

Class 1: Low Back Pain and Bi pattern

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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

Bi patterns

Bi zheng

- Bi means obstruction or blockage
- Wind, cold, dampness, heat
- Includes:
 - Osteoarthritis, rheumatoid arthritis, rheumatic fever, fibrositis, gout and sciatica

Etiology and pathogenesis

- Internal or pre-existing vacuity of correct qi and external evils (cold, wind, dampness, heat)
- Wind bi (wandering bi)
- Cold bi (painful bi)
- Damp bi (fixed bi)
- Heat bi

Patterns

- Wind Dominant Bi
- Cold Dominant Bi
- Dampness Dominant Bi
- Heat Dominant Bi
- Bi with Blood Stasis and Phlegm Turbidity
- Bi with qi and blood , kidney and liver deficiency
- Bi with heart deficiency

Wind Dominant Bi

- **Key symptoms:**
 - Roving pain in the joints and limbs, pain of indeterminate location, difficulty in flexion and extension of joints, aversion to wind. Thin white coating, wiry floating pulse.
- **Treatment method:** dispel wind, clear the connections, dissipate cold, dispel dampness
- **Formula:** Fang feng tang (Ledebouriella Decoction)
- **Acupuncture:** UB12 feng men, UB17 ge shu, SP10 xue hai

Formula and modifications

- Fang feng tang (Ledebouriella Decoction):
 - Fang feng, Dang gui, Fu ling, Xing ren, Qin jiao, Ma huang, Ge gen, Huang qin, Rou gui, Sheng jiang, Gan cao, Da zao
- Modifications:
 - For upper limb pain, add qiang huo, bai zhi, wei ling xian, jiang huang, chuan xiong
 - For lower limb pain, add du huo, niu xi, fang ji, bi xie
 - For lower back pain, add du zhong, sang ji sheng, yin yang huo, ba ji tian, xu duan

Cold Dominant Bi

- **Key symptoms:**
 - Severe pain of joints and limbs, pain of fixed location with sensation of cold, increase by exposure to cold or decrease with application of heat. No redness or feverishness of joints. Thin white coating and tight wiry pulse.
- **Treatment method:** dissipate cold, warm the connections, dispel wind, dispel dampness
- **Formula:** Wu tou tang (Aconite Main Tuber Decoction)
- **Acupuncture:** UB23 shen shu, Ren4 guan yuan

Formula and modifications

- Wu tou tang (Aconite Main Tuber Decoction):
 - Zhi wu tou, Ma huang, Bai shao, Huang qi, Zhi gan cao
- Modifications:
 - For elbow and shoulder joints pain, add qiang huo, wei ling xian, jiang huang
 - For knee and ankle joints pain, add niu xi, du huo, mu gua
 - For lumbar pain, add du zhong, sang ji sheng, xu duan
 - To invigorate the blood and free the connections, add ji xue teng, dang gui, luo shi teng

Dampness Dominant Bi

- **Key symptoms:**
 - Heaviness and aching of joints and limbs, distention and swelling, local numbness or loss of sensation, increase in rainy weather. White sticky coating, soft tardy pulse.
- **Treatment method:** dispel dampness, clear the connections, dispel wind, dissipate cold
- **Formula:** Yi yi ren tang (Coix Decoction)
- **Acupuncture:** UB20 pi shu, ST36 zu san li, SP9 yin ling quan

Formula and modifications

- Yi yi ren tang (Coix Decoction):
 - Yi yi ren, Chuan xiong, Dang gui, Qiang huo, Du huo, Ma huang, Gui zhi, Fang feng, Cang zhu, Sheng jiang, Zhi wu tou, Gan cao
- Modifications:
 - For joint distention and swelling, add bi xie, mu tong, jiang huang
 - For numbness or loss of sensation, add hai tong pi, xi xian cao, ji xue teng

Heat Dominant Bi

- **Key symptoms:**
 - Severe pain, local heat, redness and swelling, difficulty of movement affecting one or more joints accompanied by fever, sore throat, thirst, irritability and dark scanty urine. Yellow coating, rapid slippery pulse.
- **Treatment method:** drain heat, clear the connections, dispel wind, dispel dampness
- **Formula:** Bai hu jia gui zhi tang (White tiger decoction plus cinnamon twig)
- **Acupuncture:** DU14 da zhui, LI11 qu chi

Formula and modifications

- Bai hu jia gui zhi tang (White tiger decoction plus cinnamon twig):
 - Gui zhi, Zhi mu, Shi gao, geng mi, Zhi gan cao
- Modifications:
 - To clear heat and resolve toxin, add jin yin hua, lian qiao, huang bai
 - To quicken the blood, free the connections, dispel wind and dampness, add hai tong pi, jiang huang, wei ling xian, fang ji, sang zhi
 - For red macules on the tongue, add mu dan pi, sheng di huang, di fu zi, chi shao yao

Bi with Blood Stasis and Phlegm Turbidity

- **Key symptoms:**
 - Chronic Bi patterns, swelling, stiffness, and deformity of joints, incessant pain and complete immobility. Dark or purple tongue with white sticky coating. Deep rough, or deep slippery pulse.
- **Treatment method:** dispel stasis, transform phlegm, free the connections, relieve pain
- **Formula:** Tao Hong Yin (Peach Kernel and Carthamus Beverage)

Formula and modifications

- Tao Hong Yin (Peach Kernel and Carthamus Beverage):
 - Tao ren, Hong hua, Chuan xiong, Dang gui wei, Wei ling xian
- Modifications:
 - To quicken the blood and dissolve stasis, add chuan shan jia, di long, zhe chong
 - To expel phlegm-turbidity, add bai jie zi, dan xing
 - To free the connections, add quan xie, wu shao she

Bi with qi and blood , kidney and liver deficiency

- **Key symptoms:**
 - Prolonged cases, aching pain in the lower back and knees, difficulty in flexion and extension of joints, numbness in affected areas, palpitations and shortness of breath. Pale tongue with white coating. Weak thready pulse.
- **Treatment method:** supplement qi and blood, benefit liver and
- kidney, dispel wind, cold and dampness
- **Formula:** Du huo ji sheng tang (Tuhuo and Mistletoe Decoction), San bi tang (Three bi decoction)

Formula and modifications

- Du huo ji sheng tang (Tuhuo and Mistletoe Decoction):
 - Du huo, Sang ji sheng, Du zhong, Niu xi, Xi xin, Qin jiao, Fu ling, Fang feng, Chuan xiong, Ren shen, Dang gui, Bai shao yao, Shu di huang, Rou gui
- San bi tang (Three bi decoction)
 - Du huo, huang qi, qin jiao, xu duan, du zhong, fang feng, xi xin, dang gui, chi shao yao, chuan xiong, shu di huang, niu xi, ren shen, fu ling, gui zhi, gan cao

Bi with heart deficiency

- **Key symptoms:**
 - Palpitations, oppression in the chest, shortness of breath, aggravation of symptoms with physical activity, lusterless complexion, and in some cases, cyanosis. pale tongue, rapid forceless or intermittent pulse.
- **Treatment method:** boost qi, nourish heart, warm yang, restore pulse
- **Formula:** Zhi gan cao tang (Honey fried licorice Decoction)

Formula and modifications

- Zhi gan cao tang (Honey fried licorice Decoction):
 - Zhi gan cao, Ren shen, Sheng di huang, Gui zhi, E jiao, Mai men dong, Huo ma ren, Sheng jiang, Da zao, Bai jiu