

# Class 9: Low Back Pain, Seminal Emission, Impotence, Wasting- thirst

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# Low Back Pain

## Yao tong

- Includes: renal disease, rheumatism, rheumatoid conditions, injury to the lower back muscles and vertebral or spinal cord disorders

# Etiology and pathogenesis

- Invasion of external evils
  - Damp heat
  - Damp cold
- Internal disruption
  - Kidney deficiency
- Traumatic injury
  - Qi stagnation and blood stasis

# Patterns

- Cold dampness
- Damp heat
- Blood stasis
- Kidney yang deficiency
- Kidney yin deficiency

# Cold dampness

- **Key symptoms:**
  - Cold pain and heaviness of the lower back, difficulty turning the waist, pain alleviated by heat and increase by cold or rainy weather. White sticky coating. Slow deep pulse.
- **Treatment method:** dispel cold, disinherit dampness, warm the channels and free the connections
- **Formula:** Gan cao gan jiang ling zhu tang
- **Acupuncture:** UB23 shen shu, UB40 wei zhong, DU3 yao yang guan, UB32 ci liao, GB34 yang ling quan, UB25 da chang shu, Ren4 guan yuan

# Formula and modifications

- Gan cao gan jiang ling zhu tang:
  - fu ling, gan jiang, bai zhu, gan cao
- Modifications:
  - To tonify the kidney and strengthen the lower back, add gui zhi, niu xi, du zhong, sang ji sheng, xu duan
  - To warm the kidney and dispel cold, add zhi fu zi
  - For severe dampness, add cang zhu
  - Chronic pain with wind and kidney and liver deficiency, use du huo ji sheng tang
  - For kidney yang deficiency with cold dampness, add tu si zi, bu gu zhi

# Damp heat

- **Key symptoms:**
  - Hot pain at lower back, increase in pain during hot or rainy weather, dark scanty urine. yellow sticky tongue coating. Soft rapid pulse.
- **Treatment method:** clear heat, disinhibit dampness, ease the lower back and relieve pain
- **Formula:** Si miao san
- **Acupuncture:** UB23 shen shu, UB40 wei zhong, DU3 yao yang guan, UB32 ci liao, GB34 yang ling quan, SP6 san yin jiao

# Formula and modifications

- Si miao san:
  - Cang zhu, huang bai, yi yi ren, huai niu xi
- Modifications:
  - To increase the function of clearing collections and relieving pain, add mu gua, luo shi teng
  - To clear heat and dampness, add shan zhi zi, ze xie, mu tong
  - For yin deficiency, add nu zhen zi, han lian cao

# Blood stasis

- **Key symptoms:**
  - Stabbing pain at fixed location, aggravated by external pressure, worse at night, difficult bending and twisting. Dark purple tongue, with macules. Rough pulse.
- **Treatment method:** quicken the blood, dissolve stasis, regulate qi, and relieve pain
- **Formula:** Shen tong zhu yu tang
- **Acupuncture:** UB23 shen shu, UB40 wei zhong, DU3 yao yang guan, DU26 shui gou, N-UE-19 yao tong xue, Ashi points

# Formula and modifications

- Shen tong zhu yu tang:
  - Dang gui, tao ren, hong hua, mo yao, wu ling zhi, chuan xiong, niu xi, di long, qiang huo, qin jiao, xiang fu zi, gan cao
- Modifications:
  - To clear collateral and remove blood stasis, add zhe chong, wu shao she rou, chuan shan jia
  - For kidney deficiency, add xu duan, du zhong, sang ji sheng

# Kidney yang deficiency

- **Key symptoms:**
  - Slow onset, frequent recurrence, aching of lower back diminished by pressing, fatigue, weakness of knee, increase in pain after exertion, decrease by bed rest. Physical cold, pale tongue, deep thready pulse.
- **Treatment method:** supplement kidney yang, relieve pain
- **Formula:** You gui wan
- **Acupuncture:** UB23 shen shu, UB40 wei zhong, DU3 yao yang guan, UB32 ci liao, DU4 ming men, M-BW-24 yao yan

# Formula and modifications

- You gui wan:
  - Shu di huang, shan yao, shan zhu yu, gou qi zi, chuan niu xi, tu si zi, lu jiao jiao, du zhong, dang gui, rou gui, zhi fu zi
- Modifications:
  - For kidney yang and spleen qi deficiency, combine with bu zhong yi qi tang

# Kidney yin deficiency

- **Key symptoms:**
  - Slow onset, frequent recurrence, aching of lower back diminished by pressing, fatigue, weakness of knee, increase in pain after exertion, decrease by bed rest. Irritability, insomnia, dry mouth and throat, red cheeks, vexing heat in five hearts. Red tongue little coating. Rapid thready pulse.
- **Treatment method:** nourish kidney yin, relieve pain
- **Formula:** Zuo gui wan
- **Acupuncture:** UB23 shen shu, UB40 wei zhong, DU3 yao yang guan, UB32 ci liao, UB52 zhi shi, KI3 tai xi

# 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 vacuity fire, use da bu yin wan: zhi mu, huang bai, shu di huang, gui ban, zhu ji sui

# Seminal Emission

## yi jing

- The spontaneous ejaculation of semen even when unrelated to sexual activity
  - Nocturnal emission
  - Spontaneous seminal emission
- Includes:
  - Neurosis, prostatitis, spermatocystitis and orchitis

# Etiology and pathogenesis

- Failure of kidney qi
  - Emotional stress, improper diet and eating habits, overindulgent sexual activity
- Heart, liver, spleen, kidney
- Disharmony between the heart and kidney

# Patterns

- Kidney yin deficiency with heart fire
- Kidney yang deficiency with failure to secure the essence
- Qi deficiency with failure to astringe essence
- Damp-heat in lower burner

# Kidney yin deficiency with heart fire

- **Key symptoms:**
  - Insomnia or frequent dreaming, palpitations, nocturnal emission, dry throat, dizziness and vertigo, vexation, weak aching lowerback and legs, night sweating, tinnitus, forgetfulness, dark scanty urine. Red tongue little coating. Rapid thready pulse.
- **Treatment method:** nourish kidney yin, clear heart fire, quiet the spirit, secure essence
- **Formula:** Zhi Bai Di Huang Tang (Anemarrhena, Phellodendron and Rehmannia Decoction)
- **Acupuncture:** UB15 xin shu, UB23 shen shu, HT7 shen men, KI3 tai xi, UB52 zhi shi, PC6 nei guan

# Formula and modifications

- Zhi Bai Di Huang Tang (Anemarrhena, Phellodendron and Rehmannia Decoction)
  - Shu di huang, Shan yao, Shan zhu yu, Ze xie, Fu ling, Mu dan pi, Zhi mu, Huang bai
- Modifications:
  - To reinforce clearing heat, calming the spirit and securing essence, add huang lian, suan zao ren, wu wei zi, duan long gu, duan mu li

# Kidney yang deficiency with failure to secure the essence

- **Key symptoms:**
  - Persistent seminal emission and spontaneous seminal discharge accompanied by cold extremities, physical cold, impotence, premature ejaculation, pale complexion. Delicate, pale, with tooth marks, white glossy coating, deep thready.
- **Treatment method:** supplement kidney yang, secure essence
- **Formula:** You Gui Wan (Restore the Right Pill)
- **Acupuncture:** UB23 shen shu, Ren4 guan yuan, SP6 san yin jiao, KI12 da he, KI3 tai xi, UB52 zhi shi, Ren6 qi hai, DU4 ming men

# Formula and modifications

- You Gui Wan (Restore the Right Pill)
  - Fu zi, Rou gui, Lu jiao jiao, Shu di huang, Shan zhu yu, Shan yao, Gou qi zi, Tu si zi, Du zhong, Dang gui
- Modifications:
  - To strength the function, combine with jin suo gu jing wan (astringent formula): sha yuan zi, qian shi, lian xu, lian zi, duan long gu, duan mu li

# Qi deficiency with failure to astringe essence

- **Key symptoms:**
  - Palpitations, insomnia, forgetfulness, sallow complexion, fatigue, loss of appetite, loose stools, seminal emission following overwork. Pale tongue with white coating. Weak pulse.
- **Treatment method:** rectify and supplement the heart and spleen, boost qi, secure essence
- **Formula:** Bu Zhong Yi Qi Tang (Tonify middle augment qi decoction)
- **Acupuncture:** UB23 shen shu, UB20 pi shu, SP6 san yin jiao, UB52 zhi shi, Ren6 qi hai, ST36 zu san li

# Formula and modifications

- Bu Zhong Yi Qi Tang (Tonify middle augment qi decoction)
  - Huang qi, Ren shen, Bai zhu, Dang gui, Chen pi, Sheng ma, Chai hu, Zhi gan cao.
- Modifications:
  - To support the spleen and quiet the spirit, add shan yao, fu ling, yuan zhi

# Damp-heat in lower burner

- **Key symptoms:**
  - Frequent seminal emission, dark burning cloudy urine, or difficult urination, thirst, bitter taste in mouth, irritability, insomnia, loose foul-smelling stools, tenesmus, fullness and discomfort of abdomen. Yellow sticky tongue coating. Soft rapid pulse.
- **Treatment method:** clear heat, disinhibit dampness, secure essence
- **Formula:** Cheng Shi Bi Xie Fen Qing Yin (Cheng's fish poison yam clear-turbid separation beverage)
- **Acupuncture:** Ren3 zhong ji, UB34 xia liao, SP9 yin ling quan, SP6 san yin jiao, LV3 tai chong, PC6 nei guan

# Formula and modifications

- Cheng Shi Bi Xie Fen Qing Yin (Cheng's fish poison yam clear-turbid separation beverage)
  - Bi xie, Huang bai, Shi chang pu, Fu ling, Bai zhu, Dan shen, Lian zi xin, Che qian zi
- Modifications:
  - For prolonged illness with static heat, add bai jiang cao, chi shao yao, hong teng

# Impotence yang wei

- Inability of the penis to attain erection or the ability to attain only partial erection
- Includes: sexual neurosis

# Etiology and pathogenesis

- Overindulgent sexual activity, habitual masturbation or emotional disturbances
- Weaken of the life-gate fire and loss sexual capacity, damp-heat in lower jiao

# Patterns

- Debilitation of Life-Gate Fire
- Damp-heat in lower burner

# Debilitation of Life-Gate Fire

- **Key symptoms:**
  - Complete or partial impotence, frequent spontaneous seminal discharge, dizziness and vertigo, tinnitus, pale complexion, cold extremities, listlessness, weak aching lower back and legs, frequent urination. Pale tongue white coating, deep thready pulse.
- **Treatment method:** supplement of the kidney, invigorate yang
- **Formula:** Wu Zi Yan Zong Wan (Five Seed Progeny Pill), Or Zan Yu Dan (Special Pill to Aid Fertility)
- **Acupuncture:** UB23 shen shu, KI3 tai xi, Ren4 guan yuan, DU4 ming men, DU20 bai hui, UB31~34 ba liao

# Formula and modifications

- Wu Zi Yan Zong Wan (Five Seed Progeny Pill)
  - Gou qi zi, Fu pen zi, Tu si zi, Wu wei zi, Che qian zi
- Zan Yu Dan (Special Pill to Aid Fertility)
  - Fu zi, Rou gui, Rou cong rong, Ba ji tian, Yin yang huo, She chuang zi, Jiu zi, Xian mao, Shan zhu yu, Du zhong, Shu di huang, Dang gui, Gou qi zi, Bai zhu
- Modifications:
  - To increase the function of supplement, add ren shen, lu rong
  - For heart and spleen deficiency, use gui pi tang

# Damp-heat in lower burner

- **Key symptoms:**
  - Flaccidity of penis with inability to achieve or sustain erection, premature ejaculation, sweatiness of scrotum, heavy aching lower limbs, thirst or bitter taste in mouth, dark burning urine. Yellow sticky tongue coating. Slippery rapid pulse.
- **Treatment method:** clear heat, disinhibit dampness
- **Formula:** Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver)
- **Acupuncture:** Ren3 zhong ji, DU4 ming men, SP9 yin ling quan, SP6 san yin jiao, ST36 zu san li, LV5 li gou

# Formula and modifications

- Long Dan Xie Gan Tang (Gentiana Longdancao Decoction to Drain Liver):
  - 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 yin deficiency with damp-heat, use zhi bai di huang wan

# Wasting- Thirst

## xiao ke

- Excessive thirsty, hunger, and urination, emaciation.
- Includes:
  - Diabetes

# Etiology and pathogenesis

- Constitutional vacuity of yin, improper diet and eating habits, emotional disturbance, overindulgent sexual activity
- LU, ST, KI

# Patterns

- Lung heat with injury to fluids
- Stomach fire
- Depletion of Kidney yin

# Lung heat with injury to fluids

- **Key symptoms:**
  - Excessive thirst, high fluid intake and dry mouth, accompanied by frequent urination and excessive hunger. Dry red tip, thin yellow coating. Rapid pulse.
- **Treatment method:** clear heat, moisten the lung, generate liquid
- **Formula:** Xiao Ke Fang (Wasting thirst Formula)
- **Acupuncture:** HT8 shao fu, UB15 xin shu, LU9 tai yuan, UB13 fei shu, M-BW-12 yi shu

# Formula and modifications

- Xiao Ke Fang (Wasting thirst Formula)
  - Tian hua fen, Huang lian, Sheng di huang, Sheng jiang, Xian ou zhi, Feng mi
- Modifications:
  - For generating liquid and relieving thirsty, add mai men dong,
  - For lung and kidney qi and yin deficiency, use er dong tang: tian men dong, mai men dong, tian hua fen, huang qin, zhi mu, he ye, gan cao, ren shen
  - For lung and stomach qi and yin deficiency, use bai hu jia ren shen tang

# Stomach fire

- **Key symptoms:**
  - Excessive hunger, high food intake, emaciation, dry stools or constipation, thirst. Yellow coating. Forceful, slippery pulse.
- **Treatment method:** clear stomach, drain fire, nourish yin, generate liquid
- **Formula:** Yu Nu Jian (Jade Woman Decoction)
- **Acupuncture:** ST44 nei ting, SP6 san yin jiao, UB20 pi shu, UB21 wei shu, M-BW12 yi shu

# Formula and modifications

- Yu Nu Jian (Jade Woman Decoction)
  - Shi gao, Shu di huang, Zhi mu, Mai men dong, Niu xi
- Modifications:
  - To increase heat-clearing and fire-draining effects, add huang lian, shan zhi zi
  - For constipation, use zeng ye cheng qi tang

# Depletion of Kidney yin

- **Key symptoms:**
  - Frequent urination, copious turbid milky urine, dry mouth and lips, thirst, high fluid intake, weak aching lower back and knees, dizziness and vertigo, blurred vision, red cheeks. Red tongue little coating. Deep thready rapid pulse.
- **Treatment method:** nourish kidney yin, secure the kidney
- **Formula:** Liu wei di huang wan (six-ingredient rehmannia pill)
- **Acupuncture:** KI3 tai xi, LR3 tai chong, UB18 gan shu, UB23 shen shu, M-BW12 yi shu

# Formula and modifications

- Liu wei di huang wan (six-ingredient rehmannia pill)
  - Shu di huang, Shan zhu yu, Shan yao, Fu ling, Ze xie, Mu dan pi
- Modifications:
  - For vacuity heat, add zhi mu, huang bai, gui ban, mu li
  - For a high volume of turbid urine, add yi zhi ren, sang piao xiao, wu wei zi
  - For qi deficiency, add huang qi, ren shen
  - For kidney yin and yang deficiency, add fu zi, rou gui, sang piao xiao, jing ying zi, fu pen zi
  - For blood stasis, add dan shen, tao ren, hong hua, shan zha