

Class 3: Goiter, Intestinal abscess, Hemorrhoid, Gangrene, Patch balding

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Goiter ying

- Swelling or lumps on the front of the neck bilateral to the Adam's apple.
 - Qi goiter
 - Fleshy goiter
 - Stone goiter
- Includes:
 - Thyroid diseases: hyperthyroidism and thyroid tumors

Etiology and pathogenesis

- Etiology:
 - Emotional depression
 - Lack of dietary iodine
- Stagnation of qi, static blood, and congealed phlegm

Patterns

- Qi stagnation, Blood stasis, Congealing phlegm
- Yin deficiency with empty fire

Qi stagnation, Blood stasis, Congealing phlegm

- **Key symptoms:**
 - Qi goiter or fleshy goiter, mental depression or irritability, oppression in chest, distention of hypochondrium and insomnia. Slippery wiry pulse, dark tongue, sticky white coating.
- **Treatment method:** regulate qi, dispel stasis, transform phlegm, break masses
- **Formula:** Hai Zao Yu Hu Tang (Sargassum Decoction for the Jade Flask)
- **Acupuncture:** SJ13 nao hui, LI17 tian ding, SI17 tian rong, Ren22 tian tu, LV3 tai chong, LI4 he gu

Formula and modifications

- Hai Zao Yu Hu Tang (Sargassum Decoction for the Jade Flask):
 - Hai zao, Kun bu, Hai dai, Zhe bei mu, Ban xia, Du huo, Chuan xiong, Dang gui, Qing pi, Chen pi, Lian qiao, Gan cao
- Modifications:
 - For soothing liver qi, add xiang fu zi, yu jin
 - For pregnant or breastfeeding woman, add tu si zi, he shou wu, bu gu zhi
 - For cases of stone goiter, add chi shao yao, san leng, e zhu, tao ren, hong hua, dan shen, bai hua she she cao

Yin deficiency with empty fire

- **Key symptoms:**
 - Fleshy goiter with emaciation, frequent hunger, large appetite, dry mough, dry throat, palpitation, excessive perspiration, vexing heat in five hearts, tidal fever, insomnia, irregular menstruation and trembling of tongue and hands. Red tongue with little coating, rapid, thready pulse.
- **Treatment method:** moisten yin, downbear fire, break masses
- **Formula:** Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron and Rehmannia Decoction)
- **Acupuncture:** SJ13 nao hui, ST11 qi she, PC5 jian shi, LV3 tai chong, KI3 tai xi, SP6 san yin jiao

Formula and modifications

- Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron and Rehmannia Decoction):
 - Shu di huang, Shan zhu yu, Shan yao, Ze xie, Fu ling, Mu dan pi, Zhi mu, Huang bai
- Modifications:
 - For palpitations and insomnia, add suan zao ren, ye jiao teng, fu shen
 - For trembling of the tongue and hands, add gou teng, zhen zhu mu, bai shao yao
 - For large appetite and frequent hunger, add shi gao
 - For irregular menstruation, add rou cong rong, yi mu cao, tu si zi
 - For tiredness, fatigue and loose stools, add bai zhu, bian dou

Intestinal abscess

chang yong

- Swelling and suppuration in the intestinal tract
- Includes:
 - appendicitis

Etiology and pathogenesis

- Etiology
 - Improper diet and eating habits---food stasis
 - Exposure to extremes of temperature
 - Emotional stress
 - Physical exercise directly after eating
- Dysfunction of intestine, stagnation of qi and blood, accumulation of heat and dampness

Patterns

- Initial stage
 - Qi stagnation, Blood stasis with damp heat
 - Blood stasis with cold dampness
- Pyogenic stage
- Rupture stage
 - Heat toxin
 - Blood stasis with Cold dampness

Initial stage: Qi stagnation, Blood stasis with Damp-heat

- **Key symptoms:**
 - Pain at right lower abdomen, extension of right leg can aggravate pain. fever, nausea, poor appetite, dry stools or constipation, dark urine. Yellow sticky coating, wiry slippery pulse.
- **Treatment method:** move qi, quicken the blood, free the stool, clear heat, disinherit dampness
- **Formula:** Da huang mu dan pi tang (Rhubarb and Moutan decoction), Hong teng jian ji (Sargentodoxa Brewed Formula)
- **Acupuncture:** ST37 shang ju xu, ST25 tian shu, LI11 qu chi, M-LE13 lan wei xue

Formula and modifications

- Da huang mu dan pi tang (Rhubarb and Moutan decoction)
 - Da huang, Mang xiao, Mu dan pi, Tao ren, Dong gua ren
- Hong teng jian ji (Sargentodoxa Brewed Formula)
 - Hong teng, Zi hua di ding, Ru xiang, Mo yao, Jin yin hua, Lian qiao, Da huang, Mu dan pi, Yan hu suo, Gan cao

Initial stage: Blood stasis with cold dampness

- **Key symptoms:**
 - Mild abdominal pain, absence of fever, loose stools, copious clear urine. White sticky and sometimes slightly gray tongue coating. Slow tight pulse.
- **Treatment method:** dissipate cold, disinherit dampness, quicken the blood, free the stool
- **Formula:** Huo Xiang Zheng Qi San (Agastache Powder to rectify Qi), Hong teng jian ji (Sargentodoxa Brewed Formula)
- **Acupuncture:** ST37 shang ju xu, ST25 tian shu, LI11 qu chi, M-LE13 lan wei xue

Formula and modifications

- Huo Xiang Zheng Qi San (Agastache Powder to rectify Qi):
 - Huo xiang, Hou po, Chen pi, Zi su ye, Bai zhi, Ban xia, Da fu pi, Bai zhu, Fu ling, Jie geng, Zhi gan cao
- Hong teng jian ji (Sargentodoxa Brewed Formula):
 - Hong teng, Zi hua di ding, Ru xiang, Mo yao, Jin yin hua, Lian qiao, Da huang, Mu dan pi, Yan hu suo, Gan cao

Pyogenic stage

- **Key symptoms:**
 - More severe abdominal pain with marked tenderness and rebound pain, local tightening of abdominal muscles, presence of a palpable mass in the the right lower abdomen, high fever, nausea, vomiting, constipation, or diarrhea and dark scanty urine. Thick sticky yellow coating, surging and rapid pulse.
- **Treatment method:** clear heat, resolve toxin, free the stool, discharge pus
- **Formula:** Hong teng jian ji (Sargentodoxa Brewed Formula)
- **Acupuncture:** ST37 shang ju xu, ST25 tian shu, LI11 qu chi, M-LE13 lan wei xue

Formula and modifications

- Hong teng jian ji (Sargentodoxa Brewed Formula):
 - Hong teng, Zi hua di ding, Ru xiang, Mo yao, Jin yin hua, Lian qiao, Da huang, Mu dan pi, Yan hu suo, Gan cao
- Modifications:
 - For reinforcing the clearing of heat and resolving of toxin, discharge of pus and drain of swelling, add bai jiang cao, tian hua fen

Rupture stage

Heat toxin

- **Key symptoms:**
 - Severe pain at entire abdomen, diffuse tenderness, rebounding pain and tightening of abdominal muscles, abdominal distention, persistent high fever, perspiration, excessive thirst, flushed complexion, red eyes, halitosis, vomiting, sunken eyes, constipation or mucus-like stools, dark scanty urine or frequent urination. Deep red tongue with dry thick yellow sticky coating. Rapid wiry or slippery pulse.
- **Treatment method:** clear heat, nourish yin, free the stool, discharge pus
- **Formula:** Da huang mu dan pi tang (Rhubarb and Moutan decoction), Zeng ye tang (Increase fluids decoction)
- **Acupuncture:** ST37 shang ju xu, ST25 tian shu, LI11 qu chi, M-LE13 lan wei xue

Formula and modifications

- Da huang mu dan pi tang (Rhubarb and Moutan decoction)
 - Da huang, Mang xiao, Mu dan pi, Tao ren, Dong gua ren
- Zeng ye tang (Increase fluids decoction):
 - Xuan shen, Mai dong, Sheng di huang
- Modifications:
 - For abdominal distention, add hou po, qin pi, da fu pi
 - For severe abdominal pain, add yan hu suo, mu xiang, jie geng
 - For dark scanty urine, add fu ling
 - For mucus-like stools, add huang lian, mu xiang
 - For vomiting and loss of appetite, add xi yang shen, shi hu, gu ya

Rupture stage

Blood stasis with Cold dampness

- **Key symptoms:**
 - Abdominal pain, listlessness, cold extremities, spontaneous perspiration, slight fever or absence of fever. Pale tongue with white coating. Deep rapid and thready pulse.
- **Treatment method:** warm yang, disinhibit dampness, invigorate blood, discharge pus
- **Formula:** Yi yi Fu zi Bai jiang San (Coicis, prepared aconite and baijiangcao powder)
- **Acupuncture:** ST37 shang ju xu, ST25 tian shu, LI11 qu chi, M-LE13 lan wei xue

Formula and modifications

- Yi yi Fu zi Bai jiang San (Coicis, prepared aconite and baijiangcao powder):
 - Yi yi ren, Fu zi, Bai jiang cao

Hemorrhoid zhi chuang

- Small, fleshy protrusions from the anus are known as zhi,
- Pain, itching, bleeding
- Includes:
 - Internal and external hemorrhoids

Etiology and pathogenesis

- Etiology
 - Prolonged sitting, prolonged standing, or walking long distances while carrying heavy loads
 - Overindulgence in spicy or sweet foods
 - Chronic dysentery or constipation
 - Overexertion or following pregnancy and childbirth
- Disharmony of qi and blood---stagnation of connections, damp heat

Patterns

- Blood stagnation with damp heat
- Qi deficiency with prolapse

Blood stagnation with damp heat

- **Key symptoms:**
 - Hemorrhoids, anal bleeding, blood bright red in color, swelling, distention, pain and itching of the anus, dry mouth, thirst, dark scanty urine and constipation in some cases. Red tongue with yellow sticky coating. Rapid slippery pulse.
- **Treatment method:** clear heat, disinhibit dampness, quicken the blood, dispel stasis
- **Formula:** Zhi tong ru shen tang (Divine pain-relief decoction)
- **Acupuncture:** UB32 ci liao, SP6 san yin jiao, DU1 chang qiang, UB35 hui yang, UB57 cheng shang, M-UE29 er bai

Formula and modifications

- Zhi tong ru shen tang (Divine pain-relief decoction):
 - Cang zhu, huang bai, ze xie, bing lang, qin jiao, fang feng, tao ren, zao jiao ci, dang gui wei, shu da huang
- Modifications:
 - For constipation, delete shu da huang; add da huang, mang xiao
 - For heavy bleeding of bright red blood, use liang xue di huang tang: sheng di huang, di yu, huai jiao, tian hua fen, huang lian, sheng ma, huang qin, chi shao yao, dang gui wei, zhi ke, jing jie tan, gan cao

Qi deficiency with prolapse

- **Key symptoms:**
 - Hemorrhoids, anal bleeding, blood pale in color, protrusion of hemorrhoids from anus, heavy sensation of anus, tiredness, fatigue, shortness of breath, disinclination to speak, poor appetite, lusterless complexion. Pale tongue, weak pulse.
- **Treatment method:** boost spleen qi, raise the fallen
- **Formula:** Bu Zhong Yi Qi Tang (Tonify middle augment qi decoction)
- **Acupuncture:** DU20 bai hui, Ren8 shen que, UB20 pi shu, ST36 zhu san li, UB26 guan yuan shu, UB46 ge guan

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:
 - For excessive bleeding, use gui pi tang: 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, and add di yu tan, huai hua, san qi

Gangrene

Tuo gu ju

- Necrosis of the fingers and toes, separation of digits at the knuckles when severe
- Includes:
 - Gangrene, thromboangiitis

Etiology and pathogenesis

- Depletion of spleen and kidney yang
- Invasion of cold-damp evils
- Stagnation of qi and blood, obstructing the channels and connections

Patterns

- Qi stagnation and Blood stagnation
- Qi and blood vacuity

Qi stagnation and Blood stagnation

- **Key symptoms:**
 - Initial stage of gangrene, dull lusterless complexion, chills and preference for warmth. Heaviness, aching and numbness of the affected limb. Periodic weakness with sudden pain and cramps in the calf when walking. Pale, dry and cool skin and weak pulse at the local area. Muscular atrophy. Dark purplish tongue with white coating. Deep rough thready pulse.
- **Treatment method:** warm yang, dissipate cold, transform dampness, quicken the blood, clear the connections, relieve pain
- **Formula:** Yang He Tang (Yang Heartening decoction), Tao Hong Si Wu Tang (Peach kernel and carthamus four agents decoction)
- **Acupuncture:** UB17 ge shu, UB26 guan yuan shu, Ren6 qi hai, ST36 zu san li, SP6 san yin jiao

Formula and modifications

- Yang He Tang (Yang Heartening decoction):
 - Shu di huang, Lu jiao jiao, Rou gui, Pao jiang, Bai jie zi, Ma huang, Gan cao
- Tao Hong Si Wu Tang (Peach kernel and carthamus four agents decoction):
 - Shu di huang, Chuan xiong, Bai shao yao, Dang gui, Hong hua, Tao ren
- Modifications:
 - For qi vacuity, add huang qi, dang shen
 - For severe pain, add chuan shan jia, ji xue teng, di ling, ru xiang, mo yao
 - For cases of dampness, add er miao san:huang bai, cang zhu

Qi and blood vacuity

- **Key symptoms:**
 - Late stage of gangrene, the affected digits may be lost, leaving lesions that fail to heal for an extended time, accompanied by sallow withered complexion, tiredness, fatigue, palpitations, shortness of breath, physical cold, spontaneous perspiration, muscular atrophy, dryness and shedding of skin of affected limb. Pale tongue. Deep thready forceless pulse.
- **Treatment method:** boost qi, supplement the blood
- **Formula:** Ren shen Yang Rong Tang (Ginseng Decoction to Nourish Nutritive Qi), Shi Quan Da Bu Tang (Ginseng Decoction to Nourish Nutritive Qi)
- **Acupuncture:** Ren4 guan yuan, UB17 ge shu, ST36 zu san li, LU9 tai yuan, SP10 xue hai, UB20 pi shu

Formula and modifications

- Shi Quan Da Bu Tang (Ginseng Decoction to Nourish Nutritive Qi):
 - Ren shen, Bai zhu, Fu ling, Huang qi, Shu di huang, Dang gui, Bai shao, Zhi gan cao, Chuan xiong, Rou gui
- Ren shen Yang Rong Tang (Ginseng Decoction to Nourish Nutritive Qi):
 - Ren shen, Bai zhu, Fu ling, Huang qi, Shu di huang, Dang gui, Bai shao, Chen pi, Rou gui, Wu wei zi, Yuan zhi, Zhi gan cao, Sheng jiang, Da zao
- Modifications:
 - For kidney yang vacuity, add shen qi wan: shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, zhi fu zi, rou gui

Patch Balding

ban tu

- Loss of hair characterized by smooth and shiny (glossy) scalp patches
- Includes:
 - Alopecia areata

Etiology and pathogenesis

- Stress and strain
- Liver and kidney deficiency

Patterns

- Prevalence of wind and dryness in blood
- Qi stagnation and blood stasis

Prevalence of wind and dryness in blood

- **Key symptoms:**
 - Sudden loss of hair in patches of round or irregular shape, accompanied by dizziness, insomnia, and itching of scalp. Pale tongue with thin coating. Weak thready pulse.
- **Treatment method:** nourish the blood, dispel wind
- **Formula:** Shen Ying Yang Zhen Tang (Wonderous response ture-nourishing decoction)
- **Acupuncture:** A-Shi points a shi xue, DU20 bai hui, GB20 feng chi, UB17 ge shu, SP6 san yin jiao, ST36 zu san li

Formula and modifications

- Shen Ying Yang Zhen Tang (Wonderous response ture-nourishing decoction):
 - Shu di huang, Dang gui, Bai shao, Chuan xiong, Tian ma, Qiang huo, Mu gua, Tu si zi
- Modifications:
 - For prolonged illness with liver and kidney vacuity, add qi bao mei ran dan

Qi stagnation and blood stasis

- **Key symptoms:**
 - Loss of hair occurring over an extended period, dull complexion, distention and pain of the chest and costal region. Dark tongue with stasis macules, rough or deep thready pulse.
- **Treatment method:** regulate qi, quicken the blood
- **Formula:** Xiao yao San (Free wanderer powder) with Tong Qiao Huo Xue Tang (Freeing orifice Invigorating blood decoction)
- **Acupuncture:** A-Shi points a shi xue, LI4 he gu, LV3 tai chong, DU20 bai hui, UB17 ge shu, SP6 san yin jiao, ST36 zu san li

Formula and modifications

- Xiao yao San (Free wanderer powder):
 - Chai hu, Bai shao, Dang gui, Bai zhu, Fu ling, Zhi gan cao, Sheng jiang, Bo he
- Tong Qiao Huo Xue Tang (Freeing orifice Invigorating blood decoction):
 - Chi shao yao, Chuan xiong, Tao ren, Hong hua, Cong bai, Da zao, She xiang, Huang jiu