

Treatment Strategy III

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1 Chest Pain

- Palpitations, pain on the left or shortness of breath are indicators that this could be heart related.
 - Angina, heart attack, etc...
 - Make sure these are checked out
- Complaints of coughing or breathlessness
 - This could be chronic bronchitis
 - Pulmonary emphysema
 - Cancer of the lung

- Phlegm fluids in the chest
- Get your stethoscope out and listen to the chest
- Could also be hypochondriac pain
 - Ask the patient point to where it hurts.
 - Oppression in the chest
 - Could be digestive stuff.
- Different people have different symptoms.
 - Women experience different symptoms from men in heart attack.
 - Their aorta is more flexible.
 - Can have pain in chest and the back as well.
 - Chest pain from the waist up
 - SOB
 - Nausea
 - Dizzy light headed
 - Fatigue
 - Family history (especially in women)
 - Women just as much as risk as men even as they are younger.
 - Overweight
 - Chest pain at night while sleep in
 - Pain can be on both sides, not just the left.
 - More anxiety or palpitations in women
 - Used to be thought to be more common post-menopause. It's starting to be recognized in peri-menopausal women. Premature menopause also increases the risk.
 - Feelings of sweating and then freezing.
 - Squeezing pressure in the chest
 - Can last a few minutes, but it comes back
 - Pain that spreads to the shoulders, neck , and arms
 - Chest discomfort accompanied with fainting, nausea, dizziness, SOB, etc.
 - Men
 - Pale
 - SOB
 - Nausea
 - Dizzy light headed
 - Fatigue
 - Overweight
 - Sweaty
 - Heavy chest pain
 - Pain on left side of arms
 - Can go up into the throat
 - An impending feeling of doom
 - Squeezing pressure in the chest
 - Can last a few minutes, but it comes back
 - Pain that spreads to the shoulders, neck , and arms

- Chest discomfort accompanied with fainting, nausea, dizziness, SOB, etc.
- Can be hiatal hernia (upper part of stomach protrudes past diaphragm)
 - Feel pain under the sternum\
 - Hurts when they swallow
 - Hurts when they bend forward
 - Pain can radiate to under ribs and to back along the ribs
 - Belching and hiccups
 - Acid backflow
- Cancer of the esophagus
 - More common in men over 40 years of age
 - Worse with swallowing
 - Poor digestions
 - Loss of weight
 - Excessive saliva
 - Swollen lymph nodes

1.1.1 TCM

- Could be mild discomfort
- Oppression and pain in the chest when they are tired
- Could be worse when exposed to cold
- Happens w/ overeating
- Happens with emotional stress
- Or it could be worse
 - Difficulty breathing
 - Pain can feel sharp, like a knife going into the back.
 - Can be like a stabbing pain into the heart
 - SOB
 - Respiratory Distress
 - Angina or a heart attack
- Can be chest painful obstruction that comes and goes but get progressively worse or can be “true heart pain” which is more serious like a heart attack. Here the pain is continuous, cold sweat, they are pale/purplish.
- There is a third type, called yang collapse (see previous notes) Pain in chest, cold limbs, this is the collapse of yang in the body. This is serious and means impending death.
- For mild type:
 - Obstruction of yang qi in chest from outside cold attacking the chest
 - Oppression in chest
 - Can easily attack someone who already runs a little cold. (those with yang deficiency in LU or HT)
 - Blood Stasis
 - This is stagnant liver causing pain
 - This is an emotional cause.
 - Can turn into fire over time.

- The fire is burning off the fluids of the body causing blood stasis. Phlegm can lead to blood stasis...
- Irregular diet
 - Too many fats, too many sweets, too many raw cold foods
 - Dampness cooks down to phlegm (atherosclerosis)
- Old Age
 - Decline of KD yang and KD yin
 - Can lead to HT yang deficiency (in about 70% of the heart attacks)
 - KD yin deficiency means the yin is not nourishing the internal organs. This means the HT yin can be deficient so it isn't there to support the yang and you can get subsequent stagnation.
- You'll see CV17 in a lot of these treatments
 - This is the sea of qi.
 - This refers to the Zong Qi. This is where the zong qi collects.
 - Thread this down towards CV15.
 - This is the meeting point of the Ren and the Spleen, Kidneys, Small Intestine, and triple warmer
 - The lungs govern the Zong qi. This is the gathering qi of the chest. The zong qi helps the heart push blood through the vessels. You need strong zong qi to move the blood to get the blood circulating properly.
- The stomach also affects the heart and blood circulation. It's the great luo of the stomach.
 - There is a special connection between the HT and the ST
 - It gives the pulse the force to contract and dilate.
 - This is the apical pulse, the xu li. This is the connection of the ST and the HT
 - This explains why we use ST points to treat HT problems. You can use the stomach points to support the heart and move the blood
 - ST40 is good for the heart. It opens the chest and improves the blood circulation. (From Deadman). It's the preeminent point for treating chest pain.
 - ST36 – regulates the pulse. If it's too fast, it slows it down, if it's too slow it speeds it up, if it's irregular, it smooths it out.
 - Retention of food in the stomach can cause chest bi as well. It stagnates and prevents the HT qi from circulating.
- Chest bi always has both excess and deficiency.
 - There's usually a deficiency of some organ at the root of the problem.
 - The excess usually is involved with some form of blood stasis.

1.1.2 Heart blood stasis

1.1.2.1 S&S

- Palpitations (all HT patterns involve palpitations)
- Prickling pain in the chest (fixed and small stabbing pain – like all blood stasis)
- Pain worse with palpation (don't touch me...)
- Tongue: purple, especially in the chest or sides of the tongue

- Pulse: Rough or choppy and deep. The pulse is not smooth

1.1.2.2 Treatment Strategy

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1.1.2.3 Treatment

- Core Treatment
 - CV14 – mu of heart
 - BL14 – shu of heart
 - BL15 – shu of pericardium
 - CV17
- BL17 – helps with blood stasis
- HT6 – Xi-cleft of ht (xi-cleft on yin, xi-cleft are emergency points. Good for emergency situations/acute situations)
- PC4 – Xi-cleft of PC channel – clinically more important than HT6.
- PC6 – luo point of PC, opens the qi, moves qi and blood, takes away obstruction caused by blood stasis.
- Jing-well – good for fullness under the heart. Help to treat the stagnation and fullness of the heart
 - LU11,
 - HT9
 - PC9

1.1.3 Congestion with turbid phlegm

1.1.3.1 S&S

- A real strong feeling of obstruction. Like an actual substance.
- Strong oppression in the chest
- Tightness or heaviness in the chest
- The chest pain can extend into the shoulders or upper back.
- SOB
- Heavy feeling
- Dizziness (“*you cannot have dizziness w/o phlegm...*”)
- Excess phlegm, sound phlegm, rattle in the throat
- Tongue: swollen, sticky white coat, perhaps slimy
- Pulse: slippery, wiry
- More feeling of chest oppression with this type of pain.
- Phlegm can lead to blood stasis, blood stasis can create phlegm. They build off of each other. (may just be signs of blood stasis)

1.1.3.2 Treatment

- Core Tx
- PC6 – still
- PC4 – is still good

- ST40 – for the phlegm, opens up the chest
- LU9 – good to get rid of phlegm in the lungs. Gets everything moving a little better

1.1.4 Stagnation of Cold in the chest

1.1.4.1 S&S

- Cold obstructs the chest
- Internal cold. HT yang deficiency.
- Here it is also talking about an acute condition. The yang deficiency leads the body open to an attack of the cold. (angina occurs when someone walks out into the cold or wind)
- Cold pain is severe pain. This is severe pain. It really hurts.
- This is more of a cramping type of chest pain.
- Chest pain goes into the scapula, they feel the tightness in the chest
- SOB
- breathlessness
- Can't breath when lying down
- Palpitations
- Pale complezion
- Cold limbs
- Chest pain becomes worse when exposed to cold, feels better with warmth
- Tongue: purple/bluish, white coat
- Pulse: Deep, weak, tight
- (in true heart pain, cyanosis in arms & legs, cold sweat, etc..)

1.1.4.2 Treatment

- Core Tx
- PC6
- HT5 – used a lot for emotional problems that affect the heart. Used here (HT5, PC6, BL14 & BL15 helps to regulate the heart rhythm. Good for feelings of heart pounding)
- CV4, CV6, CV8 w/ moxa good for warming the yang and getting rid of the cold.
- ST36 w/ moxa – warming needle technique. Warms and reinforces the yang, dispels the cold.

1.1.5 HT & KD Yin deficiency

1.1.5.1 S&S

- Yin deficiency signs...
 - Five heart heat
 - Weak knees and back
 - Tinitis
 - Vertigo

- Tongue: red and peeled or no coat (heart crack)
- Pulse: rapid
- Feeling of oppression and pain the chest
- Palpitations
- Pain/oppression in the chest
- Could complain about mild pain for an extended period of time.
- Overall chest pain is less severe with deficiency problems.

1.1.5.2 Treatment

- Core
- BL23 -
- KD3 – yin
- HT6 – also helps nourish the yin (help stop night sweats along with KD6)
- BL17 – could be good for blood stasis
- KD25 – local point for chest pain from kidney pattern

1.1.6 (HT, LU, and SP) Qi and Yin deficiency

1.1.6.1 S&S

- Most likely HT, LU and spleen usually
- Cardiac bi
- Oppression – dull pain from deficiency. It comes and goes. (it's qi deficiency)
- Palpitations
- SOB
- Fatigue (spleen stuff)
- Sluggish speech
- Lusterless complexion
- Doesn't want to talk
- Dizziness, vertigo, blurred vision
- Symptoms get worse with physical exertion
- Tongue: red, maybe no or peeled coat (yin), with tooth marks (qi)
- Pulse: weak, thready, intermitten (not enough qi)

1.1.6.2 Treatment

- Core Tx
- HT5 – tonify the heart
- PC6 – good for almost all of these
- ST36 –tonify the qi
- SP6 & CV4 to help nourish the yin.
- LU9, BL13 – for signs of weakness in the lungs
- BL23 – for kidney yin nourishing.

1.1.7 KD/SP/HT Yang Deficiency

1.1.7.1 S&S

- Especially in older people
- When the kidney yang qi is deficient, the spleen yang can get deficient as well.
- The HT yang is failing to move the blood in the chest so you get stasis
- Oppression
- SOB
- Palpitations
- Warmth of the body is less
- This is pretty serious yang deficiency that is affecting the heart
- You'll see sweating, feelings of cold
- Cold limbs
- Pale (bright) complexion
- Tired
- Poor appetite
- Pale lips (purple)
- Pale nails (purple)
- Sore back and knees (problem originates with the kidneys)
- Tongue: Pale (blood stasis bluish, purple)
- Pulse: deep, weak, faint

1.1.7.2 Treatment

- Core TX
- PC6 – for impending feeling of doom, and strong to move qi of the chest
- HT5 – tonify HT yang
- CV4 – benefit the essence.
- Warm the yang of the body (CV4, CV6, Cv8)
- BL23 – help tonify the kidneys – treat the root of the problem.
- DU4 w/ moxa - warm the kidneys
- KD25 – local for underlying kidney deficiency
- BL13 w/ moxa – tonify the lung yang qi, the zong qi that helps to propel the blood through the body. Will help with movement of qi and blood in the chest
- If more spleen signs bl20, sp6, st36, etc
- When kidney yang is deficient there is an accumulation of fluids. The fluids can insult the heart and there is an overflow of water.
 - So palpitations,
 - short and rapid respirations,
 - inability to lay down,
 - edema in the limbs.
 - Very little urine output
 - Kidney essence decline if more yang is lost than yin. The opposite can happen as well. So you may see more kidney yin deficiency as well. In that case we help to nourish the yin.

1.1.8 Treatment Overall

- Keep in mind that anyone who is healthy can still have problems.
- Make sure that they have been seen by a doctor, stress tests, EKG's etc...
- Make sure the person is stable.
- It is safe to treat if western medicine has done what it can.
- Statistics:
 - Treatment will take several months or longer
 - "Study"
 - Somewhat helped 89% of people in the study.
 - Obvious results 47%
- Most difficult to treat are those involving phlegm and real clear signs of blood stasis.
- The more purple the tongue, the more difficult it is to treat.
- With first complaints of palpitations, the sooner you want to treat.
- You want the western diagnosis so you can figure out how they will respond to treatment. You want to know what you are up against.
- Prevention is best
 - Regular exercise (not too strenuous)
 - Walking
 - Tai chi
 - Qi gong
 - Diet
 - Stay away from greasy fried foods, dairy, smoking (tobacco is dry and hot)
 - Electro acupuncture for heart disease:
 - UB 13, 14, 15, and 16.
 - Obtain qi, connect to estim.
 - Set to dense disperse (click, click, click, buzz, buzz, repeat)
 - 15 minutes of treatment
 - 12 times.
 - Every day or every other day
 - Five days rest and then another course of 12 treatments.

2 Heart Patterns

- Palpitations.
- Panic attack, and anxious (WU pg 147)
- "I've got this funny feeling in my chest"
- Changes in heart rate
- This is likely to be heart qi deficiency or heart blood deficiency
- Palpitations
 - Symptoms can vary in intensity
 - Can vary in how often
 - Can be associated with being under stress or over tired.
 - Can be associated with drinking alcohol.

- If it's mild and temporary, the overall healthy is probably good. It's not that serious.
- If the palpitations are more serious
 - Without fright, exertion or stress
 - Heart rate can become irregular and racing
 - Heart palpitations go on and are not temporary
 - The general condition is not as good.
- The more severe type of palpitations there is likely to be some damage inside the body to the organs. This is an internal deficiency. It is likely that two or more organs are involved. It's likely to be the heart and lung or heart and kidney
- If palpitations and can't sleep: Heart
- Breathing issues; lung
- Appetite: spleen
- Vision: liver
- Back pain, tired: kidney
- Remember the spleen meridian enters the heart.
- The kidney meridian connects with the heart. The kidney yang helps give the power to the heart beat, the kidney yin helps keep the heart calm
- The liver meridian passes the heart
- The du meridian rises and passes the heart
- Excess patterns could also include blood stagnation and fluids/phlegm retention, as well as phlegm heat (emotionally related)
- Remember that fluid and phlegm can come from a spleen deficiency and this can cause stagnation as well, it's all interrelated.
- Palpitations can be an indicator of heart disease. Has the patient seen a doctor.
 - Heart disease
 - Coronary artery disease
 - Pulmonary disease
 - Etc
 - Could be due to emotional and mental problems
- Anxiety causing palpitations
 - The heart is confused.

2.1 Heart and Gallbladder Qi deficiency (whatever is in WU...)

2.1.1 S&S

- Disturbance of the mind.
- This is more of a constitutional type.
- This can also be related to never being over mono. There's a pathogen in the body still lurking in there causing problems.
- This is a timid type of person who is easy to startle. Get's palpitations easily upon startling.
- Su Wen "the fright makes qi disturbed because the heart has nothing to rely on..."
- Fright makes qi descend

- Fear makes the qi disordered
- Insomnia
- (Gallbladder deficiency – wake up early in the morning, can't fall back asleep again)
- Dream a lot
- Irritable
- No appetite
- See presence of phlegm or heat
- Tongue: thin white coat
- Pulse: slightly rapid, weak in the heart position
- If signs of phlegm heat this will show in the tongue: red slimy, pulse; rapid and slippery.

2.1.2 Treatment

- Core:
 - PC6 – for all palpitations – used together with HT17 they work more effectively for heart function
 - HT7 – for all palpitations
 - BL14 – back shu for PC
 - BL15 – back shu for HT
- Maybe not chest points on someone who is anxious. It can increase the anxiety...
- HT5 - for the ht qi. Treats the emotional aspect of the heart problem
- GB40 – yuan source for GB. For the timid person, stimulates the persons drive and assertiveness.
- Use even movement for disturbances of the mind. Don't tonify or sedate. Just obtain qi.
- ST36 – St connects with the HT. build the ht qi
- ST40 – for phlegm and phlegm heat
- UB19 – GB shu

2.2 Heart blood deficiency (QI and BLd deficiency in CAM)

2.2.1 S&S

- Weak constitution
- Prolonged illness that weakens the heart
- Over thinking can weaken the ht and sp.
- Excess blood loss
- Clinically this is most often seen
- Deficiency of qi and blood causes the heart not to be nourished. This is what causes the palpitations
- Dull and Pale – blood deficiency
- Dizzy
- Blurred vision
- Fatigue
- SOB

- Tongue: Pale (swollen if more qi deficiency)
- Pulse: thready, weak, and intermittent
- Qi deficiency
 - Shortness of breath
- Blood deficient
 - Absolute pale tongue
 - Check the fingernails, eyelids, lips pale – they'll be pale
 - Will not have sign of breathing problems.

2.2.2 Treatment

- Core TX with reinforcing technique
- SP6, ST36, BL20 to boost blood
- BL21 – to increase appetite
- SP6 – for palpitations, brings energy down, calms the mind

2.3 Yin vacuity w/ Fire Effulgence

2.3.1 S&S

- When the kidney yin is deficient so that it cannot control the HT fire, there is a disturbance of the mind which causes the palpitations, insomnia, and irritability.
- Yin deficiency below, hyper yang above.
- Dizziness, tinnitus – upper excess
- Weak lower back and knees, - lower deficiency
- Tongue: red with little/no coat
- Pulse: thready and rapid

2.3.2 Treatment

- Core Tx
- Sp6, KD3, BL23 – nourish the yin
- BL14 is good to clear the heart fire...
- TW3 – for tinnitus – all ear problems.
- PC8 – irritability, cool the PC channel; It's a ghost point

2.4 Heart Yang deficiency

2.4.1 S&S

- Palpitations
- SOB
- Cold limbs
- Physically cold
- Pale complexion
- Tongue: pale
- Pulse: deep, weak, and thready (could be rapid with tachycardia)

2.4.2 Treatment

- Tonify needle technique on Core Tx, w/ moxa
- Use CV4, CV6, CV8 for yang revival points
- DU vessel dominates the yang of the whole body so use DU points...
 - DU25
 - DU14 – intersects all the yang channels of the body. With reinforcing...

2.5 *Oppression of the heart from Water and Phlegm Fluids*

2.5.1 S&S

- Can be yang deficiency or poor spleen function causing excess fluids.
- SP and KD yang often come deficient together.
- Water and phlegm combine to disturb the heart and cause palpitations.
- The accumulation keeps the HT yang from working properly
- Arms and legs are cold and feel weak
- Small amount of urine produced – kidneys and spleen are deficient.
- No desire to drink – not burning off any fluids.
- Qi of the whole body is not circulating
- Edema in the legs
- Congestive heart failure looks a lot like this
- Tongue: white glossy, slippery coat
- Pulse: wiry, slippery

2.5.2 Treatment

- Core treatment
- Plus Help the heart yang and accumulation of fluids
- CV9 – Chinese name is water way
- CV4 – fortify primordial yang of the body
- CV8
- SP9 – for dampness and harmful fluids

2.6 *Blood Stasis*

2.6.1 S&S

- If heart yang is deficient the blood will stagnate
- HT blood will cause it to stagnate
- HT fire will cause it to stagnate
- Palpitations
- Chest oppression
- Chest pain
- Signs of blood stasis
 - Purple tongue
 - Purple nails and lips

- Pulse: rough, thready, intermittent, not smooth

2.6.2 Treatment

- Core Tx
- CV17 – move qi in the chest
- SP10 – to move blood
- CV6 – if the problem is HT yang deficiency
- SP6 – invigorates the blood (Don't move qi and blood if there are DVT or embolism signs)