

Class 2: Atony (Wei) patterns, Facial Pain, Sprain, Torticollis

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Atony patterns

Wei zheng

- A set of patterns in which the four limbs become atonic weak, flaccid and unresponsive to voluntary motor control
- Includes:
 - Polyneuritis or guillain barre's diseases, acute myelitis, myasthenia gravis, paralysis, muscular dystrophy, hysterical paralysis, multiple sclerosis and sequelae of infectious diseases of the central nervous system, including polio

Etiology and pathogenesis

- External factors
 - Invasion of heat evil or damp-heat
- Internal factors
 - Depletion of qi, blood, yin and essence
- Lack of nourishment and moistening of the sinews, muscles, tendons and vessels

Patterns

- Lung heat with injury to body fluids
- Invasion by damp-heat evils
- Spleen and stomach qi vacuity
- Depletion of liver and kidney yin

Lung heat with injury to body fluids

- **Key symptoms:**
 - Muscular weakness and flaccidity and motor impairment of limbs, with fever, irritability, dry cough, dry throat, thirst, dark scanty urine, dry stools. Red tongue with dry yellow coating. Rapid and thready pulse.
- **Treatment method:** clear heat, moisten dryness, nourish the lung, generate liquid
- **Formula:** Qing zao jiu fei tang (Dryness clearing lung rescuing Decoction)
- **Acupuncture:** UB13 fei shu, LU5 chi ze

Formula and modifications

- Qing zao jiu fei tang (Dryness clearing lung rescuing Decoction):
 - Sang ye, Mai men dong, Shi gao, Xing ren, Pi pa ye, Huo ma ren, Ren shen, E jiao, Gan cao
- Modifications:
 - To clear heat, generate fluids, delete ren shen, e jiao, increase the dosage of shi gao, add sha shen, zhi mu, jin yin hua, lian qiao,
 - To copious phlegm, add bei mu, gua lou
 - For both lung yin and stomach yin deficiency, use yi wei tang

Invasion by damp-heat evils

- **Key symptoms:**
 - Heaviness, weakness and flaccidity of limbs, occasionally a numbness with slight swelling in lower limbs, fever, congestion and fullness of chest and epigastrium and dark scanty urine. Yellow sticky coating, soft rapid pulse.
- **Treatment method:** clear heat, disinhibit dampness
- **Formula:** Jia wei er miao san (Supplemented mysterious Two Powder)
- **Acupuncture:** UB20 pi shu, SP9 yin ling quan

Formula and modifications

- Jia wei er miao san (Supplemented mysterious Two Powder):
 - Huang bai, Cang zhu, Niu xi, Fang ji, Bi xie, Dang gui, Gui ban
- Modifications:
 - To drain dampness and free the connections, delete dang gui, gui ban, add yi yi ren, mu tong, can sha, mu gua
 - For predominance of dampness evil, add hou po, fu ling, hua shi
 - In summer for dampness, add huo xiang, pei lan
 - For damp heat injured yin, delete cang zhu, add sheng di huang, mai men dong, tian hua fen
 - For blood stasis, add chi shao yao, dan shen, tao ren, hong hua

Spleen and stomach qi vacuity

- **Key symptoms:**
 - Flaccidity and weakness of limbs progression to muscular atrophy, loss of appetite, loose stools, tiredness, fatigue, lusterless complexion, shortness of breath, facial puffiness. Pale tongue thin white coating. Thready weak pulse.
- **Treatment method:** tonify the spleen and stomach, boost qi
- **Formula:** Shen Ling Bai Zhu San (Ginseng, Poria, and Atractylodes Macrocephala Powder)
- **Acupuncture:** UB20 pi shu, SP6 san yin jiao, Ren12 zhong wan

Formula and modifications

- Shen Ling Bai Zhu San (Ginseng, Poria, and Atractylodes Macrocephala Powder):
 - Ren shen, Bai zhu, Fu ling, Zhi gan cao, Shan yao, Bai bian dou, Yi yi ren, Lian zi, Sha ren, Jie geng
- Modifications:
 - For stagnation, add gu ya, mai ya, shan zha, shen qu
 - For chills and cold extremities, add zhi fu zi, gan jiang
 - For qi and blood deficiency, add huang qi, dang gui

Depletion of liver and kidney yin

- **Key symptoms:**
 - Flaccidity and weakness of limbs with weak aching lower back and knees, dizziness and vertigo, tinnitus, dry throat, fatigue, seminal emission, irregular menstruation, red tongue with little coating. Rapid and thready pulse.
- **Treatment method:** tonify the liver and kidney, nourish yin, clear heat
- **Formula:** Hu Qian Wan (Hidden tiger pill)
- **Acupuncture:** UB18 gan shu, UB23 shen shu, GB39 xuan zhong, GB34 yang ling quan

Formula and modifications

- Hu Qian Wan (Hidden tiger pill):
 - Shu di huang, Zhi mu, Gui ban, Huang bai, Bai shao yao, Hu gu, Chen pi, Suo yang, Gan jiang
- Modifications:
 - For yin deficiency with empty heat, delete suo yang, use zhi bai di huang wan
 - For qi and blood deficiency, add huang qi, dang gui, ji xue teng
 - For prolonged yin deficiency leading to yang deficiency, delete huang bai, zhi mu, add lu jiao jiao, bu gu zhi, ba ji tian, rou gui

Facial pain

Mian tong

- Spasmodic penetrating of the cheek and temple
- Paroxysmal, radiating and quite severe
- Includes:
 - Trigeminal neuralgia

Etiology and pathogenesis

- Wind cold entering the facial portion of the yangming channel, hindering the movement of qi and blood causes obstruction of the channels
- Liver and stomach fire flaring up

Patterns

- External Wind Cold
- Liver and Stomach Fire

External Wind Cold

- **Key symptoms:**
 - Sudden attack of facial pain, with local muscular spasms, aggravation of pain by exposure to cold alleviation by heat, runny nose with clear thin mucus. Thin white coating, floating, tight pulse.
- **Treatment method:** dispel wind, dissipated cold, relieve pain
- **Formula:** Chuan Xiong Cha Jiao San
(Ligusticum Chuanxiong Powder to be Taken with Green Tea)
- **Acupuncture:** LI4 he gu, GB20 feng chi, ST7 xia guan, SJ5 wai guan

Formula and modifications

- Chuan Xiong Cha Jiao San Ligusticum Chuanxiong Powder to be Taken with Green Tea):
 - Bo he, Chuan xiong , Bai zhi, Qiang huo, Xi xin, Jing jie , Fang feng , Gan cao
- Modifications:
 - To reinforce warming the channels and dispersing cold, add gui zhi, gao ben

Liver and Stomach Fire

- **Key symptoms:**
 - Sudden attack of facial pain, burning sensation at the site of pain, irritability, bloodshot eyes, tearing of eyes, thirst, constipation. Red tongue yellow coating, rapid wiry pulse.
- **Treatment method:** clear liver and stomach fire, relieve pain
- **Formula:** Xiong Zhi Shi Gao Tang (Ligusticum, Dahurican Angelica and Gypsum Decoction)
- **Acupuncture:** LI4 he gu, ST7 xia guan, LV2 xing jian, ST44 nei ting

Formula and modifications

- Xiong Zhi Shi Gao Tang (Ligusticum, Dahurican Angelica and Gypsum Decoction):
 - Chuan xiong, Bai zhi, Shi gao, Ju hua, Gao ben, Qiang hu
- Modifications:
 - To reinforce clearing fire, add tian ma, gou teng, huang qin, shan zhi zi, bai jiang can, quan xie
 - For yin deficiency, add sheng di huang, zhi mu, gou qi zi, niu xi
 - For prolonged cases of facial pain, add tao ren, hong hua, chi shao yao

Sprain

niu shang

- Injury to the soft tissue surrounding the joints of the limbs or trunk.
- Manifestation: local swelling and pain as well as restricted movement of the injured joint

Etiology and pathogenesis

- Strenuous exercise, external blows or collisions, falls, forceful stretching, overburdening, or twisting of joints
- Local qi and blood stasis

Stagnation of qi and blood

- **Key symptoms:**
 - Local distention, swelling and pain, red or dark purple discoloration, restriction of movement.
- **Treatment method:** regulate qi, quicken the blood, soothe soft tissues, clear the connections
- **Formula:** Shu Jin Huo Xue Tang (Sinew-Soothing Blood Quickenning Decoction)
- **Acupuncture:** Ashi points

Formula and modifications

- Shu Jin Huo Xue Tang (Sinew-Soothing Blood Quickening Decoction):
 - Qiang huo, Du huo, Jing jie, Fang feng, Dang gui, Xu duan, Qing pi, Niu xi, Wu jia pi, Du zhong, Hong hua, Zhi ke

Crick in the Neck

lao zhen

- Acute uncomplicated stiffness and pain of the neck where normal movement is restricted
- Includes:
 - Label torticollis, cervical rheumatism, cervical muscle strain, and cervical fibrositis

Etiology and pathogenesis

- Sleep posture
- Wind-cold

Patterns

- Stagnation of qi and blood
- Invasion by wind cold

Stagnation of qi and blood

- **Key symptoms:**
 - Stiffness and pain of neck, restriction of movement, tightness of muscle, local palpable masses sometimes.
- **Treatment method:** move qi, quicken the blood, soothe soft tissues, harmonize the connections
- **Formula:** Shu Jin Huo Xue Tang (Sinew-Soothing Blood Quickenning Decoction)
- **Acupuncture:** Ashi points, M-UE24 luo zhen, UB10 tai shu, SI3 hou xi, GB39 xuan zhong

Formula and modifications

- Shu Jin Huo Xue Tang (Sinew-Soothing Blood Quickening Decoction):
 - Qiang huo, Du huo, Jing jie, Fang feng, Dang gui, Xu duan, Qing pi, Niu xi, Wu jia pi, Du zhong, Hong hua, Zhi ke

Invasion by wind cold

- **Key symptoms:**
 - Stiffness and pain of neck, restriction of movement, tightness of muscle, aversion to cold and slight fever, headache. thin white coating, floating and tight pulse.
- **Treatment method:** dispel wind, dissipate cold, soothe soft tissues and harmonize the connections
- **Formula:** Ge gen Tang (Pueraria Decoction)
- **Acupuncture:** M-UE24 luo zhen, LI4 he gu, Ashi points, SJ5 wai guan, UB10 tian zhu, SI3 hou xi, GB39 xuan zhong

Formula and modifications

- Ge gen Tang (Pueraria Decoction):
 - Ge gen, Ma huang, Gui zhi, Bai shao yao, Zhi gan cao , Sheng jiang, Da zao
- Modifications:
 - For severe headache with aversion to cold, add qiang huo, bai zhi, chuan xiong