

Class 9: Nosebleed, Deep-source Nasal congestion, Sore swollen throat, Loss of voice

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Nosebleed

bi nu

- A dysfunction of the viscera and bowels and not include traumatic injury

Etiology and pathogenesis

- Nosebleeds is close linked to the functioning of the lung, stomach, liver and spleen
 - Exuberance of lung heat
 - Invasion of external wind-heat or dryness-heat
 - Exuberance of stomach heat
 - Consumption of strong alcoholic beverages or spicy foods
 - Effulgent liver fire
 - Anger or frustration
 - Vacuity of liver and kidney yin
 - Prolonged illness, overindulgent sexual activity
 - Spleen failing to manage the blood
 - Anxiety and worry, overwork or poor dietary habits

Exuberance of lung heat

- **Key symptoms:**
 - **Specific symptoms:** Nosebleed with a moderate amount of bright red blood, dryness and feverish sensation of the nasal cavity.
 - **General symptoms:** fever, cough with little phlegm and dry mouth.
 - **Pulse and tongue:** red tip with thin white dry coating, rapid or rapid, floating pulse.
- **Treatment method:** course wind, clear heat, cool the blood, relieve bleeding.
- **Formula:** sang ju yin (mulberry leaf and chrysanthemum beverage)
- **Acupuncture:** GB-20 feng chi, LI-20 ying xiang, LI-04 he gu, LI-11 qu chi

Formula and modifications

- Sang ju yin (mulberry leaf and chrysanthemum beverage):
 - Sang ye, ju hua, lian qiao, lu gen, xing ren, jie geng, bo he, gan cao
- Modifications:
 - To cool the blood and relieve bleeding, add: mu dan pi, bai mao gen, shan zhi zi

Exuberance of stomach heat

- **Key symptoms:**
 - **Specific symptoms:** Nosebleed with a large amount of bright red blood or dark red blood, dry nasal cavity.
 - **General symptoms:** dry mouth, halitosis, excessive thirst, hard dry stools and dark scanty urine.
 - **Pulse and tongue:** red with dry yellow coating, surging, rapid pulse.
- **Treatment method:** clear stomach, drain fire, cool the blood, relieve bleeding.
- **Formula:** xi jiao di huang tang (Rhinoceros horn and rehmannia decoction)
- **Acupuncture:** ST-44 nei ting, SP-01 yin bai, GV-23 shang xing, LI-02 er jian

Formula and modifications

- Xi jiao di huang tang (Rhinoceros horn and rehmannia decoction):
 - Xi jiao, sheng di huang, bai shao yao, mu dan pi
- Modifications:
 - To clear stomach heat, add: shi gao, zhi mu
 - In cases of hard stools, add: da huang, gua lou ren

Effulgent liver fire

- **Key symptoms:**
 - **Specific symptoms:** Nosebleed, discharge of large amounts of dark red blood.
 - **General symptoms:** headache, dizziness and vertigo, bitter taste in the mouth, dry throat, discomfort and fullness of the chest and hypochondria, flushed complexion, bloodshot eyes, restlessness, irritability.
 - **Pulse and tongue:** red with yellow coating, rapid wiry pulse.
- **Treatment method:** clear liver, drain fire, cool the blood, relieve bleeding.
- **Formula:** long dan xie gan tang (gentian liver-draining decoction)
- **Acupuncture:** LR-02 xing jian, BL-40(54) wei zhong, GV-27 dui duan, LR-08 qu quan, BL-45 (40) yi xi

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:
 - To clear and soothe the liver, drain fire and regulate the blood, add: mei gui hua, ling yang jiao
 - To clear rising fire, add: xi jiao, shi gao, huang lian, zhu ru, qing hao

Vacuity of liver and kidney yin

- **Key symptoms:**
 - **Specific symptoms:** intermittently recurring nosebleed, discharge of small amount of blood.
 - **General symptoms:** dry mouth with little saliva, tidal fever, night sweating, dizziness and vertigo, blurred vision, palpitations, insomnia, tinnitus, vexing heat in the five hearts.
 - **Pulse and tongue:** red with little coating, rapid thready pulse.
- **Treatment method:** nourish yin, drain fire, cool the blood, relieve bleeding.
- **Formula:** zhi bai di huang tang (anemarrhena, phellodendron and rehmannia pill)
- **Acupuncture:** BL-23 shen shu, KI-03 tai xi, KI-01 yong quan, LR-03 tai chong, BL-07 tong tian

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 cool the blood and relieve bleeding, add: han lian cao, ou jie, e jiao
 - In cases of severe depletion of blood, combine with jiao ai si wu tang: e jiao, ai ye, sheng di huang, dang gui, bai shao yao, chuan xiong, gan cao

Spleen failing to manage the blood

- **Key symptoms:**
 - **Specific symptoms:** nosebleed, discharge of a varying amount of light red blood.
 - **General symptoms:** lusterless complexion, poor appetite, tiredness, fatigue, disinclination to speak.
 - **Pulse and tongue:** pale with thin coating, weak tardy pulse.
- **Treatment method:** fortify the spleen, boost qi, secure the blood, relieve bleeding.
- **Formula:** gui pi tang (spleen-returning decoction)
- **Acupuncture:** CV-12 zhong wan, BL-20 pi shu, ST-36 zu san li, SP-01 yin bai

Formula and modifications

- Gui pi tang (spleen-returning decoction):
 - 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:
 - The prescription is modified to ameliorate the spleen's failure to contain the blood and relieve bleeding, delete: sheng jiang, add: ce bai ye, di yu

Deep-source Nasal congestion bi yuan

- A rhinological disease characterized by turbid fishy-smelling nasal discharge, stuffy nose and impairment or complete loss of the sense of smell
- Includes:
 - Acute and chronic sinusitis and chronic rhinitis

Etiology and pathogenesis

- Repletion patterns: acute and short duration
 - Lung wind-heat
 - Gallbladder heat
 - Spleen and stomach damp-heat
- Vacuity patterns: long duration and respond poorly to treatment
 - Lung vacuity cold
 - Spleen qi vacuity

Lung wind-heat

- **Key symptoms:**
 - **Specific symptoms:** fever, aversion to cold, headache, stuffy nose, turbid yellow fishy-smelling nasal discharge, coughing in some cases.
 - **Pulse and tongue:** red with thin yellow coating, rapid, floating pulse.
- **Treatment method:** dispel wind, clear heat, diffuse the lung, free the orifice.
- **Formula:** cang er zi san (Xanthium powder)
- **Acupuncture:** LU-07 lie que, LI-04 he gu, M-HN-14 bi tong, LI-20 ying xiang, M-NH-3 yin tang, GB-20 feng chi

Formula and modifications

- Cang er zi san (Xanthium powder):
 - Cang er zi, xin yi, bai zhi, bo he
- Modifications:
 - To reinforce dispersing wind and clearing heat, add: huang qin, ju hua, ge gen, lian qiao

Gallbladder heat

- **Key symptoms:**
 - **Specific symptoms:** heavy discharge of thick turbid yellow foul-smelling mucus from the nose, with severe headache and marked pain on external pressure in the area between the eyebrows or in the zygomatic region.
 - **General symptoms:** fever, bitter taste in the mouth, dry throat, tinnitus, deafness, insomnia, dream-troubled sleep, restlessness, irascibility.
 - **Pulse and tongue:** red with yellowing coating, rapid, wiry pulse.
- **Treatment method:** drain gallbladder heat, dispel turbidity, free the orifice.
- **Formula:** long dan xie gan tang (gentian liver-draining decoction)
- **Acupuncture:** GB-20 feng chi, GB-43 xia xi, M-NH-3 yin tang, LI-20 ying xiang, M-HN-14 bi tong, GV-23 shang xing

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:
 - To dispel turbidity and clear the orifice, add: cang er zi, xin yi, bai zhi, huo xiang
 - In cases with constipation, add: da huang, mang xiao

Spleen and stomach damp-heat

- **Key symptoms:**
 - **Specific symptoms:** heavy turbid yellow nasal discharge, severe continuous nasal congestion, loss of the sense of smell, redness and swelling within the nasal cavity and distending pain within the nose (swelling and distention being especially marked).
 - **General symptoms:** heaviness and aching of the head, fatigue, epigastric discomfort and fullness, loss of appetite, dark yellow urine.
 - **Pulse and tongue:** red with slimy yellowing coating, rapid, slippery or soft, rapid pulse.
- **Treatment method:** clear heat, drain dampness, dispel turbidity, free the orifice.
- **Formula:** huang qin hua shi tang (scutellaria and talcum decoction) with cang er zi san (Xanthium powder)
- **Acupuncture:** LI-20 ying xiang, M-HN-14 bi tong, GV-23 shang xing, SP-09 yin ling quan, SP-06 san yin jiao, ST-36 zu san li

Formula and modifications

- Huang qin hua shi tang (scutellaria and talcum decoction):
 - Huang qin, hua shi, fu ling, zhu ling, tong cao, da fu pi, bai dou kou
- Cang er zi san (Xanthium powder):
 - Cang er zi, xin yi, bai zhi, bo he
- Modifications:
 - In cases of severe heat, add: shi gao, huang lian, da huang

Lung vacuity cold

- **Key symptoms:**
 - **Specific symptoms:** clear sticky nasal discharge, nasal congestion that is intermittently mild or severe, impairment of the sense of smell with increase in severity of nasal discharge and congestion upon exposure to wind or cold.
 - **General symptoms:** shortness of breath, loss of strength, sluggish speech, weak voice, spontaneous perspiration, aversion to draughts and coughing with expectoration of phlegm.
 - **Pulse and tongue:** pale with white coating, rapid, weak pulse.
- **Treatment method:** warm and supplement lung qi, dissipate cold, clear the orifice.
- **Formula:** wen fei tang (lung-warming decoction)
- **Acupuncture:** LI-20 ying xiang, GV-23 shang xing, GB-20 feng chi, LI-04 he gu, GV-20 bai hui, ST-36 zu san li

Formula and modifications

- Wei fei tang (lung-warming decoction):
 - Huang qi, qiang huo, fang feng, ding xiang, ma huang, ge gen, cong bai, sheng ma, gan cao
- Modifications:
 - To clear the orifice, add: cang er zi, xin yi, bai zhi, xi xin
 - In cases of cold and pain of the forehead, add: gao ben, chuan xiong

Spleen qi vacuity

- **Key symptoms:**
 - **Specific symptoms:** heavy thick milky sticky nasal discharge without foul odor, severe nasal congestion and impairment or complete loss of the sense of smell.
 - **General symptoms:** heaviness of the limbs, loss of strength, poor appetite, loose stools, sallow withered complexion, heavy sensation of the head, dizziness and vertigo.
 - **Pulse and tongue:** pale with white coating, weak, tardy pulse.
- **Treatment method:** supplement spleen qi, drain dampness, clear the orifice.
- **Formula:** shen ling bai zhu san (ginseng, poria and ovate atractylodes powder)
- **Acupuncture:** GV-20 bai hui, LI-20 ying xiang, M-HN-14 bi tong, GV-23 shang xing, ST-36 zu san li, SP-09 yin ling quan

Formula and modifications

- Shen ling bai zhu san (ginseng, poria and ovate atractylodes powder):
 - Ren shen, fu ling, bai zhu, shan yao, bian dou, lian zi, yi yi ren, jie geng, sha ren, zhi gan cao
- Modifications:
 - To reinforce the spleen-strengthening and damp-draining, add: huang qi, ze xie
 - To dispel turbidity and clear the orifice, add: bai zhi, xin yi, cang er zi
 - In cases where dampness transforms into heat, add: huang lian, che qian zi, mu tong

Sore swollen throat yan hou zhong tong

- Pathological change in the throat, it includes ru e (tonsillitis) and hou bi (inflammation of the throat)

Etiology and pathogenesis

- Repletion patterns:
 - Lung wind-heat
 - Wind heat invasion
 - Exuberant lung and stomach heat
 - Overconsumption of spicy foods
- Vacuity patterns
 - Depletion of lung and kidney yin

Lung wind-heat

- **Key symptoms:**
 - **Specific symptoms:** redness, swelling and pain of the throat, acute onset of symptoms, increased pain upon swallowing or coughing, sensation of dryness and burning of the throat.
 - **General symptoms:** fever, aversion to cold, cough with thick sticky phlegm that may be yellow.
 - **Pulse and tongue:** red tip with thin yellow coating, rapid, floating pulse.
- **Treatment method:** course wind, clear heat, disperse swelling, disinhibit the pharynx.
- **Formula:** shu feng qing re tang (wind-coursing heat-clearing decoction)
- **Acupuncture:** LU-11 shao shang, LU-05 chi ze, LI-04 he gu, LI-11 qu chi

Formula and modifications

- Shu feng qing re tang (wind-coursing heat-clearing decoction):
 - Jing jie, fang feng, niu bang zi, jin yin hua, lian qiao, sang bai pi, huang qin, chi shao yao, xuan shen, zhe bei mu, jie geng, tian hua fen, gan cao

Exuberant lung and stomach heat

- **Key symptoms:**
 - **Specific symptoms:** severe pain with redness and swelling of the throat, pain often radiating to the base of the ear and beneath the jaw, difficulty swallowing sensation of throat obstruction with hoarseness in some cases.
 - **General symptoms:** high fever, excessive thirst, headache, halitosis, thick sticky yellow phlegm, constipation, dark scanty urine.
 - **Pulse and tongue:** red with sticky yellow coating, surging pulse.
- **Treatment method:** clear heat, resolve toxin, disperse swelling, disinhibit the pharynx.
- **Formula:** qing yan li ge tang (pharynx-clearing diaphragm-disinhibiting decoction)
- **Acupuncture:** LI-01 shang yang, ST-44 nei ting, CV-22 tian tu, ST-40 feng long

Formula and modifications

- Qing yan li ge tang (pharynx-clearing diaphragm-disinhibiting decoction):
 - Jin yin hua, lian qiao, huang qin, shan zhi zi, jing jie, fang feng, niu bang zi, xuan shen, bo he, da huang, mang xiao
- Modifications:
 - In cases of coughing with expectoration of large amount of thick yellow phlegm, add: she gan, gua lou, zhe bei mu, tian zhu huang, zhu ru
 - In cases presenting persistent high fever, the prescription is modified to clear heat and drain fire. Add: shi gao, zhi mu

Depletion of lung and kidney yin

- **Key symptoms:**
 - **Specific symptoms:** Slow onset or extended course of illness, slight redness, swelling and pain of the throat with dryness, itching or possible burning sensation of the throat, symptoms milder in the morning and more severe in the afternoon and at night. There may be dry cough with scanty sticky phlegm or no phlegm.
 - **General symptoms:** dizziness and vertigo, blurred vision, weak aching lower back and knees, irritability, insomnia and vexing heat in the five hearts.
 - **Pulse and tongue:** red with little coating, rapid, thready pulse.
- **Treatment method:** nourish yin, downbear fire, disinhibit the pharynx.
- **Formula:** yang yin qing fei tang (yin nourishing lung clearing decoction) with zhi bai di huang tang (anemarrhena, phellodendron and rehmannia pill)
- **Acupuncture:** CV-23 lian quan, KI-03 tai xi, LU-07 lie que, KI-06 zhao hai, LU-10 yu ji

Formula and modifications

- Yang yin qing fei tang (yin nourishing lung clearing decoction):
 - Sheng di huang, mai men dong, xuan shen, chuan bei mu, mu dan pi, bai shao yao, bo he, gan cao
- 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:
 - In cases of vacuity of both qi and yin, add: huang qi, dang shen, huang jing

Loss of voice

Shi yin

- Hoarseness of the voice and aphonia
- Acute loss of voice: sudden onset and a short course of illness
- Chronic loss of voice: slow in onset and longer in duration
- Includes all condition of acute or chronic laryngitis, strain or nodulation of the vocal cords and loss of voice from hysteria

Etiology and pathogenesis

- Acute loss of voice:
 - Wind-heat invasion
 - Wind cold invasion
 - Stagnation of liver qi
- Chronic loss of voice:
 - Lung and kidney yin vacuity
 - Spleen and lung qi vacuity
 - Qi stagnation, blood stasis and congealed phlegm

Acute loss of voice: Wind-heat invasion

- **Key symptoms:**
 - **Specific symptoms:** Sudden hoarseness of the voice.
 - **General symptoms:** sore throat, dry nose, fever, thirst, coughing and expectoration of yellow phlegm.
 - **Pulse and tongue:** thin yellow coating, rapid, floating pulse.
- **Treatment method:** course wind, clear heat, ease the throat, open the voice.
- **Formula:** Shu feng qing re tang (wind-coursing heat-clearing decoction)
- **Acupuncture:** LI-04 he gu, LU-05 chi ze, CV-23 lian quan, LI-17 tain ding, HT-05 tong li

Formula and modifications

- Shu feng qing re tang (wind-coursing heat-clearing decoction):
 - Jing jie, fang feng, niu bang zi, jin yin hua, lian qiao, sang bai pi, huang qin, chi shao yao, xuan shen, zhe bei mu, jie geng, tian hua fen, gan cao
- Modifications:
 - In cases of internal invasion of heat evil, use: qing yan li ge tang: jin yin hua, lian qiao, huang qin, shan zhi zi, jing jie, fang feng, niu bang zi, xuan shen, bo he, da huang, mang xiao. Add: chan tui, pang da hai
 - In cases of where phlegm is yellow and copious, add: zhe bei mu, tian zhu huang, gua lou

Acute loss of voice: Wind-cold invasion

- **Key symptoms:**
 - **Specific symptoms:** Sudden hoarseness of the voice.
 - **General symptoms:** aversion to cold, fever, stuffy nose, secretion of thin clear mucus from the nose, itchy throat, coughing expectoration of thin phlegm, no apparent thirst.
 - **Pulse and tongue:** thin white coating, tight, floating pulse.
- **Treatment method:** course wind, dispel cold, ventilate the lung, open the voice.
- **Formula:** liu wei tang (six-ingredient decoction).
- **Acupuncture:** LI-04 he gu, TB-05 wai guan, CV-23 lian quan, LI-17 tain ding, HT-05 tong li

Formula and modifications

- Liu wei tang (six-ingredient decoction):
 - Jing jie sui, fang feng, bai jiang can, bo he, jie geng, gan cao
- Modifications:
 - To reinforce dispersing wind, dispelling cold, ventilating the lung and easing the throat, add: zi su zi, xing ren, chan tui
 - In cases of coughing with expectoration of large amount of phlegm, add: fa ban xia, bai qian

Acute loss of voice: Stagnation of liver qi

- **Key symptoms:**
 - **Specific symptoms:** Sudden hoarseness of the voice or aphonia.
 - **General symptoms:** irritability, dizziness, tinnitus, fullness and distention of the chest and hypochondrium, frequent sighing.
 - **Pulse and tongue:** thin white or slimy coating, wiry pulse.
- **Treatment method:** course the liver, regulate qi, open the voice.
- **Formula:** ban xia hou po tang (pinellia and magnolia bark decoction)
- **Acupuncture:** LI-04 he gu, LR-03 tai chong, CV-23 lian quan, LI-17 tian ding, HT-05 tong li

Formula and modifications

- Ban xia hou po tang (pinellia and magnolia bark decoction):
 - Zhi ban xia, hou po, fu ling, sheng jiang, zi su ye

Chronic loss of voice: Lung and kidney yin vacuity

- **Key symptoms:**
 - **Specific symptoms:** progressive hoarseness of the voice, often aggravated by stress and overstrain of following long periods of speaking.
 - **General symptoms:** dryness of the throat and mouth, dry cough with little phlegm, weak aching lower back and knees, tidal fever, night sweating, dizziness, tinnitus.
 - **Pulse and tongue:** red with little coating, rapid, thready pulse.
- **Treatment method:** nourish lung and kidney yin, downbear fire, ease the throat, open the voice.
- **Formula:** bai he gu jin tang (lily bulb meatal-securing decoction)
- **Acupuncture:** LU-10 yu ji, KI-03 tai xi, CV-23 lian quan, LI-17 tian ding, KI-06 zhao hai

Formula and modifications

- Bai he gu jin tang (lily bulb meatal-securing decoction):
 - Sheng di huang, shu di huang, mai men dong, bai he, bai shao yao, dang gui, chuan bei mu, xuan shen, jie geng, gan cao
- Modifications:
 - The prescription can be reinforced by adding: chan tui, mu hu die, shi hu
 - In cases of frenetic vacuity fire, the prescription is modified to nourish yin and diminish vacuity fire, add: huang bai, zhi mu

Chronic loss of voice: Spleen and lung qi vacuity

- **Key symptoms:**
 - **Specific symptoms:** prolonged hoarseness of the voice, aggravated by overwork, and often more marked in the morning. The voice is faint, speaking requires a tremendous effort and can not be sustained.
 - **General symptoms:** shortness of breath, slow speech, tiredness, fatigue, poor appetite, loose stools.
 - **Pulse and tongue:** pale with white coating, weak, forceless pulse.
- **Treatment method:** supplement the lung and spleen, boost qi, open the voice.
- **Formula:** bu zhong yi qi tang (center-supplementing Qi-boosting decoction)
- **Acupuncture:** LU-09 tai yuan, ST-36 zu san li, SP-06 san yin jiao, CV-23 lian quan, LI-17 tian ding

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:
 - The prescription can be reinforced to benefit the throat by adding: he zi, shi chang pu
 - In cases where dampness and phlegm are prevalent, add: fa ban xia, fu ling, bian dou

Chronic loss of voice: Qi stagnation, blood stasis and congealed phlegm

- **Key symptoms:**
 - **Specific symptoms:** prolonged hoarseness of the voice where tremendous effort is required to speak, an uncomfortable sensation of a foreign object lodged in the throat. Laryngoscopic examination often reveals nodules or polyps of the vocal cords.
 - **General symptoms:** oppression in the chest and expectoration of phlegm.
 - **Pulse and tongue:** dark, purplish tongue. rough pulse.
- **Treatment method:** move qi, quicken the blood, transform phlegm, open the voice.
- **Formula:** hui yan zhu yu tang (epiglottis stasis-expelling decoction)
- **Acupuncture:** LI-4 he gu, LR-03 tai chong, PC-06 nei guan, CV-23 lian quan, LI-17 tian ding

Formula and modifications

- Hui yan zhu yu tang (epiglottis stasis-expelling decoction)
 - Tao ren, hong hua, sheng di huang, dang gui, chi shao yao, xuan shen, chai hu, zhi ke, jie geng, gan cao
- Modifications:
 - In cases of vacuous lung and kidney yin, combine with bai he gu jin tang
 - In cases of vacuous lung and spleen qi, combine with bu zhong yi qi tang
 - In cases with copious phlegm, add: chuan bei mu, gua lou zi, hai fu shi