

Treatment Strategy II

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1. Urinary Problems

1.1. Enuresis

Involuntary urination.

- This can be nocturnal enuresis – bed wetting in children
- Urinary dribbling – frequent in women as estrogen declines postmenopausal
- Urgency as well
- Difficulty holding urine as well (as with coughing or sneezing)
- Mild incontinence.

These are all treated the same in TCM

1.1.1. Western Medicine

- Considered a neurological problem.
- Problems with MS
- Problems in older women.

- 20% of cases there's a family history (perhaps more with childhood bedwetting)
- There can occasionally be an organic problem.
 - Obstructions
 - Infections
 - cystitis
 - Trauma
 - Make sure you know if this is an infection or if this is cancer.
 - Prostatitis
- Cause is usually unknown
- Detrol is a very drying type of medicine per TCM.

1.1.2.TCM

Most often this is due to deficiency of the four organs:

- Bladder
- Kidney
- Lung
- Spleen

These organs are all involved with the water ways in the body.

1.1.3.KD Yang QI deficiency

S&S

- Dribbling urine
- After long time disease exhausting the bodies energies.
- This can often happen at night time.
- Enuresis during sleep.
- Patient can be up and going to the bathroom more than once in the middle of the night.
- Typically this is a copious amount of urine. It is clear and copious urine. It's not so smelly.
- It's not just limited to night time. This can be day time dribbling as well.
- Pale looking, cold person
- Complaints in the lumbar region.
- Tiredness - Lassitude.
- Tend to feel cold – Cold arms & legs.
- They may not be thirsty, but prefer warm/hot fluids.
- Pediatrics (Barstow)
 - Children might not have other KD yang deficiency problems, but it's still KD yang deficiency. Perhaps even kidney essence deficiency. The children might have a lower IQ.
- You can see signs of LU deficiency along with the KD deficiency. Asthma, etc... can be part of this whole pattern
- Tongue: pale w/ white coat
- Pulse: weak, deep, and slow

Treatment Principle

- Tonify the original qi

Treatment

- Moxa CV4
- Moxa CV3 – for got to pee. The MU point for the bladder. This is the abdominal meeting point of the LV, SP, and KD. A very powerful point because of it. You are influencing the spleen, liver, and kidney (much like SP6)
- CV6 – raise the qi, tonify qi in general, including kidney qi.
- Moxa UB23 – back shu of kidney
- Moxa DU4 – ming men hu
- KD7 –
- KD3 – is good to. We are more worried about the yang qi deficiency though, so perhaps KD7 is better.
- UB28 – back shu for the bladder. Kidney yang and also for backaches.
- DU20 – pulls things up. Put it going with the channel. Hold the urine up.

1.1.4.Qi deficiency of LU and SP

S&S

- Smaller amount
- May wet the bed 5 or 6 times per night.
- Pale face
- SOB
- Sweating
- Cough w/ dribbling
- Tired limbs (muscles are too weak to work)
- Loose stools
- Poor appetite
- You may see this problem after the patient is recovering from illness
- Tongue: Pale w/ white coat
- Pulse: sinking (you have to dig around for this pulse) weak, deep

Treatment Principle

- Tonify lungs and spleen

Treatment

- UB20 – back shu of spleen
- SP6
- CV6 – tonify and raises 6
- DU20 – along with CV6 to help pull things up.
- LU9 – wu, Deadman says LU7 might be better.
- UB13 – LU shu.
- UB2 – for bladder shu point.

- UB32 – the meeting point of the bladder and gall bladder.

1.1.5.(Lower Warmer Damp Heat) Bladder Damp Heat

Can be damp heat in the liver channel

S&S

- AN excess type of problems.
- Enuresis.
- Amount of urine is small.
- Restless sleep (excess liver heat)
- Grinding their teeth at night.
- Urine is more concentrated and dark.
- The urine has its own “special” smell.
- Damp heat in liver channel implies easy to anger, crabby
- Night dreaming that could wake them up.
- Red face & lips
- Tongue: red and yellow, greasy coating
- Pulse: wiry, slippery, rapid
- Red on the sides of the tongue.

Damp Heat in the Kidneys

- More of a yin deficiency heat.
- More hot all over the body, not just in the face – more of an overly warm.
- May ant to drink cold fluids.
- This is more of a shy type of child. (Kidney essence, development is slow)
- Tongue: red w/ peeled coat
- Pulse: fast and thin.
- Damp heat over time hurts the yin

Treatment Principle

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Treatment

- UB28 – bladder shu.
- CV3 – mu point of bladder
- LV2 – for damp heat in liver. Liver ying spring
- SP6 – regulates the water passages, helps calm the mind.
- HT7 also calms the mind.
- KD3 – esp. with kidney yin deficiency.

1.1.6.Causes of enuresis

- Weak condition w/ KD essence on decline or born with inadequate kidney essence.

- Shock in children can be the cause of bedwetting – pre-natal shock. If the mother gets scared while the child is in the womb.
 - In early childhood this shock can also cause bedwetting problem as well.
 - They will see a bluish tinge on the child's chin. This will be a sign of shock for the child.
- Old age can also be a reason for the decline of LU, SP, and especially KD qi.
- Excess sexual activity can weaken the kidney yang.
- Chronic cough
 - A mor mechanical strain on the liver.
- Child birth - -women have to give up their essence to have children.

Notes:

- If child is over 10 years old this is more difficult to treat.
- Deficiency is more easy to treat than excess problems.
- Results are within a few months. If you don't see improvements, suspect a more serious underlying issue.
- With very geriatric patients, treatment can be difficult.
- Children's bed wetting food
 - Two handfuls each of
 - Pork bone (1/2 pound) w/ a small amount of meet on the bones. (Ankle)
 - Golden needle vegetable (jin zen chai)
 - Lycii fruit (can be fairly sweet, but could add sugar)
 - 5 cups of water
 - Boil down to 1 cup.
 - 1 cup a day for seven days, make it fresh every day.

1.2. Urinary Retention

- Difficulty urinating with a diminished amount of urine.
- Dribbling urination
- Or in the extreme, someone who cannot urinate at all.
- This is all without pain.
 - If there is pain, it's one of the Lin syndromes.
- Could be:
 - Problems in bladder
 - Problems with kidney function
 - Weak kidneys
 - Kidney failure
 - Problems with prostate
 - Problems with urethra

1.2.1. Western

- Can happen w/ episiotomy
- Can happen with any abdominal surgery
 - More like a trauma, leads to qi and blood stagnation.

- Prostate problems
 - Enlarged prostate
 - Cancer of the prostate
 - No acupuncture/herbs if this is an advanced state.

1.2.2. Bladder Damp Heat

S&S

- This is dribbling urination, or just a small amount
- It is concentrated urine
- There is burning sensation since it is heat
- Lower abdominal distention, feeling of fullness over the bladder
- Sticky, bitter taste in mouth
- Dampness – thirsty with no desire to drink
- Difficult bowel movements
 - Sticky claylike stool that is common with dampness.
- Tongue: red, yellow slimy coating
- Pulse: Rapid and slippery

Treatment Strategy

- Cool heat, remove damp, free the urine

Treatment

- Core treatment from Lin syndrome:
 - CV3
 - BL28 – back shu of bladder
- SP9 – good for all presentation of Lin syndrome
- SP6 – helps drain things down, three leg yin
- BL22 – back shu of TW. The TW moves things in the body.
- BL40 – He-sea point of the bladder. (located at elbows and knees)
- BL32 – meeting point of GB and UB channels, regulates the lower jiao and helps urination and defecation. Can get a bad lower back ache along with any type of urination difficulty.
- BL39 – lower he-sea of the TW. For retention of urine and difficulty urinating

1.2.3. Exuberant LU heat

Lung qi supposed to descend and communicate with the KD's. It also goes to the kidney and the bladder and is that which provides power to the bladder for urination.

Instead of the LU qi going down, the lung heat causes it to go up

S&S

- Short and rapid breathing
- Cough
- Thirst

- Feelings of hot
- LU qi not providing energy to bladder so person is not able to urinate.
- Tongue: thin yellow coat (thinner than damp heat coat...)
- Pulse: rapid

Treatment Strategy

- Clear lung heat, free the urine

Treatment

- CV3
- UB28
- LU5 – good for excess or deficiency heat in the lung
- LI4, LI11 – take out heat (LI4 also helps with dry throat – command point of the face)
- PC6 – for irritability and to clear heat

1.2.4.QI stagnation

Excess type of problem. We're talking liver qi, when liver qi stagnates, it causes an obstruction in the lower jiao.

We are especially equating this with an emotional state anger, frustration, etc

S&S

- Symptoms come and go with emotions.
- Distention (qi stagnation sign) in the lower abdomen.
- Pain in the hypochondrium.
- Tongue: thin white or yellow coat. Coat could be normal. Over time it generates heat.
- Pulse: wiry

Treatment Strategy

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Treatment

- LV3 – regulates the liver qi
- Core Treatment from above.
- BL39 – lower he sea of TW. Promotes urination and retention of urine.
- GB34 – good point to help spread the liver qi. For lateral-costal pain.

1.2.5.Stagnant blood obstructing

History of surgery or trauma in lower abdomen

S&S

- Lower abdominal distention (full bladder ;-)
- Tongue: dark purple or purple spots on the tongue.
- Pulse: “rough” – if there is stagnant blood, the blood does not flow smoothly.

Treatment Strategy

- Invigorate the blood, remove stasis, free the urine

Treatment

- Same Core treatment (CV3, BL28)
- SP6
- ST28 – more used for gynecological problems. Used to move blood in the uterus. But can move any blood in the lower abdomen. (perhaps not too deep here...) Needle this superficially (at oblique angle)
- KD5 – xi-cleft point for the kidney. Xi-Cleft points on the yin channels treat blood.
- CV4 & ST36 – to build qi and blood as well.

1.2.6.SP Qi deficiency

Things are falling out or not working properly in the lower jiao. The qi isn't doing anything properly.

S&S

- Fatigue
- SOB
- No Appetite
- Weak Voice
- Doesn't have the energy to pee
- Dragging sensation in the perineum.
- Distending feeling
- Feel occasionally like they need to urinate, but at most only a small amount of urine will pass.
- Tongue: Pale with thin coat
- Pulse: Weak and thready

Treatment Strategy

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Treatment

- Supplement needle technique perhaps with moxa.
- BL20
- ST36
- SP9 – help move dampness
- SP6 – to help tonify the spleen
- Same Core treatment
- BL22 – shu point for the TW. Help move fluids in the lower burner.
- BL32 – to help with anal prolapse that might accompany this.

1.2.7.Exhaustion of KD Yang

S&S

- Retention of urine.
- Pale & Copious urine
- Weak stream of urine.
- Uncomfortable urination
- Look pale
- Feel cold in limbs and low back.
- Tongue: Pale with white coat
- Pulse: Deep and weak

Treatment Strategy

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Treatment

- BL23
- CV4 – helps tonify the kidneys
- KD10 – water point on water channel (and he-sea point), activates the channels and tonifies the channel.
- CV6 – strengthen the qi of the body.
- BL22 – back shu of TW, move the fluids
- Spleen and kidney yang, so Moxa on DU20 and ST36 to help tonify.
- Not going in deeply with someone, needle obliquely towards the genitals.
- Points on the legs, get the needles toward the genitals (SP6 upwards...)
- Hopefully they don't have a full bladder before the treatment.

2. Impotence

- Erectile dysfunction.
- Chinese - Yang Wei
- Inability to have an erection or only partial erection.

2.1.1.Western

- Could be physiological
 - Systemic disease like diabetes
- Low hormone levels
- Hypopituitary or thyroidism
- Local disorders
 - Congenital
 - Inflammatory – syphallis
- Vascular –
 - aortic bulge
 - athersclerosis

- Neurological
 - MS
 - Spinal chord lesions
 - CVA/Stroke
- Surgical procedures
 - Bladder or prostate surgeries
 - Lower abdominal surgery
- Pharmaceuticals can cause
 - Antidepressants
 - Sedatives
 - Lower BP meds
 - Street drugs
 - Alcoholism
- Psychological problems
 - Fear of intimacy
 - Sexual guilt
 - Fear
 - Depression
 - Situational impotence
 - Place
 - Partner
 - Competitive defeat
 - Self esteem
- If otherwise capable, then it is considered to be a physiological situation
- This is not inevitable with age

2.1.2.TCM causes

- Excess sexual activities
- Emotional disturbances
 - Too much worry (HT), anxiety(SP), fear(KD)
- Damp heat in lower burner
 - Caused by poor diet, environment

2.1.3.Deficiency of Life Gate fire

Lack of KD yang signs.

Kidneys dominate reproduction, so insufficiency of kidney yang, withers up the reproductive organs. “7-8 out of 10 impotent patients are caused by the decline of fire”.

S&S

- Complete or partial impotence.
- Frequent seminal discharge
- Dizziness and discharge
- Tinnitus
- Cold limbs

- Listlessness
- Weakness of knees and back
- Frequent urination
- Tongue: pale
- Pulse: deep and thready

Treatment Strategy

- Supplement the kidney and invigorate the yang

Treatment

- CV4 – tonify qi of the body, help kidneys function.
- DU4 – ming men (fire of life) Moxa here.
- UB23 – back shu of kidneys
- UB31-34 – look for tenderness – the 8 crevices. They regulate the function of the lower jiao. Benefit, warm, firm, and supplement the kidneys. Can be used for lots of different things,.
 - Luekorrhea
 - Seminal emission
 - Infertility
 - Urination and defecation problems
 - Things related to KD deficiency
- SP6 – benefits the genitals, calms the mind
- HT7 – if emotions involved
- BL15

2.1.4.Damp Heat in the Lower Burner

S&S

- Transforming and transporting functions are not working.
- Damp Heat goes downwards to make the penis unable to erect.
- Can't achieve or maintain an erection.
- Premature ejaculation.
- Feels heat or dampness in the genitals.
- Damp heat can go up and into the throat so thirst and bitter taste in the mouth.
- Damp heat can be transferred in the SI and thus in the bladder. Concentrated Hot Urine
- Soreness/heaviness in the legs
- Tongue: yellow slimy coat
- Pulse: slippery and rapid

Treatment Strategy

- Clear heat and resolve dampness

Treatment

- Regulate qi of the spleen
 - CV3
 - SP9
 - SP6
 - ST36
- LV5 – good for all genital problems. Specifically linked to the penis in men.
- LV8 – damp heat in the lower jiao
- KD10 – also clears damp heat in the lower jiao (or pain in genitals)
- Ear acupuncture – external genitalia in the ear, endocrine, subcortex, shen men.
- Recipe
 - Debilitation of life gate fire
 - Two sheep testicles
 - Wine
 - Eat every morning for a month.

3. Prostate

- Common in men past the age of 50.
- Thought to be due to changes in sexual activity and degenerative changes in the circulatory system.
- Two Different problems:
 - Prostatitis - Inflammation of prostate gland
 - Enlarged Prostate gland

Signs and symptoms

- Difficulty urinating – weak stream, or stream starts and stops, dripping of urine
- Difficulty emptying the bladder
- Pain in urination
- White sticky urine at end of urination.
- This could be like cloudy Lin or fatigue taxation Lin or qi deficiency Lin
- Also could be damp heat.

3.1.1. Downward flow of damp heat

Considered an attack of external evils. Can happen in older men

S&S

- Damp heat settles in the lower burner and blocks the function/stagnates the qi.
- Distending pain in the perineum. Dragging feeling
- Feeling of incomplete urination
- Cloudy urine at end of urination - dampness
- Itchy at the urethra
- Urgency and pain upon urination
- Fever

- Constipation
- Backache
- Tongue: red body, yellow coat
- Pulse: fine and rapid (fine because the patient is a weaker, elderly man)

Treatment Strategy

- Clear heat and remove dampness

Treatment

- BL23 – help regulate the water passages and help with urination
- BL28 – bladder shu point, regulates the bladder
- CV3 – Meeting point of the bladder
- LV8 – he-sea and water point of liver channel. Clears damp heat and benefits the genitalia.
- SP9 – get the damp out.
- KD7 – jing river point, metal point, drains damp. (Start and stop sweat)

3.1.2.Turbid obstruction with stasis

This is like a step worse than the damp heat above. It's an accumulation of the damp heat that creates even more stagnation. It's more of a progression of symptoms.

S&S

- Dragging/distending vague pain of perineum and testicle
- Dripping, frequent urine
- Incomplete urination.
- Similar to the above, but with more heat.
- Tongue: as above but with red spots, more heat
- Pulse:

Treatment Strategy

- Resolve stagnation, resolve the turbidity, clear the heat, and promote urination

Treatment

- UB23
- UB28
- SP9
- LV8
- SP6 – help resolve dampness, tonify kidneys...
- SP10 – used for five types of urinary dysfunction in addition to the blood cooling and moving. SP10 & CV6 or SP10 & LV1 are classical combination

3.1.3.SP and KD deficiency

This is even worse yet. It's affecting the organs.

The Spleen doesn't like dampness. A long term problem is hard on the kidney

S&S

- Soreness of back and knees
- Same urinary as above.
- Impotence
- Early ejaculation
- Dizziness
- Insomnia
- Excessive dreaming
- Fatigue
- Tongue: thin and white
- Pulse: weak and fine

Treatment Strategy

- Tonify the spleen and kidneys, resolve turbidity, resolve the stagnation

Treatment

- Tonify tehchineuq
- UB 20, 23, 28
- ST36
- SP6
- SP10 – if blood stasis
- Moxa at CV6,4 if patient cold
- Kidney, urertha, pelvic cavity points in the ear.