

Treatment Strategy 1

5-12-06

Treatment Strategy 1.....	1
<u>1. Wei Syndrome.....</u>	<u>1</u>
<u>1.1. Wei Syndrome Types.....</u>	<u>1</u>
<u>1.1.1. Heat in Lung.....</u>	<u>3</u>
<u>1.1.2. Dampness and heat.....</u>	<u>4</u>
<u>1.1.3. LV & KD Yin Deficiency.....</u>	<u>5</u>
<u>1.1.4. Deficiency of spleen and stomach.....</u>	<u>5</u>
<u>1.1.5. Trauma.....</u>	<u>6</u>
<u>1.1.6. Qi and Bld deficiency.....</u>	<u>7</u>
<u>1.1.7. HT and SP Shock.....</u>	<u>7</u>
<u>1.1.8. Other Stuff.....</u>	<u>7</u>
<u>1.2. MS.....</u>	<u>8</u>
<u>1.2.1. Damp phlegm MS.....</u>	<u>8</u>
<u>1.2.2. LV & KD yin deficiency MS.....</u>	<u>9</u>
<u>1.2.3. Shock MS.....</u>	<u>9</u>
<u>2. Colds and Flu.....</u>	<u>9</u>
<u>2.1. Exterior Cause Cough.....</u>	<u>9</u>
<u>2.1.1. Invasion of lung by wind cold.....</u>	<u>9</u>
<u>2.1.2. Invasion of lung by Wind Heat.....</u>	<u>10</u>
<u>2.1.3. Invasion of lung by wind dryness.....</u>	<u>11</u>
<u>2.2. Internal Caused cough.....</u>	<u>11</u>

1. Wei Syndrome

A Chinese-English Handbook of Acupuncture and Moxibustion by Xie

1.1. Wei Syndrome Types

Wei – withering. The muscles and the sinews are withering. They are not being nourished properly. There is at first weakness and then eventually paralysis.

In western medicine, this is due to injury of spinal nerves or various motor nerves or serious injury to the muscles themselves.

Includes:

- Acute inflammation of spinal cord (meningitis or encephalitis)
- Spinal cord trauma
- Muscular atrophy caused by different diseases (Polio – very effectively treated with Chinese medicine. It usually attacks the lungs and legs.)
 - Polio is wind heat.
 - Myasthena Gravis – An autoimmune disorder that causes muscle weakness. Starts with tiredness and fatigue. Eventually ends up as paralysis in the face and sometimes extremities. The sooner you start treating these patients, the better the results.

- Damage to the motor neurons – brain stem or spinal cord. Chinese medicine doesn't have great results with this.
- Multiple Sclerosis
 - Myelin sheath starts to deteriorate. The nerve demyelinates. Numbness and feeling start to disappear. It often starts with vision (double vision) or feelings of clumsiness, gradually losing the ability to move. MS is considered to be treated very effectively with TCM. The sooner you get at it, the better the results. You may not get rid of MS, but you can stop the progression. (Macciocia – The Practice of Chinese Medicine. Once you are bad enough to need a wheelchair, it is tough to treat and have little chance of success.
- Muscular Dystrophy. A progressive degeneration of the muscles that does not involve the nervous system.
 - This is bi-lateral.
 - There is no sensory loss in this case.
 - It is caused by genetics. Usually starts within the first 3 years of life. TCM is not that effective. You can treat the pain however.
- Tumors in the CNS
 - Can cause paralysis.
- Some cases that can't be diagnosed can still be effectively treated with TCM.

There is difference between wei and bi syndromes. Both can affect the limbs, but have different clinical signs and causes. Bi means pain, it can be limbs, trunk, or spine. It is caused by some type of obstruction in the channels: wind, cold, damp, heat, whatever. It is the blockage that causes the pain. "With painful bi, there is no passage." Sometimes it can get better, sometimes it can get better. There is also pain upon movement with bi syndrome.

With the wei syndrome, there is a decrease in the muscular strength in the arms or legs. "hands can no longer grasp, feet can not support". You can't use the limbs. But there is no pain, perhaps just numbness. It is usually just the limbs. "There is weakness and no use."

With bi there is blockage, with wei there is a deficiency (blood, qi, yin, or essence) of some kind. With wei syndrome we are looking at what substance is lacking in the body. We are not talking stroke. We are talking something different

There are six basic causes of wei syndrome:

- Heat in the lung
- Dampness and heat
- Yin deficiency in the LV and KD
- Qi & blood deficiency
- Trauma
- Deficiency of the spleen and stomach
- Shock (Heart and spleen deficiency caused by shock)

Simple questions categorizes wei syndromes as:

- Skin: lungs
- Muscles: spleen
- Sinews/tendons: liver
- Bones: Kidney

This is fairly old and is not commonly used today.

Polio is a good example. It starts with the lungs and goes to the spleen (muscles). It can eventually affect the liver and kidneys as it goes deeper and deeper. The heat from the wind heat is drying out the body fluids. The muscles and sinew are not being nourished and go numb. Over time this causes damage to the yin and permanent damage. MS is similar. It is aggravated by heat. Hot weather makes the problem worse.

Outside pathogens

Internal problems?

Diet can also cause these syndromes or make them worse.

Fourth cause is excessive work and sexual activities

Fifth cause is trauma

1.1.1.Heat in Lung

This is from a fever disease (like polio or measles). It's from a virulent wind-heat. It attacks violently and quickly. It dries up the body fluids and the yin of the body. The wind heat in the lungs can go in deeper (yang ming level) to the internal organs where it can intensify the heat. At this point it has a drying effect and can cause damage to the yin of the body.

This is heating the Da Qi. And it can go to the Gu Qi and affects us at a very fundamental level in our bodies.

Clinical signs and symptoms:

- Wei in both lower limbs, or lowered muscle tone in lower limbs.
- It's wind heat so fever and hot signs
- Coughing – wind heat in lungs
- If there is sputum it's yellow/green
- Dryness in throat
- There can be thirst
- Decreased urine (concentrated)
- Dry stool
- Dry skin
- Tongue: red from heat, with dry yellow coating
- Pulse: Deep, fast, slippery (the pulse “feels” faster than it should be)

Treatment Principle: Clear the heat, moisten the dryness, tonify the lungs, generate fluids, invigorate the circulation in channels and limbs.

Points

Clear Heat:

- LU7 – clear heat in lungs
- LU5 – clear heat in lungs
- LI4, 11 – clear heat
- BL13 – lung shu point

Nourish the yin:

- KD3, KD6, ST36, SP6

Invigorate the circulation:

- Regulate the qi and blood
- LV3, SP10

Then use local things to get the extremities moving.

- Treat the yang ming channels
- “To treating wilting, only choose the yang ming.” ST and LI.
- The number two choice is the GB channel, because it is in charge of movement. The liver nourishes the sinews, the GB is the ability to move.
- Arm:
 - LI15, 14, 11 (said to benefit sinews), 10 (similar to ST36),
 - LI 4 for hand problems
 - TW5 – also removes obstructions
 - SI3 (for hands)
- Leg
 - GB30 – also tonifies qi, bld, removes obstructions, and has general tonifying qualities.
 - GB31 – stimulate the flow of qi and blood, expels wind, gets sinews moving.
 - ST30 & 31 – also tonifying. Think of this as a gateway from the energy from the trunk. Especially if the person has trouble walking.
 - ST32 – affects the blood vessels
 - ST34 – influential point of sinews
 - ST36* - most important point to tonify the channel
 - ST41(clear heat), GB40 – local points for the foot. Good for people who can’t lift their feet. (foot drop)
 - UB 32, DU3 – good to stimulate circulation
 - DU14, DU12, Huato Jiaji (at the level of the spinal nerves affected)

1.1.2.Dampness and heat

When the air is very moist and the person has a predisposition to dampness, the moist air will invade the body and settle there. If the person also lives in a damp place. It will invade the muscles and lead to atrophy.

Clinical signs

- Muscle tone affect in the legs
- Edema (dampness invade the lower part of the body)
- Legs feel warmer than other parts of the body.
- Feeling of heaviness in the body.
- Feel hot and feverish
- Can create diminished urine. (cooking off fluids of heat, and obstruction by dampness). The color is yellow, more concentrated.
- Tongue: yellow more greasy
- Pulse: fast, slippery

TX principle:

- clear heat, remove dampness
- Points

- Dampness
- BL20
- SP9
- BL22
- Clear heat
- LI11, DU14
- Stimulate SP and ST
- ST40

1.1.3.LV & KD Yin Deficiency

Caused by excessive work or sexual activities.

LV and KD share the same yin root. The bones and sinews are injured here.

Sometimes there are signs of dampness as well as yin deficiency.

The legs get progressively weaker. (Sore back and knees) Dizziness and poor memory.

Clinical symptoms

- Mostly seen in older people.
- Typically the symptoms come on slowly
- Slow development of weakness or paralysis in the body (arms and legs feel weak)
- Mild to moderate amount of motor weakness in the legs.
- Yin deficiency signs.
 - Weakness and soreness in LB and Knees
 - Dizziness, tinnitus
 - Urinary incontinence
 - Impotence or seminal emission
 - Irregular period or leucorrhea.
- Tongue: red with little, peeled, or no coat
- Pulse: thin, small, it's deficient or rapid.

Treatment Principle

- Tonify LV and KD yin, strengthen the bones and tendons

Points

- BL18
- LV8 – tonify the liver
- KD3, BL23 – for kidneys
- DU3 – tonify kidneys and stimulate circulation to the legs.
- GB34 – helps the sinews
- GB39 – influential point of marrow
- CV4 – nourishes the kidney yin (CV6 brings up the qi of the body, so not necessarily in this case)

1.1.4.Deficiency of spleen and stomach

Can develop over time.

Dampness can invade from the outside and hurt the spleen.

Diet can also be a cause of this (lots of dairy and greasy foods. Irregular eating all damage the spleen).

Dampness settles into the muscles and causes the muscles not to be useful, to cause the wei syndrome.

Clinical signs

- Mild to moderate weakness and paralysis.
- Comes on gradually
- Poor appetite
- Loose stools
- Qi deficiency
 - Shortness of breath
 - Tiredness
 - Pale face
- Tongue: white fur.
- Pulse: thin small weak

TX principle:

- tonify spleen and stomach, resolve dampness

Points

- ST36
- SP3
- BL20
- BL21
- CV12
- Moxa would be good

1.1.5.Trauma

Trauma causes stagnation of qi and blood. The stagnation prevents the motor neurons from firing, causing numbness and inability to move. (Has there been a history of trauma to the body).

Its also possible that they have lost control of the urine and stool. Particularly if they are quadrapalegic or parapalegic.

Symptoms

- Pulse: slow and perhaps wiry. It's not smooth because of the obstruction.

Treatment principle:

- Nourish and move blood, eliminate the stasis

Points

- Huato jiaji points at the level where the problem exists.
- Legs – L2 – down
- Arms – C7-T7
- BL17, SP10 – to move blood, eliminate stasis
- BL11 – sea of blood to nourish blood
- DU8,9 – relax the sinews
- ST36, SP6 – nourish blood
- CV3 for incontinence (BL moo point BL6 also helps)
- Incontinence of stool: BL25 – LI back shu, BL32 is also good for this. (with stimulation)

1.1.6. Qi and Bld deficiency

In general scalp acupuncture is very useful for this.

It can be time consume to do this. Practice makes perfect. It works for stroke, and paralysis as well. It can be fantastic.

Scalp motor points (along the motor line) Contralateral (but can use Ipsilateral if you don't see progress)

Symptoms

Treatment Principle

Points use yang ming points

1.1.7.HT and SP Shock

Considered another causative factor. Emotional. It depletes the HT and SP

The spleen controls the muscles, the heart controls the blood circulation. If the Ht or SP are damage from shock, the muscles will suffer.

This can lead to atrophy syndrome too.

Symptoms

- Muscular weakness (sudden) after upsetting news
- Insomnia
- Poor aptetite
- Loose stools
- White complexion
- Tongue: pale
- Pulse: weak or empty

Treatment principle:

- Tonify HT and SP qi

Points:

- DU14 with moxa will help tonify the heart.
- HT5, HT7 tonfiy HT qi, calm the mind
- BL15 – tonify HT qi, calm the mind
- BL20, SP6 ST36 – help the spleen
- CV4 – nourishes the blood, calms the mind.

1.1.8.Other Stuff

13 needle method from wan leting using gold needles.

If the GV is damage due to a fall, you can have brain, kidneys, uterus, nose, eyes, mouth, lips, and marrow.

CV1, CV24, and BL12 all intersect with the GV channel.

When the GV is injured, channel qi is obstructed, it can not nourish.

- DU20, 16,14,13,12,11,9,8,6,5,4,3,1
- You can also use the huato jiaji (T3- down for legs, T3 up for upper limbs.)

Another treatment can be used for deficiencies is using the back shu points. BL13, BL15, BL17 (influential point of bld) BL20, 23. All of the yin organs.

1.2.MS

Western medicine has some drug therapy that slows down the process of demyelination. It is considered experimental. We've got a plan with TCM to treat it.

Do a differential diagnosis. It can be:

- Damp/Phlegm with SP deficiency
- LV & KD yin deficiency
- Late stages: Blood Stasis w/ pain

Practice of Chinese medicine from Macciocia

Extraordinary treatment

- GB41 (open)
- TW5 (close)
- ST36
- BL23
- LU7 (left:women)
- KD6 (right:women)
- Or instead to open:
 - SI3 (open)
 - UB62(close)
- And then the rest of the points...

The huatojiaji can also be very important. You are helping restore circulation to the spinal cord with these.

The Dai Mai (GB41...) One of the signature symptoms is sitting in a tub of cold water. A heaviness and weakness in the legs.

Late stage MS:

BL17, SP10

1.2.1.Damp phlegm MS

Damp Phlegm: Invasion of external dampness. (person not dressed right for the weather)

Women are more prone to damp invasions.

Statistically women get more MS than men.

Dampness obstructing the channels.

Eating habits lead to dampness.

Symptoms

Causes numbness and tingling.

Sticky coat

Slippery pulse

points

- CV12
- BL20
- SP9
- SP6
- St40 - for damp phlegm

Usually there is some weakness that allows the dampness in the body.

1.2.2.LV & KD yin deficiency MS

See the above LV & KD yin deficiency

There can be liver wind in later stages of MS: LV3, GB20 - can help with liver wind

1.2.3.Shock MS

Shock can cause the onset of MS.

2. Colds and Flu

Externally:

- Wind Cold
- Wind Heat
- Wind Dryness

Internally:

- Phlegm Dampness (Lungs and spleen)
 - Person with frequent colds
 - Damages the lungs over time
 - Spleen is the mother to lungs. Lungs become damaged from too many colds and it takes more energy from the spleen causing a downward spiral
- Emotional Causes: Liver
 - Insulting cycle. Liver is grandparent to grandchild.
 - Emotionally if you get liver qi stagnates, it becomes liver heat. The excess heat from the liver will transfer to “insult” the lungs.
 - It’s a harsh cough.
 - Associated with emotional states.
- Yin deficiency cough

CV17 – good for wheezing with asthma rather than wheezing with coughing

There is usually phlegm present in every type of cough.

2.1.Exterior Cause Cough

Wind heat

Wind cold

Wind dryness

This is an excess condition

Symptoms

- Sudden onset
- Doesn’t last long
- Aversion to cold
- Fever/Chills
- Headache

2.1.1.Invasion of lung by wind cold

It’s sudden.

It's a choking cough (wind cold fetter's the lungs)
Respirations are faster
There's stuck qi in the lungs due to invasion of the wind cold.

Symptom

Scratchy throat
Thin white phlegm
Aversion to cold
H/A
Tongue: thin white
Pulse: tight floating

TX:

dispel wind cold

Points

- LU7 – help the lungs
- LI4 – get wind out of upper part of body
- BL13 – shu point of lung
- TW5, GB20 – take wind from all over the body
- Tai Yang/Du20 for headache
- DU23 – special point for the nose. Eliminates wind from head and face area.
- Body aches: BL60 (it leads the qi downward...)
- LI7 – xi-cleft of LI. Because lungs are related to LI. If the LI is open, the Lungs will be moving right too.
- GB20, DU16, UB12 – for wind
- LU7 to encourage lungs to work.
- Moxa is appropriate.

2.1.2. Invasion of lung by Wind Heat

Person may run a little hot already. Susceptible to heat attacks. They may go straight to a wind heat attack. It is an acute problem. Occurs suddenly.

It's a loud cough.

Frequent cough
Heavy noisy breathing
Sore throat
Fever
Hot, sweaty, thirsty
Aversion to wind
H/A

Tongue: thin yellow coat
Pulse: floating and rapid, slippery
TX:

dispel wind heat, diffuse the lung

Points

LI11, LI4 – strong to treat the heat, and both wind points – release the exterior
TW5 – relieve wind heat
DU14 – strong to take heat out
LU5 – takes heat out of lungs (excess or deficient- it's the water point)

BL13 – back shu of lung

LU11 – for raw burning sore throat (prick to bleed)

2.1.3. Invasion of lung by wind dryness

Comes from living in a dry climate. (or from central heat.. ;-)

Symptoms

A sharp high-pitched type of cough

Dry throat (tickle/itchy in the throat)

Want water to moisten throat

Acute onset

H/A

Stuffy/runny nose

Feverish/Chilled

Dry lips, mouth, nose, cough...

Have a small amount of phlegm, and it's dried out. Difficult to get rid of

Tongue: dry and perhaps heated (red and dry coat)

Pulse: floating (perhaps rapid)

Tx

Course the wind dryness, moisten the LU to stop the cough

Points

BL13 – help lung qi and nourish the LU yin

LU5 – to help release the heat from the lung (implied heat)

LI11 – to clear heat (as above)

LU10 – to clear heat (as above)

LU6 – xi cleft of lung. Good for all of these acute situations.

2.2. Internal Caused cough

Almost all of the organs can cause a cough. Cough's that don't go away should be checked by an MD (cough for about a month). A chronic cough can be a sign of cancer or TB or an abscess in the lung.

Symptoms

- Slow onset

From Li H Du:

Infertility

- (R) HT7, HT3, LV3, LV8
- (L) PC3, PC7, GB34, GB41
- CV6, CV4, Zi Gong, Yin Tang, Ear Shen Men

Herbal - Wen Jing Tong