

Class 7: Thoracic bi, Palpitations, Insomnia

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Thoracic Bi

Xiong bi

- Oppression in the chest with chest pain, with shortness of breath or difficult respiration
- Includes: coronary arteriosclerotic heart disease, other heart diseases

Etiology and pathogenesis

- Cold evil, improper diet and eating habits, emotional stress, frail constitution with old age
- Heart, spleen, kidney
- Root vacuity (yin, yang, qi, blood), branch repletion (yin cold, phlegm-turbidity, and blood stasis)

Patterns

- Heart blood stasis
- Phlegm-turbidity congestion
- Cold congestion
- Heart and Kidney Yin deficiency
- Qi and Yin deficiency
- Yang qi deficiency and debilitation

Heart blood stasis

- **Key symptoms:**
 - Stabbing chest pain of fixed location, more severe at night, periodic spells of palpitation. Dark purple tongue, deep rough pulse.
- **Treatment method:** quicken the blood, dissolve stasis, relieve pain
- **Formula:** Xue fu zhu yu tang
- **Acupuncture:** Ren17 tan zhong, Ren14 ju que, UB15 xin shu, UB17 ge shu, HT6 yin xi

Formula and modifications

- Xue fu zhu yu tang
 - Tao ren, hong hua, dang gui, sheng di huang, chuan xiong, chi shao yao, niu xi, jie geng, chai hu, zhi ke, gan cao
- Modifications:
 - For severe chest pain, add jiang xiang, yu jin, yan hu suo

Phlegm-turbidity congestion

- **Key symptoms:**
 - Congestion and pain in the chest, shortness of breath, rapid respiration, heaviness of limbs, overweight, excessive phlegm. White sticky tongue coating. Slippery pulse.
- **Treatment method:** free yang, dispel phlegm-turbidity
- **Formula:** Gua lou xie bai ban xia tang
- **Acupuncture:** Ren17 tan zhong, Ren14 ju que, PC4 xi men, LU9 tai yuan, ST40 feng long

Formula and modifications

- Gua lou xie bai ban xia tang
 - Gua lou, xie bai, ban xia, bai jiu
- Modifications:
 - To invigorate yang and dispelling phlegm-turbidity, add gan jiang, chen pi, bai dou kou

Cold congestion

- **Key symptoms:**
 - Chest pain radiating through to the back and aggravated by exposure to cold, with oppression in the chest, shortness of breath, palpitation, difficult respiration, inability to lie flat, pale complexion, cold extremities. White coating, deep thready pulse.
- **Treatment method:** free yang, dissipate cold, relieve pain
- **Formula:** Gua lou xie bai bai jiu tang
- **Acupuncture:** UB15 xin shu, UB14 jue yin shu, PC6 nei guan, HT5 tong li

Formula and modifications

- Gua lou xie bai bai jiu tang
 - Gua lou, xie bai, bai jiu
- Modifications:
 - To reinforce effect, add zhi fu zi, gui zhi, zhi shi, dan shen, tan xiang
 - For profuse phlegm-dampness, add sheng jiang, chen pi, fu ling, xing ren

Heart and Kidney Yin deficiency

- **Key symptoms:**
 - Congestion and pain in the chest, palpitations, night sweating, irritability, insomnia, weak aching lower back and legs, tinnitus, dizziness and vertigo. Red tongue little coating. Rapid thready pulse.
- **Treatment method:** nourish heart and kidney yin, quiet the spirit, relieve pain
- **Formula:** Zuo gui yin
- **Acupuncture:** Ren17 tan zhong, Ren14 ju que, UB15 xin shu, UB23 shen shu, UB17 ge shu, HT6 yin xi, KI3 tai xi

Formula and modifications

- Zuo gui yin
 - Shu di huang, shan yao, gou qi zi, shan zhu yu, fu ling, zhi gan cao
- Modifications:
 - To reinforce the effects of nourishing heart yin and calming the spirit, add mai men dong, wu wei zi, bai zi ren, suan zao ren
 - For severe chest pain, add dang gui, dan shen, chuan xiong, yu jin
 - For yin deficiency with hyperactive yang, add nu zhen zi, he shou wu, gou teng, shi jue ming, mu li, bie jia

Qi and Yin deficiency

- **Key symptoms:**
 - Periodic congestion and dull pain in the chest, palpitations, shortness of breath, fatigue, sluggish speech, lusterless complexion, dizziness and vertigo, worse on physical exertion. Red tongue with teeth marks. Weak thready or intermittent pulse.
- **Treatment method:** supplement qi, nourish yin, relieve pain
- **Formula:** Sheng mai yin, Ren shen yang rong tang
- **Acupuncture:** Ren17 tan zhong, UB15 xin shu, PC6 nei guan, ST36 zu san li, UB17 ge shu

Formula and modifications

- Sheng mai yin
 - Ren shen, mai dong, wu wei zi
- Ren shen yang rong tang
 - Ren shen, bai zhu, fu ling, haung qi, shu li huang, dang gui, bai shao yao, chen pi, rou gui, wu wei zi, yuan zhi, zhi gan cao, sheng jiang, da zao
- Modifications:
 - For severe chest pain, add dan shen, yi mu cao, yu jin, san qi
 - For intermittent pulse, use zhi gan cao tang

Yang qi deficiency and debilitation

- **Key symptoms:**
 - Oppression in the chest, shortness of breath, pain radiating to the back, palpitations, perspiration, aching lower back, pale complexion, pale or purplish lips and nails. Pale or dark purple tongue. Deep thready or deep faint pulse.
- **Treatment method:** warm yang, boost qi, relieve pain
- **Formula:** Shen fu tang, You gui yin
- **Acupuncture:** UB23 shen shu, Ren4 guan yuan, Ren17 tan zhong, PC6 nei guan, HT5 tong li, UB15 xin shu

Formula and modifications

- Shen fu tang
 - Ren shen, fu zi
- You gui yin
 - Shu di huang, shan yao, gou qi zi, shan zhu yu, du zhong, zhi gan cao, zhi fu zi, rou gui
- Modifications:
 - For excessive perspiration and deep faint pulse, add duan long gu, mu li
 - For yang and yin vacuity, add mai men dong, wu wei zi

Palpitations

xin ji

- Palpitation refers to patterns in which the heart rate becomes so irregular or accelerated that patients become aware of it, experiencing sensations of nervousness, anxiety or terror
- Includes:
 - neurosis, tachycardia and various arrhythmias

Etiology and pathogenesis

- Heart and gallbladder
- Vacuity: qi and blood deficiency, yin and yang deficiency
- Repletion: water and phlegm, blood stasis

Patterns

- Heart and Gallbladder qi deficiency
- Heart blood deficiency
- Yin deficiency with heat
- Heart yang deficiency
- Oppression of heart by water and phlegm fluid
- Obstruction of heart by blood stasis

Heart and Gallbladder qi deficiency

- **Key symptoms:**
 - Easily frightened, fearfulness, insomnia, profuse dreaming. Thin white tongue coating. Slightly rapid pulse weak in heart position.
- **Treatment method:** supplement heart and gallbladder qi, suppress fright, quiet the spirit
- **Formula:** An shen ding zhi wan
- **Acupuncture:** UB15 xin shu, Ren14 ju que, HT7 shen men, PC6 nei guan, HT5 tong li, GB40 qiu xu

Formula and modifications

- An shen ding zhi wan:
 - Fu ling, fu shen, yuan zhi, ren shen, shi chang pu, long chi
- Modifications:
 - To suppress fright and quiet the spirit, the prescription is reinforced, add hu po, zhu sha, ci shi, zhi gan cao
 - For heart yin deficiency, add bai zi ren, wu wei zi, suan zao ren
 - For palpitations with phlegm heat, use huang lian wen dan tang

Heart blood deficiency

- **Key symptoms:**
 - Palpitations, dizziness, vertigo, lusterless complexion, fatigue. Pale tongue, weak thready pulse.
- **Treatment method:** boost qi, supplement blood, nourish the heart, quiet the spirit
- **Formula:** Gui pi tang
- **Acupuncture:** UB15 xin shu, Ren14 ju que, HT7 shen men, PC6 nei guan, UB20 pi shu, ST36 zu san li, UB17 ge shu

Formula and modifications

- 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
- Modifications:
 - For intermittent or irregular pulse, use zhi gan cao tang: zhi gan cao, ren shen, sheng di huang, gui zhi, e jiao, mai men dong, huo ma ren, sheng jiang, da zao, bai jiu
 - For palpitation with qi and yin deficiency, use sheng mai yin, ren shen, mai men dong, wu wei zi

Yin deficiency with heat

- **Key symptoms:**
 - Palpitations, irritability, insomnia, dizziness, vertigo, vexing heat in the five hearts, lower backache, tinnitus. Red tongue with little coating. Thready rapid pulse.
- **Treatment method:** nourish yin, downbear fire, supplement the heart, quiet the spirit
- **Formula:** Tian wang bu xin dan
- **Acupuncture:** UB15 xin shu, Ren14 ju que, HT7 shen men, PC6 nei guan, UB14 jue yin shu, UB23 shen shu, KI3 tai yin

Formula and modifications

- Tian wang bu xin dan:
 - Sheng di huang, tian men dong, mai men dong, suan zao ren, dang gui, dan shen, xuan shen, ren shen, fu ling, wu wei zi, yuan zhi, jie geng, bai zi ren, zhu sha
- Modifications:
 - For dry throat and bitter taste in the mouth, add huang lian
 - For kidney yin deficiency with empty heat, use zhi bai di huang wan

Heart yang deficiency

- **Key symptoms:**
 - Palpitations, chest pain or oppression, shortness of breath, pale complexion, cold extremities, physical cold. pale tongue. Weak or deep rapid thready pulse.
- **Treatment method:** warm and supplement heart yang, quiet the spirit, alleviate palpitations
- **Formula:** Gui zhi gan cao long gu mu li tang
- **Acupuncture:** UB15 xin shu, Ren14 ju que, HT7 shen men, PC6 nei guan, Ren6 qi hai, Ren4 guan yuan

Formula and modifications

- Gui zhi gan cao long gu mu li tang:
 - Gui zhi, gan cao, long gu, mu li
- Modifications:
 - To boost qi and warm yang, add ren shen, zhi fu zi

Oppression of heart by water and phlegm fluid

- **Key symptoms:**
 - Palpitations, dizziness, vertigo, expectoration of phlegm and mucus, fullness and discomfort of chest and epigastrium, cold extremities, scanty urine, thirst without desire for drink and edema of lower limbs.
White sticky coating, deep wiry or wiry slippery pulse.
- **Treatment method:** warm yang, transform phlegm-rheum, quiet the spirit
- **Formula:** Ling gui zhu gan tang
- **Acupuncture:** UB15 xin shu, Ren14 ju que, HT7 shen men, PC6 nei guan, Ren9 shui fen, SP9 yin ling quan Ren4 guan yuan

Formula and modifications

- Ling gui zhu gan tang:
 - Fu ling, gui zhi, bai zhu, gan cao
- Modifications:
 - For upward flow of water and phlegm causing nausea and vomiting, add zhi ban xia, chen pi, sheng jiang
 - For kidney yang deficiency, use zhen wu tang: zhi fu zi, fu ling, bai shao yao, bai zhu, sheng jiang

Obstruction of heart by blood stasis

- **Key symptoms:**
 - Palpitations, chest oppression, periodic chest pain, purplish discoloration of lips and nails. Dark purple tongue with macules. Thready or intermittent pulse.
- **Treatment method:** quicken the blood, dissolve stasis, rectify qi, clear connections
- **Formula:** Tao ren hong hua jian
- **Acupuncture:** UB15 xin shu, Ren14 ju que, HT7 shen men, Ren17 tan zhong, SP10 xue hai, Ren6 qi hai, SP6 san yin jiao

Formula and modifications

- Tao ren hong hua jian:
 - Tao ren, hong hua, dan shen, chi shao yao, xiang fu zi, yan hu suo, dang gui, sheng di huang, qing pi, chuan xiong
- Modifications:
 - To reinforce to warm and invigorate heart yang, use gui zhi gan cao long gu mu li tang

Insomnia

- A class of patterns characterized by the inability to remain asleep long enough for adequate rest
- Includes:
 - Anxiety, neurasthenia and neurosis

Etiology and pathogenesis

- Etiological factors:
 - Emotional disruption or stress
 - Improper diet and eating habits
 - Excessive sexual activity
 - Frail constitution of following and extended illness
- Dysfunction of interchange of yin and yang, yang fails to enter yin

Patterns

- Liver depression transforming into fire
- Phlegm fire in the interior
- Yin deficiency with empty fire
- Heart and spleen deficiency
- Heart and gallbladder qi deficiency

Liver depression transforming into fire

- **Key symptoms:**
 - Insomnia, irritability, headache, distending pain of hypochondrium, red eyes, bitter taste in mouth, thirst, dark urine, constipation. Red tongue with yellow coating. Rapid wiry pulse.
- **Treatment method:** soothe the liver, clear heat, quiet the spirit
- **Formula:** Long dan xie gan tang
- **Acupuncture:** HT7 shen men, SP6 san yin jiao, LV3 tai chong, UB18 gan shu, PC5 jian shi, N-HN-54 an mian

Formula and modifications

- Long dan xie gan tang:
 - Long dan cao, Huang qin, Zhi zi, Mu tong, Che qian zi, Ze xie, Chai hu, Sheng di huang, Dang gui, Gan cao
- Modifications:
 - To settle the heart and quiet the spirit, add fu shen, long gu, mu li
 - For qi stagnation, add yu jin, xiang fu zi

Phlegm fire in the interior

- **Key symptoms:**
 - Insomnia, heavy head, copious phlegm, distention, discomfort, and pain of epigastrium, aversion to eating, belching, acid regurgitation, nausea, irritability, bitter taste in mouth. Yellow sticky tongue coating. Rapid slippery pulse.
- **Treatment method:** clear heat, transform phlegm, harmonize the stomach, quiet the spirit
- **Formula:** Wen dan tang
- **Acupuncture:** HT7 shen men, SP6 san yin jiao, Ren12 zhong wan, ST40 feng long, UB21 wei shu, ST36 zu san li

Formula and modifications

- Wen dan tang:
 - Ban xia, zhu ru, zhi shi, chen pi, zhi gan cao, fu ling, sheng jiang, da zao
- Modifications:
 - To clear heat and reduce fire, add huang lian, shan zhi zi
 - To calm spirit and stabilize the mind, add: zhen zhu mu, zhu sha
 - For obstruction by phlegm and food, add shen qu, shan zha, lai fu zi

Yin deficiency with empty fire

- **Key symptoms:**
 - Insomnia, irritability, dizziness and vertigo, tinnitus, aching lower back, palpitations, dry mouth, vexing heat in five hearts, forgetfulness, nocturnal emission. Red tongue with little coating, thready rapid pulse.
- **Treatment method:** nourish kidney yin, downbear heart fire and quiet the spirit
- **Formula:** Huang lian e jiao tang
- **Acupuncture:** HT7 shen men, SP6 san yin jiao, UB15 xi shu, UB23 shen shu, KI3 tai xi, PC6 nei guan

Formula and modifications

- Huang lian e jiao tang:
 - Huang lian, e jiao, huang qin, bai shao yao, ji zi huang
- Modifications:
 - To tonify yin: add nu zhen zi, han lian cao
 - For extreme yin vacuity with dry parched throat, add xuan shen, mai men dong, shi hu
 - For exuberant fire, add shan zhi zi, zhu ye
 - Yin deficiency with yang rising, add gui ban, mu li ci shi

Heart and spleen deficiency

- **Key symptoms:**
 - Frequent dreaming, light sleep, palpitations, poor memory, dizziness, fatigue, loss of appetite, lusterless complexion. Pale tongue thin coating. Weak thready pulse.
- **Treatment method:** supplement the heart and spleen to promote the production of qi and blood
- **Formula:** Gui pi tang
- **Acupuncture:** HT7 shen men, SP6 san yin jiao, UB15 xi shu, UB20 pi shu, ST36 zu san li

Formula and modifications

- 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
- Modifications:
 - To enhance nourishing heart blood, add shu di huang, bai shao yao, e jiao
 - For more severe insomnia, add wu wei zi, ye jiao teng, bai zi ren, long gu, mu li

Heart and gallbladder qi deficiency

- **Key symptoms:**
 - Frequent dreaming, light sleep, timidity, palpitations, proneness to fright, shortness of breath, fatigue, copious clear urine. Pale tongue thready wiry pulse.
- **Treatment method:** supplement qi, suppress fright, quiet the spirit, stabilize the mind
- **Formula:** An shen ding zhi wan
- **Acupuncture:** HT7 shen men, SP6 san yin jiao, UB15 xi shu, UB19 dan shu, PC7 da ling, GB40 qiu xu

Formula and modifications

- An shen ding zhi wan:
 - Fu ling, fu shen, yuan zhi, ren shen, shi chang pu, long chi
- Modifications:
 - For yin and blood deficiency, add suan zao ren, chuan xiong, zhi mu