

Treatment Strategy

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1. Cough at QI level

1.1. Phlegm Damp Cough

This is

- Bronchitis
- or pneumonia
- or even emphysema.
- Smokers
- Asthma
- People who eat a lot of fast food

Somebody who is coughing and they cough up phlegm. They start coughing first thing in the morning.

Somebody who is coughing up copious phlegm.

This is more of a productive cough. There's something in the lungs and they are bringing it up and spitting.

Cystic Fibrosis is can also be this kind of cough.

Symptoms

- Oppression/heaviness in the chest
- Fullness in the chest
- Productive cough
- A wetter cough
- Worse with laying down
- Nausea (wretching)
- Tongue: White slimy coat (there's not necessarily heat), tooth marks (swollen tongue)
- Pulse: Soggy (weak spleen) and/or slippery/wiry (phlegm/dampness)

Spleen forms the phlegm, lungs store it. The spleen is not functioning, allowing the phlegm to accumulate in the lungs.

Treatment Principle

Strengthen the spleen, resolve phlegm, dry the damp, relieve the cough

Points

- BL13, Lung shu – kick start the lungs
- BL20, spleen shu
- LU9, yuan source, src point, earth point on metal channel. Tonify and help with dampness in lung.
- SP3 – earth on earth will nourish the metal.
- SP9 - dampness
- HuatoJiaji (C7 – T6) – useful for thoracic problems – use the ashi point
- PC6 – for nausea
- CV12

Acute bronchitis vs chronic bronchitis – acute happens right away, chronic is of course lasting. With either, there is always phlegm. It's a barking kind of cough.

- Bronchitis in general
 - CV17
 - LU1
 - Ding Chuan
 - UB13
 - CV22 – indicated for lung problems, cough, and can help with the phlegm. Don't do this if they are coughing too much. Carefully... Acupressure on this point to help with coughing fits...
 - ST36 – carefully with tonifying... perhaps not
 - ST40

1.2. Phlegm Heat

Wind heat w/o proper treatment. Wind-heat that has gone in deeper.

It can also be lifestyle related. Hot spicy foods, alcohol, other lifestyle choices can contribute to the phlegm-heat cough.

- Pneumonia,
- acute bronchitis,
- lung abscess
- Lung cancer

Symptoms

- Cough with copious sticky yellow phlegm
 - The phlegm can be yellow, green, red and smells bad.
- Chest pain
- Thirsty
- Constipation
- Fever is possible
- Tongue is red body, yellow coat, greasy, dirty looking

- Pulse: rapid and slippery/wiry

Treatment Principle

Clear heat and transform phlegm

Points

Same as phlegm plus clear heat.

- DU14
- LI4
- LU5 – water point so it clears heat. It clears excess or deficiency heat.
- ST40

2. Cough at the exterior, superficial level

This is cough at the wei level.

Wind heat and wind cold that is real superficial.

You can catch colds at the superficial level before you start to get cold.

Start treatment as soon as you start to see the signs.

Do the diagnosis and pick the correct treatment.

Release the exterior (get the pathogen out) and you'll forget you are even starting to get sick.

Don't make it worse.

- Don't put the needles in deep.
- You do not have to obtain strong qi
- Go carefully – cupping, plumb blossom and guasha are the safest methods to use.

You can make it a shorter time being sick, and a milder cold.

2.1.Wind Cold

You've got the wind driving the cold into the body.

Signs and symptoms

- Chills and fevers (more chills, less fever)
- Aversion to cold
- No sweating is possible (cold locking up pores)
- No thirst
- Occipital headache
- Stiff neck and shoulders
- Body aches
- Cough
- Runny nose & Sneezing
- Discharge is clear or white
- Scratchy throat
- Pulse: floating & superficial (especially on the thumb)(it's bubbling up or just barely touching...) (if it is a deeper floating pulse, the person is a little weaker...)

- Tongue: can look normal, but there's usually a thin white coat (there's no heat) (it's perhaps a coat that is floating on the top of the tongue...)

This is the tai-yang stage disease (Wei defensive qi stage) This is tai-yang with more cold.

It is considered an excess pattern.

A person with relatively strong qi.

Treatment Principle

Release the exterior, expel the wind, dispel the cold, and restore the lung qi function.

Points

- CAM says:
 - Core treatment for any exterior problem
 - Use a reducing technique on these points (even if the person is too deficient)
 - LI4 – release exterior
 - LU7 – help lungs descend and disperse
 - BL12 – special attributes – dominates the yang (superficial) of the whole body. Meeting point of the bladder with the DU vessel. Bladder is Tai-yang. The name is Wind-Gate (Fung Men) The governing vessel dominates the wei qi of the whole body.
 - DU16 – another wind point. (especially with occipital H/A)
 - GB20 – good for wind problems.
 - BL13 – lung shu point (stimulate the lung to disperse and descend – especially if the person is coughing a lot)
 - Cupping on BL12
 - With runny, stuffed up nose. DU23, LI20
 - DU20 – to expel wind and for headaches.
 - No sweat – so get them to sweat the proper amount: LI4 & KD7 (Only kidney point to use safely with a person is getting a cold.)
 - Deadman has this a different way. Barb says: pluck LI4 to stop sweat, and reinforce KD7. Other sources say you never reduce KD7.
 - LI4 – this is full of qi and full of blood. If it is a strong person there is a lot of energy to tap into. If you reduce, you can make them perspire.
 - Fluid Physiology: In a weaker person a person may not have so much qi and blood in the yang ming, so you may have to reinforce it to make them sweat. Never reduce KD7 on anybody.
- Wu says:
 - This is different from CAM.
 - Yin Tang
 - Tai Yang
 - SI7 for wind-cold. It's a luo point, and it clears heat. It does release the exterior...

For sweat tea:

- ½ stick cinnamon
- 3 cloves
- 8 peppercorns
- ½ inch ginger
- 1 ½ cups of water
- Simmer for 15 minutes

Add cardamom for the last few minutes. Loses effectiveness if boiled

A detoxifying tea. Put on all your clothes and go stand by a window. Don't use this more than once a month. Don't sweat too hard.

2.2.Wind Heat

This is still an exterior attack

Symptoms

- Slight aversion to cold
- Chills and fever but you feel more hot, more fever
- Aversion to wind
- Stuffy nose
- Runny nose
- Cough
- Phlegm is yellow, kind of greenish yellow or perhaps with blood streaks in it.
- Possible to have a high fever
- Thirsty
- Red face and lips
- H/A – can be splitting
- Dried lips
- Burning, hot, red, sore throat (like tonsillitis or strep throat)
- Tongue: yellow & dry, red (it takes time for the tongue to turn yellow. It may not indicate exactly what stage the cold is in, in the body. Talk to the patient about it... take it all into account)
- Pulse: Faster and floating

Treatment principle

- Release the exterior, expel the wind heat, restore the lung qi disperse and descending function
- Needle technique is to reduce. It is an excess condition.

Points

- LI4
- DU14 – take the heat out point.
- LI11 – take the heat out (if the person is a little weaker, maybe just LI11 and not LI4)
- TW5 – in charge of the yang of the body. Especially good for wind heat because it is also good for wind heat. Deadman's says both wind heat and wind cold.
- LU10 – for sore throat

- LU11 – prick to bleed – for sore throat
- BL13 – lung shu point
- BL12 – wind gate, release the exterior
- GB20 – expel wind, for H/A
- DU16 – expel wind for H/A
- LU7
- Shi Xuan – tips of the fingers and toes (perhaps for high fever - emergency)
- WU says
 - LU5 – clears heat from the lungs
 - DU26 – to expel the wind. Deadman says benefits the face and nose to expel wind.

Try Yin Qiao Wan – antibiotic and antiviral.

2.3.Wind Damp Heat (Summer Heat Dampness)

Unsurfaced fever. When you touch the person for a while, you eventually feel the heat. The dampness is obstructing the heat. the dampness is obstructing the heat from becoming apparent. Fever is obscured by the dampness.

Symptoms

- Aversion to cold
- Chills and fever
- Feeling of heaviness (esp. in the head)
- Nausea, vomiting
- Headache
- Swollen glands
- Hotter in the Afternoon or as the day goes on
- Sticky bitter taste in the mouth
- Dry mouth possible
- No thirst (thirst but no desire to drink, or desire to drink warm liquids)
- Tongue: yellow slippery, dirtier coating
- Pulse: slippery, can be floating

Treatment Principle

Release the exterior, expel the wind heat, resolve the dampness

Points

- LI4
- SP9
- TW5 – for wind (wind heat)
- DU14 – for heat
- LU11 – for swollen glands w/ bleeding technique – expel wind and with swollen/inflamed tonsils.
- CV13 – good for dampness. Helps with the middle burner and the rebellious stomach qi. (or CV12)

- WU suggests
 - LU6 – xi-cleft
 - LI4
 - CV12
 - ST36
 - TW6 – clear heat in the middle jiao

2.4.Wind Cold with Qi deficiency

Some people are so weak; they can't even get sick properly. It can also happen with a stronger pathogen.

Symptoms

- Aversion to cold
- Shivering
- Low Fever
- Cough with white phlegm
- Nasal congestion
- Slight body aches
- Qi deficiency signs
- Tired/fatigued
- Shortness of breath
- Pale face
- Easy to get sick
- Wornout
- Pulse: floating and weak (trying to bubble up, perhaps not able to feel it on the surface) forceless
- Tongue:

Can be found in asthma, people who are worn out, or constitutionally weak.

Treatment Principle

Release the exterior

Points

- WU says
 - Use ST36 to build them up so they are strong enough to push out the pathogens
- LU7
- LI4
- BL12 (cupping)
- BL13
- Add ST36, to harmonize your wei qi.

Recipe:

- Tonify with moxa, BL12, BL13, DU12, ST36 – 3 times a week for a month, from August to September.

2.5. Misc Notes

- People with yin deficiency tends to go straight to wind heat colds.
 - You still want to release the exterior.
 - You don't want to do KD3
 - You could use SP6.
 - You could nourish yin with ST36 (perhaps just for a short time (5-10 minutes))
 - LI11 might be more gentle.
- Don't try to do too many things at once.
- If you tonify yin and there is a phlegmy cough, you can make them even phlegmier...

3. Sore Throat