

# Class 6: Enuresis, Mumps, Measles

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# Enuresis yi niao

- Involuntary passage of urine during sleep.  
Occurs over three years old.
  - In mild cases: bed-wetting occurs once in several nights
  - In severe cases: bed-wetting occurs once every night or several times each night.

# Etiology and pathogenesis

- Vacuity:
  - Kidney yang
  - Lung and spleen
- Repletion:
  - Damp-heat of the liver channel
- Patterns
  - Vacuity of kidney yang
  - Vacuity of lung and spleen qi
  - Damp-heat of the liver channel

# Vacuity of kidney yang

- **Key symptoms:**
  - **Specific symptoms:** frequent bed-wetting, up to several times each night,
  - **General symptoms:** pale complexion, tiredness, fatigue, copious clear urine, frequent urination, cold extremities, physical cold, weak aching lower back and legs
  - **Pulse and tongue:** pale tongue, slow, deep, forceless pulse.
- **Treatment method:** warm and supplement kidney yang, secure and astringe the urine.
- **Formula:** suo quan wan (stream-reducing pill) or tu si zi wan (cuscutea seed pill)
- **Acupuncture:** CV-04 guan yuan, CV-03 zhong ji, BL-23 shen shu, BL-28 pang guang shu, KI-03 tai xi, SP-06 san yin jiao

# Formula and modifications

- Suo quan wan (stream-reducing pill):
  - Wu yao, yi zhi ren, shan yao
- Tu si zi wan (cuscuta seed pill):
  - Tu si zi, rou cong rong, ji nei jin, wu wei zi, zhi fu zi, duan mu li
- Modifications:
  - In cases accompanied by phlegm-dampness, add: dan xing, fa ban xia, shi chang pu, yuan zhi
  - In cases presenting with poor appetite and loose stools, add: dang shen, bai zhu, fu ling, shan zha

# Vacuity of lung and spleen qi

- **Key symptoms:**
  - **Specific symptoms:** Enuresis with frequent short urinations, often seen when the constitution is weak during recovery from illness.
  - **General symptoms:** short of breath, disinclination to speak, tiredness, fatigue, sallow complexion, loss of appetite, loose stools and spontaneous perspiration.
  - **Pulse and tongue:** pale with white coating, tardy or deep, thready pulse.
- **Treatment method:** supplement spleen and lung qi, consolidate the urine-holding function of the urinary bladder.
- **Formula:** bu zhong yi qi tang (center-supplementing Qi-boosting decoction) with suo quan wan (stream-reducing pill)
- **Acupuncture:** BL-20 pi shu, CV-06 qi hai, SP-06 san yin jiao, LU-09 tai yuan, ST-36 zu san li.

# 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, chen pi, sheng ma, chai hu, zhi gan cao
- Suo quan wan (stream-reducing pill):
  - Wu yao, yi zhi ren, shan yao
- Modifications:
  - In cases of excessively deep sleep, add shi chang pu,
  - In cases of loose stools, add: pao jiang

# Damp-heat of the liver channel

- **Key symptoms:**
  - **Specific symptoms:** bed-wetting, decreased urinary volume that is fishy in odor and yellow in color
  - **General symptoms:** restlessness and agitation, talking in the sleep, grinding of teeth during sleep, red lips.
  - **Pulse and tongue:** yellow slimy coating, rapid slippery pulse.
- **Treatment method:** drain the liver, clear heat, disinhibit dampness.
- **Formula:** long dan xie gan tang (gentian liver-draining decoction)
- **Acupuncture:** BL-28 pang guang shu, CV-03 zhong ji, SP-09 yin ling quan, SP-06 san yin jiao, LR-02 xing jian



# Formula and modifications

- Long dan xie gan wan (gentian liver-draining decoction):
  - Long dan cao, huang qin, shan zhi zi, ze xie, mu tong, dang gui, che qian cao, sheng di huang, chai hu, gan cao
- Modifications:
  - For prolonged damp heat injuring kidney yin use zhi bai di huang wan: shu di huang, shan zhu yu, shan yao, ze xie, fu ling, mu dan pi, zhi mu, huang bai

# Mumps

## zha sai

- An acute contagious disease that presents with fever, swelling and tenderness of the parotid glands. In older children, mumps can be accompanied by pain and swelling of the testicles and loss of consciousness and convulsions.

# Etiology and pathogenesis

- Wind-heat seasonal epidemic evils and combine with phlegm-fire to congest the shao yang channels and obstruct the flow of qi and blood, resulting of swelling, hardness and pain in the parotid glands area.
- Patterns:
  - External epidemic warm-toxin
  - Internal epidemic heat-toxin

# External epidemic warm-toxin

- **Key symptoms:**
  - **Specific symptoms:** mild fever and aversion to cold, unilateral or bilateral swelling over the parotid glands, unclear swelling boundary, no apparent redness in the swollen area, pain and springy sensation on palpation, some difficulty in chewing, redness and pain of the throat.
  - **Pulse and tongue:** red with thin yellow coating, rapid floating pulse.
- **Treatment method:** dispel wind, clear heat, resolve toxins, relieve swelling.
- **Formula:** yin qiao san (lonicera and forsythia powder)
- **Acupuncture:** ST-06 jia che, TB-17 yi feng, TB-05 wai guan, LI-04 he gu

# Formula and modifications

- Yin qiao san (lonicera and forsythia powder):
  - Jin yin hua, lian qiao, dan dou chi, niu bang zi, bo he, jing jie sui, jie geng, gan cao, lu gen
- Modifications:
  - In cases of redness, swelling and pain of the throat, delete: jing jie, add: ma bo, ban lan gen
  - In cases of severe swelling and pain of the parotid area, add: xia ku cao

# Internal epidemic heat-toxin

- **Key symptoms:**
  - **Specific symptoms:** heat, pain, redness and swelling of the area over the parotid glands, difficulty chewing, high fever, headache, irritability, thirst, redness, pain and swelling of the throat, dark scanty urine, dry hard stools, vomiting. In severe cases, there is redness and swelling of the testes, loss of consciousness or convulsions..
  - **Pulse and tongue:** red with yellow coating, rapid slippery pulse.
- **Treatment method:** clear heat, resolve toxins, soften hardness, dissipate binds.
- **Formula:** pu ji xiao du yin (universal salvation toxin-dispersing beverage)
- **Acupuncture:** TB-22 he liao, TB-05 wai guan, LI-04 he gu, LI-11 qu chi, LU-11 shao chong, TB-01 guan chong ST-40 feng long

# Formula and modifications

- Pu ji xiao du yin (universal salvation toxin-dispersing beverage):
  - Ban lan gen, huang qin, huang lian, xuan shen, lian qiao, chai hu, niu bang zi, bai jiang can, jie geng, sheng ma, bo he, ma bo, chen pi, gan cao
- Modifications:
  - In cases of swollen parotid glands with hard masses that are not easily dispersed, delete: gan cao, add: xia ku cao, hai zao, kun bu
  - In cases of congestion of heat-toxin with constipation, add: da huang, mang xiao
  - In cases accompanied by pain and swelling of the testes, use long dan xie gan tang

# Measles ma zhen

- Fever, coughing stuffy nose, running nose, tearing of the eyes and a red rash covering the entire body. Most common in children between six months and five years old.



# Etiology and pathogenesis

- Attach by seasonal heat-toxin-uncomplicated patterns
  - Febrile stage
  - Eruption stage
  - Recovery stage
- Internal invasion of evils-complicated patterns
  - Oppression of the lung by heat evil
  - Invasion of the throat by heat evil
  - Accumulation of heat-toxin in the heart and liver

# Uncomplicated patterns-febrile stage

- **Key symptoms:**
  - **Specific symptoms:** fever, aversion to cold or drafts, stuffy runny nose, sneezing, coughing, frontal headache, red eyelids, tearing of the eyes, fatigue and sleepiness. After two to three days of fever, the mucous membranes on the inside of the cheeks become red and the mucous patches characteristic of measles gradually appear. They begin next to the molars and consist of a small white dot surrounded by a ring of redness, urine is concentrated and scanty, stools sometimes loose or runny. (3 days)
  - **Pulse and tongue:** thin, white or slightly yellow coating, rapid floating pulse.
- **Treatment method:** clear and diffuse the lung, outthrust the exterior with cool pungent herbs.
- **Formula:** xuan du fa biao tang (toxin-diffusing exterior-effusing decoction)

# Formula and modifications

- Xuan du fa biao tang (toxin-diffusing exterior-effusing decoction):
  - Ge gen, sheng ma, niu bang zi, lian qiao, zhu ye, qian hu, jing jie, fang feng, zhi ke, mu tong, jie geng, gan cao, bo he, yan sui
- Modifications:
  - In cases of high fever without perspiration, add xian fu ping
  - In cases of marked soreness of the throat, add: ma bo, she gan
  - In cases of high fever with injury to yin, add sheng di huang, xuan shen, tian hua fen
  - In cases of poor physical constitution, with lack of strength necessary to erupt the rash and dispel evils, add ren shen, huang qi, huang jing
  - In cases where wind-cold has invaded the body surface, preventing the unhindered eruption of the rash, add ma huang, xi xin
  - In cases where evils have invaded the construction aspect, add: shi hu, sheng di huang, dan dou chi

# Uncomplicated patterns- eruption stage

- **Key symptoms:**
  - **Specific symptoms:** continue fever with simultaneous eruption of rash. The rash begins along the hairline behind the ears, gradually spreading over the forehead, cheeks, neck chest, abdomen, four limbs and when fully erupted, to the palms, soles and top of the nose. The rash begins as small separate spots that gradually become denser-bright red at first, dark red later and slightly raised above the surface of the skin. Excessive thirst, bloodshot eyes with increased discharge, more severe coughing, irritability or sleepiness. 3 days
  - **Pulse and tongue:** red with yellow coating, rapid pulse.
- **Treatment method:** clear heat, resolve toxin, promote eruption of rash.
- **Formula:** qing jie tou biao tang (clearing and resolving exterior-outthrusting decoction)

# Formula and modifications

- Qing jie tou biao tang (clearing and resolving exterior-outthrusting decoction)
  - Sang ye, ju hua, jin yin hua, lian qiao, chan tui, niu bang zi, xi he liu, ge gen, sheng ma, zi cao, gan cao
- Modifications:
  - In cases where rash is bright red or dark purplish, manifesting in large patches, add: sheng di huang, mu dan pi
  - In cases of severe coughing, add: jie geng, san bai pi, xing ren
  - In cases of high fever, with flushed complexion and irritability, add: shan zhi zi, huang lian, shi gao
  - In cases of bleeding gums or epistaxis, add: ou jie tan, bai mao gen

# Uncomplicated patterns- recovery stage

- **Key symptoms:**
  - **Specific symptoms:** after complete eruption of the rash, the fever begins to subside and the voice is slightly hoarse with dry coughing and thirst. The rash gradually disappears in the same sequence as that of eruption and the skin becomes darker and flakes off. Appetite improves, and vitality returns.
  - **Pulse and tongue:** red with dry coating, thready, slightly rapid pulse.
- **Treatment method:** nourish yin, boost qi, clear remaining evils.
- **Formula:** sha shen mai dong tang (adenophora-  
glehnia and ophiopogon decoction)

# Formula and modifications

- Sha shen mai men dong tang (adenophora-  
glehnia and ophiopogon decoction):
  - Bei sha shen, mai men dong, tian hua fen, yu zhu,  
bian dou, sang ye, gan cao
- Modifications:
  - In cases where heat is not completely cleared, add: di  
gu pi, yin chai hu
  - In cases of poor appetite, add: gu ya, mai ya
  - In cases of hard dry stools, add: quan gua lou, huo  
ma ren

# Complicated patterns-oppression of the lung by heat-toxin

- **Key symptoms:**
  - **Specific symptoms:** incomplete eruption of rash, premature disappearance of rash, or extensive concentrated purplish rash, unabated high fever, coughing, wheezing, flaring of the nostrils during respiration, thirst, restlessness.
  - **Pulse and tongue:** red with yellow coating, rapid pulse.
- **Treatment method:** diffuse the lung, open oppression, clear heat, resolve toxin
- **Formula:** ma xing shi gan tang (ephedra apricot kernel gypsum and licorice decoction)



# Formula and modifications

- Ma xing shi gan tang (ephedera apricot kernel gypsum and licorice decoction):
  - Ma huang, xin ren, shi gao, zhi gan cao
- Modifications:
  - In cases of extreme fever, add huang qin, yu xing cao
  - In cases of severe coughing and wheezing, ting li zi
  - To downbear qi and transform phlegm, add: qian hu
  - In cases of dry, hard stools, add: da huang, mang xiao
  - In cases of copious phlegm, add: tian zhu huang, zhu li, zhe bei mu

# Complicated patterns-invasion of the throat by heat-toxin

- **Key symptoms:**
  - **Specific symptoms:** swelling and pain of the throat, hoarse voice, heavy coughing similar to a dog barking.
  - **Pulse and tongue:** red with yellow slimy coating, rapid slippery pulse.
- **Treatment method:** clear heat-toxin, ease the throat, disperse swelling
- **Formula:** qing yan xia tan tang (pharynx-clearing phlegm-precipitating decoction)

# Formula and modifications

- Qing yan xia tan tang (pharynx-clearing phlegm-precipitating decoction):
  - Xuan shen, jie geng, niu bang zi, she gan, jing jie, ma dou ling, zhe bei mu, gua lou, gan cao
- Modifications:
  - To reinforce clearing heat-toxin, add: ban lan gen, jin yin hua, ting li zi
  - In cases of hard, dry stools, add: da huang, mang xiao

# Complicated patterns-accumulation of heat-toxin in the heart and liver

- **Key symptoms:**
  - **Specific symptoms:** high fever, restlessness, delirium, concentrated purplish-red rash manifesting in large patches over the entire body, flaring of the nostrils during respiration, loss of consciousness and convulsions when severe.
  - **Pulse and tongue:** deep red tongue, rapid wiry pulse.
- **Treatment method:** clear heat, resolve toxin, subdue liver, extinguish wind
- **Formula:** ling jiao gou teng tang (antelope horn and uncaria decoction)

# 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 severe cases of loss of consciousness, add: shi chang pu, dan xing, yu jin