood Heat and "vicious" poisoning--sedate and Bleed EH-3, Bl-40.
  - e) Prolonged fever--sedate Co-12, Bl-15, Bl-18, TB-5, LI-4.

Additional Formulas for Acute Infantile Convulsions [Continued]

## 3. China's current therapy uses:

Go-26, Lu-11, #S-86 (Shihhsuan).

Points according to the symptoms:

High fever--Go-14, LI-11.

Mental cloudiness--EH-6, Li-3.

Meningeal stimulation symptoms: GB-20, Go-12.

Encephaledema--Go-15, Ki-7.

Respiratory failure--Go-25.

Excessive sputum--St-40, Lu-7.

Convalescent stage:

Tremor of the extremities--LI-10, He-3, GB-34

Visual deficiency--#S-8 (Chiuhou), GB-37.

Aphasia--Go-15, He-5.

Difficult swallowing--Co-23, Ki-6.

Strabismus--Bl-1, GB-1.

Remarks: Apply strong stimulation. During the seizure, stimulate Go-26, #S-86; then Bleed Lu-11.

## INFANTILE CONVULSIONS (Chronic)

Chronic Convulsions [see also Acute, Pages 112 to 115]

---Key Symptoms: Besides the symptoms mentioned previously, there is very pronounced mental and physical fatigue, feeble and short respiration; the child sleeps "like lead"; whitish or faded yellowish complexion; intermittent fever; cold or icy members with spasmodic contractions, collapsed fontanelles; closed eyes; the child shakes his head as if in contracture (although here it is not actually true contracture); whitish tongue; pulse-deep, fine, and weak.

---Chinese Etiology and Treatment: There are three essential causes:

1. Acute convulsions that changed into chronic convulsions. At this stage the Energetic Layer and the Yin Layer (Organic Liquid) are attacked: The fever hurts the Organic Liquid and Essential Energy, provoking the continuous convulsions.
2. The Yang Energy of the Spleen becomes weak as a result of repeated vomiting and chronic diarrhea, or as a result of the use of very strong remedies: The Fire of the Liver being overheated entails convulsions of chronic nature, of Splenic origin.
3. The Yang Kidney and the Yang Energy of the Spleen being in emptiness (because of the difficulties of the Spleen which has an influence on the Kidneys) provoke insufficiency of the Yang root [see Lesson 18 on Kidney Energetics]; hence, convulsions of slow evolution of Renal origin.

The treatment consists of:

- a) Reinforcing the Energy, tonifying the Yin;
- b) Warming and strengthening the Spleen and Stomach;
- c) Rescue the Spleen and the Kidneys to reestablish the Yang root.

The Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961) advises the application of moxibustion to the points: Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), Co-12 (Chung-Wan), Co-6 (Ch'i-Hai), Co-4 (Kuan-Yuan), St-36 (Tsu-San-Li), and St-25 (T'ien-Shu). These points may also be tonified using acupuncture. Massage may be helpful.

Additional Formulas for Chronic Infantile Convulsions

1. Tonify Bl-20, Bl-23, Co-4, St-36. In the case of:  
Fever--Sedate Go-14, TB-5.  
Watery stools--Apply moxa to St-25, Co-11.  
Dizziness--Tonify EH-7, He-7.  
Spasms caused by indigestion--Sedate Bl-18,  
Li-3.
2. Post-convulsive spasticity and wasting of the limbs  
(due to forcing the limbs open during convulsive  
seizures):  
Upper limbs--LI-15, SI-9, GB-21, LI-11, TB-6,  
TB-5, EH-5, LI-4.  
Lower limbs--Sp-9, GB-34, St-36, GB-39, GB-40,  
St-41, Sp-5, GB-30, St-34, Bl-57, Sp-6.  
Back--Bl-23, Bl-22, Bl-18.  
Note: Curative results can only be expected during  
the early stages.
3. Post-convulsive dysphasia and deafness (brain damage  
due to high fever):  
Dysphasia--Go-15, Ki-1 (male left side first,  
female right side first). Needle and Bleed  
"under tongue". If the tongue is stiff,  
use Sp-5, LI-4, St-36.  
Deafness--Stimulate #S-13 (Yiming), TB-17,  
SI-19, Sp-6, Ki-3.
4. China's current therapy uses:
  - a) Go-20, Co-4, St-36.
  - b) Bl-18, Bl-20, Co-6.

Points according to the symptoms:

Diarrhea--St-25

Convulsions--LI-4, Li-3.

Remarks: Apply mild stimulation, the above two  
groups can be used alternately. Moxibustion  
may also be applied. If necessary other points  
may be used according to the symptoms. [See  
previous Lessons].

## INFANTILE MALNUTRITION (Marasmus, Kwashiorkor)

---Key Symptoms: Onset with anorexia, afternoon fever, vomiting, diarrhea, abdominal distention followed by sallowness, wasting, crankiness, irritability, constipation or loose stool; in severe cases there may be marked abdominal distention, loss of hair, pallor, apathy and arrested growth.

---Acupuncture Treatment: Bleed #S-94 (Szufeng), squeeze out the yellow mucoid fluid. After one or two treatments, a normal appetite should return and the "pot belly" gradually disappears. The results are stated to be remarkable.

Other points that can be added are Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), St-25 (T'ien-Shu), and St-36 (Tsu-San-Li).

For vomiting use EH-6 (Nei-Kuan); abdominal pain Co-6 (Ch'i-Hai); abdominal distention Sp-4 (Kung-Sun); afternoon fever Go-14 (Ta-Chuei) and Sp-6 (San-Yin-Chiao).



## INFERTILITY OF THE FEMALE (STERILITY)

---Key Symptoms: A couple is said to be infertile if:

- a) Pregnancy does not occur after one year of normal marital relations without contraceptives;
- b) the woman conceives but aborts repeatedly;
- c) the woman bears one child but aborts repeatedly or fails to conceive thereafter.

---Western Etiology and Treatment: Female infertility may be due to nutritional deficiencies, hormonal imbalance, developmental abnormalities of the reproductive organs, infections, or tumors.

The treatment depends upon correction of the underlying disorders suspected of causing infertility.

Fertility may be restored in many patients with endocrine imbalance, particularly those with hypo- or hyperthyroidism. The alleviation of cervicitis is of value in the return of fertility. Surgical correction of congenital or acquired abnormalities (including tumors) of the lower genital tract or uterus may frequently renew fertility. Induction of ovulation in the cases of infertility due to anovulation which has persisted longer than six months is managed by medications such as Clomiphene citrate, corticosteroids, Human menopausal gonadotropins, etc.

---Chinese Etiology and Treatment: Infertility can have three basic causes:

1. Difficulties with the Ancestral vessels, namely the Jen Mo and Chong Mo.
2. Insufficiency of the Liver, Spleen, and Stomach Energy. These organs not being able to fulfill their hemopoietic role, poorly "irrigate" the ovaries and uterus.
3. Glairy Mucus-Humidity has an adverse effect upon the menstrual cycle [see Section on Leukorrhea in this Lesson].

## INFERTILITY OF THE FEMALE (STERILITY) [Continued]

In summary, infertility is owed to difficulties of the menstrual cycle.

The treatment consists of:

- a) Tonifying the Kidneys by the points Bl-23 (Shen-Shu), because "the Chong Mo and the Jen Mo have their source in the Kidneys" [Nei Ching].
- b) Tonify the energies of the Spleen, Liver and Stomach at the Reunion Points which connect them to the Jen Mo vessel; Co-3 (Chung-Chi) and Co-4 (Kuan-Yuan), in order that these Energies irrigate the ovaries and the uterus.

Additional Formulas

1. Infertility of Unknown Cause (with no irreversible lesion or mechanical obstruction): Sedate LI-4, Sp-6, Co-14; then tonify St-30, TB-21, TB-23, GB-20, Co-3, Co-4, #S-49 (Tsukung).
2. Sp-5, Co-3, Ki-6, Lu-7, St-30, Ki-4.
3. Displacement of the Womb: "The womb tends to one side or backwards...conception is not likely". Apply moxibustion to TB-4 (left side only) and Co-12.

## INSANITY (MADNESS)

---Key Symptoms: Credulity, laughter, crying, the sick person is "wild" as if in a dream, their words are incomprehensible. In serious cases, they are no longer able to distinguish that which is clean (proper) from that which is filthy.

---Chinese Etiology and Treatment: Insanity is often owed to an excess of sadness or discontent; or, to an excess of unfulfilled wishes or desires.

Stimulate and then perform moxibustion at the points Go-20 (Pai-Hui), Bl-15 (Hsin-Shu), Bl-20 (P'i-Shu), Co-12 (Chung-Wan), EH-6 (Nei-Kuan), EH-7 (Ta-Lung), He-7 (Shen-Men), Lu-11 (Shao-Shang), St-36 (Tsu-San-Li), St-40 (Fung-Lung), and Sp-1 (Yin-Pai).

Additional Formulas

1. Go-26, Go-16, Go-20, EH-7, He-7, EH-5, SI-3, Sp-1; add EH-8, LI-11, Go-23, Bl-15, Go-1.
2. Madness caused by high fever: Needle Lu-11, EH-9, LI-4, LI-11, Go-14, Bl-12, GB-20, Li-14, Ki-1, Bl-40; #S-86 & #S-87 (Shihhsuan & Muchihchien) [Bleed].
3. Idiocy and Stupidity: Stimulate and apply moxa to He-7, EH-7, EH-5, Lu-11, Co-12, Ki-1, Bl-15.
4. Depression: General--Tonify St-30, St-36, SI-3, Co-7, TB-5, TB-16, GB-41.  
Intellectual--Tonify SI-3, Sp-2, TB-3, TB-5, EH-6, Go-9, Go-12, Go-20, Go-23, Co-12.
5. Sadness: Tonify Li-3, Sp-7, He-3, He-5, He-7, He-9, Co-12, Go-20.
6. Anxiety: With depression--Sedate EH-9, EH-7, EH-6, Bl-15 (if emotional shock); then tonify St-36, Sp-5, TB-3, TB-5, GB-38, Co-15, Go-20.  
With excitation--Sedate TB-10, TB-5, EH-7, He-7, He-5, Sp-2, Co-13.

## INSOMNIA (VIGIL)

---Key Symptoms: Lack of sleep or disturbed sleep.

---Western Etiology and Treatment: Sleep disturbances occur commonly in psychiatric disorders, particularly in depression. Factors contributing to insomnia include: Transient stress, job problems, marital discord; pain and physical discomfort; drug-related episodes, including withdrawal from alcohol or sedatives; and psychological conditions, particularly the major mental illnesses such as schizophrenia and mania (depression). If no emotional difficulties emerge upon examining the patient, physical factors are considered (ie. alcoholism, frequency of micturation, discomfort of spastic colon, in older patients--leg cramps).

NOTE: While the use of sedatives (ie. barbiturates, glutethimide flurazepam) provide symptomatic relief, a majority of suicide victims tend to use these drugs and often see their physician one month prior to a suicide act.

---Chinese Etiology and Treatment: There are three essential causes:

1. Insomnia [aside from mental disorders] may be caused by a loss of connection between the Heart and Kidneys accompanied by vertigo and spermatorrhea. The pulse is fine and rapid. Stimulate the points Bl-23 (Shen-Shu), Bl-15 (Hsin-Shu), Ki-6 (Chao-Hai), and Ki-1 (Yung-Ch'uan).
2. Insomnia may be caused by Fire of the Liver-Gall Bladder in excess. The insomnia is accompanied by anger, headaches and fullness at the lateral aspects of the body. Stimulate the points GB-20 (Fung-Ch'ih), Bl-18 (Kan-Shu), Bl-19 (Tan-Shu), Li-2 (Hsing-Chien), and Li-3 (T'ai-Ch'ung).
3. Insomnia may be caused by alimentation; Stomach disturbances marked by the accumulation of the Glairy Mucus. The symptoms are accompanied by irritation at the chest and "unsatisfying" bowel movements. Stimulate the points Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), Co-13 (Shang-Wan), Sp-5 (Shang-Ch'iu), Sp-1 (Yin-Pai), and St-45 (Li-Tuei).

## INSOMNIA (VIGIL) [Continued]

NOTE: In all these matters, stimulation is applied to He-7 (Shen-Men) and Sp-6 (San-Yin-Chiao); to which one adds LI-4 (Ho-Ku) and St-36 (Tsu-San-Li) according to the circumstances. Also in all the above matters, the needles are left in place a long time and the treatment is begun two hours before the patient goes to bed. The results are excellent.

Additional Formulas

1. If insomnia is caused by a deficiency of Blood in the Heart and Spleen; tonification method is applied to the points Sp-6, Sp-10, He-7 and Bl-17.
2. If insomnia is caused by a lack of connection between the Heart and Kidneys; tonification method is applied to the points Bl-15, Bl-23, Ki-1; and add EH-8 by sedation method.
3. If insomnia is caused by Fire of the Liver and Gall Bladder; sedation method is applied to the points Bl-18, Bl-19, Li-2 and Li-3.
4. If insomnia is caused by "Fire of the Glairy Mucus" that blocks up the Stomach; sedation method is applied to the points Bl-21, Co-12, St-40, EH-7 and EH-6.
5. Sedate Bl-62, Bl-23, Bl-15, SI-17, TB-10, EH-7, EH-6, Sp-5 (if accompanied by worrying), Co-7, Go-23, Go-24, Go-20; tonify Ki-6, TB-16.

NOTE: A congestion in the head of Yang Energy which cannot flow downwards by way of the Yang Chiao vessel [see Lesson 25] can cause insomnia. The treatment consists of stimulating Bl-62 to "reopen the Yang Chiao vessel" [this applies to the man who is Yang; the treatment of the woman consists of stimulating Ki-6 of the Yin Chiao vessel]. The reopening of the Chiao vessel results in an absorption of Essential Energy by the principal meridian, the excess Energy is reduced in the head and the patient is able to fall asleep. As an additional point, Bl-1 can be added which is the "polarization point" of the two Chiao vessels.

## INTERCOSTAL NEURALGIA (COSTALGIA)

---Key Symptoms: Sharp, lancinating, stabbing pain along the course of an intercostal nerve or rib. Frequently intensified by respiratory movements, trunk motion, or exposure to cold. Tenderness along the nerve is diagnostic. Unless obviously the result of trauma, chest pain is likely to be exaggerated as fear of heart disease, so a precise diagnosis is necessary.

Note: Chest pain is often accompanied by few or no physical signs; the disturbance is thus confined to the Energy.

---Chinese Etiology and Treatment: There are three essential causes of Intercostal Neuralgia:

1. Hyperfunction of the Liver: Continual mental depression causes a Liver excess. Symptoms include the following: Rib pain following states of anger or depression; severe pain alternating with slight pain; acid regurgitation; occasional swelling in the costal region; wandering pain; pulse-becoming big and resembling the string of a bow, caused by the violence of the Liver Energy.

Apply sedation method to the points Li-2 (Hsing-Chien), Li-3 (T'ai-Ch'ung), Li-14 (Ch'i-Men), GB-29 (Chü-Liao), and GB-34 (Yang-Ling-Chüan).

2. Accumulation of the Glairy Mucus (Spleen): The excess mucus along the sides of the ribs or the stagnation of Blood causes the blockage of Energy and hence, the pain. Symptoms include the following: Acute pain in the ribs accompanied with the spitting up of clear saliva; painful and swollen chest; pressure produces intolerable pain; pricking pain or gurgling in the lower costal region; black stools.

Apply sedation method to the points Li-13 (Chang-Men), Li-14 (Ch'i-Men), Co-12 (Chung-Wan), and St-40 (Fung-Lung).

3. Insufficiency of Blood: When the Yin Energy of the Blood is "exhausted", the Liver suffers from a lack of Water (Blood). Symptoms include the following: Hidden pain, dizziness and ringing in the ears; constant fever of a hypofunction nature; the face shows signs of distress; pulse-fine and like the string of a bow.

Apply sedation method to the points Bl-18 (Kan-Shu), Bl-17 (Ke-Shu), Ki-3 (T'ai-Hsi), and Li-14 (Ch'i-Men).

Additional Formulas for Intercostal Neuralgia (Costalgia)

1. If the pains are due to "compressive" perturbations of the Energies of the Liver and Gall Bladder, the treatment consists of stimulating the Mu-Front points of the Gall Bladder, Liver, and Spleen [GB-24, Li-14, and Li-13] in association with the points Bl-18, Bl-19, TB-6 and GB-34.
2. Costalgia due to Energy blockage: TB-6, EH-6.  
Costalgia due to clotted Blood: TB-6, GB-34, Li-14, Li-2.  
Costalgia due to sputum: Li-13, Co-12, St-40, St-36, GB-34.  
In the presence of an attack: GB-40.
3. China's current therapy uses:
  - a) Hua To's Vertebral Points of the corresponding area [See Lesson 23], GB-34, Li-3, Li-14.  
Remarks: Apply moderate stimulation, treat once daily.
  - b) Ear Points: E-19 Thorax, E-37 Shen-men, E-39 Sympathetic, E-31 Back of Head, E-52 Lung.
4. Sedate GB-34, SI-4, Lu-11, Lu-9, Go-13.

## JAUNDICE, ICTERUS

---Key Symptoms: Yellow pigmentation of the skin or scleras by bilirubin. The bile pigments (ie. bilirubin) stains all tissues but jaundice is most intense in the face, trunk, and sclerae. The yellow jaundice is frequently invisible in artificial light, whereas daylight plainly reveals its presence. When jaundice is long standing, the deep yellow may acquire a green hue.

Besides the skin and eyes, the urine of the patient is yellow, they avoid movement (lazy), present indigestion, chest pain, and anorexia.

---Western Etiology: Jaundice is due to the deposition of bile pigment (hyperbilirubinemia) into the skin, mucous membranes, and body fluids. It may be caused by obstruction of bile passageways, excess destruction of red blood cells, or disturbances in the functioning of the liver cells.

Jaundice is a symptom which may be the indication of a benign and curable disease, such as a gallstone blocking the common duct [see that section in this Lesson]. It may be due to a carcinoma of the head of the pancreas [see that section in this Lesson] involving the opening of the bile duct into the duodenum. It is therefore important to attempt to make a diagnosis by employing certain tests; one should consult a proper text for further information.

---Chinese Etiology and Treatment: Below is described the treatment of jaundice of alimentary or alcoholic origin. These types of jaundice are due to difficulties with the Liver-Gall Bladder or the Spleen-Stomach. There are basically two forms:

1. Yang Jaundice: The patient has thirst; cool, glossy skin of yellow color, and a rapid pulse. Stimulate the basic points Co-12 (Chung-Wan), EH-6 (Nei-Kuan), Bl-18 (Kan-Shu), Bl-21 (Wei-Shu), St-36 (Tsu-San-Li); to which one can add according to the case, Bl-48 (Yang-Kang), GB-34 (Yang-Ling-Chuan), EH-8 (Lao-Kung), Co-11 (Chien-Li), and Bl-19 (Tan-Shu).
2. Yin Jaundice: The patient loves to stretch out, skin of dull yellow-gray color, and a slow pulse. Stimulate first and then perform moxibustion on the basic points Bl-20 (P'i-Shu), Bl-18 (Kan-Shu), Go-9 (Chih-Yang), Co-12 (Chung-Wan), LI-4 (Ho-Ku), St-36 (Tsu-San-Li); to which one can add according to the case, Bl-49 (Yi-She), Co-11 (Chien-Li), Sp-4 (Kung-Sun), and Bl-19 (Tan-Shu).



Additional Formulas for Jaundice

1. Yang Jaundice: First apply a very light puncture with a prismatic needle to a few yellow strands on the inner wall of the eyelids, Do Not Bleed. A yellow fluid will flow out by having the patient lower their head. This has a direct loosening effect upon the congestion. Then to deplete the Damp Heat in the Bladder and Gall Bladder meridians, stimulate Bl-10, Bl-19 and Sp-9; to deplete the Damp Heat in the Stomach meridian, stimulate St-36 and St-44. Sedate SI-4 and EH-8 to promote sweating and the lowering of fever. Lastly, stimulate Co-12 which, being the "meeting point" for the Yang organs, is an important point to facilitate Energy transformation in the Three Burners and also to clear the "waterways".
2. Yin Jaundice: First tonify SI-3. Then apply moxa to Co-12, St-25, and Co-4 to warm the Middle Burner, augment the Yang essence, and disperse the Cold. Then apply moxa to Bl-20, Bl-23, and Bl-21 to increase Stomach, Spleen, and Kidney functions. Lastly, stimulate and apply moxa to Sp-4, Sp-6, and St-36.

## KERATITIS

---Key Symptoms: Redness all over the white of the eye (sclera), tears, photophobia, inflammation of the internal surface of the eyelids, pus-like secretions at the inside corner of the eyes, the eyes cannot be opened fully; in addition, a sensation of swelling in the head, constipation, dislike of the wind and cold.

---Western Etiology and Treatment: Inflammation of the cornea can be due to bacterial or viral infection, trauma, vitamin A deficiency, allergy, etc. Treatment of these conditions is usually referred to an ophthalmologist.

---Chinese Etiology and Treatment: Keratitis can be due to an infection of the Wind Heat, Fire of the Liver rushing up to the eyes, or trauma.

First Bleed Bl-2 (Tsuan-Chu), #S-10 (Erhchien), and the red spots on the scapula to loosen the Heat congested in the Blood. Then stimulate Bl-1 (Ching-Ming) and LI-4 (Ho-Ku). Ho-Ku can "loosen the Wind" and whatever is localized on the surface (ie. Heat), and therefore has special properties for treating inflammation. Li-2 (Hsing-Chien) is the Yung point of the Liver; it can clear the Heat and extinguish the Wind, and is a necessary point for eye diseases. Stimulate Bl-18 (Kan-Shu), St-8 (T'ou-Wei), Go-14 (Ta-Chuei), and Go-12 (Shen-Chu) to loosen up the Liver and augment the general physiological functions. These latter four points are auxilliary.

Additional Formulas

1. China's current therapy uses:  
Bl-1, #S-9 (Taiyang).  
Remarks: The point #S-9 and the post-auricular vein may be Bled with a prismatic needle.
2. Actinic Keratitis (Ultraviolet Keratitis): Apply moderate stimulation to LI-4, GB-20, #S-9 (Taiyang); add Bl-1, St-2, GB-37.

## KERATOLEUCOMA

---Key Symptoms: White corneal opacity, appearing as white spots, nebula, or streaks over the eye surface that hinder vision.

---Chinese Etiology and Treatment: Keratoleucoma has two essential causes:

- a) Wind Heat congestion causing the growth of a small projection on the conjunctival surface of the eyelids. Continued friction on the eyeball brings about keratoleucoma.
- b) The consumption of large quantities of Cold medications that injures the Spleen-Pancreas and the Stomach preventing their Energy from rising upwards.

Use as the basic points Bl-1 (Ching-Ming), GB-1 (Chung-Tze-Liao), TB-23 (Ssu-Chu-K'ung), GB-20 (Fung-Ch'ih), Bl-18 (Kan-Shu), Go-14 (Ta-Chuei), Bl-43 (Kao-Mang), and Bl-23 (Shen-Shu).

First stimulate Bl-1 (Ching-Ming), GB-1 (Chung-Tze-Liao), and TB-23 (Ssu-Chu-K'ung) to loosen the Wind, disperse the Heat, and to break up the stagnation of Blood. This will tend to contract the swelling. GB-20 (Fung-Ch'ih) is the meeting point for the Gall Bladder meridian and the Yang Wei and Yang Chiao Ancestral Vessels. Stimulation on this point lowers the Wind of the Liver and then stops the rising of Yang Wind. The remaining points will nurse the Liver and tonify the Kidneys, augmenting the weakened life force.

## LABOR, PROLONGED

---Key Symptom: Continuation of pregnancy after the 42nd week of gestation. Despite labor pains, the fetus does not turn and move.

---Chinese Etiology and Treatment: Excessive sleeping and resting causes the Energy and Blood to become obstructed. The mother has a liking for leisure.

Stimulate the points LI-4 (Ho-Ku) and Sp-6 (San-Yin-Chiao); add the points GB-21 (Chien-Ching) and Bl-67 (Chih-Yin) if needed.

Additional Formulas

1. China's current therapy uses:

- a) Sp-6, Li-3, Bl-31, Bl-32, LI-4. Apply moderate stimulation.
- b) Ear Points: E-38 Uterus, E-34 Internal Secretion.

Remarks: The treatment is aimed to hasten<sup>1</sup> the progress of the first stage of labor.

- 2. Tonify LI-4, St-30, St-36; then sedate Bl-60, Sp-6.
- 3. Painful Labor: Sedate Sp-6, Bl-60, LI-4, Li-3, Co-4.
- 4. Retention of Stillborn: Tonify Lu-7; then sedate Sp-6.
- 5. Atony of the Uterus during childbirth: Tonify St-30, GB-34, Co-3; then sedate Sp-6.

## LEUKORRHEA (Vaginal Discharge)

---Key Symptoms: Vaginal discharge, often whitish and nonbloody; may or may not be associated with discomfort. Around the time of ovulation the discharge may be blood-tinged. Increased discharge occurs during pregnancy.

---Western Etiology and Treatment: The most common cause is infection of the lower reproductive tract; other causes are inflammation, estrogenic or psychic stimulation, tumors, and estrogen depletion.

Treatment measures consist of medicating the specific type of infection (ie. Trichomonas vaginalis, Candida albicans,...). Coitus is avoided until a "cure" is achieved.

---Chinese Etiology and Treatment: Leukorrhea is owed to difficulties of two Ancestral meridians, namely the Tai Mo and Jen Mo (Conception) vessels, referring specifically here to "difficulties of the region situated below the belt meridian [Tai Mo]".

There are five essential causes of these difficulties:

1. Insufficiency of the Energy of the Spleen: Discharge of whitish color (like saliva), without odor; no pains at the lower abdomen nor at the lumbar region; whitish skin; asthenia; cold limbs; soft stools; clear and abundant urine; white tongue; pulse-delayed and weak.

The treatment consists of reinforcing the Jen Mo and Tai Mo vessels: Tonify Co-6 (Ch'i-Hai), GB-26 (Tai-Mai), and Sp-6 (San-Yin-Chiao). Tonify the energy of the Spleen by the points St-36 (Tsu-San-Li) and Bl-20 (P'i-Shu).

2. Humidity Heat: Abundant and thick discharge, at times tinged with blood, slightly strong odor; fatigue; heavy head; the patient has thirst but does not drink much; anxious; little sleep; abnormal stools; bright red urine, at times urethritis; moist, yellowish tongue; pulse-superficial, both small and rapid.

The treatment consists of reinforcing the Jen Mo and Tai Mo vessels: See the treatment above in #1. To diminish the Heat and suppress the Humidity, sedate Sp-9 (Yin-Ling-Ch'uan) and Sp-10 (Hsueh-Hai).

## LEUKORRHEA (Vaginal Discharge) [Continued]

3. Glairy Mucus-Humidity: In women of strong constitution (fat and stout), abundant discharge (like the Glairy Mucus); fatigued; heavy head; tasteless mouth; chest oppressed; abdominal swelling; little appetite; abundant Glairy Mucus; strong and rapid respiration; whitish, moist tongue; pulse-slippery.  
The treatment consists of reinforcing the Jen Mo and Tai Mo vessels: See the treatment above for #1. To suppress the moisture (Humidity), tonify the Spleen, and to transform the Glairy Mucus, tonify the points St-36 (Tsu-San-Li) and St-40 (Fung-Lung).
4. Congestion of the Liver: Discharge of a pale red or white color, of thick consistency, of indeterminate duration; menstrual cycle irregularities; the mind is neither fresh nor bright; sensation of constraint at the sides; bitter mouth; dry throat; yellow countenance (face); normal stools; yellow urine; yellowish-white tongue; pulse-slippery.  
The treatment consists of reinforcing the Jen Mo and Tai Mo vessels: See the treatment above for #1. To decongest the Liver and diminish the Heat, sedate Li-2 (Hsing-Chien) and Li-6 (Chung-Tu).
5. Insufficiency of the Kidneys: Discharge of whitish color (like the white of an egg), of indeterminate duration; grayish countenance (face); soft stools; clear and abundant urine; lumbago; lower abdominal pain; whitish tongue; pulse-deep and fine.  
The treatment consists of strengthening (reinforcing) the Jen Mo and Tai Mo vessels: See the treatment above for #1.  
To tonify the Kidneys, utilize Bl-23 (Shen-Shu) and Ki-2 (Jen-Ku).

Additional Formulas for Leukorrhea

1. Reddish discharge: Sedate Co-3, Sp-6, Sp-9, GB-26, Li-2, Bl-30.
2. Whitish discharge: Tonify or apply moxa to GB-26, Sp-6, St-36, Co-6, Bl-20.

Remarks for #1 and 2 above: For deficiency of the Kidneys, add Bl-23 (tonify). For associated conditions of the Liver [ie. anger], add Li-2 and Li-6 (sedate).

3. Stimulate Co-4, Co-3, and Sp-6 to harmonize the transformations of the Ch'i in the three Yin meridians and in the Jen Mo vessel. Stimulate GB-34 to clear the Dampness and to stop the discharge. Bl-20, Bl-21, St-36, and Sp-9 can be stimulated to step up the digestive functions, clear the Heat, and transform the Dampness. In case of white discharge, apply moxa to Co-6 and St-25. In case of reddish discharge, stimulate EH-5 to clear the accumulated Heat in the Pericardium (Envelope of the Heart).
4. Tonify Sp-6, Li-13, Li-14, Co-4, Co-6.

## LINGUAL NEOPLASMS

NOTE: Unfortunately, our translation has not allowed us to differentiate whether the tumor is considered as malignant or benign. We quote the following: "...swollen growth under the tongue limiting its movement. Sometimes the chin may become red and swollen." The latter sentence obviously points to possible lymphatic involvement (invasion?).

---Chinese Etiology and Treatment: The tumor has two possible causes:

1. Congested Heat in the Heart and Spleen (Pancreas) meridians forcing the Glairy Mucus upwards.
2. Poison ingested from centipedes taken with food.

The treatment consists of Bleeding with a prismatic needle the points #S-20 (Chinchin & Yuyeh) of which an "egg-white fluid" may exude with the Blood; then the point EH-9 is also Bled.



## LIVER ENERGY, INTERNAL DISTURBANCES OF

---Key Symptoms: According to many ancient and modern authors, the clinical signs of Liver Energy disturbances have lead them to the following conclusions:

- a) Disturbances of the Energy of the Liver meridian of external origin (Perverse Energy) are essentially genital troubles [See appropriate sections].
- b) Disturbances of the Liver meridian of internal origin (Psychic Elements) are essentially maladies bearing the name "Liver Wind".

The clinical manifestations of Internal Liver Wind are generally vertigo and dizziness, accompanied or not by spasmodic and disordered movements of the eyelids and lips (nervous tics).

Other spasmodic movements due to "Liver meridian agitation (Hepatic epilepsy)" are characterized by the following symptoms: Opisthotonos, grinding of the teeth (bruxism), agitation and contracture of the limbs; after a crisis, no deviation of the mouth or eyes.

---Chinese Etiology and Treatment: Often, this disturbance is owed to the Psychic Elements (excess worry or anger). The Yin Energy of the Liver is in emptiness with its Yang Energy being in fullness. The Yang rises up "like the Wind" and overtakes the head with strength. There are three essential treatments based on the symptomatology:

1. Vertigo and Dizziness: Stimulate Go-20 (Pai-Hui), GB-20 (Fung-Ch'ih), Co-12 (Chung-Wan), St-36 (Tsu-San-Li), Bl-18 (Kan-Shu), and Li-2 (Hsing-Chien). See also the section entitled Vertigo in this Lesson.
2. Agitation of the Liver meridian (Hepatic epilepsy): Stimulate the basic points--Go-14 (Ta-Chuei), LI-4 (Ho-Ku), Bl-60 (K'un-Lun), and Li-2 (Hsing-Chien). In the serious cases, add the twelve Ting points (see Lesson 27, Part IV).  
In the case of agitation of the entire body (flesh and muscles), add Go-20 (Pai-Hui), LI-11 (Chü-Ch'ih), and GB-34 (Yang-Ling-Chüan).
3. Nervous Tics (eyelids or lips): Apply sedation method' [ie. leave the needles in situs for a long time] to the points SI-18 (Chüan-Liao), St-4 (Ti-Ts'ang), and LI-4 (Ho-Ku).

Additional Formulas for Internal Liver Energy Disturbances

1. Yin deficiency with little Blood (the Liver Heat generates the Wind): The patient has the symptoms of dizziness; may have headache and tinnitus; muscular spasms; tongue deep red and not furred; pulse-wiry, fine and rapid. Treat the points GB-20, Bl-18, EH-6; add GB-34, Li-2, Li-3.
2. Violent anger: The patient has the symptoms of sudden collapsing with unconsciousness; teeth tightly clenched (trismus); blue-green face; wiry pulse with strength. Treat the points Go-20, Go-26, Co-12, #S-86 (Shihhsuan, Bleed), #S-87 (Muchihchien, Bleed); add LI-4, Li-3, Bl-40.
3. Bruxism: Sedate GB-37, GB-15, St-36.
4. Trismus: Sedate TB-23, TB-21, LI-4, LI-2, Li-2, Go-27, Go-20

## LUMBAGO (Low Back Pain)

---Key Symptoms: Pain in the lumbar, lumbosacral, or sacroiliac areas of the back. Pain descending down the legs in the region of the sciatic nerve often accompanies this condition.

---Western Etiology and Treatment: Most low back pain is considered to be related to degeneration of the joints of the lumbosacral area. This degeneration of the joints causes compression on the spinal nerves and hence, the pain.

Low back pain is also considered to be caused by a ruptured intervertebral disc with subsequent herniation of the nucleus pulposis into the spinal canal causing inflammatory or direct mechanical nerve root pressure. Herniation may be an isolated injury or related to intervertebral joint degeneration. Fracture; infection; tumor involving the back, pelvis, or retroperitoneum; traumatic ligament rupture or paraspinous muscle tear; congenital defects; etc., are also considered as possible causes.

Bed rest, heat applications, salicylate analgesics, traction, surgery, and spinal manipulations are reported to relieve the pain.

---Chinese Etiology and Treatment: Generally, lumbar pains are owed to the Perverse Cold, or to the insufficiency of Kidney Energy:

- a) Pain owed to the Perverse Cold: Extensive and enfeebling (impairing) pain, often radiating to the thighs and becoming worse with humid or overcast weather. The patient feels a cold sensation in the attacked region. The pains prevent the patients from stooping, from rising, and from turning themselves.
- b) Pains owed to the insufficiency of the Kidney Energy: First light and latent, they become enfeebling in the long run; the patient is without strength and has a low morale.

Utilize the basic points Go-4 (Ming-Men), Bl-23 (Shen-Shu), Go-2 (Yao-Shu), Bl-52 (Chih-Shih), Bl-31 (Shang-Liao), GB-30 (Huan-T'iao), Bl-40 (Wei-Chung), Bl-57 (Ch'eng-Shan), and Bl-60 (K'un-Lun).

In lumbar pains owing to insufficiency of Energy of the Kidneys, generally, one applies moxa at the points of the painful region. For pains owed to the Perverse Energy, one needles some of the painful points along the trajectory of the affected Tendino-muscular meridian, and one tonifies

## LUMBAGO (Low Back Pain) [Continued]

with moxa the Principal meridian that is along the pathway of the pain. For instance, if the pain is mainly localized along the pathway of the Bladder meridian on the back, one applies moxa to the Ting point Bl-67 (Chih-Yin) which is also this meridian's point of tonification [see Treatment of the Tendino-muscular meridians, Lesson 27].

The following is the therapy counseled by the Su-Wen for the thirteen primary types of Lumbar Pain as described in Chapter 41 thereof:

1. Pains owed to attack of the Bladder meridian: They radiate along the vertebral column, up to the neck and down to the coccyx. Needle Bl-40 (Wei-Chung) and let it Bleed. Do not Bleed it in the spring.
2. Pains owed to attack of the Gall Bladder meridian: Patients have the impression that they are being pricked by needles, they cannot stoop, nor rise again, nor turn themselves. Needle the meridian at the head of the fibula [GB-34 (Yang-Ling-Chüan)] and make it Bleed. Do not Bleed it in the autumn.
3. Pains owed to attack of the Stomach meridian: It prevents the patients from turning themselves. If they make an effort to turn, they will become terrified as if they found themselves facing strange things, moreover, they moan often. Needle the three points of the Stomach meridian situated upon the front of the leg [St-36 (Tsu-San-Li), St-37 (Shang-Chü-Hsü), and St-39 (Hsia-Chü-Hsü)] in order to reestablish the "upper-lower" balance and make them Bleed. Do not Bleed them in the autumn.
4. Pains owed to attack of the Kidney meridian: They are localized in the interior, along the vertebral column and the neck. [It's a question of the dorsal aspect and the abdominal aspect (internal) of the vertebrae.] Needle the two points of this meridian located in the back of the internal malleolus [Ki-2 (Jen-Ku) and Ki-3 (T'ai-Hsi)]. Do not Bleed them in the spring. If the Bleeding is too abundant, the patient will recover with much difficulty.
5. Pains owed to attack of the Liver meridian: They give the impression that the vertebral column is stretched like a bow (stiff). Needle the points located at the calf upon the artery [Li-5 (Li-Kou), Li-6 (Chung-Tu), and Li-7 (Chi-Kuan)]. In this

## LUMBAGO (Low Back Pain) [Continued]

disturbance the patient likes to talk, but does so in an ingenuous, artless, and simple manner (naivete).

6. Pains owed to attack of the superficial meridians and the capillaries [here it's a question of the Tendino-muscular meridians and their ramifications]: They radiate toward the shoulder, accompanied by visual difficulties (blurred vision) and incontinence. Needle the superficial meridians at the level of the inter-articular space of the knee; needle also the large capillaries at this level and make them bleed until the blood changes color.

There exist some cases where the attack of the superficial meridians provokes lumbar pains which give the impression of one having on "a too tight belt" with rupture in the renal region, accompanied by uneasiness and fear.

These meridians are vessels emanating from the point Bl-40 (Wei-Chung) [It's a question of the Distinct meridians of the Kidneys and Bladder]. At the level of this point, the Distinct meridians concentrate and emerge like a "grain of rice". The blood spurts out when it is punctured; let it flow until the blackness becomes red.

REMARK: It is to be noted that the Su-Wen, in this paragraph, describes another type of difficulty of Tendino-muscular meridians and Distinct meridians, and advocates an interesting therapy:

- a) In attack of the Tendino-muscular meridians, one must always take as a basis the points of insertion of these vessels into bones or muscles.
- b) In attack of the Distinct meridians, it is necessary to always verify their points of departure, at the level of the large articulations.

7. Pains owed to attack of the Yang Chiao: It manifests itself in the form of swellings which are very painful and project out of the renal region, like small pinched areas of flesh. It is necessary to needle the Yang Chiao at the level of the external malleolus at three points [Bl-59 (Fu-Yang), Bl-61 (Pu-Shen), and Bl-62 (Shen-Mai)].

NOTE: The Su-Wen designates the Yang Chiao by the name "Dong Am" which means "meridian common to the Yin". This description clarifies the situation of the two Chiao vessels; the Yang Chiao being only a continuation of the Yin Chiao. The latter, Yin, evolves into the Yang at the level of the point Bl-1 (Ching-Ming).

## LUMBAGO (Low Back Pain) [Continued]

8. Pains owed to attack of the Yang Wei vessel: They are manifested by a swelling of the lumbar region, as in edema. This meridian meets with the Gall Bladder meridian at seven pouce from the external malleolus, at "one measure from the earth".  
NOTE: The reunion point is GB-35 (Yang-Chiao) and the point located at the level of the earth (one "measure" below the former) is Bl-63 (Chin-Men).
9. Pains owed to attack of the Chong Mo vessel: They impede forward and backward bending of the patient. If they lean forward, they have the impression of losing equilibrium. These difficulties happen after one has lifted a heavy weight. Needle the two points situated close to the space which is the "exciter" of Yang.  
NOTE: The "exciter" space of Yang is the popliteal fossa, where Bl-40 (Wei-Chung) is found. The two neighboring points are: Bl-38 (Fu-Chieh) and Bl-39 (Wei-Yang).
10. Pains owed to attack of the Jen Mo (Conception) vessel: They are always accompanied by perspiration. When the sweating stops, the patient calls for drink; after having drunk, he wants to run. Needle three points of the vessel which "awaits the Yang" situated within the Yang Chiao and make them bleed in the case of fullness.  
NOTE: "The vessel which awaits the Yang" is the Governor vessel. The Su-Wen gives it this name because it receives all the Yang of the body. The three points situated within the lumbar region are Go-3 (Yao-Yang-Kuan), Go-4 (Ming-Men), and Go-5 (Hsuan-Shu).
11. Pains owed to attack of the Yin Wei vessel: They are always painful and often accompanied by lamentations and fright. Needle the Yin Wei point situated at five distances above the internal malleolus at the place where the Yin Wei unites with the Kidneys (Shao Yin) [It's a question of the point Ki-9 (Chu-Pin)].
12. Pains owed to attack of the Yin Chiao vessel: They radiate toward the chest. In serious cases, the patient has the sensation of fracture at the renal region, blurred vision, stiff tongue, and difficult elocution. Needle the two points of the Yin Chiao, the one in front of the large muscle at two distances from the internal malleolus; the other, below the

## LUMBAGO (Low Back Pain) [Continued]

malleolus, behind the point of the Spleen meridian. The first point is Ki-8 (Chiao-Hsin), the second Ki-6 (Chao-Hai).

13. Pains owed to attack of the Tou Mo (Governor) vessel: It expresses itself always by fever. In the case of strong fever, the patient has some somber thoughts, the renal region is stiff like a piece of wood; one finds incontinence of the urine. Needle the three points situated between the tibia and the muscles [St-36 (Tsu-San-Li), St-37 (Shang-Chü-Hsü), and St-39 (Hsia-Chü-Hsü)].

Additional Formulas

1. Lumbago due to Perverse Energy: Sedate Go-16, Go-3, Bl-54, Ki-3, Bl-60.
2. Lumbago due to stagnation of Blood (heavy lifting): Sedate Bl-40, Bl-17, Bl-32, Bl-54.
3. Lumbago due to Yin deficient Kidneys: Tonify Bl-23, Ki-3, Bl-60, Bl-52.
4. Lumbago due to Yang deficient Kidneys: Apply moxibustion to Bl-23, Go-4, Co-4, Go-20.
5. Sciatica: First stimulate contralaterally GB-30, GB-31, St-36; then ipsilaterally Bl-27, Bl-25. Apply moxibustion after stimulation. Then use ipsilateral GB-30, Bl-32, St-36, Bl-59, Ki-3, GB-31, and Bl-23 which are split into two groups; one group used each day. Bl-60 relieves sciatic pain and is stimulated each session.
6. China's current therapy uses for Sciatica--Bl-54, Bl-25, GB-30, Bl-37, GB-34, GB-39, Bl-57, Hua To's Vertebral Points.  
Remarks: Select points according to the distribution of the pain; apply moderate stimulation. Treat once a day or every other day. Moxibustion may be combined with acupuncture in cases of primary sciatica.  
Ear Points: E-16 Ischium, E-29 Adrenal Gland, E-17 Buttock, E-37 Shen-men, E-21 Lumbo-sacral Vertebrae.  
Remarks: Apply moderate to strong stimulation, treat once daily or every other day.
7. Herniated Intervertebral Disk: Tonify Ki-27 a day or at least a few hours before manipulation; "this may facilitate reduction of the hernia".

## MALARIA

---Key Symptoms: Abrupt onset of chills, fever and sweating preceeded by headache and malaise; accompanied or followed by drowsiness and lethargy. The fever lasts from 1-8 hours; recurrence in 48 hours, 72 hours or irregularly, depending upon the type of infection. The spleen is enlarged and tender during paroxysms.

---Western Etiology and Treatment: Due to an infection of malarial parasites of four types (Plasmodium vivax, P. falciparum, P. ovale, P. malariae) from the bite of an infected anopheles mosquito, transfusion of blood from an infected donor, or use of a common syringe by drug addicts.

The drug of choice in all types of malaria (except drug-resistant falciparum malaria) is chloroquine for treatment of the acute attacks. Curative therapy to prevent relapse is accomplished by doses of primaquine phosphate given orally for 14 days. Chloroquine resistant strains are managed with quinine, pyrimethamine, and a sulfonamide all given concurrently.

---Chinese Etiology and Treatment: Among the causes are Wind, Chill, Summer Heat, and Perverse Ch'i ["Alienated ch'i", Tsa-Ch'i] in newly inhabited mountains and forests (particularly in the south). Patients have a predisposition to infection owing to an upset stomach, excess Glairy Mucus, or a deficiency of Energy and Blood.

Two hours before the onset, stimulation is applied on Go-14 (Ta-Chuei) with radiation sensation felt down as far as the 6th or 7th thoracic vertebra; coupled with EH-6 (Nei-Kuan) and EH-5 (Chien-Shih).

NOTE: Practitioners have reported results with the use of Go-13 alone, or Go-12 coupled with Go-14, or Go-12 alone. Early stages have been managed by sedation puncture of GB-34 through to Sp-9 (tonifying puncture if the disease is prolonged).

Additional Formula

1. China's current therapy uses:
  - a) Go-14, EH-5, SI-3.
  - b) Go-9, Sp-10, GB-39.

Remarks: Governor points are the main treatment of choice combined with the points according to the symptoms. Apply strong stimulation. The above two sets of points can be used alternately giving



Additional Formula for Malaria [Continued]

treatment once or twice a day. Following treatment if the symptoms do not disappear, drug therapy should be used.

- c) Ear Points: E-29 Adrenal Gland, E-33 Subcortex, E-34 Internal Secretion, E-37 Shen-men; add E-50 Spleen.

Remarks: Treatment should be applied 1-2 hours before the attack.

## MASTITIS (MAMMITIS)

---Key Symptoms: Inflammation of the breast. Most common in women during lactation, but may occur at any age. The earliest sign is a triangular flush, generally underneath the breast. There may be fever and rapid pulse.

---Western Etiology and Treatment: Acute pyogenic infections of the breast usually involve the staphylococcus, less often the beta streptococcus bacteria. It may be due to the entry of pathogens through the nipple. It should be prevented by proper hygiene and is treated by the appropriate antibiotics.

---Chinese Etiology and Treatment: The inflammation is due to an overindulgence in rich foods and emotional disturbances that result in congested Fire that "smoke and steam" the glands. The symptoms include hard, knotty areas; flushed, hot, and painful breasts; there may be accompanying fever, dislike of the cold, and thirst. Development is rapid, becoming suppurated and ulcerated in approximately two weeks.

Stimulate the points GB-21 (Chien-Ching), LI-11 (Ch'U-Ch'ih), Bl-40 (Wei-Chung), EH-6 (Nei-Kuan), and St-36 (Tsu-San-Li).

Additional Formulas

1. China's current therapy uses:
  - a) Li-3, GB-41, St-18, SI-1, St-36, Co-17.  
Remarks: Apply strong stimulation, treat once daily. Treatment may act as an antiphlogistic in the early stages, but if an abscess is formed, surgical treatment should be performed.
  - b) Ear Points: E-81 Mammary Gland, E-37 Shen-men, E-31 Back of Head, E-29 Adrenal Gland, E-33 Subcortex.  
Remarks: Select two or three points at each treatment, apply strong stimulation. Treat once daily.
2. Ulcer in the Breast: Ki-21, Ki-26, EH-7, GB-41, GB-42, Li-2, LI-8.
3. Breast abscess: Ki-21, GB-21, Li-2, Lu-10, LI-8, St-16, Sp-12.

## METRORRHAGIA, MENORRHAGIA (Hypermenorrhea, Polymenorrhea)

---Key Symptoms: Bleeding from the uterus at any time other than during the menstrual period; or, excessive or prolonged bleeding during the normal time of flow.

NOTE: The ancient Chinese viewed that the "escape of the Blood" is an extension of excessive bleeding and that excessive bleeding is a peak of the "escape of the Blood". For this reason, escape of the Blood (metrorrhagia) was not distinguished from excessive bleeding (menorrhagia) in traditional Chinese medicine [see Additional Formulas].

---Western Etiology and Treatment: Its occurrence should lead one to suspect a malignancy in the genital tract, specifically cancer of the cervix. It may be due to hormonal imbalance or miscellaneous pelvic abnormalities. Hormonal causes include endometrial cystic glandular hyperplasia, ovulation bleeding, administration of estrogens, anovulatory bleeding, and hypothyroidism. Pelvic abnormalities include cervical or endometrial polyposis, submucous myoma; carcinoma or sarcoma of the cervix, corpus uteri, or fallopian tubes; endometritis (postabortion, or due to tuberculosis or cervical stenosis); irregular shedding of the endometrium; hypertrophy of the uterus; and blood dyscrasias. Surgery is considered the treatment of choice, hormonal therapy may be used for several months for the further control of bleeding.

---Chinese Etiology and Treatment: Metrorrhagia is owed to difficulties of two Ancestral meridians, namely the Jen Mo (Conception) and Chong Mo vessels, which do not fulfill their role of retaining the Blood; and to difficulties of the Liver and Spleen which lose their function of collecting and allotting the Blood.

These difficulties are due to three causes:

1. Emptiness of Cold: Occasioned possibly by physical overwork or mental involvement; an exaggerated consumption of Lung energy, perhaps by an excess of worries injuring the Mental Energy; possibly by poorly regulated alimentation hurting the Stomach and Spleen. The symptoms include the following: Blood of clear, rose color; asthenia; physically and mentally the Energetic circulation is switched off; the patient speaks little and does not want to eat; soft stools; perspiration; pale tongue covered with a thin layered coat; pulse-changeable but empty or fine and weak. In the serious cases, visual blurring and syncope; the pulse seems to break off.

METRORRHAGIA, MENORRHAGIA (Hypermenorrhea, Polymenorrhea)  
[Continued]

The treatment consists in "Tonifying the Energy":  
Li-1 (Ta-Tun), Sp-1 (Yin-Pai), Sp-6 (San-Yin-Chiao),  
Co-6 (Ch'i-Hai), and Co-4 (Kuan-Yuan).

To combat the Cold, add Go-4 (Ming-Men) and Co-3  
(Chung-Chi) in tonification.

2. Heat: Occasioned by excessive spicy alimentation in women of Yang nature; the Blood, being overheated, overflows. The symptoms include the following: Blood of dark rose color; warm body; thirst; visual difficulties; rosy tongue with a yellowish color; pulse-slippery and rapid.

The treatment consists of "Tonifying the Energy" [see #1 above]. To combat the Heat, sedate Sp-10 (Hsueh-Hai), Bl-18 (Kan-Shu), Bl-23 (Shen-Shu), and Bl-17 (Ke-Shu).

3. Blood stagnation and a delay in Energy circulation: After birth, the impure Blood, not having been completely eliminated remains stagnant and impedes the circulation of the pure Blood. The latter overflows to the exterior by the "passage of the meridians". The symptoms include the following: Blood of blackish color, with clots; abdominal pains; the patient is afraid to be palpated; normal tongue; pulse-deep and rough.

The treatment consists of "Tonifying the Energy" [see #1 above]. To combat the Blood stagnation, sedate Li-3 (T'ai-Ch'ung) and St-30 (Ch'i-Ch'ung).

Additional Formulas for Metrorrhagia, Menorrhagia

1. Excessive Bleeding: Apply moxibustion to Co-4, Sp-6, Sp-1, Bl-20, Bl-23, Go-20.  
 Escape of the Blood: Tonification method on Co-6, Bl-20, Sp-6, Sp-8, Ki-2.  
 Points according to the symptoms:  
     Hot energy--sedate Sp-10, Li-1.  
     Cold energy--apply moxa to Go-4, Co-3.  
     Accumulated energy and Blood--sedate Li-3, St-30.
2. For sudden Bleeding like an "avalanche", palpitations, pallor, etc.: Tonify Co-4, Co-6, and Co-3 to stabilize the Ch'i and harmonize the two "median vessels".  
 Tonify Sp-6, Li-1, and Sp-1 to stop the bleeding and calm the Liver.  
     For "dripping bleeding" (continuous and prolonged):  
 Tonify Co-4 and Bl-23 to replenish the loss in the Lower Burner. Apply moxa to Bl-20, Sp-6, and Li-3 to tonify the Kidneys, Stomach, Spleen-pancreas and thus "lead the Blood back to the meridians".  
     Remarks: Sp-1 and Sp-10 are the two main points to stop the bleeding and should be used first.
3. China's current therapy for Irregular Menstruation:  
     a) Co-4, Sp-6  
     b) Sp-10, Li-2, St-36, Sp-4, Li-3, Go-4, EH-6.  
     Remarks: For precocious menstruation, use Sp-10 and Li-2. For delayed menstruation, use St-36 and Sp-4. Apply moderate stimulation. Treat once every other day.  
     c) Ear Points: E-102 Ovary, E-47 Kidney, E-34 Internal Secretion, E-38 Uterus.  
     Remarks: Treat once every other day or daily, 10 treatments to a course.
4. Metrorrhagia: Tonify Li-3, St-30, St-36, Sp-6, Bl-43; and at a point four finger breadths below Western medicine's McBurney's Point.

## MIGRAINE

---Key Symptoms: A paroxysmal disorder characterized by recurrent attacks of headache, with or without associated visual and gastrointestinal disturbances. Often it is preceded by psychological or visual disturbances and sometimes followed by drowsiness. More frequent among women than men. Pain is usually generalized but may be unilateral (not always on the same side). The attacks may be daily or occur only once in several months. Untreated attacks may last for hours or days. Nausea, vomiting, and photophobia are common.

---Western Etiology and Treatment: The cause is unknown. Their most effective prophylaxis is systematic psychotherapy. Methysergide and propranolol is used prophylactically; while aspirin, codeine, ergot derivatives, etc., are used for acute attacks.

---Chinese Etiology and Treatment: Migraine can be due to Wind Heat; Blood deficiency; or to an Energy deficiency. Generally, it is regarded as a mysterious disorder.

Symptoms of the origin Wind Heat include the following: Tightening spasms in the area of pain and local arteries may be felt pulsating accompanied with a stuffy and running nose; nausea; photophobia; and pains that may shift from side to side (right-left).

Needle and let Bleed the points Bl-2 (Tsuan-Chu), GB-1 (Chung-Tze-Liao), and #S-9 (Taiyang) in order to release the stagnated Blood. Then stimulate St-8 (T'ou-Wei) and GB-20 (Fung-Ch'ih). Stimulate LI-4 (Ho-Ku) and LI-11 (Ch'U-Ch'ih) to facilitate the flow of Energy and Blood until the pain subsides.

Symptoms of Deficiency Migraine include the following: Paroxysmal attacks with a diurnal variation in severity; pains may radiate to the corner of the eye; dizziness and dazzling of vision; insomnia; tachycardia and palpitations; anorexia; lassitude.

Stimulate lightly without sedating the points St-8 (T'ou-Wei), #S-9 (Taiyang), and TB-3 (Chung-ChU). Apply moderate stimulation to St-36 (Tsu-San-Li) and moxibustion to Co-6 (Ch'i-Hai) and Co-12 (Chung-Wan). For vertigo add GB-43 (Hsia-Hsi).

Remarks: In deficiency cases, there is always at cause an element of general weakness; rest and quietude are therefore recommended.

Additional Formulas for Migraine

1. B1-1, Ki-3, GB-20, Lu-6, Lu-7, Lu-9, LI-4, Go-19.
2. "Establish balance among the pulses. There is generally excess in Liver and insufficiency in Gall Bladder. In this case, sedate GB-38 and tonify Li-3, Li-8.  
During the attack, sedate GB-8, TB-23, SI-12, B1-61, B1-2, St-2, Co-16, Go-20.  
If ophthalmic, sedate also at the center of the lobule of the ear (E-54)."
3.
  - a) Hepatic type: Li-8, GB-40.
  - b) Fear and tension type: Ki-4, Lu-6.
  - c) Feeling of heat type: Sp-2, Li-2, Ki-2, St-44.
  - d) Other points often needed: GB-20, B1-10, Go-16, B1-2, GB-1, TB-17, TB-18, GB-12, GB-11, GB-10, Lu-7, SI-3, SI-5.

Remarks: Pain in the temporal area is often due to the Liver and Gall Bladder. Pain on the vertex is often due to the Kidney or Bladder. Supra-orbital pain is often due to the Stomach or Bladder. A heavy head with tension often indicates the Triple Burner.

## MORNING SICKNESS (Vomiting in Pregnancy)

---Key Symptoms: Vomiting usually begins soon after the first missed period and ceases after the 4th-5th month of gestation. About three-fourths of women, most of them primiparas, complain of nausea and vomiting during pregnancy. Dehydration, acidosis, and nutritional deficiencies develop.

---Western Etiology and Treatment: The cause is not known. Reassurance and dietary restrictions are all that is administered in many cases. Sedatives and antiemetics are sometimes prescribed, vitamins seem to be of no value unless deficiencies develop. Severe cases require hospitalization.

---Chinese Etiology and Treatment: There are three essential causes:

1. The vomiting may be caused by upward movements of "muddy" and "rotten" Energy due to pregnancy. Symptoms include the following: Intestinal swelling, congested chest, mental depression, and hiccoughs of "Offensive Energy".
2. The vomiting may be caused by the accumulation of Glairy Mucus and fluid. The accumulation causes disturbances of the Energies of the viscera, mental depression may ensue. Symptoms include the following: Dizziness, palpitation, congested chest, vomiting of watery substance, whitish fur on the tongue, pulse-wiry and sliding.
3. The vomiting may be due to rising Fire of the Liver and Gall Bladder. Since the Energy of the Kidneys is required for the nourishment of the embryo, the Wood (Liver) may suffer from a lack of Water (Kidney); hence, the Liver Fire starts to "burn". By their internal connections [Law of the 5 Elements], the Stomach is "insulted" by the Liver and Gall Bladder. Symptoms include the following: Bitter taste in the mouth, pain in the ribs, acid vomiting, acid regurgitation, pulse-wiry and frequent.



## MORNING SICKNESS (Vomiting in Pregnancy) [Continued]

Treat the points EH-6 (Nei-Kuan), St-36 (Tsu-San-Li), and St-44 (Nei-T'ing) by sedation method. If the morning sickness is caused by the accumulation of fluid and mucus, add the points St-40 (Fung-Lung) and Co-17 (T'an-Chung) applying moxibustion. If the sickness is caused by the Fire of the Liver, add by sedation method Li-2 (Hsing-Chien) and GB-34 (Yang-Ling-Chuan).

Additional Formulas

1. Apply moxibustion to Co-12 and TB-4. Stimulate EH-3 and St-36 to harmonize the flow of Energy in the Stomach and Spleen (Pancreas).
2. China's current therapy uses:
  - a) EH-6 and St-36, mild to moderate stimulation. Treat once or twice a day.
  - b) Ear Points: E-46 Liver, E-43 Stomach, E-37 Shen-men, E-39 Sympathetic. Treat once a day, 5-10 treatments to a course.
3. Sedate Ki-21, Bl-21, Co-14, Co-12, Co-11.

## MUMPS (Parotitis)

---Key Symptoms: Fever, chills, malaise, anorexia; pain in the cheeks upon chewing or swallowing, especially sour foods. Tenderness at the mandibular angle; tender swelling of parotid, submaxillary, and sublingual salivary glands; inflamed ducts; orchitis frequent after puberty.

---Western Etiology and Treatment: A viral disease spread by respiratory droplets which usually produces inflammation of the salivary glands and, less commonly, orchitis (25% of adult males), meningoencephalitis (30%), pancreatitis, oophoritis, thyroiditis, neuritis, myocarditis, and nephritis. Treatment consists of bed rest and isolation during the febrile period. Aspirin and codeine for analgesia and alkaline mouth washes are recommended. The entire course of the infection rarely lasts more than two weeks.

---Chinese Etiology and Treatment: An infection of the Perverse Heat and a stagnation of Blood and Glairy Mucus in the Lo vessels. Mumps can also be due to a release of the Latent Heat within the body.

Feel for a small roughened area behind the ear and Bleed it with a prismatic needle. Also Bleed contralaterally the points Lu-11 (Shao-Shang) and TB-1 (Kuan-Ch'ung) in order to drain the toxicity. Stimulate St-6 (Chia-Ch'e) and TB-17 (Yi-Fung) to ease the jaw. Stimulate LI-4 (Ho-Ku) and LI-10 (San-Li) to loosen the Wind and to lower the Heat. St-36 (Tsu-San-Li) should be stimulated to conduct downwards any accumulated foods in the stomach and intestines.

Remarks: Mumps occur commonly in children under 15 years of age. One or two treatments are generally reported to suffice.

Additional Formulas for Mumps

1. China's current therapy uses:
  - a) TB-17, St-6, LI-4, TB-5. Fever: Add LI-11.  
Remarks: Apply moderate stimulation.
  - b) Ear Points: E-67 Parotid Gland, E-64 Cheek,  
E-33 Subcortex, Tender Points.  
Remarks: Apply strong stimulation.
2. Sedate TB-17, SI-3, St-7, LI-4.
3. TB-5, LI-4, SI-3; if insufficient saliva, add Li-4.
4. GB-20, LI-4, Lu-7, TB-17, TB-5.

## MUSCULAR ATROPHY, PROGRESSIVE

---Key Symptoms: Gradual weakness of the hand muscles, extending to the arms and legs, unaccompanied by pain or paresthesias; absent deep reflexes. More commonly affects one side only.

---Chinese Etiology and Treatment: The atrophy may be due to an overindulgence in stimulating foods and/or fried foods generating excess Heat and drying out the Organic Liquid of the body. The tendons, bones, and flesh lose their nourishment. They begin to "wilt and wither like a tree without water and sap".

Atrophy of the muscles may also be due to a prolonged condition of rheumatism (due to an overexpenditure of Energy).

NOTE: The atrophy due to hemiplegia must be discounted here, for it denotes an attack upon the brain, which is not the case here (see Trung Phong, Page 224 of this Lesson).

For treatment of the upper limbs, use these basic points: LI-15 (Chien-YU), LI-11 (Ch'U-ch'ih), LI-4 (Ho-Ku); add TB-15 (T'ien-Liao), TB-10 (Tien-Ching), LI-10 (San-Li), TB-5 (Wai-Kuan) and SI-3 (Hou-Hsi).

For the treatment of the lower limbs, use these basic points: GB-30 (Huan-T'iao), GB-34 (Yang-Ling-Chuan), GB-39 (Hsuan-Chung); add GB-31 (Fung-Shih) and St-36 (Tsu-San-Li).

Remarks: According to the Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961), if trouble of Heat persists in spite of the treatment, it is necessary to temporarily stop the treatments. On the contrary, when the Perverse Heat has been completely dispersed, one must always tonify the emptiness (by needles or moxibustion).

Additional Formulas for Muscular Atrophy, Progressive

## 1. Points according to the symptoms:

For the upper back--Go-14, Bl-11, GB-21.

For the shoulder region--LI-15, SI-9, SI-10, SI-11.

For the upper limbs--LI-11, LI-10, EH-3, TB-4,

EH-7, LI-4, TB-8 (moxa only), TB-5, TB-3.

For the lower limbs--GB-30, GB-31, St-36, GB-34.

For the ankle--GB-39, Ki-3, Bl-60, St-41.

For the loins--Go-3.

## 2. Repeated moxa's at GB-34 with tonification on St-36 for lower limbs.

## MYOPIA (NEARSIGHTEDNESS)

---Key Symptoms: Nearsightedness; a defect in vision so that objects can only be seen distinctly when very close to the eyes. The light comes into focus in front of the retina.

---Chinese Etiology and Treatment: There are three essential causes: 1) Hereditary; 2) Debauchery or alcoholism by which the Yin Kidney is consumed allowing the Fire of the Liver to rise upwards; 3) Overstraining of the eyes.

Basic points:

1. St-8 (T'ou-Wei), Go-23 (Shang-Hsing), St-1 (Cheng-Ch'i).
2. Bl-10 (T'ien-Chu), #S-9 (Taiyang).
3. GB-20 (Fung-Ch'ih), GB-1 (Chung-Tze-Liao).

Remarks: Traditionally, LI-14 (Pi-Jiao) is needled to approach LI-15 (Chien-YU). The three groups of points above are taken in rotation per treatment. It is stated that myopia due to heredity may not be corrected, but the treatment is effective otherwise.

### Additional Formula

China's current therapy uses:

- a) St-1, Bl-1, LI-4.
- b) #S-13 (Yiming), GB-20, GB-37.

Remarks: It is generally considered that myopia may be alleviated in children. Treatment is applied to the points in group "a". If the results are inconspicuous, group "b" is applied. Treatment is given once daily with moderate stimulation. Ten treatments to a course with a 5-7 day interim; then the treatments are resumed. Massaging of points around the eye may be useful; 2-3 points are selected and massage for 3-5 minutes. This can also be performed by the patient outside the clinic.

## NASAL NEOPLASM (Benign Hemangioma)

---Key Symptoms: Unilaterally or bilaterally inside the nose are down-hanging growths, purplish (hemangioma) in color and slightly hard to palpation. The growth renders breathing difficult, and the root of the nose is seen to gradually enlarge. When it becomes large enough, a thin yellowish discharge drains from the nose.

---Western Etiology and Treatment: The cause of the neoplasms is unknown. In the nasal cavity they often require repeated surgical excision, but have a benign course. Radiation therapy is usually used in combination with surgery.

---Chinese Etiology and Treatment: The finger-like growths are due to a congestion of the Wind Heat in the Lung meridian. They can sometimes be due to heredity.

Needle Go-23, #S-3 (Yintang), LI-20 and St-36. Leave the needles in situs for half an hour. Apply the treatment every other day. After three treatments the breathing should become easier, while there is contraction of the growth(s).

## NEURASTHENIA

---Key Symptoms: Fatigue, weakness, headache, sweating, polyuria, tinnitus, vertigo, photophobia, fear, easy exhaustion upon slight effort, lack of concentration, irritability, poor memory, poor sleep, numerous aches and pains, vasomotor disturbances.

The neurasthenic often physically has a long and narrow thorax, small muscles and is undernourished. The face is thin and alert, and often suggests chronic suffering. This is indicative of a physical type, inherently predisposed to develop this condition.

---Western Etiology: An ill-defined disease following depressed states of consciousness without the existence of organic disease in a degree sufficient to justify the subjective complaints of the patient.

---Chinese Etiology and Treatment: Neurasthenia may be caused by excess school work during adolescence; prolonged exertions of the brain; mental worries; overindulgence in sex, alcohol, and smoking; lack of care after an illness.

Apply moxibustion with a slice of ginger on the point Co-8 (Shen-Ch'ueh). Stimulate the points Bl-23 (Shen-Shu), Go-4 (Ming-Men), LI-4 (Ho-Ku), Li-3 (T'ai-Ch'ung), LI-11 (Ch'U-Ch'ih), St-36 (Tsu-San-Li), Co-12 (Chung-Wan), Bl-43 (Kao-Mang), and TB-4 (Yang-Ch'ih, left side only).

Other points to add according to the symptoms:

1. Insomnia with restlessness: He-7, Sp-6, EH-7, LI-4 and moxibustion on Bl-15, St-36, Sp-1. Treatment is given two hours before going to bed.
2. Dreams: EH-6, St-45, and moxibustion on Sp-1.
3. Dreams and insomnia: Moxibustion on Go-14, Go-12, Bl-15, Bl-18.
4. Frontal headache: St-8, St-41, St-36.
5. Occipital headache: Bl-10, Bl-60.
6. Migraine headache: GB-20, TB-23, TB-3.
7. Dizziness and amnesia: Go-20, Go-23, St-40, Li-2, Bl-10.



## NEURASTHENIA (Continued)

8. Fears: He-7, moxibustion on Ki-1 and Bl-15.
9. Sleepiness after meals: Moxibustion on Co-12, Bl-43.
10. Palpitations: EH-6, He-7, Sp-6, moxibustion on  
Co-17 and Co-6.
11. Dyspepsia: Co-12, St-36, moxibustion on Bl-20 and  
Co-8.
12. Diarrhea: Moxibustion on Co-6, Co-4, St-36.
13. Constipation: TB-6, He-7, Ki-6, St-36, Bl-25, moxi-  
bustion on Li-1.
14. Nocturnal emission with dreams: Co-4, Co-3, Sp-6,  
Go-1, Bl-23.  
Without dreams: Moxibustion on Bl-23, Co-4, Sp-6,  
Co-3, Go-4.
15. Impotence: Co-3, Co-4, moxibustion on Go-4 and Bl-23.
16. Central Ch'i [Triple Burner] deficiency: Moxibustion  
on Co-6.
17. Lassitude: He-5.
18. Sweating: Moxibustion on Bl-18.
19. Tinnitus: Moxibustion on Bl-23, stimulate TB-17 and  
LI-1.
20. Tuberculosis with hematemesis: Lu-7, Lu-9, Bl-12,  
St-36, Li-2.
21. Anemia: Moxibustion on Li-13 and Co-6.

Additional Formulas for Neurasthenia, etc.

1. China's current therapy uses:
  - a) He-7, EH-6, Sp-6, Go-20.  
Remarks: Light to moderate stimulation.
  - b) Ear points: E-33 Subcortex, E-39 Sympathetic, E-51 Heart, E-47 Kidney, E-50 Spleen, E-34 Internal Secretion, E-37 Shen-men.
2. Nervousness: Sedate TB-10, TB-3, EH-6, Bl-62, Bl-60, SI-17, St-45, Co-7, Ki-6.
3. Nightmares: Sedate EH-6, St-45, St-44, Co-15, Co-14.
4. Abulia: Tonify Sp-2, Ki-7, EH-7, Co-6.
5. Irritability, General: Sedate GB-39, GB-36, TB-10, Ki-7, Li-3, Li-2, Co-15, Co-6, Go-8.
6. Laziness: Tonify Sp-2, Sp-6, GB-40.
7. Memory, Diminution of: Tonify Bl-28, EH-9, Co-12, Go-9, Go-12, Go-20, Go-21.
8. Self Confidence, Lack of: Tonify Ki-7, Sp-2, St-36, Go-20.
9. Stage Fright: Sedate Bl-15, Co-15; then tonify He-3, He-5, He-7, Go-20.
10. Timidity: Tonify St-36, Sp-2, Sp-6, He-3, He-5, Ki-7, EH-6, Go-20, Co-6.
11. Stuttering, Emotional: Sedate EH-6, EH-7, EH-5, Go-20, Go-15; then tonify He-3, He-5, He-7.
12. Will Power, Lack of: Tonify Sp-2, Ki-7, EH-7, Co-6.
13. Attention, Lack of: Tonify SI-3, Sp-2, Go-9, Go-20.

## NIGHT BLINDNESS (NYCTALOPIA, NYCTOTYPHLOSIS)

---Key Symptoms: Absence of, or defective vision in the dark.

---Western Etiology and Treatment: Night blindness is due to lack of visual purple in the rods of the eyes or to its slowness in regenerating after exposure to light.

It may result from vitamin A deficiency or hereditary factors. Any decrease in oxygen content of the blood is accompanied by some loss of night vision. Thus smoking cigarettes or being in an atmosphere with decreased oxygen pressure reduces night vision.

For deficiency of vitamin A, a therapeutic dose is administered.

---Chinese Etiology and Treatment: Night blindness is due to a Yin deficiency of the Liver and Kidneys. This Yin deficiency is caused by debauchery, alcoholism, excess worrying, overeating of sour foods, etc.

Stimulate GB-1 (Chung-Tze-Liao) to disperse the Wind and Heat, and to loosen and clear the "Energy channels". Divide the following points into two groups: Bl-18 (Kan-Shu), Go-4 (Ming-Men), Sp-6 (San-Yin-Chiao), Go-14 (Ta-Chuei), Bl-23 (Shen-Shu), Li-3 (T'ai-Ch'ung), Li-2 (Hsing-Chien), LI-1 (Shang-Yang), and Bl-40 (Wei-Chung). These points will loosen the Liver, augment the Kidneys, clear the Lungs, calm the Spirit, and clear the eyes. Ta-Chuei will loosen the Perverse Energy in the Yang meridians and clear their flow throughout the body. T'ai-Ch'ung will help the cloudy vision.

Each group should be used on alternating days. At the initial stages of this disorder, three or four treatments are reported to suffice in restoring the original condition to the eyes.

Additional Formula

1. Bl-20, Sp-1, St-4.

## NIGHT CRYING IN CHILDREN

---Key Symptoms: During the night the child suddenly cries and wakes up frightened due to dreams. The child may not be able to recall anything in the morning. This condition usually occurs in children under eight years of age.

---Chinese Etiology and Treatment: This is a common disorder among children who are physically weak; have eaten too much before going to bed; dream of exciting or frightening pictures or stories; or are infected with worms, especially pinworms (*Enterobius vermicularis*).

Apply moxibustion to the point Go-20 (Pai-Hui). Stimulate EH-5 (Chien-Shih) and He-7 (Shen-Men). If the child is suffering from the Heat, do not apply moxa to Go-20 but Bleed EH-9 (Chung-Ch'ung).

Additional Formulas

1. Bleed EH-9 and Go-12. "Make repeated pricks with hair-thin needle on either side of spine from level of B1-11 down to loins."
2. Sedate EH-9, EH-5, B1-20.

## OBESITY (Corpulence, Adiposity)

---Western Etiology and Treatment: The intake of food in excess of body requirements (overeating) is the principal cause of obesity. Genetic factors are considered to be involved, since some persons do not gain any appreciable amount of weight regardless of their food intake. This latter phenomena is poorly understood.

Obesity can be considered an incurable but manageable disease. And of course, hundreds of different kinds of treatments are from time to time advocated.

---Acupuncture Treatment: Stimulate Co-12 (Chung-Wan) and St-25 (T'ien-Shu). Apply moxibustion to Bl-20 (P'i-Shu) and Bl-21 (Wei-Shu) to step up the functions of the Spleen and Stomach. Lastly, stimulate and also apply moxibustion to St-36 (Tsu-San-Li) and Sp-6 (San-Yin-Chiao).

The treatment should be given every other day for one month. Then the patient should have a one month interval to adjust their physiological processes, before resuming the treatments. One should also direct the patient to dietary counseling and appropriate therapeutics.

Additional Formulas

1. Obesity with Bulimia: Sedate GB-28 and a point one centimeter below Co-12.
2. Obesity with hypertension: Tonify SI-10.
3. Obesity with water retention: Tonify Ki-7, Sp-7.

## ODONTALGIA (Toothache)

---Western Etiology and Treatment: Pain of the teeth is thought to be due to an infection into the dental pulp from an unchecked carie. During the early stages of the infection of the pulp (pulpitis), moderately severe pain may result from thermal changes, particularly from cold drinks. As more of the pulp becomes involved because of advanced caries, heat or reclining may stimulate the onset of even more severe pain. At this stage, damage to the pulp is irreversible, and the treatment consists of extraction or thorough removal of the remaining contents of the pulp chamber and root canals followed by sterilization and filling with an inert material (root canal therapy).

---Chinese Etiological Foundation:

- a) The Yang Ming (Stomach) is overheated by a poorly balanced or too spicy alimentation. The roots of the teeth are also overheated because they are irrigated by the Stomach meridian. During the course of the disease, this Perverse Heat of alimentary origin changes into pus to provoke dental pyorrhea, unless it attacks the osseous web of the teeth causing dental caries.
- b) The teeth can be attacked at any moment by Perverse Wind Cold which unleashes dental caries not only through the intermediary of the Stomach meridian but also by other meridians. This is why one can note from the Su-Wen and Ling-Shu (Yellow Emperor's Classic of Internal Medicine or Nei Ching), the "false evolution" of the Perverse Energy at the level of the King points of special effect. The Nei Ching cites, for example, the point Ta-Ying (St-5). Actually, all the points located around the mouth have some ramifications that depart towards the gums and the jaws and must here be considered as King points of special effect [King = passage, detour, path...].
- c) The Kidneys (organ) are troubled by the Humidity Heat. Their Energy also involves the Wind Heat which reaches the Chong Mo and ends up in the Jen Mo vessel at the level of the throat. Arriving at the point Cheng-Chiang (Co-24), this Wind Heat of Kidney Energy contours the lips and penetrates into the gums, or else it climbs to the eyes which entails dental crisis and difficulties in the region of the face (teeth, nose, eyes, at times the ears and temples).

## ODONTALGIA (Toothache) [Continued]

---Clinical Foundation and Treatment: More or less, except for dental caries, dental neuralgia or pyorrhea is manifested either by symptoms of fullness of the Yang Ming or by symptoms of "emptiness of the Yin with the Yang tense".

- a) The symptoms of fullness of the Heat in the Yang Ming include the following: Intermittent stabbing pains; tongue with a yellowish coating; fetid mouth odor; the patient dislikes to drink warm liquids.

The Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961) provides a classical treatment: LI-4 (Ho-Ku), St-6 (Chia-Ch'e), St-44 (Nei-T'ing), St-7 (Hsia-Kuan). If the Perverse Energy is of the Wind Fire origin, use TB-5 (Wai-Kuan) and GB-20 (Fung-Ch'ih).

- b) The symptoms of "emptiness of Yin with the Yang tense" include the following: Tongue without a coating, no fetid mouth odor. Needle the four points cited above [LI-4, St-6, St-44, St-7]; and add Ki-3 (T'ai-Hsi) in tonification, and Li-2 (Hsing-Chien) in sedation.

Another classic adds the following: For the teeth of the upper jaw, use GB-3 (Shang-Kuan) and St-6 (Chia-Ch'e); for the teeth of the lower jaw, use St-7 (Hsia-Kuan) and St-5 (Ta-Ying).

- c) Signs of the Kidneys being attacked by the Warm Humidity (because they are in emptiness) causing toothache, presents the following symptoms: Gingivitis; "very painful teeth which move"; lumbago; dazzling vision; tongue covered with a humid, yellowish coating; pulse-slippery and rapid.

The treatment consists of tonifying the Kidneys, alleviating the Heat and dispersing (sedating) the Humidity: Needle the Yung and Yu points of the Kidneys--Ki-2 (Jen-Ku) and Ki-3 (T'ai-Hsi); and the point Li-2 (Hsing-Chien).

Additional Formulas for Odontalgia

1. Toothache due to the Wind Fire: Sedate TB-5, LI-4, St-6.
2. Toothache due to Fire of the Stomach: Sedate St-44, St-43, LI-4.
3. Toothache due to Fire of the Kidneys: Tonify Ki-3, Ki-1 and sedate Li-2.
4. Toothache due to decay of the teeth: Sedate St-44, LI-4.
5. First stimulate LI-4 contralaterally. For upper toothache use SI-18, St-44, St-36. For lower toothache use St-6, St-2, and Bleed He-9. For Yin deficiency toothaches, use Ki-3 alone to nourish the Yin and to submerge the Yang. For toothaches due to dental caries, stimulate St-44 to soothe the pain.

Remarks: When needling Ho-Ku, the patient is asked to clench his teeth throughout the treatment. The puncture is made first with the needle pointing proximally with manipulation to create a strong sensation at the jaws. The needle is then withdrawn to the surface with the puncture changed to the distal direction with manipulation to create a sensation that reaches the finger tip. This is repeated two or three times. The needle is then left in place for about thirty minutes until the pain subsides.

6. China's current therapy uses:
  - a) LI-4, St-44, St-7, St-6, Bl-23, Ki-3.  
Remarks: Use moderate to strong stimulation.
  - b) Ear Points: E-61 Maxilla, E-62 Mandible, E-28 Apex of Tragus.  
Remarks: Use moderate to strong stimulation.



THE OFFENSIVE SICKNESSES ("Cam Mao", Common Cold, Influenza, Etc.)

--Key Symptoms: Runny nose, stopped-up nose, fever, fear of the wind, angina, headache, cough; tongue covered with a thin, whitish coating.

--Western Etiology and Treatment: Common cold or influenza is considered to be caused by agents such as rhinoviruses (30 different serologic types), adenoviruses, ECHO viruses, Cocksackie virus, influenza virus, parainfluenza virus, and mycoplasmal organisms.

No specific treatment is available. The use of large doses of vitamin C (1 gram or more daily), although advocated by some, remains of unproven value. Aspirin is recommended for headache, sore throat, fever, etc. Other compounds prescribed are phenylephrine hydrochloride, vasoconstrictors, antihistamines, etc.

--Chinese Etiology and Treatment: Superficial penetration (ie. Tendino-muscular meridians) of Perverse Wind or Cold; or of the Curious Perverse Energies [delayed or premature Perverse Energy, see Lesson 18, part II]. These conditions are entitled the "OFFENSIVE SICKNESSES".

Basic treatment: Stimulate the points GB-20 (Fung-Ch'ih), Bl-11 (Ta-ChU), Bl-12 (Fung-Men), LI-4 (Ho-Ku), TB-5 (Wai-Kuan), and Ki-7 (Fu-Liu).

Other points according to the symptoms:

Blocked nose--Go-23 (Shang-Hsing) and LI-20 (Ying-Hsiang).

Cough--Lu-7 (Lieh-Ch'Ueh) and Lu-9 (T'ai-Yuan).

Angina--Lu-10 (YU-Chi) and Lu-11 (Shao-Shang).

Headache--Go-16 (Fung-Fu) and #S-9 (Taiyang).

Additional Formulas for Common Cold, Influenza, Etc.

1. First stimulate Lu-11, LI-4, SI-3, and LI-11 to loosen the Perverse Wind and lubricate the joints. Then apply Plum Blossom needles to Go-14. Stimulate and apply moxibustion to Bl-12.  
Use LI-20 for stopped-up nose. Needle and bleed Bl-2 in case of frontal headache, #S-9 (Taiyang) in case of migrainous headache, and GB-20 in case of occipital headache. Stimulate Bl-13 and #S-31 (Chungku) for cough.

Remarks: Go-14 has strong effects throughout the body. Generally, in two hours the fever starts to recede and returns to normal in six to fifteen hours. However, the headache and cough may resume in a couple of hours, in which case, stimulate St-36, LI-4, and EH-6.

2. China's current therapy uses:
  - a) Go-14, GB-20, LI-4.
 Other points according to the symptoms:
  - Headache--#S-9 (Taiyang).
  - Stuffy nose--LI-20.
  - Hypohydrosis--Ki-7.
  - High fever--LI-11.
  - Cough--Lu-7, Bl-13.
  - Sore throat--Lu-11 (Bleed).

Remarks: Apply moderate to strong stimulation, treat once daily.

- b) Ear Points: E-52 Lung, E-95 Trachea, E-27 Internal Nose, E-26 Pharynx and Larynx, E-30 Forehead.
3. Influenza: EH-6, LI-4, Lu-7, LI-20, St-16, GB-20, Bl-11, Bl-12, Bl-13.

## OTITIS MEDIA (Acute &amp; Chronic)

---Key Symptoms: Acute--ear pain, deafness, fever, chills, feeling of fullness and pressure in the ear, preceded by history of upper respiratory tract infection, otorrhea.

Chronic--permanent perforation of the tympanic membrane, otorrhea, headaches, tinnitus, etc.

---Western Etiology and Treatment: The usual infecting organisms are Beta-hemolytic streptococci, staphylococci, pneumococci, and Haemophilus influenzae.

Bed rest, analgesics, and systemic antibiotics (ie. penicillin or broad-spectrum antibiotics) are usually administered. Nasal decongestants, topical and systemic, are used to help restore eustachian tube function. Local heat may hasten recovery; however, local cold applications relieve pain occasionally. An important part of the treatment is myringotomy when the infection does not resolve promptly; when bulging of the eardrum indicates that a discharge is present and is under pressure; and when there is continued pain or fever, increasing hearing loss, or vertigo.

One should consult a proper text for the differential diagnosis, complications, and the prognosis.

---Chinese Etiology and Treatment: Otitis is owed to two basic causes:

1. Wind Humidity Heat: The affection always begins by pain and swelling, followed by purulent otorrhea.
2. Emptiness of the Yin of the Stomach with released Fire to the upper parts of the body. In children, these otites are often sequels of poorly managed measles.

Acute otorrhea presents a yellowish discharge, accompanied by fever and shivering, a taut pulse which is slippery and rapid. The treatment consists in "repressing" the Heat localized in the Liver and in dispersing the Perverse Energy.

For pain and swelling in the ears, treat the points GB-2 (T'ing-Hui), LI-4 (Ho-Ku), St-3 (Chü-Liao), and TB-17 (Yi-Fung). For otorrhea, add TB-21 (Erh-Men).

## OTITIS MEDIA (Acute &amp; Chronic) [Continued]

For chronic otitis owed to empty Yin of the Stomach, the patient presents the following symptoms: Purulent otorrhea with fetid odor, headaches, buzzing or humming in the ears; with children, eczema in the posterior auricular region, pulse-fine and rapid. The treatment consists in tonifying the Yin, dispersing the Fire and Perverse Energy.

Treat the points TB-21 (Erh-Men), TB-17 (Yi-Fung), LI-4 (Ho-Ku), and St-36 (Tsu-San-Li).

Additional Formulas

1. GB-20, TB-17, TB-21, LI-11, LI-4. For ear pain without "running liquid", stimulate Ki-3.
2. Otitis, Acute: Sedate TB-5, GB-2, TB-21, TB-17, Li-14, Sp-2 (if painful mastoid).
3. Otorrhea, Chronic: Tonify LI-4, St-36, Bl-41, TB-17, TB-21, GB-2.

## PALPITATION OF THE HEART

---Key Symptoms: A common, disagreeable subjective complaint described in various terms by the patient such as "pounding", "fluttering", "flopping", and "skipping" of the heartbeat. The awareness of the heartbeat also tends to be more common at night and during introspective moments, but is less marked during activity.

---Western Etiology: Palpitation is not pathognomonic of any particular group of disorders. It is not unusual for palpitation to be the major manifestation of an emotional disorder. Patients with organic heart disease and chronic disorders of cardiac rate, rhythm, or stroke volume tend to accommodate to these abnormalities and are often less sensitive than the normal person to such phenomena.

Other causes of palpitation include the following: Dyspepsia; mental or physical excitement; hyperthyroidism; anemia; hysteria; endocarditis, myocarditis, and pericarditis due to infection and trauma, circulatory disturbances, disorders of metabolism, nutrition, and growth.

---Chinese Etiology and Treatment: Palpitation of the Heart has two essential causes:

1. Empty Yin and "little" Blood: The patient has an agitated Heart with palpitations, the pulse is empty and rapid.

Stimulate the points Co-4 (Kuan-Yuan), EH-7 (Ta-Lung), Bl-15 (Hsin-Shu), He-5 (T'ung-Li), and St-36 (Tsu-San-Li). Points to add according to the symptoms are He-7 (Shen-Men), EH-6 (Nei-Kuan), and Co-7 (Yin-Chiao).

2. Yin (Water) Kidney "dried up" and exhausted, allowing the Heart Fire to "burn" upwards: The patient has continuous discomfort both awake and sleeping; the Heart and Spirit are disordered and confused; the pulse is rapid; the tongue is deep red.

Stimulate the points He-7 (Shen-Men), EH-6 (Nei-Kuan), He-5 (T'ung-Li), Bl-15 (Hsin-Shu), and Bl-23 (Shen-Shu). Points to add according to the symptoms are EH-7 (Ta-Lung), St-36 (Tsu-San-Li), GB-35 (Yang-Chiao), and St-41 (Chieh-Hsi).

Additional Formulas for Palpitation of the Heart

1. He-7, He-3, B1-15, EH-6, Ki-24, Ki-25, Co-12, Li-13, B1-10, GB-20.
2. He-5, He-6, He-7, He-8, He-9, B1-14, Ki-26, GB-19, Lu-5, St-23, Co-15.
3. Palpitation; irritability (vascular or nervous):  
Sedate EH-7, B1-17, B1-15, He-7, He-5, Go-15.
4. Palpitation; cardiac weakness: Tonify He-7, He-9, Lu-9.

## PANCREATIC CANCER

---Key Symptoms: Although this disease may be painless, one of three types of pain often occurs: Colicky pain, often in the right upper quadrant; constant dull pain in the mid-epigastrium with low back pain; paroxysmal periumbilical pain, radiating widely to the chest and back. Pain, weight loss and jaundice are the outstanding symptoms. Diarrhea occurs in some patients, but constipation is more frequent.

Without metastases, there are usually no specific signs. A good clue in some cases is the picture of an ill-nourished, elderly thin man (perhaps an alcoholic) who spends most of his time in a chair, leaning forward to secure some relief from severe back and abdominal pain. When the head of the pancreas is involved, early, painless, persistent jaundice is the rule---jaundice that usually lasts for more than one month. The first sign of pancreatic carcinoma may be superficial migrating thrombophlebitis. Metastases cause hepatomegaly, distended gall bladder, ascites, and peripheral edema. A mass in the epigastrium is usually a late occurrence.

When jaundice is not present, early diagnosis is difficult. Persistent pain and progressive weight loss with negative radiological studies of the alimentary tract, renal and biliary passages, raise suspicion of pancreatic cancer.

---Western Etiology and Treatment: The cause of pancreatic cancer is unknown. Resection of cancers of the pancreas is usually undertaken only for those involving the head of the gland, because tumors of the body and tail are rarely detected until the late stages of the disease when metastases have occurred.

Eventually only one or two of an original one hundred documented patients survived five years. Radiotherapy and chemotherapy are usually ineffective.

## PANCREATIC CANCER [Continued]

---Acupuncture Treatment: Traditionally, the growth is felt on the upper part of the abdomen above the region of the umbilicus. There is always a small pulse in the umbilicus, and there is always a pulse beat which corresponds with that of the umbilicus on the whole tumor.

The first step of the treatment is to needle EH-6, St-36, Bl-20, Co-12, Co-10, and Co-6; in that order.

Secondly, needles are applied at the two palpable ends of the growth and one in the middle, obtaining a light stimulus. Then indirect moxibustion with or without a slice of ginger is applied for 10-15 minutes on the growth. Alternately, one can burn moxa on the handle of the needles for the three points on the growth.

Thirdly, on the first day of treatment and once every seven days thereafter, moxibustion is applied to the point "Pey Kun". This point is 1.5 pouce lateral to the lower border of the 12th thoracic vertebra. Traditionally, one applies 14 hillocks of moxa (bean size) to this point. If the tumor is on the right side of the body, stimulate the right Pey Kun point; on the left side, vice versa.

As to the prognosis, we quote the comments of one of our Oriental colleagues: "In mild conditions or in the first stages, 10-20 treatments bring about a cure. Severe cases are almost incurable."



## PARALYSIS IN CHILDREN (INCLUDING POLIOMYELITIS)

NOTE: No attempt to classify such disorders as spina bifida, Werdnig-Hoffmann disease, Wohlfahrt-Kugelberg-Welander disease, muscular dystrophies, etc. will be made here since the neuromuscular disorders are so poorly understood in Western terms.

---Chinese Etiology and Treatment: There are two essential causes of paralysis of the lower extremities:

1. Hot Lungs, Dry Bronchi: Both legs are paralyzed and weak, the child is unable to walk, the legs are soft to palpation, the face is white.

"Press points on spine with bamboo needle" is translated as part of the treatment [we can take this to mean the application of the Plum Blossom needle to the Hua To Vertebral points]. Stimulate also GB-20 (Fung-Ch'ih), Bl-11 (Ta-Chü), and GB-34 (Yang-Ling-Chüan). Points to add according to the symptoms are the following: LI-4 (Ho-Ku), TB-4 (Yang-Ch'ih), SI-4 (Wan-Ku), GB-30 (Huan-T'iao), Ki-8 (Chiao-Hsin), Ki-6 (Chao-Hai), and Bl-62 (Shen-Mai).

2. Wind, Cold, and Humidity: Both legs are stiff and straight, the child has difficulty walking, blue-green face, the legs are stiff and hard upon palpation.

Stimulate the main points Go-12 (Shen-Chu), GB-20 (Fung-Ch'ih), GB-30 (Huan-T'iao); add GB-34 (Yang-Ling-Chüan) and Sp-9 (Yin-Ling-Ch'üan) according to the symptoms.

Additional Formulas: Infantile Paralysis in children under five years of age.

--Key Symptoms: The onset begins with malaise, high fever, nausea, vomiting, loss of consciousness; or, the whole body or just one side of the body may go into tonic spasms that last from a few hours to a few days. After the fever subsides, there remains various degrees of paralysis involving different sections of the body. More commonly the right side is affected. Gradually there is wasting in the affected parts which lag behind in growth and development. Sometimes there is spasticity. In some cases, mobility returns without treatment.

## PARALYSIS IN CHILDREN (INCLUDING POLIOMYELITIS) [Continued]

--Acupuncture Treatment: At the onset, stimulate Bl-10 to relieve the stiff neck and back. Use GB-20 and LI-11 to lower the fever, adding TB-5 and SI-3 to "clear the channels". For vomiting, add Co-12 and St-36. For stupor, add Go-20, Go-26, Lu-11, LI-11, and LI-4. For hemiplegia utilize LI-4, LI-11, LI-15, GB-21, GB-31, GB-30, St-36, GB-34, GB-39, GB-40 and St-41, divided into three groups with one group stimulated every other day.

For genu recurvatum or talipes varus, first sedate the contralateral side, then tonify the affected side.

For paralysis from the hips downwards, first stimulate Go-14 and GB-21. Then tonify Go-4, Bl-40, GB-30, St-36, GB-39, and Bl-60, which are divided into two groups with treatment given to one group every other day [male patients stimulate the left side first, females vice versa].

## PARALYSIS, MUSCULAR (Of the Lower Extremities)

---Western Etiology: Loss of the capacity of the muscles to contract. It may be due to structural or functional disorders in the muscle, at the myoneural junction, in efferent nerve fibers, in cell bodies of nuclei originating from the brain or gray matter of the spinal cord, in conducting pathways of the brain or spinal cord, or in motor centers of the brain.

---Chinese Etiology and Treatment: Paralysis has five essential causes:

1. Humidity Heat: The attack of Perverse Energy causes both legs to become paralyzed and weak; the limbs become weak; the face is pale and yellow; the tongue is furred white and slippery; head heavy; pulse-weak, floating and rapid.
2. Humidity Heat in the Lower Burner that flows downwards: Both feet become paralyzed and weak; the patient has fever; red urine; polyuria; glutinous mouth with the tongue furred and greasy; pulse-deep and slippery.
3. Yin emptiness associated with Humidity Heat: The legs have no strength to move; the feet are hot; troubled Heart; tongue dry; pulse-fine and rapid.
4. Energy and Blood empty and weak, presenting a chronic disease: Both legs are paralyzed and weak; the patient presents dyspnea; spontaneous sweating; pale tongue; paralyzed and yellow face; the "six pulses" are empty and pliable.
5. Liver and Kidney empty and damaged: The muscles and bones are weak and paralyzed; the patient cannot walk; pale tongue; no Spirit; wasting flesh; pulses in both feet [ie. at St-42] fine and weak.

Stimulate the basic points St-30 (Ch'i-Ch'ung), St-36 (Tsu-San-Li), GB-30 (Huan-T'iao), GB-34 (Yang-Ling-Chuan), and GB-39 (Hsuan-Chung). Add the following secondary points according to the indications or symptoms:

1. Humidity Heat: Bl-20 (P'i-Shu) and GB-20 (Fung-Ch'ih);
2. Humidity Heat in the Lower Burner: Sp-6 (San-Yin-Chiao), Ki-3 (T'ai-Hsi), and Go-16 (Fung-Fu);

## PARALYSIS, MUSCULAR (Of the Lower Extremities) [Continued]

3. Yin emptiness associated with Humidity Heat: Ki-3, (T'ai-Hsi), Sp-10 (Hsüeh-Hai), and Go-16 (Fung-Fu);
4. Energy and Blood empty and weak: Bl-20 (P'i-Shu) and Bl-21 (Wei-Shu);
5. Liver and Kidney empty and damaged: Bl-23 (Shen-Shu), Bl-18 (Kan-Shu), and Bl-11 (Ta-Chü).

Additional Formulas

If the case is flaccid (very rarely spastic), less than six months old, and not definitely irreversible, use the following:

- Lower limb: Tonify St-37, St-38, St-39, Sp-5, Sp-6, Bl-40, Bl-58, Ki-7, GB-30, GB-34.
- Median nerve: Tonify SI-14, SI-15, Bl-52, EH-2, EH-4, EH-5, EH-6, EH-7, TB-5, GB-21.
- Radial nerve: Tonify Lu-6, Lu-9, Lu-10, Lu-11, LI-2, LI-3, LI-4, LI-6, LI-10, LI-11, LI-15, Bl-52, GB-21.
- Ulnar nerve: Tonify He-2, He-3, He-4, He-7, SI-4, SI-5, SI-7, Bl-52, EH-4, TB-5.
- Upper limb: Tonify LI-10, LI-11, LI-15, Sp-20, SI-9, SI-11, Bl-52, GB-23, GB-24.

## PARKINSONISM (Paralysis Agitans, Shaking Palsy)

---Key Symptoms: "Pill-rolling" tremor involving the thumb, index finger, or wrist; and sometimes associated with a to-and-fro tremor of the head. In a full-blown disease, the facial expression is fixed; the eyes are unblinking and staring; the mouth is slightly open and often drooling; the facial skin is greasy, with seborrheic scaling. Other symptoms include gait and postural abnormalities, rigidity and speech difficulties.

The passive tremor is aggravated by emotional disturbance (ie. embarrassment) and fatigue, and disappears during sleep. The insidious onset usually begins in the 50 to 60 age bracket, with slow progression.

---Western Etiology and Treatment: In most cases, a specific etiology cannot be established. The disease can occur as a complication of epidemic encephalitis, and has been reported to occur in vascular disorders, neurosyphilis, and head trauma.

Drug-induced Parkinsonism may be caused by the use of phenothiazines, haloperidol, and reserpine.

Symptomatic treatment includes such compounds as Levodopa, amantadine, carbidopa, and atropine-like drugs. Surgery is tried in some cases.

---Acupuncture Treatment: Apply moxibustion to the points He-3 (Shao-Hai) and St-33 (Yin-Shih). For the arm, stimulate LI-15 (Chien-YU), LI-11 (Ch'U-Ch'ih), Lu-5 (Ch'ih-Tze), EH-3 (Ch'U-Tze), and LI-4 (Ho-Ku). If the legs are affected, stimulate GB-30 (Huan-T'iao), GB-31 (Fung-Shih), GB-34 (Yang-Ling-Chuan), GB-39 (Hsuan-Chung), Sp-6 (San-Yin-Chiao), Bl-60 (K'un-Lun), Ki-6 (Chao-Hai), and Bl-40 (Wei-Chung).

NOTE: If the illness is of less than six month's duration, it is reported to be possible to cure. After six months, it becomes difficult to cure. More than a year, it is very difficult to cure, if at all!

Additional Formulas for Parkinsonism, etc.

1. GB-20, Go-12, Go-4, Co-12, Co-4, Lu-5, SI-3; or  
Bl-10, Bl-11, Go-9, Co-13, Co-6, Lu-6, Bl-62.
2. Tremor: Sedate GB-41, GB-44, TB-6, TB-4, Bl-58,  
Bl-34, He-3, SI-3, Lu-10; and if:

Generalized--Sedate GB-39, GB-34.

Unilateral--It may be helpful to use first  
tonification on the noninvolved side before  
sedating the same points on the involved  
side.

## PLACENTA, RETAINED

--Key Symptom: A placenta not expelled for two hours after the second stage of labor.

NOTE: During the third stage of labor, the physician must prevent maternal hemorrhage; retained portions of the placenta are a possible source of bleeding. Blood loss of greater than 500 ml during or after the third stage of labor is the major cause of maternal mortality after infection.

--Chinese Etiology and Treatment: Retention of the placenta is due either to physical exhaustion during labor or an intrusion of Perverse Cold during labor, thus causing a stagnation of Blood and weakened Energy.

Stimulate both GB-21 (Chien-Ching) and Bl-60 (K'un-Lun) since these two points have properties of leading the Energy downwards. Stimulate also LI-4 (Ho-Ku) and Sp-6 (San-Yin-Chiao) because these points have special properties of "bringing down a placenta" [and also treating difficult labor as well as causing an abortion]. Add to the treatment the points Co-3 (Chung-Chi), Co-4 (Kuan-Yuan), Co-6 (Ch'i-Hai), and Bl-67 (Chih-Yin).

Additional Formulas

1. GB-21, Co-3, Bl-60; add LI-4, Sp-6.
2. Bl-60, TB-5, GB-21, St-18, St-31, Sp-8, Sp-9, Co-3, Co-4, Co-6.
3. Incessant discharge after birth: Co-3, Co-4, Co-6, Co-7.
4. Excessive loss of blood in childbirth: Needle and tone Sp-9, St-36, and TB-6, allowing a thirty minute "passive phase". The needles should then be removed and moxibustion administered to St-36. If the patient is suffering from continuous cold sweats, apply moxibustion to Co-6, Co-4, and Co-8 [use salt in the navel].

## PUERPERAL MUSCULAR SPASMS, PAIN, AND LOWER ABDOMINAL PAIN

---Chinese Etiology and Treatment:

- a) Postnatal Spasms. There are two essential causes of this phenomena:
1. Blood deficiency and the attack of Perverse Wind--The patient is unable to stretch; absence of sweating, tongue slightly furred white, pulse-floating and retarded.  
Stimulate the points TB-5 (Wai-Kuan) and EH-3 (Ch'U-Tze); add the points LI-11 (Ch'U-Ch'ih) and LI-4 (Ho-Ku).
  2. Blood deficiency--The patient is unable to use her muscles, has pain, sweating, pale tongue, pulse-empty.  
Stimulate the points EH-3 (Ch'U-Tze), SI-3 (Hou-Hsi); add Co-6 (Ch'i-Hai).
- b) Pain in the Lower Abdomen. There are three essential causes of this phenomena:
1. Dead Blood that has not been cleansed--The patient has slight pain in the lower abdomen with a rough pulse.  
Stimulate the main points St-25 (T'ien-Shu) and Co-4 (Kuan-YUan); add the points Sp-10 (HsUeh-Hai) and Sp-6 (San-Yin-Chiao) according to the symptoms.
  2. Fluid stored in the lower part of the body--The lower abdomen is hard, swollen and painful; the patient presents dysuria with slight urinary incontinence, furred and slippery tongue, pulse-deep.  
Stimulate the points Co-3 (Chung-Chi) and St-28 (Shuei-Tao); add Sp-9 (Yin-Ling-Ch'Uan) and Ki-7 (Fu-Liu) according to the symptoms.
  3. Dead Blood--The lower abdomen is hard and resists palpation; the patient presents polyuria, dark purple tongue, pulse-blocked and rough.  
Stimulate the points St-25 (T'ien-Shu), Co-4 (Kuan-YUan), Ki-14 (Ssu-Man); add the points Sp-10 (HsUeh-Hai) and Sp-6 (San-Yin-Chiao) according to the symptoms.



## QUEENS EDEMA

---Key Symptoms: Edema of the upper or lower lip which become everted, painful or imperceptive.

---Chinese Etiology and Treatment: Damp Heat in the Stomach and Spleen (Pancreas) that is "steaming" upwards to the lips.

Stimulate first Go-25 (Su-Liao) to facilitate the stagnated Blood. Then stimulate St-4 (Ti-Ts'ang) and St-45 (Li-Tuei) to facilitate Blood flow in the Stomach meridian. Bleeding technique (with a prismatic needle) may be used at the swollen area.

## RECTAL PROLAPSE (ANAL PROLAPSE, ANAL PTOSIS, ETC.)

---Key Symptoms: When the patient strains, as if to defecate, the rectal mucosa everts below the sphincter. The prolapse may be either mucosal or complete; in the latter case the sphincters are included.

---Western Etiology and Treatment: Rectal prolapse in children is usually caused by straining at the stool and most often responds to conservative measures (ie. mild laxatives).

True rectal prolapse in adults is actually a sliding hernia through the anterior wall of the rectum and is usually due to a weakening of the supporting structures. Mucosal prolapse in adults is usually due to prolapsing internal hemorrhoids.

True prolapse requires insertion of a wire loop around the anorectal ring, or excision of redundant rectosigmoid colon and suturing of the pelvic musculature around the rectum. Prolapse due to hemorrhoids requires hemorrhoidectomy. Recurrence and permanent fecal incontinence are not uncommon after surgery.

---Chinese Etiology and Treatment: Basically, anal prolapse is due to Energy of the Middle Burner that is carried downwards in the course of repeated exertions during defecation, where the Energy then remains confined. Clinically, a portion of the sigmoid colon is "wedged" by the sphincter muscles resulting in swelling and pain. There are basically two types:

1. "Fullness of Heat" type: The pains are violent like the pricking of needles.
2. "Emptiness of Energy" type: There is little pain, but the patient has a very poor general condition of health.

Stimulate or apply moxa [according to emptiness or fullness!] to the points Go-20 (Pai-Hui), Bl-25 (Ta-Ch'ang-Shu), Go-1 (Ch'ang-Ch'iang); to which one may add Bl-24 (Ch'i-Hai-Shu), Bl-35 (Hui-Yang), Bl-36 (Cheng-Fu), and Bl-57 (Ch'eng-Shan). In the case of "Fullness of Heat", use needles or needleless electronic stimulation only.

Additional Formulas for Rectal Prolapse, etc.

1. Go-20, Go-1, St-25, Bl-57, Co-6; with bleeding apply moxa to Go-4; with spasms and pains stimulate Bl-30.
2. China's current therapy uses:
  - a) Go-20, Go-1, St-36, Sp-6, Co-6, Co-8.  
Remarks: Apply moderate to strong stimulation, treat daily or every other day.
  - b) Ear Points: E-2 Lower Segment of Rectum, E-33 Subcortex.  
Remarks: Apply moderate stimulation daily, ten treatments to a course.
3. Tonify Go-1, Go-4, Go-20, GB-34.

RHEUMATISM (Rheumatoid Arthritis, Osteoarthritis, Bursitis, etc.)

---Key Symptoms: Joint pains, soreness and stiffness of muscles and associated structures. A complete physical examination is important for the diagnosis since, in most patients, joint symptoms are a part of a systemic disease. Arthritis may be the first clue to the presence of diseases such as SLE (Systemic Lupus Erythematosus), rheumatic fever, or hypertrophic pulmonary osteoarthropathy due to bronchogenic carcinoma. Conditions easily misunderstood as arthritis by the patient include phlebitis, arteriosclerosis obliterans, cellulitis, edema, neuropathy, vascular compression syndromes, the stiffness of Parkinson's disease, periarticular stress fractures, myositis, and fibromyositis.

---Western Etiology and Treatment: The cause of rheumatoid arthritis, osteoarthritis, and bursitis is considered to be unknown [see discussion in this Lesson on Gout]. Treatment includes such compounds as salicylates, gold compounds, hydroxychloroquine, D-Penicillamine, phenylbutazone, corticosteroids, indomethacin, ibuprofen, etc.

---Chinese Etiology and Treatment: Rheumatism is generally owed to three types of Perverse Energies: Wind, Cold and Humidity. The Perverse Energies remain "stagnated" in the principal and secondary meridians, especially at the level of the muscles and bones [see discussion of the King points in Lesson 26].

There are three distinguishing types, according to the causes:

1. Wind origin--erratic pain.
2. Cold origin--stabbing pain.
3. Humidity origin--localized pain.

Rheumatic pains vary according to the weather and are generally manifested at the level of the limbs, the vertebral column and back [see discussion on Lumbago in this Lesson]; the patient suffers from a sensation of cold at the infected area; heat soothes the pain.

Upper limbs: Choose among the basic points--TB-21 (Erh-Men), LI-15 (Chien-YU), LI-11 (Ch'u-Ch'ih), TB-5 (Wai-Kuan), SI-3 (Hou-Hsi) and LI-4 (Ho-Ku). Add according to the case, Go-14 (Ta-Chuei), SI-11 (Tien-Tsung), Lu-2 (Yun-Men), TB-10 (Tien-Ching), LI-10 (San-Li) and TB-3 (Chung-Chu).

RHEUMATISM (Rheumatoid Arthritis, Osteoarthritis, Bursitis, etc.) [Continued]

Lower limbs: Choose among the basic points--GB-30 (Huan-T'iao), GB-31 (Fung-Shih), St-36 (Tsu-San-Li), St-34 (Liang-Ch'iu), Li-7 (Chi-Kuan) and Bl-60 (Kun-Lun). Add according to the case, Bl-32 (T'ze-Liao), Go-2 (Yao-Shu), Bl-40 (Wei-Chung), GB-34 (Yang-Ling-Chuan), St-41 (Chieh-Hsi), and GB-43 (Hsia-Hsi).

Back and Vertebral column: Choose among the basic points--St-41 (Chieh-Hsi), Bl-23 (Shen-Shu), Go-4 (Ming-Men), GB-30 (Huan-T'iao), Bl-40 (Wei-Chung) and Bl-60 (K'un-Lun). Add according to the case, GB-20 (Fung-Ch'ih), Go-12 (Shen-Chu), Bl-52 (Chih-Shih), GB-25 (Ching-Men), and Go-2 (Yao-Shu).

Remarks: After stimulation, these points can also be chosen for moxibustion. For a more complete discussion on the management of Perverse Energy Syndromes, consult Lessons 18, 26 and 27 of this Program.

#### Additional Formulas

1. China's current therapy for Arthritis (rheumatic, rheumatoid and Osteo) uses:
  - a) Upper extremities--LI-15, LI-11, TB-5, LI-4, #S-107 (Pahsieh).
  - b) Lower extremities--GB-30, St-35, GB-34, GB-39, St-36, St-41, GB-40, #S-137 (Pafeng).
  - c) Vertebral column--The corresponding Hua To's Vertebral points; Go-15, Bl-37.
  - d) Mandibular joint--St-7, GB-2, LI-4.

Remarks: Acupuncture should be applied first. In acute cases, the Plum Blossom needle. In chronic cases, acupuncture is combined with moxibustion.

During the acute stage, give daily treatments. In the chronic stages, give treatments every other day. Ask the patient to move the joints during the treatments to hasten recovery.

- e) Ear Points: Tender points of the corresponding area, E-39 Sympathetic, E-37 Shen-men.

Additional Formulas for Rheumatism, etc. [Continued]

2. Arthritis (Acute): Sedate GB-41, GB-38, TB-5 and Sp-5.

Other points according to the symptoms:

Ankle--Bl-60, Bl-62;

Elbow--SI-4, Lu-5;

Fingers--TB-3, SI-4;

Hip--GB-34, GB-30, Bl-65, Li-8;

Knee--GB-34, Bl-40 [Bleed], Sp-9;

Shoulder--TB-14, SI-11, LI-15;

Wrist--SI-4, Lu-9.

## RHINITIS (Allergic, Hay Fever, Acute)

---Key Symptoms: Watery nasal discharge, sneezing, itching eyes and nose. Pale, boggy mucous membranes. Polyps may be present. The conjunctiva is often red and swollen.

---Western Etiology and Treatment: Considered to be caused by pollen of plants that depend on the wind rather than upon insects to cause cross-pollination. Other factors considered are household dust, molds, animal dander, etc. Other factors include common colds, coryza, etc.

No specific treatment is tried. Antihistamines, sympathomimetic drugs (ie. ephedrine, phenylpropanolamine), corticosteroids are the general medications applied, and an allergen-free atmosphere is often advised.

---Chinese Etiology and Treatment: This type of infection is owed basically to Perverse Wind and Cold.

Treat the basic points LI-4 (Ho-Ku), LI-20 (Ying-Hsiang), LI-19 (Ho-Liao), and Bl-7 (T'ung-T'ien). Attention should also be directed to fortifying the Essential Energy which is always weak in these cases---stimulate the basic points Lu-7 (Lieh-Ch'Ueh), LI-4 (Ho-Ku), and St-36 (Tsu-San-Li) for this purpose [see Lesson 10 for formula development].

Additional Formula

1. Stimulate GB-20, Go-23, GB-11, LI-20, LI-4, LI-11 to loosen the Perverse Energy and to "extinguish" the inflammation.

## RHINITIS (Chronic, Atrophic)

---Key Symptoms: Constant flowing of a thick, yellowish, pus-like fluid from the nose with odor (ozena). This form can last for months to years. The voice acquires a deep nasal quality and the area at the root of the nose becomes tender to touch. Anosmia results, and epistaxis may be recurrent and severe [see the section on Epistaxis in this Lesson].

--Western Etiology and Treatment: The cause is unknown. Treatment consists of topical antibiotics or estrogens, and vitamin therapy which may be effective. Surgery is a considered procedure as well.

---Chinese Etiology and Treatment: Chronic rhinitis is due basically to the accumulation of Glairy Mucus, Humidity, and Heat ascending to the upper parts of the body.

Stimulate the points Bl-7 (T'ung-T'ien), GB-20 (Fung-Ch'ih), LI-20 (Ying-Hsiang), LI-4 (Ho-Ku), and Li-3 (T'ai-Ch'ung).

Additional Formulas

1. #S-3 (Yintang), LI-20, St-36, Li-3; Go-23 (moxa) can be used to augment blood flow and disperse the Heat.
2. For Heat of the Lungs (accompanied by cough, headache, etc.): Sedate LI-4, LI-20, Bl-7, St-40, Lu-7.
3. For Heat of the Gall Bladder (accompanied by migraine, pain in the ribs, etc.): Sedate GB-34, GB-39, Li-2, GB-19.
4. Anosmia: Tonify LI-19, LI-20, St-14, Bl-6.
5. China's current therapy for Chronic Rhinitis:
  - a) #S-3 (Yintang), LI-4, LI-20, #N-12 (Pitung).  
Remarks: Apply moderate stimulation, treat once daily.
  - b) Ear Points: E-27 Internal Nose, E-29 Adrenal Gland, E-34 Internal Secretion.  
Remarks: Apply moderate stimulation.



## SAN KHI (INCLUDING ORCHITIS, HERNIAS, PROSTATITIS, ETC.)

---Definition: The term "San Khi" designates an ensemble of clinical manifestations at the level of the lower abdomen, particularly those occasioned by obstruction of the Energy of the Liver meridian, obstruction due to the presence of Perverse Cold, Heat, and Humidity.

---Chinese Etiology and Treatment: Generally, San Khi manifests itself by pains at the lower abdomen. Based upon the text of the Nei Ching (Yellow Emperor's Classic of Internal Medicine), the Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961) divides San Khi into seven groups following their characteristics and localizations:

1. Lung San: The Energy is manifested at the level of the urinary bladder and the ureter; hence, difficulty in urination.
2. Xung San: The Energy goes up toward the upper regions.
3. Quyêt San: The Energy is released either toward the upper regions or toward the lower, the right or the left [ovaries, womb, prostate, testicles] with the limbs 'icy cold'.
4. Ha San: The Energy concentrates itself in the form of a "ball" which is inflamed and painful [ovaritis, prostatitis...].
5. Dôi San: The Energy is located at the same time at the lower abdomen and at the testicles; the lower abdomen is swollen and very painful; the scrotum is inflamed and very swollen.
6. Hôi San: All types of prostatitis of which the essential symptoms are a hard prostate gland "like a stone"; pains radiating to the navel.
7. Hô San: All types of hernias [inguinal, crural, inguinal-scrotal, perineal...].

Stimulate the four principal points: Co-6 (Ch'i-Hai), Co-4 (Kuan-Yüan), Sp-6 (San-Yin-Chiao) and Li-4 (Chung-Fung).  
 In the case of Energy which goes up toward the Heart, stimulate Co-4 (Kuan-Yüan), Li-8 (Ch'u-Ch'üan), Sp-6 (San-Yin-Chiao), Ki-3 (T'ai-Hsi) and Li-3 (T'ai-Ch'ung).

SAN KHI (Including Orchitis, Hernias, Prostatitis, etc.)  
[Continued]

In the case of orchitis: Li-8 (Ch'u-Chuan), GB-12 (Wan-Ku), St-36 (Tsu-San-Li), Sp-6 (San-Yin-Chiao), Li-2 (Hsing-Chien) and Li-1 (Ta-Tun).

Remarks: In the case of "fullness of Heat", one must use needles; in the case of "emptiness of Cold", it is necessary to perform moxibustion. With hernias, acupuncture is only a symptomatic treatment; other etiological treatments are imperative [consult a proper text].

### Additional Formulas

1. Orchitis, Hernia: Due to an infection of Humidity Heat and 'Chill' upon the Lower Burner which causes disturbances of the Liver and Kidneys. There is an Energy stagnation in the "two median vessels" [Governor and Conception vessels]. Coitus after drinking alcohol and subsequent sweating "in the Wind" may also bring about this disorder. The symptoms include shifting pains in the lower abdomen and the scrotum is swollen. The swelling recedes in the recumbent position. There is pain with sensations of heat.  
Stimulate Li-1 which has a powerful effect for "loosening" the Liver. Moxibustion on this point disperses the Chill. Sedate Ki-6. The points Co-4, Co-3, Li-3, and Li-4 may also be used.
2. Orchitis: Sedate Bl-62, Bl-31, Bl-32, Bl-33, Sp-19, St-30, Sp-6.
3. Inguinal bubo: Due to a deficient physical heredity with emotional frustrations leading to a condensation and precipitation of the Energy and Blood. Overwork may also be a causative factor. The symptoms include the appearance in the groin of a hard, swollen lump the size of a shrimp [lymph nodes]. The pain extends to the lower abdomen and testis.  
We quote the following counsel from one of our Oriental colleagues: "...before the bubo breaks open, pique Bl-57 (Ch'eng-Shan) while bubo is massaged. Leave the needle in situs for an hour and bubo will disappear."

Additional Formulas for San Khi [Continued] (Specifically Prostatitis)

4. China's current therapy for Prostatitis:

a) B1-23, B1-28, Co-4, Sp-6.

Remarks: Apply moderate stimulation. Once a day or every other day, ten treatments to a course.

b) Ear Points: E-47 Kidney, E-48 Urinary Bladder, E-3 Urethra, E-86 Pelvic.

Remarks: Apply strong stimulation, once a day or every other day.

## SCABIES

---Key Symptoms: Itching that occurs almost exclusively at night. Pruritic vesicles and pustules in "runs" or "galeries", especially on the sides of the fingers and the heels of the palms. Characteristic lesions may occur on the nipples in females and as pruritic papules on the scrotum in males. Pruritic papules may be seen on the buttocks. Pyoderma is often the presenting sign.

The mites (barely visible as a white dot to the naked eye), ova, and black dots of feces appear as "pimples" on the skin.

---Western Etiology and Treatment: A common dermatitis caused by infestation from the *Sarcoptes scabiei*. Scabies is usually acquired by sleeping with, or other close contact with an infested individual. This infestation is on the increase worldwide.

Unless the lesions are complicated by severe pyoderma, the treatment consists primarily of disinfestation with gamma benzene hexachloride in a cream base applied from the neck down. Bedding and clothing are cleaned. Persistent pruritic postscabietic papules are painted with undiluted crude coal tar.

---Acupuncture Treatment: Stimulate the points LI-11 (Ch'U-Ch'ih), LI-5 (Yang-Hsi), Bl-13 (Fei-Shu), Bl-17 (Ke-Shu), Sp-10 (HsUeh-Hai), and Bl-40 (Wei-Chung). If the scabies have been persistent for a long time or if pus exudes from the scabies "pimples", apply moxibustion to LI-11 and Sp-10 [only once!]. LI-5 is noted to be an especially effective point, with up to seven treatments reported to be sufficient to cure this condition.

Additional Formula

1. Stimulate and apply moxa [traditionally with a slice of ginger] to LI-11. Then stimulate Bl-67, GB-31, Ki-3, Bl-40, LI-15, LI-10.

## SCROFULA (Tuberculous Lymphadenitis)

---Key Symptoms: Early stages--no general discomfort, skin changes or pain; the cervical lymph nodes can be about the size of a bean and are hard and moveable. Intermediate stage--the lymphatic nodes are enlarged, chronic inflammations and adhesions, the chain of nodes becomes immovable. In the final stages, the swelling softens, local skin turns dull red, and a white pus-like fluid is discharged. Serious cases may be accompanied by fever, coughing, hydrosis, facial pallor, dizziness, mental exhaustion, poor appetite, etc. A common disease in childhood.

---Western Etiology and Treatment: Mycobacterium bovis is transmitted to man by unpasteurized milk from tuberculous cows and is considered the main cause of scrofula. The ingested organisms settle into the cervical or the mesenteric lymph nodes.

Treatment response to Isoniazid (INH) alone is usually prompt and permanent.

---Chinese Etiology and Treatment: Due to "Chill Heat" and "rat plague" that is toxic and remains in the channels. The swellings which are moveable are a Yang disease while those which are immovable are a Yin disease. Anemia is often present.

A frustration of the emotions and of the Will, together with a congestion of the Fire of the Liver will "steam" the body fluids and cause disease which escapes into the Lo channels. Thus, with this contraction, glandules are formed "beaded like a chain" in the presence of the Perverse Energies.

Sedate TB-10 (Tien-Ching), Ho point of the Triple Burner, to clear the Fire, congestion and Perverse Heat. Apply moxibustion to a point [not shown on most charts] that is directly on the tip of the elbow, moxa contralaterally. Add the points Go-3 (Yao-Yang-Kuan), He-3 (Shao-Hai), LI-15 (Chien-YU), LI-11 (Ch'U-Ch'ih), LI-10 (San-Li) as auxilliary points.

Additional Formulas for Scrofula

1. China's current therapy:  
Puncture with moderate stimulation the Ah Shi points directly on the infected lymph nodes; however, do not puncture if suppuration has set in. Also stimulate Bl-18 and Li-3. Treat once daily.
2. Yang scrofula: Sedate TB-5, TB-10, TB-17, GB-41.
3. Yin scrofula: Moxibustion on #S-30 (Pailau) and TB-10. Sedate Li-3, GB-40; tonify Bl-20 and Bl-23.

## SINUSITIS (Acute &amp; Chronic)

---Key Symptoms: The symptoms of acute and chronic sinusitis are both similar. The area over the involved sinus may be tender and swollen. Headaches are associated with the sinus infections. There may be fever and chills suggesting infection beyond the sinuses. The nasal mucosa is red and turgescient; yellow and green purulent rhinorrhea may be present. In about 25% of cases, chronic maxillary sinusitis is secondary to dental infection.

---Western Etiology and Treatment: Acute sinusitis is caused by the infection of streptococci, pneumococci, and staphylococci bacteria. Exacerbations of chronic sinusitis may be caused by gram-negative rods.

In both acute and chronic cases, antibiotics are administered for at least 10 to 12 days. Other therapies are steam inhalation; topical vasoconstrictors (ie. phenylephrine); and systemic vasoconstrictors such as ephedrine, pseudoephedrine, or phenylpropanolamine.

---Chinese Etiology and Treatment: Sinusitis has two essential causes, Internal or External factors:

1. External: Wind and Cold entering the Lungs through the skin that remains "latent" and is eventually transformed into Heat. The accumulated Heat in the Lungs is transferred to the head. This is what the Chinese classics termed "Nasal catarrh resulting from coughs of the Lungs".

Aside from the purulent, offensive discharges from the nose, the patient also displays cough and hidden pains in the forehead.

Sedate the points LI-20 (Ying-Hsiang), LI-4 (Ho-Ku), Bl-7 (T'ung-T'ien), St-40 (Fung-Lung), and Lu-7 (Lieh-Ch'ueh).

2. Internal: Raging Fire of the Gall Bladder having its source in the Fire of the Liver. Since both the Liver and Gall Bladder have connections to the head, the Heat attacks the sinuses and provokes the infection.

The patient has symptoms of dizziness or migraine, bitter taste in the mouth, and pain in the ribs.

Sedate the points GB-34 (Yang-Ling-Chuan), GB-39 (Hsuan-Chung), Li-2 (Hsing-Chien), and GB-19 (Nao-K'ung).

Additional Formulas for Sinusitis

1. Frontal sinusitis: Sedate Lu-7, Bl-2, LI-4, Lu-11.
2. Maxillary sinusitis: Sedate Lu-7, GB-7, St-14, Lu-1.
3. China's current therapy for Chronic Sinusitis:
  - a) LI-20, Bl-2, Bl-7, St-2.
  - b) GB-20, LI-4, #S-9 (Taiyang).  
Remarks: For no improvement, add LI-4; for headache add GB-20 and #S-9 (Taiyang). Apply strong stimulation.
  - c) Ear Points: E-98 External Nose, E-27 Internal Nose, E-29 Adrenal Gland, E-34 Internal Secretion, E-30 Forehead.  
Remarks: Apply moderate stimulation. Treat once every other day, 10-15 treatments to a course.



## SPRAINS (Injury of the Joints)

---Chinese Etiology and Treatment: The causes of sprains include factors such as intense exercises and excessive burdens, movements of violent force, falls, external trauma to a joint. These conditions cause the Energy and Blood to become blocked and stagnated within the meridians.

Points utilized according to the symptoms:

- Elbow: LI-11 (Ch'U-Ch'ih), SI-8 (Hsiao-Hai), TB-10 (Tien-Ching), and LI-12 (Chow-Liao).
- Wrists: LI-4 (Ho-Ku), TB-4 (Yang-Ch'ih), SI-5 (Yang-Ku), and LI-5 (Yang-Hsi).
- Shoulder: LI-15 (Chien-YU), TB-14 (Chien-Liao), and SI-9 (Chih-Cheng).
- Ankle: Sp-5 (Shang-Ch'iu), GB-40 (Ch'ih-Hsu), Ki-3 (T'ai-Hsi), and Bl-60 (K'un-Lun).
- Knees: St-35 (Tu-Pi), St-34 (Liang-Ch'iu), Sp-9 (Yin-Ling-Ch'uan) and GB-34 (Yang-Ling-Chuan).
- Upper thigh: GB-30 (Huan-T'iao), Bl-54 (Chih-Pien) and Bl-36 (Cheng-Fu).
- Lumbar region: Bl-23 (Shen-Shu), and Bl-52 (Chih-Shih).

Remarks: Since all traumas at these sites involve an excess accumulation of Energy, sedation method is the treatment of choice. Bl-57 (Ch'eng-Shan) may be used generally in all cases of external trauma.

Additional Formulas for Sprains

## 1. China's current therapy:

Knee: #S-145 (Hsiyen), St-35, Bl-40, Ah Shi points.

Ankle: Ah Shi points, Sp-6, GB-39.

Back and Loin:

a) Ah Shi points, Hua To's Vertebral Points of the corresponding area; or

b) SI-3, Bl-37 (for acute injury or relapse of chronic cases).

Remarks: Moxibustion may be applied where there is a sensation of cold in back and loin injury.

c) Ear Points: E-23 Cervical Vertebrae, E-21 Lumbosacral Vertebrae, E-47 Kidney, E-37 Shen-men, E-33 Subcortex.

## 2. Ankle: Sedate the Ah Shi points; then if:

Lateral aspect--sedate GB-41, GB-40, Bl-62, Bl-60, Sp-5, #S-151 (Waihuaichien).

Medial aspect--sedate GB-41, Bl-62, Bl-60, Ki-3, Ki-6, #S-146 (Neihuaichien).

## 3. Sprains (First Aid): Bl-11, Bl-60, GB-30, Co-2, Go-3.

## SPERMATORRHEA (Seminal Emission, Nocturnal Emission)

---Key Symptoms: Abnormally frequent, involuntary loss of semen without orgasm. It may manifest with dreams or without dreams.

---Chinese Etiology and Treatment:

1. Spermatorrhea with dreams: It occurs when Fire Energy of the Yang Kidney is too powerful (full) after momentary "rupture" of the Energetic connection between the Heart and Kidneys. Under normal conditions, the Yang Kidneys release Fire which is absorbed and neutralized by the Energy of the Heart. It is the "Fire Energy of the Yang Kidneys that goes to the Heart" which continues the dorsal circulation.  
Spermatorrhea with dreams is not serious. There are no special symptoms; sometimes the patient complains of vertigo, 'black-outs', or stiffness in the back and renal region.

Stimulate the points Bl-15 (Hsin-Shu), Bl-23 (Shen-Shu), and Sp-6 (San-Yin-Chiao). Add according to the case the points Co-4 (Kuan-Yuan), Co-3 (Chung-Chi), Li-4 (Chung-Fung), and Li-3 (T'ai-Ch'ung).

2. Spermatorrhea without dreams: This is due to the Kidneys (organs) not being strong enough [empty], and thus their Energy does not have the power to retain the sperm. It may become serious because of its chronic nature. The symptoms are weak limbs, loss of memory, or vertigo and 'black-outs'.

Stimulate the points Bl-23 (Shen-Shu), Bl-52 (Chih-Shih), Co-4 (Kuan-Yuan), and St-36 (Tsu-San-Li). Add according to the case the points Co-6 (Ch'i-Hai), Co-3 (Chung-Chi), Ki-12 (Ta-Ho), and Sp-6 (San-Yin-Chiao).

Additional Formulas for Spermatorrhea

1. Fire of the Heart and Kidneys: Sedate Bl-15, He-7, Li-2, Li-3, Ki-1.
2. Kidney Deficiency: Tonify Co-4, Bl-30, Bl-23, Ki-3, Co-2.
3. Humidity Heat of the Lower Burner: One other form recorded in which the patient ejaculates during dreams and displays the following symptoms: Urine-yellow and pink; yellow and greasy tongue; mental depression and thirst; nervousness at night. Sedate Co-3, Sp-9, Co-6, Sp-6, Ki-3.
4. Tonify Sp-6, Bl-15, Bl-23, Co-3, Co-4, Go-1.
5. China's current therapy:
  - a) Co-4, Ki-3, St-36.
  - b) Bl-23, Bl-52, Sp-6.  
Remarks: Apply mild stimulation. These two sets of points can be used alternately; treat every other day.
  - c) Ear Points: E-47 Kidney, E-48 Urinary Bladder, E-92 Ureter, E-86 Pelvic.  
Remarks: Apply moderate stimulation. Treat once a day or every other day.
  - d) Apply moxa to Bl-15, Bl-23, Go-4, Bl-30, Co-3, Sp-6, Li-4, Ki-2.

## STOMACH CANCER OR TUMORS

---Key Symptoms: The most common tumor of the stomach is carcinoma. Relatively late in the disease pain begins. If ulceration is present, the pain may resemble closely that of a peptic ulcer. Or the pain may be a steady unremitting ache in the epigastrium, sometimes radiating to the back. Usually the appearance of the pain will be preceded by anorexia, loss of weight, and weakness; none of these symptoms resemble peptic ulcer.

The onset of the illness is slow. The fur on the tongue is a greyish-white or a yellowish color. The patient may vomit a coffee-ground like substance (blood). There is constipation or the feces resemble those of a goat. Dysphagia is the major symptom of cardia tumors.

In the final stages of the disease, the condition of the patient is very weak. The time for death to ensue is from one to three years.

For the symptoms of other gastric tumors, one should consult a proper text.

---Western Etiology and Treatment: The cause of gastric cancer is unknown [gastric cancers are almost always adenocarcinomas].

The history is of little help to distinguish benign from malignant gastric tumors. Surgical removal of the tumor is thought to offer the only chance for cure. Rarely, in North America, do patients live for five years without treatment or for many years after a palliative resection.

---Chinese Etiology and Treatment: Cancer of the Stomach is due to alcoholism, overeating of rich foods; or a lack of care and control over the mind and emotions. These conditions lead to a stasis of Glairy Mucus and Blood; hence, there arises neoplasm. Also, this condition may be due to a poorly treated stomach complaint of some other form.

During the initial and middle stages of the disease, "use a small sharp pointed surgical knife to jab six or seven times the odd point Jiali". This is the point Chianei or #N-35 on China Cultural Corporation Acupuncture Charts. Afterwards, the patient is to hold vinegar in the mouth for about one minute before spitting it out. Mixed with the blood will be a sticky fluid. This operation is repeated after three or four days while the condition is seen to improve after three treatments.

## STOMACH CANCER OR TUMORS [Continued]

Following that, sedate the points Co-22, Co-17, EH-6, Bl-43, Go-11, and St-36 to lower the abnormal "upward force". Then tonify Ki-7 to nourish the Yin; sedate Bl-20 and Bl-21 to regulate the Spleen and Stomach.

For vomiting of food after eating sedate Co-12, St-25, and apply moxibustion to "Zhonghwui"\* to liven up the Stomach and 'press down' the abnormal "upward force".

Remarks: The palpable growth on the Stomach should be heated with moxa. After twenty days of treatment, the condition is generally much improved. A cure can be expected with prolonged treatment. The effects of utilizing the Jiali point are commendable only when the patient abstains from alkaline foods such as bread, noodles, etc.

Additional Formulas for Stomach Cancer or Tumor

First needle EH-6, St-36, Co-12 and Co-10. Then apply three needles to the palpable growth itself; one at the end, at the center and at the opposite end. The stimulus obtained will be strong at each placing. After the application of the needles to the growth, apply indirect moxibustion with a slice of ginger on the whole region of the growth until the skin becomes heated to a reddish color. Alternatively, ignite three balls of moxa on the handle of each needle that is placed in the growth.

The next step is to apply moxibustion to a point called "Pey Kun" which is located 1.5 pouce lateral to the lower border of the 12th thoracic vertebra. If the growth is on the left side, apply moxa to the left side; for the right side, vice versa. If growths are on both halves of the body's midline, apply the moxa to both (bilateral) Pey Kun points. Traditionally, one applies 14 hillocks of moxa to this point.

Lastly, apply moxibustion to Co-8. If the hole of the umbilicus is deep, fill it with salt and apply the moxa on top of the salt [traditionally, five hillocks are burned on this point].

If the results are slow, apply moxibustion to Co-10 [traditionally one applies 5 hillocks]. Additional points to be used are Sp-4 and St-44 (moxa on the latter).

Remarks: The abovementioned steps are to be applied daily, except the point Pey Kun which is utilized only once a week. In the early stages of this disease, "this illness is easily cured with 15-30 treatments" [observation by one of our Oriental colleagues].

## STOMATITIS &amp; DEGENERATIVE DISEASES OF THE MOUTH

---Western Etiology: Stomatitis is caused by many factors or conditions. Among them are pathogenic organisms; irritants such as alcohol, tobacco, hot foods, spices; chemical irritants; nutritional deficiencies; certain skin disorders; blood disorders; drug poisonings, especially heavy metals; systemic infections such as measles, scarlet fever, syphilis. There are also several forms with unknown etiologies.

---Chinese Etiology and Treatment: Below are listed seven essential causes of mouth disease:

1. Empty Fire that "burns upwards", the Heart and Kidneys lose their connection, excessive mental anxiety: The patient develops pale sores in the mouth which are heavily streaked and mottled white; in severe cases the mucosa comes off in patches. The pulse is empty and the patient has no thirst.  
Stimulate the points Bl-15 (Hsin-Shu), Bl-23 (Shen-Shu), Co-24 (Cheng-Chiang), LI-4 (Ho-Ku); add the following points according to the symptoms--Bl-27 (Hsiao-Ch'ang-Shu), St-36 (Tsu-San-Li), Ki-3 (T'ai-Hsi), and Bl-20 (P'i-Shu).
2. Full Fire of the Heart "moving wildly" due to excessive eating and drinking of alcoholic beverages: The mouth develops bright red sores with the whole mouth rotten and mottled; in severe cases the jaw and tongue becomes swollen. The pulse is full with the mouth dry.  
Stimulate the points LI-4 (Ho-Ku), St-36 (Tsu-San-Li), Bl-15 (Hsin-Shu), Bl-20 (P'i-Shu); add the following points according to the symptoms--Co-24 (Cheng-Chiang), He-8 (Shao-Fu), Sp-2 (Ta-Tu), and #S-20 (Chinchin & Yuyeh, Bleed).
3. Full Fire with Heat "obstructed and overflowing", due to excessive eating of rich foods: The whole mouth is rotten and destroyed; in severe cases it spreads to the throat. The patient cannot eat or drink; has foul smelling mouth, constipation, parched mouth, pulse-full.  
Stimulate the points LI-4 (Ho-Ku), Co-12 (Chung-Wan), St-36 (Tsu-San-Li), EH-7 (Ta-Lung); add the following points according to the symptoms--He-8 (Shao-Fu), Co-24 (Cheng-Chiang), Li-2 (Hsing-Chien), St-44 (Nei-T'ing), and #S-20 (Chinchin & Yuyeh, Bleed).



## STOMATITIS &amp; DEGENERATIVE DISEASES OF THE MOUTH [Continued]

4. Empty Fire, the body may be weak after a prolonged illness: The whole mouth is rotten and decayed. The patient presents a haggard face, agitated sleep, dry mouth with little thirst, pulse-slow and retarded.  
Stimulate the points LI-4 (Ho-Ku), St-36 (Tsu-San-Li), Bl-20 (P'i-Shu), Bl-21 (Wei-Shu); add the following points according to the symptoms--Co-12 (Chung-Wan), Co-6 (Ch'i-Hai), and Sp-6 (San-Yin-Chiao).
5. Yang of the Spleen empty and weak: The whole mouth is rotten and decayed. The patient presents shallow breathing, weak limbs, rumblings in the abdomen, greenish-white face, pulse-slow and retarded.  
Stimulate the points LI-4 (Ho-Ku), St-36 (Tsu-San-Li), St-25 (T'ien-Shu); add the following points according to the symptoms--Co-12 (Chung-Wan), Co-6 (Ch'i-Hai), Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), and Sp-6 (San-Yin-Chiao).
6. Kidney Fire that "moves wildly" due to "over-indulgence" and lack of self-control: The whole mouth is rotten and decayed. The patient presents a dry and burning throat, hands and heart that are "troubled and Hot", pulse-fine and rapid.  
Stimulate the points LI-4 (Ho-Ku), Ki-3 (T'ai-Hsi), Bl-23 (Shen-Shu); add the following points according to the symptoms--Co-24 (Cheng-Chiang), EH-7 (Ta-Lung), and TB-2 (Yieh-Men).
7. Pregnant Womb Heat that "attacks upwards": The whole mouth develops painful white spots; in severe cases the throat is swollen. The patient has difficulty breast-feeding, weeps frequently, purple lines on the fingers, pulse-rapid.  
Stimulate the points LI-4 (Ho-Ku) [NOTE: This is a forbidden point during pregnancy], St-36 (Tsu-San-Li); add the following points according to the symptoms--Lu-11 (Shao-Shang), LI-1 (Shang-Yang, Bleed), and Ki-3 (T'ai-Hsi).

Additional Formulas for Diseases of the Mouth

1. Aphtha: Sedate He-7, St-36, LI-4, LI-2, Co-12, B1-13.
2. Bleeding of the Gums: LI-4, LI-10, St-44, Ki-3, Go-16, Co-24, St-6. If condition is acute and the body "overheated", add #S-20 (Yuyeh & Chinchin) and LI-1 [Bleed]. If the condition is chronic, apply moxa to St-6 and Co-24.
3. Stomatitis: Sedate SI-3, GB-21, B1-10, SI-5, LI-7, LI-4, LI-2.
4. Teeth, Loosening: Tonify GB-16; and if lower teeth, add LI-11, LI-1, GB-17; if upper teeth, add GB-10.

## SWEATING, NOCTURNAL

---Chinese Etiology and Treatment: Night sweating is due basically to Wei Energy activating Yin Energy causing the Yin to become deficient. Since the Yin is empty, the Mai Energy [Energy specific to the blood vessels] and Blood have nothing on which to rely for support. This condition allows the pores to dilate [Yang phenomena] with the Fluid thus being emitted. The patient sweats when asleep, which stops upon awakening.

Stimulate the points Go-14 (Ta-Chuei), He-6 (Yin-Chieh), SI-3 (Hou-Hsi), Bl-13 (Fei-Shu), Co-6 (Ch'i-Hai), Co-4 (Kuan-YUAN); add the points Co-7 (Yin-Chiao) and Sp-6 (San-Yin-Chiao) according to the symptoms.

Additional Formulas

1. Lu-1, Co-6, Bl-15, He-7, Ki-2, SI-3, Ki-7, TB-5.

NOTE: For additional formulas, see the next section on Spontaneous Sweating in this Lesson [Pages 210 and 211].

## SWEATING, SPONTANEOUS, ETC.

---Chinese Etiology and Treatment: Spontaneous sweating has three essential causes:

1. Yin of the exterior empty: The sweating is not due to natural causes such as wearing thick clothes in hot weather or strenuous movement.

Stimulate the points Go-14 (Ta-Chuei), Co-4 (Kuan-Yuan), Bl-43 (Kao-Mang), Bl-23 (Shen-Shu); add the points LI-4 (Ho-Ku), Ki-7 (Fu-Liu), and St-36 (Tsu-San-Li) according to the symptoms.

2. Skin "slow" and pores "flaccid" due to deficient Wei Energy and the attack of Perverse Wind; the Fluid "pours out wildly" from the skin: The sweat pours out of the body for no reason.

Stimulate the points Go-14 (Ta-Chuei), Co-4 (Kuan-Yuan); add the points LI-4 (Ho-Ku) and St-44 (Nei-T'ing) according to the symptoms.

3. Heat of the Yang Ming, body fat: The pores are dilated with intermittent, spontaneous sweating for no reason.

Stimulate the points Co-12 (Chung-Wan), St-36 (Tsu-San-Li); add the points LI-4 (Ho-Ku) and St-44 (Nei-T'ing) according to the symptoms.

Additional Formulas for Sweating, etc.1. Hot Flushes:

- a) Yang [with hot sweating or reddish complexion without sweating]: Sedate GB-20, Bl-62, Bl-31, Go-11; sedate Ki-27 (if menopause); then tonify Bl-10.
- b) Yin [with cold sweating]: Sedate Bl-10, LI-4, Go-21; then tonify GB-20, Bl-62, Bl-31.

## 2. For excessive sweating during the day or night: LI-4, He-6, SI-3, Ki-7, Ki-8. In mild conditions, apply moxa to He-6 and Ki-7; in severe conditions, apply very strong heat using the moxa.

Patients are reported to be cured with this formula after several days of treatment. If the patient is weak, it will recur; to prevent this, apply moxa to Bl-43 and St-36. Continue to use these two last points for three to five days.

If there is excessive sweating in the hands, apply moxa to SI-3 and EH-7 in addition to the formula in the first paragraph.

If there is excessive sweating in the feet, stimulate Bl-40 and apply moxa to Ki-2 in addition to the formula in the first paragraph.

If there is offensive odor of the armpits, apply moxa to He-1.

## SYDENHAM'S CHOREA (St. Vitus' Dance)

---Key Symptoms: Sydenham's chorea is seen mostly in young persons and is characterized by involuntary irregular movements, incoordination of voluntary movements, grimacing, mild muscle weakness, and emotional disturbance; speech may be affected.

---Western Etiology and Treatment: This disorder is usually associated with rheumatic fever (but not always) and is considered to be one of its sequels; other clinical evidence of rheumatic fever is apt to be present.

There is no specific treatment for this disease. Symptomatic therapy may be helpful. Sedatives (ie. phenobarbital) or tranquilizers (ie. phenothiazines or haloperidol) are administered to suppress the involuntary movements.

---Acupuncture Treatment: First stimulate the points Go-14 (Ta-Chuei), Bl-10 (T'ien-Chu), and GB-20 (Fung-Ch'ih) to calm the nerves. Then stimulate LI-11 (Ch'u-Ch'ih), LI-4 (Ho-Ku), and TB-6 (Chih-Kou) to clear the joints and to harmonize the vital flow of Energy.

Additional points to add according to the symptoms are the following: St-36 (Tsu-San-Li), He-7 (Shen-Men), GB-31 (Feng-Shih), GB-34 (Yang-Ling-Chuan), and Sp-6 (San-Yin-Chiao).

Additional Formula

1. Chorea: Sedate GB-41, GB-40, GB-34, TB-6, Bl-63, Bl-60, SI-8, Li-3, Li-2.

## TETANUS (Lockjaw, Trismus)

---Key Symptoms: Jaw stiffness followed by spasms of the jaw muscles, stiffness of the neck and other muscles, dysphagia, irritability, hyperreflexia; finally, painful convulsions precipitated by minimal stimuli.

---Western Etiology and Treatment: An acute central nervous system intoxication caused by a toxin secreted from the bacillus *Clostridium tetani*. The infection is most apt to occur in puncture wounds or purulent necrotic lesions. The organisms are universal in distribution. Tetanus must be differentiated from other types of trismus such as that of strychnine poisoning, the use of phenothiazines (used frequently for psychotic disorders), encephalitis, etc.

Prevention of this disease is by immunization with tetanus toxoid. Treatment of the active infection is by antitoxin, sedation and anticonvulsant therapy. If the patient lives, the recovery is complete.

---Chinese Etiology and Treatment: Tetanus is caused by the direct penetration of the Wind into the principal meridians through the infection of a wound. There is also classically "the disease of Wind after childbirth" and the "Wind of the umbilicus in children" which also traditionally belongs to the symptoms of tetanus.

Apply sedation method to the following points: Go-20 (Pai-Hui), Go-14 (Ta-Chuei), Go-15 (Ya-Men), Go-16 (Fung-Fu), Go-1 (Ch'ang-Ch'iang), St-6 (Chia-Ch'e), LI-4 (Ho-Ku), GB-34 (Yang-Ling-Chuan), Bl-40 (Wei-Chung), and Bl-57 (Ch'eng-Shan).

Additional Formulas for Tetanus

## 1. China's current therapy uses:

a) GB-20, Go-26, Li-3.

b) LI-4, SI-3, St-7.

Remarks: Apply moderate stimulation to the points in group "a". If results are not satisfactory, apply group "b". Treat once to three times a day. This is considered only as an adjunctive treatment.

c) Ear Points: E-33 Subcortex, E-31 Back of Head, E-51 Heart, E-69 Brain Point, E-37 Shen-men.

Remarks: Apply moderate stimulation, treat once to three times a day. This is considered only as an adjunctive treatment.

2. Trismus: Sedate TB-23, TB-21, LI-4, LI-2, Li-2, Go-27, Go-20.



## THROAT, AFFECTIONS OF (Pharyngitis, Laryngitis, Tonsillitis)

---Key Symptoms, Western Etiology, and Treatment: The outstanding symptoms of acute pharyngitis, regardless of the cause (ie. Streptococcus pyogenes, H. parainfluenzae, Candida, Herpes simplex, etc.) is a sore throat. About two-thirds of all acute illnesses are viral infections of the upper respiratory tract, with varying degrees of pharyngeal discomfort present.

The tonsils are often involved in the course of viral and bacterial infection of the pharynx; they may be markedly reddened, swollen, and contain exudate in the crypts.

Hoarseness is the commonest symptom of disorders of the larynx, regardless of etiology. Cough is common with any type of laryngeal disease. Pain occurs occasionally, while stridor and dyspnea are uncommon manifestations of laryngeal involvement. However, when the latter are present, the disease is very serious.

Cultures of the throat usually reveal the bacteria responsible for the disease and determine the choice of an antimicrobial agent.

It should be stressed, however, that these are not always rewarding, and none of the viral pharyngitides are treatable by these methods.

---Chinese Etiology: Soreness of the throat is owed to two basic causes:

- a) It can be due to Perverse Wind, affecting persons whose Stomach and Lungs conserve too much Heat released by alimentation too rich in grease and meat. This alimentary Heat cannot be totally used by the organism, so it follows the Energy of the body and climbs to the throat. When it encounters the Perverse Wind, there is a concentration of Energy and stagnation of Blood; hence, the affection of the throat.
- b) It can be due to a "direct attack" of toxic or endemic origin.

---Acupuncture Treatment: The Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961) classifies the throat affections into the following categories:

- a) Affections owed to the Wind: The patient has the following symptoms: At first, the patient fears the cold, then fever, redness and inflammation of the throat, 'shooting' pains, at times sharp pains. In serious cases, the inflammation overtakes the entire

THROAT, AFFECTIONS OF (Pharyngitis, Laryngitis, Tonsillitis)  
[Continued]

throat with an impossibility of swallowing, difficult respiration, accumulation of the Glairy Mucus and sputum.

The treatment consists of "subduing the Heat" and "cooling the Lungs" by using the points Go-16 (Fung-Fu), Co-22 (T'ien-Tu), LI-4 (Ho-Ku); needle and make Bleed the points Lu-5 (Ch'ih-Tze) and Lu-11 (Shao-Shang). Add the points TB-5 (Wai-Kuan), St-40 (Fung-Lung), LI-1 (Shang-Yang), and TB-1 (Kuan-Ch'ung) as needed.

- b) Affections owed to the toxic Heat, called "silkworm butterfly angina": The patient has a case of "white sore throat". The throat presents the appearance of two silkworms lying upon a small cushion (tonsils) which are inflamed, red, and painful.

The treatment consists of stimulating the points LI-4 (Ho-Ku), TB-2 (Yieh-Men), Lu-10 (YU-Chi), and Lu-11 (Shao-Shang).

- c) Red sore throat: This is due to a complication of the first type ["a", Perverse Wind]; the evolution is rapid. There is a concentration of inflammation at the level of the tonsils which become bright red, very inflamed and painful, without "white spots". The patient presents the following symptoms: Strong fever; cough; difficult respiration; hollow voice; wheezing in the throat (stridor); cold limbs; tongue red, covered with a thick layered, foul coating; pulse-slippery.

The treatment consists of cooling the Energy of the Lungs by the points LI-4 (Ho-Ku), Ki-6 (Chao-Hai), St-36 (Tsu-San-Li), and St-44 (Nei-T'ing).

Additional Formulas for Affections of the Throat

1. Tonsillitis: Bleed the points Lu-11, LI-1, He-9.  
Stimulate the points LI-4, Co-22, Lu-5.
2. Angina: Sedate SI-3 (for acute catarrhal tonsillitis)  
or BI-62; then LI-4, LI-1 and Bleed Lu-2.
3. Hoarseness (due to vocal cord paresis or vocal  
excess): Tonify Lu-6, LI-4, St-4, St-9, St-36,  
Co-16, Co-17, Co-21, Co-22.
4. Laryngitis, acute: Sedate GB-21, EH-5, BI-13, St-9,  
Co-22, Co-17.
5. Laryngitis, chronic: Sedate Lu-7; then tonify Lu-11,  
LI-12, St-36, Co-15.
6. Pharyngitis, chronic: Sedate Lu-7; then tonify EH-5.
7. Tracheitis: Sedate Lu-7, Lu-5, LI-4, St-36, BI-13,  
BI-12, Co-22, Co-19; then tonify BI-43.
8. China's current therapy for Acute Tonsillitis,  
Pharyngitis:
  - a) SI-17, LI-4, Lu-11 [Bleed]. For fever add LI-11,  
St-44.  
Remarks: Apply strong stimulation, treat once or  
twice a day.
  - b) Ear Points: E-26 Pharynx and Larynx, E-108,  
109, 110, or 111 Tonsil points.  
Remarks: Treat once a day with moderate stimulation.
  - c) Ear Points: Helix 1, Helix 2, Helix 3 [all E-6];  
#S-12 Erhou chingmo santiao [the three veins on  
the back of the auricle]. Bleed these points.

## TORTICOLLIS (Wryneck)

---Key Symptoms: Intermittent or continuous spasms of the sternomastoid, trapezius, and other neck muscles, that usually occurs unilaterally and causes turning and tipping of the head. The sternomastoid muscle contraction causes rotation of the head to the opposite side and flexion of the neck to the same side.

---Western Etiology: Underlying psychological disturbance is considered to be the most frequent cause. The onset may be sudden, but gradual involvement is more likely. It is important to rule out other pathological processes of the neck by careful examination of the cervical region. A history of encephalitis or evidence of extrapyramidal motor system disease may be present. Psychiatric counseling is used when there is clear evidence of emotional involvement. Muscle neurectomy or cervical root section may be considered in severe, persistent cases.

---Chinese Etiology and Treatment: There are two essential causes:

1. Torticollis may be caused by an infection of Perverse Wind Cold at the nape of the neck [ie. Fung-Fu, Go-16] causing a stagnation of Blood and Energy. Concurrent symptoms may also include headache, runny nose, cough, fever, stiffness of the back, fever, pulse-floating.
2. Torticollis may be caused by sleeping in a cramped position or by movements of the neck with unrestrained force, that cause a blockage of Blood and Energy in the Ching-Lo meridians.

Bleed one drop of blood at the point Bl-40 (Wei-Chung), male subjects on the left side of the body; female subjects on the right. Then stimulate #S-29 (Hsinshih) and GB-21 (Chien-Ching) [a special point for the neck]. Sedate GB-39 (Hsuan-Chung) which should then free the neck during the course of the treatment. Further results are obtained by applying moxa on the painful points [Ah Shi] on the neck.

Additional Formulas for Torticollis

1. Sedate Go-14 (Ta-Chuei), Bl-10 (T'ien-Chu), Bl-64 (Ching-Ka), and SI-3 (Hou-Hsi). For symptoms of headache and fever with sensations of coldness, add Go-16 (Fung-Fu), GB-20 (Fung-Ch'ih), and TB-5 (Wai-Kuan) with strong stimulation. For symptoms of cough and stuffed-up nose, add Lu-7 (Lieh-Ch'Ueh) and Bl-7 (T'ung-T'ien) with strong stimulation.
2. Sedate on the involved side the points TB-15, TB-14, TB-10, SI-16, SI-8, SI-7, Lu-3, LI-3. Tonify on the noninvolved side the points SI-8, SI-7.
3. China's current therapy for Strained Neck:

NOTE: Strained neck is a lighter form of torticollis, the latter being a deeper infection of the Perverse Energy.

a) GB-20, GB-39, SI-6, Ah Shi points.

Remarks: Apply moderate or strong stimulation, once daily, with the patient rotating their neck slowly during the treatment.

b) Ear Points: E-20 Neck, E-23 Cervical Vertebrae.

## THU CHUNG (Sicknesses of the Heat)

---Chinese Etiology: There are two principal types:

1. Yin Heat:

Due to alimentation (fermented vegetables, fruits) and exposure to cool air. Symptoms include the following: Headaches, stiffness, aching pains throughout the body, the patient fears the cold, abdominal pain, nausea, vomiting, icy limbs, white tongue, pulse-slow.

2. Yang Heat:

Caused by exposure to the sun. The symptomatology falls into three forms:

- a) Injurious [Offensive] form: Fever, sweating, thirst, anxiety, pulse-empty and large.
- b) Trung Thu form ["The Heat which goes right to the mark"]: Red face; strong fever; great thirst; abundant sweating; the patient remains dazed, bewildered and unaware; pulse-large and changeable.
- c) Sunstroke: In this case, there is a strong penetration of Heat with a carrier of Perverse Latent Wind. This Wind in the presence of the Heat becomes violently agitated. The symptoms include the following: Suddenly, the patient is bewildered then falls into a coma with spasmodic contractures of the limbs; body in opisthotonos; jaw tightly closed; strong fever; pulse-tensed and slippery. This form manifests itself mainly in the summer.

---Acupuncture Treatment:

1. Yin Heat: The symptomatology indicates that there is a penetration of Perverse Energy at the level of the head [headaches, fear of the cold]. Stimulate GB-20 (Fung-Ch'ih), Bl-11 (Ta-Chu), and LI-4 (Ho-Ku).

For the digestive problems, apply moxibustion to these points: St-25 (T'ien-Shu), Bl-21 (Wei-Shu), Bl-20 (P'i-Shu), Co-12 (Chung-Wan), Co-6 (Ch'i-Hai), and St-36 (Tsu-San-Li).

## THU CHUNG (Sicknesses of the Heat) [Continued]

2. Yang Heat:

- a) Injurious form: There is penetration of the Perverse Heat at the level of the head. Stimulate Bl-11 (Ta-Chü), LI-4 (Ho-Ku), LI-11 (Ch'U-Ch'ih), and Ki-7 (Fu-Liu).
- b) Trung Thu form: There is penetration of Perverse Heat at the level of the limbs. Stimulate Go-20 (Pai-Hui), Ki-1 (Yung-Ch'uan), and the ten "Strange" points of #S-86 (Shihhsuan) and #S-87 (Muchihchien).
- c) Sunstroke: Loss of consciousness, stimulate Go-20 (Pai-Hui), St-9 (Jen-Ying), and the twelve Ting points [see Lesson 27].
- d) Other points according to the symptoms:
  - Strong Fever: LI-11 (Ch'U-Ch'ih), Bl-40 (Wei-Chung), EH-5 (Chien-Shih), and the ten Strange points of #S-86 (Shihhsuan) and #S-87 (Muchihchien).
  - Spasmodic contracture of the members: Bl-11 (Ta-Chü), LI-11 (Ch'U-Ch'ih), Bl-57 (Ch'eng-Shan), and Li-2 (Hsing-Chien).
  - Glairy Mucus or sticky spittle [whitish, glue-like]: Lu-7 (Lieh-Ch'ueh), and St-40 (Fung-Lung).
  - Difficult speech: Go-15 (Ya-Men), Co-23 (Lien-Ch'uan), and TB-1 (Kuan-Ch'ung).
  - Deviation of the eyes: GB-20 (Fung-Ch'ih), Bl-2 (Tsuan-Chu), and Go-23 (Shang-Hsing).
  - Headaches: Go-23 (Shang-Hsing), #S-3 (Yintang), and LI-4 (Ho-Ku).
  - Stiffness of the neck: Go-16 (Fung-Fu) and Bl-11 (Ta-Chü).

Remarks: Generally, in the Yang Heat forms, one must utilize acupuncture only, by dispersion technique. In the case of sunstroke, one must disperse the Heat, calm the Wind and make the Energy circulate.

Additional Formulas for Thu Chung, etc. (Specifically Heat Stroke)

1. Sunstroke: Bleed the twelve Ting points [see Lesson 27], EH-3, and Bl-40. Then stimulate Go-26, LI-4, and St-36 to harmonize the Energy and Blood.
2. China's current therapy for Heat Stroke:
  - a) Mild cases: Go-14, LI-11, EH-6.
  - b) Severe cases: Go-26, Ki-1, #S-86 (Shihhsuan), Bl-40.
  - c) Other points according to area of muscle spasm:  
Upper extremities--LI-11, LI-4;  
Lower extremities--Bl-57, GB-34, Li-3.  
Remarks: Apply moderate to strong stimulation.  
Bleed the points Bl-40 and #S-86.
  - d) Ear Points: E-37 Shen-men, E-33 Subcortex, E-39 Sympathetic, E-51 Heart, E-29 Adrenal Gland, E-31 Back of Head, E-5 Apex of Auricle [Bleed].  
Remarks: Apply strong stimulation.
  - e) Massage: Pinch Go-26; use LI-4, EH-6, GB-21 with strong stimulation.

General Remarks: The patient should be moved to a cool and well ventilated place immediately. If there are signs of respiratory or peripheral circulatory failure, other emergency measures should be used in addition to acupuncture, for which one should consult appropriate texts.



## TRACHOMA (GRANULAR CONJUNCTIVITIS, EGYPTIAN OPHTHALMIA)

---Key Symptoms: In children, trachoma is usually insidious, with minimal symptoms. In adults, the disease is acute and is manifested by redness, itching, tearing, and minimal discharge. The clinical symptoms consist of bilateral follicular conjunctivitis, epithelial keratitis, and corneal vascularization (pannus). Cicatrization of the conjunctiva occurs in the later stages and usually follows necrosis of the conjunctival follicles. Scarring of the tarsal conjunctiva may result in entropion and trichiasis. Scarring of the limbal follicles results in round peripheral depressions with a clear central epithelium. Superficial vascularization and scarring of the cornea cause a decrease in vision.

---Western Etiology and Treatment: A chronic conjunctivitis caused by *Chlamydia trachomatis* that is transmitted from eye to eye by contact with contaminated fingers, towels, eye cosmetics, or other objects.

Hygienic measures are of great importance both in prevention and treatment. Local treatment consists of tetracycline eye ointments. Lid deformities are treated surgically.

---Acupuncture Treatment: Stimulate St-8 (T'ou-Wei), GB-11 (Ch'iao-Yin), and Bl-1 (Ching-Ming) to loosen the Liver and to bring about a regulation of the lacrimation. Stimulate GB-20 (Fung-Ch'ih), Bl-10 (T'ien-Chu), LI-4 (Ho-Ku), and GB-43 (Hsia-Hsi) to disperse the Heat in the organs.

If the tears are cold, apply moxibustion [traditionally with a slice of ginger] to GB-11 (Ch'iao-Yin), and sedate St-36 (Tsu-San-Li). For drooping eyelids, stimulate Sp-6 (San-Yin-Chiao). For excess lacrimation in old age, stimulate St-8 (T'ou-Wei) alone.

The results are reported to be "commendable" if the treatment is applied in the early stages.

## TRUNG PHONG, STROKES, APOPLEXY

---Key Symptoms: Variable degrees and types occur. The onset may be violent; with the patient falling to the ground and lying inert like a person in deep sleep, with flushed face, stertorous or Cheyne-Stokes respirations, full and slow pulse, one arm and leg usually flaccid. Death may occur in a few hours or days. Lesser grades of stroke may consist of slight derangement of speech, thought, motion, sensation, or vision. Consciousness need not be altered. Symptoms may last from seconds, to minutes or longer, and may persist indefinitely. Some degree of recovery is usual.

Premonitory symptoms may include headache, dizziness, drowsiness, and mental confusion.

---Western Etiology and Treatment: Cerebrovascular accident or stroke is a focal neurological disorder due to a pathologic process in a blood vessel. In most cases, the onset is abrupt and evolution rapid. Three basic processes account for most cerebrovascular accidents: Thrombosis, embolism, and hemorrhage. Other infrequent causes include recurrent ischemic attacks, hypertensive encephalopathy, migrainous hemiplegia, and syncope.

Treatment of the acute stage or onset starts with bedrest, the head and shoulders elevated, airway maintenance, adequate oxygenation, nasogastric feeding or I.V. fluids, attention to bladder and bowel function, and measures to prevent decubitus ulcers. Heart failure, cardiac arrhythmias, severe hypertension, and intercurrent respiratory infection are also treated.

Rehabilitation and aftercare is designed by the physician, physiotherapist, speech therapist, nursing staff, etc. Attention is paid to the muscles of movement and speech, memory training, emotional control, and daily lifestyle.

---Chinese Etiology: Generally, there are two types of Trung Phong [Wind which goes right to the mark], according to the penetration and the localization of the Perverse Energy:

1. Direct penetration (attack) of Wind into the organs or bowels.
2. Sudden penetration of Wind into the principal or secondary meridians.

## TRUNG PHONG, STROKES, APOPLEXY [Continued]

--Symptoms of direct attack upon an organ or bowel: Suddenly, unexpectedly, the patient lapses into coma. It is necessary to distinguish between the following:

- a) Symptoms of Energy blockage: In this event, the attack is of fullness with the following manifestations--closed mouth, flushed reddish face, closed hands, breathlessness, pulse-sliding (slippery) and hard.
- b) Symptoms of Energy loss or escape: In this case, the trouble is one of emptiness with the following manifestations--closed eyes, open mouth, open hands, relaxed arms, wheezing respiration with fluttering of the wings of the nose, involuntary loss of the urine, abundant perspiration, pulse-feeble and small.

--Symptoms of sudden attack upon the meridians: No coma; the patient presents the following manifestations--deviation of the mouth and eyes or hemiplegia, with paralysis of the tongue.

NOTE: Clinically, the symptoms of an organ or bowel attack are often accompanied by symptoms of meridian attack.

--Acupuncture Treatment:

In the attack of a bowel or organ:

- a) Energy blockage: It is necessary to immediately release the Energy while dispersing the Heat [according to the Law of the Five Elements, the Wind (Spring) changes into the Heat (Summer) within the organism]. Needle the twelve Ting points [see Lesson 27] or the ten Strange points of #S-86 (Shihhsuan) and #S-87 (Muchihchien) and make them Bleed; the point Go-20 (Pai-Hui) and the Strange point known as "Pi-Tsiao". If needed, add St-6 (Chia-Ch'e), LI-4 (Ho-Ku) and Ki-1 (Yung-Ch'uan).
- b) Escape of the Energy: It is necessary to make the Yang return rapidly while applying moxa to the points Co-8 (Shen-Ch'ueh), Co-6 (Ch'i-Hai), and Co-4 (Kuan-Yuan) until perspiration disappears, the limbs become warm and the pulse seems normal. If the patient does not return to normal, stimulate the points EH-9 (Chung-Ch'ung) and the Strange point "Pi-Tsiao".

## TRUNG PHONG, STROKES, APOPLEXY [Continued]

---In the attack of the meridians one must use the technique of needling the opposite side, for in these cases there is a total loss of balance between the left and right [see Lesson 27 on Distinct meridians].

Deviation of the mouth and eyes: Stimulate on the unafflicted side the points St-6 (Chia-Ch'e), St-4 (Ti-Ts'ang), LI-4 (Ho-Ku) and Li-3 (T'ai-Ch'ung). If necessary add LI-20 (Ying-Hsiang), St-7 (Hsia-Kuan), TB-17 (Yi-Fung), SI-18 (Ch'uan-Liao), GB-14 (Yang-Pai), Lu-7 (Lieh-Ch'ueh), LI-11 (Ch'U-Ch'ih), Li-2 (Hsing-Chien) and St-44 (Nei-T'ing).

Hemiplegia: First stimulate the points LI-11 (Ch'U-Ch'ih), GB-34 (Yang-Ling-Ch'uan); then on the upper limb LI-15 (Chien-YU), LI-17 (Tien-Ting), LI-10 (San-Li), TB-5 (Wai-Kuan), and LI-4 (Ho-Ku). Then on the lower limbs stimulate the points GB-30 (Huan-T'iao), GB-31 (Fung-Shih), St-36 (Tsu-San-Li) and GB-39 (Hs'uan-Chung). In the case of chronic hemiplegia, it is necessary to first stimulate the healthy side, and then the afflicted side of the body. After stimulating the points, it is recommended that moxibustion be applied.

Paralysis of the tongue: First stimulate the points Go-15 (Ya-Men), Co-23 (Lien-Ch'uan), and He-5 (T'ung-Li). Then if needed, Go-16 (Fung-Fu) and TB-1 (Kuan-Ch'ung).

NOTE: With elderly people whose Energy is exhausted one must distrust those symptoms which are the precursors of Trung Phong, namely, numbness or loss of sensitivity of the fingers, or vertigo, or a momentary sensation of stiffness of the tongue.

Heat therapy is in these cases obligatory: Apply moxibustion to the points Go-20 (Pai-Hui), GB-20 (Fung-Ch'ih), GB-21 (Chien-Ching), GB-31 (Fung-Shih) and GB-39 (Hs'uan-Chung).

## TRUNG PHONG, STROKES, APOPLEXY [Continued]

Other Types of Trung Phong (Wind which goes right to the mark):

These are due to a disequilibrium between the Blood and Energy, associated with either external elements (Cold or Perverse Energy) or internal elements (psychic or alimentary). The patient falls suddenly into coma, but there are no signs of attack upon the meridians [deviation of the mouth and eyes, hemiplegia].

- a) In fits of rage or anger: Sustaining an outburst of Energy [the Energy being strongly agitated], the patient falls into coma with the jaws solidly clenched shut. Stimulate the points Go-20 (Pai-Hui), St-9 (Jen-Ying), and Ki-1 (Yung-Ch'uan).
- b) In intoxication [food poisoning] or indigestion: Coma is accompanied by abdominal symptoms and by feelings of fullness in the chest. Stimulate the points in "a)" above and include Co-12 (Chung-Wan), St-25 (T'ien-Shu), and St-36 (Tsu-San-Li).
- c) By the Cold: Coma with icy limbs. Stimulate the three points in "a)" above and apply moxibustion to the points Co-8 (Shen-Ch'ueh) and Co-6 (Ch'i-Hai).
- d) By the Perverse [Vicious] Energy: The patient falls into a partial coma with raving (irrational speech); livid (discolored, dull bluish) or greenish-black face. Stimulate the points cited in "a)" above, and add Co-8 (Shen-Ch'ueh), EH-5 (Chien-Shih), St-36 (Tsu-San-Li), and Sp-1 (Yin-Pai).

If the patient is of sound constitution, many punctures are necessary; in the case of poor constitution [equates with emptiness] one must use moxibustion.

Additional Formulas for Stroke, Apoplexy, Hemiplegia, etc.

1. Apoplexy due to Excess Energy (ie. Glairy Mucus): Bleed Go-20 to relieve the congestion. Then Bleed Bl-40, He-9, and EH-9 to lower the blood pressure. Divide into two sets the points Bl-17, GB-21, LI-4, LI-11, GB-30, GB-31, GB-39, St-36, Ki-1, Li-3, and SI-10. Needle one set per day stimulating the unaffected side first and then the affected side. If there is an abundance of the Glairy Mucus, add St-40. For dysphasia, add GB-40 and Bleed #S-20 (Chinchin, Yuyeh).
2. Apoplexy due to Deficiency of Energy: Apply moxa to Go-14, Go-16, Bl-10, LI-4, Li-3, and St-36.
3. Cases of facial palsy due to apoplexy: Needle and apply moxa to St-6 and St-7. Stimulate the unaffected side first, then needle LI-4 and Li-3, and lastly stimulate the affected side.
4. Hemiplegia (after-effects of apoplexy): Needle LI-4, LI-11, and St-36 stimulating first the unaffected side. Divide into two sets the points Bl-40, Bl-57, GB-30, Bl-60, #S-137 (Pafeng), and #S-107 (Pahsieh). Stimulate one set per day.
5. China's current therapy for Apoplexy:
  - a) Acute stage: Go-26, #S-86 (Shihhsuan), Li-3, St-40, Go-20, Ki-1. For the "flaccid forms" apply moxa to Co-8 and Co-4.
  - b) Chronic stage: Upper extremities--#N-45 (Tingchuan), LI-15, TB-5, LI-11, LI-4.  
Lower extremities--Bl-23, Bl-25, Bl-37, GB-30, GB-31, GB-39, St-41.
  - c) Aphasia: Co-23, Go-15, He-5.
  - d) Facial paralysis: St-7, St-6, Co-24.

## TUBERCULOSIS (TB, Consumption)

---Western Etiology and Treatment: Tuberculosis is considered as an acute or chronic infection caused by *Mycobacterium tuberculosis* and rarely (in the U.S.A.) by *Mycobacterium bovis*. It is almost always initiated by inhalation, with pulmonary disease being the most common; however, it can spread via the lymphatics and blood stream to any other organ.

INH (Isoniazid) is the most effective, least toxic, and most easily administered antimicrobial used for TB. It is reported that more than 95% of patients now have their disease "arrested" by simultaneous treatment with INH and a suitable companion drug (ie. streptomycin, ethambutol).

---Chinese Etiology: Exhaustion of the Essential Energy of the body is the principal cause of tuberculosis and the microbes only play a secondary role.

The Trung Y Hoc (Study of Chinese Medicine, Hanoi 1961) notes the following:

"The Perverse Energy may remain for a long time within the organism, which harms the Lungs; alimentation and physical fatigue (in excess) harms the Spleen; anger (in excess) harms the Liver; mental fatigue (excessive) harms the Heart; sexual abuse harms the Kidneys. The five organs can be attacked by tuberculosis."

The Nei Ching also recognizes the contagious character of tuberculosis: "Tuberculosis can contaminate a whole family..."

Clinically, the symptoms of tuberculosis are very complicated because of the very close relationships among the five organs and the six bowels. It is possible, nevertheless, to divide them into two large groups:

1. Emptiness of Yang: General fatigue, sluggishness, little cough, occasional chest pains, diminished appetite, weight loss, very pallid skin. With women, a "little abundant" menstruation.
2. Emptiness of Yin: Cough with abundant spittle occasionally tinged with blood, loss of strength, "latent" fever or fever "by crisis", cold sweat, sometimes spermatorrhea. With women, very little or no menstruation.

## TUBERCULOSIS (TB, Consumption) [Continued]

---Acupuncture Treatment:

1. Emptiness of Yang: Every three days and at each session, apply moxibustion at the following points: Bl-13 (Fei-Shu), Bl-43 (Kao-Mang), Co-4 (Kuan-Yuan), and St-36 (Tsu-San-Li).

NOTE: At point St-36 (Tsu-San-Li), strong moxibustion may be performed [traditionally, seven hillocks of moxa per session].

2. Emptiness of Yin: "It is necessary to needle by following the symptomatology":

- Fever: Go-14 (Ta-Chuei), EH-5 (Chien-Shih), EH-7 (Ta-Lung), Sp-6 (San-Yin-Chiao), Ki-7 (Fu-Liu), and Ki-3 (T'ai-Hsi).
- Sweating: SI-3 (Hou-Hsi) and Ki-7 (Fu-Liu).
- Cough: Bl-13 (Fei-Shu), Lu-5 (Ch'ih-Tze) and Lu-9 (T'ai-Yuan).
- Spittle: St-40 (Fung-Lung) and Ki-3 (T'ai-Hsi).
- Blood-tinged spittle: Bl-17 (Ke-Shu), Bl-18 (Kan-Shu), Lu-5 (Ch'ih-Tze), Lu-10 (YU-Chi) and Li-2 (Hsing-Chien).
- Loss of appetite: Bl-20 (P'i-Shu), Co-12 (Chung-Wan) and St-36 (Tsu-San-Li).

See next page for therapeutic management information.



## TUBERCULOSIS (TB, Consumption) [Continued]

---Therapeutic Management of Tuberculosis

It is absolutely necessary to take note of the following crucial points; as counseled by Dr. Nguyen Van Nghi:

1. Needle when in the presence of a pulse with "four beats" (pulse rate; quantity of pulse beats in each respiration cycle). First needle, then administer moxibustion in the case of a pulse "with five beats or more". In the course of treatment, one must always counsel the patient to "purify and calm" the Heart (absolute physical and mental rest) and to restrain sexual desire.
2. Always employ the procedure of tonification.
3. The moxa applied to the Back-Shu points of the Bladder meridian must be of small size; at each session, apply three moxas to each point. On the other hand, at the inferior portion of the body, at point St-36 (Tsu-San-Li), for example, the moxas must be of large size and seven of them applied at each point.
4. It is necessary to search for the evolutionary character of the illness (latent or acute stage) in order to choose the proper points.

**EXAMPLE:** In the case of "fever with sweating" appearing simultaneously, take the sweating as the principal symptom and the fever as the secondary symptom. Likewise, in the case of "fever with blood-tinged spittle", first treat the fever, then for the spittle. In the case of "blood-tinged spittle with cough", attend to the spittle first, then the cough.

5. **With women:** Absent menstruation, squamous (scaly) skin, visual problems (from time to time, the patient does not see clearly and may become completely blind). This is the symptom of "Dryness of Blood" (Tuberculosis of the Blood). Acupuncture and the herbal prescriptions are obligatory. When the menstrual cycle returns, the illness of the individual is curable.
6. In serious cases, with emaciation, dry and paled complexion, difficult respiration, cracked voice, and soft stools, acupuncture and moxibustion do not produce any results.

Additional Formulas for Tuberculosis

## 1. China's current therapy for Pulmonary Tuberculosis:

- a) Bl-13, Go-14, #N-47 (Chiehhehsueh), Lu-6, St-36.
- b) Sp-4, Lu-9, Ki-3, Lu-1, Bl-17, He-6, He-7, Co-12, St-25, Sp-6, Bl-23, Co-4, Co-17.

## Other points according to the symptoms:

Hemoptysis--Bl-17, Lu-1.

Cough--Lu-9.

Night sweating--He-6.

Vexation and Insomnia--He-7.

Anorexia--Sp-4, Co-12.

Watery stool--St-25.

Nocturnal pollution or irregular menstruation--add  
Ki-3, Sp-6.

Sensation of cold, shortness of breath--add Bl-23,  
Co-4, Co-17.

Remarks: Take group "a" as the main points. Use moderate to strong stimulation. On the points St-25, Bl-13, Bl-17, moxibustion may be applied.

- c) Ear Points: E-52 Lung, E-31 Back of Head, E-39 Sympathetic, E-32 Ping-chuan.

## TYMPANITES (METEORISM)

[Ch'i Tympanites, Blood Tympanites, Water Tympanites (Ascites), Unilateral Tympanites (Hepatic Cirrhosis) and Splenomegaly]

NOTE: Tympanites is the presence of air or gas within the lumen of the stomach and intestines, or it can be due to gas in the peritoneal cavity. In either location, the signs are abdominal distention and a large area of tympany. The clinical entities occurring with these signs are too numerous to begin to describe since abdominal diagnosis is exceedingly difficult and complex. One should consult a proper text (e.g. Harrison's Principles of Internal Medicine).

We will describe here only those types of Tympanites concerning Chinese Medicine; namely, the five types described below.

### 1. Ch'i Tympanites

--Chinese Etiology: Generally due to a psychological "blow" or trauma which disrupts the transformation of the Energies, resulting in a stasis of Energy.

Symptoms include the following: Swelling begins in the lower abdomen with difficult urination; the following stage results in the entire abdomen swelling which sounds and "looks" like a drum; breathing is quickened; the chest is tight; the limbs become lean and slender; the skin remains the same color and the swelling is resilient upon being pressed.

--Acupuncture Treatment: Stimulate and apply moxibustion every other day. Use first Co-12 (Chung-Wan), Co-17 (T'an-Chung) and Co-6 (Ch'i-Hai) to harmonize the Ch'i. Then use EH-6 (Nei-Kuan) to clear the Energy in the three Burners (Triple Burner). Lastly, use St-36 (Tsu-San-Li) and St-44 (Nei-T'ing) to lead downwards the "uprush" of Ch'i.

### 2. Blood Tympanites

--Chinese Etiology: Due to a phenomenon of stasis after a fall or an excessive fright which disturbs normal Blood flow. It also may be due to clotted Blood not entirely removed from the mother after a delivery.

The symptoms include the following: The abdomen becomes swollen and firm while its veins are enlarged

## TYMPANITES (METEORISM) [Continued]

and the finer blood vessels in the legs also become distinct; urine is clear and passes without difficulty; stools are black; the lower abdomen swells and becomes painful; the face turns yellowish; purplish-black spots appear beneath the skin.

--Acupuncture Treatment: Apply moxibustion to the "Meeting point of Blood"; namely, Bl-17 (Ke-Shu). Apply the "Shu-Mu" method to the Energy of the Liver; namely, Bl-18 (Kan-Shu) and Li-14 (Ch'i-Men)--stimulate and apply moxibustion. The Spleen may be enlarged since it is intimately connected with the Blood; stimulate and apply moxibustion to its Mu-Front point, Li-13 (Chang-Men). Stimulate by moxibustion the point Sp-10 (Hsueh-Hai) which translates as "Sea of Blood", and is an important point in any kind of disease involving the Blood.

### 3. Water Tympanites (Ascites)

--Chinese Etiology: This disease has numerous causes: It can be due to disturbances of the Heart, the Kidneys, or cirrhosis of the Liver; or it can be due to the Stomach and Spleen losing their equilibrium (ie. food tympanites).

The symptoms include the following: In the early stages the area below the lower eyelids and the feet are swollen. In the following stage, urine is passed in small quantities and fluid collects outside the intestines causing the abdominal swelling. The forearm, calves and external genitals become edematous, affecting the Ch'i transformation in the Triple Burner. The breathing becomes strained and the Heart restless. The patient will feel thirst. Other symptoms such as headache, fatigue, and pallor may appear. The whole body will be edematous in serious cases.

In the very severe cases, there will be a yellowish color in the skin made somewhat translucent by the fluid accumulated underneath (jaundice). The lips will be blackish and the navel will protrude. The back, the center of the sole, and the supra-clavicular fossa will appear full and flat. If no treatment is performed at this serious stage, the patient will die shortly with strained and quickened breathing.

## TYMPANITES (METEORISM) [Continued]

--Acupuncture Treatment: For the initial stages, stimulate Co-26 (Jen-Chung), apply moxibustion to Co-9 (Shuei-Fen), and then stimulate St-44 (Nei-T'ing). When the abdomen begins to swell, stimulate Co-12 (Chung-Wan) and St-25 (T'ien-Shu) to augment general Ch'i transformation. Use Sp-9 (Yin-Ling-Ch'uan) and Ki-7 (Fu-Liu) to clear the waterways. For oliguria, stimulate Co-4 (Kuan-Yuan) and Co-6 (Ch'i-Hai). For a weakened Heart, use EH-6 (Nei-Kuan), He-7 (Shen-Men) and Sp-6 (San-Yin-Chiao). For vomiting and epistaxis, use Lu-5 (Ch'ih-Tze), LI-4 (Ho-Ku), and EH-6 (Nei-Kuan) to lower the "uprush" of Ch'i and to "loosen up" the three Burners. Stimulate Li-13 (Chang-Men) which is a well-known point for edema. Then St-41 (Chieh-Hsi) and Bl-18 (Kan-Shu) may be stimulated according to the symptoms.

NOTE: Shuei-Fen (Co-9) literally means "to divide water"; it may be coupled with Sp-9 in the case of edema with a protruded navel. In severe cases, Co-9 has traditionally been needled to allow some "fluid" to drain out to enable the area above the navel to return to normal size.

4. Unilateral Tympanites (Cirrhosis)

--Chinese Etiology: This disease may be due to overindulgence in alcohol, hepatic congestion, diabetes, or ascites. It is a slow and progressive condition.

The symptoms include the following: Swelling in the region of the liver which is somewhat painful upon palpation; emaciated limbs; pain in the lower abdomen; hematemesis or blood in the stool; constipation; anorexia; insomnia; perspiration. The Spleen may become enlarged. There is a tightness and pain in the region of the xiphoid process. Nausea is more severe in the mornings. The eyes appear "sunken" and are moist with tears.

--Acupuncture Treatment: Divide into two groups the points: Bl-20 (P'i-Shu), Bl-23 (Shen-Shu), Bl-18 (Kan-Shu), Bl-25 (Ta-Ch'ang-Shu), Li-14 (Ch'i-Men), Li-13 (Chang-Men), St-36 (Tsu-San-Li), Sp-9 (Yin-Ling-Ch'uan), Sp-10 (Hsueh-Hai), and Sp-6 (San-Yin-Chiao). Use one group per day; stimulate and apply moxibustion.

## TYMPANITES (METEORISM) [Continued]

5. Splenomegaly

--Chinese Etiology: This disease may be due to acute typhus, malaria, external trauma, obstructive phlebitis, or cirrhosis. The symptomatology includes palpable Spleen and a progressively enlarged abdomen. Its special characteristics are spider shaped markings on the face, neck, and back.

--Acupuncture Treatment: Divide into two groups the points Co-12 (Chung-Wan), Co-10 (Hsia-Wan), Bl-18 (Kan-Shu), Bl-20 (P'i-Shu), Li-14 (Ch'i-Men), St-25 (T'ien-Shu), St-36 (Tsu-San-Li), and Li-13 (Chang-Men). Apply moxibustion especially to Bl-18 and Bl-20.

NOTE: Cirrhosis and splenomegaly are related and often both conditions manifest at the same time.

An advanced stage of schistosomiasis may bring about splenic enlargement, in which case one stimulates St-4 (Ti-Ts'ang) in addition to the above points.

NOTE: Differential Test--Heat four ounces of table salt in a frying pan and wrap it up with silk. Place the wrapped salt (ie. bag) on the patient's navel. If the salt becomes:

- a) Watery = Water tympanites
- b) Reddened = Food tympanites
- c) Purplish = Blood tympanites
- d) Black = Ch'i tympanites
- e) Unchanged = Ch'i deficiency tympanites

Additional Formulas for Tympanites

## 1. Tympanites:

- a) Abdominal Yang (intestinal): Sedate GB-41, Sp-9, St-44, St-41, LI-3, Co-6.
- b) Abdominal Yin (intestinal): Sedate Sp-4; then tonify LI-3, St-42, Sp-5 (if constipation), Sp-9.
- c) Epigastric Yang (intestinal): Sedate GB-41, Ki-21, Sp-9, Co-17.
- d) Epigastric Yin (intestinal): Sedate Sp-4; then tonify LI-3, St-23, St-36, St-41, Sp-9, Co-13, Co-14.

2. Hepatomegaly: Sedate Li-14, Li-13, GB-44, GB-26.3. Ascites: Bl-50, Ki-7, GB-28, Li-13, St-25, St-33, St-43, Sp-4, Sp-8, Sp-9, Sp-17, Co-3, Co-5, Co-8, Co-9.

NOTE: For further information, see also in this Lesson the section on EDEMA.

## URINARY CALCULI (RENAL STONES)

---Key Symptoms: Excruciating, intermittent pain usually originating in the flank or kidney area and radiating across the abdomen along the course of the ureter, frequently into the region of the genitalia and the inner side of the thigh. Nausea, vomiting, and abdominal distention may obscure the urinary origin. Chills, fever (urinary infection), hematuria, and frequent micturation are common complaints.

---Western Etiology and Treatment: The causes can be tabulated into two main factors:

1. Factors increasing the urine concentration of stone crystalloids: This group includes reduction in urine volume and an increased rate of excretion of stone constituents; calcium, oxalate, urate, cystine, etc.
2. Factors favoring stone formation at normal urinary concentration: This group of factors is less well understood but includes urinary stasis, pH changes, foreign bodies, and reduction of the normal protective substances.

The treatment is usually surgical. The pain may be relieved with narcotics (ie. morphine).

---Chinese Etiology and Treatment: Gravel in the urine is caused by the accumulation of Damp Heat in the Bladder.

The treatment consists in utilizing the points Co-4 (Kuan-Yuan), Co-3 (Chung-Chi), Bl-23 (Shen-Shu), Bl-22 (San-Chiao-Shu), Bl-27 (Hsiao-Ch'ang-Shu); add according to the symptoms Bl-28 (P'ang-Kuang-Shu), Bl-40 (Wei-Chung), St-28 (Shuei-Tao), and Ki-1 (Yung-Ch'uan).



Additional Formulas for Urinary Calculi

1. Sp-9, Sp-6, Ki-3, Ki-1, Li-1; apply moxa to Co-8 [first use sea salt to fill the navel], Li-2.  
Remarks: Herbal therapy may be necessary to reduce the stones. In chronic conditions up to forty treatments may be necessary. When the stones become very large, it is very difficult to cure with acupuncture.
2. Stimulate and apply moxa to Bl-23. Stimulate Co-4 and Bl-28 to disperse the Perverse Heat and Dampness. Lastly, apply moxa to Li-1, Ki-1, Bl-40.
3. China's current therapy uses:
  - a) Bl-23, Sp-6.
  - b) Bl-52, Ki-3.Remarks: Apply strong stimulation to the points in group "a". If the results are not satisfactory, add group "b".
  - c) Ear Points: E-47 Kidney, E-92 Ureter, E-33 Subcortex, E-39 Sympathetic.
4. Kidney Stones: Daily treatments applied to the points Bl-23, Bl-28, GB-34; Go-4 (moxa).

## URTICARIA (HIVES, NETTLE RASH)

---Key Symptoms: Wheals marked with intolerable itching. May be accompanied by fever, malaise, and nausea. History of exposure to sensitizing foods or drugs in some cases, makes this disorder an acute or chronic inflammatory skin reaction of allergenic origin.

---Western Etiology and Treatment: Most acute forms of urticaria are caused by ingestion of foods or drugs. Common foods are shellfish, pork, strawberries, wheat, eggs, milk, tomatoes and chocolate. Common causes from ingestion of drugs include penicillin, salicylates, tartrazine, belladonna, iodides, bromides, serum and vaccines. Other sources include yellow and red food dyes, molds, bacteria, insect bites, parasites, and emotional factors.

The initial treatment consists of castor oil purgation to remove possible antigenic substances in acute cases. The diet restricts common offending foods. Other measures are antihistaminic drugs, epinephrine injection, ephedrine sulfate, systemic corticosteroids, and topical antipruritic preparations.

The acute forms are usually self-limiting and last for only a few days. The chronic forms may persist for years.

---Chinese Etiology and Treatment: Urticaria has two essential causes:

1. The Wind Heat and Humidity attack the superficial layers of the body and provoke inflammation.
2. Heat generated inside the body attacks the Blood and provokes inflammation in the skin. The Perverse Energy is going from the inside (Yin) to the outside (Yang). The Heart is restless.

The treatment consists of applying sedation method to the point St-44 (Nei-T'ing). Then stimulate LI-11 (Ch'U-Ch'ih) and follow by applying moxibustion [traditionally with a slice of ginger]. Other points that may be used are TB-10 (Tien-Ching), LI-4 (Ho-Ku), He-7 (Shen-Men) and LI-15 (Chien-YU).

Additional Formulas for Urticaria

1. LI-11, TB-5, Bl-40, Bl-13; add Sp-10, GB-31.
2. Sedate St-15; then tonify Li-3, Li-4, Li-5, Li-8, Li-14, LI-4, Bl-40.

3. China's current therapy uses:

- a) Li-13, Li-14, Li-2, Sp-10, Sp-6, St-36.

Remarks: Apply medium to strong stimulation. Treat once daily.

- b) Ear Points: E-76 Urticaria [area], E-34 Internal Secretion, E-52 Lung, E-29 Adrenal Gland.

Remarks: Apply strong stimulation.

4. Li-5, Li-14, Sp-6, St-31.

## UTERINE CANCER (Cervical &amp; Endometrial)

---Key Symptoms:

- a) Cervical--Cancer of the cervix is the most common malignancy of the female reproductive system, most often occurring in women between the ages of 30 and 50. Early stages of the cancer are usually asymptomatic, but chronic infections and erosions of the cervix appear to be significant in its development. It also shows a higher incidence with those in lower socioeconomic groups and with a history of early sexual activity and multiple partners.

The most common findings are metrorrhagia and cervical ulceration. Hypermenorrhea occurs later. Leukorrhea (sanguineous or purulent, odorous, and nonpruritic) appears after invasion. Anemia, anorexia, and weight loss are late signs. Early neoplasm is detected with a "Pap" test.

- b) Endometrial--This is the second most common malignancy of the female reproductive tract. In postmenopausal women who have bleeding, one-half the cases are cancer of the fundus. Its peak incidence is between the ages of 50 to 60.

Abnormal uterine bleeding is the presenting sign in 80% of the cases. A watery, serous or sanguineous, malodorous vaginal discharge is occasionally present. Pain occurs late in the disease, or when the uterus becomes infected. It is a slow growing malignancy.

---Western Etiology and Treatment: Endometrial cancer has a higher incidence in women with estrogen producing ovarian tumors, with prolonged adenomatous endometrial hyperplasia, with delayed menopause, or with a disturbed menstrual history and infertility. Other factors thought to predispose to endometrial carcinoma are obesity, hypertension, diabetes mellitus, and a family history of breast or ovarian cancer. As with all cancers, the causes of both uterine malignancies are unknown.

The general treatment in both cases of these cancers consists of radiotherapy or surgery, or a combination of both. The overall survival rate for squamous cell carcinoma or adenocarcinoma originating in the cervix is about 45% in the major clinics. For cancer of the endometrium with early diagnosis and treatment, the five-year survival rate is about 63%.

## UTERINE CANCER (Cervical &amp; Endometrial) [Continued]

---Acupuncture Treatment: The first step consists of needling the points Sp-6, Sp-9, and Sp-10.

Secondly, needling is applied to Co-6, Co-4, Co-3, and Co-2.

Thirdly, needling is performed on the points Bl-23, Bl-31, Bl-32, Bl-33, and Bl-34.

Fourthly, if lumps are palpable below the umbilicus, these are to be needled. If lumps are not palpable, apply a long needle to the very painful spot or spots caused by the cancer. Then burn three one-inch round balls of moxa on the handles of these needles.

If the cancer is localized in the cervix, traditionally one applies 5-7 hillocks (bean size) of moxa to the points Co-2, Co-3, Bl-33, and Bl-34. On the first day of treatment one utilizes Co-2 and Co-3 only; then on the second day of treatment one utilizes Bl-33 and Bl-34 only. These two sets of points are alternated daily with this procedure.

If the cancer is localized in the fundus, traditionally one applies 5 hillocks (bean size) of moxa to the points Co-3, Co-4, Bl-32 and Bl-33. On the first day of treatment one utilizes Co-3 and Co-4 only; then on the second day, utilize Bl-32 and Bl-33 only. These two sets of points are alternated daily in this procedure.

When applying moxibustion to the above alternating sets of points, one continues daily treatment as indicated in the four steps outlined above, including burning moxa on the handle of the needles, as outlined.

As for the prognosis, we quote our Oriental colleague: "In the first stage (early hemorrhaging), 10-20 treatments. In the stage where the cancer has broken and caused uterus to decay, or after needles and moxa the pain does not stop, or after operation or biopsy by Western doctor (this will cause the cancer to spread quickly), the cancer cannot be cured."

Additional Formula

Cancer of the Cervix or Fundus: Co-4, Co-3, Co-2, Bl-32, Bl-33, Bl-34, Co-2.

VAGINITIS (Pain and Inflammation of the Vagina)

---Key Symptoms: White, creamy white, or yellow mucoid discharge from the cervix, may or may not be accompanied by odor and vulvar itching.

---Western Etiology and Treatment: Infection of the vagina can be due to gonococci, T. vaginalis, H. vaginalis, Candida, tumors, fistulas, foreign bodies, etc.

Infections are managed by sulfonamide creams, broad spectrum antibiotics, buffered acid vaginal jellies, etc. Other measures include douching, surgery, etc.

---Chinese Etiology and Treatment: The pains and inflammations of the vagina have two causes:

1. Wind Cold: There is pain but no inflammation. The treatment consists of dispersing the Cold by the point Li-2 (Hsing-Chien).
2. Humidity Heat: The attack of the Liver meridian by the Humidity Heat is always accompanied by pains and inflammation. The treatment consists of dispersing and subduing the Heat by the same point, Li-2 (Hsing-Chien).

Additional Formulas

1. Sedate Sp-9, Sp-6, St-30, Co-6, Co-3, Go-4, Go-2.
2. Vaginal Pain: Sedate Ki-6, Lu-7, Co-1; and if swelling add Sp-6.

## VERTEBRAL SUBLUXATION

---Key Symptoms: Displacement of a vertebra which has lost its normal structural and functional linkage with the vertebra above and/or below it. Subluxation can occur without awareness or may be felt as a "crick" or "click" in the back or neck. The diagnosis can be confirmed by palpation, movement or mobility tests, electrical skin resistance devices [Ah Shi points!], heat detection thermacouples, infrared photography, or by X-Rays. For more serious disorders of the back, see in this Lesson the section on Lumbago.

---Chinese Etiology and Treatment: Vertebral subluxation (slight or impartial displacement) is mostly restricted to the Tendino-muscular meridians, since the entity of subluxation itself denotes muscular involvement. The three essential meridians causing vertebral displacement are the Tendino-muscular meridians of the Bladder and the Kidneys, as well as the secondary vessels of the Tou Mo (Governor Vessel).

The Perverse Energies (Wind, Cold, Heat,...) can enter the Tendino-muscular meridians when in deficiency, and thereby cause muscular spasms; and hence, subluxations [congestion of the Energy, see Lesson 26]. The Cool Wind is able to infect the Tendino-muscular meridians of the Bladder and Kidneys (via the facial zones, the neck, or legs) when the Wei Energy of the Principal meridians of the Bladder and Kidneys are weak. When the Yang (Wei) grows very weak, it is able to infect the secondary vessels of the Tou Mo [these secondary vessels are sometimes called the Tendino-muscular meridians of this vessel]. Thus, infection by the Perverse Energy of any of these vessels can lead to vertebral subluxations, among other disorders as well.

The treatment of the subluxations themselves can be managed by the application of the Plum Blossom needle or Seven Star Dermal needle. Moderately strong tapping is applied to either side of the immediate vertebra involved. The tapping is applied until there is moderate, local erythema. This superficial stimulation of the area allows the Wei Energy to "rush" to the infected area in order to effectively neutralize the Perverse Energy. Tapping should be applied mainly to the 'Ah Shi' points immediately adjacent to the subluxated vertebra (ie. Hua To's Vertebral Points). Many times, a subluxation will immediately reposition itself to normal alignment.

## VERTEBRAL SUBLUXATION [Continued]

Mechanical manipulations of the spine, in these cases, are generally contraindicated since rapid and "pressurized" dispersion of the Perverse Energy will also cause a dispersion of the Wei Energy; and hence, the area may become more inflamed (ie. painful) following the treatment. As well, if the Wei Energy is not manipulated correctly, the Perverse Energy may only localize in another area [with little or no painful symptoms since Perverse Energy "in motion" seems to, many times, defy detection by the nervous system] only to cause other symptoms later in the patient's history. X-Rays are also contra-indicated since they are known to cause a depletion of the Essential Energy [and cause artifacts in the Pulses].

In order to effectively alleviate this weakened condition, the Essential Energy (Yong & Wei) must be examined in the principal meridians of the Bladder and Kidneys, as well as the Energy level (ie. Ancestral) of the Tou Mo Vessel. In order to "push" the Wei energy into the Bladder meridian (in a state of deficiency), one must tonify the Ting point Bl-67 (Chih-Yin). This is also the meridian's point of tonification, which will ensure (especially using moxa) the raising of the meridian's Energy level; and consequently the Energy level of the Bladder's Tendino-muscular meridians. Tonification of the Ting point of the Kidney meridian will allow the Wei Energy to enter into that meridian as well.

An essential disturbance of the Tou Mo Vessel involves stiffness of the spine, which can be managed by sedating the point Go-1 (Ch'ang-Ch'iang). Also, Kidney Energy [the source of the Tou Mo Vessel] can be "pulled" to the surface by the point Co-2 (Ch'U-Ku).

As well, one must never forget to Tonify the Essential Energy of the body by the points Lu-7 (Lieh-Ch'Ueh), LI-4 (Ho-Ku), and St-36 (Tsu-San-Li). The question remains however: How are these points properly manipulated? Let us then examine the theoretical development of this formula....

---Formula Development: The Essential Energy, representing the nutritive and defense energies of the body, is produced by the alimentation and the respiration, principally in the Triple Burner.

We know that Yong Energy, leaving the Upper Burner, arrives at the point Lu-1, to flow into the Principal meridian of the Lungs, and thereby follows the classical cycle of Ch'i (Lungs, Large Intestine, Stomach,...).



## VERTEBRAL SUBLUXATION [Continued]

The meridians of the Lungs and the Large Intestine are coupled meridians and they are connected together by Lo Transversal vessels. At the point Lu-7 (Lieh-Ch'ueh), a Lo vessel leaves from the Lung meridian to arrive at the point LI-4 (Ho-Ku) of its coupled meridian. The transliterated name of the point Lieh-Ch'ueh is many times called "Eminent Vacancy", meaning that if the Yong Energy does not leave this point, the organism suffers a great loss of Essential Energy. In order to force the "vacancy" of Energy from this point (to ensure Energy generation), one must apply a strong stimulation.

In order to attract the Energy into the Large Intestine meridian, and thereby consolidate the treatment, one must tonify the point LI-4 (Ho-Ku). The Energy is forced from the Heavens (Lungs) and attracted to the Earth (Large Intestine, Yang Ming layer). The Energy circulation according to the classical cycle of Ch'i is therefore reinforced.

In order to ensure that there is sufficient Energy production in the Triple Burner to supply the Lungs, one must also utilize the point St-36 (Tsu-San-Li). We know that the material base of the Triple Burner is represented by the Stomach, in Chinese medicine called the "Sea of Nourishment". By applying moxa to the Ho point of the Stomach, St-36, this mode of stimulation will act on the deep parts of the meridian; namely, the Stomach (organ) itself. By "heating" the meridian at this point, the Triple Burner will be activated to produce larger amounts of the Yong and Wei Energies.

To reiterate, the basic formula for the Tonification of Essential Energy is: Sedate Lu-7, tonify LI-4, and apply moxibustion to St-36.

NOTE: This is not a formula to be applied at each treatment session. You may literally "burn out" or use up the system's Energy by overstimulating the patient. Let the patient tell you when stimulation has been sufficient!

## VERTIGO

---Key Symptoms: When the eyes are open, the patient's surroundings seem to move about. When the eyes are closed, there is a sensation of motion. Severe vertigo can be accompanied by vomiting and nausea.

---Western Etiology: Vertigo is distinguished from other forms of "dizziness" such as faintness, lightheadedness, etc. It is believed to be caused by a disturbance of the vestibule; semicircular canals; 8th cranial nerve; vestibular nuclei in the brain stem and their temporal lobe connections; or by the eyes.

These structures may be affected by the following disorders: Ménière's syndrome; myringitis; otitis media; acute vestibular neuronitis; herpes zoster oticus; labyrinthitis; middle ear or labyrinthine tumors; petrositis; otosclerosis; obstructed external auditory canal or eustachian tube; alcoholism; streptomycin or opiate toxicity; hysteria; motion sickness; diplopia; transient vertebral basilar ischemic attacks; multiple sclerosis; skull fracture; temporal lobe seizures; encephalitis; tumors of the pons, cerebellopontine angle, or 8th cranial nerve; leukemia involving the labyrinth.

True Vertigo is established by an absence of objective findings, by negative laboratory tests, and by psychological evaluation. This absence indicates to the Acupuncturist that the disease is confined within the Energy and has not yet reached the matter!

---Chinese Etiology and Treatment: Vertigo has three essential causes:

1. Deficiency of Yang Kidney: A Chinese Classic points out, "...a deficiency of energy in the upper part of the body may lead to an emptiness of the brain, ringing in the ears, slanting of the heat, and dizziness of the eyes." Symptoms include pale complexion, weak limbs, fear of the cold, exhaustion of the Spirit, lack of energy, love of lying down, voice weak, pulse-feeble.

Apply moxibustion to Bl-23 (Shen-Shu) and Co-4 (Kuan-Yüan). Tonify St-36 (Tsu-San-Li) and Bl-20 (P'i-Shu).

## VERTIGO [Continued]

2. Glairy Mucus in the Triple Burner: The patient presents a congested chest, vomiting, nausea, weakness of the Spleen and Stomach, palpitation, borborygmus, lassitude, pulse-wiry and sliding.

Apply sedation method to the points Co-12 (Chung-Wan), St-41 (Chieh-Hsi), and EH-6 (Nei-Kuan).

3. A Deficiency of Yin Kidney that results in Yang Liver excess, the Fire floats upwards: The patient presents lumbago, seminal emission, palpitation, insomnia, dazzling of vision, reddish tongue, both pulses empty and rapid, radial pulse-small.

Sedate the points Bl-18 (Kan-Shu), Li-2 (Hsing-Chien), GB-20 (Fung-Ch'ih); tonify Bl-23 (Shen-Shu) and Ki-3 (T'ai-Hsi).

Additional Formulas

1. Yang Vertigo (Congestion, hypertension, etc.): Sedate Bl-65, LI-4, Bl-2.
2. Yin Vertigo (Anemia, vagotonia, or depression): Sedate Bl-10; then tonify GB-20, GB-4, GB-34, Bl-41, LI-4, St-36, TB-3, TB-4, Co-6.
3. Vertigo at high altitudes: Sedate Bl-62, Bl-10; then tonify GB-20.
4. China's current therapy uses:
  - a) GB-20, TB-17, SI-19, EH-6.
  - b) St-36, Co-12, Ki-3, Anmien (#N-27 or 28).

Remarks: Apply moderate stimulation. Treat once a day, 5-7 treatments to a course.

- c) Ear Points: E-30 Forehead, E-51 Heart, E-39 Sympathetic, E-37 Shen-men, E-34 Internal Secretion, E-29 Adrenal Gland, E-31 Back of Head.

Remarks: Treat once daily. Apply moderate stimulation, five to seven treatments to a course.

## VOMITING (EMESIS)

---Western Etiology and Treatment: The causes of vomiting include many factors, correction is therefore dependent upon the underlying cause: Irritation, inflammation, or mechanical disturbance at any level of the gastrointestinal tract; irritating impulses arising from any diseased viscera (ie. cholecystitis); disturbances of the semicircular canals (ie. seasickness); and the toxic action of cardiac drugs (ie. digitalis). Central causes (vomiting center of the medulla) also include central emetics (emetine, apomorphine, morphine); exogenous and endogenous toxins, increased intracranial pressure, cerebral hypoxia due to cerebral anemia or hemorrhage; and psychological factors.

Simple acute vomiting as occurs following dietary or alcoholic indiscretion or in the morning sickness of early pregnancy may require little or no treatment. Severe or prolonged vomiting requires careful medical management [ie. adequate fluid and nutrition, sedative-antispasmodic drugs, chlorpromazine hydrochloride,...].

---Chinese Etiology and Treatment: There are numerous causes of vomiting. Described here is vomiting due to the insufficiency of the Stomach and Spleen; occasioned either by the Cold, Heat or food. For other causes (ie. influenza), see those sections in this Lesson.

In every case, the patient vomits all that is ingested. There are two basic forms:

1. Vomiting of Cold-Earth origin; the Spleen is disturbed due to the Cold. The symptoms include the following: The limbs are cold and chilly; indigestion; glairy or liquid vomiting without odor which one is unable to hold back; thick and whitish tongue; pulse-slow and delayed. This trouble evolves very slowly.

It is necessary to stop the vomiting by the points Bl-20 (P'i-Shu), Bl-21 (Wei-Shu), Co-17 (T'an-Chung), Co-12 (Chung-Wan), Co-6 (Ch'i-Hai), EH-6 (Nei-Kuan), and St-36 (Tsu-San-Li). With this type of vomiting, perform moxibustion at the points centered at the abdomen. As regards the other points, stimulate first, then perform moxibustion afterward. "The results are excellent" (Trung Y Hoc, Hanoi 1961).

## VOMITING (EMESIS) [Continued]

2. Vomiting of Earth-Heat origin; the Spleen is disturbed due to the Heat. The symptoms include the following: The patient detests the heat and likes the cold; is thirsty; is restless; acid belching; indigestion; vomiting of warm and impure elements with strong odor; reddish urine; yellowish and dry tongue; pulse-great and rapid. This trouble evolves very quickly.

Stimulate the points Co-12 (Chung-Wan), EH-6 (Nei-Kuan), St-36 (Tsu-San-Li), and St-40 (Fung-Lung). If there are no results, add Bl-63 (Chin-Men) and Co-18 (YU-T'ang) and Bleed these.

Additional Formulas For Vomiting And Nausea

1. Middle Burner empty and Cold: The symptoms include foods rejected upon entering the Stomach, pale tongue, pulse-slow and weak. Treat the points Co-12, Li-13, Bl-20, Bl-21; add St-36, Sp-6.
2. Middle Burner empty and Cold with Mucus and obstructed Energy: The symptoms include vomiting of mucus and saliva, tongue furred and greasy, pulse-weak. Treat the points GB-21, Co-17, Co-6, Co-12; add EH-6, St-36, St-40.
3. Stomach empty and obstructed: The symptoms include vomiting and hiccough, pale tongue, pulse-weak. Treat the points Co-12, Bl-21, Ki-16; add EH-6, St-36.
4. Cold and Mucus in the Upper Burner: The symptoms include vomiting and coughing, tongue furred and greasy, pulse-slippery. Treat the points GB-21, Co-17, Bl-17, Co-12; add St-36, Sp-4.
5. Lower Burner empty and Cold, weak Fire, Spleen weakening: The symptoms include food ingested in the morning that is vomited in the evening, pale tongue, pulse-slow and weak. Treat the points Co-6, Co-4, Bl-20, Bl-23; add St-36, Sp-6.
6. Spleen and Stomach empty, Yin insufficiency: The symptoms include chronic nausea, constipation, pulse-rough. Treat the points Co-12, Li-13, St-36.
7. Spleen injured by alcohol: The symptoms include vomiting, tongue furred white and greasy, pulse-slow and weak. Treat the points Co-12, Li-13, Bl-20; add EH-6, St-36.
8. Fire of the Stomach and Mucus transformed into Heat: The symptoms include vomiting immediately after eating, purple tongue, pulse-rapid. Treat the points GB-21, Co-12, Li-13; add EH-6, St-36, St-44.

## VOMITING OF MILK IN INFANTS

---Key Symptoms: Vomiting usually takes place during the second or third week after birth. Other symptoms include oliguria, constipation and loss of weight.

---Chinese Etiology and Treatment: Basically this condition is due to overfeeding and a weakness of the Stomach and Spleen (Pancreas).

Massage with the fingers or use a "pressure needle" on the points Co-12 (Chung-Wan), LI-4 (Ho-Ku), EH-6 (Nei-Kuan), and St-36 (Tsu-San-Li).

Additional Formula

Massage Co-17, Co-16, Bl-21.

## VULVAR PRURITIS

--Key Symptoms: Itching, mostly nocturnal, of the anogenital area. There may be no skin reactions, or on the other hand inflammation of any degree can occur up to lichenification.

--Western Etiology and Treatment: Most cases have no obvious causes. Anogenital pruritis may be due to the same causes as intertrigo, lichen simplex chronicus, seborrheic dermatitis, contact dermatitis (ie. soap, douches, contraceptives); or may be due to irritating secretions as in diarrhea, leukorrhea, trichomoniasis, or local disease (candidiasis, dermatophytosis).

Diabetes mellitus must be considered, as vulvar pruritis is an early warning sign of this disorder.

Uncleanliness may be at fault.

General measures of treatment include corticosteroid or vioformhydrocortisone creams; sitz baths using silver nitrate, potassium permanganate, or aluminum subacetate solution; underclothing changed daily; and Grenz ray therapy.

---Chinese Etiology and Treatment: When the Energy of the Liver is in fullness and the Energy of the Spleen is in emptiness, the Damp Heat gathers at the lower part of the body and provokes vulvar pruritis. Vulvar pruritis is accompanied by symptoms of restlessness and red, scanty urine.

The treatment consists of fortifying the Spleen, appeasing the Liver and dispersing the Damp Heat: Sedate the points Sp-2 (Ta-Tu), Li-2 (Hsing-Chien) and He-8 (Shao-Fu).

Additional Formulas for Vulvar Pruritis

1. Tonify Li-8, Li-14, He-9, Co-3; then sedate Li-2.
2. Co-3, Sp-10, Sp-6; add Bl-40, Li-2.
3. St-31, St-30, Li-11, Co-3, Go-1, Co-1, He-8, Ki-10, Bl-60.
4. He-8, Ki-2, Ki-3, Ki-10, Li-1, Li-8, Li-11, Co-1, Co-3, Co-4.