

Treatment Strategy III

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1 Drum Distention

- Abdomen skin is stretched tight like a drum.
- Ascites is a serious condition.
- Starts as a LV/SP stagnation problem.

1.1 Western medicine

- A sign of liver disease
- Often associated with chronic active hepatitis, alcoholic hepatitis, obstructed hepatic vein, cancer of the liver.
- If not associated with liver disease, it can be a part of heart or renal failure.
- Hypothyroidism is at times also associated with this.
- Rule out obesity, pregnancy, ovarian tumors, gas, or other abdominal masses
- Pancreatitis or malnutrition can be a cause as well.

- Liver Flukes (parasites) can also cause this problem.
- In western terms, the mechanisms that produce ascitites are complex and incompletely understood.
- Western treatment is bed rest and a low sodium diet. Diuretics can also be prescribed is the bed rest and dietary recommendations don't help.

1.2 TCM Causes

- Accumulation of fluids by
 - Weak spleen
 - Poor diet (hot spicy foods, alcohol)
 - Damp heat can also injure the digestive system – it can “steam” the liver and gall bladder. Damp heat can also cause blood stasis.
 - Stagnation of Qi can happen from excessive negative emotions
- Usually a combination of excess and deficiency. Excess because of the fluid, deficiency because of the organ underlying weakness.

1.3 Core Treatment:

- CV9 – water separation

	LV Qi Stagnation	Spleen - Cold-Damp	Accumulation of Damp Heat	SP Qi & LV Bld Stasis
S&S	Not hard upon palpitation	Bladder like upon palpation	Enlargement/Hardness in abs	Hard palpable masses
	Distention and fullness	epigastric fullness/oppression	Irritability	Protrusion o fdistended blood vessels
	Hypochondriac Pain	Better w/ Heat	Fever	stabbing pain in abdomen
	Reduced appetite	Edema in lower limbs	Bitter taste in mouth	dull-blackish complexion
	Increased distention after meals	Tiredness/Fatigue	Thirst w/o desire to drink	Purple discoloration of lips
	Belching	Scant urine	Dark concentrated urine	thirst w/o desire to drink
	Scanty urine	Loose stools	Difficult urination	Black stools
			Constipation/Smelly stools	red spots on palms
			Jaundice	
Tongue:	Thin slimy coat (dampness obstructing)	White slimy coat	Ride sides, yellow-slimy tongue	Purple w/ stasis macules
Pulse:	Wiry	Slow, Tight	Rapid, slippery, wiry	Rough, thready

1.4 LV Qi Stagnation

1.4.1 Treatment

- Sooth the liver, move damp
- CV6 – qi hi
- LV3
- CV9
- CV12 – for distention in the abdomen. Helps regulate the qi.
- ST25 – mu of intestine. Takes dampness out.

- GB34 – spreads LV qi, benefits the middle jiao. Takes dampness out of the middle jiao.
- TW6 – jing river point of TW. Helps with sides of the body pain. Regulates qi in the abdomen.
- SP14 –for constipation

1.5 Spleen - cold-damp

1.5.1 Treatment

- Warm the Spleen, eliminate damp and cold
- CV9
- SP9
- BL20
- SP4 – Tonifies the spleen – Luo point to help drain the dampness
- CV12 – front mu for stomach, also beneficial for the spleen as well.
- ST36 – for loose stools. Treats cold in the stomach.

1.6 Accumulation of damp-heat

1.6.1 Treatment

- Clear heat and resolve dampness (drain damp)
- CV9
- GB34 – great for damp heat in middle jiao
- LV2 – clear heat in the liver. (LV3 does not pull heat out)
- ST44 – takes heat out
- ST25 – good for the dampness and heat
- ST37 – lower he sea of LI, also clears damp heat, take away pain in the channel
- W/ severe heat – DU14 – strong to clear heat in the body.
- W/ more dampness – SP9 to get rid of dampness.
- Special point for jaundice: at T10 (outer shu of bladder UB48)
- SI4 is also good for damp heat, also helps clear jaundice

1.7 Stagnation of Spleen Qi and Liver Blood

1.7.1 Treatment

- LV14 – mu of liver, get the blood and qi circulating
- LV13 – mu of spleen.
- CV5 – front mu of TW
- SP6 – nourish the SP qi.
- ST36 – will also help the spleen.
- CV9 as well. The basic nature of the problem.

Vacuity of SP & KD Yang	Vacuity of LV and KD Yin
Symptoms worse at night	bleeding problems due to heat
get up to urinate all the time at night	LV isn't working so toxins build up. (Spider veins)
Feelings of Cold	Dull complexion
Greenish, yellow complexion	purple lips (blood stasis from yin deficiency)
Poor appetite	Yin deficiency signs (dry throat, restlessness, etc)
Tired (muscles)	Heat in the yin level can create bleeding gums, etc
Cold extremities	Dark scant amount of urine
Edema in the legs	Tongue: red and dry, (peeled or mirror tongue)
Difficult urine	Pulse: rapid and thready
Tongue; pale, enlarged, purple	
Pulse: deep, thready	

1.8 Vacuity of SP and KD Yang

- Sp and KD yang often become deficient together

1.8.1 Treatment

- Warm the SP and KD, move the fluids down
- BL20 w/ moxa
- BL23 w/ moxa
- CV9
- KD7 – metal point
- CV4 – nourishes the yuan qi. w/ moxa
- St36 – helps nourish spleen
- DU4 w/ moxa
- BL24 – qi hai. Shu. Raise the qi shu point.
-

1.9 Vacuity of LV and KD Yin

- LV and KD yin often become deficient together.

1.9.1 Treatment

- BL18
- BL23
- CV9
- CV5 – shu point for TW
- SP6 – water metabolism.
- KD6 – (although KD7 isn't bad metal is mom to water. Can be used to start or stop sweat. Tonify the mother to tonify the child.)

- KD3 – to nourish the yin.
- BL43 – this is very good for nourishing yin. (Clears heat and nourishes yin at the level of T4)

1.10 Other Tx

- Ear acupuncture: LV, KD, Pancreas, LI,
- Other ways; Diet therapy: Patient must regulate the diet (low salt, even salt free if can't pee)
- Regulate the emotions
- Avoid chills (don't want to get sick with this problem going on)

2 Jaundice

- Jaundice present as a yellowing of the skin, sclera and other tissues of the body due to excess circulating bilirubin. It's a waste product after blood cells are "used up". They are water insoluble. To be gotten rid of, the liver must make them water soluble. If the liver is diseased, it cannot perform this function correctly so it accumulates.
- Western
- Usually a liver problem
- Could be a bile obstruction
- Can be caused by Hepatitis, Alcohol, drugs, etc
- Pancreatitis
- Inflammation of the Gall bladder or gall bladder stones.
- Hepatic cirrhosis.
- Usually people will notice the urine is darker and the stool gets lighter. (white or pale yellow stool)
- Nausea may also present, usually indicative of virus or bile duct obstruction.
- If a person has no appetite and fatigued, it could represent other conditions, but this suggests chronic liver disease or chronic hepatitis. They could however be asymptomatic.

2.1 Chinese Medicine

- Jaundice results from dampness due to spleen weakness and heat from the stomach.
- This damp and heat causes an abnormal circulation of the bile. The bile accumulates and seeps out to hide under the skin. This is what causes the peculiar color
- Comes from:
 - Improper diet
 - Alcohol
 - Too many rich, sweet foods.
- Damages spleen allows fluids to accumulate. As it collects, it starts to generate heat.
- It's the damp heat that stains the skin yellow.
- The spleen could also be injured (or middle jiao is weak) this is caused by overstrain. This can lead to a yang deficiency, the fluids aren't being steamed off and thus accumulate and causes a cold and damp jaundice (this is yin jaundice).
- Yang jaundice – damp heat

- Bright yellow skin and sclera
- More like a bright orange
- Yin jaundice – damp and cold
 - Dark smokey yellow to the skin

2.2 Symptoms of both

- There's dampness in either one.
- There's heaviness in both
- Feelings of obstruction
- Feelings of nausea

2.2.1 Damp Heat Symptoms

- Steaming of dampness causes nausea
- Tongue: yellow sticky coat
- Pulse: wiry (LV/GB problem) rapid (heat)
- This is relatively short term. An acute type of disease.

2.2.2 Damp Cold Symptoms

- More of a chronic problem.
- Mechanism – stagnation of cold and dampness in spleen and stomach. This obstructs the flow of qi and stuckness in the middle jiao.
- The coldness obstructs the flow of the bile (it freezes everything) so the bile overflows and the skin gets yellowish color.
- Yin jaundice is not so bright.
- The body still feels heavy
- Still feelings of weak
- Still feel epigastric stuffiness from the dampness.
- No appetite because the spleen has a problem
- Does not feel thirsty (sign of dampness)
- Tongue: pale, thick white coat
- Pulse: deep and slow
- Deficiency of yang so the fluids aren't being burned off.

2.2.3 Core Treatment

- SP9
- ST36
- BL18
- BL19
- DU9 – empirical point for jaundice – i.e. just cause!
- GB34 and LV3
- Ear: GB, SP, ST Diaphragm
- Diet recommendation:
 - LV – foods that are fresh, light, neutral taste, avoid rich, oily, sweet foods that clog the liver. Avoid alcohol

- SP – Avoid hot spicy foods.
- Plenty of rest and avoid overwork.
- An optimistic attitude!

2.2.4 Yang Jaundice Tx

- Remove damp and heat
- Use reducing method
-

2.2.5 Yin Jaundice Tx

- Use moxa
- Use even technique
- Moxa on BL20

3 Diabetes

- Diabetes is a malfunction of the carbohydrate metabolism in the body. A rise in the blood sugar of the body. It's a systemic disease that affects every cell in the body. Unless they can stabilize their blood sugar, it can devastate the entire body. It's an ancient disease that has been around for a long time.
- It was talked about in China back in 752. One of the most important symptoms was sugar in the urine. The author Wang Shou recommended pork pancreas to treat the disease. He also tested for diabetes. Pass urine on a wide flat brick to see if ants would be attracted to the sugar.
- Considered a leading cause of death and disability in the US. It's not common in cultures with a more natural and simple diet. When these cultures switch to a more American diet, the incidence of diabetes rises and reaches the same proportions found in America. It's the refined sugars (w/o roughage). Foods with a high glycemic index. White bread is 76, pretzels are sitting at 80 something. You want to stay below 20. Low glycemic index foods include nuts, sweet potatoes.
- An intake of complex carbohydrate foods can help protect against diabetes.
- Diabetes is hereditary
- Diabetes can spring from obesity.
- Any shock can injure the immune system and set off diabetes. (Physical as well as emotional)
- Stress
- Usually it's a combination of things that makes it happen.
- In health people blood sugar returns to normal an hour after you eat.
- The amount of glucose is controlled by hormones in the body. It needs to be kept level
 - Cortisol – can be released by acupuncture
 - Growth hormones
 - Epinephrine and norepinephrine
 - Pancreas is responsible for insulin and glucagon from islet of Langerhans (contain alpha and beta cells)

- Beta cells release insulin – which helps sugar enter the blood cells and lowers blood sugar to normal levels.
 - When blood sugar drops to low, the alpha cells produce glucagon.
- Normal range 160 mg per decileter of blood after a meal. It shouldn't fall below 60 during fasting.
- Person diagnosed with diabetes if higher than normal blood sugar levels (140) if they haven't eaten over night.
- More severe cases, the number can reach 260 or even 350.
- Retina problems, femoral artery can be damaged by sustained high blood sugar level (peripheral neuropathy)
- Three main types
- Diaabetes Type 1
 - Inherited type
 - Auto immune disease (immune attacks the pancreatic cells that produce insulin)
 - Recent research shows that a correlation between the use of cow's milk with children are more likely type 1 diabetes. Since cow's milk proteins can enter the mother's milk, nursing mothers may want to stop drinking cows milk as well.
- Type 2
 - Adult onset
 - Non insulin dependent
 - Most common form.
 - Growing statistically drastically in this country.
 - Obesity is on the rise in children (3 out of every 4 children in the US)
 - People who loose weight can back away from their abnormal blood sugar levels.
 - Diabetes can be controlled by an appropriate diet, exercise, stress reduction, and nutritional supplementation.
- Type 3
 - Gestational
 - Shows tendancy to become diabetic later in life.
- Type 4
 - Due to drug or chemical exposure.
 - Drugs like prednisone can bring on diabetes as well.
- Complications
 - Blindness
 - Kidney failure
 - Neuropathy
 - Impaired circulation (leading to limb amputation)
 - Skin disease
 - Stroke
 - Impotence
 - Hypoglycemia
 - Digestive disorders (IBS)
 - Ulcers
 - Gallbladder disease

- Oral disease
- Heart disease
- Complications of pregnancy
- Complications are reduced if blood sugar levels can be stabilized.
- Any sustained lowering of blood sugar levels helps
- Clinical signs of diabetes
 - Frequent copious urination
 - Excessive thirst
 - Rapid weight loss (without trying to lose weight)
 - Excessive hunger
 - Drowsiness and fatigue
 - Itchy genitals and skin
 - Visual disturbances
 - Skin infections
 - Slow healing
 - Numbness or tingling in hands or feet
 - Cold hands and feet
 - Flu like symptoms that go on and on
 - Loss of hair on legs
 - Increased facial hair
 - Small yellow bumps on the body
 - Inflammation of the penile skin

3.1 TCM

- This is referred to as Wasting Thirsting Disease
- 3 more and 1 less
 - More thirst – heat in upper jiao
 - More hunger – heat in middle jiao
 - More urine – heat in the lower jiao
 - Less weight
- These are all part of the 10 inquires.
 - Thirst not relieved by drinking fluids.
 - Large amounts of urinary output
- Break down by upper, middle, or lower jiao syndrome. (thirst, hunger, or urine)
- Three causes by Chinese medicine
 - Irregular food intake (fat, greasy, pungent, sweet foods, hot drinks, or alcohol)
 - Destroying digestive organs.
 - Leads to internal heat
 - Heat consumes body fluids causing thirst and hunger.
 - Emotional Disturbance
 - LV qi stagnation
 - Qi stagnates and causes heat in the body. Stagnant lv qi can transform into fire, consuming the yin of the ST and LU
 - Over thinking hearts the spleen

- Constitutional yin deficiency
 - When combined with overwork, etc puts a stress on the body.
 - This is yin deficiency with fire effulgence. The kidney fire that's causing problems with frequency of urination, weigh loss, sore back, itching of skin (genital itching)
- Clinically you'll see a combination of all these patterns. Sometime's you'll see a preponderance of one or the other.
- Acupuncture has been proven to stabilize blood sugar and endocrine function.
- Live style changes are a must.