

# Class 11: Inversion patterns, Tetany patterns, Bleeding patterns

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# Inversion patterns

## jue zheng

- Syncope, loss of consciousness and coldness of the extremities. The loss of consciousness is usually brief, without the sequelae of hemiplegia, aphasia or facial paralysis. In most severe, the patient will die.
- Includes:
  - Shock, collapse, fainting, sunstroke, postural hypotension, hypoglycemic coma and hysterical syncope

# Etiology and pathogenesis

- Etiological factors: emotional upset, improper diet and eating habits, excessive fatigue, excessive loss of blood and summer-heat evil.
- Repletion:
  - Repletion qi inversion
  - Repletion blood inversion
  - Phlegm inversion
  - Food inversion
  - Summer-heat inversion
- Vacuity
  - Vacuity Qi inversion
  - Vacuity blood inversion

# Repletion qi inversion

- **Key symptoms:**
  - **Specific symptoms:** Syncope brought on by radical changes in emotional state, characterized by sudden loss of consciousness, clenching of teeth, clenching to hands to fists, heavy respiration, coldness of the extremities.
  - **Pulse and tongue:** thin white coating, hidden or deep, wiry, pulse.
- **Treatment method:** rectify qi, resolve stagnation.
- **Formula:** liu mo yin (six milled ingredients beverage)
- **Acupuncture:** GV-26 ren zhong, PC-06 nei guan, LR-03 tai chong, PC-09 zhong chong

# Formula and modifications

- Liu mo yin zi (six milled ingredients beverage)
  - Chen xiang, bin lang, mu xiang, wu yao, zhi shi, da huang
- Modifications:
  - To rectify qi and soothe the chest, delete: da huang, add: bai dou kou, tan xiang, huo xiang
  - In cases of weak constitution, add: dang shen
  - In cases of profusion of liver yang, add: gou teng, shi jue ming, xia ku cao
  - In cases of exhibiting outbursts upon regaining consciousness, or inability for peaceful sleep, use gan mai da zao tang: gan cao, fu xiao mai, da zao, add: yuan zhi, suan zao ren, shi chang pu, yu jin, dan shen

# Vacuity qi inversion

- **Key symptoms:**
  - **Specific symptoms:** Dizziness, vertigo and syncope following overwork, surprise or fright in patients with poor physical constitutions
  - **General symptoms:** pale complexion, feeble respiration, perspiration, coldness of the extremities.
  - **Pulse and tongue:** pale tongue, faint, deep pulse.
- **Treatment method:** supplement qi, return yang.
- **Formula:** si wei hui yang yin (four-ingredient yang-returning beverage)
- **Acupuncture:** GV-20 bai hui, CV-06 qi hai, CV-04 guan yuan, SP-06 san yin jiao, ST-36 zu san li

# Formula and modifications

- Si wei hui yang yin (four-ingredient yang-returning beverage)
  - Ren shen, gan jiang, fu zi, gan cao
- Modifications:
  - In cases of spontaneous perspiration, add: huang qi, bai zhu
  - If perspiration continues unabated, add: duan long gu, duan mu li
  - In cases presenting palpitations, add: dan shen, yuan zhi, suan zao ren
  - In cases manifesting poor appetite and excessive phlegm, add: bai zhu, fu ling, chen pi
  - In cases where the tongue is red with little coating, add: mai men dong, wu wei zi

# Repletion blood inversion

- **Key symptoms:**
  - **Specific symptoms:** Loss of consciousness following outbursts of rage, coldness of the extremities, clenching of teeth, flushed complexion, purplish complexion and lips.
  - **Pulse and tongue:** purplish with white coating, deep, wiry, pulse.
- **Treatment method:** Quicken the blood, rectify qi.
- **Formula:** tong yu jian (stasis-free brew)
- **Acupuncture:** GV-26 ren zhong, PC-09 zhong chong, LR-03 tai chong, LI-04 he gu, KI-01 yong quan



# Formula and modifications

- Tong yu jian (stasis-free brew):
  - Dang gui wei, shan zha, xiang fu zi, hong hua, wu yao, chen pi, mu xiang, ze xie
- Modifications:
  - In cases of irritability, insomnia and dream-disturbed sleep, add: gou teng, shi jue ming, long dan cao, mu dan pi, yuan zhi, shi chang pu
  - In cases where liver yang remains exuberant, add: ju hua, gou ji zi, zhen zhu mu

# Vacuity blood inversion

- **Key symptoms:**
  - **Specific symptoms:** Sudden loss of consciousness following excessive blood loss, coldness of the extremities, pale complexion, lack of luster of the lips, spasms of the limbs, sunken eyes, open mouth, perspiration, coolness of the skin, feeble respiration.
  - **Pulse and tongue:** pale tongue, hollow or thready, rapid, forceless pulse.
- **Treatment method:** boost qi, supplement blood.
- **Formula:** du shen tang (pure ginseng decoction) or ren shen yang rong tang (ginseng construction-nourishing decoction)
- **Acupuncture:** GV-20 bai hui, CV-06 qi hai, ST-36 zu san li

# Formula and modifications

- Du ren tang (pure ginseng decoction)
  - Ren shen
- Ren shen yang rong tang (ginseng construction-nourishing decoction):
  - Ren shen, bai zhu, fu ling, huang qi, shu di huang, dang gui, bai shao yao, chen pi, rou gui, wu wei zi, yuan zhi, zhi gan cao, sheng jiang, da zao
- Modifications:
  - In cases of uncontrolled bleeding, add: e jiao, xian he cao, ce bai ye
  - In cases presenting perspiration, coolness of the skin and feeble respiration, add: zhi fu zi, gan jiang
  - In cases manifesting palpitations and insomnia, add: yuan zhi, long yan rou, suan zao ren
  - In cases of dryness of the mouth and insufficient secretion of saliva, add: mai men dong, wu wei zi, bei sha shen

# Phlegm inversion

- **Key symptoms:**
  - **Specific symptoms:** Sudden loss of consciousness, coldness of the extremities, gurgling sounds in the throat, vomiting of frothy fluid, heavy respiration.
  - **Pulse and tongue:** white slimy coating, deep, slippery pulse.
- **Treatment method:** move qi, transform phlegm.
- **Formula:** dao tan tang (phlegm-abducting decoction)
- **Acupuncture:** GV-26 ren zhong, PC-09 zhong chong, PC-06 nei guan, ST-40 feng long, CV-12 zhong wan

# Formula and modifications

- Dao tan tang (phlegm-abducting decoction):
  - Fa ban xia, zhi tian nan xing, fu ling, chen pi, zhi shi, gan cao
- Modifications:
  - To open the orifices and arouse the spirit, add: yuan zhi, shi chang pu, yu jin
  - In cases of profuse phlegm, add: zi su zi, bai jie zi
  - In cases presenting internal phlegm-heat is profuse, add: huan qin, yu xing cao, gua lou
  - In cases accompanied by constipation, add: da huang, mang xiao

# Food inversion

- **Key symptoms:**
  - **Specific symptoms:** Sudden loss of consciousness following excessive eating or drinking coupled with a bout of rage. Accompanied by congested, suffocating sensations in the chest, fullness and distention of the epigastrium and abdomen.
  - **Pulse and tongue:** Thick slimy coating, forceful, slippery pulse.
- **Treatment method:** Calm the stomach, disperse food.
- **Formula:** she zhu san (wondrous atractylodes powder) with bao he wan (harmony-preserving pill)
- **Acupuncture:** GV-26 ren zhong, CV-12 zhong wan, ST-36 zu san li, PC-06 nei guan

# Formula and modifications

- Shen zhu san (wondrous atractylodes powder):
  - Cang zhu, chen pi, hou po, zhi gan cao, huo xiang, sha ren
- Bao he wan (harmony-preserving pill):
  - Shan zha, shen qu, zhi ban xia, fu ling, chen pi, lian qiao, lai fu zi
- Modifications:
  - In cases of abdominal fullness and constipation, use xiao cheng qi tang: da huang, zhi shi, hou po

# Summer-heat inversion

- **Key symptoms:**
  - **Specific symptoms:** Syncope occurring during the heat of the summer, generally preceded by dizziness, headache, oppression in the chest, fever, flushed complexion and hindered perspiration. Loss of consciousness follows, sometimes with delirium.
  - **Pulse and tongue:** red and dry tongue, surging, rapid or empty, wiry, rapid pulse.
- **Treatment method:** resolve summerheat, boost qi, clear heat, open the orifices.
- **Formula:** niu huang qing xin wan, zi xue dan, bai hu jia shen ren tang or qing shu yi qi tang or ling jiao gou teng tang or shen fu long mu tang
- **Acupuncture:** GV-26 ren zhong, LI-04 he gu, LI-11 qu chi, M-UE-1-5 shi xuan



# Formula and modifications

- Bai hu jia ren shen tang (white tiger decoction plus ginseng)
  - Shi gao, zhi mu, ren shen, jing mi, zhi gan cao
- Qing shu yi qi tang (summerheat-clearing qi-boosting decoction)
  - Xi yang shen, mai men dong, zhu ye, shi hu, huang lian, he ye geng, zhi mu, gan cao, jing mi, xi gua cui yi
- Modifications:
  - In cases of injured yin, allowing the activation of liver wind, use ling jiao gou teng tang
  - In cases of rapid onset of sunstroke, use shen fu long mu tang

# Tetany patterns jing zheng

- Stiffness of the neck and spine, lockjaw, spasms or shaking of the limbs, and in severe cases, opisthotonos.
- Includes:
  - Epidemic cerebrospinal meningitis, encephalitis, meningitis secondary to infectious diseases and convulsions related to high fever.

# Etiology and pathogenesis

- Etiological factors:
  - External attack
    - Invasion of wind, cold and dampness
    - Profuse external heat
  - Internal disruption
    - Constitutional yin and blood vacuity or loss of a large amount of blood or other body fluid
- Patterns
  - Obstruction of the channel and connections by evils
  - Liver wind stirring from exuberant heat
  - Depletion of yin and blood

# Obstruction of the channel and connections by evils

- **Key symptoms:**
  - **Specific symptoms:** Stiffness of the neck and spine.
  - **General symptoms:** aversion to cold, fever, aching and heaviness of the body, headache.
  - **Pulse and tongue:** white slimy coating, tight, floating pulse.
- **Treatment method:** Course wind and cold, dry dampness, clear the channels and connections.
- **Formula:** qiang huo sheng shi tang (notopterygium dampness-overcoming decoction)
- **Acupuncture:** LI-04 he gu, TB-05 wai guan, GV-14 da zhui, GB-20 feng chi, BL-12 feng men

# Formula and modifications

- Qiang huo sheng shi tang (notopterygium dampness-overcoming decoction):
  - Qiang huo, du huo, gao ben, fang feng, man jing zi, chuan xiong, zhi gan cao
- Modifications:
  - In cases where cold evil is severe, use ge gen tang: ge gen, ma huang, gui zhi, bai shao yao, zhi gan cao, sheng jiang, da zao
  - In cases of profusion of wind evil, use gua lou gui zhi tang: gua lou, gui zhi, bai shao yao, zhi gan cao, sheng jiang, da zao
  - In cases damp-heat, use san ren tang: xing ren, hua shi, yi yi ren, bai dou kou, hou po, tong cao, fan ban xia, zhu ye

# Liver wind stirring from exuberant heat

- **Key symptoms:**
  - **Specific symptoms:** High fever, irritability, lockjaw, spasms of the limbs, stiffness of the neck and spine, dryness of the mouth and throat, abdominal distention and constipation in some cases. Opisthotonos, loss of consciousness and delirium in severe cases.
  - **Pulse and tongue:** Yellow slimy coating, rapid wiry pulse.
- **Treatment method:** Calm the liver, extinguish wind, nourish yin, clear heat.
- **Formula:** ling jiao gou teng tang (antelope horn and uncaria decoction)
- **Acupuncture:** GV-14 da zhui, LI-11 qu chi, LI-04 he gu, LR-03 tai chong, GB-20 feng chi

# Formula and modifications

- Ling jiao gou teng tang (antelope horn and uncaria decoction):
  - Ling yang jiao, gou teng, sang ye, ju hua, chuan bei mu, zhu ru, sheng di huang, bai shao yao, fu shen, gan cao
- Modifications:
  - In cases of delirium or coma, use an gong niu huang wan, or zhi bao dan
  - In cases where the prolonged presence of heat has led to the scorching of yin use da ding feng zhu: bai shao yao, e jiao, gui ban, shu di huang, huo ma ren, wu wei zi, mu li, mai men dong, bie jia, zhi gan cao, ji zi huang

# Depletion of yin and blood

- **Key symptoms:**
  - **Specific symptoms:** Clinical history of constitutional yin vacuity, loss of blood or excessive perspiration, stiffness of the neck and spine, cramps in the limbs, dizzy spells, tiredness.
  - **Pulse and tongue:** Pale red tongue, thready wiry pulse.
- **Treatment method:** Moisten yin, nourish the blood, extinguish wind, relieve convulsions.
- **Formula:** si wu tang (four agents decoction) with da ding feng zhu (major wind-stabilizing pill)
- **Acupuncture:** GV-20 bai hui, ST-36 zu san li, SP-06 san yin jiao, KI-01 yong quan, CV-04 guan yuan



# Formula and modifications

- Si wu tang (four agents decoction)
  - Shu di huang, dang gui, bai shao yao, chuan xiong
- Da ding feng zhu (major wind-stabilizing pill)
  - bai shao yao, e jiao, gui ban, shu di huang, huo ma ren, wu wei zi, mu li, mai men dong, bie jia, zhi gan cao, ji zi huang
- Modifications:
  - In cases of presenting with dizziness and insomnia, add: zhen zhu mu, ye jiao teng
  - In cases of loss of appetite and abdominal distention, add: sha ren, ji nei jin, chen pi
  - In cases with weakness of the limbs and loose stools, add: dang shen, bai zhu

# Bleeding patterns

## xue zheng

- Any bleeding outside the proper courses.
- Bleeding patterns:
  - Cough blood
  - Vomiting blood
  - Bloody stools
  - Urinary bleeding
  - Subcutaneous bleeding

# Etiology and pathogenesis

- Repletion:
  - External evils
    - Wind, heat or dryness
  - Liver fire
    - Emotional upset or dietary imbalances, especially over-consumption of alcohol or rich spicy foods
- Vacuity patterns
  - Vacuity fire
    - The depletion of yin following a febrile or extended illness
  - Qi vacuity
    - Injury to spleen qi
    - Insufficiency of qi from physical and mental exertion
    - Indulgent sexual activity
- Both repletion and vacuity
  - Blood stasis

# Patterns

- Cough blood
  - Damage to the lung by wind, heat and dryness
  - Liver fire invading the lung
  - Yin vacuity fire
- Vomiting blood
  - Stomach heat
  - Liver fire invading the stomach
  - Spleen and stomach qi vacuity
- Bloody stools
  - Intestinal damp-heat
  - Spleen and stomach vacuity cold
- Urinary bleeding
  - Yin vacuity with effulgent fire
  - Exuberant heart fire
  - Spleen and kidney vacuity
- Subcutaneous bleeding
  - Blood heat
  - Yin vacuity with effulgent fire
  - Qi failing to secure the blood

# Cough blood-damage to the lung by wind, heat and dryness

- **Key symptoms:**
  - **Specific symptoms:** Itchy throat, coughing, difficult expectoration, dry mouth and nose, fever or blood-streaked phlegm in some cases.
  - **Pulse and tongue:** Red, dry with thin yellow coating, rapid, floating pulse.
- **Treatment method:** Clear heat, moisten the lung, relieve bleeding.
- **Formula:** sang xing tang (mulberry leaf and apricot kernel decoction)
- **Acupuncture:** BL-13 fei shu, LI-04 he gu, LU-06 kong zui, LU-05 chi ze

# Formula and modifications

- Sang xing tang (mulberry leaf and apricot kernel decoction):
  - Sang ye, xing ren, sha ren, zhe bei mu, dan dou chi, shan zhi zi, li pi
- Modifications:
  - In cases of severe coughing of blood, add: bai mao gen, ou jie, qian cao gen, ce bai ye
  - In cases of fever, headache and sore throat, add: jin yin hua, lian qiao, ju hua
  - In cases showing severe injury to fluids, add: mai men dong, xuan shen, tian hua fen

# Cough blood-liver fire invading the lung

- **Key symptoms:**
  - **Specific symptoms:** recurrent cough, blood-streaked phlegm, pulling pain in the chest and hypochondrium when coughing and, in severe cases, spitting of large quantities of bright red or purplish blood.
  - **General symptoms:** irritability, bitter taste in the mouth, dry stools and dark yellow urine.
  - **Pulse and tongue:** Red with thin yellow coating, rapid, wiry pulse.
- **Treatment method:** Clear the liver and lung, relieve bleeding.
- **Formula:** xie bai san (white-draining powder) with dai ge san (indigo and clamshell powder)
- **Acupuncture:** BL-13 fei shu, LU-10 yu ji, PC-08 lao gong, LR-02 xing jian

# Formula and modifications

- Xie bai san (white-draining powder):
  - Sang bai pi, di gu pi, jing mi, zhi gan cao
- Dai ge san (indigo and clamshell powder):
  - Qing dai, hai ge ke
- Modifications:
  - To reinforce blood cooling and bleeding relief, add: sheng di huang, han lian cao, bai mao gen, da ji,
  - In cases of severe liver fire, add: mu dan pi, shan zhi zi, huang qin
  - In cases of coughing or expectoration of large quantities of bright red blood, use: xi jiao di huang tang: xi jiao, sheng di huang, bai shao yao, mu dan pi



# Cough blood-depletion of yin with rise of fire

- **Key symptoms:**
  - **Specific symptoms:** coughing, expectoration of small quantities of blood-streaked phlegm or recurrent coughing of bright red blood.
  - **General symptoms:** tidal fever, night sweating, fever in the five hearts, flushed cheeks, dryness of the mouth and throat, emaciation.
  - **Pulse and tongue:** Red with little coating, thready, rapid pulse.
- **Treatment method:** Nourish yin, moisten the lung, relieve bleeding.
- **Formula:** bai he gu jin tang (lily bulb metal-securing decoction)
- **Acupuncture:** LU-05 chi ze, LU-06 kong zui, LU-10 yu ji, KI-02 ran gu, M-HN-30 bai lao

# Formula and modifications

- Bai he gu jin tang (lily bulb metal-securing decoction):
  - Bai he, sheng di huang, shu di huang, mai men dong, bai shao yao, dang gui, chuan bei mu, xuan shen, jie geng, gan cao
- Modifications:
  - To reinforce the bleeding relief, add: bai ji, ou jie, bai mao gen
  - In cases of recurrent coughing of blood, add: e jiao, san qi
  - In cases of vacuity fire, add: qing hao, bie jia, di gu pi, bai wei
  - In cases of night sweating, add: fu xiao mai, wu wei zi, duan mu li

# Vomiting blood-depression of stomach heat

- **Key symptoms:**
  - **Specific symptoms:** Epigastric distention and congestion (or pain in more severe cases), vomiting of bright red or purplish blood that is often mixed with food matter, foul breath, constipation or black stools.
  - **Pulse and tongue:** Red with yellow slimy coating, rapid, slippery pulse.
- **Treatment method:** Clear stomach heat, relieve bleeding.
- **Formula:** xie xin tang (heart-draining decoction) with shi hui san (ten cinders powder)
- **Acupuncture:** CV-13 shang wan, PC-04 xi men, ST-44 nei ting

# Formula and modifications

- Xie xin tang (heart-draining decoction):
  - Da huang, huang lian, huang qin
- Shi hui san (ten cinders powder):
  - Da ji, xiao ji, he ye, ce bai ye, bai mao gen, qian cao gen, shan zhi zi, da huang, mu dan pi, zong lu pi
- Modifications:
  - In cases of manifesting an upward flow of stomach qi with nausea and vomiting, add: dai zhe shi, xuan fu hua, zhu ru

# Vomiting blood-liver fire invading the stomach

- **Key symptoms:**
  - **Specific symptoms:** Vomiting of bright red or purplish blood, bitter taste in the mouth, costal pain, irritability, insomnia, dream-troubled sleep, dark scanty urine.
  - **Pulse and tongue:** Deep red tongue. rapid, wiry pulse.
- **Treatment method:** Drain the liver, clear the stomach, relieve bleeding.
- **Formula:** long dan xie gan tang (gentian liver-draining decoction)
- **Acupuncture:** ST-19 bu rong, ST-34 liang qiu, PC-08 lao gong, LR-03 tai chong, GB-42 di wu hui

# 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 cool the blood and relieve bleeding, add: han lian cao, ou jie, bai mao gen
  - In cases where continual vomiting of blood, accompanied by fullness of the chest and epigastrium and thirst without the desire for drink, add: hua rui shi, san qi
  - In cases of liver yin is vacuous, add: gou qi zi, nu zhen zi, bai shao yao

# Vomiting blood-spleen and stomach qi vacuity

- **Key symptoms:**
  - **Specific symptoms:** Vomiting of blood of varying severity over a prolonged period where the vomited blood is pale in color.
  - **General symptoms:** epigstric pain that is alleviated by heat or pressure, loss of appetite, tiredness, fatigue, palpitations, shortness of breath, pale complexion.
  - **Pulse and tongue:** Pale tongue with white coating. Thready, weak or thready, deep pulse.
- **Treatment method:** Strengthen the spleen, benefit qi, 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:
  - To warm the middle burner, strengthen retention and relieve bleeding, add: xian he cao, bai ji, hai piao xiao, pao jiang
  - In case of yang vacuity, use li zhong tang: ren shen, bai zhu, gan jiang, zhi gan cao plus: ce bai ye, ai ye tan
  - If cold is severe, add: zhi fu zi



# Blood stools-intestinal damp-heat

- **Key symptoms:**
  - **Specific symptoms:** Passage of bright red blood with the stools, difficult bowel movement or loose stools, intermittent abdominal pain, bitter taste in the mouth.
  - **Pulse and tongue:** Yellow slimy coating. Slippery rapid pulse.
- **Treatment method:** Clear heat, disinhibit dampness, relieve bleeding.
- **Formula:** di yu san (sanguisorba powder)
- **Acupuncture:** GV-01 chang qiang, BL-32 ci liao, BL-57 cheng shan, ST-37 shang ju xu, BL-25 da chang shu

# Formula and modifications

- Di yu san (sanguisorba powder):
  - Di yu, qian cao gen, huang qin, huang lian, shan zhi zi, fu ling
- Modifications:
  - With the passage of a large quantity of bright red blood just preceding the stools, accompanied by swelling and pain of the anus, red tongue and rapid pulse, use huai hua san: huai hua, ce bai ye, jing jie sui tan, zhi ke
  - In cases where a large amount of blood has been lost, depleting both yin and blood, with damp-heat not completely dispelled, use zhu che wan: huang lian, dang gui, e jiao, pao jiang

# Blood stools-Spleen and stomach vacuity cold

- **Key symptoms:**
  - **Specific symptoms:** Passage of dark purplish or even black-colored blood with the stools, dull abdominal pain, preference for warm liquids, lusterless complexion, tiredness, disinclination to speak, loose stools.
  - **Pulse and tongue:** Pale with white coating. Weak, Thready pulse.
- **Treatment method:** Strengthen the spleen, warm the middle burner, relieve bleeding.
- **Formula:** huang tu tang (yellow earth decoction)
- **Acupuncture:** CV-04 guan yuan, ST-36 zu san li, GV-20 bai hui, SP-03 tai bai, BL-35 hui yang

# Formula and modifications

- Huang tu tang (yellow earth decoction):
  - Fu long gan, shu di huang, bai zhu, zhi fu zi, e jiao, huang qin, gan cao
- Modifications:
  - To relieve bleeding, add: astringent herbs: bai ji, hai piao xiao
  - In cases of severe yang vacuity, with aversion to cold and cold extremities, add: pao jiang, lu jiao shuang, ai ye tan

# Urinary bleeding-yin vacuity with effulgent fire

- **Key symptoms:**
  - **Specific symptoms:** Dark scanty urine that contains blood, no apparent urethral pain.
  - **General symptoms:** Dizziness, tinnitus, tidal fever, night sweating, tiredness, flushed cheeks, weakness and aching of the lower back and knees.
  - **Pulse and tongue:** Red with little coating. Thready, rapid pulse.
- **Treatment method:** Nourish yin, clear fire, cool the blood, relieve bleeding.
- **Formula:** Zhi bai di huang tang (anemarrhena, phellodendron and rehmannia decoction)
- **Acupuncture:** CV-04 guan yuan, KI-10 yin gu, KI-03 tai xi, LR-01 ta dun

# 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 cool the blood and relieve bleeding, add: han lian cao, da ji, xiao ji, pu huang

# Urinary bleeding-exuberant heart fire

- **Key symptoms:**
  - **Specific symptoms:** Dark yellow urine containing bright red blood that is generally not accompanied by pain (although a slight distending pain or burning pain may be present in some cases).
  - **General symptoms:** Irritability, thirst, oral ulcers, restless sleep.
  - **Pulse and tongue:** Redness of the tip. Rapid pulse.
- **Treatment method:** Clear the heart, drain fire, cool the blood, relieve bleeding.
- **Formula:** Xiao ji yin zi (cephalanoplos drink)
- **Acupuncture:** CV-04 guan yuan, HT-08 shao fu, PC-07 da ling, SP-06 san yin jiao, SP-10 xue hai

# Formula and modifications

- Xiao ji yin zi (cephalanoplos drink):
  - Sheng di huang, xiao ji, mu tong, hua shi, chao pu huang, dan zhu ye, ou jie, dang gui, shan zhi zi, zhi gan cao
- Modifications:
  - To dispel stasis and relieve bleeding, add: hu po mo



# Urinary bleeding-spleen and kidney vacuity

- **Key symptoms:**
  - **Specific symptoms:** Frequent painless urination, passage of pale red urine.
  - **General symptoms:** loss of appetite, tiredness, sallow complexion, lower backache, dizziness, tinnitus.
  - **Pulse and tongue:** Pale with white coating, weak, forceless pulse.
- **Treatment method:** Supplement the spleen and kidney, strengthen retention, relieve bleeding.
- **Formula:** Bu zhong yi qi tang (center-supplementing Qi-boosting decoction) with wu bi shan yao wan (matchless dioscorea pill)
- **Acupuncture:** BL-20 pi shu, BL-23 shen shu, ST-36 zu san li, CV-04 guan yuan, SP-03 tai 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
- Wu bi shan yao wan (matchless dioscorea pill):
  - Shan yao, rou cong rong, shu di huang, shan zhu yu, fu shen, tu si zi, wu wei zi, chi shi zhi, ba ji tian, ze xie, du zhong, niu xi
- Modifications:
  - In cases of prolonged urinary bleeding, add: duan long gu, duan mu li, jing ying zi

# Subcutaneous bleeding-blood heat

- **Key symptoms:**
  - **Specific symptoms:** presence of small dark purple points or patches on the skin that are sometimes accompanied by bleeding of the nose or gums, bloody stools or urinary bleeding.
  - **General symptoms:** fever, thirst and constipation.
  - **Pulse and tongue:** Red with yellow coating, Rapid, wiry pulse.
- **Treatment method:** Clear heat, resolve toxins, cool the blood, relieve bleeding.
- **Formula:** Xi jiao di huang tang (Rhinoceros horn and rehmannia decoction)
- **Acupuncture:** GV-14 da zhui, LI-11 qu chi, SP-10 xue hai, SP-06 san yin jiao, BL-17 ge shu,

# 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:
  - In cases of exuberant heat-toxin accompanied by fever and extensive subcutaneous bleeding, add: shi gao, long dan cao, zi cao
  - For a stronger hemostatic effect, use: shu hui san: da ji, xiao ji, he ye, ce bai ye, bai mao gen, qian cao gen, shan zhi zi, da huang, mu dan pi, zong lu pi
  - In cases where heat evil has obstructed the channels and connections causing pain and swelling of the joints, add: qin jiao, mu gua, sang zhi

# Subcutaneous bleeding-yin vacuity with effulgent fire

- **Key symptoms:**
  - **Specific symptoms:** Intermittent subcutaneous bleeding, often accompanied by bleeding of the nose and gums or heavy menstrual bleeding.
  - **General symptoms:** flushed cheeks, vexing heat in the five hearts, tidal fever and night sweating in some cases.
  - **Pulse and tongue:** Red with little coating, Rapid, thready pulse.
- **Treatment method:** Nourish yin, clear fire, cool the blood, relieve bleeding.
- **Formula:** Qian gen san (madder root powder)
- **Acupuncture:** CV-04 guan yuan, BL-23 shen shu, SP-06 san yin jiao, KI-02 ran gu, KI-03 tai xi

# Formula and modifications

- Qian gen san (madder root powder):
  - Qian cao gen, huang qin, e jiao, ce bai ye, sheng di huang, gan cao
- Modifications:
  - In cases of severe yin vacuity, add: xuan shen, gui ban, nu zhen zi, han lian cao
  - In cases of kidney is vacuous but fire is not marked, use liu wei di huang wan: shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi

# Subcutaneous bleeding-qi failing to secure the blood

- **Key symptoms:**
  - **Specific symptoms:** Extended history of recurrent subcutaneous bleeding.
  - **General symptoms:** tiredness, fatigue, dizziness, pale or sallow complexion, poor appetite.
  - **Pulse and tongue:** Pale tongue, weak, thready pulse.
- **Treatment method:** Supplement qi, secure the blood.
- **Formula:** Gui pi tang (spleen-returning decoction)
- **Acupuncture:** BL-20 pi shu, BL-21 wei shu, CV-04 guan yuan, ST-36 zu san li, BL-17 ge shu, SP-06 san yin jiao, BL-31, BL-32, BL-33, BL-34 ba liao, GV-03 yao yang guan

# 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:
  - To reinforce the hemostatic effect, add: xian he cao, di yu, pu huang, qian cao gen
  - In cases where kidney qi is insufficient, add: shan zhu yu, tu si zi, xu duan