

Treatment Strategy 1

6/3/06

Treatment Strategy 1.....	1
<u>1 Sore Throat.....</u>	<u>1</u>
<u>1.1 Lung Wind Heat sore throat.....</u>	<u>2</u>
<u>1.2 Heat and poison in the stomach and lung.....</u>	<u>3</u>
<u>1.3 Deficiency of LU and KD yin.....</u>	<u>4</u>
<u>2 Loss of Voice.....</u>	<u>5</u>
<u>2.1 Wind Heat.....</u>	<u>5</u>
<u>2.2 Wind Cold.....</u>	<u>6</u>
<u>2.3 Qi Stagnation.....</u>	<u>6</u>
<u>2.4 Deficiency of LU, SP, and KD.....</u>	<u>7</u>
<u>2.5 SP and LU qi deficiency.....</u>	<u>7</u>
<u>2.6 Qi and Blood Stagnation.....</u>	<u>8</u>
<u>3 Sinusitis.....</u>	<u>8</u>
<u>3.1 Lung Qi deficiency.....</u>	<u>10</u>
<u>3.2 SP Qi deficiency.....</u>	<u>10</u>
<u>3.3 Wind-Cold invading the lungs, obstructing the nose.....</u>	<u>11</u>
<u>3.4 Wind Heat.....</u>	<u>11</u>
<u>3.5 Liver and GB Heat.....</u>	<u>12</u>
<u>3.6 Spleen and Stomach Damp Heat.....</u>	<u>12</u>

1 Sore Throat

Throat is raw

Hurts to swallow

Lymph nodes swollen

Inflammation of the pharynx or pharyngitis.

We are talking about the entire oral cavity tongue, teeth, tonsils, back of the throat, everything.

Sore throats are often associated with wind-cold and wind-heat external invasions.

The back of the throat looks red, perhaps even pus forming.

It's possible for tonsils not to be painful. If they are it's tonsillitis.

A tonsil inflammation often includes pharyngitis. But pharyngitis doesn't often include tonsillitis.

Western speaking, it can be caused by viral (66% of the time) or bacterial (strep-throat).

A diagnosis of strep requires a lab culture. If you here it is going around, it is often just assumed to be strep. Strep requires direct contact.

Children, older people, asthmatics are more susceptible to the complications of strep.

Complications can include

- Tonsillitis
- Scarlet fever
- Bacterial Pneumonia
- Rheumatic fever

- Poly arthritis
- Inflammation of the kidneys

Inncubation period is 3-5days.

Onset is sudden

- Fever (102-104)(higher in children)
- Chills
- H/A
- Sore throat – can be severe. Can limit ability to swallow or turn head. Possible not to have a sore throat however.
- Nausea and vomiting possible (esp. in children)
- Diarrhea
- Symptoms peak in 24-48 hours
- Loss of appetite
- Congestion
- Nasal discharge
- 50% of people with strep have a mild upper resp infection.
- More likely to get if you get earaches.

In Chinese medicine

- The throat is associated with the lungs and connected to the stomach.
- It's the lung and stomach channels that are most often used to treat sore throats and also the arm-yang ming (LI) channel.
- TW can also be used because a branch goes up from the supra-clavicular fossa to the ear. (Use TW2 and or TW17- sedates the pain)

Wu says

- Excess is like

1.1 Lung Wind Heat sore throat

- Fever, Chills & H/A
- The wind heat can get into the lung system, and that's what causes the sore throat. It causes the difficulty swallowing.
- There is redness, swelling, pain in the throat.
- It's a dry burning sore throat.
- The fever is higher
- Other heat signs
 - Red tongue (esp. the heat)
 - Thin yellow coat
 - Rapid floating and rapid
 - Aversion to cold

Treatment Principle

- Disperse the wind and clear heat

Points

- Prick to bleed LU11 (esp. real severe sore throat)
- LI4 – command point for head and face, good to release the exterior
- LI11 – to release the wind and heat

- LU5 – help take the heat out of the lungs, also good for phlegm.
- SI17 – a local point. Good to ease the pain.
- TW5 – good for throat and ears. Expels the wind, releases the exterior.
- LU10 – ying spring of lung channel. Can help with pain in a short amount of time. (often LU10 and TW2)
- TW2 – cooling

Another Excess pattern

1.2 Heat and poison in the stomach and lung

Exuberant heat in the stomach and lung.

This comes from diet that causes heat in the stomach. (Hot spicy foods)

Lung heat being transferred to the stomach heat.

- Sore throat begins with mild pain in throat but can grow to be quite severe. It turns red and starts to swell. The pain can go up into the ear (under the jaw)
- Swallowing becomes difficult.
- Lots of phlegm. It would be thick, sticky, and yellow
- Halitosis
- Obstruction in the vocal chords (doesn't want to talk – talking causes pain)
- High fever
- This is heat in the organs. It's not just on the exterior of the body.
- Bad H/A
- Bad Sore throat.
- Thirsty
- Indicative of an internal problem
 - Constipated
 - Urine dark and concentrated.
- Red tongue with a thick yellow coat. (could be greasy because of the phlegm)
- Pulse: rapid and perhaps surging (associated with a high fever)
- Treatment

Points

- LI1 – to bleed or needle
- ST44 – stomach heat
- CV22 – Distal point
- LI18 – local point, will help with the pain
- ST40 – distal and because of the phlegm. (takes heat out of the middle jiao) help with the h/a and constipation.
- ST37 – also for constipation (Lower he-sea point of LI)
- DU14 – to help with the fever
- LI11 – to help with fever (with DU14 if you want)
- ST43 – to clear heat, esp. with children.
- Herbs:
 - Ban Lan Gen – cubes that dissolve in water.
 - Decoction of gan cao (also a topical anti-inflammatory – can gargle with this) Up to 12g

- Slice of raw ginger (suck on it like a lozenge)
- Slippery elm – Fisherman’s Friend
- Zinc lozenges
- Echinacia
- Ice collars.

1.3 Deficiency of LU and KD yin

Heat from LV qi stagnation can go down to cause KD yin deficiency or go up to cause LU yin deficiency over a long period of time.

- Gradual onset
- No fever
- Could have yin deficiency feeling of heat (or low fever)
- Throat is just slightly congested/swollen.
- The pain is intermittent pain. It’s a deficiency pain.
- It can hurt with swallowing.
- Can be worse at night.
- Dry Cough
- Described as an uncomfortable sore throat.
- The back of the pharynx won’t be a flaming excess red.
- More signs of dryness and only mild burning or scratchy dryness
- Symptoms get work in the afternoon, evening.
- Yin deficiency symptoms
 - Five heart heat,
 - Peeled tongue coat (or no coat)
 - Etc.
- Pulse: rapid and thready
- More of a chronic problem. It is more difficult to treat because you have to nourish the yin.

Treatment principle

- Clear the pain, nourish the yin of LU and KD
- “Nourish yin and descend fire”

Points

There is an internal connection with the KD meridian.

- LU10 – ying spring point (more than LU11)
- KD3 – to nourish the yin
- KD1 – is good to descend the fire (but it hurts!)
- Extraordinary vessel – LU7 and KD6
- LI18 – local point
- CV23 – local point
- HT8 – if they feel heat (irritable and restless)
- HT5 – less painful than HT8
- To Nourish the yin
 - KD3
 - BL23

- It doesn't usually come by itself. You usually get yin deficiency with an external wind-heat attack. Treat what you see
 - Yang deficiency – add moxa on CV4
 - With blood and qi and ST36 or CV6

2 Loss of Voice

Laryngitis.

It can be acute or chronic.

The most common cause is a viral infection of the respiratory system.

It can happen with bronchitis, pneumonia, measles, etc.

It can happen with excessive use of the voice

Allergies

Inhalation of irritating substances.

More mild cases – the hoarseness of the voice is the main symptom.

At the worst it can be a total loss of the voice.

It can be a raw or tickling of the throat.

It can cause a constant clearing of the throat.

Symptoms vary with the degree

- Fever
- Can feel sick all over
- Can be difficult to swallow (sore throat)
- Can be difficult to breathe if it is too inflamed and there is edema.
- No specific treatment in western medicine. (Just rest your voice)
- You can treat underlying causative factors (antibiotics, etc)

In TCM this can be excess or deficiency.

An excess problem is an acute problem – wind cold, wind heat

The lung is compared to a bell. If it is empty it produces a loud and clear voice. If it is filled, it cannot make a clear sound.

The deficiency problem is a chronic problem

2.1 Wind Heat

Symptoms

- Sore throat
- Fever
- Dryness
- Cough
- Thirst
- Yellow phlegm coughed up
- Tongue: red w/ yellow coat
- Pulse: rapid & floating

Treatment principle

- Clear the heat, course the wind, clear the throat

Points

- LI4

- LU5
- CV23
- LI17
- Classical combination: HT5 & TW17 for sudden loss of voice (TW17 will release the exterior)
- Using a reducing technique on the needles. (pulling out wind and heat)

2.2 Wind Cold

- Sudden loss of voice
- Signs of cold
- More chills than fever
- Avoid cold
- Cough/nosing congestion that is white
- Tongue: thin white coat
- Pulse: tight and thin/floating

Tx Principle

- Dispel cold, course the wind, clear the voice

Points

- LI4
- TW5 – clears the wind
- CV23
- LI17
- HT5, TW17
-

2.3 Qi Stagnation

Like liver qi stagnation. Excess emotions. Rage... or real strong depression.

- Irritable
- Tinnitus
- Dizziness
- Pressure in the chest
- Pain under the hypochondrium
- Sighing
- Tongue: can look normal, or may see signs of qi stagnation (dark purple tinge, or swollen body. Slimy or thin white coat)
- Pulse: wiry

TX Principle

- Move qi, course the liver, open the voice

Points

- Four gates LI4, LV3
- CV23
- LI17
- HT5 & TW17

2.4 Deficiency of LU, SP, and KD

Usually of the lung and kidney, and often in combination.

- Pitch of voice is low
- Person cannot talk very long
- Voice gets more hoarse with talking
- Uncomfortable feeling in the throat.
- Dry throat
- Dry cough (clearing of throat)
- Tickle in the throat
- Yin deficiency signs
 - Red cheeks
 - Five palm heat
 - Red tongue with peeled coat
 - Dryness in mouth and throat
 - Dizziness and tinnitus.
 - Insomnia
 - Night sweats
 - Achy back and knees
- Pulse: thready and rapid

TX Principle

- Nourish the yin, stop the fire

Points

- LU10 – clear the heat
- KD3 – treat the root of the yin
- CV23
- LI17
- Extraordinary: KD6 (for kidney yin and kidney channel in throat) LU7 (lung yin)

2.5 SP and LU qi deficiency

Symptoms

- Chronic loss of voice
- Long time hoarseness. Esp. in morning after waking up.
- Voice is faint, low in pitch
- Person finds it hard to talk. It's exhausting.
- QI deficiency
 - SOB
 - Spontaneous perspiration
 - Fatigue
 - Bloating
 - Diarrhea
 - Loos stools
 - Poor appetite
 - Paleness

- Tongue: pale and possibly swollen/plump
- Pulse:

In western medicine this is when the vocal chords don't close properly.

Tx Principle

- Tonify lung and spleen qi and free the voice

Points

- LU9 (yuan source and shu stream point) (Influential point of vessels)
- ST36 – tonify yin, blood, qi, everything
- SP6 – good for spleen
- CV23 & LI 17 as local points for the throat/voice
- CV12 – mu point for the stomach – good for the spleen
- BL13 – for the lungs.
- BL20 – for the spleen

2.6 Qi and Blood Stagnation

- Polyps or tumors in the vocal chords
- It's difficult to talk. There's a structural obstruction there. It won't come and go, it's there.
- They will feel like there's something stuck in the throat.
- They will always be clearing their throat.
- Symptoms of Qi stagnation
- Stuffiness in the chest
- Tongue: looks stagnant

Tx Principle

- Move the qi and blood, free the voices

Points

- Four gates (LV3, LI4)
- CV23, TW17
- HT5
- TW10 – empirical point for phlegm nodules
- See more in WU
- Phlegm is also common: so ST40
- Make sure that you rule out cancer after 6-7 treatments if it doesn't get better – see a doctor.

3 Sinusitis

TCM doesn't make a distinction between rhinitis and allergic rhinitis.

Wu p. 589

Bi yuan

An inflammatory process in the paranasal sinuses.

It can be due to viral, bacterial, or fungal infections.

It can also be due to an allergic response.

Often with an upper respiratory infection is involved.

The nasal mucous becomes swollen allowing more bacteria to grow
Once the sinuses become obstructed, more bacteria can grow, more obstruction, a vicious cycle.

Two types of sinusitis: Acute and chronic.

Acute or chronic can cause

- H/A
- Pain over the sinus cavities
- Both involves the inflammatory sinus
- Acute:
 - Bacterial infections
 - Viral infections
 - Superimposed on upper respiratory infections
 - Abscessed teeth (esp. with maxillary sinuses – watch out if your treatments don't do any good)
 - Injury – fractures of the sinus bones.
 - Tumor
 - Symptoms:
 - Yellow drainage
 - Fever/Chills
 - Pain and tenderness over the involved sinuses
 - Recurrent H/A – can change in intensity with head movement
 - H/A generally worse with lying down, can go away with standing.
 - Maxillary – ST channel, below the eyes. Feels puff, pain, in the cheeks. Tenderness below the eyes. It may involve the teeth as well.
 - Ethmoid – this is the bridge of the nose. Where people feel it by the eyes. They feel the pain into the eyes. A splitting H/A between the eyes. Will be pressure sensitive
 - Frontal – over the forehead. Whole forehead hurts. Pain with pressure
 - Sphenoid – deep inside. Perhaps pain at the vertex or in the mastoid area or in the back of the head,
- Chronic
 - Allergies
 - Chronic infection
 - Dental abscess
 - Different types of chemical irritants
 - This could be indicative of polyps or tumors.
 - This could also be due to poor drainage from poor nasal structures.

Sinusitis is usually treated with antibiotics. In Chronic sinusitis, this often entails chronic antibiotic use.

Complications

- Osteomyelitis
- Brain abscesses
- meningitis

If the patient complains of fatigue/malaise, fever, chills, w/ infection, yellow and green discharge. You can treat them.

Serious infection and fever with severe pain in the neck, refer them. If they cannot bring their chin to their chest. Refer them!

The heart has to do with being able to discriminate between odors. The spleen goes to the tip of the nose.

Nosebleeds have to do with the liver

The nose have to do with the lungs, the kidneys supply the energy.

The TW, ST, and Bl are also involved somewhat with the nose.

Chronic bad breath can be due to sinus infection.

Cold Discharge, clear and watery

Hot discharge, yellow, green, red streaks and/or a bad smell – infection

Deficiency syndrome – discharge is more clear, odorless. Tends to be more chronic

Excess syndrome – will be acute, discharge is turbid, feelings of swelling, and perhaps odorous.

Damp-heat – bad smell, large volume, sticky discharge

3.1 Lung Qi deficiency

- Allergies perhaps, allergic rhinitis
- Discharge is white/clear
- Mild to severe nasal obstruction
- If it is cold and windy, it may set off an attack again.
- Person complains of fullness in the head
- Lung qi deficiency signs such as
 - SOB
 - Coughing
 - Cold hands/cold feet, sensitive to cold
 - Feel tired/fatigued
 - Pale tongue w/ white coat
 - pulse: ; weak and perhaps slow

Points

- Four main points *
 - LI20
 - LI4
 - DU23
 - DU20
- BL2 – especially w/ frontal sinus
- GB20
- BL7
- Each treatment is 20 minutes, once a day for 3 days. Then reevaluate.
- Moxa at DU20

3.2 SP Qi deficiency

- Sticky, thick, and copious discharge
- Usually no smell (there's no heat going on)
- Fatigue

- No appetite
- Loose stool
- Abdominal distention.
- Perhaps concurrent blood deficiency
- Tongue is pale w/ white coat
- Pulse: weak, slow

Points

- BL20
- ST36
- LI20
- LI4
- Other points according to symptoms

3.3 Wind-Cold invading the lungs, obstructing the nose

- Brain Leak or Brian Discharge – the nasal discharge.
- Someone who is always catching wind colds can, if not treated properly turn into wind heat.

3.4 Wind Heat

- Fever
- Aversion to heat/wind
- H/A
- Stuffy nose
- Coughing
- Yellow/greenish nasal discharge
- Tongue: red tip (lung), red sides, thin yellow coat
- Pulse: rapid, floating

TX Principle

- Release the exterior, clear the wind heat, restore the function of the lungs

Points

- LI11
- LI4
- LI20
- DU23 – influences and opens the nose. It also helps expel the wind.
- Bi Tong
- Yin Tang – good for the whole face
- GB20 – expels wind
- ST2, 3 – for maxillary – you want to get qi
- BL2, GB2, yu yao, Yin Tang – frontal
- LU7 – for helping the lungs to work to disperse and descend.
- DU14 to get rid of heat
- LU10 (or 11) – for accompanying sore throat
- Do not use electro with wind-heat

3.5 Liver and GB Heat

Emotional upset. Stagnates the LV and GB Qi. This stagnant qi heats, accumulates, and this fire can rise to the nose and go up into the brain.

- Heavy discharge of green/yellow mucus. Foul smelling
- Poor sense of smell
- Blood shot eyes
- Red face
- Severe headache in the temple area (cheeks hurt)
- Pain between the eyebrows.
- Dizzy
- Bitter taste in the mouth
- Irritable
- Troubled sleep,
- Troubled dreams/nightmares from the heat
- Bad temper
- Tongue: red w/ yellow coat, red sides (sides of the tongue can be squared off, constrained)
- Pulse: rapid, wiry (slippery? From phlegm)

TX Principle

- Clear the lv and GB heat, restore the lung qi function

Points

- GB20
- LV2
- GB43 – ying spring point
- Local points
- Bi Tong
- LI20
- LI4

3.6 Spleen and Stomach Damp Heat

- Do this to yourself with damp heat foods (greasy hot foods)
- You may see some wind invading to make this problem worse or compounding the problem.
- The stomach channel brings this up to the nose.
- Sticky thick yellow green nasal discharge – the nose is always stuffy.
- They are mouth breathers.
- Tongue: slimy yellow
- Pulse: Rapid Slippery
- More sings of dampness or heat.
- Feel heavy
- Fog in the head
- Problems with sense of smell
- Frontal head ache (yang ming headache) Not as bad as GB sinusitis.
- Loss of appetite

- fatigue

Treatment Strategy

- resolve dampness, clear heat, tonify the spleen, stomach, restore the nose

Points

- LI 20
- LI4
- Bi Tong
- SP9
- SP6
- ST40