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Dr. Di Case Studies, Part 2

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Dr. Di Case Studies, Part 2

Herbal Applications and Acupuncture For The Treatment of External Diseases

*The Works of Dr. Di
An Early 19th Century Chinese Medicine Physician*

[Note: Sections I and II (Cases 1-39) are in *Dr. Di Case Studies, Part 1*]

Section III: Wind-Damp-Heat-Toxins Attack

Case Studies 40-44

40. Excess wind-damp attack first treated with acupuncture.

A fifty year-old male came down with stomach flu symptoms due to an external wind-damp attack. He had excess diarrhea and vomiting, abdominal pain, spasm of the extremities, and he could not eat or drink for three days. He had a red tongue with a white greasy coating, and his pulse was floating in the Lung and slippery and wiry in the Spleen.

Diagnosis: Wind-damp attacks Stomach and Spleen.

Treatment plan: To use acupuncture to stop nausea and vomiting and use herbs to treat the wind damp.

Formula: Acupuncture and **Huo Xiang Zheng Qi San** modification.

Acupuncture treatment:

UB 57, UB 60 and TB 6 to stop spasm; St 36 and CV 14 to stop nausea. After the acupuncture treatment he had no more nausea and extremities spasm.

Herbal treatment:

Huo Xiang (Herba Agastaches seu Pogostemi) 12g.

Pei Lan (Herba Eupatorii Fortunei) 12g.

Cang Zhu (Rhizoma Actractylodis) 12g.

All the herbs above aromatically transform dampness. Huo Xiang and Cang Zhu expel wind-damp and treat stomach flu. Huo Xiang tends to move more quickly and it affects the surface.

Cang Zhu penetrates the interior and expels wind-damp-bi pain. Pei Lan has light aromatic scents to break through the turbid dampness.

Da Fu Pi (Pericarpium Arecae Catechu) 9g.

Chen Pi (Pericarpium Citri Reticulatae) 10g.

Da Fu Pi and Chen Pi regulate Qi. Da Fu Pi promotes urination and is stronger to break up Qi stagnation. Chen Pi dries dampness in the Middle Jiao.

Sha Ren (Fructus Amomie) 6g.

Ban Xia (Rhizoma Pinelliae Ternatae) 9g.

Sha Ren and Ban Xia dry dampness in the Middle Jiao and descend Stomach Qi. Sha Ren is an aromatic transform dampness herb and it tends to rise to the upper body and to affect the surface. Ban Xia is stronger and heavier, going deeper in the body to dry dampness.

Bai Bian Dou (Semen Dolichoris Lablab) 12g.

Bai Bian Dou leaches out dampness to strengthen the Spleen Qi.

Pao Jiang (toasted Zingiberis Officinalls Recens Rhizoma) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Pao Jiang and Bai Zhu are warming to dry the Spleen. Pao Jiao is warmer to more strongly dry the dampness and it also has a stronger moving function. Bai Zhu is stable and maintains a presence in the Blood longer.

Xu Duan (Radix Dipsaci Asperi) 10g.

Xu Duan warms the Kidney Yang and promotes Blood circulation.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients of the formula.

Resolution:

He took this formula a little each time to prevent the herbal tea from irritating his stomach, and he drank as much he could during the course of a day. Then he took three bags for three days and had a full recovery.

41. Acupuncture: Wind-damp-heat-toxins causing loss of consciousness

A seventy year-old female had diarrhea and vomiting for one month. Then, she became unconscious with a low-grade fever that worsened at night. During that time, she had not eaten nor had a bowel movement. Her tongue was dark red with a black dry coating, and her pulses were floating and weak in the Lung while deep, small and wiry in the Kidney.

Diagnosis: Wind-damp-heat-toxin attacks Stomach, Spleen and Heart.

Treatment plan: To use acupuncture to awaken her mind and herbal medicine clear damp-heat-toxin.

Formula: Acupuncture treatment and Ge Gen Huang Lian Jie Du Tang and Tao Hong Si Wu Tang modification.

Acupuncture treatment:

St 36, and P6 and Du 14 were utilized to revive consciousness. She awakened and her mind was about forty percent improved after stimulating the needles. Gua Sha was done on her back about 12 times. There were many pox present on her skin and after breaking the pox open, dark blood leaked out.

Herbal treatment:

Ge Gen (Radix Puerariae) 12g.

Ge Gen raises the Spleen Qi up to stop diarrhea and it relaxes the muscles.

Huang Lian (Rhizoma Coptidis) 12g.

Jin Yin Hua (Flos Lonicerae Japonicae) 15g.

Huang Lian and Jin Yin Hua clear damp-heat-toxins from the Middle Jiao to stop diarrhea. Huang Lian is stronger and it clears Heart fire while Jin Yin Hua acts on the surface.

Sha Ren (Fructus Amomie) 12g.

Ban Xia (Rhizoma Pinelliae Ternatae) 9g.

Sha Ren and Ban Xia dry dampness in the Middle Jiao and descend Stomach Qi. Sha Ren tends to have faster action to break through the phlegm. Ban Xia is stronger and more stable, staying active in the body longer to dry the phlegm.

Tao Ren (Semen Persicae) 12g.

Hong Hua (Flos Carthami Tinctorii) 10g.

Tao Ren and Hong Hua promote Blood circulation and break up congealed Blood. Tao Ren is stable and stays in the Blood longer. It also moistens dryness. Hong Hua more quickly breaks through stagnant Blood.

Huang Qi (Radix Astragali Membranaceus) 12g.

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Huang Qi and Dang Shen strengthen the Qi. Huang Qi raises the Qi and Dang Shen is more powerful at supplementing the Spleen qi.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 10g.

Mu Dan Pi (Cortex Moutan Radicis) 9g

Sheng Di Huang and Mu Dan Pi cool heat in the blood. Sheng Di Huang nourishes the Blood, Jing and Yin. Mu Dan Pi promotes Blood circulation.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients' actions in the formula.

Resolution:

She took one bag and her consciousness was revived. The fever abated as did the diarrhea and she continued taking the same formula for three days after which time all her symptoms resolved. She was then prescribed a Shi Quan Da Bu Tang modification for her Qi and Blood.

42. Lu5 Acupuncture for Acute Stomach Flu Prior to Herbs.

A fifteen year-old girl caught a flu and had excess diarrhea, vomiting, and pain in the abdomen. She had not been able to drink or eat for days. She had a pale tongue with a moist white coating, and her pulse was floating in the Lung position while deep and slow in both the Spleen and Kidneys.

Diagnosis: Wind-damp attack of Stomach and Spleen.

Treatment plan: To stop vomiting and clear wind-damp.

Formula: Bleeding and acupuncture treatment and **Huo Xiao Zheng Qi San** modification.

Acupuncture treatment:

Bleeding technique on Lu 5, with acupuncture on St 36 and CV 14. She stopped vomiting for a while.

Herbal treatment:

Huo Xiang (Herba Agastaches seu Pogostemi) 12g.

Cang Zhu (Rhizoma Atractylodis) 9g.

Su Ye (Folium Perillae Frutescentis) 12g.

All the herbs above expel wind-damp to treat stomach flu. Huo Xiang is the strongest in its ability to release wind-damp. Cang Zhu tends to penetrate through the dampness and expel wind-damp-bi pain. Su Ye is physically lightweight to float up to the surface and to descend the Stomach Qi.

Pao Jiang (toasted Zingiberis Officinalls Recens Rhizoma) 12g.

Rou Gui (Cortex Cinnamomi Cassiae) 3g.

Pao Jiang and Rou Gui warm the Middle Jiao and Kidney Yang. Pao Jiang maintains a presence in the Blood longer. Rou Gui flows to the surface and through the channels and guides the fire back to the source.

Bai Zhi (Radix Angelicae Dahuricae) 9g.

Bai Zhi expels wind and damp to dry Upper and Middle Jiao dampness.

Chen Pi (Pericarpium Citri Reticulatae) 3g.

Ban Xia (Rhizoma Pinelliae Ternatae) 9g.

Chen Pi and Ban Xia are paired herbs to dry dampness and regulate Qi. Chen Pi regulates Qi and tends to treat the surface. Ban Xia stays in the Blood longer and is denser in composition making it powerful in its ability to dry damp and descend Stomach Qi.

Xiang Fu (Rhizome Cyperi Rotunda) 6g.

Xiang Fu promotes Blood circulation, regulates Qi and stops pain.

Hou Po (Cortex Magnoliae Officinalis) 9g.

Hou Po regulates Qi and dries phlegm.

Da Fu Pi (Pericarpium Arecae Catechu) 12g.

Fu Ling (Sclerotium Poriae Cocco) 15g.

Da Fu Pi and Fu Ling promote urination. Da Fu Pi regulates and breaks up Qi stagnation. Fu Ling harmonizes the water balance.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

She took the herbal tea a little bit each time to prevent it from causing nausea and she managed to finish two cups during a day. Afterwards, she took one bag per day. The diarrhea, vomiting and pain disappeared. She continued the same the formula one more day to ensure the pathogen was expelled completely.

43. Chest phlegm stagnation and near loss of consciousness

A twenty-three year-old female felt nauseous and felt the need to defecate, but was unable to have a bowel movement or vomit. She had spasms with pain in the intestines, cold hands and feet, cold sweat, pale face, irritability, and was close to fainting. Her tongue was purple with a greasy thick white coating and her pulses were deep and wiry.

Diagnosis: Turbid phlegm stagnation in the Middle Jiao.

Treatment plan: To eliminate excess phlegm stagnation.

Formula: Acupuncture treatment, Yan Tang Tan Tu Fang and Huo Xiang Zheng Qi San modification.

Acupuncture treatment:

Bleeding technique on Lu 5 and UB 40.

After the acupuncture treatment she had less abdominal pain.

Herbal treatment:

Yan (Salt) 120g

Yan causes vomiting and has to be used in large dosages.

Resolution:

After she drank the full cup of salt, she had intense vomiting and diarrhea but no more irritability or fainting feeling. She was given Huo Xiang Zheng Qi San to aromatically transform the Middle Jiao dampness.

Herbal Treatment:

Huo Xiang (Herba Agastaches seu Pogostemi) 15g.

Cang Zhu (Rhizoma Actractylodis) 12g.

Huo Xiang and Cang Zhu expel wind-damp. Huo Xiang is stronger at releasing the surface and Cang Zhu penetrates deeper to treat damp stagnation.

Hou Po (Cortex Magnoliae Officinalis) 10g.

Hou Po dissolves phlegm and breaks up Qi stagnation.

Chen Pi (Pericarpium Citri Reticulatae) 6g.

Sha Ren (Fructus Amomie) 10g.

Ban Xiao (Rhizoma Pinelliae Ternatae) 10g.

Chen Pi, Sha Ren and Ban Xia dry phlegm and descend Stomach Qi. Chen Pi is mild and regulates Qi. Sha Ren is aromatic and it transforms dampness. Ban Xia is heavy and its density guides it deeper into the body to dry phlegm.

Fu Ling (Sclerotium Poriae Coccinea) 15g.

Fu Ling promotes urination to drain dampness from the Middle Jiao.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

She took one bag for two days and recovered.

44. Acute opisthotonos.

A fifty-three year-old male had a stomach flu attack with excess diarrhea and a cold sweat. His face was dark yellow and his tongue and lips were dark green. His entire body was stricken with opisthotonos and he had convulsions. His eyes stared open and skyward. He had floating and wiry pulses.

Diagnosis: Excess diarrhea depleted UB Tai Yang channel causing spasm along the channel from the toe to the eye.

Treatment plan: To nourish the Yin and stop internal wind.

Formula: Da Ding Fang Zhu and Shi Quan Da Bu Wan modification.

E Jiao (Gelatinum Corii Asini) 12g.

Bai Shao (Radix Peoniae Lactiflorae) 15g.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 30g.

Wu Wei Zi (Fructus Schizandrae Chinensis) 6g.

Ji Zi Huang (egg yolk) 2 pieces

All ingredients nourish the Yin. E Jiao nourishes the Blood and stops bleeding. Bai Shao stops internal wind and astringes the Liver Yang. Shu Di Huang nourishes the Blood, Jing and Yin. Wu Wei Zi astringes and nourishes the Yin while calming the mind. Ji Zi Huang nourishes the Spleen Qi and Jing.

Tian Ma (Rhizoma Gastrodiae Elatae) 12g.

Gou Teng (Ramulus Uncariae Cum Uncis) 12g.

Tian Ma and Gou Teng are paired herbs to stop internal wind. Tian Ma is stronger and stable. Gou Teng tends to move faster to trace after the wind.

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 15g.

Dang Shen and Bai Zhu tonify the Spleen. Dang Shen strengthens the Spleen Qi. Bai Zhu is warm and dries the Middle Jiao to strengthen the Spleen Qi.

Dang Gui (Radix Angelicae Sinensis) 12g.

Chuan Xiong (Radix Ligustici Chuanxiong) 6g.

Dang Gui and Chuan Xiong promote Blood circulation. Dang Gui nourishes the Blood and works on a deeper level. Chuan Xiong moves the Qi in the Blood.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients.

Resolution:

He took one bag for a day. He had had no more opisthotonos and his body was relaxed. His eyes were no longer in spasm. He continued with the same herbal formula, using three bags for three days. He had a yellow face, but without any darkness. His lips were no longer green. His tongue was red on the sides, purple and teeth marked. His pulses were wiry, weak and deep.

Diagnosis: Qi and Yin deficiency with Qi and Blood stagnation and internal wind.

Treatment plan: To strengthen the Qi and Yin, move the qi and Blood, and stop any residual internal wind.

Formula: **Shi Quan Da Bu Tang and Tian Ma Gou Teng Tang modification.**

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Fu Ling (Sclerotium Poriae Cocco) 15g.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

This is a modification of Si Jun Zi Tang. Dang Shen strengthens the Spleen Qi. Bai Zhu dries the dampness in the Middle Jiao. Fu Ling promotes urination to drain dampness and Gan Cao harmonizes their functions.

Chuan Xiong (Radix Ligustici Chuanxiong) 3g.

Dan Shen (Radix Salviae Miltiorrhizae) 12g.

Dang Gui (Radix Angelicae Sinensis) 6g.

Chuan Xiong, Dan Shen and Dang Gui promote Blood circulation. Chuan Xiong moves the Qi in the Blood. Dan Shen cools the heat and especially promotes small blood vessel circulation. Dang Gui nourishes the Blood and moves the Blood of Blood.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Sheng Di Huang (Radix Rehmanniae Glutinosae) 15g.

Mu Dan Pi and Sheng Di Huang cool the heat in the Blood. Mu Dan Pi promotes Blood circulation. Sheng Di Huang nourishes the Blood, Jing and Yin.

Tian Ma (Rhizoma Gastrodiae Elatae) 12g.

Gou Teng (Ramulus Uncariae Cum Uncis) 15g.

Tian Ma and Gou Teng cool heat and stop internal wind. Tian Ma is stronger than Gou Teng. Gou Teng tends to surface.

Ji Xue Teng (Radix Et Caulis Jixueteng) 15g.

Ji Xue Teng expels wind-damp-bi pain and nourishes the Blood.

Resolution:

He took fourteen bags for fourteen days and recovered.

45. Bleeding technique for acute excess summer heat stroke.

A sixty-seven year-old overweight male patient was walking in hot weather during the summer and suddenly fainted. His face was green and his lips were a dark color. His legs were cold from the feet up to his knees. He had a purple tongue and his pulses were deep and very small.

Diagnosis: Exhausted Heart Qi and Yang attacked by summer-heat stroke.

Treatment plan: To wake up the Heart of Shen and strengthen the Qi and Yang.

Formula: Acupuncture and Tong Qiao Huo Xue Tang modification.

Acupuncture treatment:

Du 14 was stimulated until he awakened. Then, bleeding was done on Lu 5, UB 40, Shi Xuan (M-UE-1, extra point at the tips of the fingers) while needles were inserted at P6, CV6, and CV 14. Bing Pian (Borneolum) and She Xiang (Secretio Moschus) were blown into his nose. He was completely awake after a short while.

Herbal treatment:

Dang Shen (Radix Codonopsis Pilosulae) 12g.

Huang Qi (Radix Astragali Membranaceus) 15g.

Dang Shen and Huang Qi strengthen the Qi. Dang Shen fortifies the Middle Jiao Qi. Huang Qi lifts the Qi.

Gan Jiang (toasted Zingiberis Officinalls Recens Rhizoma) 15g.

Gan Jiang warms the Spleen and Kidney Yang.

Xu Duan (Radix Dipsaci Asperi) 15g.

Xu Duan warms the Kidney Yang and promotes Blood circulation.

Chuan Xiong (Radix Ligustici Chuanxiong) 9g.

Cong Bai (Allium Pstulosum) 12g.

Chuan Xiong and Cong Bai open the orifices. Chuan Xiong promotes Blood circulation and tends to move up and to the surface. Cong Bai penetrates through the Yang.

San Qi (Radix Notoginseng) 15g.

Hong Hua (Flos Carthami Tinctorii) 9g.

Tao Ren (Semen Persicae) 12g.

Di Long (Lumbricus) 12g.

All of these herbs above promote Blood circulation. San Qi stops bleeding and promotes healing. Hong Hua and Tao Ren break up congealed Blood. Hong Hua is stronger and moves faster. Tao Ren is stable and moistens dryness, tending to act on the lower body. Di Long breaks through Blood stagnation to open orifices.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients of formula.

Resolution:

He took three bags for three days; he fully recovered.

46. True cold false heat worsened by cold herbs.

An eighty-seven year-old male had a throat infection. He used all the cool herbs for three weeks, but seemed to be getting worse. He suffered from weakness, pain in the throat, aversion to cold, and cold hands and feet. His tongue had teeth marks and all his pulses were deep, weak and very small.

Diagnosis: Kidney and Lung Yang deficiency.

Treatment plan: To warm up the Yang to encourage healing.

Formula: Jin Gui Shen Qi Wan modification.

Fu Zi (RadLateralis Aconiti Carmichaeli) 3g.

Rou Gui (Cortex Cinnamomi Cassiae) 6g.

Fu Zi and Rou Gui as a pair treat devastated Yang. Fu Zi is strong, dense, and powerful chosen to rescue the Yang. It must be confirmed with the patient that they must boil it at least one hour to reduce the toxicity. Rou Gui is acrid and has a fast moving function to wake up the Yang and guide it back to the source.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g.

Shan Yao (Radix Dioscoreae Oppositae) 15g.

Shan Zhu Yu (Fructus corni Officinalis) 12g.

Shu Di Huang, Shan Yao and Shan Zhu Yu nourish the Yin. Shu Di Huang nourishes the Blood, Jing and Yin. Shan Yao nourishes the Spleen Yin and astringes the Spleen to build up the Spleen Qi. Shan Zhu Yu astringes the Kidneys and nourishes the Jing.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Niu Xi (Radix Achyranthis Bidentatae) 15g.

Mu Dan Pi and Niu Xi promote Blood circulation. Mu Dan Pi cools heat in the Blood. Niu Xi expels wind-damp-bi pain and strengthens the Liver and Kidney while guiding the Blood flow down.

Fu Ling (Sclerotium Poriae Cocco) 15g.

Fu Ling promotes urination and drains dampness from the Middle Jiao to strengthen the Spleen.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients of the formula.

Resolution:

He drank this formula cold, a little bit at a time to prevent false heat rejection. After three days, his symptoms improved by ninety percent. Fu Zi and Rou Gui were removed from the formula, and he continued using one bag per day for ten days. He then totally recovered.

Enrichment Exercises

Quiz yourself on this section to review and see what you've learned. Answers are on the page following the last review question.

Review Question 1

A seventy year-old female had diarrhea and vomiting for one month. Then, she became unconscious with a low-grade fever that worsened at night. During that time, she had not eaten nor had a bowel movement. Her tongue was dark red with a black dry coating, and her pulses were floating and weak in the Lung while deep, small and wiry in the Kidney.

What is the diagnosis?

- A Wind-cold attacks Liver, Spleen and Heart.
- B Wind-damp-heat-toxin attacks Liver and Kidney.
- C Wind-damp-heat-toxin attacks Stomach, Spleen and Heart.

Review Question 2

A twenty-three year-old female felt nauseous and felt the need to defecate, but was unable to have a bowel movement or vomit. She had spasms with pain in the intestines, cold hands and feet, cold sweat, pale face, irritability, and was close to fainting. Her tongue was purple with a greasy thick white coating and her pulses were deep and wiry.

What is the diagnosis?

- A Turbid phlegm stagnation in the Middle Jiao.
- B Turbid phlegm stagnation in the Upper Jiao.
- C Wind-heat attacks the Taiyang channel

Review Question 3

An eighty-seven year-old male had a throat infection. He used all the cool herbs for three weeks, but seemed to be getting worse. He suffered from weakness, pain in the throat, aversion to cold, and cold hands and feet. His tongue had teeth marks and all his pulses were deep, weak and very small.

What is the diagnosis?

- A Kidney and Lung Yang deficiency.
- B Wind-heat and toxins attack the throat.
- C Yangming organ heat.

Review Question 4

A fifty year-old male came down with stomach flu symptoms due to an external wind-damp attack. He had excess diarrhea and vomiting, abdominal pain, spasm of the extremities, and he

could not eat or drink for three days. He had a red tongue with a white greasy coating, and his pulse was floating in the Lung and slippery and wiry in the Spleen.

What is the treatment principle?

- A Use herbs to treat the wind damp and acupuncture is contraindicated.
- B Use acupuncture to stop nausea and vomiting and use herbs to treat the wind damp.
- C To use herbs to stop nausea and vomiting and use acupuncture to treat the wind damp.

Answers to these exercises on the next page

Answers to enrichment review questions:

- 1 C
- 2 A
- 3 A
- 4 B

Section IV: Abdominal Disorders

Cases 47 to 55 are related to abdominal disorders.

47. Stomach pain caused by worms.

A sixty-seven year old female has had moderate to severe stomach pain and belching for twenty years. She had used stop stomach pain, regulate Liver Qi and clear dampness herbs, to no avail. Her lips had white spots and when she was hungry she has more severe pain. She was skinny and her tongue was purple. Her pulses were wiry and slippery in the Spleen, Stomach and Liver.

Diagnosis: Worm stagnation in the Middle Jiao.

Treatment plan: To expel worms.

Formula: Qu Chong Wan modification.

Lei Wan (Omphalia) 12g.

Bing Lang (Semen Arecae Catechu) 12g.

Shi Jun Zi (Fructus Quisqualis Indicae) 12g.

Chuan Jiao (Pericarpium Zanthoxyli) 12g.

Nan Gua Zi (Cucurbitae Semen) 15g.

Wu Mei (Fructus Pruni Mume) 12g.

All the herbs above expel parasites. Lei Wan stays in the Blood longer. Bing Lang breaks up Qi stagnation and promotes urination. Shi Jun Zi strengthens the Spleen Qi. Chuan Jiao is warming to the interior and it regulates Qi. Nan Gua Zi nourishes the Yin. Wu Mei harmonizes the Liver.

Huang Qin (Radix Scutellariae Baicalensis) 12g.

Huang Qin clears damp-heat from the Upper Jiao and Middle Jiao.

Da Huang (Radix Et Rhizoma Rhei) 10g.

Da Huang purges the parasites out, clears damp-heat-toxins and promotes Blood circulation.

Resolution:

She took this formula and within half a day, she twice had diarrhea that expelled many roundworms. She continued to take this formula one more day. She had diarrhea with a few

worms expelled with the stool. After the third day, no more worms were present in the stool. Her stomachache and belching resolved as well.

48. Stomach pain caused by food stagnation.

A forty-six year-old male had a stomach pain for five months. He used regulate Qi and stop pain herbs without effect. He had nausea, especially after eating and he refused pressure during palpation of his stomach. His tongue was slightly purple and his pulses were deep and wiry in the Spleen and Stomach.

Diagnosis: Food stagnation.

Treatment plan: To reduce food stagnation.

Formula: Bao He Wan modification.

Shen Qu (Massa Fermentata) 30g.

Shan Zha (Fructus Crateigi) 12g.

Jin Nei Jin (Endothelium Corneum Gigeruae Galli) 12g.

Lai Fu Zi (Semen Raphani Sativi) 12g.

Mai Ya (Fructus Hordei Vulgaris) 12g.

All the herbs above dissolve food stagnation. Shen Qu has an aromatic quality to dissolve the food stagnation over a long period of time. Shan Zha reduces meat stagnation and promotes Blood circulation. Jin Nei Jin also dissolves Gall Bladder stones and astringes Kidney. Lai Fu Zi descends the Stomach Qi and dissolves phlegm. Mai Ya regulates Liver Qi and dissolves carbohydrate stagnation.

Bing Lang (Semen Arecae Catechu) 10g.

Hou Po (Magnoliae Officinalis Cortex) 12g.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 12g.

Bing Lang, Hou Po and Zhi Shi break up Qi stagnation. Bing Lang promotes urination and expels parasites. Hou Po dissolves phlegm. Zhi Shi is the strongest to break stagnant Qi down.

Bie Jia (Carapax Amydae Sinensis) 12g.

Bie Jia cools heat and promotes Blood circulation to dissolve clumps.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients of the formula.

Resolution:

He took seven bags for seven days and his stomach no longer was in pain.

49. Vomiting formula utilized to treat child's phlegm.

A three year-old boy had stomach pain with a tidal fever and nausea. There was phlegm stagnated in his throat which caused him to cough and have difficulty breathing. He has a thick white tongue coating, and deep and slippery pulses in the Spleen and Stomach.

Diagnosis: Phlegm and heat stagnated in the chest and throat.

Treatment plan: To vomit the phlegm out.

Formula: Gua Di San modification.

Gua Di (Cucumis Melo) 9g.

Gua Di causes vomiting.

Yu Jin (Tuber Curcumae) 3g.

Yu Jin regulates the Liver, cools heat, promotes Blood circulation and opens the orifices.

Chi Shao Dou (Semen Phaseoli Calcarati) 9g.

Chi Shao Dou promotes urination and clears heat.

Resolution:

After he drank ½ cup within two hours, he vomited egg white-like mucous. The fever was gone. Then he took Shen Qu (Massa Fermentata) 9g. and Lai Fu Zi (Semen Raphani Sativi) 9g. for seven days. He then recovered.

50. Running-piglet Qi treated with Dan Shen.

A forty-five year-old female patient had abdominal pain accompanied by a feeling of Qi rising up like a little piglet running up from within her torso. There was a thunderous sound in the abdomen when she experienced the feeling of Qi rushing upwards. She also had palpitations, shortness of breath and a tight throat at those times. Her tongue was slightly purple and she had a wiry pulse in the Liver position.

Diagnosis: Qi and Blood stagnation.

Treatment plan: To promote Blood and Qi circulation.

Formula: Single herb: Dan Shen (Radix Salviae Miltiorrhizae) 240g.

Dan Shen promotes Blood circulation, cools heat and reduces irritability.

Resolution:

She boiled the Dan Shen in four cups of water. It boiled down to two cups. She drank one cup every three hours, and after six hours, her abdominal pain was reduced by about sixty percent. She continued this same pattern of drinking the herbal tea for three days. The running piglet Qi syndrome resolved.

51. Lower abdominal pain with Qi and Blood stagnation.

A twenty-three year-old female had pain in the lower abdomen and groin region, accompanied by chills and fever. Her tongue was purple and her pulses were wiry and rapid in the Liver while choppy in the Spleen.

Diagnosis: Qi and Blood stagnation in Liver and Spleen.

Treatment plan: To promote Qi and Blood circulation.

Formula: Tao Hong Si Wu Tang modification.

Tao Ren (Semen Persicae) 12g.

Hong Hua (Flos Carthami Tinctorii) 10g.

Dang Gui Wei (smaller root of Radix Angelicae Sinensis) 12g.

Chuan Xiong (Radix Ligustici Chuanxiong) 9g.

Chi Shao (Radix Paeoniae Rubrae) 12g.

All the herbs above promote Blood circulation. Tao Ren and Hong Hua break up congealed Blood. Tao Ren moistens dryness and stays in the Blood longer. Hong Hua is stronger at breaking up congealed Blood and it moves quickly. Dang Gui Wei moves the Blood. Chuan Xiong moves the Qi in the Blood. Chi Shao cools the heat in the Blood.

Wu Ling Zhi (Excrem. Trogopteri seu Pteromi) 10g.

Yan Hu Suo (Corydalis Rhizoma) 10g.

Wu Ling Zhi and Yan Hu Suo promote Blood circulation and stop pain. Wu Ling Zhi breaks up the congealed Blood. Yan Hu Suo stops pain.

Xiang Fu (Rhizome Cayperi Rotunda) 12g.

Xiang Fu promotes Blood circulation and stops pain.

Mu Dan Pi (Cortex Moutan Radicis) 12g.

Mu Dan Pi cools heat in the Blood and has a mild Blood circulation function.

Pu Huang (Pollen Typhae) 12g.

Pu Huang stops bleeding and pain and promotes Blood circulation.

Sang Leng (Rhizoma Sparganii Stoloniferi) 12g.

E Zhu (Rhizoma Circuma Ezhu) 9g.

Sang Leng and E Zhu break up congealed Blood masses. Sang Leng moves the Qi in the Blood. E Zhu promotes circulation of Blood in the Blood.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.
Gan Cao harmonizes ingredients in the formula.

Resolution:

She took two bags for two days and had no more chills and fever and less pain, but she was feeling weak. She had a scalloped tongue, and deep and weak Liver and Kidney pulses.

Diagnosis: Qi and Blood stagnation and Spleen and Kidney Qi deficiency.

Treatment plan: To strengthen the Kidney and Spleen Qi and promote Blood circulation.

Formula: Shi Quan Da Bu Wan modification.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g.

Dang Gui (Radix Angelicae Sinensis) 12g.

Bai Shao (Paeoniae Radix Alba) 12g.

Chuan Xiong (Radix Ligustici Chuanxiong) 9g.

This is Su Wu Tang. It nourishes and circulates Blood. Shu Di Huang nourishes the Blood, Jing and Yin. Dang Gui promotes Blood circulation and nourishes the Blood. Bai Shao nourishes the Blood and harmonizes the Ying and Wei. Chuan Xiong promotes Blood circulation and moves the Qi in the Blood.

Dang Shen (Radix Codonopsis Pilosulae) 10g.

Fu Ling (Sclerotium Poriae Cocco) 12g.

Bai Zhu (Rhizoma Atractylodis Macrocephalae) 12g.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

This is Si Jun Zi Tang. It fortifies the Spleen. Dang Shen strengthens the Spleen Qi. Fu Ling drains dampness from the Spleen. Bai Zhu is warm and dries the Spleen. Gan Cao harmonizes their functions.

Yan Hu Suo (Rhizome Corydalis Yanhusuo) 12g.

Yan Hu Suo promotes Blood circulation and stops pain.

Chai Hu (Radix Bupleauri) 6g.

Chai Hu regulates and spreads the Liver Qi.

Resolution:

She took twelve bags for two weeks and all symptoms were relieved.

52. Excess Yang Ming Qi stagnation.

A thirty year-old male had acute severe abdominal pain every afternoon and acidic vomiting. He had a red tongue with a thick yellow greasy coating and his pulses were full and strong in the Spleen and Stomach positions.

Diagnosis: Excess in the Yang Ming organ.

Treatment plan: To reduce the Yang Ming excess and Middle Jiao stagnation while regulating Liver Qi.

Formula: Xiao Cheng Qi Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 6g.

Da Huang purges, promotes Blood circulation and clears heat-toxins.

Zhi Shi (Fructus Immaturus Citrii Aurantii) 15g.

Hou Po (Magnoliae Officinalis Cortex) 12g.

Bing Lang (Semen Arecae Catechu) 12g.

Zhi Shi, Hou Po and Bing Lang break up Qi stagnation. Zhi Shi is the strongest to break the Qi and move it downward. Hou Po dissolves phlegm. Bing Lang promotes urination to guide out Qi and damp stagnation.

Chen Pi (Pericarpium Citri Reticulatae) 10g.

Chen Pi regulates Qi and dries dampness in the Middle Jiao.

Lai Fu Zi (Semen Raphani Sativi) 10g.

Shen Qu (Massa Fermentata) 12g.

Shan Zha (Fructus Crateigi) 12g.

Mai Yao (Fructus Hordei Vulgaris) 15g.

All the herbs above dissolve food stagnation. Lai Fu Zi descends Stomach Qi. Shen Qu breaks up the food stagnation. Shan Zha reduces meat stagnation and promotes Blood circulation. Mai Yao smoothes the Liver and Stomach Qi.

Qing Pi (Pericarpium Citri Reticulatae Verde) 12g.

Xiang Fu (Rhizome Cayperi Rotunda) 10g.

Qing Pi and Xiang Fu break up Liver Qi stagnation and stop pain. Qing Pi is chosen for its ability to break up Qi stagnation. Xiang Fu promotes Blood circulation.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After he took one bag, nothing happened. Increasing Da Huang to 15g., he expelled three hard stools and his abdominal pain was almost completely gone. After taking Da Huang out of the formula, he continued taking the rest of the herbal formula for five days and recovered.

53. Liver Qi and blood stagnation cause acute abdominal pain.

A thirteen year-old girl had sudden intermittent abdominal pain. During these episodes, she also had cold hands and feet, a green complexion, and profuse cold sweat. Her tongue was a light purple and her pulses were wiry, full and strong in the Liver position.

Diagnosis: Liver Qi and Blood Stagnation.

Treatment plan: To regulate Liver Qi and Blood.

Formula: Shao Yao Gan Cao Tang modification.

Bai Shao (Paeoniae Radix Alba) 60g.

Gan Cao (Radix Glycyrrhizae Uralensis) 30g.

Bai Shao and Gan Cao are sweet and they are used to reduce acute syndromes. Bai Shao harmonizes the Ying and Wei and settles the Yang to stop pain. Gan Cao is sweet to taste and is chosen to harmonize the acute syndromes.

Jiu Chao Chai Hu (wine-fried Radix Bupleauri) 30g.

Jiu Chao Chai Hu is wine-fried to increase the moving function of the herb and to regulate and spread Liver Qi.

Qing Pi (Pericarpium Citri Reticulatae Verde) 30g.

Xiang Fu (Rhizome Cayperi Rotunda) 30g.

Qing Pi and Xiang Fu break up Liver Qi stagnation and stop pain. Qing Pi breaks up Qi stagnation. Xiang Fu also helps to break up Blood stagnation.

Dang Gui (Radix Angelicae Sinensis) 12g.

Dang Gui promotes Blood circulation and nourishes the Blood.

Resolution:

When sipping the warm herbal formula a little bit at a time during the attack, her abdominal pain stopped. After she drank the above herbal formula, she continued with five bags for five days. Her pain lessened and afterwards she continued to take ten bags for ten more days. Finally, she reported no more pain.

54. Kidney Yang deficiency with difficult urination and abdominal pain.

An eighty-seven year-old male traveled in cold weather and walked for a long distance. He developed pain, a cold and hot sensation in the abdomen, a poor appetite, and difficult scanty urination. He took a formula to clear Lower Jiao damp-heat, promote urination and stop pain for three weeks without any effect. His tongue was dark and scalloped and his pulses were deep, small and worse in the Kidneys.

Diagnosis: Kidney Yang deficiency does not provide enough Yang Qi to promote urination.

Treatment plan: To warm the Kidney Yang and promote urination.

Formula: Jin Gui Shen Qi Wang modification.

Rou Gui (Cortex Cinnamomi Cassiae) 3g.

Pao Jiang (toasted Zingiber Officinale Rosc.) 12g.

Ding Xiang (Flos Caryophyllii) 3g.

All the herbs above warm the interior. Rou Gui warms the Kidney and channels and guides the fire back to its source. Pao Jiang emphasizes warming the Middle Jiao and Kidney. Ding Xiang penetrates through cold stagnation.

Bu Gu Zhi (Fructus Psoraleae Corylifoliae) 12g.

Ba Ji Tian (Radix Morindae Officinalis) 12g.

Bu Gu Zhi and Ba Ji Tian warm the Kidney Yang. Bu Gu Zhi warms the Kidney and Spleen. Ba Ji Tian expels wind-damp-bi pain and has a strong moving function.

Shu Di Huang (Radix Rehmanniae Glutinosae Conquिताe) 15g.

Shu Di Huang nourishes the Blood, Jing and Yin.

Ze Xie (Alismatis Rhizoma) 9g

Ze Xie promotes urination and sedates Kidney heat.

Mu Dan Pi (Cortex Moutan Radicis) 10g.

Niu Xi (Radix Achyranthis Bidentatae) 12g.

Mu Dan Pi and Niu Xi promote Blood circulation. Mu Dan Pi cools the heat in the Blood. Niu Xi strengthens the Liver and Kidney, expels wind-damp-bi pain and guides the Blood flow down.

Gan Cao (Radix Glycyrrhizae Uralensis) 6g.

Gan Cao harmonizes the ingredients in the formula.

Resolution:

After he took three bags of herbs over the course of three days, his abdominal pain was gone and the difficult urination syndrome had improved by sixty percent. He continued this formula for one month and his urination function had improved by ninety percent.

55. True heat, false cold.

A fifty year-old female patient had severe pain in the groin region, scanty urination, chills and fever, and cold hands and feet. She used three bags of a regulate Qi and warm Lower Jiao formula, but it had no effect. In fact, she was even more thirsty, had a sinking feeling in the rectum, and felt depressed. Her tongue had a greasy thick white coating, and her pulses were full and slippery and were particularly strong in the Spleen and Kidney.

Diagnosis: Damp-heat in the Lower Jiao.

Treatment plan: To eliminate damp-heat and purge the Yang Ming excess.

Formula: Tiao Wei Cheng Qi Tang modification.

Da Huang (Radix Et Rhizoma Rhei) 15g.

Mang Xiao (Natrii Sulfas) 12g.

Da Huang and Mang Xiao purge. Da Huang purges damp-heat and promotes Blood circulation. Mang Xiao is salty and dissolves hard stool.

Gan Cao (Radix Glycyrrhizae Uralensis) 3g.

Gan Cao harmonizes and reduces the purging action.

Jing Yin Hua (Flos Lonicerae Japonicae) 15g.

Huai Hua Mi (Flos Sophorae Japonicae Immatur) 12g.

Huang Lian (Gelatinum Corii Asini) 10g.

Huang Qin (Radix Scutellariae Baicalensis) 10g.

Zhi Zi (Fructus Gardeniae Jasminoidis) 12g.

All of these herbs above clear heat-toxin. Jin Yin Hua releases the surface. Huai Hua Mi clears damp-heat in the Lower Jiao, stops bleeding and moistens dryness. Huang Lian clears Middle Jiao damp-heat, stops diarrhea and sedates Heart fire. Huang Qin clears Upper and Middle Jiao damp-heat. Zhi Zi clears San Jiao damp-heat and heat-toxin while promoting Blood circulation and reducing irritability.

Fu Ling (Sclerotium Poriae Cocco) 12g.

Fu Ling promotes urination to drain dampness.

Ru Xiang (Gummi Olibanum) 9g.

Ru Xiang promotes Blood circulation, stops pain and bleeding.

Resolution:

After she took this formula, she had diarrhea twice that night and her abdominal pain improved by about fifty percent. Her stool had pus and blood in it. Da Huang and Mang Xiao were removed. Bai Tou Weng (Radix Pulsatillae Chinensis) 15g. and Qin Pi (Pericarpium Citri

Reticulatae Veride) 12g. were added. She used six bags for six days, and all of her symptoms resolved.

Enrichment Exercises

Quiz yourself on this section to review and see what you've learned. Answers are on the page following the last review question.

Review Question 1

A sixty-seven year old female has had moderate to severe stomach pain and belching for twenty years. She had used stop stomach pain, regulate Liver Qi and clear dampness herbs, to no avail. Her lips had white spots and when she was hungry she has more severe pain. She was skinny and her tongue was purple. Her pulses were wiry and slippery in the Spleen, Stomach and Liver.

What is the diagnosis?

- A Worm stagnation in the Middle Jiao.
- B Food stagnation.
- C Liver Qi stagnation attacks Spleen and Stomach.

Review Question 2

A forty-six year-old male had a stomach pain for five months. He used regulate Qi and stop pain herbs without effect. He had nausea, especially after eating and he refused pressure during palpation of his stomach. His tongue was slightly purple and his pulses were deep and wiry in the Spleen and Stomach.

What is the diagnosis?

- A Worm stagnation in the Middle Jiao.
- B Food stagnation.
- C Liver Qi stagnation attacks Spleen and Stomach.

Review Question 3

A forty-five year-old female patient had abdominal pain accompanied by a feeling of Qi rising up like a little piglet running up from within her torso. There was a thunderous sound in the abdomen when she experienced the feeling of Qi rushing upwards. She also had palpitations, shortness of breath and a tight throat at those times. Her tongue was slightly purple and she had a wiry pulse in the Liver position.

What is the diagnosis?

- A Yang and Yin deficiency.
- B Qi and Blood deficiency.
- C Qi and Blood stagnation.

Review Question 4

What herb is the best for the patient in the prior question?

- A Yin Yang Huo
- B Dang Shen
- C Dan Shen

Answers to these exercises on the next page

Answers to enrichment review questions:

- 1 A
- 2 B
- 3 C
- 4 C

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