

# Treatment Strategy

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## 1.0 Diabetes

### 1.1 Causes

- Damaged KD yin from whatever reason.
- Create deficiency heat in the body which damages the yin even more.

### 1.2 Variations in types of diabetes

- The Lung yin can be damaged creating Upper Jiao diabetes.
  - People are thirsty
  - Restless
  - Irritable.

- Middle Jiao diabetes (Stomach Yin deficient)
  - Excessive appetite
- Lower Jiao diabetes
  - Excessive urination
- Fire damages qi as well as yin so you will also see qi deficiency in Lung, Stomach, and KD.
- You'll see clinically qi and well as yin deficiency.
- With the yin damaged, the yang will also become damaged over time.
- You can't always see which of the 3 greats are more prevalent or if it is qi, yin, or yang. Pick the one that is the most concern to the patient.

### **1.3 Upper Jiao Diabetes**

#### **1.3.1 Signs and symptoms**

- Excessive heat injuring the lungs.
- This is lung yin deficiency.
- Heat from the deficiency also hurts the yin.
- The yin isn't able to transform into the fluids (LU's control waterways) so the Jin yue are not being dispersed through the body. There's a fluid imbalance from top to bottom.
- Excessive thirst is the predominate symptom
- Can have excessive urination and appetite, but it's mainly thirst.
- Tongue: tip is red and dry w/ yellow coat.
- Pulse: rapid

#### **1.3.2 Treatment principle**

- Clear heat, moisten the lung yin and relieve thirst.

#### **1.3.3 Treatment**

- HT8 – ying spring point. Take heat out of upper jiao
- BL15 – back shu of heart.
- BL13 – back shu of lungs take excess heat out of lungs
- LU9 or LU10 – to take heat out.
- Yi Shu (Pancreas shu point) – will treat all three types of diabetes.
  - Some people have different shu measurements for this point.
  - At the level of T8
  - Most common is 1.5 cun from vertebral process. Slanted toward the spine.
  - See what point is ashi and use that – back shu points can be diagnostic.
- Specific extra points
  - CV23 & 24 – dry mouth and tongue (CV24 is an intersection of a lot of channels)
  - SI4 – for treating thirst – yuan source for SI channel (tapping into the deep source qi for the channel) (Especially when combined with BL20)
  - LU and stomach can often be affected to together
    - So for added hunger control:

- CV12
- PC6
- ST44 – take heat out of the stomach
- Thirst with frequent urination (LU and KD)
  - Add KD3
  - Pulse may be rapid and forceless

## **1.4 Middle Jiao**

### **1.4.1 Signs and symptoms**

- Stomach yin deficiency leading to excess heat.
- A profusion of stomach fire
- Causes
  - Caused by people's eating diet. Rich foods, spicy hot foods
  - Liver fire invading into stomach to cause excess heat and excess hunger
  - Pathogenic heat from the outside going deeper from tai yang to yang ming.
- Hunger is predominant
- They eat a lot, but still loose weight
- Pain or knowing feeling in the middle jiao
- May still be thirsty and have excessive urination, the appetite is predominate.
- Dry stool (LI is yang ming too)
- Possible vomiting
- Tongue: red and VERY dry (crack from chronic dryness), yellow coat
- Pulse: slippery, forceful, and fast

### **1.4.2 Treatment principle**

- Clear stomach fire and nourish stomach yin

### **1.4.3 Treatment Principle**

- ST44 – clear stomach fire
- SP6 – nourish yin
- BL20 – to help spleen
- BL21 – stomach shu
- Pancreas shu point (Yi Shu)
- Constipation:
  - BL25
  - ST37

## **1.5 Lower Jiao**

### **1.5.1 Signs and symptoms**

- Depletion of kidney yin
- Frequent urination
- Kidney qi or essence becomes depleted over time.

- Urine can be milky or cloudy.
- Urine contains sugar.
- Maybe thirsty, dry mouth, dry, lips, but not predominate.
- Frequent urination is the most predominate
- LBP
- Knee pain
- Vertigo
- Dizziness
- Tinnitus
- Red malar flush
- Progressive weight loss
- Ulcerations on skin
- Itching skin
- Tongue: red (to almost dry blue) with thin, peeled, or no coat
- Pulse: rapid and thin, deep and thready
- Frequent urination:
  - KD yin deficiency leads to KD yang deficiency over time. Either way it leads to impaired kidney function. This impaired function implies the kidneys can't consolidate or control the urine. When the Kidneys are deficient, it's the kidney qi that provides the power and ability to restrain to the bladder.
  - When kidney yang is deficient, the kidneys cannot steam off the fluids. Can lead to a problem with impotence, frigidity, amenorrhea
- This tends to be the most common manifestation in the clinic. Perhaps because we don't seem them until later....

### 1.5.2 Treatment strategy

- Nourish KD yin

### 1.5.3 Treatment

- KD3
- LV3
- BL18
- BL23
- Yi Shu
- Dizziness and vertigo
  - DU23
- Blurred vision
  - GB37 good for all vision problems. (Brighten vision point on the leg)
- With KD yang deficiency
  - Moxa CV4
- Blood stasis
  - Yin deficiency dries up blood and causes stasis. The blood clumps up.
  - BL17 – influential point of blood.

## 1.6 Other treatments

- Plum blossom along the huato jia ji for upper to lower jiao diabetes
  - T6 – T12 for upper jiao diabetes
  - L1-L5 for lower jiao diabetes
  - 5-10 minutes every day or every other day.
  - 15-30 treatments is a course.
- Scalp points
  - Lines going up to the hair line.
  - It's the three points along the outer, middle, and inner eye lines. Like the 6-emotions.
- Ear acupuncture
  - Endocrine – for pancreas
  - ST for hunger
  - KD and Bl for excessive urine
  - 10 treatments is considered a course.
- Moxa for thirst and dry mouth
  - On bladder 27, 100 times.
- Polydipsia and polyuria
  - Moxa over CV14 and tips of small fingers and small toes.
- Bladder 20 – shu point for spleen
- Pirexue – this is 0.5 cun lateral to T6. The spleen heat blood. Like a huato point
- BL26 – regulates the lower burner – for running to the bathroom all the time. Use this with yi shu, bl22, bl23 – this all helps the lower jiao.
- Shen xi – good for diabetics. 1 cun below 32.
- Master Tong
  - The three lower emperors... (also treat numbness and pain of the hands, major kidney qi supplemental points, upper and lower back pain and headache)
  - SP6 – regulate original qi in the kidney
  - SP7
  - Extra point – Kidney gate. 1.5 cun distal to spleen 9
- Diet therapy Have patient go home with sees at Endocrine, o
  - Avoid sugar and simple carbohydrates
  - Eat complex carbs like veggies and whole grains
  - Prepared pill – shao ku wan
    - In china it has insulin.
  - Bitter melon – for yin deficiency in general (as a tea in oriental grocery stores as well)
    - Eating this regularly will normalize your sugar levels
  - Avoid wild changes in blood sugar levels
    - Don't skip meals
    - Don't jump straight to sugars if you have missed meals.
  - American Ginseng – can nourish fluids

## **1.7 Complications**

- Diabetics are prone to infections.
  - Careful with GB30.
- Careful with extremities due to poor circulation

## **1.8 Diabetic Neuropathy**

- A frequent complaint with long term diabetics
- The better the blood sugar is stable, the less there will be a deterioration of the body.
- The excess sugar levels are like excess aging. It will break things down when the sugar levels get to high.
- Frequent complication of 60%-70% of diabetics
- It's the femoral nerve that is the cause of the lower extremity problems.
- The nerves in the arm, abdomen, and back can also be affected.
- Nerve function being affected can change heart function (tachycardia or positional hypotension)
- Neuropathy can also affect digestive symptoms (causing gall bladder to malfunction)
- Changes in perspiration (excess or no perspiration is possible)
- Can cause edema
- Can cause carpal tunnel syndrome
- Can cause alternating diarrhea and constipation
- Can cause inability of the bladder to empty
- Impotence
- Some think it is a lack of oxygen to the vascular system, some say it's a deterioration of the nerve cells. All caused by the metabolic disorder.

### **1.8.1 Peripheral vascular disease of the feet is common**

- Blood stagnation in the feet
  - Yin deficiency dries up the blood to cause blood stagnation
  - This is usually with yin deficiency is severs
- Qi and blod deficiency can happen as well.
- Yin deficiency
- Yang deficiency
- Dampness
  - Local numbness and loss of sensation
- Phlegm as well.
- Pain is main symptom
- Worse at night
- Cold makes it worse
- Use makes it better
- Numbness cramping
- Burning and pain can happen
- Tenderness and muscle weakness
- Dampness can obstruct the channels and cause the qi and blood to stagnate

- There can be a spleen dysfunction that can be at the root of this

### **1.8.1.1 Treatment**

- GB34
- GB41, SP1
- Yi shu
- w/ qi and blood deficiency ST36, SP6
- LV3
- SP9 – for dampness
- SP10 – for blood stasis
- SP7
- Ba Feng – wake up the toes
- SP8 – xi cleft point for yin channel – strong to move the blood
- Feel for “ashi” points along the channel. Thread along the “shorts” in the channel. This will improve the feelings and relieve the pain. You can use electro on these points. You can actually feel the “breaks” in the channel.
- Foot pain – KD3 & BL60 – electro stim. Cuts off the pain in the toes.
  - This is good for ANY foot pain.
  - Good for even a broken toe.
  - Red on outside, black on outside is what Barb does.
  - With these points you are nourishing yin as well as blocking the pain.
- Dr. Tan
  - 1.5 cun insertion of ba xie bilateral
  - Ling ku (LI4 - .5 cun proximal) – good for any problem with burning and shooting pain. Angle this towards SI3
  - If patient with burning sensation and yet cold to the touch, it is a poor prognosis.
- Adding yi shu helps to stabilize the blood sugar. This helps in the lung run with any of these problems
- Severe problems or chronic problems, it may take several weeks or even months to show results.
- Neuropathies usually improved with the control of diabetes.
- Ear acupuncture
  - Endocrine
  - Neurogate – shen men
  - Look for the body part that is affected as well.

### **1.8.2 Neuropathy of the hands**

- Can cause carpal tunnel and other burning pains as well.

#### **1.8.2.1 Treatment**

- Ba xie
- TW4 – yuan source point. Good for any pain in the hands
- LI10, LI11
- LI4

- SI4 – for hand pain
- Scalp acupuncture.
  - The sensory line as well as the motor line on the scalp.
  - Is it more of a burning pain and numbness or is it a lack of movement or both.
  - Use the right portion.
  - The more you do it, the easier and quicker it gets.

### **1.8.3 Vascular changes**

- Arteriosclerosis.
  - Thickening/Hardening of the walls of the artery
- Artery loses its flexibility.
- You can also get deposits of fat that contributes to the impaired circulation.
- This is blood stasis. Impairment of the blood circulation
- Poor peripheral circulation
- Can also cause changes in sensation in the legs (numbness and coldness)
- Can affect the endurance of the muscles.
- If in the heart, it's called cardio vascular disease.
- Check for decreased circulation (profusion of nails test)
- Diabetic gangrene can involve the toes or even heels. Any bony area that has pressure that can stop the circulation.
- There is a higher incidence of strokes with diabetics.
  - Strokes

#### **1.8.3.1 Treatment**

### **1.8.4 Strokes**

- Severe H/A
- Conciseness is impaired or lost
- Aphasia
- Convulsions
- Facial paralysis
- Hemiplegia
- Numbness of face and limbs
- Wind stroke pulse: wiry, slippery
- Tongue: red with greasy yellow coat
- Subdue liver wind, clear fire and phlegm

#### **1.8.4.1 Treatment**

- DU20
- DU26
- ST40
- LV3
- KD1 – anchor things down. It is not a tonification point.
- Jing well points to take the heat out.

- This is for yang strokes.

### **1.8.5 Eye disease (Diabetic retinopathy)**

- Associated with narrowing and hardening of the veins and capillaries in the retina.
- Can lead to hemorrhage in the eye and blindness.
- Can take 10-13 years for diabetic retinopathy to develop.
- Present in most diabetics.
- Starts with changes in vision
  - Changes in vision
  - Changes in visual field
  - Not seeing actual shapes.
  - May become light sensitive
- Cataracts or glaucoma can be complications
- Complication become more severe over time such as
  - Detached retina
  - Hemorrhage
  - etc
- 6% go blind
- Vascular changes in the retina are again blood stasis.
- This is excess heat cooking down the blood to cause blood stasis.
- Look for yin deficiency signs.
- Look for qi deficiency and blood stasis signs - qi not holding blood in the veins
- Bleeding in the eyes can cause visual changes.

#### **1.8.5.1 Treatment**

- Chrysanthemum tea can help
- Prunella – small purple flowers (Xia Ku Cao)
- Master Tong's three emperor's above
  - For cataracts
  - For glaucoma
- GB37
- For double vision (any perhaps)
  - GB37
  - Shen Guan
  - GB20
- Night blindness
  - GB1
- Nearsightedness
  - Zhong bai – near TW3
  - Xia Bai – 1 cun distal to zhong bai (near TW2)
- Long term treatment is required.

## **1.8.6 Bladder and Kidney problems**

- Inflammation of the inside of kidneys
- Prone to UTI's due to sugar in the blood.
- More common in diabetics.
- Possibly related to neurological changes that cause the bladder to not empty completely.
- Recent research has shown that neutrophils cannot work properly in environment of excess sugar.
- Neurogenic urinary bladder – inability to empty the bladder.

### **1.8.6.1 Treatment**

- UB28 – back shu
- CV9 – separate the fluids
- SP6
- Source of treatment will cover many weeks or months. You have to tonify the whole body.

## **1.8.7 Impotence**

- Erectile dysfunction – single most common disease associated with impotence. (50%)
- It's the vascular and nervous system changes that cause the problem.
- Disturbance directly connected with bladder and kidney elements.
- This functional problem is usually a deficiency of KD yang.

### **1.8.7.1 Treatment**

- Plum blossom to CV1 ;-)
- See previous notes on this. Tonify kidney yang
- CV4
- KD3
- BL23
- BL52
- SP6
- ST36
- Tonification w/ moxa or use electro.
- Or use ion pumping BL23 and KD3
- LV5 – impacts the genital area
- SP1
- Dr Tan's treatment
  - Energy balancing.
  - Diabetic impotence:
    - Upper left Tw5
    - Lower Left: Sp6, 7, 9 (three emperors)
    - Upper right - Ling qu, LI4 (?)

- Lower Right – LV9, master tong's located 1 cun proximal to LV9, 2 cun proximal to LV9

### **1.9 Misc for diabetics**

- (American) Ginseng root in general reduces blood glucose and metabolism of blood fats
- Itch cream recipe
  - Vascular changes cause skin not to be nourished
  - 100ml tinctured huang bai
  - 50ml pu gong yin
  - 2 grams of yunan pai yao
  - Dilute and apply