

Treatment Strategy III

11/18/06

Treatment Strategy III.....	1
<u>1.0 Psoriasis.....</u>	<u>2</u>
<u>1.1 TCM.....</u>	<u>3</u>
<u>1.2 External Wind-Cold.....</u>	<u>3</u>
<u>1.2.1 Signs and symptoms.....</u>	<u>3</u>
<u>1.2.2 Treatment Strategy.....</u>	<u>3</u>
<u>1.2.3 Treatment.....</u>	<u>3</u>
<u>1.3 Heat in the blood.....</u>	<u>3</u>
<u>1.3.1 Signs and symptoms.....</u>	<u>3</u>
<u>1.3.2 Treatment Strategy.....</u>	<u>3</u>
<u>1.3.3 Treatment.....</u>	<u>3</u>
<u>1.4 Blood stagnation.....</u>	<u>4</u>
<u>1.4.1 Signs and symptoms.....</u>	<u>4</u>
<u>1.4.2 Treatment Strategy.....</u>	<u>4</u>
<u>1.4.3 Treatment.....</u>	<u>4</u>
<u>1.5 Dryness in the blood.....</u>	<u>4</u>
<u>1.5.1 Signs and symptoms.....</u>	<u>4</u>
<u>1.5.2 Treatment Strategy.....</u>	<u>4</u>
<u>1.5.3 Treatment.....</u>	<u>5</u>
<u>1.6 Deficiency of LV and KD.....</u>	<u>5</u>
<u>1.6.1 Signs and symptoms.....</u>	<u>5</u>
<u>1.6.2 Treatment Strategy.....</u>	<u>5</u>
<u>1.6.3 Treatment.....</u>	<u>5</u>
<u>1.7 Misc.....</u>	<u>5</u>
<u>2.0 Hemorrhoids on will be on the test.....</u>	<u>6</u>
<u>2.1 Stagnation and Damp Heat.....</u>	<u>6</u>
<u>2.1.1 Signs and Symptoms.....</u>	<u>6</u>
<u>2.1.2 Treatment.....</u>	<u>6</u>
<u>2.2 QI vacuity w/ prolapse.....</u>	<u>6</u>
<u>2.2.1 Signs and Symptoms.....</u>	<u>6</u>
<u>2.2.2 Treatment.....</u>	<u>6</u>
<u>3.0 Snake Cinnabar.....</u>	<u>7</u>
<u>3.1 Treatment Strategy.....</u>	<u>8</u>
<u>3.2 Treatment.....</u>	<u>8</u>
<u>4.0 Eczema.....</u>	<u>8</u>
<u>4.1 Contact Dermatitis.....</u>	<u>9</u>
<u>4.2 Allergic dermatitis.....</u>	<u>9</u>
<u>4.3 Atopic dermitis.....</u>	<u>9</u>
<u>4.4 Emotional dermatitis.....</u>	<u>9</u>
<u>4.5 Damp heat.....</u>	<u>10</u>
<u>4.5.1 Signs and symptoms.....</u>	<u>10</u>
<u>4.5.2 Treatment strategy.....</u>	<u>10</u>
<u>4.5.3 Treatment.....</u>	<u>10</u>

4.6 Damp heat – predominant damp.....	10
4.6.1 Signs and symptoms.....	10
4.6.2 Treatment strategy.....	11
4.6.3 Treatment.....	11
4.7 Yin/Blood deficiency (with wind-dryness).....	11
4.7.1 Signs and symptoms.....	11
4.7.2 Treatment strategy.....	11
4.7.3 Treatment.....	11
5.0 Urticaria.....	12
5.1 Wind cold.....	13
5.1.1 S&S.....	13
5.1.2 Treatment.....	13
5.2 Wind heat.....	14
5.2.1 S&S.....	14
5.2.2 Treatment.....	14
5.3 SP/St disharmony.....	14
5.3.1 S&S.....	14
5.3.2 Treatment.....	14
5.4 QI & Blood Deficiency.....	15
5.4.1 S&S.....	15
5.4.2 Treatment.....	15
5.5 Chong and Ren Dysfunction.....	15
5.5.1 S&S.....	15
5.5.2 Treatment.....	15
5.6 Misc.....	16

1.0 Psoriasis

- Ox-hide Tinea
- Tends to be chronic
- Even if it seems to go away, it can occur, especially in the winter.
- Can look like a skin disease
- Has an element of hereditary.
- Some forms can be related to arthritis
 - Can affect joints
- The silvery areas can be a simply over growth of epidermis. Instead of it sloughing off, it accumulates in patches.
- Usually the whole health of the person isn't affect. It's usually just the skin (except for arthritic version)
- Responds well to acupuncture
- The onset tends to be gradual
- Typically, it's a recurrent situation. It may go away and come back. It's not necessarily a fixed things that's always there.



- It can be worse in the winter.
- Stress can make it worse (flare up)
- Trauma can make it worse (flare up)
- Can be on the scalp, elbows, knees, on the buttocks, anywhere on the body.
- Can be itchy.

1.1 TCM

1.2 External Wind-Cold

1.2.1 Signs and symptoms

- This is the winter time rash.
- Feels better with warm.
- This is milder red in color.
- Over growth of epidermis is silvery, white in color. It's a thicker rash.
- Like the nature of wind cold, the person can have other pains in the joints.
- Tongue: white coat
- Pulse: sinking, or even on the thin side (this is a weaker condition in the body)

1.2.2 Treatment Strategy

- Dispel the wind, tonify the blood

1.2.3 Treatment

- LI4 – get the wind out
- LI11
- SP6 – nourish the blood, ST36
- Use Moxa!

1.3 Heat in the blood

1.3.1 Signs and symptoms

- Rash is red (bright red)
- Skin under the rash is red, maybe even bleeding.
- It can be very itchy.
- Can be around the entire body.
- Tongue: red
- Pulse: slippery/wiry with a rapid pulse

1.3.2 Treatment Strategy

- Clear heat, cool the blood

1.3.3 Treatment

- SP10 – cools and moves the blood
- BL17 –

- BL13 – shu point of the lung (lung associated with skin)
- SP6 – move blood (not as cooling as sp10)
- LI11 – cooling off the body
- If dampness
 - GB34
 - SP9

1.4 Blood stagnation

1.4.1 Signs and symptoms

- Rash is more dark
- Look for pigment changes (by the rash or other parts of the body) like a bruise or dark red, yellow or similar color changes. May not always be local to the rash.
- This is a more chronic type of problem. It's been going on for a while.
 - Blood stagnation signs
 - Dark purple tongue
 - Dark complexion
 - Pulse: wiry, uneven
 -

1.4.2 Treatment Strategy

- Move blood

1.4.3 Treatment

- SP10
- BL17 – influential point of blood
- SP6 – also moves the blood

1.5 Dryness in the blood

1.5.1 Signs and symptoms

- More of a mild red rash.
- Most the rash is a chronic condition, but you can get new areas.
- Chronic means a few months or going on for years.
- Itchy rash (think of dryness)
- Itchy more at night
- Doesn't bother a person during the day
- Tongue: mild red (differentiate between heat and dryness), dry
- Pulse: sinking, thin, and slow

1.5.2 Treatment Strategy

- Tonify the blood, and smooth the skin

1.5.3 Treatment

- SP6, St36
- SP10
- BL17
- PC6, HT7 – poor person is itching like crazy.
- For sever itch that disturbs the sleep– KD6 & HT7

1.6 Deficiency of LV and KD

1.6.1 Signs and symptoms

- A mild red rash
- More of a local area that is affected. (Not usually systemic)
- Dizziness, ringing in the ears
- LBP, knee problems
- Tongue: small, red, no coat; white to mild red body.
- Pulse: thin

1.6.2 Treatment Strategy

- Always look for blood deficiency with skin problems. The skin isn't being nourished.
- Tonify the LV and KD, dispel the wind and dryness.

1.6.3 Treatment

- Core for almost all skin problems
 - SP10, St36, SP6, BL17
 - LI11

1.7 Misc

- Specific body parts, use the command points,
 - BL40 for psoriasis of the back
 - LI4 – face
 - GB34 – abdomen. (any problem in the middle jiao)
 - St36 – for abdominal problems
 - PC6 – chest – skin on the chest
 - DU20 – scalp
 - LU5 & TW5 – for lesions in the upper extremities
 - SP10, GB31 (lower body wind gate) for lower extremities
 - Bleed the apex of the ear, one drop
- Ear – endocrine, adrenal in the ears
- Does respond to treatments, sometimes it takes a long time.
- Responds best to herbs and acupuncture

2.0 Hemorrhoids on will be on the test

2.1 Stagnation and Damp Heat

2.1.1 Signs and Symptoms

- Hemorrhoids
- Bleeding that is dark in color
- Swelling, distention
- Pain and itching of the anus
- Dry mouth/thirst
- Scanty urine & constipation
- Tongue: Red with yellow/slimy coat
- Pulse: rapid, slippery

2.1.2 Treatment

- BL32
- SP6
- DU1
- BL35
- BL57
- Er Bai (M-UE-29)
- For pain and swelling of anus: BL54, BL2
- For anal bleeding: SP10, BL54
- For Constipation: ST37, BL25

2.2 Qi vacuity w/ prolapse

2.2.1 Signs and Symptoms

- Hemorrhoids with bleeding that is pale and abundant
- Protrusion of hemorrhoids from the anus
- Heavy sensation in anus
- Tired, fatigue
- SOB
- Poor appetite
- Lusterless complexion

2.2.2 Treatment

- DU20
- CV8
- BL20
- St36
- BL26
- BL46

- For prolapse add: CV6, BL32
- Diagnostic point: BL58

3.0 Snake Cinnabar

- Shingles or Herpes zoster
- This is a problem of the central nervous system and skin.
- It's an acute infection problem.
- The same virus as chicken pox.
- Characterized by
 - Vesicular eruptions
 - Specifically nerve pain on the skin
- Virus affect a peripheral sensory nerve. It causes pain and rash (little blisters, vesicles) that are very painful.
- Can occur at any age. Most common in those over 50.
- Associated with suppressed or compromised immune system
 - Transplant patients, HIV patients, autoimmune patients.
 - Elderly people who are in a deficient body condition or who are in a stressed state.
- Some systemic disease patients (Hodgkin's lymphoma) are very susceptible.
- One attack of herpes zoster provides immunity.???? – No this isn't right!!!
- In first stages of problem, the area may appear as red with sharp burning pain.
- The person may feel tired and feverish. W/o much strength and with a poor appetite.
- As the disease progresses, they get vesicles that will develop into bigger blisters.
- Initially the vesicles contain a clear fluid. Later, the fluid becomes cloudy or turbid.
- Even with the pretty serious blisters, once the person gets better, the skin will get better again
- The key to diagnosing shingles is that it normally breaks out on just one side of the body. Usually from the basal ganglia (spine) on one side.
- It's usually found on the low to mid-back.
- Can be found on the face. That's very painful.
- Can appear on the chest, or wraps around the abdomen or on the legs. Usually never bi-lateral.
- This is considered an attack of fire in the liver channel.
- There's usually damp heat in the spleen.



- It's fire so there's a burning pain.
- Tongue: red with slimy yellow coat
- Pulse: rapid and wiry.

3.1 Treatment Strategy

- Clear the liver, drain the the dampness, remove the pain.

3.2 Treatment

- Draining needle
- Surround the dragon – local encirclement needling
- Retain needle 30-60 minutes
- 1 or twice per day (esp. if severe pain)
- Systemic
 - LI11
 - LI4
 - LV3
 - SP10
 - Sp6
- For specific areas
 - Chest – gb34, tw6
 - Back – ub40
 - Face – st44
 - Irritability – pc4, ht7
- Barb uses:
 - GB21, ST45 – prick to bleed – wear gloves!
 - Shorten the course, lessen the severity of the pain, minimize complications
- Use of Tylenol makes the shingles last longer.
- These type of sever problems
 - Ear acupuncture – liver, shen men
 - Residual burning pain after rash is gone can be treated.
- Dr Tan Point
 - Ling ku - /5 cun proximal to LI4. Takes away burning pain.

4.0 Eczema

- Superficial skin inflammation
- Acute – small vesicles filled with fluids.
- Redness
- Some Edema in local area
- Oozing, crusting, scaling and usually itchy
- Scratching or running the area can cause a whole flat area of irritation.
- Types of eczema are classified by cause and/or location on the body.

4.1 Contact Dermatitis

- Some type of substance comes in contact with person's skin (poison ivy)
- Can be an acute problem or can become a chronic problem.
- There can be an immediate reaction to a chemical irritant. Or there can be a delayed response.
- Often related to detergents or soaps or even water.
- Look for what they have been exposed to



4.2 Allergic dermatitis

- Usually a delayed response.
- Can be difficult to find what set it off.
- Can be sensitized over time (weeks or even years). Once sensitized they will react every time
- Can be ingredients in medicines and drugs. (even antibiotics – penicillin, neomycin, antiseptics, antihistamines)
- Photo-allergic – allergic to light, especially after certain medicines or topical crèmes
- Aftershaves, sunscreens, perfumes, coal-tar derivatives are all likely suspects.
- Can be any part of the body that is exposed. But can spread.

4.3 Atopic dermatitis

- Chronic
- Superficial on the skin surface.
- This is hereditary problem (like hay fever or asthma)
- Western cause is unknown.
- Usually occurs in the first few months of a babies life
- Crusty lesions on face, extremities or diaper area.
- The itching is constant and leads to itch, scratch, itch, scratch cycle.
- Often inside elbows, back of knees, wrists, or sometimes all over the body as well.



4.4 Emotional dermatitis

- Called localized scratch dermatitis
- Can become a chronic problem
- Has a strong psychological component to it. It's not so much an allergy
- Without an apparent reason, the area starts to itch.
- Usually the occipital region, arms, legs, but often the ankles.
- Stress and tension increase the itching and scratching. Can become an unconscious habit.
- Don't confuse with flea bites.
- This is dampness in Chinese medicine. That's the key word.

- Obstruction in the channel. This makes the skin become affected. There is a blockage by wind, heat, dampness or whatever. Usually it's a combination of damp heat. (red-weepy rash). Dampness makes you think of the spleen. Perhaps a deficiency of spleen.
- Blood deficiency can also be the cause of problems letting pathogenic forces to enter the skin.

4.5 Damp heat

4.5.1 Signs and symptoms

- Acute attack (a few hours or days)
- Could happen anywhere in the body.
- Redness and itching in the skin.
- Described as growing patches of vesicles that are fluid filled.
- There can be for or five types of patches in a single area (color and size can vary within a bigger patchy area).
- The terrible itching is the key to damp heat. Along with oozing
- Bitter taste in the mouth
- Dryness in the mouth
- Dry stool
- Urine is concentrated –dark yellow
- Pulse: slippery and fast
-

4.5.2 Treatment strategy

- Drain damp, clear heat

4.5.3 Treatment

- DU13 – (or DU14) cools heat and calms the spirit
- Root treatment
 - LI11
 - SP6 – also calming
 - SP10
 - UB13
 - HT7 - always include something for the nerves.
- SP9
- Needle with draining technique, pull out heat and dampness
- With high fever – DU14 or LI4
- More dampness – perhaps some specific spleen stuff

4.6 Damp heat – predominant damp

4.6.1 Signs and symptoms

- More chronic

- Redness is more pale
- Scabby area can cover the rash
- More fluids coming out of the itchy area.
- The spleen qi deficiency signs will be there
- Lack of appetite
- Diarrhea
- Poor digestion
- Tongue: pale w/ greasy more white looking coat
- Pulse: more slippery

4.6.2 Treatment strategy

4.6.3 Treatment

- Core treatment plus
- BL20 – back spleen shu point
- If excessive dampness
 - Use CV9 for sluice of the water. Regulate the fluids in the body.

4.7 Yin/Blood deficiency (with wind-dryness)

4.7.1 Signs and symptoms

- More of a chronic problem
- Occurs at certain areas of the body.
- Usually a thickening of the skin with a coloring difference in the area affected
- Severe itching all over the body but especially in the area that has the rash.
- Yin deficiency signs like
 - Dry mouth
 - Insomnia
 - Dizziness
 - LBP
 - Fatigue
- Blood deficiency
 - Tongue: more pale and dry, thin
- Pulse; weak or forceless (yin deficiency faster)

4.7.2 Treatment strategy

4.7.3 Treatment

- Add ST36, SP6
- BL20
- Plus core treatment
- BL17 – for blood deficiency
- Can have blood deficiency without yin deficiency

- PC4 – xi cleft on PC channel. Xi Cleft on yin channels are strong to affect the blood. Cool and move the blood to take care of the problem
- Yin wei treatment for any blood deficiency problem.
- In general
 - On upper LI6, PC4
 - On Lower SP6, ST36
 - Genital or anal: DU1 or CV1 (perhaps LV5 as well)
- Poison ivy – jewel weed – often grows by poison ivy. (Use the stems and flower)
- Eczema in general – plumb blossom and cupping.. Effective with chronic eczema
- Ear: Lung, shen men, adrenal, liver, sub cortex
- Moxa can be useful
- Scalp – upper 2/5ths of sensory area helps with eczema, or pick out the area that corresponds to the part of the body that is affected.
- Topical application of herb tea
 - With a lot of discharge
 - Dandelion root and leaf material (2 parts)
 - Wild chrysanthemum (1 part)
 - Make like an herbal decoction. Let it cool and apply topically. Heal the skin and take away the itch.
- Foods that make it worse
 - fish, crab, beef, mutton
 - spicy foods
- Herbal formula
 - Xiao Feng San
 - Also called derma skin release (Kan) can be taken orally or a tea to soak the body in.

5.0 Urticaria

- Wind rash
- This is just a fancy term for skin rash
- This can last less than a month or can be chronic (more than a month)
- This is like hives, little red spots (local wheals)
- Redness of the skin
- Common problem due to many, many causes.
- Differs from eczema because there are not fluid filled vesicles.
- Can still be caused by
 - allergic reaction to drugs
 - eating certain foods (nuts, shellfish, some fruits, etc even if very small amounts)
 - bug bites
 - sun or heat
 - pollens
- can be indication that an infection could be on the way. The first sign of an infection is on the way such as:
 - hepatitis

- German measles
- Mononucleosis
- May not always have a discernable cause
- Most cases are self limiting (1 day to 1 week)
- Causes in Chinese medicine
 - Wind (heat or cold)
 - Spleen with dampness and heat in the stomach
 - Qi and blood deficiency especially if exposed to wind.
 - Weak wei qi at the pores of the skin can allow wind heat or cold to invade the body. The same with ingesting certain foods can create damp heat in the intestines and move to the skin to cause problems.
 - Wind rash can also take advantage of liver and kidney deficiency. It's a poor nourishment problem.
- Rash
 - Pale –more cold
 - Mild red – more heat
 - Bright heat – heat inside the body
 - Dark or black – stagnation of blood
 - Acute – excessive type of wind rash
 - Chronic – more of a deficiency or stagnation type of problem
- Excellent results with most wind rashes

5.1 Wind cold

5.1.1 S&S

- Poor wei qi defense at the skin level.
- Initial sweating and then the rash appears
- Can be a pin point dot or blotches as big as a finger print.
- Most spots don't connect.
- Usually not a large area affected.
- Rash is usually pale, or not that red.
- Some people can be more susceptible to it. When it's winter they develop this type of rash.
- Not a lot of skin damage, but itchy.
- It would feel less itchy with warm water.
- Tongue: pale, thin coat
- Pulse: floating (an invasion) with tightness

5.1.2 Treatment

- Course the wind and cold, regulate the wei qi
- LI4 – eliminate the exterior wind
- LI11, ST36, SP10 – good for all skin conditions!
- GB20 – a wind releasing point.

5.2 Wind heat

5.2.1 S&S

- Wind with heat
- The person feels hot all over.
- The rash is red, patchy, and is warm to the touch. (careful touching rashes)
- Rash is worse when exposed to heat.
- Application of cold compresses makes it feel better
- Found more in the summer
- If dampness and heat it can be real itchy
- If heat, can have palpitations and thirst
- Tongue: red with yellow coating.
- Pulse: rapid and floating

5.2.2 Treatment

- Dispel wind and heat
- SP10, LI11, ST36, LI4
- Du14 would also be good in this case
- BL40 – command point for whole back, it's a he sea point to drain heat from the body.

5.3 SP/St disharmony

5.3.1 S&S

- Results in damp heat.
- Rash is on a larger area of the body.
- Or it could connect together.
- The rash is red, patchy.
- Because it is with organs of digestion there can be digestive complaints
 - Poor appetite
 - Abdominal pains
 - Diarrhea
 - Vomiting
- More heat than damp may mean constipation
- More damp – loose stools
- Tongue: greasy slimy coating, red
- Pulse: slippery – damp, heat – rapid
- More dampness can actually slow down the pulse because it can obstruct the flow of blood through the vessels

5.3.2 Treatment

- Clear heat, resolve dampness and Tonifying the spleen.
- LI11, ST36, SP6
- SP9 – dampness

- ST25 – for both constipation and diarrhea
-

5.4 Qi & Blood Deficiency

5.4.1 S&S

- More of a chronic problem.
- Can last a few months or years
- The rash is the same color as the skin.
- There is usually not too much itch
- Worse when the person is tired or stressed
- The person can have fatigue (qi deficiency)
- Blood – pale or sallow complexion, poor sleep
- Tongue: pale w/ thin coat
- Pulse: deficient (forceless and weak, thready)

5.4.2 Treatment

- Tonify qi and blood
- LI11
- ST36
- SP10
- BL20 – shu of spleen
- BL17
- UB40 and LI11 are the two most important points for skin disease. Needle the he sea points of the yang channels for yang within yang (eye skin)

5.5 Chong and Ren Dysfunction

5.5.1 S&S

- Rash appears with the women's periods. Usually a few days before the period through the end of the period.
- May report other menstrual problems like an irregular cycle, or even pain with the periods. (Hormonal related)
- Considered a deficient condition
- Tongue: more pale
- Pulse: thready or weak
- If it's more liver qi stagnation, the pulse could be a little more wiry.

5.5.2 Treatment

- Regulate the chong and the mai
- LI11
- BL40
- SP6
- SP10

- CV3 – this is strong to effect gynecological problems (and CV4 to) intersection between ren, spleen, liver and kidney
- LI4
- SP8 – good for gynecological problems. Regulates the uterus.
- With lots of Liver Qi stagnation add LV3 and CV6 – very moving point

5.6 Misc

- Ear acupuncture: put the seeds in the corresponding body part of the rash, lung, endocrine, adrenal, shen men
- Scalp acupuncture – upper 2/5ths of sensory area – bilaterally. Or that part fo the body on the sensory area that is affected by the rash.