

Treatment Strategy III

Treatment Strategy III.....	1
1 Goiter.....	1
1.1 Qi Goiter.....	1
1.2 Flesh Goiter.....	2
1.3 Stone Goiter.....	2
1.4 Stagnation of Liver Qi.....	2
1.5 Yin deficiency w/ effulgent fire.....	3
1.6 Signs and Symptoms of either.....	3
1.6.1 Ht yin Signs and Symptoms.....	3
1.7 Treatment.....	3
2 Hypothyroidism.....	4
3 Lump in the throat.....	5
3.1 Treatment principle.....	5
3.2 Treatment.....	5
4 Edema.....	5
4.1 Wind Attack.....	7
4.1.1 Treatment.....	7
4.2 Inundation of Dampness.....	8
4.2.1 Treatment.....	8
4.3 Damp Heat.....	8
4.3.1 Treatment.....	9
4.4 Decline of Spleen Yang.....	9
4.4.1 Treatment.....	9
4.5 KD Yang deficiency.....	9
4.5.1 Treatment.....	10

1 Goiter

- Enlarged thyroid
 - People don't have these as much any more due to more iodine in the diet.
- In Chinese medicine there are different types of goiters/swellings:

1.1 Qi Goiter

- Stagnation of qi causing the swelling in her throat.
- This is a diffuse swelling in the front of the neck
- Can increase/decrease in size (sometimes along with the emotions)
- It's soft.
- Does not have clear edges
- No pain
- No color change
- Can get big and droopy – if it does it can interfere with the airway. It can also cause a person to get a little hoarse.

1.2 *Flesh Goiter*

- More often in people under 40 years of age
- More often in women than men
- Just a few oval, moveable lumps.
- There's a smooth surface with no pain.
- Could be bilateral or unilateral
- It can be one or more lumps.
- It's called flesh because it feels like muscular tissue. It moves with swallowing.
- It's tough tissue.
- It accompanied with exophthalmous (buggy eyes)
- Like hyperthyroidism
 - Sweating,
 - stuffy chest,
 - palpitations,
 - pulse is rapid (wiry/slippery, or sting taut)
 - irregular menstruation
 - irritable

1.3 *Stone Goiter*

- This is more of a thyroid cancer
- There's really hard lumps/swelling in the front of the neck. Usually bilateral.
- Don't really move with the movement of the throat.
- No pain involved
- No ulceration or open wound
- No change in skin color
- Related to hypothyroidism in Chinese medicine
- May increase in size.
- This is western thyroid disease.
- Causes:
 - Frustration, anxiety
 - Accumulation of fluids
 - When qi stagnation is also causes blood to stagnate.
 - Liver Yin deficiency can also cause this (LV and KD yin become deficient together.
 - This can be problems with the Chong and the Ren causing stagnation.

1.4 *Stagnation of Liver Qi*

- More associated with a qi goiter
- Emotional component.
 - Emotional problems
 - Feel depressed
- Chest oppression
- Feelings of stuffiness under the ribs

- Pulse: slippery/wiry
- Tongue: dark w/ slimy white coat

1.5 Yin deficiency w/ effulgent fire

- More associated with a flesh goiter.
- Can be associated with liver qi stagnation over time can damage the liver yin.
 - Liver qi stagnation, over time, can generate heat. This can damage the yin and/or turn into liver fire. W/ liver fire, it can attack the spleen and stomach. This can eventually damage the stomach yin.
- Liver and Kidney yin have the same roots. So liver yin deficiency is really liver and kidney yin deficiency.
- Remember the Liver channel goes up the throat so that the connection with the throat.
- Could also be stomach yin (hunger with no desire to eat) or heart yin (palpitations)(anxiety over a long period of time can cause heart yin deficiency – because both the lung and heart are in the upper jiao)

1.6 Signs and Symptoms of either

- Irritable
- Red tongue
- Insomnia
- Five heart heat
- Tongue:
- Pulse: slippery, rapid
- Perhaps even liver qi stagnation signs

1.6.1 Ht yin Signs and Symptoms

- Palpitations
- Restless
- Insomnia
- Problems w/ memory
- Night sweats
- Shen disturbances

1.7 Treatment

- TW13 – dominates the qi of the whole body. Removes obstructions and also helps with phlegm.
- LI17 – like a local point. Helps with local circulation
- SI17 – another local point in the neck to help with qi and blood circulation
- CV22 – again, local
- LI4 – yang ming meridians (because it goes through the neck)
- ST36 – yang ming meridians (because it goes through the neck)
- LV3 – for liver qi stagnation – liver qi specific points
- CV17 – influential point of qi. – liver qi specific point
- HT3, PC6 – for HT yin

- For eyes bugging out
 - TW23, regulate qi and blood in the eye
 - BL2, regulate qi and blood in the eye
 - BL1, regulate qi and blood in the eye
 - GB20 – useful for many eye problems
- KD3 if kidney yin deficiency
- CV4
- BL15 – for ht yin deficiency
- BL18 for LV fire or more liver stuff
- BL23 – for kidney shu point of liver/kidney yin deficiency (any yin deficiency)
- Ear points: Shen men, sub cortex, endocrine, there are thyroid specific points
- CAM: Surround the Dragon: .5 cun above/below stomach 9 along with LI4, PC6, ST36/
 - Treat once per day, leave needle in for 20-30 minutes.
 - Try 10 treatments, take a break, do a second round, and then perhaps a third round of 10 treatments. You should see some substantial change...
- Soy products will interfere with thyroid function!
- Broccoli and cruciferous vegetables also have a negative impact on thyroid function. Cooked with seaweed (iodine) it's much better.

2 Hypothyroidism

- Interior cold, like a kidney yang deficiency problem
- Low energy
- Weight gain.
- Fatigue
- Can be sub-clinical TSH levels. You don't have to measure for hypothyroidism to have low thyroid function. Once you go on Synthroid, you end up there for life.
- Cold contracts the skin pores.
 - So they get dry skin.
 - Keeps the pathogens in so they get repeated infections
- <See handout>
- Fatigue and inability to tolerate cold are the most common symptoms
- To test thyroid:
 - Even if sub-clinical
 - Take three mornings in a row, before you get out of bed.
 - Check the basal temperature (15 minutes under arm pit) before you get out of bed.
 - Women should not do this while they are menstruating.
 - Add the three temp's together and divide by three
 - The average is lower than 97.5 your body temperature is too low and you should see an MD.
- Alt
 - Paint an iodine patch on your skin and see how long it lasts

3 Lump in the throat

- Wu page 237
- Globus Hystericus!
- Feeling that there is a lump in the throat. Like a choking sensation
- You can't spit it out and you can't see it.
- Associated with depression, grieving (causing emotional/qi stagnation)
- When qi stagnations, there's a tendency for phlegm to stagnate along with it.
- Liver channel has internal connection with throat.
- Liver qi stagnates, causes dampness in phlegm, qi stagnation causes heat, cooks down dampness to produce phlegm.
- When people are trying to suppress sadness.
- Worse with emotional stress
- Be careful to make sure that there isn't something more drastic going on
 - Muscular disorders
 - Cancer
 - Etc...
- If everything else is ruled out, it's stagnation of phlegm.
- Tongue: sticky, slimy
- Pulse: slippery, string-taut, wiry, rolling (it's sticky, there are no edges to it)

3.1 Treatment principle

- Soothe the liver, regulate the flow of qi and resolve phlegm

3.2 Treatment

- CV22 – local point
- CV17 – influential point of qi
- PC6 – for emotions
- ST40 – for phlegm
- LV3 – to help with depression of liver.
- If you can't do CV22
 - You can use LV5 instead.
- Problem can be solved in one treatment at times.

4 Edema

- Fluid accumulation under the skin.
- Swollen and puffy looking
- Western:
 - Can be congestive heart failure
 - Heart not strong enough to move the fluids
 - Nephritis
 - Inflammation of the glomeruli
 - Can be acute (could be VERY serious) or chronic

- Acute: sudden onset. Comes with Edema in the face and around the eyes as well as blood in the urine.
- Feverish
- H/A
- Sore throat
- Etc.
- Can come from infection elsewhere in the body. Like laryngitis, tonsillitis, scarlet fever, skin infections (boils, eczema, carbuncles), etc
- Chronic nephritis
 - can develop from acute nephritis.
 - Or can develop for no apparent reason
 - Edema in the lower part of the body.
 - Swelling of ankles, etc.
- Yang edema is acute nephritis
- Yin edema is chronic nephritis.
- Endocrine disorders
- Nutritional disorders
- All of these can be treated with Chinese medicine.
- Can occur in limbs, face, abdomen, etc
- Edema is always pathological.
- In TCM
 - Responsible for water metabolism in the body
 - Lungs are upper waterways
 - Spleen is the middle waterway
 - Kidneys the lower waterways
 - TW is also important for the metabolism of the fluids. It is more involved with coordinating the metabolism of the waterways. Making sure that everyone is doing their part
 - Yang Edema – Acute
 - Edema more severe above the waist, the yang part of the body.
 - Little or no pitting
 - This is an excess type pattern
 - From
 - wind heat or wind cold
 - they block the upper water way (the lungs)
 - This is referred to as “Wind Water” on Chinese
 - This can also come from environment (damp environment, wading through water) Dampness can also hurt the spleen. So the spleen can no longer transform and transport fluids, causing edema.
 - Yin Edema - Chronic
 - Pitting edema
 - This is more of a chronic type problem
 - Can be deficiency of spleen or kidneys.
 - Damage that disallows these organs from dealing with water.

- Usually from waist down
- But can affect the eyelids as well.
- Signs of internal weakness.
- Sallow complexion
- General weakness
- No energy
- Fatigue
- Person feels cold, they want to be warmed up. (remember the SP and KD yang often become deficient together)
- It's called yin edema because it is chronic because it affects the more yin aspects of the body.
- Low back pain, weakness in knees, KD yang deficiency type signs
- Or spleen yang deficiency type signs
 - Digestive stop
 - Food not cooked down properly, so bloating and indigestion, poor appetite, loose stools, cocks crow diarrhea
 - Pale tongue, white coat
 - Pulse, deep, weak thready
 - Weak, tired muscles
- Life style choices can cause this
 - Over work
 - "cold" diet
 - Excessive sexual activities
- Overall edema is considered an excess. But it can be an excess rooted in deficiency.
- Yang edema can turn into yin edema.
- Stasis of blood can also cause edema.

4.1 Wind Attack

- Yang edema
- Edema in eyes and face (can spread if not taken care of)
- Aversion to wind
- Chills, fever
- Aches in muscles
- Retention of urine (wind blocking the whole system)
- Sore throat
- Wind heat
 - More fever
 - Hot red sore throat
- Pulse: floating, slippery (cause accumulation of fluids)
- If edema is above the waist we have the person sweat out the fluids. So there's a lot of lung points

4.1.1 Treatment

- BL13, BL12 –

- LI4 – release exterior
- TW5 – release exterior
- LU7 – release exterior
- LI6 – opens the water passages and relieves edema in face and upper part of the body.
- LI10 – good local point for edema in the arm
- DU26 – local for face edema (water ditch)
- BL39 – lower he sea of TW (one of the few TW points that is good for edema)
- Front Mu an Back Shu for TW (CV5 and BL22)
- ST36 – helps harmonize the ying qi with the defensive qi.
- CV17 – helps the descending of the lung qi (unblocks the function of the lungs)
- Prick to bleed LU11 for sore throat
- A lot of points to relieve the exterior.
- First release the exterior (BL12, BL13, TW5, LI4)
- Then get rid of the edema (it's more like a yin edema treatment)

4.2 Inundation of Dampness

- It can be dampness with the whole body
- Dampness blocks the urine flow so scanty urine
- Person feels heavy
- Oppression in the chest
- This is more the slow onset (no real exterior signs)
- Nausea (dampness blocking/obstructing)
- Lack of appetite
- Tongue: Swollen and sticky
- Pulse: Slippery
- Treatment Principle: tonify the spleen and help transform the dampness and resolve the edema

4.2.1 Treatment

- BL20
- Sp9
- CV12
- ST36
- CV9 – name says it will help take care of water accumulation
- BL22 – back shu of TW. Helps to get rid of the accumulation of fluids
- BL39

4.3 Damp Heat

- Edema in legs or abdomen, (general edema)
- Skin looks stretched and shiny
- Feeling of oppression in chest
- Thirst without desire to drink (damp heat – heat makes them thirsty, damp obstructs desire to drink)

- Small amount of urine
- Constipation (if more heat)
- Tongue: STICKY YELLOW
- Pulse: RAPID, SLIPPERY

4.3.1 Treatment

- SP9
- CV9 – to separate the clear from the turbid – takes care of the edema
- BL39 – lower he sea of TW
- LI4, LI11 – clear heat (LI11 clears damp and heat)
- ST28 – the route of water – helps get rid of stagnation of fluids. Promotes urine.
 - Damp heat in the lower jiao bothers the bladder.
 - Could have blood in urine
 - So SP10
- SP6 – also for damp heat in lower jiao

4.4 Decline of Spleen Yang

- Yin edema
- Edema in abdomen or legs
- Pitting edema
- Oppression in chest (even w/ dampness in lower part of body)
- Loose stools
- Loss of appetite
- Pale face
- Feels cold in arms and legs
- Scant amount of urine.
- Tongue: pale and swollen with white glossy coat
- Pulse; deep, weak, and fine

4.4.1 Treatment

- Tonify spleen (reinforce w/ perhaps moxa)
- BL20
- ST36 w/ moxa
- CV9 – for edema
- CV6 – tones the qi in general for the whole body. (esp w. moxa on ginger)
- SP9 – for damp
- SP6 – to nourish/tonify the spleen

4.5 KD Yang deficiency

- Edema in the whole body
- Palpitations (kidney water intimidating the heart)
- SOB
- Cold on back

- Back and knee problems (cold)
- Depressed and tired.
- Tongue: pale or swollen
- Pulse: deep, weak , thready with no force

4.5.1 Treatment

- BL23 – back shu of kd
- KD7 – good for kidney yang and accumulation of fluids
- And pot s for spleen yang
- BL20, SP9, CV9 (with moxa) CV6
- We don't just tonify the kidneys, you need to help with the edema.
- Edema on dorsum of foot: GB41, SP5 (jing river – pathological substances in the meridian)
- Ear points: live,r spleen, KD, sub cortex, bladder, abdomen
- Home Remedies:
 - Rock salt in a pack and cover the edematus area with rock salt. It's topical. 10 days to remove edema (Buck wheat flower will do the same thing)
- Extreme edema could be phlebitis – inflammation of the blood vessels
 - This can form embolisms
 - Test for phlebitis by doing Homan's test. One hand on heel, other on ball of foot, and see if they can push the foot down.
 - Facial edema – DU26 is good
 - Tw6 – could be god – it moves the qi and the blood
 - ST41 and SP4 for facial edema
 - If edema in lower limbs: BL22, BL23, ST36, BL39, SP9, SP6, KD7, CV9 and CV6 w/ moxa.
 - Advise patient to stay away from salts. This should continue even once the edema is under control.