

Class 8: Headache, Dizziness and Vertigo, Hypertension

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Headache tou tong

- Includes:
 - Those caused by neurosis, hypertension, migraine and traumatic injury

Etiology and pathogenesis

- External evils
 - Wind, cold, dampness and heat
- Internal disruption
 - Liver spleen and kidney

Patterns

- Wind cold headache
- Wind heat headache
- Wind dampness headache
- Liver yang headache
- Kidney yin deficiency headache
- Kidney yang deficiency headache
- Qi deficiency headache
- Blood deficiency headache
- Phlegm turbidity headache
- Blood stasis headache

Wind cold headache

- **Key symptoms:**
 - Headache extending through the neck and back, aversion to wind or cold, no thirst. Thin white tongue coating, tight floating pulse.
- **Treatment method:** course wind, dissipate cold and relieve pain
- **Formula:** Chuan xiong cha tiao san
- **Acupuncture:** GB20 feng chi, UB12 feng men, LI4 he gu, LU7 lie que

Formula and modifications

- Chuan xiong cha tiao san:
 - chuan xiong, bo he, bai zhi, qiang huo, xi xin, jing jie, fang feng, gan cao
- Modifications:
 - For jue yin headache, use wu zhu yu tang: wu zhu yu, ren shen, sheng jiang, da zao
 - To strengthen pain relief, add zhi ban xia, gao ben, chuan xiong

Wind heat headache

- **Key symptoms:**
 - Distending or splitting headache, fever, flushed complexion, red eyes, thirst, constipation, dark urine. Red tongue with yellow coating. Rapid floating pulse.
- **Treatment method:** course wind, clear heat and relieve pain
- **Formula:** Xiong zhi shi gao tang
- **Acupuncture:** GB20 feng chi, LI11 qu chi, LI4 he gu, GB14 yang bai

Formula and modifications

- Xiong zhi shi gao tang:
 - Chuan xiong, bai zhi, shi gao, ju hua, gao ben, qiang huo
- Modifications:
 - To reinforce wind-dispersing and heat-clearing, delete gao ben, qiang huo, add: huang qin, bai jiang cao, shan zhi zi, bo he

Wind dampness headache

- **Key symptoms:**
 - Headache as if head is tightly bound, heaviness of limbs, loss of appetite, oppression in the chest, scanty urine, loose stools. White sticky coating, soft pulse.
- **Treatment method:** course wind, dispel dampness and relieve pain
- **Formula:** Qiang huo sheng shi tang
- **Acupuncture:** GB20 feng chi, LI4 he gu, LU7 lie que, SJ8 san yang luo

Formula and modifications

- Qiang huo sheng shi tang:
 - Qiang huo, du huo, gao ben, fang feng, man jing zi, chuan xiong, zhi gan cao
- Modifications:
 - For dampness stagnation, add cang zhu, hou po, chen pi, zhi ke
 - For nausea and vomiting, add jiang ban xia, sheng jiang
 - For summerheat, use huang lian xiang ru yin

Liver yang headache

- **Key symptoms:**
 - Headache accompanied by dizziness and vertigo, irritability, restless sleep, costal pain, flushed complexion, bitter taste in mouth. Thin yellow coating. Wiry forceful pulse.
- **Treatment method:** settle the liver, subdue yang and relieve pain
- **Formula:** Tian ma gou teng yin
- **Acupuncture:** GB5 xuan lu, GB4 han yan, LV3 tai chong, KI3 tai xi, GB20 Feng chi, GB43 xia xi

Formula and modifications

- Tian ma gou teng yin:
 - Tian ma, gou teng, shi jue ming, shan zhi zi, huang qin, chuan niu xi, du zhong, yi mu cao, sang ji sheng, ye jiao teng, fu shen
- Modifications:
 - To increase the sedative and yang quelling effects, add mu li, long gu
 - For liver and kidney yin deficiency, add: sheng di huang, he shou wu, nu zhen zi, gou qi zi, han lian cao, shi hu
 - For liver fire, add long dan cao, yu jin, xia ku cao,

Kidney yin deficiency headache

- **Key symptoms:**
 - Headache and empty head accompanied by dizziness and vertigo, weak, aching lower back, lassitude, fatigue, seminal emission, tinnitus and insomnia. Red tongue with little coating. Thread weak pulse.
- **Treatment method:** supplement kidney yin, relieve pain
- **Formula:** Da bu yuan jian
- **Acupuncture:** DU20 bai hui, UB 23 shen shu, UB18 gan shu, KI3 tai xi, SP6 san yin jiao, DU23 shang xing

Formula and modifications

- Da bu yuan jian:
 - Shu di huang, shan yao, shan zhu yu, gou qi zi, ren shen, dang gui, zhi gan cao

Kidney yang deficiency headache

- **Key symptoms:**
 - Headache, physical cold, pale complexion, cold extremities, aching lower back, tiredness and fatigue. Pale tongue. Deep slow thready pulse.
- **Treatment method:** warm and supplement kidney yang, relieve pain
- **Formula:** You gui wan
- **Acupuncture:** DU20 bai hui, UB 23 shen shu, Ren4 guan yuan, KI3 tai xi, DU4 ming men, DU23 shang xing

Formula and modifications

- You gui wan:
 - Shu di huang, shan yao, shan zhu yu, gou qi zi, lu jiao jiao, tu si zi, du zhong, rou gui, zhi fu zi
- Modifications:
 - For internal cold evil, use ma huang fu zi xi xin tang

Qi deficiency headache

- **Key symptoms:**
 - Constant dull headache aggravated by overwork, lack of strength, fatigue, loss of appetite. Pale tongue with thin white coating. Weak pulse.
- **Treatment method:** supplement qi and relieve pain
- **Formula:** Bu zhong yi qi tang
- **Acupuncture:** DU20 bai hui, Ren6 qi hai, UB20 pi shu, ST36 zu san li, LI4 he gu, DU23 shang xing

Formula and modifications

- Bu zhong yi qi tang:
 - Huang qi, ren shen, bai zhu, zhi gan cao, dang gui, chen pi, sheng ma, chai hu
- Modifications:
 - To assist in relieving headache, add: chuan xiong, xi xin, man jing zi

Blood deficiency headache

- **Key symptoms:**
 - Headache accompanied by dizziness and vertigo, lusterless complexion, blurred vision, palpitations, difficulty falling asleep, tiredness, fatigue, aggravated by overwork. Pale tongue, weak thready pulse.
- **Treatment method:** nourish the blood and relieve pain
- **Formula:** Jia wei si wu tang
- **Acupuncture:** UB18 gan shu, UB17 ge shu, UB20 pi shu, SP6 san yin jiao, DU23 shang xing, ST36 zu san li

Formula and modifications

- Jia wei si wu tang
 - Dang gui, bai shao yao, shu di huang, chuan xiong, ju hua, man jing zi, huang qin, gan cao
- Modifications:
 - For liver yin and blood deficiency, add he shou wu, gou qi zi, huang jing, suan zao ren

Phlegm turbidity headache

- **Key symptoms:**
 - Headache and heavy head, dizziness, congestion and fullness of chest and epigastrium, nausea, vomiting of phlegm and mucus. White sticky coating and slippery pulse.
- **Treatment method:** transform phlegm-turbidity and relieve pain
- **Formula:** Ban xia bai zhu tian ma tang
- **Acupuncture:** DU20 bai hui, ST36 zu san li, LI4 he gu, M-HN-3 yin tang, Ren12 zhong wan, ST40 feng long

Formula and modifications

- Ban xia bai zhu tian ma tang
 - Ban xia, tian ma, fu ling, ju hong, bai zhu, gan cao, sheng jiang, da zao
- Modifications:
 - To reinforce the effects of dissolving phlegm-turbidity and relieving pain, add hou po, bai ji li, man jing zi
 - For phlegm heat, delete bai zhu, add huang qin, zhu ru, zhi shi

Blood stasis headache

- **Key symptoms:**
 - Persistent stabbing headache with fixed location of pain, history of traumatic injury. Dark purple tongue, rough, thready pulse.
- **Treatment method:** quicken the blood, dissolve stasis, relieve pain
- **Formula:** Tong qiao huo xue tang.
- **Acupuncture:** LI4 he gu, LR3 tai chong, ST36 zu san li, SP10 xue hai, SP6 san yin jiao, Ashi points

Formula and modifications

- Tong qiao huo xue tang:
 - chi shao yao, chuan xiong, tao ren, hong hua, cong bai, da zao, she xiang, huang jiu
- Modifications:
 - To regulate qi, open orifice and relieve pain, add yu jin, shi chang pu, xi xin, bai zhi
 - For severe headache, add quan xie, wu gong, zhe chong
 - For vacuity qi and blood, add: huang qi, dang gui

Dizziness and Vertigo

xuan yun

- Xuan means blurred vision or blackouts, yun means dizziness or vertigo
- Includes:
 - Hypertension, arteriosclerosis, anemia, labyrinthitis and meniere's disease

Etiology and pathogenesis

- Emotional depression---damage liver yin and result in ascendancy of liver yang
- Extended illness, stress, anxiety, pensiveness---qi and blood deficiency, heart and spleen deficiency
- Overindulgent sexual activity, extended illness---kidney essence deficiency
- Improper diet and eating habits, stress and taxation ---damage the spleen and stomach---phlegm dampness or phlegm fire

Patterns

- Ascendant hyperactivity of liver yang
- Qi and blood deficiency
- Kidney yin and essence deficiency
- Kidney yang and essence deficiency
- Obstruction of damp phlegm in middle jiao
- Obstruction of damp fire in middle jiao

Ascendant hyperactivity of liver yang

- **Key symptoms:**
 - Dizziness and vertigo, tinnitus, distending headache, sore weak lower back and knees, aggravated with anger, irritability, bitter taste in mouth, insomnia, dream-disturbed sleep. Red tongue, wiry pulse.
- **Treatment method:** settle the liver, subdue yang, nourish and supplement the liver and kidney
- **Formula:** Tian ma gou teng yin
- **Acupuncture:** UB23 shen shu, KI3 tai xi, UB18 gan shu, GB20 feng chi, LV2 xing jian

Formula and modifications

- Tian ma gou teng yin:
 - tian ma, gou teng, shi jue ming, shan zhi zi, huang qin, chuan niu xi, du zhong, yi mu cao, sang ji sheng, ye jiao teng, fu shen
- Modifications:
 - To enhance subduing the liver, add: ju hua, bai ji li, xia ku cao
 - To exuberance of liver fire, add long dan cao, mu dan pi
 - For internal wind, add long gu, mu li, ling yang jiao
 - For liver and kidney yin deficiency with ascendancy of liver yang, add da ding feng zhu, or qi ju ding huang wan

Qi and blood deficiency

- **Key symptoms:**
 - Dizziness and vertigo, pale complexion, lusterless nails and lips, tiredness, disinclination to speak, palpitation, insomnia, loss of appetite. Pale tongue, weak thready pulse.
- **Treatment method:** fortify the spleen and stomach, supplement qi and blood
- **Formula:** Gui pi tang
- **Acupuncture:** UB18 gan shu, ST36 zu san li, Ren6 qi hai, DU20 bai hui, UB17 ge shu, SP6 san yin jiao

Formula and modifications

- Gui pi tang:
 - Huang qi, ren shen, bai zhu, fu shen, long yan rou, suan zao ren, mu xiang, dang gui, yuan zhi, zhi gan cao, sheng jiang, da zao
- Modifications:
 - For spleen and stomach deficiency, delete dang gui, mu xiang, add yi yi ren, ze xie, sha ren, shen qu
 - For chills, cold extremities and dull abdominal pain, add gui zhi, gan jiang
 - For severe blood deficiency, add shu di huang, e jiao, zi he che,

Kidney yin and essence deficiency

- **Key symptoms:**
 - Dizziness and vertigo, insomnia, dream troubled sleep, forgetfulness, weak aching lower back and knees, seminal emissions and tinnitus, vexing heat in the five hearts. Red with little coating, thready rapid wiry pulse.
- **Treatment method:** supplement the kidney and nourish yin
- **Formula:** Zuo gui wan
- **Acupuncture:** UB23 shen shu, KI3 tai xi, UB18 gan shu, ST36 zu san li, DU20 bai hui, SP6 san yin jiao

Formula and modifications

- Zuo gui wan:
 - Shu di huang, shan yao, shan zhu yu, gou qi zi, chuan niu xi, tu si zi, lu jiao jiao, gui ban jiao
- Modifications:
 - For marked yin vacuity with internal heat, add bie jia, zhi mu, huang bai, di gu pi
 - For severe dizziness and vertigo, add long gu, mu li, zhen zhu mu

Kidney yang and essence deficiency

- **Key symptoms:**
 - Dizziness and vertigo, insomnia, dream troubled sleep, forgetfulness, weak aching lower back and knees, seminal emissions and tinnitus, physical cold and cold extremities. Pale tongue white coating, deep thready forceful pulse.
- **Treatment method:** supplement the kidney and assist yang
- **Formula:** You gui wan
- **Acupuncture:** UB23 shen shu, KI3 tai xi, UB18 gan shu, ST36 zu san li, DU20 bai hui, UB20 pi shu, Ren4 guan yuan

Formula and modifications

- You gui wan:
 - Shu di huang, shan yao, shan zhu yu, gou qi zi, lu jiao jiao, tu si zi, du zhong, dang gui, rou gui, fu zi
- Modifications:
 - For assist yang and without harming yin, delete zhi fu zi, rou gui, add ba ji tian, yin yang huo

Obstruction of damp phlegm in middle jiao

- **Key symptoms:**
 - Dizziness and vertigo, head heavy as if tightly bound, oppression in the chest, nausea, loss of appetite, sleepiness. White sticky coating. Soggy or slippery pulse.
- **Treatment method:** fortify the spleen, harmonize the stomach, dry dampness and dispel phlegm
- **Formula:** Ban xia bai zhu tian ma tang
- **Acupuncture:** ST8 tou wei, ST40 feng long, Ren12 zhong wan, PC6 zhong wan, UB20 pi shu, ST36 zu san li

Formula and modifications

- Ban xia bai zhu tian ma tang:
 - Ban xia, bai zhu, tian ma, fu ling, ju hong, bai zhu, gan cao, sheng jiang, da zao
- Modifications:
 - For severe dizziness and vertigo with vomiting, add dai zhe shi, zhu ru
 - For epigastric fullness and loss of appetite, add bai dou kou, sha ren
 - For tinnitus and hardness of hearing, add cong bai, yu jin, shi chang pu

Obstruction of damp fire in middle jiao

- **Key symptoms:**
 - Dizziness and vertigo, head heavy as if tightly bound, oppression in the chest, nausea, headache, distending sensation of eyes, irritability, bitter taste in mouth, thirst without desire for drink. Yellow sticky coating. Slippery wiry pulse.
- **Treatment method:** transform phlegm, drain heat
- **Formula:** Wen dan tang
- **Acupuncture:** ST8 tou wei, ST40 feng long, Ren12 zhong wan, PC6 zhong wan, LV2 xing jian, GB20 feng chi

Formula and modifications

- Wen dan tang:
 - Ban xia, zhu ru, zhi shi, chen pi, gan cao, fu ling, sheng jiang, da zao

Hypertension

gao xue ya

- Hypertension is an illness exhibiting a sustained increase in arterial blood pressure, particularly diastolic pressure, as its major clinical manifestation

Etiology and pathogenesis

- Excesses of the seven affects
- Improper diet and eating habits
- Vacuity below (kidney and liver yin deficiency) and repletion above (liver yang rising, liver wind and fire, phlegm). Vacuity both yin and yang

Patterns

- Yin deficiency with exuberance of yang
- Exuberant liver fire
- Phlegm dampness obstruction
- Yin and yang deficiency

Yin deficiency with exuberance of yang

- **Key symptoms:**
 - Dizziness and vertigo, headache, aching of the lower back and knees, tinnitus, forgetfulness, vexing heat in the five hearts, palpitations, insomnia. Red tongue with little coating, thready wiry pulse.
- **Treatment method:** foster liver and kidney yin, subdue liver yang
- **Formula:** Qi ju di huang wan
- **Acupuncture:** UB18 gan shu, SP6 san yin jiao, UB23 shen shu, GB20 feng chi, KI3 tai xi, LV3 tai chong

Formula and modifications

- Qi ju di huang wan:
 - Shu di huang, shan yao, shan zhu yu, fu ling, ze xie, mu dan pi, gou qi zi, ju hua
- Modifications:
 - Moisten yin, quelling yang and regulate the blood, add gui ban, mu li, dan shen
 - For severe dizziness, numbness of the limbs, add tian ma, gou teng, di long
 - For hard dry stools, add hei zhi ma, bai zi ren

Exuberant liver fire

- **Key symptoms:**
 - Dizziness and vertigo, distending pain of head and eyes, red complexion, bloodshot eyes, irritability, dry bitter taste in mouth, dark urine, constipation. Red tongue with yellow coating. Rapid wiry pulse.
- **Treatment method:** calm the liver, drain fire
- **Formula:** Long dan xie gan tang
- **Acupuncture:** SP6 san yin jiao, LV2 xing jian, M-HN-9 tai yang, GB43 xia xi, LI11 qu chi, GB20 feng chi

Formula and modifications

- Long dan xie gan tang:
 - Long dan cao, Huang qin, Zhi zi, Mu tong, Che qian zi, Ze xie, Chai hu, Sheng di huang, Dang gui, Gan cao
- Modifications:
 - For liver fire, delete chai hu, dang gui, ze xie, che qian zi, add ju hua, xia ku cao, gou teng
 - For headache and dizziness and vertigo are severe, add zhen zhu mu, shi jue ming
 - For constipation, add da huang
 - For dry mouth and throat, add shi gao, zhi mu

Phlegm dampness obstruction

- **Key symptoms:**
 - Dizziness and vertigo, heaviness and pain of head, irritability, nausea, oppression in the chest, low food intake, numbness and heaviness of limbs, obesity. Enlarged tongue with white sticky coating. Slippery wiry pulse.
- **Treatment method:** dispel phlegm, transform dampness
- **Formula:** Ban xia bai zhu tian ma tang
- **Acupuncture:** SP6 san yin jiao, SP9 yin ling quan, ST40 feng long, PC6 nei guan, ST36 zu san li, GB20 feng chi, Ren12 zhong wan

Formula and modifications

- Ban xia bai zhu tian ma tang:
 - Ban xia, bai zhu, tian ma, fu ling, ju hong, bai zhu, gan cao, sheng jiang, da zao
- Modifications:
 - To reinforce the phlegm-dissolving and wind-eradicating effects, delete sheng jiang, da zao, add gou teng, shi chang pu, bai jiang can
 - For phlegm is copious, add dan xing, tian zhu, huang, xia ku cao

Yin and yang vacuity

- **Key symptoms:**
 - Dizziness and vertigo aggravated by movement, blurred vision, headache, tinnitus, palpitations, shortness of breath, weakness and aching of the lower back and lack of strength, numbness of hands. Light red tongue, thready wiry pulse.
- **Treatment method:** supplement kidney yin and yang
- **Formula:** Er xian tang
- **Acupuncture:** UB23 shen shu, ST36 zu san li, GB20 feng chi, Ren4 guan yuan, Ren6 qi hai, UB20 shang shu

Formula and modifications

- Er xian tang:
 - Xian mao, dang gui, huang bai, yin yang huo, ba ji tiang, zhi mu
- Modifications:
 - For yin and essence deficiency, add shu di huang, shi hu, gui ban
 - For kidney yang deficiency, delete huang bai, zhi mu, add shu di huang, du zhong, lu jiao jiao
 - For short of breath, add huang qi