

Treatment Strategy

11-11-06

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1.0 Seizures

- Scalp acupuncture can be safer because of the placement of the needles and it is efficacious.
- It's a recurring problem.
- Involves cerebral function.
- Can have sudden and sometimes violent attacks. Can be brief or longer term.
- Can be minor to very extensive.
- Motor and as well as sensory can be affected.
- Can also include inappropriate behaviors.
- In western in can be symptomatic or idiopathic.
 - Symptomatic – there is a known cause to the seizures.
 - Can create a course of treatment in western medicine
 - Idiopathic – no obvious reason.
 - 75% of young adults with epilepsy are idiopathic.
 - Can be 2-14 years old
 - Prior to 2 years, it can be a developmental defect, birth injury, or metabolic problem.
 - If developed after age 25, it is often the result of trauma, tumor, or other organ brain disease.
- Can also be caused by acute infection or heat stroke (can be one time, or can cause recurring accumulative effect)
- Different type of CNS damage
 - Abscesses

- Tetanus
- Rabies
- AIDS
- Metabolic
 - Low blood sugar
 - Hyperparathyroidism
- Toxic substances (lead, alcohol, cocaine, etc...)
- Cerebral hypoxia (anesthesia, stroke, carbon monoxide poisoning, etc...)
- Brain lesions (increased intracranial pressures or bleeding)
- Congenital problems.
- Cerebral trauma
- Can occur with withdrawal like alcohol, cocaine, valium, tranquilizers, hypnotics (sleeping pills) etc...
- Hysteria – can be psychological seizure, perhaps not a “real” seizure.
- Can disappear once the problem goes away, if there is permanent damage can persist forever.

1.1 Signs and symptoms

- Usual loss of consciousness
- Loss of motor control
- Can be a specific sensory input (usually with no loss of consciousness) – a partial seizure.
- Can have clonic (repeated - spasm) or tonic (rigid - jerking)
- In western – recurrent convulsing seizures is deemed epilepsy
- Can have localized numbness and tingling.
- Partial seizure can be inappropriate behavior, or hallucination (visual, sound, or smell)
- Petit Mal seizures – absence attacks (usually 10-30 seconds) Person is just “in another place” - can happen several times a day to several times a month. Can happen when the person is just doing nothing. These tend to be genetic and usually start before age 20.

1.2 TCM

- Usually related to KD or LV
- If injury to KD yin, there can be interior wind (LV yin)
- The heart and spleen could be involved as well.
- Trauma can be a factor. (Particularly a head trauma).
- There can be a constitutional tendency or can make lifestyle choices that can cause this as well.
 - Life style choices can hurt the KD, LV, SP or create excess phlegm.
- Overwork can cause this. (Working too hard exhaust the body).

1.2.1 Liver Wind and Phlegm

- Phlegm comes up to cause the dizziness and vertigo

- It's a sudden seizure
- Loss of consciousness. It blows out the consciousness.
- Convulsions
- Foaming at the mouth.
- Can make noises.
- Loss of bladder control
- Eyes can roll up.
- Can be milder.
 - Not always extreme (temporary loss of consciousness)
 - Trance like mental state (petit mal)
- Some people can get a warning sign (tightness in chest, muscle weakness) or can come with no warning signs.
- Tongue: white, slimy & greasy
- Pulse: Wiry (LV) and slippery (phlegm)

1.2.1.1 Treatment principle

- Expel the phlegm, stop the wind, open the mind, open the heart (shen, awareness)

1.2.1.2 Treatment

- CV15 – used for the 5 types of epilepsy. (empirical point for epilepsy) Calms the spirit.
- “Yao Qi” by second sacral foramen. 2 cun from tip of coccyx. Slanted upward. 2 cun in. (oblique) – calms the heart. Empirical point for epilepsy. M-BW-29,
- PC5 – for phlegm in the upper part of the body.
- LV3 – for anchoring liver wind.
- ST40 – general phlegm point.
- CV12 – treats the root of the problem – the spleen (mu point of the stomach)
- For resuscitation: DU26
- ST6 – ghost points.
- HT7 – indicated for epilepsy.
- Between seizures:
 - CV4, ST36, & KD3 – will reduce or eliminate seizures.
 - Treat these three points with needle or moxa.
 - Perhaps for any epilepsy.

1.2.2 LV Fire and phlegm

- Sudden LOC
- Loss of control
- Convulsive hypertonic limb movement.
- Foam at the mouth.
- Can be really acting up.
- May be screaming.
- Between seizures they person can also be emotional unstable.

- May be irritable
- Hot tempered
- Insomnia
- Dry mouth, bitter taste in the mouth.
- Difficult bowel movements
- Tongue: red body with yellow slimy coat
- Pulse: rapid and wiry/slippery

1.2.2.1 Treatment principle

- Clear fire, cool liver transform phlegm, open the orifices

1.2.2.2 Treatment

- Core Treatment
 - CV15
 - ST40
 - LV3
 - Yao Qi
- LV2 – to clear liver fire
- DU14 – clear heat – meeting of all yang channels
- GB13 – eliminates the wind, resolve the phlegm.
- SI3 – indicated for epilepsy. (Extraordinary vessel – enters the brain at DU16.)

1.2.3 Blood stagnation

- From CNS infection
- Or trauma
- Complaints of H/A – can be all over the head.
- Tongue: dark or bluish
- Pulse: choppy or uneven.

1.2.3.1 Treatment

- BL18 – BACK SHU POINT OF LIVER
- Sp10 – FOR BLD STAGNATION
- BL17 – indicated because influential point of blood.
- ST40
- PC5 – get things moving
- LV3 - cause of liver wind.
- DU26 – revival point

1.2.4 LV & KD Yin Deficiency

- Can allow interior wind.
- It is the wind that causes the tremor.
- The wind causes the phlegm to move upwards, if the phlegm rebels upward, the qi in the head becomes disordered, this disorder can cause a loss of senses.

- This is more of a long term problem.
- It's chronic
- It has more specific yin deficiency signs
 - Insomnia
 - Dry mouth, tongue, stool
 - Dizziness
 - Vertigo
 - Poor memory
 - Palpitations
 - Heat in the chest
 - Back aches, knee soreness/weakness
 - Etc
- Tongue: red and peeled coat/no coat
- Pulse: thready, rapid

1.2.4.1 Treatment principle

- Nourish the liver and kidney yin, subdue the yang,

1.2.4.2 Treatment

- BL18, BL23 – back shu points
- KD3 & SP6
- Yao Qi
- CV15 – good for all five forms of epilepsy
- For night time epilepsy: KD6 – yin time – so yin qiao*
- Day time seizure: BL62 – yang time, so yang qiao*
- Petit mal
 - BL15
 - HT7
 - Yin Tang
 - PC6 – help tranquilize the mind.
 - DU24 – help tranquilize the mind.
- For a lot of phlegm and stagnation – CV12, SP6, ST40,1 St36

1.2.5 Deficiency Sp and ST Qi

- This is a chronic condition again.
- Tired, no energy
- Pale face
- Feel dizzy all the time
- Specific sp pathology
 - Poor appetite
 - Nausea and vomiting
 - Loose stools
- Transforming and transporting fluids isn't happening so phlegm forms

- Tongue: small and pale, swollen
- Pulse: small and soggy, weak

1.2.5.1 Treatment principle

- Strengthen spleen, transform the phlegm, stop the nausea

1.2.5.2 Treatment

- Yao qi
- CV15
- ST40
- SP6
- ST36
- BL20 – good for spleen energy.
- CV12
- BL21 – for stomach

1.2.6 Deficient Heart Blood

- Palpitations/changes in heart rate
- Shortness of breath
- Insomnia
- Poor memory
- Dryness of the mouth
- Bitter taste in the mouth
- Don't know why they are angry,
- Pulse: thin and fast
- Tongue: pale
- May have some manic behaviors
- Psychomotor seizures
- Involuntary behaviors
- Accompanying psychological behaviors.

1.2.6.1 Treatment Principle

- Nourish the heart, strengthen the spleen and ease the mind.

1.2.6.2 Treatment

- Yin Tang – good for focusing. Help ground you
- SP6
- PC6 (or PC5 for phlegm stuff)
- HT7
- ST36
- BL15
- Yao Qi

1.2.7 Misc

- GB34
- DU20* - wakens up the brain.
- Earn shen men., heart, kidney, stomach, subcortex, brain, etc...
- Scalp acupuncture – tremor line, or motor or sensory area (for seeing things or hallucinations)

2.0 Parkinson's

- In western this is a progressive decline into a permanent tonic state.
- Rigidity and tremor as a result to damage to the basal ganglia.
- Problems with the neuron-chemical transmitters (a decrease in dopamine) that causes an impairment in movement and an increase in acetylcholine that causes rigidity and tremor.
- The onset of Parkinson's usually occurs between 50 and 60.
- First sign is a tremor in the hand. This is usually a "coarse" tremor. This is 4-8 times per second.
- After onset of tremor it can lead to difficult moving smoothly.
- After a while the face loses its ability for expression. This is called a Parkinson's mask.
- Then Loose the ability to swing their arms as they walk
- Then shuffling steps instead of normal stride.
- Handwriting gets progressively smaller

2.1.1 TCM

- Classified as a convulsive disorder. Also related to liver wind.
- Could be related to a deficiency of qi allowing outside evils into the body that blocks the channels and goes towards blood deficiency.
- In some cases it can come from deficient fluids. (Fluid and blood component of the body).
- Can be phlegm fire obstructing the channels (so blood is obstructed and can't nourish the channels)
- Etiology: same as above.
 - Diet,
 - Emotions
 - Emotional stress
- To extinguish wind
 - GB20
 - LI11 – dispels wind.
 - Xiao Chan Xue – controlling the tremor point. (may for epilepsy) 1.5 cun "below, (distal) heart 3.
 - Master Tong
 - 1.5 cun distal to SP9
 - TW5 – release exterior
 - GB34 – relax muscles

- LV3
- Local
 - LI10, LI11, TW5, LI4 for arm affected
 - For leg: ST31, GB31 (wind point on thigh) St36, GB34, ST41, GB40 (last to help them pick up there feet)
- Scalp acupuncture: Treat opposite – for all problems.
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2.1.2 Qi and Blood deficiency

- Pronounced tremor of the limb.
- Sallow complexion
- Parkinson’s mask – staring look
- Don’t want to talk.
- Occipital stiffness (neck and head stiff)
- Cramps in the limbs.
- Difficulty in walking – walking is uncoordinated.
- Dizziness & sweating
- Worse with movement
- Tongue: pale, swollen w/ scallops (possible quiver)
- Pulse: thin or fine

2.1.2.1 Treatment principle

- Tonify qi and nourish blood, extinguish the wind

2.1.2.2 Treatment

- St36
- Sp6
- Cv4
- LV8 – nourish the liver blood

2.1.3 Phlegm heat agitating the mind

- Obese phlegm-y person
- Staring look
- Doesn’t want exercise – dislikes exercise
- Oppression in the chest (sign of phlegm)
- Dry mouth
- Sweaty
- Dizzy
- Spitting of yellow phlegm
- Stiff neck and back.
- Tremor of a limb that can be stopped.
- Tongue: red w/ sticky yellow coat
- Pulse: wiry/slippery rapid

2.1.3.1 Treatment principle

- Resolve phlegm, clear heat, extinguish wind

2.1.3.2 Treatment

- ST40
- CV12, BL20 – tonify spleen
- LV3
- LV2 – for the heat

2.1.4 Liver and Kidney Yin deficiency

- More of a thin body type (not always the case in the USA)
- Dizziness
- Tinnitus
- Insomnia
- Dream disturbed sleep
- Night sweats
- Mentally restless (fidgets)
- Sore back and knees
- Numbness of limbs, stiff back and neck
- Tremor of the head.
- Clenched teeth and tremor in jaw
- Long time tremor in limb with large tremor
- Staring look
- Difficulty walking
- Poor memory
- Tongue: thin, red, peeled or not coat. Tongue quivers
- Pulse: fine, rapid

2.1.4.1 Treatment principle

- Nourish the yin, extinguish the wind

2.1.4.2 Treatment

- CV4
- BL23
- BL18
- KD3
- SP6
- LV8
- LV3
- Needle manipulation: tonify everything except LV3. LV3 subdues wind, so even motion.