

## Treatment Strategy 2 – 521

---

7-1-06

1. Purulent Ear.....	2
1.1. External Wind Heat.....	2
1.1.1. Treatment Principle.....	2
1.1.2. Treatment.....	2
1.2. Wind Cold Ear Ache.....	3
1.2.1. Treatment Strategy.....	3
1.2.2. Treatment.....	3
1.3. Exuberant Liver and GB Fire.....	3
1.3.1. Symptoms.....	4
1.3.2. Treatment Principle.....	4
1.3.3. Treatment.....	4
1.4. Spleen Deficiency.....	4
1.4.1. Symptoms.....	4
1.4.2. Treatment principle.....	5
1.4.3. Treatment.....	5
1.5. KD Yin Deficiency.....	5
1.5.1. Symptoms.....	5
1.5.2. Treatment principle.....	5
1.5.3. Treatment.....	6
1.6. Ear Acupuncture for Ear Aches.....	6
1.7. Swimmers Ear.....	6
1.8. Perforated ear Drums.....	6
2. Tinnitus & Deafness.....	6
2.1. Exuberant liver and Gallbladder fire.....	7
2.1.1. Symptoms.....	7
2.1.2. Treatment Principle.....	7
2.1.3. Treatment.....	7
2.2. External Wind Heat.....	8
2.2.1. Symptoms.....	8
2.2.2. Treatment Principle.....	8
2.2.3. Treatment.....	8
2.3. Binding Depression of Phlegm-Fire.....	8
2.3.1. Symptoms.....	8
2.3.2. Treatment Principle.....	9
2.3.3. Treatment.....	9
2.4. Kidney Essence Depletion.....	9
2.4.1. Symptoms.....	9
2.4.2. Treatment Principle.....	9
2.4.3. Treatment.....	9
2.5. Spleen and Stomach Qi Vacuity.....	10
2.5.1. Symptoms.....	10
2.5.2. Treatment Principle.....	10
2.5.3. Treatment.....	10

### 1. Purulent Ear

Otitis Media or ear infection

Can be classified as acute or chronic.

Acute:

- External wind heat

- External Wind-Cold
- Toxic Liver/Gallbladder Fire
- Chronic
- Spleen QI Deficiency

### **1.1.External Wind Heat**

- Most acute cases are due to the invasion of wind-heat.
- As the consequences of flu or upper respiratory infection
- The patient with wind-heat and ear infection can have
- Tinnitus and hearing loss
- Conductive Hearing Loss: There's congestion in the ear that keeps the conduction of sound from happening.
- Symptoms
- You'll see inflammation
- You'll see redness
- You'll see swelling.
- Feel fullness in the ear
- Feel pain deep inside the ear.
- The ear will feel blocked.
- If there is pain with this, there's pain over the whole head.
- H/A
- Congestion in the nose.
- Dryness and pain the in the pharynx.
- Aversion to cold
- Fever and chills
- If it's not taken care of properly, it will get worse and the ear drum may tear. (The ear will produce puss and drain)
- Tongue: red body, yellow coating
- Pulse: rapid, maybe floating
- Types of earaches you had as a kid.

#### **1.1.1.Treatment Principle**

- Course the wind heat and resolve toxin (fire/heat)

#### **1.1.2.Treatment**

- As for most ear problems:
  - TW17
  - SI19 – meeting point of SI, TW, and GB. This is a very good point.
- Other Points
  - GB20 – release wind from upper part of body.
  - LI4 – all exterior patterns, and it's a command point of face/head
  - TB5 – luo connecting point. One of 8 confluent points. It's pushing the wei qi to push out the pathogen.
  - SI3 – good for all ear problems. (A specific ear point)

- TW21, TW16 – local point good for all ear problems. Palpate and see if these areashi.
- TW3 as well – TW goes around the ear. There's also a branch that goes inside the ear. A frequently used point (along with TW17 for many ear problems along with GB points (GB20 & 41) The GB channel also enters the ear.).
- GB2 – opens the ear in almost all situations (excess or deficiency)

## **1.2.Wind Cold Ear Ache**

- After a bad cold or respiratory infection
- Feel fullness in the ear
- Tinnitus
- Voice sounds louder to the speaker than normal. They usually talk softly.
- Can be mild to medium hearing loss.
- Can still have some inflammation in the ears.
- Some fluid in inner ear cavity.
- Some edema in the nasal cavity.
- Chills and/or fever
- Not much taste in the mouth.
- No thirst/no sweat
- Tongue: White coat
- Pulse : floating, tight

### **1.2.1.Treatment Strategy**

- Dispel wind and cold

### **1.2.2.Treatment**

- common points:
  - SI17
  - TW19
  - TW21
  - TW16
  - TW3
  - Can use moxa on these points.
  - GB20
  - Etc.

## **1.3.Exuberant Liver and GB Fire**

More of an internal problem, but still an excess problem. It's a toxic fire.

### **1.3.1.Symptoms**

- Sudden onset
- Pain in the ear
- Sensation of blockage, congestion, fullness in the ear. (It feels like they need to pop their ears...)

- Pain can spread to affect the whole head.
- Tinnitus – louder than with wind-heat wind-cold. Usually higher pitched.
- Can be both ears.
- There can be a thick yellow pus discharge from the ear.
- Can occur without previous illness
- Can have an opening in the ear drum (perforation)
- Conductive hearing loss
- (Tuning fork test. Hold it by the ear, put it on the mastoid, then by the forehead, and back to the outside ear. With Conductive hearing loss, the patient can't hear it when it is by the ear, only when it is in contact with the mastoid, or on the frontal bones.)
- Low fever
- Bitter taste in mouth
- Irritable
- Can cause dizziness and/or H/A (H/A could be just on the side with the ear problems)
- Some dryness in throat
- Changes in bladder and bowels indicate internal problems so perhaps constipation or concentrated urine.
- Sore throat, or perhaps sinus problem. (Could look like wind-heat problem, so watch out)
- Pulse: wiry (not floating), fast
- Tongue: Red with yellow coat.

### **1.3.2.Treatment Principle**

- Drain the LV/GB fire

### **1.3.3.Treatment**

- Use same local points: TW17, SI19, GB2
- LV2 - Distal
- GB41 – distal
- If there is a lot of heat: add DU14. LI11,
- Just massage on GB41 can help too.

## **1.4.Spleen Deficiency**

Deficiency ear ache

It is chronic.

Can develop from an acute problem.

### **1.4.1.Symptoms**

It can also develop spontaneously.

- Drainage from the ear – a lot of thin fluid.
  - With spleen qi deficiency, there's a lot of it, and it's thin – this is a general statement.
- Tinnitus
- Fullness in ears

- Medium level of hearing loss
- There ear drum will look ejected/bulging.
- Dampness lingers, so this can be difficult to treat
- Fatigue and tiredness
- Poor appetite.
- Other digestive problems: Loose stools, etc
- Some dizziness (from dampness)
- Heavy feeling (dampness)
- Tongue: pale, moist, white coat
- Pulse: Soft, soggy, slippery

#### **1.4.2.Treatment principle**

- Tonify the spleen and remove dampness

#### **1.4.3.Treatment**

- TW3 – for ear
- SI19 – for ear
- ST36, SP6, or SP3, UB20, nourish spleen
- SP9 – dampness

### ***1.5.KD Yin Deficiency***

#### **1.5.1.Symptoms**

- Tinnitus – intensity is low but continuous.
- Only a small amount of discharge.
- Some hearing loss
- LBP, knees feel weak
- Dizziness, insomnia
- Dreams at night
- Feel heat
- Dry throat
- Tongue: red, peeled, (mirror tongue)
- Pulse: weak and thready
- Could be mix up with kidney yang deficiency as well or at the same time. KD yang if there are more cold signs. In either case, treat what you see. (pulse; thready, deep, empty)

#### **1.5.2.Treatment principle**

- Nourish the kd yin, resolve fire toxin

#### **1.5.3.Treatment**

- TW17, SI19
- TW3, GB40
- KD Tonifying points

- KD3
- UB23
- SP9 resolves dampness
- Classical for ear problems: SI19, TW17 (anterior and posterior of ear), Superior and Inferior as well ( )

### **1.6. Ear Acupuncture for Ear Aches**

May have to warn them that you are staying on the outside of the ear.

- There is an ear point on the ear.
- Kidney point in the ear.
- Shen men – gateway to nervous system. Good for any pain and for relaxing
- Endocrine – also good

Good for all cases of deafness or tinnitus.

Get them on ear drops and nose drops. Get the Eustachian tubes from both ends. (Adults pull up on the ear, for kids pull on the lobe of the ear)

### **1.7. Swimmers Ear**

Non-pussy ear.

Nose drops and ear drops are good to clear this up.

### **1.8. Perforated ear Drums**

If there is pus coming out of the ear. Go to a doctor.

## **2. Tinnitus & Deafness**

When someone complains of deafness rule out foreign bodies (ear wax as well) in the ear. (Ear candles for ear wax).

Another thing that can cause hearing loss is a perforated ear drum.

There can also be infections causing hearing loss.

Ringling in the ears and deafness can be caused by medicines. (Even aspirin can cause ringing in the ears.) Acupuncture may not solve these situations.

Prolonged exposure to loud noises in the environment and trauma to the ear can cause tinnitus and deafness.

Unregulated blood pressure, tumors, and some illnesses (German measles or rubella) can also cause tinnitus and deafness.

Sensory nerve damage cannot be helped with hearing aids.

Old Age can also cause deafness and tinnitus.

Nerve damage (Nerve VIII) or congenital problems can cause deafness.

Deafness and tinnitus are very similar. They are looked at as one in the same problem.

They often manifest together. It usually starts as tinnitus and then hearing loss occurs (or the other way around).

Acupuncture is very effective for treating tinnitus and deafness. (As long as it has the correct structure)

Acute – will run it's course.

- Wind Heat
- LV/GB Fire

Chronic

## **2.1.Exuberant liver and Gallbladder fire**

Usually associated more with emotional stress.

### **2.1.1.Symptoms**

- Sudden onset.
- Describes noise in ears as a “roaring” sound. Like a bonfire burning. Or, like a high pitched squeal, or a high pitched sound.
- Anger and frustration makes the sound intensify and make it louder.
- Upward sweep of LV/GB fire brings too much energy to the head.
- Dry mouth & throat
- Bitter taste
- H/A – with throbbing
- Red face, ears, eyeballs
- Liver fire can also perhaps cause dizziness.
- Insomnia and restless sleep
- Wild dreams (flying, chase, or fire dreams)
- Constipation is possible (internal problems often include changes in bowels and bladder)
- Concentrated urine
- Pulse: wiry, string, taught
- Tongue: red with yellow coat

### **2.1.2.Treatment Principle**

- Clear liver and gall bladder fire. Open the ear channel

### **2.1.3.Treatment**

- TW17
- TW3 – the most important distal point to use for ear problems\*\*\*
- GB2 and GB43 – are important for these types of problems! Remember that GB43 is the ying spring point.
- GB41 also clears the heat (extraordinary vessels)
- LV2 – clear the heat
- LV3 – move the stuck qi
- GB40 – yuan source point – help spread the stuck qi and help with the dampness.
- 

## **2.2.External Wind Heat**

### **2.2.1.Symptoms**

- Wind heat cold comes first. Upper respiratory infection.
- Key: sudden onset

- Impairment in hearing (own voice sounds loud)
- Ear feels plugged/full
- Hearing loss because of blockage of Eustachian tubes, with tinnitus.
- Chills, fever
- Aversion to cold
- H/A
- Achy
- Dry mouth
- Dry nose
- Pulse: floating, rapid
- Tongue: thin yellow coat (perhaps may even white)

### **2.2.2.Treatment Principle**

- Dispel wind and clear heat

### **2.2.3.Treatment**

- TW17 – local point and releases the wind
- TW3 – good for excess and deficiency. All purpose point for the ears
- GB2 – local point
- GB43 + GB2 – regulates the flow of QI in the channel – helps with blockage from wind heat.
- TW5 – especially good for wind-heat invasion. Release the exterior.
- LI4 – helps release the exterior.
- SI19

## **2.3.Binding Depression of Phlegm-Fire**

This comes from diet.

Phlegm from diet, or alcohol.

It blocks the orifice of the ear. Prevents the flow of qi and prevents proper nourishment of the ears.

### **2.3.1.Symptoms**

- Noise of tinnitus is a musical tinkling sound. Or can be a roar in the ear.
- Dizzy spells
- Heavy head (can't think straight)
- Chest fullness, feel stuffy
- Coughing up phlegm, post-nasal drip, constant throat clearing
- Bitter taste in the mouth
- Poor appetite
- Irregular urine and bowel.
- Tongue: yellow slimy coat, red body
- Pulse: slippery, fast or slippery/wiry

### **2.3.2. Treatment Principle**

- Clear fire, transform the phlegm

### **2.3.3. Treatment**

- TW17, TW3
- GB2 + GB43
- ST40 – for phlegm
- PC8 – ying spring point. Calms the spirit, takes the heat out.
- SI19

## **2.4. Kidney Essence Depletion**

Remember the kidneys are associated with the ears and hearing. As the essence declines, so does the hearing.

This can come from poor physical constitution, extended illness, old age, stress over a long period of time.

Excess sexual activities.

### **2.4.1. Symptoms**

- Complains of intermittent ringing.
- It's not a loud noise, it's like a low chirping tone or low sound of rushing water.
- The onset is slow. They can't remember when it started to happen. It's slow and insidious. It's gradual.
- Key: Worse after physical stress. OR after plain old stress.
- Symptoms: worse in afternoon or evening.
- LBP, Knee pain.
- You can have more signs of Yin deficiency or of Yang deficiency.
- Yin: Night sweats, five heart heat, etc...
- Yang Deficiency: etc

In Men: Low KD essence – seminal emission.

In Women: Discharge

### **2.4.2. Treatment Principle**

- Supplement the kidney and secure the kidney essence.

### **2.4.3. Treatment**

- Local:
- TW17
- SI19
- GB2
- Address problem:
- UB23
- KD3
- DU4 – almost always want to use moxa with this.
- CV4 – tonify the original qi of the kidneys (Moxa with yang deficiency)

## **2.5.Spleen and Stomach Qi Vacuity**

Due to poor diet, not enough nutrition.

Overwork – working the muscles too much.

The deficiency prevents the qi/nourishment from reaching the ears.

### **2.5.1.Symptoms**

- Deafness and tinnitus occurs after work. After they do too much.
- As in the case of orthostatic hypertension (get dizzy after standing up quickly)
- Person feels tired and fatigued.
- Poor appetite
- Loose stools
- Bloating, digestive complaints
- Unhealthy complexion – sallow/dry skin
- Tongue: pale, thin white coat
- Pulse: weak

### **2.5.2.Treatment Principle**

- Tonify the spleen and stomach qi

### **2.5.3.Treatment**

- SI 19
- TW17
- TW3
- GB2
- And
- BL20, 21
- ST36
- CV6 – qi hai (raise the qi) perhaps with moxa – this is not a heat problem
- Ear acupuncture: sub-cortex, endocrine, liver, kidney, inner ear, shen men
- Scalp acupuncture: there are points specific to hearing.
- Qi Gong