

# Class 8: Sudden blindness, Round corneal nebula Deafness & Tinnitus, Purulent ear

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# Sudden blindness

## bao mang

- In the absence of any ophthalmic disorder, a sudden severe decrease in sight or the complete loss of sight in one or both eyes.
- Includes:
  - Embolism of the central retinal artery
  - Acute optic neuritis

# Etiology and pathogenesis

- Liver fire to rise the eyes
  - Emotional upset
    - Sudden anger, fright or fear
  - The invasion of external heat evil into viscera and bowels
- Qi stagnation and blood stasis

# Qi stagnation and blood stasis

- **Key symptoms:**
  - **Specific symptoms:** sudden severe decrease or complete loss of sight, with some abnormality found in the fundus of the eye.
  - **General symptoms:** headache, distended sensation of the eyes and irritability.
  - **Pulse and tongue:** dark and purplish with stasis macules on the tongue, rough pulse.
- **Treatment method:** rectify qi, quicken the blood, clear the orifice.
- **Formula:** tong qiao huo xue tang (orifice-free blood-quickenening decoction)
- **Acupuncture:** BL-01 jing ming, GB-01 tong zi liao, M-NH-8 qiu hou, PC-06 nei guan, BL-17 ge shu, SP-06 san yin jiao

# Formula and modifications

- Tong tiao huo xue tang (orifice-free blood-quickenening decoction):
  - Chi shao yao, chuan xiong, tao ren, hong hua, cong bai, da zao, she xiang, huang jiu
- Modifications:
  - In cases of stagnation of liver qi add: yu jin, qing pi
  - In cases of severe retinal edema, the prescription is modified to quicken the blood, dissolve stasis, disinhibit water and disperse swelling, add: hu po, ze lan, yi mu cao
  - In cases of severe bleeding at the fundus of the eye, add: pu huang, qian cao gen, san qi

# Exuberant liver fire

- **Key symptoms:**
  - **Specific symptoms:** ophthalmic symptoms as above: sudden severe decrease or complete loss of sight, with some abnormality found in the fundus of the eye.
  - **General symptoms:** pain of the eye ball upon external pressure and pain behind the eyes during eye movement, as well as headache, tinnitus irritability, insomnia, profuse dreaming, bitter taste in the mouth, dry throat.
  - **Pulse and tongue:** red with yellow coating, rapid wiry pulse.
- **Treatment method:** clear liver, drain fire.
- **Formula:** long dan xie gan tang (gentian liver-draining decoction)
- **Acupuncture:** BL-01 jing ming, GB-01 tong zi liao, M-NH-8 qiu hou, GB-20 feng chi, LR-03 tai chong, GB-37 guang ming

# Formula and modifications

- Long dan xie gan tang (gentian liver-draining decoction):
  - Long dan cao, huang qin, shan zhi zi, ze xie, mu tong, dang gui, che qian zi, sheng di huang, chai hu, gan cao
- Modifications:
  - In cases of severe edema and congestion of the optic papilla, or exudation and bleeding of the neighboring region of the retina, add: mu dan pi, chi shao yao

# Round corneal nebula yuan yi nei zhang

- A chronic condition where clouding of the eyes leads to gradual vision impairment and, ultimately, blindness
- Includes:
  - cataract



# Etiology and pathogenesis

- Liver and kidney vacuity
  - Insufficiency of essence and blood to nourish the eyes
- Spleen qi vacuity
  - Weakening of spleen's ability to transport qi and essence upward to nourish the eyes
- Upper burner liver heat
- Yin depletion and damp-heat

# Liver and kidney vacuity

- **Key symptoms:**
  - **Specific symptoms:** unclear vision.
  - **General symptoms:** dizziness, tinnitus, weak aching lower back and knee.
  - **Pulse and tongue:** red with little coating, thready pulse.
- **Treatment method:** moisten the liver and kidney, boost essence, nourish the blood, brighten the eyes.
- **Formula:** qi ju di huang tang (lycium berry chrysanthemum and rehmannia decoction)
- **Acupuncture:** BL-01 jing ming, M-NH-8 qiu hou, BL-02 zan zhu,, GB-20 feng chi, BL-18 gan shu, BL-23 shen shu, KI-07 fu liu, GB-37 guang ming

# Formula and modifications

- Qi ju di huang tang (lycium berry chrysanthemum and rehmannia decoction):
  - Shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, gou qi zi, ju hua
- Modifications:
  - In cases of severe essence and blood depletion, add: tu si zi, shi hu, dang gui, bai shao yao
  - In cases of kidney yang vacuity, use you gui wan

# Spleen qi vacuity

- **Key symptoms:**
  - **Specific symptoms:** blurred vision.
  - **General symptoms:** tiredness, fatigue, sallow complexion, poor appetite, loose stools.
  - **Pulse and tongue:** pale with white coating, weak, thready pulse.
- **Treatment method:** supplement the spleen, boost qi, brighten the eyes.
- **Formula:** bu zhong yi qi tang (center-supplementing Qi-boosting decoction)
- **Acupuncture:** BL-01 jing ming, M-NH-8 qiu hou, BL-02 zan zhu, LI-04 he gu, ST-36 zu san li, SP-06 san yin jiao, BL-20 pi shu, ST-02 si bai

# Formula and modifications

- Bu zhong yi qi tang (center-supplementing Qi-boosting decoction):
  - Huang qi, ren shen, bai zhu, dang gui, chen pi, sheng ma, chai hu, zhi gan cao
- Modifications:
  - In cases where the weakening of the spleen has allowed damp accumulation, delete: dang gui, add: fu ling, bian dou, yi yi ren

# Upper burner liver heat

- **Key symptoms:**
  - **Specific symptoms:** headache, discomfort of the eyes, blurred vision, excessive secretion of mucus and tears from the eyes.
  - **General symptoms:** bitter taste in the mouth, dry throat.
  - **Pulse and tongue:** rapid wiry pulse.
- **Treatment method:** clear the liver, brighten the eyes.
- **Formula:** shi jue ming san (abalone shell powder)
- **Acupuncture:** BL-01 jing ming, M-NH-8 qiu hou, BL-02 zan zhu, GB-20 feng chi, LR-03 tai chong, GB-37 guang ming, LR-02 xing jan, GL-43 xia xi

# Formula and modifications

- Shi jue ming san (abalone shell powder):
  - Shi jue ming, jue ming zi, shan zhi zi, chi shao yao, da huang, mai men dong, jing jie, qiang huo, mu zei
- Modifications:
  - In cases of exuberance of liver fire, add: ju hua, xia ku cao

# Yin depletion and damp-heat

- **Key symptoms:**
  - **Specific symptoms:** constitutional yin vacuity, dryness of the eyes, blurred vision,.
  - **General symptoms:** irritability, halitosis, difficult bowel movement.
  - **Pulse and tongue:** red with yellow slimy coating, soft, rapid pulse.
- **Treatment method:** nourish yin, clear heat, transform dampness, brighten the eyes.
- **Formula:** gan lu yin (sweet dew beverage)
- **Acupuncture:** BL-01 jing ming, M-NH-8 qiu hou, BL-02 zan zhu, LI-04 he gu, GB-37 guang ming, KI-03 tai xi, SP-09 yin ling quan, SP-06 san yin jiao



# Formula and modifications

- Gan lu yin (sweet dew beverage):
  - Shu di huang, sheng di huang, tian men dong, mai men dong, yin chen hao, shi hu, huang qin, zhi ke, pi pa ye, gan cao

# Tinnitus and deafness

## er ming, er long

- Tinnitus refers to the subjective sensation of ringing in the ears.
- Deafness refers to a decrease in or complete loss of hearing.
- Tinnitus and deafness are largely equivalent in etiology, pathogenesis and treatment.

# Etiology and pathogenesis

- Repletion
  - Exuberant liver and gallbladder fire
    - Emotional stress
  - External wind-heat
  - Binding depression of phlegm-fire
    - Consumption of alcohol and rich foods
- Vacuity
  - Kidney essence depletion
    - Poor physical constitution, extended illness, overindulgent sexual activity
  - Spleen and stomach qi vacuity
    - Poor diet and excessive work

# Exuberant liver and gallbladder fire

- **Key symptoms:**
  - **Specific symptoms:** sudden onset of tinnitus or deafness with the tinnitus resembling ocean waves or claps of thunder, onset of symptoms or increase in severity of symptoms with anger or frustration.
  - **General symptoms:** headache, dizziness and vertigo, earache, distending sensation of the ears, flushed complexion, dry mouth, irritability, restless sleep, distention and pain of the chest and hypochondrium, constipation, dark urine.
  - **Pulse and tongue:** red with yellow coating, rapid, wiry, forceful pulse.
- **Treatment method:** clear liver and gallbladder fire.
- **Formula:** long dan xie gan tang (gentian liver-draining decoction)
- **Acupuncture:** TB-17 yi feng, GB-02 ting hui, TB-03 zhong zhu, GB-43 xia xi, LR-03 tai chong, GB-40 qiu xu

# Formula and modifications

- Long dan xie gan tang (gentian liver-draining decoction):
  - Long dan cao, huang qin, shan zhi zi, ze xie, mu tong, dang gui, che qian zi, sheng di huang, chai hu, gan cao
- Modifications:
  - In case of liver qi stagnation where fire is not marked, use xiao yao san: chai hu, bai shao yao, dang gui, bai zhu, fu ling, zhi gan cao, bo he, sheng jiang
  - To open the orifices, add: shi chang pu
  - In cases of constipation, add: da huang

# External wind-heat

- **Key symptoms:**
  - **Specific symptoms:** symptoms are initially those of the common cold but develop to include the subjective sensation of distention and obstruction within the ears, tinnitus and impairment of hearing.
  - **General symptoms:** headache, aversion to wind, fever and dry mouth.
  - **Pulse and tongue:** thin yellow coating, rapid, floating pulse.
- **Treatment method:** course wind, clear heat.
- **Formula:** yin qiao san (lonicera and forsythia powder)
- **Acupuncture:** TB-17 yi feng, GB-02 ting hui, TB-03 zhong zhu, GB-43 xia xi, TB-05 wai guan, LI-04 he gu

# Formula and modifications

- Yin qiao san (lonicera and forsythia powder):
  - Jin yin hua, lian qiao, dan dou chi, niu bang zi, bo he, jing jie sui, jie geng, gan cao, lu gen
- Modifications:
  - To increase wind heat-dispersing and orifice-clearing actions, add: man jing zi, sheng ma, ju hua
  - To move qi and open the orifices, add: shi chang pu, lu lu tong

# Binding depression of phlegm-fire

- **Key symptoms:**
  - **Specific symptoms:** tinnitus and deafness.
  - **General symptoms:** dizzy spells, sensation of heaviness of the head, oppression in the chest, profuse phlegm, bitter taste in the mouth and irregularity of urination and bowel movement.
  - **Pulse and tongue:** red with yellow slimy coating, slippery, wiry or rapid, slippery pulse.
- **Treatment method:** clear fire, transform phlegm.
- **Formula:** jia wei er chen tang (supplemented two matured ingredients decoction)
- **Acupuncture:** TB-17 yi feng, GB-02 ting hui, TB-03 zhong zhu, GB-43 xia xi, ST-40 feng long, PC-08 lao gong



# Formula and modifications

- Jia wei er chen tang (supplemented two matured ingredients decoction):
  - Fa ban xia, chen pi, fu ling, huang qin, huang lian, gan cao, sheng jiang, bo he
- Modifications:
  - To reinforce the clearing heat and dissolving phlegm, add: xing ren, gua lou ren, dan xing

# Kidney essence depletion

- **Key symptoms:**
  - **Specific symptoms:** tinnitus resembling the buzzing of cicadas, intermittent spells of tinnitus, worsening of symptoms at night, extended course of illness and gradual loss of hearing.
  - **General symptoms:** dizziness and vertigo, insomnia, weak aching lower back and knees and seminal emission.
  - **Pulse and tongue:** red with little coating, thready, or rapid, thready pulse.
- **Treatment method:** supplement the kidney, secure essence.
- **Formula:** er long zuo ci wan (deafness left-benefiting loadstone pill)
- **Acupuncture:** TB-17 yi feng, GB-02 ting hui, BL-23 shen shu, KI-03 tai xi, CV-04 guan yuan, GV-04 ming men

# Formula and modifications

- Er long zuo ci wan (deafness left-benefiting loadstone pill):
  - Shu di huang, shan zhu yu, shan yao, mu dan pi, ze xie, fu ling, shi chang pu, wu wei zi, ci shi
- Modifications:
  - In cases of presenting symptoms of vacuity of kidney yang, add zhi fu zi, rou gui, tu si zi, bu gu zhi

# Spleen and stomach qi vacuity

- **Key symptoms:**
  - **Specific symptoms:** tinnitus and deafness aggravated by overwork, and a sensation of emptiness and coolness within the ears.
  - **General symptoms:** tiredness, fatigue, poor appetite, loose stools, epigastric distention after eating and a sallow withered complexion.
  - **Pulse and tongue:** pale with white coating, weak pulse.
- **Treatment method:** strengthen the spleen and stomach, boost qi.
- **Formula:** bu zhong yi qi tang (center-supplementing Qi-boosting decoction)
- **Acupuncture:** TB-17 yi feng, GB-02 ting hui, BL-20 pi shu, BL-21 wei shu ST-36 zu san li, CV-06 qi hai

# Formula and modifications

- Bu zhong yi qi tang (center-supplementing Qi-boosting decoction):
  - Huang qi, ren shen, bai zhu, dang gui, chen pi, sheng ma, chai hu, zhi gan cao
- Modifications:
  - To open the orifices, add: shi chang pu, man jing zi, ge gen

# Purulent ear ting er

- An ear disease resembling the acute and chronic otitis media of western medicine. major clinical manifestations include perforation or rupture of the tympanic membrane and drainage of a purulent discharge in the external ear.

# Etiology and pathogenesis

- External wind-heat
- Exuberant liver and gallbladder fire
- Damp-encumbered vacuous spleen
- Kidney yin vacuity with toxin accumulation

# External wind-heat

- **Key symptoms:**
  - **Specific symptoms:** acute onset, pain within the ear, sensations of distention or blockage, tinnitus and impairment of hearing, followed by a gradual increase in the severity of the ear pain, which spreads to involve the head. After a bout of excruciating pain, there is often a perforation of the eardrum and drainage of a purulent discharge. This is followed by a decrease in pain and other accompanying symptoms and may be concurrent with fever, aversion to cold, headache, stuffy nose and runny nose.
  - **Pulse and tongue:** thin yellow coating, rapid, floating pulse.
- **Treatment method:** course wind-heat, resolve toxins, promote suppuration.
- **Formula:** man jing zi san (vitex fruit powder)
- **Acupuncture:** TB-17 yi feng, GB-20 feng chi, SI-19 ting gong, TB-05 wai guan, LI-04 he gu



# Formula and modifications

- Man jing zi san (vitex fruit powder):
  - Man jing zi, ju hua, sheng ma, sheng di huang, chi shao yao, mai men dong, fu ling, mu tong, sang bai pi, qian hu, zhi gan cao
- Modifications:
  - In cases of severe heat where there is danger of convulsions, add: gou teng, chan tui
  - After perforation of the eardrum and drainage of pus, the prescription is changed to dispel dampness, resolve toxins, quicken the blood and promote suppuration, use Xian fang huo ming yin: jin yin hua, zhe bei mu, tian hua fen, chuan shan jia, zao jiao ci, bai zhi, chen pi, chi shao yao, dang gui wei, ru xiang, mo yao, fang feng

# Exuberant liver and gallbladder fire

- **Key symptoms:**
  - **Specific symptoms:** ear symptoms as described above with exudation of a thick yellow pus, or pus mixed with blood in severe cases.
  - **General symptoms:** bitter taste in the mouth, dry throat, constipation and dark urine.
  - **Pulse and tongue:** red with yellow coating, rapid, wiry pulse.
- **Treatment method:** drain the liver and gallbladder, resolve toxins, promote suppuration.
- **Formula:** long dan xie gan tang (gentian liver-draining decoction)
- **Acupuncture:** TB-17 yi feng, GB-20 feng chi, GB-02 ting hui, GB-41 zu lin qi, LR-02 xing jian

# Formula and modifications

- Long dan xie gan tang (gentian liver-draining decoction)
  - Long dan cao, huang qin, shan zhi zi, ze xie, mu tong, dang gui, che qian zi, sheng di huang, chai hu, gan cao
- Modifications:
  - In cases with constipation, add: da huang, mang xiao
  - After perforation of the eardrum and drainage of pus, the prescription is changed to dispel dampness, resolve toxins, quicken the blood and promote suppuration, use Xian fang huo ming yin: jin yin hua, zhe bei mu, tian hua fen, chuan shan jia, zao jiao ci, bai zhi, chen pi, chi shao yao, dang gui wei, ru xiang, mo yao, fang feng

# Damp-encumbered vacuous spleen

- **Key symptoms:**
  - **Specific symptoms:** drainage of a large quantity of clear thin pus into the external auditory canal, fluctuations of the quantity drained and poor response to treatment.
  - **General symptoms:** dizziness and vertigo, sensation of heaviness of the head, fatigue, sallow withered complexion, poor appetite and loose stools.
  - **Pulse and tongue:** pale with moist white coating, soft, weak pulse.
- **Treatment method:** strengthen the spleen, dispel dampness, promote suppuration.
- **Formula:** tuo li xiao du san (internal expulsion toxin-dispersing powder)
- **Acupuncture:** TB-17 yi feng, ST-36 zu san li, SP-09 yin ling quan, BL-20 pi shu, SP-03 tai bai

# Formula and modifications

- Tuo li xiao du san (internal expulsion toxin-dispersing powder):
  - huang qi, jin yin hua, chuan xiong, dang gui, bai shao yao, bai zhu, ren shen, fu ling, bai zhi, zao jiao ci, jie geng, gan cao
- Modifications:
  - In cases where there is evidence of dampness transforming into heat, add: che qian zi, di fu zi, pu gong ying, yu xing cao

# Kidney yin vacuity with toxin accumulation

- **Key symptoms:**
  - **Specific symptoms:** discharge of a small amount of thin pus into the external auditory canal, extended course of illness and marked hearing impairment.
  - **General symptoms:** dizziness and vertigo, tinnitus, tiredness, fatigue, weak aching lower back and knees, seminal emission and premature ejaculation.
  - **Pulse and tongue:** weak, thready pulse.
- **Treatment method:** supplement kidney yin, resolve toxins, promote suppuration.
- **Formula:** zhi bai di huang wan (anemarrhena, phellodendron and rehmannia pill)
- **Acupuncture:** TB-17 yi feng, GB-02 ting hui, BL-23 shen shu, KI-03 tai xi, SP-09 yin ling quan

# Formula and modifications

- Zhi bai di huang wan (anemarrhena, phellodendron and rehmannia pill):
  - Shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, zhi mu, huang bai
- Modifications:
  - To resolve toxins and promote suppuration, add: mu tong, xia ku cao, jie geng
  - In cases accompanied by damp-heat, add: chuan shan jia, zao jiao ci, yu xing cao, ze lan
  - In cases of vacuity of kidney yang, use she qi wan: Shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, zhi fu zi, rou gui