

Treatment Strategy

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1. Sinusitis

1.1. Spleen and Stomach Damp Heat

This is an excess problem.

- 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.

Signs and symptoms

- Sticky thick yellow green nasal discharge – the nose is always stuffy.
- They are mouth breathers.
- Signs of heat
 - Red checks
 - Red tongue
 - Feelings of heat
- Tongue: slimy yellow
- Pulse: Rapid Slippery the pulse could be softer... It could be a little spongy – if the dampness is coming from a spleen qi deficiency
- 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 (spleen deficiency sign)
- Fatigue (spleen deficiency signs)

Treatment Strategy

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

Points

- LI 20 – good immediate effect. Doesn't work that well for long term allergens. But you can build a person up so they are so affected. So, talk to them about their diet. Cut back on peanut butter, dairy products.
- LI4 – command point for the face, hand yang ming (for harmonize the stomach)
- Bi Tong
- DU23 – good for the nose
- SP9 – for the dampness and spleen
- ST36 – for stomach
- LI11 – good for damp heat
- SP6
- ST40

Let people know that they are having problems to come and get treated. You can start tonifying spleen, stomach, lung qi before you start having problems.

Don't forget the ear points. On the tragus is the internal nose. Look for sore spots. At the nose and at the adrenals. Ear points are self-regulating.

Stay away from Stomach 2,3 with active sinus infections.

Antibiotics is draining on the spleen and stomach. *Cortisones/prednisone compete with acupuncture... (for about two weeks)*

2. Asthma

Disease of the lungs.

Difficulty breathing, some obstruction in the airway.

There's wheezing.

There's difficulty on inhalation and exhalation.

It's on the rise today. 15 million today Americans, 5 million children.

In TCM this includes bronchial asthma, emphysema, any disease that includes dyspnea.

Asthma is a life threatening disease.

Be careful with acute attacks. Call 911!

The inhalers (steroids) can make the asthma worse over time. The long term use of bronchial dilators has been correlated with increase risk of death from asthma attack.

They can be set off by emotions (laughing, crying, or anger).

There also seems to be a correlation to corticosteroid creams. (TCM lung and skin connection).

A lot of asthmatics have been on drugs for years, so it can take a while to heal.

Tonify the lungs, resolve phlegm, strengthen the spleen, boost the kidneys, and then address the affect of the drugs on the system.

Airway obstruction: Western – obstruction makes the breathing difficult. It used to be believed that it was a muscle spasm, it is now thought to be more inflammation based.

(Edema, increase mucus secretion, actual injury to the tissues of the respiratory tract. Most people have a familial connection. Repeated attacks of upper respiratory attacks can make a person more likely to suffer from asthma (wind-heat or wind-cold).

Allergens can set it off, including food additives, preservatives, food colors, animal dander, all kinds of particulate matter. There can also be exercise induced asthma.

TCM

Children can have a blue-green crest on the nose or a gurgling sound in the throat. Those who have been nursing. Poor diet – full of phlegm. Could be dry cough at night.

Symptoms:

- Dyspnea
- Rapid breathing (tachypnea) and shallow
- Cough
 - During an acute attack is tight/short – unproductive
 - Once it subsides, it can bring up sticky mucus.
- Tightness and pressure in chest
- Wheezing
- Some resolve quickly, some last for hours or days.
- Want to sit up, inability to lay down.
- Accessory muscle involvement in breathing.
- During severe attacks speech may be difficult
- Tired/fatigue
- Distress can be severe. (Life threatening)
 - Wheezing may not be indicative. It can be severe w/o wheezing. Wheezing may not mean the attack is severe.
- Sputum if there, is thick and sticky. It's often white (tenacious and rubbery sputum)
 - If there is an infection in can be yellow

Three organs are usually implicated

- Lungs
- Spleen
- Kidneys

If they are deficient phlegm dampness can accumulate.

If the lung qi is weak, the wei qi isn't so strong, so a person may be very susceptible to colds.

Weak spleen leads to an accumulation of dampness (the spleen moves things up.) The spleen makes the phlegm and the lungs store the phlegm.

Kidney weakness is often related to kidney yang deficiency. The kidney's aren't steaming the fluids so the dampness accumulates and turns into phlegm.

There is often a trigger. Change in weather, emotions (laughing), environmental, particles, whatever.

Determine the organ weakness to help reduce sensitivity to the trigger.

Common causes of Asthma in TCM are:

Externally

- Invasions of lung by wind cold
- Accumulation of phlegm heat in lung

Internally

- Lung qi deficiency
- Lung yin deficiency
- Spleen deficiency
- Kidney vacuity

Xiao Chuan – Chinese term for asthma. Xiao mean problems that affect the lungs/bronchi with a wheeze. Chuan refers to the dyspnea with no wheezing. So this is lung problems with or without a wheeze.

2.1. Invasion of Lung by Wind-Cold

In the winter time.

Esp. asthma when they are catching a cold. Difficulty breathing and there is wheezing

Symptoms

- Dyspnea
- Wheezing
- Cough – can bring up white phlegm (with gurgling... white foamy phlegm)
- Oppression/stuffy chest
- Desire to drink hot liquids
- Feel cold (cold arms and legs)
- Aversion to cold
- Chills and fever. – they are catching a cold.
- No sweat!
- Tongue: white coat
- Pulse: tight & floating, could be more wiry

Tx Principle

- Warm and ventilate the lungs (disperse and descending), dissipate the wind cold, calm the wheezing

Treatment

- Wu
 - LU7 – luo point
 - LU5 – he sea and water point
 - BL12 – relieves the exterior. Wind Gate

- BL13 – shu point for the lung
- CAM
 - BL12
 - BL13
 - Release the exterior
 - LI4
 - LU7
 - DU14 – strong to clear pathogens (yang channels first to be attacked with an exterior condition)
- Also: you can have cold on the surface with heat in the lungs. Perhaps there are some heat signs possible. Sometimes there are mix ups.

2.2. Phlegm Heat in Lung

Symptoms

- SOB
- Signs of heat – so rapid almost panting breath
- More loud or coarse/brassy voice.
- Gurgling in the throat
- Wheezing
- Coughing (choking type of cough) – thick sticky yellow phlegm
- Chest oppression/congestion
- Restlessness
 - If there's cold, the cold type stays more still.
- Fever
- Thirst
- Red-face
- Sweaty
- Thirst for cold drinks
- Constipated
- Concentrated urine.
- As changes go deeper into the body, that's when you see differences in urine and bowels. It is indicative of organ involvement.
- Pulse: slippery/rapid (nothing is being said about floating)
- This problem has moved passed the wei level and into the qi level. (not to yin or blood level yet). Or we could call this at the yang ming organ level.
- Tongue: red w/ yellow coat.

Treatment Principle

- Clear heat in the lungs, resolve the phlegm, soothe the wheezing

Treatment

- LU5 – he sea point – takes heat out of the lungs.
- BL13 – shu point of lungs

- ST40 – stimulate spleen to help with the phlegm.
- LI4 – to reduce the fever. Help to influence the sweat.
- CV22 – to help stop the cough. And phlegm in the throat
- Ding Chuan – (Calm wheeze)
- LU6 – xi-cleft point. Good for acute conditions.

2.3.Lung Qi Deficiency

Symptoms

- SOB
- Rapid breathing
- Don't want to talk or has a feeble voice (no force behind voice)
- Weak cough
- Wheezing
- Easy to sweat with no exertion.
- Sensitive to drafts.
- Phlegm is thin
- Pale face
- Catches cold easily
- Sneezing and runny nose.
- Pollen or dust sets off the attack.
- Tongue is pale
- Pulse is weak (esp. in lung position)

Treatment principle

- Tonify lung qi, calm wheezing

Treatment

- Ding chuan
- BL13 – shu point of lungs
- BL43 – for lung disorders. Very good for asthma (perhaps thread to BL42)
- LU9 – yuan source
- CAM
 - ST36 & Sp3 (five phase) Earth on earth – tonify the mother, best way to tonify the lung is through the spleen... (It's heard to build metal... ;-P)
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2.4.Lung Yin Deficiency

Symptoms

- Common when people use the inhaler – steroids are very warming and drying. Ask how often the inhaler has been used. The inhaler will speed up the pulse as well. When was it last used, How often is it used.

- A choking cough – can't catch breath
- Dry cough with minimal sticky sputum
- Dry throat
- Dry mouth
- Tightness in chest
- Wheezing
- Report more asthma attacks at night.
- Night sweats
- Tired, fatigues
- Weak voice
- Catch cold easily
- Tongue is dry and red. Peeled coat perhaps. (Cracks in area of the tongue) Mirror tongue – esp. if the condition is chronic.
- *The lungs least like the dry.*
- Pulse: rapid, thready. “empty”

Treatment principle

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Treatment

- BL13
- BL43
- LU5 – for heat in the lungs
- KD3
- BL23 – kidney's the root of all yin energy in the body. (esp. because of the inhalers)
- LU9 – yuan source point
- Bronchial dilators: stimulate the heart rate. The heart pulse may feel big and overflowing. When corticosteroids are used to reduce the inflammation, it's also going to suppress the secretion of the mucus membranes. It produces heat and in the long run will weaken the kidneys. So, the KD pulse may also be weak as a result of the bronchial dilators.
- It will take longer to respond to the acupuncture. It will require longer before there are results.

2.5.Kidney Qi Vacuity

Symptoms

- More long standing chronic asthma.
- Severe wheezing.
- Shallow respirations. Can't take a deep breath
- Dyspnea on exertion. (exercise induced)
- Exhaustion, fatigue
- Shortness of breath (using accessory muscles)
- Backaches

- You may see signs of heat (kidney yin deficiency) or cold (kidney yang deficiency)

Treatment Principle

- Tonify kidney qi so it will absorb the da qi

Treatment

- If you see cold signs, add moxa.
- BL23 – to tonify kidneys
- KD3 – for both kidney yin and kidney yang
- BL13 – lung shu point (could use moxa for yang deficiency)(or a TDP lamp)
- CV17 – great all purpose point
- CV6 – Raise the qi (w/ moxa for yang deficiency)
- CV4 –
- DU4 – good to tonify the kidneys. Will cool the kidneys unless you use moxa.
- Ding Chuan
- The panel is still out on whether or not to use moxa on yin deficiency. If the heat signs aren't too bad, you might be able to use it because it is simply tonifying.
- Asthma could be set off by moxa
- DU12 – for persistent asthma (Clears heat – 3 spaces below C7) calms shen
- BL42 – outer shu for LU. (Po shu) Keeps the patient from getting upset.
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2.6.Spleen Deficiency

Symptoms

- Digestive complaints
- Asthma associated with food allergies or improper diet.
- Poor appetite
- Indigestion
- Bloating after a meal
- Puffy face/edema
- Loose bowels
- They don't digest food well. Spleen is too weak to digest food.
- Fatigue, tired muscles
- Tongue: thin, white, moist coat (phlegm/dampness)
- Pulse: deficient, soggy, weak – weaker in middle right pulse.

Treatment Principle

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Treatment

- CV12 – mu point of stomach, good for spleen.
- BL20 – back shu point for spleen (thread bl20-21)

- ST36 – all purpose tonification
- ST40 – luo point of stomach plus helps with damp phlegm.
- PC6, HT7 – some upset because they can't breath
- DU24 – Shen Ting – “calm the mind” for people being upset because they can't breath. Will also calm the asthma.

2.7.Misc.

- Fear followed by panic.
- (rescue remedy)
- Reassure the person
- If undergoing acute asthma attack: know the person, asthma can help. You don't know if it's severe. Know where the phone is
- Adult onset asthma is the easiest to treat. Usually more of an excess type syndrome associated with phlegm and damp.
- Child onset asthma is harder to treat. Usually more of a deficiency type syndrome.
- Always use lungs points.
- GB21 or LU1 – don't use because of the involvement of the accessory muscles.
- Can treat between attacks.