

Reference Guide to Acupuncture
Zang Fu Principles and Diagnosis

**Zang Fu Principles
And Diagnosis:
Reference Guide for
Advanced
Practitioners**
Fifth Printing

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INTRODUCTION (1986)

It gave me great pleasure to read and edit the Reference Guide to Acupuncture: Zang Fu Principles and Diagnosis.

I highly appreciate this book for its richness in content and succinctness in style. It is really very valuable and convenient for practical use.

This innovative book classifies all symptoms for each Zang-Fu organ into the two main categories of Excess and Deficiency.

It also presents practical guidelines for the selection of reducing or reinforcing methods of manipulation.

This book is of great value and I heartily recommend it for the beginning student as well as the experienced practitioner.

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**Reference Guide to
Acupuncture:
Zang Fu Principles
And Diagnosis**

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Preface

Since the introduction of acupuncture to the United States there has been enormous progress in the publication of English language texts. The few books available in the early 1970's were written for the lay public describing acupuncture and Oriental folk medicine in very general terms. The Chinese Foreign Language Press responded to the growth of acupuncture in the United States by producing a text called Essentials of Chinese Medicine and later Chinese Acupuncture and Moxabustion. Subsequently, American acupuncturists began to publish material directly for American students.

During my studies, in the late 1970's, I looked for a concise guide to diagnosis and treatment that would fit in the pocket of my lab coat. This book was created to answer that need.

At the time of this third printing more than 5000 copies of this guide have found its way into the hands of students and private practitioners. I believe with the acceptance of Oriental Medicine into main stream health care the reprinting of this book is an important adjunct to any professional practice.

The Zang Fu Reference Guide continues to meet a new and different need among acupuncture students and practitioners. It was written at the Midwest College of Oriental Medicine (acupuncture.edu) in response to the integration of Western and traditional Chinese medicine. In allopathic medicine there are many fundamental reference books that assist physicians in making clinical decisions, such as, the Mercks Manual.

This text, The Zang Fu Reference Guide, was created to fill a similar need among practitioners of Oriental Medicine. In order to be authoritative the original English language research was edited by a noted authority in the people's Republic of China, later in Taiwan, and critically edited in the U.S. Perhaps this is the first work which was created by the faculty of an American school and edited at a Chinese teaching hospital.

William Dunbar, PhD
President, Midwest College of Oriental
Medicine

INTRODUCTION TO THE SECOND EDITION

The second edition of Zang Fu Principles and Diagnostics has been revised to include two translations of each organ pathology and additional herbal formulas. It is hoped that by listing two different translations side by side, an acupuncturist can gain greater insight into the terminology of Chinese Zang Fu patterns.

This second edition was designed with both students and practitioners in mind. For students it is an excellent study guide for memorizing eight principle theory. Practitioners can use this text as a clinical reference guide. The pulse, tongue, disease and symptom indices are cross referenced to each organ complex.

The extra space on the bottom of each page is for listing additional point formulations and herbal formulas. This will allow practitioners to develop and record their own personal choices of treatment. It is hoped that the open-ended style of this book will make it fit the needs of even the most experienced practitioner.

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ORGAN ABBREVIATIONS

LU	=	LUNG
LI	=	LARGE INTESTINE
ST	=	STOMACH
SP	=	SPLEEN
HT	=	HEART
SI	=	SMALL INTESTINE
BL	=	BLADDER
K	=	KIDNEY
PC	=	PERICARDIUM
TB	=	TRIPLE BURNER
GB	=	GALL BLADDER
LV	=	LIVER

PATTERNS OF ORGAN DISHARMONY: LUNG

LUNG FUNCTIONS

1. Governs qi and respiration
2. Lungs rule the surface
3. Governs wei qi
4. Regulates water passages in the body
5. Controls perspiration
6. Lungs function to disperse and descend qi
7. Opens to the nose, manifests in the skin and body hair
8. Governs the voice

Symptoms of excess:

Pain in upper back, shoulder and chest, colds with stuffed nose, hoarseness, wheezing respiration, frequent urination with small amounts, heavy chest, reduced lung capacity, coughing, nasal discharge.

Symptoms of deficiency:

Pain and coldness in upper back and shoulder, shortness of breath, changes in urine color, rumbling bowels with loose bowel movements, pallor, malar flush, chills, sniffles, sneezing, light cough, sensitivity to cold.

Cold Violating the Lungs

Wind – cold fettering the lungs

Symptoms: Chills, slight fever, headache, body ache, lack of perspiration, cough with thin watery sputum, stuffy or runny nose, asthma

Tongue: thin, white fur

Pulse: floating, tight

Western: common cold, acute or chronic bronchitis, bronchial asthma

SUGGESTED POINTS:

Expel wind, disperse cold, tonify lungs

GB 20	expels wind from the body
BL 10	expels wind from the body
LI 4	tonifies wei qi, expels wind, causes perspiration
BL 12	use with BL 13 for lung & qi problems
BL 13	lung shu point
LU 1	lung mu point, for respiratory problems
LI 4	tonifies wei qi
LU 7	circulates lung qi, disperses wind
ST 36	tonifies emptiness and weakness

Needle BL and GB Ashi points on the head. After recovery, tonify lungs and wei qi by using LI 4, LU 7, ST 36. Moxa can be used after the wind has been expelled, but not during the initial treatments.

Cold Violating the Lungs

Wind-cold fettering the lungs

HERBAL FORMULA:

- Gan Mao Ling
This product is a very gentle and light formula, but it only works in the early stages.
- Chin Ke Pien / Zhi Ke Pian
(Ephedra Almond Stop Cough Pills)
Useful for cough due to wind cold
- Chuan Bei Ju Hong Wan
(Fritillaria & Citrus Peel Pills)
Clears wind cold or wind heat
- Chuan Bei Pi Ba Lu
(Fritillaria & Eriobotrya Syrup)
All flu conditions due to wind heat or wind cold
- Tong Xuan Li Fei Wan
Dissipates cold, resolves exterior, diffuses the lung and stops cough

Invasion of the Lungs by Wind Heat

Wind-heat invades the lungs

Symptoms: fever, redness, swelling and soreness of the throat, cough or asthma with thick yellow phlegm, headache, thirst, perspiration, constipation, dark urine, slight, chills, nose bleed

Tongue: red with thin, yellow fur

Pulse: fast

Western: common cold, acute or chronic bronchitis, pulmonary abscess, pneumonia

SUGGESTED POINTS:

Expel wind, disperse heat

GV14	disperse to liberate excess heat
TB 5	disperse to liberate heat
GB 20	useful in expelling wind
BL 10	use to dispel wind
LI 4	expels wind and causes perspiration with LI 11
LU 11	bleed to cool and open the lungs
LU 5	sedation point
PC 6	regulates qi
LI 11	expels wind, causes perspiration

Invasion of the Lungs by Wind Heat

Wind-heat invades the lungs

HERBAL FORMULA

- Yin Chiao Jie Du Pian / Yin Qiao Jie Du Pian
Use at the onset of invasion of wind heat
- Liu Shen Wan
Use with extreme heat in the upper burner accompanied by severe sore throat
- Chuan Bei Ju Hong Wan
(Fritillaria & Citrus Peel Pills)
Can be used in either wind heat or wind cold
- Chuan Bei Pi Ba Lu
(Fritillaria & Eriobotrya Syrup)
All flu conditions due to wind heat or wind cold
Good for children
- Zhi Sou Ding Chuan Wan
Dispels exterior wind, clears heat in the lungs and stops cough. This is an effective expectorant
- Sang Ju Gan Mao Pian
Dissipates wind-heat, antitussive. This formula works best at the initial stages of wind heat
- Zhong Gan Ling
Useful in more severe stages. Helps resolve phlegm, stop cough and reduces body pain.

Retention of Damp Phlegm in Lungs

Phlegm-damp obstructing the lung

Symptoms: cough, shortness of breath, asthma with copious phlegm, wheezing, rattling sounds in the throat or chest, and flank distention and soreness, breathing difficulty increases when lying down.

Tongue: thick white, greasy fur
(if cold)

thick yellow greasy fur
(if heat)

Pulse: slippery

Western: chronic bronchitis, bronchial asthma, bronchiectasis.

SUGGESTED POINTS:

Tonify lungs, tonify spleen, disperse excess

- | | |
|-------|---|
| ST 40 | transforms phlegm |
| ST 36 | regulates spleen and stomach |
| BL 20 | spleen shu point |
| BL 12 | use with BL 13 for lung and qi problems |
| B 13 | lung shu point |

If there is some heat:

- | | |
|-------|------------------------|
| GV 14 | resolves excess yang |
| LI 11 | eliminates excess heat |

Retention of Damp Phlegm in the Lungs

Phlegm-damp obstructing the lung

HERBAL FORMULA

- Qin Qi Hua Tan Wan
(Pinellia Expectorant)
Treats excessive phlegm heat conditions
accompanied by cough
- Er Chen Wan
Dries damp, transforms phlegm, harmonizes
center. Good for damp phlegm cough
- Chuan Bei Ju Hong Wan
Primarily works on cold phlegm
- Chih Ke Pien / Zi ke Pian
Stops cough, transforms phlegm in either hot
or cold conditions
- Zhi Sou Ding Chuan Wan
Dispels exterior wind, clears heat in the lungs
and stops cough
- Shih Chuan Da Bu Wan
Tonifies qi, yang and blood

Deficient Lung Yin

Lung yin vacuity

Symptoms: dry, unproductive cough, possible blood in sputum, dry mouth, malar flush, night sweats, afternoon fever, low voice, hot palms and soles, emaciated appearance

Tongue: reddish with dry fur

Pulse: thin, rapid

Western: pulmonary tuberculosis, chronic pharyngitis, chronic bronchitis, bronchiectasis

SUGGESTED POINTS:

Tonify lungs and kidney yin

LU 5	use for cough due to heat in lungs
LU 1	mu point, for respiratory problems
BL 17	diaphragm shu point, opens the chest
LU 7	useful with cough, circulates lung qi
BL 13	lung shu point
K 6	useful with all chronic throat problems
K 3	kidney source point
K 7	tonifies kidney, metal point
SP 6	tonifies yin
PC 6	regulates qi
PC 8	disperses heat

Deficient Lung Yin

Lung yin vacuity

HERBAL FORMULA:

- Da Bu Yin Wan
(Great Tonic of Yin Pills)
Tonifies general yin, lung yin and kidney yin
- Bai He Gu Jin Wan
(Lilly Strengthen Lung Pills)
Specific for lung yin deficiency
- Yang Yin Qin Fen Wan
Clears false heat and tonifies lung yin

Deficient Lung Qi

Lung qi vacuity

Symptoms: low voice, lack of desire to talk, weak respiration, exhausted spirit and appearance, weak cough, shortness of breath, spontaneous sweating, weakness and lassitude, daytime sweating, low resistance to cold

Tongue: pale, thin white fur

Pulse: weak

Western: emphysema, chronic bronchitis, pulmonary tuberculosis, allergies

SUGGESTED POINTS:

Tonify lungs and spleen qi

LU 1	useful for all respiratory problems
BL 13	lung shu point
LV 13	spleen mu point
BL 20	spleen shu point
LU 9	stops cough, transforms mucus
CV 17	adjusts qi of upper burner
LI 4	tonifies wei qi
LU 7	use for throat infection, cough Use with LI 4 for asthma
ST 36	regulates stomach and spleen qi

Deficient Lung Qi

Lung qi vacuity

HERBAL FORMULA:

- Ren Shen Bao Fei Wan
Boosts qi, tonifies lungs, stops cough and eases dyspnea
- Shih Chuan Da Bu Wan
Tonifies qi, nourishes the blood
- He Che Da Zao Wan
Treats qi and yin deficiency
- Shen Qi Da Bu Wan
(Codonopsis and Astragalus)
This warm formula is a general qi tonifier

PATTERNS OR ORGAN DISHARMONY: SPLEEN

SPLEEN FUNCTIONS

1. Governs transportation and transformation of food, transforms food into blood
2. Manages the blood, keeps blood in the vessels
3. Governs muscles of the limbs and the flesh
4. Controls taste, distributes each flavor to its proper organ
5. Keeps the internal organs in their place
6. Function includes that of the pancreas
7. Sends moisture to tongue, producing saliva
8. Opens to the mouth, manifests in the lips
9. Spleen qi ascends

Symptoms of excess:

Abdominal pain, irregular appetite, stickiness in mouth and on lips, red lips, chest congestion, fatigue, constipation

Symptoms of deficiency:

Abdomen taut and distended like a drum, craving for sweets, flatulence, nausea, mild edema, memory failure, heavy feeling in legs, pale lips, chronic diarrhea

Deficient Spleen Qi

Spleen qi vacuity

Symptoms: poor appetite, abdominal pain and distention which is relieved by pressure, anemia, lassitude, sagging or bearing down sensation in the abdomen, uterine bleeding, bloody stools, edema, prolapse of the rectum or uterus, chronic hemorrhage, anorexia

Tongue: pale, thin white fur

Pulse: empty

Western: gastric or duodenal ulcers, nervous dyspepsia, hepatitis, anemia, chronic dysentery

SUGGESTED POINTS:

Tonify spleen qi

SP 2	tonification point
SP 3	source point
BL 20	spleen shu point
ST 36	regulates stomach and spleen qi
LV 13	spleen mu point
CV 12	strengthens and regulates qi

Moxa is applicable at all points

Deficient Spleen Qi

Spleen qi vacuity

HERBAL FORMULA:

- Bu Zhong Yi Qi Wan
Tonifies spleen qi, makes qi ascend and strengthens wei qi
- Shen Ling Bai Zhu San
Tonifies spleen qi, but has no ascending function. Especially good for children. Useful when treating spleen deficient diarrhea
- Si Jun Zi Tang
Tonifies qi, fortifies spleen
- Gui Pi Wan / Kwei Be Wan
This formula tonifies spleen qi and heart blood, and is useful if there is a general blood deficiency
- Niu Ke Ba Zhen Wan
(Women's Precious Pills/ Eight Treasure Pills)
Use for men or women who have a qi and blood deficiency
- Wuchi Paifeng Wan
(Black Chicken White Phoenix Pills)
This is a general blood tonifier, especially good for women
- Dang Gui Pian
(Tang Kwei Tablets)
Tonifies blood

Deficient Spleen Yang

Devitalization of splenic yang

Symptoms: cold limbs, abdominal pain or distention which is relieved by heat or pressure, diarrhea with undigested food, anemia, poor appetite, difficulty in urination, leukorrhea, edema.

Tongue: swollen, moist, pale

Pulse: slow, weak

Western: gastric or duodenal ulcers, gastritis, enteritis, hepatitis, nephritis, dysentery

SUGGESTED POINTS:

Tonify spleen yang

SP 2	tonification point
SP 3	source point
ST 36	regulates stomach and spleen
BL 20	spleen shu point
LV 13	spleen mu point
BL 23	kidney shu point
CV 4	tonification of yang

Moxa is applicable at all points

HERBAL FORMULA:

- Li Zhong Wan
(Regulate Middle Pills)
Tonifies spleen qi and yang, dissipates cold

Deficient Spleen Yang

Devitalization of splenic yang

HERBAL FORMULA:

- Fu Zi Li Zhong Wan
(Aconitum Compound Pills)
The formula is hot, making it useful for yang deficiency with cold symptoms. Especially useful if spleen yang deficiency is a result of kidney yang deficiency
- Gui Pi Wan / Kwei Be Wan
Tonifies heart blood and spleen qi
- Tien Wang / Pu Hsin Tang
(Emperor Tea)
Tonifies heart yin and blood. It is appropriate for deficiency conditions with false heat
- An Sheng Wan / An Shen Wan
Tonifies heart yin and blood. This formula has a slight ability to clear heat.

Spleen Qi Sinking

Spleen qi fall

Symptoms: abdominal distention and pain, poor appetite, prolapse of the rectum or uterus, extreme chronic diarrhea, urinary incontinence

Tongue: pale, enlarged

Pulse: soggy

Western: uterine prolapse, rectal prolapse

SUGGESTED POINTS:

Raise qi, tonify spleen, tonify organ affected

GV20	moxa to raise qi
BL 20	spleen shu point
LV 13	spleen mu point
CV 12	stomach mu point
ST 36	strengthen middle burner

Do not use lower limb points

HERBAL FORMULA:

- Bu Zhong Yi Qi Wan
(Tonify Middle Burner and Qi Pills)
Tonifies spleen qi and causes qi to ascend

Also refer to formulas for spleen qi deficiency

Spleen Unable to Govern the Blood

Blood management failure

Symptoms: blood in the stool, chronic hemorrhage usually seen in the lower part of the body, excessive menstrual flow, uterine bleeding, chronic subcutaneous hemorrhaging

Tongue: pale, thin white fur

Pulse: thin, soggy

Western: hemorrhoids, hemorrhagic disorders

SUGGESTED POINTS:

Tonify spleen, tonify blood

BL 20	spleen shu point
ST 36	regulates stomach and spleen
SP 6	tonifies yin (blood) and spleen
SP 10	sea of blood, nourishes qi, cools heat
BL 17	regulates and tonifies the blood
BL 43	special point for anemia strengthens blood using moxa

Spleen Unable to Govern the Blood

Blood management failure

HERBAL FORMULA

- Gui Pi Wan
Tonifies qi and blood, while strengthening the heart and spleen
- Hsueh An
(Quiet blood)
Very safe formula for bleeding problems
- Yunnan Pai Yao
Useful for internal bleeding or blood stagnation. May be taken with wine to increase its ability to move the blood
- Hua Zhi Lin / Zhi Wan
(Fargelin)
This formula will resolve hemorrhoids and relieve a qi or blood stagnation

Dampness Distresses the Spleen

Splenic vacuity with damp encumbrance

Symptoms: loss of appetite, fullness and distention in the epigastrium, nausea, abdominal pain, loose watery stools, loss of taste, feeling of fullness or heaviness in the chest and head, skin eruptions containing fluid

Tongue: thick, greasy fur

Pulse: slippery or soggy

Western: chronic gastroenteritis, chronic dysentery, chronic hepatitis

Note: also called Cold Dampness in the LI

SUGGESTED POINTS:

Resolve dampness, tonify spleen

- ST 36 regulates stomach and spleen
- ST 40 transforms dampness
- CV 9 useful for water retention or edema
- SP 9 transforms dampness

If there is heat:

- LV 2 fire point of liver
- LV 3 use with LV 2 to disperse heat
- GB 34 cools damp-heat anywhere in the body

If there is cold, moxa the following point:

- LV 13 spleen mu point
- BL 20 spleen shu point
- SP 2 use with SP 3 to tonify spleen and resolve phlegm

Dampness Distresses the Spleen

Splenic deficiency with damp encumbrance

HERBAL FORMULA:

- Er Chen Wan
(Pinellia-Pachyma Compound Pills)
This is the most powerful formula for relieving damp or phlegm. It also tonifies the spleen
- Liu Jun Zi Wan
Tonifies the spleen and stomach, eliminates dampness and phlegm and replenishes qi

External Dampness Obstructs Spleen

Damp encumbering splenic yang

Symptoms: acute onset, occasionally a low fever, loss of appetite, nausea, loss of taste, watery stools, fullness or heaviness in the chest or head.

Tongue: thick, greasy fur

Pulse: soggy

Western: viral or bacterial infection

SUGGESTED POINTS:

Resolve dampness, tonify spleen

ST 40	transforms dampness
ST 36	regulates stomach and spleen qi
CV 12	moxa stomach mu point
BL 20	moxa spleen shu point
LI 4	tonifies qi
LV 13	spleen mu point

HERBAL FORMULA:

- Er Chen Wan
(Pinellia – Pachyma Compound Pills)
Classic formula to relieve dampness or phlegm
- Shen Ling Bai Zhu San
Tonifies Spleen

Note: for maximum effectiveness these two formulas may be combined

Damp Heat in the Spleen

Splenogastric damp-heat obstruction

Symptoms: jaundice, loss of appetite, fullness and stiffness in the epigastrium and abdomen, nausea, vomiting, loose stools, heavy sensation in the body

Tongue: red body, yellow greasy fur

Pulse: rapid and slippery

Western: acute gastritis, acute hepatic infection, cholecystitis, cirrhosis of the liver, jaundice

SUGGESTED POINTS:

Resolve damp, disperse heat, tonify spleen

- GB 34 cools damp-heat anywhere in the body
- SP 9 transforms stuck dampness
- ST 40 transforms dampness
- ST 36 regulates stomach and spleen qi
- BL 20 spleen shu point
- LV 13 spleen mu point

Damp Heat in the spleen

Splenogastric damp-heat obstruction

HERBAL FORMULA:

- Yu Dai Wan
(Cure Discharge Pills)
This formula is especially good for damp heat related to women's problems
- Er Miao Wan
Especially useful for damp heat in the lower burner
- Ligan Pian
(Liver Strengthening Tablets)
For acute heat affecting the liver or gall bladder
- Yin Chen Wu Lin Wan
Use if damp heat of the spleen occurs simultaneously with damp heat in the liver or gall bladder

Turbid Mucus Disturbs the Head

Upper body harassment by phlegm turbidity

Symptoms: extreme dizziness with other mucus problems

Tongue: very greasy white other
or yellow fur

Pulse: slippery or wiry

Western: hypertension

SUGGESTED POINTS:

Resolves phlegm, tonify spleen

- | | |
|-------|--|
| ST 40 | transforms dampness |
| SP 2 | tonifies spleen, use with SP 3 for transforming phlegm |
| SP 3 | resolves phlegm |
| ST 36 | regulates stomach and spleen qi |
| GB 20 | disperses wind, useful with headaches |
| GV 20 | disperse for dizziness |

HERBAL FORMULA:

- Er Chen Wan
(Pinellia – Pachyma Compound Pills)
Classic formula to remove damp and phlegm

PATTERNS OF ORGAN DISHARMONY: HEART

HEART FUNCTIONS

1. Governs blood, blood vessels, and pulse
2. Stores shen (the spirit and mind)
3. Governs speech
4. Governs all yin and yang organs
5. Heart is the governor of "imperial fire"
6. Opens to the tongue, manifests in the face

Symptoms of excess:

Anxiety, frightful dreams, nervousness, heavy chest, hot sweat, tongue feels numb and heavy, dark colored urine

Symptoms of deficiency:

Inability to speak, cold feeling in the chest and limbs, palpitations, cold sweats, impaired memory, restless sleep, nocturnal emission

Deficient Heart Blood

Heart blood vacuity

Symptoms: heart palpitations, forgetfulness, dream disturbed sleep, difficulty falling asleep, lack of concentration, feeling of unease, lethargy, dizziness, pale, lusterless face

Tongue: pale

Pulse: thin, weak

Western: tachycardia, arrhythmia, anemia, hypertension, hyperthyroidism, depressive neurosis, extreme malnutrition

SUGGESTED POINTS:

Tonify heart yin, blood and kidney yin

HT 7	source point of the heart
SP 6	tonifies liver, kidney and spleen yin
SP 9	use for edema & fluid problems with SP 4
SP 10	harmonizes and cools the blood, use moxa to tonify
BL 17	regulates blood, meeting point of blood
BL 43	use for poor memory
CV 14	heart mu point
CV 6	general source point for yin energy
CV 4	promotes kidney

Deficient Heart Yin

Heart yin vacuity

Symptoms: heart palpitations, forgetfulness, insomnia, dream disturbed sleep, restlessness, night sweats, warm palms and soles, agitated manner, lowgrade afternoon fever, thirst, difficulty staying asleep, malar flush

Tongue: red

Pulse: thin and rapid

Western: tachycardia, arrhythmia, anemia, hypertension, hyperthyroidism, depressive neurosis, extreme malnutrition

SUGGESTED POINTS:

Tonify heart yin and kidney yin

PC 6 tonifies heart yin, quiets the heart

CV 14 heart mu point

HT 3 water point, quiets the spirit

K 3 kidney source point, tonifies yin

K 7 kidney metal point, tonifies kidney

GB 25 kidney mu point, tonifies yin

Deficient Heart Yin

Heart yin vacuity

HERBAL FORMULA

- Tien Wang Pu Hsin Tang
(Emperor Tea)
Tonifies heart yin and blood
- An Sheng Wan
Tonifies heart yin and blood, quiets spirit
- Pai Tzu Yang Hsin Wan
Useful with a little false heat and yin deficiency
- Bai Zi Yang Xin Wan/Pai Tzu Yang Hsin Wan
Treats heart and kidney yin deficiency, calms the spirit
- Wu Cha Seng Pien
Tonifies heart yin and calms the spirit

Deficient Heart Qi

Heart qi vacuity

Symptoms: lethargy, palpitations, shortness of breath which is aggravated by exertion, spontaneous sweating.

Tongue: pale, enlarged

Pulse: thin, weak, interrupted

Western: heart disease, cardiac insufficiency, arrhythmia, neurosis

SUGGESTED POINTS:

Promote heart qi

BL 15	heart shu point
CV 14	heart mu point
HT 7	source point, quiets the heart
HT 9	tonifies heart yin and blood
BL 43	special point for anemia
LI 4	tonifies wei qi, controls pain
LU 7	use with CV 17 for pressure in the chest
ST 36	adjust qi and blood

Deficient Heart Qi

Heart qi vacuity

HERBAL FORMULA:

- Shin Chaun Da Bu Wan/Shi Quan Da Bu Wan
Used to replenish yang, qi, and blood
- Shen Qi Da Bu Wan
(Codonopsis and Astragalus)
Similar to Shih Chaun Da Du Wan, but tends to tonify blood and nourish the heart
- Ren Shen Yang Ying Wan
(Ginseng to Tonic Pills)
Tonifies qi and blood, nourishes the heart
- Si Jun Zi Tang
Tonifies qi and fortifies the Spleen

Deficient Heart Yang

Heart yang vacuity

Symptoms: lethargy, palpitations, shortness of breath which is aggravated by exertion, profuse sweating, cold limbs, aversion to cold, mental confusion, cyanotic purple lips.

Tongue: pale, moist

Pulse: slow, thin, weak

Western: cardiac insufficiency, coronary arteriosclerosis, angina pectoris, nervous disorders, general bodily weakness, depressive neurosis

SUGGESTED POINTS:

Tonify heart yang, tonify kidney yang

BL 15	heart shu point
HT 7	heart shu point, quiets the spirit
GV 4	tonifies kidney yang
BL 23	kidney shu point
K3	kidney source point, tonifies yin & yang

HERBAL FORMULA:

- Si Jun Zi Tan

Use when cold pathogen causes phlegm turbidity, or qi and blood stagnation due to congealing cold

Stagnant Blood of the Heart

Cardiac Obturation

Symptoms: stabbing pain in the precordial or substernal region, possibly pain in the shoulder or forearm, lassitude, shortness of breath

Tongue: purplish

Pulse: deep, hesitant, interrupted
possibly arrhythmic

Western: angina, pectoris, pericarditis,
coronary artery disease

SUGGESTED POINTS:

Resolve blood stasis

HT 7	quiets the spirit, moves stagnation
PC 6	quiets the spirit, regulates qi
BL 17	useful in any blood disorder
LI 11	harmonizes blood and ying qi
BL 15	heart shu point
HT 9	bleed to move stagnation
PC 4	promotes circulation in the channels
BL 17	invigorates circulation, reduces phlegm
CV 17	use with BL 17 to remove stagnation and phlegm

HERBAL FORMULA:

- Fu Fang Dan Shen Pian (Dan Shen Tablet)
Resolves blood stasis
- Shih Hsiao San / Shi Xiao San
Increases blood circulation, removes stasis

Cold Mucus Misting the Heart Openings

Phlegm confounding the cardiac portals

Symptoms: gurgling sound of phlegm in the throat, impairment of consciousness, coma, drooling, muttering to oneself, sudden blackouts, edema

Tongue: greasy, white fur

Pulse: slow, slippery

Western: mental illness, epilepsy

SUGGESTED POINTS:

Tonify heart qi, tonify spleen qi, resolve phlegm

BL 15	heart shu point
BL 44	use with BL 15 to calm heart and spirit
BL 43	tonifies emptiness and weakness
HT 7	source point, quiets the spirit
SP 2	tonification point, use to resolve phlegm
SP 3	spleen source point, use with SP 2
ST 36	regulates spleen and stomach
ST 40	transforms phlegm and dampness
CV 9	special point for edema

HERBAL FORMULA:

- Dao Tan Tang
Resolves phlegm, moves qi
- Diang Jian Wan
Opens the portals, extinguishes wind and stabilizes seizures

Phlegm Heat Agitates the Heart

Phlegm fire harassing the heart

Symptoms: agitated, aggressive manner, raving mania, incoherent speech, laughing and crying without apparent reason, hyperactivity, hostility, emotional unrest, incessant talking, reddish face

Tongue: red with greasy, yellow fur

Pulse: rapid, slippery

Western: mental illness, encephalitis, epilepsy, apoplexy

SUGGESTED POINTS:

Cool the heat, resolve phlegm, tonify yin

HT 9	release heat in the heart, bleed this point
PC 6	regulates qi and stops pain
SP 6	tonifies yin
SP 9	use with SP 4 for excess fluids
GB 34	cools damp heat anywhere in the body
GV 14	liberates yang excess in the body
K 3	tonifies kidney yin and yang
K 7	kidney metal point, tonifies kidney
ST 40	transforms phlegm
ST 44	disperses heat

To remove heat, bleed shixuan points

Phlegm Heat Agitates the Heart

Phlegm fire harassing the heart

HERBAL FORMULA:

- Niu Huang Qin Xin Wan
(Clear the Hot pills)
Clears heat and phlegm from the heart,
calms the spirit
- An Gong Niu Huang Wan
Clears heat, dispels phlegm and resolves
toxins
- Tzu Hsueh Tan/Zi Xue Dan
Eliminates heat and toxins, anti-convulsive,
often employed in the treatment of heat in
the pericardium

Excessive Heart Fire

Upflaming of heart fire

Symptoms: ulceration, swelling and pain of the mouth and tongue, insomnia, restlessness, thirst, feverish sensation, bitter taste in the mouth, hot, dark yellow urine with burning pain on urination

Tongue: red, with ulceration at the tip

Pulse: full and rapid

Western: neurosis, bladder infection

SUGGESTED POINTS:

Disperse fire, tonify heart and kidney yin

HT 9	bleed to remove heat
HT 7	source point, earth point, quiets spirit
PC 6	quiets heart, regulates qi
PC 8	cools heart and disperses heat
CV 4	promotes kidney and yuan qi
GB 14	disperses wind, as a result of fire
GV 14	liberates excess yang, clears brain
LI 4	tonifies wei qi, controls pain
K 3	kidney source point, tonifies yin & yang
K 7	kidney metal point, tonification point
SP 6	tonifies kidney, spleen and liver yin

Excessive Heat Fire

Upflaming of heart fire

HERBAL FORMULA:

- Niu Huang Qin Xin Wan
(Clear the Hot Pills)
Clears heat, resolves toxin, dispels phlegm,
calms the spirit
- Tzu Hsueh Tan/Zi Xue Dan
Clears heat, opens portals, quiets the spirit
- Dao Chi San/Tao Chih San
Clears heat from the heart, nourishes
yin, inhibits water flow. Useful if heart fire
is accompanied by urinary tract or oral
infection

PATTERNS OF ORGAN DISHARMONY: KIDNEY

KIDNEY FUNCTIONS

1. Stores jing
2. Responsible for reproduction, growth and development
3. Rules the bones, produces marrow
4. Rules water, governs water metabolism
5. Grasps qi, receives qi from the lungs
6. Kidney yang controls "minister fire"
7. Activates spleen and lung
8. Responsible for heart balance
9. Kidneys are the foundation of yin and yang of all the organs
10. Kidney is the gateway to the stomach
11. Opens to the ears, manifests in the head hair
12. Responsible for hearing

Symptoms of excess:

The main kidney patterns are problems of deficiency

Symptoms of deficiency:

Lumbago, sciatica, various false heat conditions, lack of will, low sex drive, negativity, impatience, timidity, coldness in the lower limbs, premature senility, poor memory, mental dullness

Deficient Kidney Jing

Insufficiency of kidney essence

Symptoms: soreness and weakness of the lumbar region and knee joints, frequent urination, enuresis, incontinence, nocturnal emission, shortness of breath, asthma, premature aging, bad teeth, poor memory, brittle bones, sexual dysfunction, infertility. In children: slow mental or physical growth, particularly skeletal development

Tongue: pale, if more yang deficient
red, if more yin deficient

Pulse: thin

Western: impotence, frigidity, arthritis, prostate problems, asthma

SUGGESTED POINTS:

Tonify yin and yang of kidney and spleen

K 3	source point, tonifies kidney yin and yang
K 7	metal point, tonifies kidney
BL 23	kidney shu point
BL 52	tonifies kidney in chronic problem
GV 3	adjusts kidney qi, rids cold and damp
CV 4	nourishes kidney

Add:

TB 17	for tinnitus
GB 3	for back problems

Deficient Kidney Jing

Insufficiency of kidney essence

Secondary moxa treatment may include

- K 3 source point, tonifies kidney
 yin and yang
- SP 6 tonifies kidney, liver and spleen yin
- BL 23 kidney shu point
- CV 12 stomach mu point

HERBAL FORMULA:

- Jin Gui Shen Qi Wan
(Sexoton) (Gold Book kidney Qi Pills)
Tonifies kidney yang and original yang
- Nan Bao
For deficient kidney jing
- Gejie Da Bu Wan
Warm formula that tonifies and nourishes
the lung and kidney yang
- Zuo Gui Wan / Chou Kuei Wan
Replenishes vital essence and tonifies the
kidneys

Deficient Kidney Yang

Kidney yang vacuity

Symptoms: aching and coldness of the lower lumbar region and knee joints, chills, diarrhea, impotence, frigidity, oliguria, edema of the lower limbs, sterility, spermatorrhea, loose teeth, deafness, bright pale white face.

Tongue: pale with moist, thin, white fur

Pulse: slow, weak

Western: pulmonary heart disease, chronic enteritis, chronic dysentery, edema due to liver cirrhosis, heart disease, nephritis

SUGGESTED POINTS:

Tonify kidney yang

- | | |
|-------|---|
| K 3 | source point, tonifies kidney
yin and yang |
| K 7 | metal point, tonifies kidney |
| GV 4 | tonifies kidney, builds up yuan qi |
| GV 3 | adjusts kidney qi |
| BL 23 | kidney shu point |
| BL 52 | strengthens kidney energy |
| CV 4 | nourishes kidney |
| CV 6 | adjust qi, tonifies the kidney
special point for sexual energy |
| ST 36 | tonifies qi, regulates stomach and
spleen |

Moxa is applicable at all points

Deficient Kidney Yang

Kidney yang vacuity

HERBAL FORMULA:

- Jin Gui Shen Qi Wan
(Sexoton) (Gold Book Kidney Qi Pills)
Tonifies kidney yang and original yang
- Ge Jie Da Bu Wan
Warm formula that tonifies and nourishes both the lungs and kidney yang
- Nan Bao (Male Treasure)
Tonifies kidney yang. Do not use this remedy for a prolonged period of time as it can exhaust the kidney spirit. This formula is best for a low sex drive or for sexual dysfunction
- Kang Wei Lin
Best for impotency due to kidney yang deficiency
- Chin So Ku Ching Wan (Gold Lock Pills)
Use these pills for loss of semen due to kidney deficiency. If yang deficiency is severe, combine these with Jin Gui Shen Qi Wan
- Shen Yan Si Wei Pian (Four Taste Tablet)
This formula tonifies kidney yang and is useful with urinary difficulties due to kidney deficiency
- You Gui Wan
Warms and replenishes kidney yang and essence. Useful for spermatorrhea

Deficient Kidney Yin

Kidney yin vacuity

Symptoms: tinnitus, blurring of vision, dizziness, malar flush, poor memory, hot palms and soles, night sweats, constipation, aching of the loins, weakness of the legs, premature ejaculation, weak and sore back, afternoon fever, nocturnal emission

Tongue: red with scant fur

Pulse: thin, rapid

Western: lumbago, hypertension, chronic ear problem, diabetes, chronic urogenital problems

SUGGESTED POINTS:

Tonify kidney yin:

CV 4	for men: tonifies kidney
CV 3	for women: adjust the uterus benefits transformation of qi,
CV 6	adjust qi, tonifies the kidney
SP 6	tonifies kidney spleen, and liver yin
K 10	water point, horary point
K 7	metal point, tonifies kidney
K 3	source point, tonifies kidney yin and yang
K 1	entry point
BL 23	kidney shu point
GB 25	kidney mu point

Deficient Kidney Yin

Kidney yin vacuity

HERBAL FORMULA:

- Liu Wei Di Huang Wan
(Six Ingredients Rehmannia Pills)
Tonifies kidney yin, spleen yin and liver yin.
Clears false heat from the kidney, spleen and liver
- Zhi Bai Di Huang Wan
Clears lower burner heat, false fire, from kidney. Less tonifying than Liu Wei Di Huang Wan. Use when there is a strong sex drive with premature ejaculation
- Shi Hu Ye Guang Wan
(Dendrobium Night Sight Pills) Tonifies kidney and liver yin. It is useful for vision problems occurring at night or after reading.

PATTERNS OF ORGAN DISHARMONY: PERICARDIUM

PERICARDIUM FUNCTIONS

1. Surrounds and protects the heart
2. Protects heart from exogenous factors
3. Draws excess from the heart
4. Circulates kidney yang qi
5. Activates all of the yin channels

Symptoms of excess:

Cardiac pain, light sleep with too many dreams, heavy head, headache, stomach pain, impacted feces, head and neck stiffness, palpitations, fear of height, indigestion

Symptoms of deficiency:

Stiff head and neck

Heat Collapses into the Pericardium

Heat entering the pericardium

Symptoms: clouding of the spirit, delirium, coma, convulsions, high fever, possible constipation, nervousness, restlessness

Tongue: scarlet with dry, yellow fur

Pulse: thin or wiry and rapid

Western: coma, nervous or mental disorders

SUGGESTED POINTS:

Clear the heat

ST 36 needle or bleed to pull down
the heat

PC 5 calms the spirit, tonifies
upper body yin

PC 6 balances yin and yang, calms
the heart

HT 7 source point, pacifies the heart

GV 14 disperses excess yang

Bleed all of the jing/well points on the fingers and toes, or bleed all of the shixuan points

Heat Collapses into the Pericardium

Heat entering the pericardium

HERBAL FORMULA:

- Chuan Xin Lian Pian
(Antiphlogistic Tablets)
This formula is good for excess heat conditions, no matter which burner is involved. Heat may be from internal or external source.
Note: This formula is both very bitter and cold and can easily damage stomach qi.
- Niu Huang Qin Xin Wan
(Heart Cleaning Pills)
Clears heat in the heart, good for excess heat causing mental disorders. Calms spasms, transforms phlegm, extinguishes wind and nourishes the qi and blood.
- An Sheng Wan
Calms the spirit, with slight ability to clear heat
- Tzu Hsueh Tan/Zi Xue Dan
Eliminates heat and toxins, anti-convulsive, opens the portals. Often employed in the treatment of high fever, particularly when it's a result of heat entering the pericardium

Turbid Mucus Obstructs the Pericardium

Clouding of the pericardium by phlegm
turbidity

Symptoms: loose stools, impairment, or loss
of consciousness, possible low
grade fever

Tongue: red with white greasy fur
(if cold) or yellow greasy fur
(if heat)

Pulse: slippery or soggy and rapid

Western: mental or nervous disorders

SUGGESTED POINTS:

Resolve phlegm, clear heat or cold

- | | |
|-------|--|
| ST 40 | transforms mucus in the
entire body |
| ST 36 | pulls down heat, transforms
mucus |
| PC 6 | calms the spirit, tonifies
upper body yin |
| BL 14 | pericardium shu point |
| BL 15 | heart shu point |

For Heart heat, bleed PC 9 and HT 9 to draw
out heat, GV 26 to restore consciousness

HERBAL FORMULA

- Su He Hsiang Wan

Tonifies qi, yang and resolves phlegm

PATTERNS OF ORGAN DISHARMONY: LIVER

LIVER FUNCTIONS

1. Stores blood
2. Liver rules flowing and spreading
3. Maintains free-coursing of qi
4. Governs muscles, tendons, ligaments
5. Responsible for bile secretion
6. Promotes the function of all organs, primarily stomach and spleen
7. Influences emotional balance
8. Controls mental function of planning
9. Opens to the eyes, manifests in the nails

Symptoms of excess:

Genital diseases, excessive sex drive, excitability, red tearing eyes, insomnia, compulsive energy, moodiness, bitter taste in mouth.

Symptoms of deficiency:

Vertigo, pruritis, timidity, dry skin, bad temper, asthma, depression, aching at the waist, hernia, difficulty raising or lowering the head

Stagnant Liver Qi

Binding depression of liver qi

Symptoms: pain and distention along the course of the liver meridian, headache, pain in the hypochondriac and lower abdominal regions, swelling of the breasts, belching, sighing, depression, frustration, anger without a cause, feeling of a lump in the throat, menstrual pain or irregularity, formation of lumps

Tongue: purplish

Pulse: wiry

Western: mastitis, scrofula, nervous and emotional disorders, menstrual problems

SUGGESTED POINTS:

Move stagnancy in the liver

LV 1	jing/well point, useful with stagnancy
LV 3	balances liver and regulates the blood
CV 3	benefits the transformation of qi
LV 14	liver mu point
BL 18	liver shu point
LV 13	spleen mu point
CV 17	adjusts qi of upper burner
SP 6	transforms dampness, opens the liver

Stagnant Liver Qi

Binding depression of liver qi

HERBAL FORMULA

- Shu Kan Wan
(Relax Liver Pills)
Resolves and activates liver qi stagnation
- Hsiao Yao Wan
(Buplerum Sedative Pills)
Tonifies liver, resolves qi stagnation and aids digestion
- Lei Li Pien
(Lelipien)
For excess heat with qi stagnation

Liver Fire Rising

Upflaming of liver fire

Symptoms: splitting headache, dizziness, red face and eyes, distending sensation in the head, bitter taste in the mouth, violent anger, tinnitus, epistaxis, uterine bleeding, impairment of hearing, insomnia, constipation, dark scant urine

Tongue: red with rough, yellow fur

Pulse: wiry, rapid and full

Western: hypertension, migraine, acute conjunctivitis, otitis, labyrinthitis

SUGGESTED POINTS:

Disperse fire, tonify liver yin

GB 34	cools damp heat anywhere in body
LV 2	fire point, disperses fire of the liver
LV 3	source point, balances liver
LV 14	liver mu point
ST 8	intersecting point of GB and ST
SP 6	tonifies spleen, kidney and liver yin
CV 4	builds up yuan qi

Liver Fire Rising

Upflaming of liver fire

HERBAL FORMULA:

- Long Tan Xie Gan Wan
Very cold herbs to clear fire of the liver and gall bladder
- An Sheng Wan
(Calm the Spirit Pills)
This formula tonifies liver yin and to a lesser degree clears internal heat
- Er Ming Zuo Ci Wan / Tso Tzu Otic
Clears heat, calms the liver and enriches yin
- Xie Qing Wan
Clears heat, disperses the liver, frees the stool and calms liver wind

Liver Yin Deficiency

Insufficiency of liver yin

Symptoms: afternoon fever, malar flush, dizziness, depression, nervous tension, dry eyes, warm palms and soles, headache, tinnitus, irritability, blurring of vision

Tongue: red

Pulse: thin, rapid

Western: hypertension, nervous disorders, chronic eye ailments, menstrual problems

SUGGESTED POINTS:

Tonify liver and kidney yin

LV 2	fire point, disperses fire of the liver
LV 3	source point, balances liver and regulates blood
SP 6	tonifies spleen, kidney and liver yin
LV 13	spleen mu point
LV 8	water point, tonifies yin
K 3	source point, tonifies kidney yin and yang
GB 25	kidney mu point
K 7	metal point, tonifies kidney

Liver Yin Deficiency

Insufficiency of liver yin

HERBAL FORMULA:

- Qi Ju Di Huang Wan
(Lycium, Chrysanthemum, Rehmannia Pills)
Tonifies liver yin, liver blood, kidney yin,
brightens the eyes and clears heat
- Fu Fang Wu Wei Zi Pian
(Mixed Formula Schisandra Pills)
Tonifies liver yin, very useful when there is
stress in the nervous system. It has a sedative
effect
- Shi Hu Ye Guang Wan
(Dendrobium Night Sight Pills)
Useful if there are vision problems, especially
at night or after reading. Tonifies liver and
kidney yin, brightens the eyes
- Hsiao Yao Wan
(Buplerum Sedative Pills)
Tonifies liver yin and blood, relieves liver qi
stagnation and coordinates the functioning
of the liver and spleen
- Ligan Pian
(Save Liver Pills)
Tonifies liver yin and blood

Liver Yang Ascending

Ascend hyperactive of liver yang

Symptoms: anger, depression, throbbing headaches, dizziness, tinnitus, vision problems

Tongue: red

Pulse: wiry, may be thin

Western: hypertension, migraine, nervous disorders

SUGGESTED POINTS:

Disperse excess yang, tonify liver yin

LV 2	fire point, disperses fire of the liver
GB 34	expels heat of liver and gall bladder
BL 18	liver shu point
GB 20	special point for headaches
LV 14	liver mu point
SP 6	tonifies spleen, kidney and liver yin
K 3	source point, tonifies kidney yin and yang
K 7	metal point, tonifies kidney

Liver Yang Ascending

Ascendant hyperactivity of liver yang

HERBAL FORMULA:

- Jia Wei Xiao Yao Wan
Removes stagnancy of liver and clears the liver and gall bladder of heat
- An Sheng Wan
Tonifies liver yin and to a lesser degree clears internal heat
- Shi Hu Ye Guang Wan
(Dendrobium Night Sight Pills)
Useful in visual problems that occur at night or after reading, nourishes liver, kidney yin and brightens the eyes
- Zhang Yan Ming
(Blockage Eye Clear)
Useful with poor vision that has developed slowly
- Er Ming Zuo Ci Wan / Tso Tzu Otic
Clears heat, calms the liver and enriches yin
- Long Dan Xie Gan Wan
Very cold herbs to clear fire of the liver and gall bladder
- Xie Qing Wan
Clears heat, disperses the liver, frees the stool and calms liver wind
- Qi Ju Di Huang Wan
Tonifies liver yin, liver blood, kidney yin, brightens the eyes and clears heat

Stirring of Liver Wind

Liver wind

Symptoms: vertigo, tremor, convulsion, spasms, stiff neck, sudden facial paralysis, extreme dizziness, tinnitus, apoplexy, hemiplegia

Tongue: red or dark purple with dry fur

Pulse: wiry

Western: hypertension, stroke, epilepsy
trigeminal neuralgia

SUGGESTED POINTS:

Calm liver, disperse wind

LV 2	moves stuck qi in the liver
LV 3	balances liver, moves qi
GB 20	expels wind
BL 18	liver shu point
L 14	expels wind, special effect on all problems of the face
GV 20	disperse to calm the liver and extinguish wind
K 3	source point, tonifies kidney yin and yang
K 7	tonifies kidney to tonify liver
BL 23	kidney shu point, strengthens kidneys

Stirring of Liver Wind

Liver wind

HERBAL FORMULA:

- Da He Luo Dan
(Major Activation of Channel Pills)
Expels wind from either internal or external sources. Good for hemiplegia due to stroke
- Da Din Fen Zhu
(Great Calming Wind Pills)
Extinguishes internal wind especially due to blood and yin deficiency of liver and kidney
- Tian Ma Pian
(Gastrodia Pills)
Subdues endogenous liver wind due to excessive liver yang. Will calm the liver and stop spasm(s)

Note: Treat liver wind according to cause

1. Blood deficiency leading to wind
2. Extreme heat leading to wind
3. Liver yang creating wind

Deficient Liver Blood

Liver blood vacuity

Symptoms: dizziness, blurring of vision, dryness of the eyes, muscle spasms, limb numbness, irregular menstrual cycle with scanty light colored flow, seeing spots before the eyes, pale face

Tongue: pale

Pulse: wiry, thin

Western: hypertension, chronic eye ailments, chronic menstrual disorders, anemia

SUGGESTED POINTS:

Tonify liver yin, tonify spleen

SP 6 tonifies spleen, liver and kidney yin

BL 20 spleen shu point

BL 18 liver shu point

BL 15 heart shu point, use for blood disorders

ST 36 tonifies, regulates stomach and spleen

CV 4 builds up the kidney and yuan qi

LV 14 liver mu point

BL 23 kidney shu point

Deficient Liver Blood

Liver blood vacuity

HERBAL FORMULA:

- Qi Ju Huang Wan
(Lycium, Chrysanthemum, Rehmannia Pills)
Tonifies liver yin, liver blood and kidney yin
- Ligan Pian
(Liver Strengthening Tablets)
Tonifies liver yin and blood
- Si Ni San
Nourishes liver blood and blood in general
- Nei Bu Yang Ying Wan
Tonifies qi and blood, regulates the menses
and eases pain. Especially suitable for blood
deficiency menstrual problems

Cold Stagnation of the Liver Meridian

Cold stagnating in the liver channel

Symptoms: lower abdominal pain, swelling and painful distention of the scrotum, pains which are aggravated by cold and alleviated by warmth, pain which can be felt on the sides of the body

Tongue: moist with white, glossy fur

Pulse: deep, wiry, slow

Western: hernia, pelvic inflammatory disease

SUGGESTED POINTS:

Move stagnation, disperse cold

- LV 3 moves energy of the meridian
- LV 5 clears channel
- LV 8 water point, tonifies liver,
 needle and moxa this point
- SP 6 opens liver, useful in gynecological
 problems
- CV 4 disperses cold from the lower
 burner
- CV 6 invigorates qi and yang

HERBAL FORMULA:

- Hu Xiang Jie He Wan
 Moves qi and disperses cold in the lower
 abdomen
- Shan Qi Wan
 Warms the kidneys, dissipates cold, rectifies
 qi and eases pain

Invasion of the LV / GB by Damp Heat

Brewing hepatocystic damp-heat

Symptoms: bitter taste in mouth, jaundice, nausea, fever, thirst, dark urine

Tongue: red with yellow, greasy fur

Pulse: fast, wiry

Western: infectious hepatitis, inflammation of the gall bladder, cholecystitis, cholelithiasis

SUGGESTED POINTS:

Clear and disperse damp heat

- | | |
|-------|---|
| GB 34 | disperses damp heat anywhere in the body |
| LV 2 | fire point, disperses fire of the liver |
| SP 9 | transforms dampness |
| ST 36 | regulates stomach and spleen, helps reduce dampness |
| BL 48 | special point for jaundice |
| GV 9 | transforms dampness |
| BL 19 | cools, clears and disperses exogenous heat of gall bladder or liver |
| GB 24 | gall bladder mu point |
| LV 14 | liver mu point |
| BL 18 | liver shu point |
| K 1 | lowers fever when other methods fail |

Invasion of the LV / GB by Damp Heat

Brewing hepatocystic damp-heat

HERBAL FORMULA:

- Yin Chen Wu Lin Wan
(Artemesia Five Ingredient Pills)
Clears damp heat in the liver or gall bladder
- Long Dan Xie Gan Wan
Very cold herbal formula used to clear fire
of the liver and gall bladder
- Ji Gu Cao Wan
Removes damp heat, invigorates liver

Invasion of the Liver by Cold Damp

Invasion of liver by cold damp

Symptoms: pain felt mainly in the right hypochondrium, bitter taste in the mouth

Tongue: moist, white fur

Pulse: slippery, slow

Western: chronic jaundice

SUGGESTED POINTS:

Resolve the damp, disperse cold

- | | |
|-------|--|
| BL 18 | liver shu point |
| LV 8 | water point, special point for liver disease |
| ST 36 | regulates stomach and spleen, tonifies qi |
| ST 40 | transforms damp |
| ST 9 | transforms damp |
| LV 3 | balances liver, moves the channel |

HERBAL FORMULA:

- Yu Dia Wan
(Cure Discharge Pills)
These pills are useful for the treatment of cold damp, but since they have a cool nature they must be combined with warmer herbs
- Fu Zi Li Zhong Wan
(Aconitum Compound Pills)
This is a very warm formula to treat cold damp
Note: these two formulas work very well in combination

PATTERNS OF ORGAN DISHARMONY: LARGE INTESTINE

LARGE INTESTINE FUNCTIONS

1. Governs transformation and conveyance of turbid waste
2. Absorbs fluids
3. Large intestine channel is important for Wei qi problems, facial and sinus problems
4. Large intestine qi descends

Symptoms of excess:

Warmth and swelling along the course of the channel, distended abdomen, dizziness, constipation, yellowish orange urine

Symptoms of deficiency:

Cold, shivering, difficulty getting warm, rumbling in the bowels, diarrhea

Damp Heat in the Large Intestine

Large intestinal damp-heat

Symptoms: abdominal pain, urgent need to defecate, diarrhea with blood and pus in the stool, burning anus, fever

Tongue: red with yellow, greasy fur

Pulse: slippery and rapid

Western: acute dysentery, acute colitis

SUGGESTED POINTS:

Resolve damp, clear heat

- | | |
|-------|---------------------------------------|
| GB 34 | clears damp and heat |
| ST 25 | clears heat from large intestine |
| ST 37 | lower He point of the large intestine |
| ST 36 | reduces heat, resolves damp |
| LI 11 | He point, clears heat |
| ST 44 | pulls heat down |
| LI 4 | clears heat |

HERBAL FORMULA:

- Jia Wei Xiang Lian Wan
Clears damp-heat, transforms stagnation and stops diarrhea
- Li Ji Wan
Modern formula for the treatment of hot diarrhea, dysentery and enteritis

Stagnation of Blood and Heat in the Large Intestine

Intestinal abscess

Symptoms: severe fixed pain in the lower abdomen which is increased by pressure, either constipation or mild diarrhea, possible fever and vomiting

Tongue: red, greasy, yellow fur

Pulse: slippery and rapid

Western: intestinal abscess, appendicitis

SUGGESTED POINTS:

Clear the heat and disperse stagnation

ST 36 clears heat

ST 37 lower He point of large intestine

LI 4 clears heat, calms pain

LI 11 clears heat

ST 25 clears heat in the large intestine

PC 6 tonifies yin

GV 14 clears heat from the body

(Lanweixue) extra point for appendicitis

Stagnation of Blood and Heat in the Large Intestine

Intestinal abscess

HERBAL FORMULA:

- Niu Huang Qin Xin Wan
Clears heat, resolves toxin, dispels phlegm and quiets the spirit
- Yunnan Pai Yao
Useful with blood stagnation. Taken with wine this formula moves blood
- Chuan Xin Lian Pian
(Antiphlogistic Tablets)
Effective for clearing toxic heat in any Burner
- Niu Huang Chieh Tu Pien
Strong formula for clearing toxic heat

Exhausted Fluid of the Large Intestine

Large intestinal humor depletion

Symptoms: constipation, difficult defecation,
dry mouth and throat

Tongue: red, dry

Pulse: thin

Western: constipation

SUGGESTED POINTS:

Tonify qi and yin of the large intestine

ST 25	mu point of the large intestine
BL 25	shu point of the large intestine
CV 6	tonifies lower yin
SP 6	tonifies yin
ST 36	tonifies qi

HERBAL FORMULA

- Rong Chang Wan

(Fructus Persica)

This formula nourishes the blood, stops intestinal wind and lubricates the intestines. It is useful in treating three types of constipation: qi deficiency, yin deficiency, fluid deficiency

- Ma Ren Zi Pi Wan

(Semen Cannabis Compound Pills)

Lubricates the intestines and frees the stool

Note: Of these two formulas, the former is more tonifying while the latter is more dispersing.

Deficient Qi of the Large Intestine

Large intestinal vacuity

Symptoms: chronic diarrhea, slight persistent abdominal discomfort, borborygmi, tiredness, pressure relieves pain, cold limbs, constipation

Tongue: pale with white fur

Pulse: weak

Western: viral infection, parasitic invasion

Note: also called Deficient Spleen Yang

SUGGESTED POINTS:

Promote qi of the large intestine

LI 4	tonifies qi
ST 25	large intestine mu point
BL 25	large intestine shu point
CV 12	tonifies middle burner
LV 13	spleen mu point

Deficient Qi of the Large Intestine

Large intestinal vacuity

HERBAL FORMULA:

- Ma Zi Ren Wan / Ma Ren Wan
(Semen Cannabis Seed Core Pills)
This formula treats qi deficiency constipation
- Bu Zhong Yi Qi Wan
(Tonify Middle Burner and Qi Pills)
Tonifies qi deficiency and helps qi ascend,
which is very useful with chronic diarrhea
- Shen Qi Da Bu Wan
(Codonopsis and Astragalus)
This warm formula is a general qi tonifier
- Wen Pi Zhi Xie Wan
Stops diarrhea, warms the cold and tonifies
the spleen

Cold Dampness in the Large Intestine

Large intestinal cold-damp

Symptoms: watery diarrhea, abdominal pain, borborygmi, clear urine, cold feet and hands

Tongue: moist, pale white fur

Pulse: deep and slow

Western: indigestion, chronic diarrhea

Note: also called Dampness Distressing the Spleen

SUGGESTED POINTS:

Warm and tonify lower burner

CV 12 mu point of the stomach

CV 4 tonifies lower burner

ST 25 large intestine mu point

ST 36 tonifies stomach and spleen

BL 23 kidney shu point

Moxa applicable at all points

Cold Dampness of the Large Intestine

Large intestinal cold-dampness

HERBAL FORMULA:

- Wen Pi Zhi Xie Wan
Stops diarrhea, warms cold, tonifies spleen
- Xiang Sha Lui Jun Zi Wan
Tonifies spleen and stomach, relieves abdominal distention due to cold and dampness
- Wei Ling Tang
Dispels dampness in spleen, stomach and large intestine. Useful for watery diarrhea

PATTERNS OF ORGAN DISHARMONY: STOMACH

STOMACH FUNCTIONS

1. Stomach is the sea of nourishment
2. Governs the decomposition of food
3. ST and SP are the root of post-natal qi
4. Stomach qi descends

Symptoms of excess:

Hot abdominal area, overactive digestive system causing hunger and thirst, dark yellow urine, gluttony, halitosis, swollen gums, red dry lips, pains and cramps in legs

Symptoms of deficiency:

Cold and shivering abdominal area, abdomen swollen and full, gastritis, loss of appetite, diarrhea, nausea, leg weakness

Stagnant Stomach Qi

Gastric qi stagnation

Symptoms: distended and painful epigastrium, sour taste in mouth, belching, possible nausea and vomiting, anorexia

Tongue: thick, dark, greasy fur

Pulse: wiry

Western: gallstones, anorexia

Note: also called Liver Invading Stomach

SUGGESTED POINTS:

Move stagnancy, tonify stomach

ST 36	tonifies stomach and spleen
CV 12	stomach mu point
CV 10	clears stagnancy in middle burner
PC 6	moves middle burner
ST 44	pulls down excess
LV 3	clears stagnancy
LV 14	clears stagnancy
BL 20	spleen shu point
BL 21	stomach shu point

Moxa is applicable

Stagnant Stomach Qi

Gastric qi stagnation

HERBAL FORMULA:

- Hsiang Sha Yang Wei Pills
(Tonify Stomach Pills)
This formula is warm and dry. It tonifies qi, fortifies the spleen, dissipates digestate, and harmonizes the center
- Bao He Wan
(Restore Balance Pills)
This formula relieves stasis and dissipates digestate accumulation
- Zhi Zhu Wan
(Auranthus and Atractylodes Pills)
Treats digestate accumulation which results from spleen-stomach deficiency. This formula is an effective purgative, it fortifies the spleen and clears the stomach and intestines of phlegm, food and blood
- He Xiang Zhen Qi Wan
(Agastache-Lophantus Antifebrile Pills)
Works well with qi stagnation and external cold. It can be used even if a cold condition is not present
- Hsiao Yao Wan
(Buplerum Seditative Pills)
This formula harmonizes the relationship of Liver and Spleen

Deficiency Cold of the Stomach

Gastric qi vacuity cold

Symptoms: epigastric pain relieved by warmth, pressure and eating, diarrhea

Tongue: pale, moist, white fur

Pulse: deep or moderate, weak

Western: gastric ulcer, viral infection

Note: also called Deficient Spleen Yang

SUGGESTED POINTS:

Warm and tonify middle burner

CV 6 tonify yang

CV 12 stomach mu point

ST 36 tonifies stomach and spleen

BL 21 stomach shu point

BL 20 spleen shu point

LV 13 spleen mu point

Deficiency Cold of the Stomach

Gastric qi vacuity cold

HERBAL FORMULA:

- Li Zhong Wan
(Regulate Middle Pills)
This formula warms the Middle Burner
- Fu Zi Li Zhong Wan
This is for a more severe yang deficiency with cold symptoms
- Xiang Sha Liu Jun Zi Wan
Tonifies spleen and stomach, relieves abdominal distention due to cold and dampness
- Liu Jun Zi Wan
Tonifies the spleen and stomach, dries dampness and eliminates phlegm
- Hsiang Sha Yang Wei Wan
This warm formula is useful with a yang or qi deficiency with cold
- He Xiang Zhen Qi Wan
(Agastache Antifebrile Pills)
Treats gastrointestinal qi stagnation that occurs simultaneously with an external cold problem

Stomach Fire Blazing

Intense stomach fire

Symptoms: dryness of the mouth, constipation, excessive thirst and appetite, halitosis, swollen painful gums, burning sensation in the epigastrium. Preference for cold drinks, bleeding of gums.

Tongue: red, with thick, yellow fur
and ulcerous tip

Pulse: rapid and full

Western: ulcer, gastritis, hyperthyroidism, diabetes

SUGGESTED POINTS:

Disperse stomach fire, sedate excess

ST 44 pulls down heat in stomach

ST 45 pulls down, disperse heat and excess

BL 21 stomach shu point

Tonify the following points:

GB 41 controls excess of the stomach

PC 6 tonifies yin of middle burner

Stomach Fire Blazing

Intense stomach fire

HERBAL FORMULA:

- Qing Wei Huang Lian Wan
Clears stomach heat, nourishes yin, cools blood
- Qing Wei He Zhong Wan
Treats heat that results from food stagnation and qi depression
- Huang Lien Pien
This formula will clear heat due to stomach fire

Deficient Stomach Yin

Insufficiency of the stomach yin

Symptoms: dry mouth and lips, little appetite, anorexia, dry vomit, belching, constipation

Tongue: red, peeled, no coat

Pulse: fine and rapid

Western: anorexia

SUGGESTED POINTS:

Tonify stomach yin

ST 44 water point

CV 12 stomach mu point

PC 6 tonifies stomach yin

ST 25 clears intestines, relieves constipation

HERBAL FORMULA:

- Qing Wei Huang Lian Wan

This formula is appropriate if there are heat symptoms. It clears stomach heat, nourishes yin, cools blood

- Liu Wei Di Huang Wan

(Six Ingredient Rehmannia Pills)

This is a general yin tonifying formula

Congeaed Blood of the Stomach

Stomach blood stasis

Symptoms: stabbing pain in the epigastrium, abdominal distention and pain which is increased by pressure, dark stools

Tongue: dark with red dots and
thin, yellow fur

Pulse: wiry and choppy

Western: gastric ulcer

SUGGESTED POINTS:

Move stagnancy

SP 6 clears obstruction

SP 10 sea of blood point

LI 11 harmonizes blood

BL 17 master point of blood

Treatment similar to stomach qi stagnation. In addition, use points which help to move and activate stagnant blood

Congeaed Blood of the Stomach

Obstructed blood in the stomach

HERBAL FORMULA:

- Yunnan Pai Yao
Useful with blood stagnation due to internal or external causes. Taken with wine this formula moves blood. Taken with water, it stops bleeding
- Shi Xiao San
Invigorates blood circulation, removes stasis, disperses lumps and hardening and relieves pain
- Bao He Wan
(Restore Balance Pills)
This formula resolves stasis and dissolves accumulations of undigested food

PATTERNS OF ORGAN DISHARMONY: SMALL INTESTINE

SMALL INTESTINE FUNCTIONS

1. Separates the clear from the turbid
 - a) Clear becomes bodily fluids
 - b) Turbid becomes waste
2. Responsible for quality of blood
3. Responsible for digestion and nutrient absorption
4. Small intestine diseases are mainly related to stool and urinary disturbances

Symptoms of excess:

Congested abdomen, pain at temples and side of neck, flacidity of muscles and joints in the arms, especially the elbows, reddish urine

Symptoms of deficiency:

Swelling or nodules, hemicrania, tinnitus, pain around the ear, pain depressing the abdomen

Heat of the Heart Descends into The Small Intestine

Heart fire spreading to the small intestine

Symptoms: burning pain in the urethra, hot dark yellow urine, frequent urination, hematuria, lower abdomen feels full, sore throat, cold sores in the mouth, flushed face, insomnia, irritability

Tongue: red with yellow fur

Pulse: rapid and slippery

Western: urinary tract infection

Note: also called Excess Heat of the SI

SUGGESTED POINTS:

Drain heat of small intestine and stomach

SI 8	sedation point for small intestine
ST 44	pulls heat down
ST 45	pulls heat down
SP 6	eliminates damp heat from lower burner
SP 9	eliminates damp heat from lower burner
SI 2	water point

HERBAL FORMULA:

- Dao Chi San

Clears heat from the heart, nourishes yin, useful if heart fire is accompanied by urinary track or oral infection

Stagnant Qi of the Small Intestine

Small intestinal qi stagnation

Symptoms: pain in the hypogastrium and groin, lower back pain, hernia

Tongue: white fur

Pulse: deep and wiry or tight

Western: hernia

Note: also called Cold Stagnation of the Liver Meridian

SUGGESTED POINTS:

Refer to cold stagnating in liver meridian
In addition, needle

CV 12 moves stagnation

CV 6 moves stagnation, local point

HERBAL FORMULA:

- Hui Xiang Jie He Wan
Moves qi and disperses cold in the lower burner
- Shan Qi Wan
This formula warms the kidneys, dissipates cold, rectifies qi and eases pain

Obstructed Qi of the Small Intestine

Small intestinal qi obstruction

Symptoms: constipation, intense pain in the abdomen, possible vomiting of fecal matter

Tongue: yellow, greasy fur

Pulse: wiry and full

Western: food poisoning, bowel obstruction

SUGGESTED POINTS:

Moves obstruction

- SI 3 tonification point of small intestine
- ST 36 strengthens middle burner
- ST 44 pulls down excess, clears heat
- CV 12 tonifies middle burner
- CV 6 adjusts qi
- ST 25 good for any stagnation in bowels
- ST 39 lower he point of small intestine

HERBAL FORMULA:

- Bao He Wan
(Restore Balance Pills)
Relieves stasis and dissipates digestate accumulation
- Zhi Zhu Wan / Chih Chu Wan
(Auranthus and Atractylodes Pills)
Treats accumulation due to spleen deficiency. Disperses lumps and assists in clearing the stomach and intestines of phlegm, food and blood

Deficiency Cold of the Small Intestine

Small intestinal vacuity cold

Symptoms: discomfort in the lower abdomen, barborygmi, watery stools

Tongue: pale, thin white fur

Pulse: empty

Western: gastric or duodenal ulcer, nervous dyspepsia, chronic dysentery

Note: also called Deficient Spleen Qi

SUGGESTED POINTS:

Tonify small intestine, tonify spleen

Needle and Moxa the following points:

ST 25	strengthens the lower burner
ST 28	clears lower burner
ST 39	lower he point of small intestine
ST 36	tonifies spleen
CV 4	tonifies yang
LV 13	spleen mu point
BL 20	spleen shu point

HERBAL FORMULA:

- Li Zhong Wan

(Regulate Middle Pills)

This formula will help warm the middle

- Fu Zi Li Zhong Wan

Very warm formula, use this with more cold type symptoms

Note: Formulas which nourish the spleen and tonify spleen yang may be appropriate

PATTERNS OF ORGAN DISHARMONY: BLADDER

BLADDER FUNCTIONS

1. Receives, stores and transforms fluids prior to excretion
2. Bladder qi descends

Symptoms of excess:

Headache, olfactory problems, pain along spine or waist, congestion in abdomen, insufficient and cloudy urine

Symptoms of deficiency:

Epistaxis, frequent excessive urination, back pain, nocturnal enuresis

Damp Heat Pours Downward into the Bladder

Downpour of damp-heat into the bladder

Symptoms: frequent, urgent, painful urination, fever, thirst, dry mouth, backache, turbid urine

Tongue: red with greasy, yellow fur

Pulse: rapid and wiry or slippery

Western: urinary tract infection

SUGGESTED POINTS:

Dispel damp, clear heat

LV 8	dispels damp heat
ST 40	dispels damp
SP 9	transforms dampness
BL 65	bladder sedation point
BL 28	bladder shu point
CV 3	bladder mu point
BL 32	local point for bladder problems
BL 23	tonifies kidneys to dispel damp
SP 6	tonifies yin

Damp Heat Pours Downward into Bladder

Downpour of damp-heat into the bladder

HERBAL FORMULA

- Yin Chen Wu Lin Wan
(Artemesia Five Ingredient Pills)
Classical formula to clear damp heat in the liver, gall bladder and bladder
- Er Miao Wan
Clears damp heat from the lower burner
- Jie He Wan / Kai Kit Pills
Removes damp heat from the lower burner
- Fen Qin Zhi Lin Wan
This formula clears heat, drains fire, unblocks urine flow

Damp Heat Accumulates in Bladder

Bladder damp-heat

Symptoms: obstruction of urine, sand in urine, occasional pain in the lower groin or back, hematuria

Tongue: normal or red with
yellow fur

Pulse: rapid

Western: kidney stones, bladder stones

SUGGESTED POINTS:

Dispel damp, clear heat

LV 8	dispels damp and heat
ST 40	dispels damp
SP 9	transforms damp in lower burner
BL 65	bladder sedation point
BL 28	bladder shu point
CV 3	bladder mu point
BL 32	local point for bladder problems
BL 23	tonifies kidney to dispel damp
SP 6	tonifies yin

Damp Heat Accumulates in Bladder

Bladder damp-heat

HERBAL FORMULA:

- Chuan Xin Lian Pian
(Antiphlogistic Tablets)
For toxic heat anywhere in the body
- Jie Jie Wan / Kia Kit Pills
(Dissolve Stagnation Pills)
This formula clears heat and relieves painful
and burning urination

Note: For maximum effectiveness, either of the above two formulas can be combined with Wu Ling San to drain damp and free urine.

Turbid Damp Heat Obstructs Bladder

Damp turbidity in the bladder

Symptoms: cloudy, turbid urine

Tongue: red, greasy fur

Pulse: soggy and rapid

Western: urinary tract infection

SUGGESTED POINTS:

Dispel damp, clear heat

LV 8	dispels damp and heat
ST 40	dispels damp
SP 9	transforms damp in the lower burner
BL 65	bladder sedation point
BL 28	bladder shu point
CV 3	bladder mu point
BL 32	local point for bladder problems
BL 32	tonifies kidney to dispel damp
SP 6	tonifies yin

HERBAL FORMULA:

- Fen Qin Zhi Lin Wan
(Stop The Cloudy Urine Pills)
Clears heat, drains fire, frees urine flow
- Qi Ju Di Huang Wan
For damp heat in the lower burner when
there are signs of yin deficiency

Deficient Bladder Qi

Bladder qi vacuity

Symptoms: incontinence, weak urination, bed wetting, weak lower back and knees, intolerance to cold

Tongue: moist, white fur

Pulse: slow, deep and frail

Western: bladder infection, kidney infection

Note: also called Deficient Kidney Yang

SUGGESTED POINTS:

Tonify bladder and kidney qi

BL 28	bladder shu point
CV 3	bladder mu point
BL 67	bladder tonification point
BL 64	bladder source point
ST 36	tonifies qi and yang
BL 23	kidney shu point
CV 6	tonifies qi
GB 25	kidney mu point
K 3	kidney source point
K 7	kidney tonification point

HERBAL FORMULA

- Jin Yin Zi Gao

This formula treats incontinence or enduring diarrhea due to kidney deficiency

- Fen Qin Zhi Lin Wan

For cloudy urine from lower burner cold

PATTERNS OF ORGAN DISHARMONY: GALL BLADDER

GALL BLADDER FUNCTIONS

1. Stores and secretes bile
2. Gall Bladder qi descends
3. Responsible for mental function of decision making
4. Gall Bladder function is very closely related to the function of the liver

Symptoms of excess:

Lateral headache, muscular spasms, tinnitus, limbs slightly cold, heaviness in the head and stomach, deafness, bitter taste in mouth.

Symptoms of deficiency:

Weakness in the muscles and tendons of the legs, difficulty standing, asthenia, vertigo, chills, insomnia, fearfulness, indecisiveness, excessive sighing.

Damp Heat in the Gall Bladder

Hepatocystic damp-heat

Symptoms: jaundice with bright yellow coloring, painful flanks especially painful in the right hypochondrium, scant dark urine, fever, nausea, vomiting, fullness in the abdomen.

Tongue: red with yellow, greasy fur

Pulse: wiry, rapid and slippery

Western: cholecystitis, hepatitis

SUGGESTED POINTS:

Clear heat, dispel damp

GB 34	he point of gall bladder
BL 18	liver shu point
BL 19	gall bladder shu point
GB 37	cools the liver
GB 39	cools the gall bladder
BL 48	lateral shu point of gall bladder
LV 3	liver source point
ST 36	reduces heat and damp

Damp Heat in the Gall Bladder

Hepatocystic damp-heat

HERBAL FORMULA:

- Yin Chen Wu Lin Wan
(Artemesia Five Ingredient Pills)
Relieves damp heat in the liver, gall bladder,
and the bladder
- Long Tan Xie Gan Wan
Very cool herbs used to clear fire of the liver
and gall bladder
- Ligan Pian
(Strengthen Liver Pills)
For acute heat in the liver or gall bladder

Deficient Gall Bladder Heat

Gall bladder vacuity

Symptoms: vertigo, frightens easily, timidity, indecision, unclear vision

Tongue: thin white fur

Pulse: wiry and thin

Western: hypertension, eye ailments

SUGGESTED POINTS:

Tonify gall bladder

GB 43 useful in all deficiency conditions

GB 34 gall bladder he point

BL 19 gall bladder shu point

GB 40 gall bladder source point

GB 24 gall bladder mu point

Deficient Gall Bladder Heat

Gall bladder vacuity

HERBAL FORMULA:

- Wen Dan Tang
Classic formula for treatment of gall bladder deficiency. Will assist in resolving phlegm and has a sedative quality
- Li Zhong Wan
(Regulate Middle Pills)
This formula will warm the middle burner
- Fu Zi Li Zhong Wan
(Aconitum Compound Pills)
This formula is warmer than Li Zhong Wan and is useful with yang deficiency plus cold symptoms
- Mu Xiang Shun Qi Wan
Disperses stagnant liver qi and gall bladder heat which cause food stagnation

Appendix A

The Triple Burner

Three conceptions of Three Burner Metabolism:

- 1) The Triple Burner is the mechanism through which qi of the environment combines with source qi (yuan qi) from the kidneys to create the true circulating qi (zhen qi) of the whole body.
- 2) The triple burner is responsible for regulating temperature and water metabolism between the three burning spaces.
- 3) It is through the triple burner that source qi (yuan qi) is transmitted to each of the organ channels, arriving at the source point on each channel, and from there being distributed throughout the entire channel system.

CONTROL AND TRANSITIONAL POINTS AFFECTING THE THREE BURNERS:

UPPER BURNER	<u>CV Points</u> CV 17 (control pt.)
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<i>TRANSITIONAL</i>	CV 13
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CENTRAL BURNER	CV 12 (control pt.)
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<i>TRANSITIONAL</i>	CV 10
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LOWER BURNER	CV 7 (control pt.)
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NOTE: TB 5 is the Great Control or Alarm Point for the Triple Burner.

POINTS AFFECTING THE THREE BURNERS:

	<u>Chnl Pt.</u>	<u>Extra Chnl.</u>	<u>Shu/Mu</u>
UPPER BURNER	PC 6	LU 7, K 6	LU1, BL 13
CENTRAL BURNER	ST 36	PC 6, SP 4	LV 13, CV 12 L 20, BL 21
LOWER BURNER	SP 6	SP 4	ST 25, BL 25

Note on the Three Burners:

The Upper Burner is by nature dry. Its function is primarily that of respiration. It absorbs air, forms and circulates qi. Its primary organs are the lungs and heart. It is visualized as a mist. Yang Deficiency in the Upper Burner results in phlegm.

The Central Burner is by nature damp. Its function is primarily that of digestion. It governs decomposition of food. Its primary organs are the stomach and spleen. It is visualized as a marsh. Yang Deficiency in the Central Burner results in stagnation with belching.

The Lower Burner is by nature energetic. Its function is primarily that of elimination. It is responsible for the separation of pure and impure. Its primary organs are the liver and kidneys. It is visualized as a swamp. Yang Deficiency in the Lower Burner results in edema and urinary problems.

Notes on Triple Burner treatments:

- 1) To move stagnant energy from one burner to the next, needle the control point of the stagnant burner and then needle the transition point which will connect it to the next burner.
- 2) If all three burners are imbalanced, needle all three control points and both transition points.
- 3) TW 5 can be used in Triple Burner treatments because of its ability to affect all of the Burners.
- 4) To take heat or excess out of the stomach or Central Burner, needle ST 44 and / or ST 45.
- 5) To take heat or excess out of the Lower Burner, needle ST 25 and ST 37.

Appendix B

Channel Point Categories

Yin Organs

LUNG 3am - 5am

Wood (Ting)	11	Tonification	9
Fire (Yung)	10	Dispersing	5
Earth (Yu)	9	Xi/Cleft	6
Metal (Jing)	8	Luo	7
Water (He)	5	Source	9
	Shu	BL 13	
	Mu	LU 1	

SPLEEN 9am – 11am

Wood (Ting)	1	Tonification	2
Fire (Yung)	2	Dispersing	5
Earth (Yu)	3	Xi/Cleft	8
Metal (Jing)	5	Luo	4
Water (He)	9	Source	3
	Shu	BL 20	
	Mu	LV 13	

HEART 11am – 1pm

Wood (Ting)	9	Tonification	9
Fire (Yung)	8	Dispersing	7
Earth (Yu)	7	Xi/Cleft	6
Metal (Jing)	4	Luo	5
Water (He)	3	Source	7
	Shu	BL 15	
	Mu	CV 14	

KIDNEY 5pm – 7pm

Wood (Ting)	1	Tonification	7
Fire (Yung)	2	Dispersing	1
Earth (Yu)	3	Xi/Cleft	5
Metal (Jing)	7	Luo	4
Water (He)	10	Source	3
	Shu	BL 23	
	Mu	GB 25	

PERICARDIUM 7pm – 9pm

Wood (Ting)	9	Tonification	9
Fire (Yung)	8	Dispersing	7
Earth (Yu)	7	Xi/Cleft	4
Metal (Jing)	5	Luo	6
Water (He)	3	Source	7
	Shu	BL 14	
	Mu	CV 17	

LIVER 1am – 3am

Wood (Ting)	1	Tonification	8
Fire (Yung)	2	Dispersing	2
Earth (Yu)	3	Xi/Cleft	6
Metal (Jing)	4	Luo	5
Water (He)	8	Source	3
	Shu	BL 18	
	Mu	LV 14	

Yang Organs

LARGE INTESTINE 5am – 7am

Metal (Ting)	1	Tonification	11
Water (Yung)	2	Dispersing	2
Wood (Yu)	3	Xi/Cleft	7
Fire (Jing)	5	Luo	6
Earth (He)	11	Source	4
	Shu	BL 25	
	Mu	ST 25	

STOMACH 7am – 9am

Metal (Ting)	45	Tonification	41
Water (Yung)	44	Dispersing	45
Wood (Yu)	43	Xi/Cleft	34
Fire (Jing)	41	Luo	40
Earth (He)	36	Source	42
	Shu	BL 21	
	Mu	CV 12	

SMALL INTESTINE 1pm – 3pm

Metal (Ting)	1	Tonification	3
Water (Yung)	2	Dispersing	8
Wood (Yu)	3	Xi/Cleft	6
Fire (Jing)	5	Luo	7
Earth (He)	8	Source	4
	Shu	BL 27	
	Mu	CV 4	

BLADDER 3pm – 5pm

Metal (Ting)	67	Tonification	67
Water (Yung)	66	Dispersing	65
Wood (Yu)	65	Xi/Cleft	63
Fire (Jing)	60	Luo	58
Earth (He)	40	Source	64
	Shu	BL 28	
	Mu	CV 3	

TRIPLE BURNER 9pm – 11pm

Metal (Ting)	1	Tonification	3
Water (Yung)	2	Dispersing	10
Wood (Yu)	3	Xi/Cleft	7
Fire (Jing)	6	Luo	5
Earth (He)	10	Source	4
	Shu	BL 22	
	Mu	CV 5	

GALL BLADDER 11pm – 1am

Metal (Ting)	44	Tonification	43
Water (Yung)	43	Dispersing	38
Wood (Yu)	41	Xi/Cleft	36
Fire (Jing)	38	Luo	37
Earth (He)	34	Source	40
	Shu	BL 19	
	Mu	GB 24	

Appendix C

Special Point Categories

EIGHT EXTRA CHANNEL POINTS

<u>Channel</u>	<u>Master Pt.</u>	<u>Meeting Pt.</u>
Conception Vessel	LU 7	BL 1/CV 2
Yin Qiao Mo	K 6	
<hr/>		
Governing Vessel	SI 3	BL 1
Yang Qiao Mo	BL 62	
<hr/>		
Chong Mo	SP 4	CV 22
Yin Wie Mo	PC 6	
<hr/>		
Dai Mo	GB 41	GB channel
Yang Wei Mo	TW 5	
<hr/>		

Lower He Points

<u>Yang Organ</u>	<u>Point</u>
Stomach	ST 36
Large Intestine	ST 37
Small Intestine	ST 39
Gall Bladder	GB 34
Bladder	BL 40
Triple Burner	BL 39

THE EIGHT INFLUENTIAL POINTS

<u>Tissue</u>	<u>Point</u>	<u>Therapeutics</u>
Zang Organs	LV 13	Weak spleen
Fu Organs	CV 12	Vomiting, Diarrhea
Qi	CV 17	Cough, Asthma
Blood	BL 17	Vomiting, Blood
Tendon	GB 34	Muscular atrophy Weakness of joints
Pulse & Vessels	LU 9	Weakness of pulse and vital energy
Bone	BL 11	Painful joints, Rheumatism
Marrow	GB 39	Leg pain

THE EIGHT CONFLUENT POINTS

<u>Point</u>	<u>Extra Channel</u>	<u>Portion of body</u>
PC 6	Yin Wei Mo	Heart, Chest, Stomach
SP 4	Chong Mo	

SI 3	Governing Vessel	Neck, Shoulder, Back, Inner Canthus
BL 62	Yang Qiao Mo	

TW 5	Yang Wei Mo	Behind ear, Cheek Inner Canthus
GB 41	Dia Mo	

LU 7	Conception Vessel	Throat, Chest, Lungs
K 6	Yin Qiao Mo	

POINTS OF THE FOUR SEAS

Sea of Nourishment	ST 30, ST 36
Sea of Blood	BL 11 (upper body) ST 37, ST 39 (lower body)
Sea of Energy	CV 17, BL 10, ST 9
Sea of Marrow	GV 15, GV 16, GV 19, GV 20

SPECIAL MEETING POINTSYIN

Three lower yin	SP 6
Three lower yin and Conception vessel	CV 3, CV 4
Three upper yin	PC 5
Five yin organs	LV 13
Lung and spleen	LU 1
Pericardium and liver	PC 1
Chong Mo and Conception Vessel	CV 7

SPECIAL MEETING POINTSYANG

Three lower yang	GB 39
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Three lower yang and Governing Vessel	GV 20
--	-------

Three upper yang	TW 8
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Five yang organs	CV 12
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All yang channels	GV 14
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Small intestine and bladder	BL 1
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Triple burner and gall bladder	GB 1
-----------------------------------	------

Large intestine and stomach	LI 20
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WINDOWS OF THE SKY POINTS

These points control qi going up to or coming down from head. They are useful for releasing stagnant qi in the head if there is an excess, or bring qi up to the head if there is deficiency.

They can be used to treat deafness, speech problems, and can be used to direct heart energy to the ears.

ST 9, LI 18

SI 16, SI 17, TW 16

BL 10

CV 22, GV 16

LU 3, PC 1

Appendix D

The Laws of Acupuncture

THE MIDDAY-MIDNIGHT LAW

A moderate stimulus to a channel produces stimulus only to the organ of that channel. A strong stimulus to a channel produces stimulus to the organ of that channel and produces an opposite effect to the organ opposite to it on the energy flow chart. This is true at any time of the day, but it is most powerful when applied at the peak time of the organ involved.

Energy flow moves in three distinct cycles:

1st Cycle

<3am-5am, 5am-7am, 7am-9am, 9am-11am

This is the cycle of yin predominance, the time of maximum yin. This cycle is best for the treatment of a weak, deficient patient, needing tonification.

2nd Cycle:

<11am-1pm, 1pm-3pm, 3pm-5pm, 5pm-7pm

This is the cycle of yang predominance, the time of maximum yang. This cycle is best for treatment of an excess patient who needs to be dispersed.

3rd Cycle:

<7pm-9pm, 9pm-11pm, 11pm-1am, 1am-3am

Cycle of decreasing yang/increasing yin

Note: It is best to disperse a channel or organ during the time of that channel or organ. It is best to tonify a channel or organ just after the time of that channel or organ.

THE MOTHER-SON LAW

If a channel is deficient, tonify the mother.

If a channel is excessive, disperse the son.

THE FATHER-SON LAW

If the son is excessive, tonify the father.

If the son is deficient, disperse the father.

These laws can be applied either alone or in conjunction with one another, with a 1, 2, or 4 needle treatment, as is shown in the following examples:

One Needle Treatment for Deficiency using the Mother-Son Law:

Liver is Deficient

Tonify the Mother point on the liver channel, in this case LV 8 (the Water point).

Or tonify the Horary point on the Mother channel, in this case K 10 (the Water point of the Kidney channel).

Two Needle Treatment for Excess using the Father-Son Law and Mother-Son Law.

Liver is Excessive

Tonify the Father point on the Liver channel, in this case LV 4 (the Metal Point)

Disperse the Son point on the Liver channel, in this case LV 2 (the Fire point)

Four Needle Treatment for Deficiency using the Father-Son Law and Mother-Son Law:

Kidney is Deficient

Tonify the Mother point on the Kidney channel, in this case K 7 (the Metal Point).

Disperse the Father point on the Kidney channel, in this case K 3 (the Earth point).

Tonify the Horary point of the Father channel, in this case LU 8 (the Metal point of the Lung). Disperse the Horary point of the Father channel, in this case SP 3 (the Earth point of the Spleen).

The following charts combine Mother-Son and Father-Son treatments for Excess & Deficiency conditions:

Treatment of Deficiency

<u>Organ</u>	<u>Tonify</u>		<u>Disperse</u>	
Lung	LU 9	SP 3	HT 8	LU 10
Large Intestine	LI 11	ST 36	SI 5	LI 5
Stomach	ST 41	SI 5	ST 43	GB 41
Spleen	HT 8	SP 2	LV 1	SP 1
Heart	HT 9	LV 1	K 10	HT 3
Small Intestine	SI 3	GB 41	SI 2	BL 66
Bladder	LI 1	BL 67	ST 36	BL 40
Kidney	K 7	LU 8	SP 3	K 3
Pericardium	PC 9	GB 41	PC 3	K 10
Triple Burner	TW 3	GB 41	TW 2	BL 66
Gall Bladder	GB 43	BL 66	GB 44	LI 1
Liver	LV 8	K 10	LU 8	LV 4

Treatment of Excess

<u>Organ</u>	<u>Tonify</u>		<u>Disperse</u>	
Lung	HT 8	LU 10	K 10	LU 5
Large Intestine	SI 5	LI 5	BL 66	LI 2
Stomach	GB 41	ST 43	LI 1	ST 45
Spleen	LV 1	SP 1	LU 8	SP 5
Heart	K 10	HT 3	SP 3	HT 7
Small Intestine	BL 66	SI 2	ST 36	SI 8
Bladder	ST 36	BL 40	GB 41	BL 65
Kidney	SP 3	K 3	LV 1	K 1
Pericardium	K 10	PC 3	ST 36	PC 7
Triple Burner	BL 66	TW 2	ST 36	TW 10
Gall Bladder	LI 1	GB 44	SI 5	GB 38
Liver	LU 8	LV 4	HT 8	LV 2

Appendix E

Tonification & Sedation Needling Techniques

	<u>Tonification</u>	<u>Sedation</u>
• Needle	THIN	THICK
• Metal	GOLD	SILVER
• Depth	SHALLOW	DEEP
• Action	IN SITU	TWIRL
• Direction	WITH FLOW	AGAINST
• Temp.	WARM	COOL
• Removal	SLOW	FAST
• Insertion	FAST	SLOW
• Duration	SHORT	LONG
• Breath on insertion	EXHALE	INHALE
• Breath on removal	INHALE	EXHALE
• Removal	MASSAGE	PASSIVE
• Rotation	CLOCKWISE	COUNTER

Appendix F

Point Combinations

For Patterns of Disharmony

HEAT

If a channel is hot, use the Water Point of that channel.

If the whole body is hot, use:

GV 14, GV 26, LI 4

If the heat is in the Upper Burner, use:

PC 6, PC 8

If the heat is in the Central Burner, use:

PC 6, CV 12

If there is heat in the Kidneys, use:

K 1, K 3, K 6

STAGNANT QI

If the stagnant qi is in the Upper Burner, use:

CV 17, LI 16

If the stagnant qi is in the Central Burner, use:

CV 12, CV 7, PC 6

If the stagnant qi is in the Lower Burner, use:

ST 25, CV 6

If the Stagnant qi is in the Liver, use:

LV 1, LV 3, LV 13, LV 14, BL 18

If the stagnant qi is in the Stomach, use:

CV 12, PC 6, ST 36

If the stagnant qi is in the Uterus, use:

SP 6, SP 9, LV 13, CV 4, GB 25, CV 6

DEFICIENT QI

In all deficiency, use:

BL 43, BL 10, ST 36

If the deficiency is in the Lungs, use:

LU 1, LU 7, LI 4, BL 12, BL 13

If the deficiency is in the Spleen, use:

SP 2, SP 3, ST 36, BL 20

If the deficiency is in the Kidneys, use:

CV 4, CV 6, BL 23, GV 4

HOT BLOOD

The following points are most useful in treating blood heat conditions in the body:

SP 6, SP 9, SP 10, GV 14, LI 11, PC 3, BL 11, BL 17, ST 37, ST 39

DEFICIENT BLOOD

The following points are most useful for building up the quality of the blood in the body:

SP 6, SP 9, SP 10, BL 20, BL 15, BL 43, BL 17, LI 11

STAGNANT BLOOD

In all cases of blood stasis, use:

BL 17, LI 11

If the blood stasis is in the Liver, use:

CV 12, LV 13, LV 3, SP 6, SP 9

If the blood stasis is in the Uterus, use:

CV 3, CV 4, SP 6, SP 9, LV 3

If the blood stasis is in the Spleen, use:

CV 12, SP 6, SP 9, SP 3

DEFICIENT QI AND BLOOD

Add the following points:

BL 15, ST 36, CV 6, SP 6, LI 4, LI 11

DEFICIENT YANG

If the yang deficiency is in the Spleen, use:

CV 6, CV 12, CV 8, BL 20, BL 21, ST 36, TW 5

If the yang deficiency is in the Kidneys, use:

CV 4, CV 6, BL 23, GV 3, K 3, TW 5

Moxa should be used with needles in all cases of yang deficiency

DEFICIENT WEI QI

Treat like Lung Deficiency with the following points:

LU 1, LU 7, LI 4, BL 12, BL 13, LI 11, ST 36

DEFICIENT YIN

This is seen most commonly in the Liver or Kidneys.

If the deficiency is in the Liver, it should be treated like blood deficiency.

If the yin deficiency is in the Kidneys, use:
K 1, K 7, SP 6, BL 23, CV 4

EXCESS DAMP

For general damp, use:

CV 9, LU 7, K 6, ST 40, GV 9, ST 28

If the Spleen is involved:

BL 20, SP 2, SP 3, SP 6, ST 36

If the Kidney is involved, use:

BL 23, CV 6, ST 36

DAMP HEAT

The following points are most useful in cases of damp-heat:

GB 34, SP 6, SP 9, ST 36, LV 3, CV 3, ST 44, ST 40

The following points are also useful:

ST 28, ST 37, BL 26, GB 26

If the Kidney or Liver are involved, use:

BL 18, BL 19

If the damp-heat has lead to the formation of kidney or bladder stones, use K 7

DEFICIENT FLUIDS

This primarily affects the lung and stomach.

If the fluid insufficiency is in the Lung, use:

BL 12, BL 13, LU 7

If the fluid insufficiency is in the Stomach, use:

CV 12, PC 6, ST 35, SP 6

PHLEGM

In cases of phlegm, always use ST 40

If the phlegm is in the Spleen/Stomach, use:

CV 6, CV 12, SP 2, SP 3

If the phlegm is in the Lung, use:

PC 5, LU 9

WIND

To pull wind, always use:

GB 20, BL 10, LU 7, LI 11, BL 60

Also, give strong stimulus to Bladder and Gall Bladder points on the head which are painful on palpation.

To pull wind from the face, use:

LI 20, Yintang, ST 2, BL 1, GB 14, TW 17

If the wind is internally generated, use:

GB 31, SP 10

To promote sweating, use:

LI 4, LI 11.

The sweating will drive external wind from the body.

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BAO HE WAN	保和丸
BAI ZI YANG XIN WAN	柏子養心丸
BU ZHONG YI QI WAN	補中益氣丸
CHIH KE PIEN	止咳片
CHIN SO KU CHING WAN	金鎖固精丸
CHUAN BEI JU HONG WAN	川貝桔紅丸
CHUAN BEI PI BALU	川貝枇杷露
CHUAN XIN LIAN PIAN	穿心蓮片
DA BU YIN WAN	大補陰丸
DA DIN FEN ZHU	大定風珠
DA HE LUO DAN	大活絡丹
DANG GUI PIAN	當歸片
DAO CHI SAN	導赤散
DAO TAN TANG	導痰湯
DIANG JIAN WAN	定靜丸
ER CHEN WAN	二陳丸
ER MIAO WAN	二妙丸
ER MING ZUO CI WAN	耳鳴左慈丸
FEN QIN ZHI LIN WAN	分清止淋丸
FU FANG DAN SHEN PIAN	復方丹參片

FU FANG WU WEI ZI PIAN	復方五味子片
FU ZI LI ZHONG WAN	附子理中丸
GAN MAO LING	感冒靈
GE JIE DA BU WAN	蛤蚧大補丸
HE CHE DA ZAO WAN	河車大造丸
HE XIANG ZHEN QI WAN	藿香正氣丸
HSIANG SHA YANG WEI WAN	香砂養胃片
HSIAO YAO WAN	逍遙丸
HSUEH AN	血安
HUA ZHI LIN	化痔靈
HUANG LIEN PIEN	黃連片
HUI XIANG JIE HE WAN	茴香桔核丸
JI GU CAO WAN	鷄骨草丸
JIA WEI XIANG LIAN WAN	加味香蓮丸
JIA WEI XIAO YAO WAN	加味逍遙丸
JIE JIE WAN	解結丸
JIN GUI SHEN QI WAN	金匱腎氣丸
JIN YIN ZI GAO	金櫻子膏
KANG WEI LIN	亢痿靈
KWEI BE WAN	歸脾丸
LEI LI PIEN	癰癰片
LI JI WAN	痢疾丸
LI ZHONG WAN	理中丸
LI GAN PIAN	利肝片

LIU JUN ZI WAN	六君子丸
LIU SHEN WAN	六神丸
LIU WEI DI HUANG WAN	六味地黃丸
LONG TAN XIE GAN WAN	龍胆瀉肝丸
MA REN ZI PI WAN	麻仁滋脾丸
MA ZI REN WAN	麻子仁丸
MU XIANG SHUN QI WAN	木香順氣丸
NAN BAO	男寶
NEI BU YANG YING WAN	內補養營丸
NIU HUANG CHIEH TU PIEN	牛黃解毒片
NIU HUANG QIN XIN WAN	牛黃清心丸
NIU KE BA ZHEN WAN	女科八珍丸
PAI TZU YANG HSIN WAN	柏子養心丸
QI JU DI HUANG WAN	杞菊地黃丸
QIN QI HUA TAN WAN	清氣化痰丸
QING WEI HE ZHONG WAN	清胃和中丸
QING WEI HUANG LIAN WAN	清胃黃蓮丸
REN SHEN BAO FEI WAN	人參保肺丸
REN SHEN YANG YING WAN	人參養營丸
RONG CHANG WAN	潤腸丸
SANG JU GAN MAO PIAN	桑菊感冒片
SHAN QI WAN	疝氣丸
SHEN LIN BEI ZHU SAN	參苓白朮散
SHEN LING BAI ZHU SAN	參苓白朮散

SHEN QI DA BU WAN	參芪大補丸
SHEN YAN SI WEI PIAN	腎炎四味片
SHI HU YE GUANG WAN	石斛夜光丸
SHIH CHUANG DA BU WAN	十全大補丸
SHIH HSIAO SAN	失笑散
SHU KAN WAN	舒肝丸
SI JUN ZI TANG	四君子湯
SI NI SAN	四逆散
SU HE HSIANG WAN	蘇合香丸
TIAN MA PIAN	天麻片
TIEN WANG PU HSIN DAN	天王補心丹
TONG XUAN LI FEI WAN	通宣理肺丸
TSU HSUEH TAN	紫雪丹
WEI LING TANG	胃苓湯
WEN DAN TANG	溫騰湯
WEN PI ZHI XIE WAN	溫脾止瀉丸
WU CHA SENG PIEN	五加參片
WU CHI PAIFENG WAN	烏雞白鳳丸
XIANG SHA LIU JUN ZI WAN	香砂六君子丸
XIE QING WAN	瀉青丸
YANG YIN QIN FEN WAN	養陰清肺丸
YIN CHEN WU LIN WAN	茵陳五苓丸
YIN CHIAO JIE DU PIAN	銀翹解毒片
YOU GUI WAN	右歸丸
YU DAI WAN	愈帶丸

YUNNAN PAI YAO

雲南白藥

ZHANG YAN MING

障眼明

ZHI BAI DI HUANG WAN

知柏地黃丸

ZHI SOU DING CHUAN WAN

止嗽定喘丸

ZHI WAN

痔丸

ZHI ZHU WAN

積朮丸

ZHONG GAN LING

重感靈

ZI XUE DAN

紫雪丹

ZUO GUI WAN

左歸丸

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