

Class 10: Mouth sores, Toothache, Wind stroke

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Mouth sores

Kou chuang

- Small superficial yellowish-white ulcerations that appear on the mucous membranes of the oral cavity, specially the tongue, the gums and the inside of the lips and cheeks. They are round or oval in shape and have a concave surface surrounded by a red ring.

Etiology and pathogenesis

- Repletion
 - Exuberant heart and spleen heat
 - Over-consumption of alcohol or spicy foods.
 - The invasion of external wind, fire or dryness
- Vacuity
 - Vacuity fire
 - Yin vacuity constitutions
 - Prolonged illnesses
 - Overwork

Exuberant heart and spleen heat

- **Key symptoms:**
 - **Specific symptoms:** Ulceration of the mucous membranes of the oral cavity, sores that are yellowish-white in color with surrounding mucous membranes that are bright red and slightly swollen. In severe cases a large number of sores will merge into patches and localized burning and pain will be aggravated while speaking or eating.
 - **General symptoms:** fever, thirst, halitosis, constipation and dark urine.
 - **Pulse and tongue:** red with yellow coating, rapid, pulse.
- **Treatment method:** clear heat, resolve toxins disperse swelling, relieve pain.
- **Formula:** liang ge san (diaphragm cooling powder)
- **Acupuncture:** CV-24 cheng jiang, ST-06 jia che, PC-08 lao gong, LI-04 he gu, LI-11 qu chi, ST-36 zu san li, GV-27 dui duan

Formula and modifications

- Liang ge san (diaphragm cooling powder):
 - Lian qiao, huang qin, shan zhi zi, bo he, zhu ye, da huang, gan cao, mang xiao
- Modifications:
 - In cases where heat evil is profuse with marked pain, add: huang lian, huang bai
 - In cases of vexation in the heart, dark urine and difficult urination, combine with dao chi san: sheng di huang, mu tong, zhu ye, gan cao

Vacuity fire

- **Key symptoms:**
 - **Specific symptoms:** Ulceration of the mucous membranes of the oral cavity, a relatively small number of sores that are grayish-white in color, with the surrounding mucous membranes pale or unchanged in color and no fusion of sores into patches, local pain aggravated during eating and frequent recurrence of sores.
 - **General symptoms:** weakness and aching of the lower back and knees and dry throat.
 - **Pulse and tongue:** dry with little coating, rapid, thready pulse.
- **Treatment method:** nourish yin, downbear fire, relieve pain.
- **Formula:** Zhi bai di huang tang (anemarrhena, phellodendron and rehmannia decoction)
- **Acupuncture:** CV-24 cheng jiang, ST-06 jia che, PC-08 lao gong, KI-03 tai xi, LR-02 xing jian, CV-23 lian quan, ST-36 zu san li, SP-06 san yin jiao

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:
 - In cases accompanied by depletion of stomach yin, add: sheng di huang, mai men dong, shu di, xuan shen
 - In cases of both qi and blood vacuity, use ba zhen tang: shu di huang, dang gui, bai shao yao, chuan xiong, ren shen, bai zhu, fu ling, zhi gan cao, sheng jiang, da zao
 - To downbear vacuity fire to the kidney, add: rou gui
 - In cases of kidney qi and yang deficiency, use shen qi wan: Shu di huang, shan yao, shan zhu yu, ze xie, fu ling, mu dan pi, rou gui, fu zi

Toothache ya tong

- Tooth pain: aggravate by heat, cold or consumption of acid or sweet foods
- Includes:
 - Acute and chronic pulpitis, dental caries and periodontitis

Etiology and pathogenesis

- Repletion: involved in in the hand and foot yang ming channels, which pass the lower and upper gums respectively
 - Wind-fire toothache
 - Stomach fire toothache
- Vacuity
 - Vacuity fire toothache

Wind-fire toothache

- **Key symptoms:**
 - **Specific symptoms:** periodic toothache with redness and swelling of the gums.
 - **General symptoms:** aversion to cold, fever, dry mouth, thirst.
 - **Pulse and tongue:** thin yellow coating, rapid, floating pulse.
- **Treatment method:** course wind, clear heat, disperse swelling, relieve pain.
- **Formula:** bo he lian qiao fang (mint and forsythia formula)
- **Acupuncture:** LI-04 he gu, ST-07 xia guan, ST-06 jia che, TB-05 wai guan, GB-20 feng chi

Formula and modifications

- Bo he lian qiao fang (mint and forsythia formula)
 - Lian qiao, jin yin hua, niu bang zi, bo he, zhu ye, sheng di huang, zhi mu, lu dou pi

Stomach fire toothache

- **Key symptoms:**
 - **Specific symptoms:** excruciating toothache, severe swelling of the gums, exudation of pus with bleeding in some cases, pain generally radiating to the cheeks.
 - **General symptoms:** headache, fever, thirst, halitosis, constipation.
 - **Pulse and tongue:** thick yellow coating, surging pulse.
- **Treatment method:** drain stomach heat, cool the blood, disperse swelling, relieve pain.
- **Formula:** qing wei san (stomach-clearing powder)
- **Acupuncture:** LI-04 he gu, ST-07 xia guan, ST-06 jia che, ST-44 nei ting, PC-08 lao gong

Formula and modifications

- Qin wei san (stomach-clearing powder):
 - Huang lian, sheng di huang, mu dan pi, sheng ma, dang gui
- Modifications:
 - In cases with constipation, add: da huang
 - In cases of swelling and pain of the gums with severe bleeding, add: shi gao, zhu ye, xuan shen, ban lan gen, bai mao gen

Vacuity fire toothache

- **Key symptoms:**
 - **Specific symptoms:** dull intermittent toothache, slight redness and swelling of the gums, loosening of the teeth, loss of force in biting, increase in pain during afternoon, no apparent foulness of the breath.
 - **General symptoms:** weakness and aching of the lower back and knees, dizziness and vertigo, blurred vision and dryness of the mouth without desire for drink.
 - **Pulse and tongue:** red, tender with little coating, rapid thready pulse.
- **Treatment method:** supplement kidney yin, drain fire, relieve pain.
- **Formula:** Zhi bai di huang tang (anemarrhena, phellodendron and rehmannia decoction)
- **Acupuncture:** LI-04 he gu, ST-07 xia guan, ST-06 jia che, KI-03 tai xi, LR-02 xing jian

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 strengthen the kidney and relieve toothache, add: gu sui bu

Wind stroke

Zhong feng

- A sudden loss of consciousness or without an initial loss of consciousness but with facial paralysis, slurred speech or hemiplegia.
- Includes:
 - Cerebral hemorrhage, cerebral thrombosis, cerebral embolism, subarachnoid hemorrhage, cerebral angiospasm and bell's palsy.

Etiology and pathogenesis

- Etiology and pathogenesis of wind stroke is involved in vacuity, fire, wind, phlegm, qi or blood
- Channel-connection stroke
 - Depleted channels and connections allowed invasion by wind
 - Vacuity of liver and kidney yin with disturbance by ascendant wind-yang
- Viscera and bowel stroke
 - Tension stroke
 - Yang tension stroke
 - Yin tension stroke
 - Desertion stroke
- Sequelae
 - Hemiplegia
 - qi vacuity and blood stasis obstruction of the channels and connections
 - ascendant hyperactivity of liver yang with obstruction of channels and connections
 - Slurred speech
 - obstruction of the connections by wind phlegm
 - depletion of kidney essence
 - Facial paralysis

Channel-connection stroke: depleted channels and connections allowed invasion by wind

- **Key symptoms:**
 - **Specific symptoms:** numbness of the extremities, abrupt onset of facial paralysis, slurred speech, drooling from the corner of the mouth on the affected side, hemiplegia (in severe cases).
 - **General symptoms:** aversion to cold, fever, muscle spasms in the limbs and in some cases, sore aching joints.
 - **Pulse and tongue:** thin white coating, floating pulse.
- **Treatment method:** dispel wind, nourish the blood, clear the channels and connections.
- **Formula:** da qin jiao tang (large gentian decoction)
- **Acupuncture:** GV-20 bai hui, GB-20 feng chi, GV-14 da zhui, LI-04 he gu
 - Hemiplegia: LI-15 jian yu, LI-11 qu chi, TB-05 wai guan; GB-30 huan tiao, GB-34 yang ling quan, ST-36 zu san li, ST-41 jie xi, BL-60 kun lun
 - Slurred speech: CV-23 lian quan, HT-05 tong li
 - Facial paralysis: ST-04 di cang, ST-06 jia che, GB-14 yang bai, LI-20 ying xiang, BL-02 zan zhu, ST-01 cheng qi, BL-60 kun lun
 - Drooling: CV-24 cheng jiang

Formula and modifications

- Da qin jiao tang (large gentian decoction):
 - Qin jiao, qiang huo, fang feng, xi xin, bai zhi, du huo, shu li huang, dang gui, chuan xiong, bai shao yao, sheng di huang, huang qin, shi gao, bai zhu, fu ling, zhi gan cao
- Modifications:
 - In cases without heat, delete: shi gao, huang qin, add: bai fu zi, quan xie
 - In cases presenting external patterns of wind heat, delete: qiang huo, fang feng, dang gui, add: sang ye, ju hua, bo he
 - In cases presenting copious phlegm, vomiting, slimy tongue coating and slippery pulse, delete sheng di huang, add: fa ban xia, zhi tian nan xing, ju hong, fu ling

Channel-connection stroke: Vacuity of liver and kidney yin with disturbance by ascendant wind-yang

- **Key symptoms:**
 - **Specific symptoms:** prior history of vertigo or dizzy spells, headache, tinnitus, numbness of the extremities, irritability, insomnia or dream disturbed sleep, weak aching lower back and knees, and hot flashes; abrupt onset of facial paralysis, slurred speech, sluggish movement and in severe cases hemiplegia.
 - **Pulse and tongue:** with little coating, thready, rapid, wiry pulse.
- **Treatment method:** nourish liver and kidney yin, subdue yang, eradicate internal wind, clear the channels and connections.
- **Formula:** zhen gan xi feng tang (Sedate the Liver and Extinguish Wind Decoction)
- **Acupuncture:** BL-18 gan shu, BL-23 shen shu, KI-03 tai xi, LR-03 tai chong, GB-20 feng chi, LI-04 he gu

Formula and modifications

- Zhen gan xi feng tang (Sedate the Liver and Extinguish Wind Decoction)
 - Huai niu xi, bai shao yao, dai zhe shi, long gu, mu li, gui ban, xuan shen, tian men dong, chuan lian zi, mai ya, yin chen hao, gan cao
- Modifications:
 - To reinforce the liver-subduing, wind-eradicating strength, add: tian ma, gou teng, ju hua
 - In cases with phlegm heat, add: dan xing, zhu li, chuan bei mu
 - In cases of vexing heat in the heart, add: shan zhi zi, huang qin
 - In cases of severe headache, add: xia ku cao, ling yang jiao, shi jue ming
 - In cases of insomnia and dream-disturbed sleep, add: zhen zhu mu, long chi, ye jiao teng

Viscera and bowel stroke: Tension stroke-Yang tension stroke and Yin tension stroke

- **Key symptoms:**

- **Specific symptoms:** sudden loss of consciousness, muscular spasm of the jaw, hands clenched tightly into fists, wheezing respiration, retention of urine and stool, muscular spasms and rigidity of the limbs.
- **General symptoms:**
 - **Yang tension stroke:** flushed complexion, fever, heavy breathing, halitosis, red lips, agitation and restlessness.
 - **Yin tension stroke:** pale complexion, greyish lips tranquil state without restlessness and cold extremities.
- **tongue:**
 - **Yang tension stroke:** red or yellow slimy coating,
 - **Yin tension stroke:** white slimy coating.
- **Pulse:**
 - **Yang tension stroke:** rapid, wiry, slippery pulse.
 - **Yin tension stroke:** deep, tardy, slippery pulse.

Viscera and bowel stroke: tension stroke-Yang tension stroke and in tension stroke

- **Treatment method:**
 - **Yang tension stroke:** open the orifices with cool pungent medicines, clear the liver, extinguish wind.
 - **Yin tension stroke:** open the orifices with warm pungent medicines, expel phlegm, extinguish wind.
- **Formula:**
 - **Yang tension stroke:** ling yang jiao tang (Antelope Horn decoction).
 - **Yin tension stroke:** ti tan tang (phlegm-flushing decoction)
- **Acupuncture:** GV-26 shui gou, T-40 feng long, KI-03 tai xi, LR-03 tai chong
 - **Yang tension stroke:** PC-08 lao gong.
 - **Yin tension stroke:** GV-20 bai hui

Formula and modifications for yang tension stroke

- Ling yang jiao tang (Antelope Horn decoction):
 - Ling yang jiao, gui ban, sheng di huang, mu dan pi, bai shao yao, chai hu, bo he, chan tui, ju hua, xia ku cao, shi jue ming
- Modifications:
 - In cases of convulsions, add: quan xie, wu gong, bai jiang can
 - In cases of copious phlegm, add: zhu li, tian zhu huang, dan xing
 - In cases accompanied by constipation, halitosis and abdominal distention, add: da huang, mang xiao, zhi shi

Formula and modifications for yin tension stroke

- Di tan tang (phlegm-flushing decoction):
 - Fa ban xia, tian nan xing, chen pi, zhi shi, fu ling, ren shen, shi chang pu, zhu ru, sheng jiang, gan cao
- Modifications:
 - To settle the liver and extinguish wind, add: tian ma, gou teng, bai jiang can

Viscera and bowel stroke: desertion stroke

- **Key symptoms:**
 - **Specific symptoms:** sudden loss of consciousness, closed eyes and open mouth, snoring, shallow breathing, relaxed hands, cold extremities, copious persistent perspiration, incontinence of stool and urine, flaccid paralysis of the limbs.
 - **Pulse and tongue:** flaccid tongue, thready faint, barely palpable pulse.
- **Treatment method:** boost qi, revitalize yang, secure yang desertion.
- **Formula:** shen fu tang (ginseng and aconite decoction) with sheng mai yin (pulse-engendering beverage)
- **Acupuncture:** CV-04 guan yuan, CV-08 shen que, CV-06 qi hai, GV-20 bai hui,

Formula and modifications

- Shen fu tang (ginseng and aconite decoction):
 - Ren shen, zhi fu zi
- Sheng mai yin (pulse-engendering beverage):
 - Ren shen, bai dong, wu wei zi

Sequelae: hemiplegia from qi stagnation and blood stasis obstruction of the channels and connections

- **Key symptoms:**
 - **Specific symptoms:** loss of conscious control of one side of the body, numbness of the affected side in some cases, complete loss of sensation of the affected side in more severe cases.
 - **General symptoms:** sallow complexion, weakness and flaccidity of affected limbs
 - **Pulse and tongue:** purple, sometimes with stasis macules on the tongue, thready, rough, forceless pulse.
- **Treatment method:** boost qi, quicken the blood, clear the channels and connections.
- **Formula:** bu yang huan wu tang (yang-supplementing five-returning decoction)
- **Acupuncture:** GV-20 bai hui, CV-06 qi hai, SP-10 xue hai, SP-06 san yin jiao, LI-15 jian yu, LI-11 qu chi, TB-05 wai guan, LI-04 he gu, GB-30 huan tiao, GB-34 yang ling quan, ST-36 zu san li, ST-41 jie xi, BL-60 kun lun

Formula and modifications

- Bu yang huan wu tang (yang-supplementing five-returning decoction)
 - Huang qi, dang gui, chi shao yao, di long, chuan xiong, hong hua, tao ren
- Modifications:
 - In cases of incontinence of urine, add: sang piao xiao, yi zhi ren
 - In cases of disability of an upper limb, add: sang zhi, gui zhi
 - In cases of flaccid paralysis of a lower limb, add: sang ji sheng, niu xi, xu duan, du zhong
 - In cases accompanied by slurred speech, add: yu jin, shi chang pu, yuan zhi
 - In cases accompanied by facial paralysis, add: bai fu zi, quan xie, bai jiang can
 - In cases of numbness of the limbs, add: chen pi, fa ban xia, fu ling, dan xing
 - In cases accompanied by constipation, add: yu li ren, huo ma ren, rou cong rong
 - In persistent cases of hemiplegia, add: shui zhi, meng chong, chuan shan jia

Sequelae: hemiplegia from ascendant hyperactivity of liver yang with obstruction of channels and connections

- **Key symptoms:**
 - **Specific symptoms:** spastic paralysis of affected side with rigidity of limbs and difficulty in flexion and extension.
 - **General symptoms:** headache, dizziness and vertigo, flushed complexion, tinnitus.
 - **Pulse and tongue:** red or crimson with thin yellow coating, wiry, forceful pulse.
- **Treatment method:** settle the liver, subdue yang, extinguish wind, clear the channels and connections.
- **Formula:** zhen gan xi feng tang (Sedate the Liver and Extinguish Wind Decoction) or tian ma gou teng yin (Gastrodia and Uncaria Decoction)
- **Acupuncture:** BL-18 gan shu, BL-23 shen shu, LR-03 tai chong, KI-03 tai xi, LI-15 jian yu, LI-11 qu chi, TB-05 wai guan, LI-04 he gu, GB-30 huan tiao, GB-34 yang ling quan, ST-36 zu san li, ST-41 jie xi, BL-60 kun lun

Formula and modifications

- Zhen gan xi feng tang (Sedate the Liver and Extinguish Wind Decoction):
 - Huai niu xi, bai shao, dai zhe shi, long gu, mu li gui ban, xuan shen, tian men dong, chuan lian zi, mai ya, yin chen hao, gan cao
- Tian ma gou teng yin (Gastrodia and Uncaria Decoction):
 - Tian ma, gou teng, shi jue ming, shan zhi zi, huang , chuan niu xi, du zhong, yi mun cao, sang ji sheng, ye jiao teng, fu shen
- Modifications:
 - To reinforce in clearing channels and connections, add: di long, ji xue teng

Sequelae: slurred speech from obstruction of the connections by wind phlegm

- **Key symptoms:**
 - **Specific symptoms:** stiffness of the tongue, difficulty speaking, numbness of the limbs.
 - **Pulse and tongue:** white slimy coating, slippery, wiry, pulse.
- **Treatment method:** dispel wind, expel phlegm, clear the orifice and connections.
- **Formula:** jie yu dan (slurred speech relieving elixir)
- **Acupuncture:** GB-20 feng chi, ST-40 feng long, CV-23 lian quan, HT-05 tong li, GV-15 ya men, TB-01 guan chong, M-HN-20a yu ye, M-HN-20b jin jin

Formula and modifications

- Jie yu dan (slurred speech relieving elixir):
 - Zhi bai fu zi, shi chang pu, yuan zhi, tian ma, quan xie, qiang huo, tian nan xing, mu xiang, gan cao
- Modifications:
 - In cases accompanied by ascension of liver yang, with headache and dizziness and vertigo, use zhen gan xi feng tang or tian ma gou teng yin

Sequelae: slurred speech from depletion of kidney essence

- **Key symptoms:**
 - **Specific symptoms:** slurred speech or aphasia.
 - **General symptoms:** weak aching lower back and legs, palpitations, shortness of breath.
 - **Pulse and tongue:** thin coating, weak, thready pulse.
- **Treatment method:** supplement kidney essence, nourish yin, open the orifices.
- **Formula:** di huang yin zi (Rehmannia drink)
- **Acupuncture:** BL-23 shen shu, KI-03 tai xi, CV-23 lian quan, HT-05 tong li, GV-15 ya men, TB-01 guan chong

Formula and modifications

- Di huang yin zi (Rehmannia drink):
 - Shu di huang, ba ji tian, shan zhu yu, rou cong rong, shi hu, wu wei zi, fu ling, mai men dong, shi chang pu, yuan zhi, sheng jiang, bo he, zhi fu zi, rou gui, da zao
- Modifications:
 - The prescription is often modified to benefit the voice and clear the orifices, delete: zhi fu zi, rou gui, add: xing ren, jie geng

Sequelae: Facial paralysis

- **Key symptoms:**
 - **Specific symptoms:** The affected side of the face presents numbness, flaccidity and weakness of the muscles, slanting of the features toward the unaffected side and drooling from the corner of the mouth, inability to wrinkle the forehead, knit the brow, expose the teeth or bulge the cheek, inability to full close the eyelid, with tearing of the eye, disappearance of forehead wrinkle, shallowness or even disappearance of the nasolabial groove, difficulty in speech and, in severe cases, weakening or loss of the sense of taste on the anterior two-thirds of the tongue.
- **Treatment method:** dispel wind, transform phlegm, quicken the blood and free the connections.
- **Formula:** qian zheng san (pull aright powder)
- **Acupuncture:** ST-04 di cang, ST-06 jia che, GB-14 yang bai, ST-01 cheng qi, LI-20 ying xiang, LI-04 he gu, BL-02 zan zhu, ST-44 nei ting, SI-06 yang lao, BL-60 kun lun

Formula and modifications

- Qian zheng san (pull aright powder):
 - Zhi bai fu zi, bai jiang can, quan xie
- Modifications:
 - In cases of presenting twitching of the eyelids and mouth, the prescription is modified to settle the liver and extinguish wind, add: tian ma, gou teng, shi jue ming