



# Su Wen Herbs

*'Traditional Formulae for the Modern World'*

created by Giovanni Maciocia®

## Case Studies



# Su Wen Herbs

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## Acne

Female: 21yrs old

Clear Lustre™ seems to have been the first thing that has managed to make a big difference for a 21 year old patient of mine who suffered from acne. She is

delighted. Thought you'd like to know. The response was immediate.

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## Anosmia

Female: 35yrs old

A 35-year-old female had had a slight cough, sore throat and mild nasal congestion when soon after she lost all sense of smell and taste. The ENT specialist treated her with a course of antibiotics and steroids, which did not help. Seven months ago she gave birth and is now still breastfeeding exclusively. About one month ago the patient had had a mild URI. She is very tired and sleeps for only a few hours a night. Her pulse is very thin and weak and her tongue is pale with swollen edges and a thin white coating.

### Diagnosis

Generally speaking, if loss of smell is sudden it must be due to a Full condition. In this case, it is due to invasion of Dampness. I think this was facilitated by a pre-existing Spleen-Qi deficiency, which is obvious by the description of tongue and pulse.

### Herbal Treatment

Welcome Fragrance™ to open the nasal passages (3 tablets a day) and Prosperous Earth™ (3 tablets a day) to tonify the Spleen. She could take PE in the morning and WF in the afternoon.

### Treatment Principle

The principle used was to treat the branch by opening the nasal passages to treat the root by tonifying the Spleen.

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## Bursitis

Female: 75yrs old

A 75-year-old woman had been suffering from bursitis of the shoulder joint manifesting with pain in the acromio-clavicular joint and over the scapula; the movement of shoulder (abduction) was severely restricted and the pain was intense. Her pulse was Wiry and Slippery and generally Full and her tongue had a normal colour, although the sublingual veins were quite dark-purple. The intensity of the pain, the restriction of movement and the dark-purple colour of the sublingual veins led me to the conclusion that, within the usual pathology of Bi syndrome's invasion

of Cold, there was also an element of Blood stasis. After treating this patient with acupuncture three times I therefore gave her Red Stirring™, one tablet three times a day: the use of this remedy definitely produced a marked improvement and helped the acupuncture to work better by eliminating Blood stasis in the joint.



## Candidiasis

Female: 40yrs old

A 40-year-old woman had been suffering from vaginal thrush for 'a long time'. She complained of redness, soreness and itching around the vagina which were worse both before and after the period. Her periods were regular, lasted 1 week and were not painful. She suffered from pre-menstrual tension manifesting primarily with depression and tiredness. She also complained of backache, a cold feeling, frequent urination, dizziness, tinnitus and night-sweating. On interrogation, it transpired that she often felt a sticky taste in her mouth. Her tongue was slightly Red on the sides, Swollen and with a sticky coating. Her pulse was Weak on the right and Choppy on the left.

### Diagnosis

The vaginal thrush is obviously due to Damp-Heat which is apparent from the redness, soreness and itching of the vagina; Dampness is also confirmed by the swelling of the tongue and the sticky coating. There is an underlying deficiency of Spleen- and Kidney-Yang deficiency, especially the latter manifesting with backache, cold feeling, frequent urination, dizziness and tinnitus.

### Treatment

In cases such as these, it is important to decide whether to put the emphasis on tonifying the deficiency of expelling the pathogenic factor (in this case Damp-Heat). Given the intensity of her vaginal

thrush, I decided to concentrate on treating the Manifestation and therefore expel the pathogenic factor, i.e. resolve Dampness and clear Heat in the Lower Burner. I therefore prescribed **Drain the Jade Valley™** to resolve Dampness, clear Heat and stop itching in the vagina. I also gave her some herbs to use externally as a vaginal wash:

She Chuang Zi Fructus Cnidii monneri Ku Shen Radix Sophorae flavescentis Shi Gao Gypsum Huang Bo Cortex Phellodendri Bai Zhi Radix Angelicae dahuricae.

I also used acupuncture treating mostly the following points:

-LU-7 Lieque and KI-6 Zhaohai to open the Directing Vessel.

-SP-9 Yinlingquan, SP-6 Sanyinjiao and BL-32 Ciliao to resolve Dampness from the Lower Burner.

-KI-7 Fuli and BL-23 Shenshu to tonify Kidney-Yang. -Ren-12 Zhongwan to resolve Dampness.

This patient reacted well to treatment and the combination of the internal treatment with **Drain the Jade Valley™** and the external wash cured the thrush problem over a period of 10 months. It is envisaged that eventually the treatment will have to be followed up by tonification of the Spleen and Kidneys.

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## Chemo-Support™

Male: 52yrs old

In the past 2-1/2 years, I have been diagnosed with rectal cancer, liver cancer metastases, have had multiple surgeries including losing 75% of my liver and now inoperable lung metastases. Throughout my treatment which has been, to say the least, extremely challenging, I have received acupuncture treatments regularly to relieve the side effects of my chemotherapy and to help me heal from my surgeries.

However, although I have weathered my treatments pretty well, I was continuing to get more and more

fatigued with foggy thinking and was beginning to have severe digestive issues.

Months and months ago my acupuncturist gave me a bottle of **Chemo-Support™** to help me with these side effects and I have to say that for a very long time I did not take any. When I finally opened the bottle and began to take it (in the weeks between my semi-monthly chemotherapy) I noticed almost immediately that I was able to think clearer and to feel stronger. In fact, with each subsequent chemo treatment I seem

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to be more resilient, having less severe reactions to those treatments with more restful sleep, no more digestive issues. My quality of life has improved tremendously overall, between the acupuncture and now, because of the Chemo-Support™.

I suppose the Chemo-Support™ is pretty good stuff and works very well – when you actually take it!!

**Female: 48yrs old**

A 48-year-old female was diagnosed with Stage 4 Ovarian Cancer 6 years ago and had a total abdominal hysterectomy, followed by intensive chemotherapy. She has had repeated recurrences of cancer and had been on long-term chemotherapy until 2002. After another recent recurrence she will begin chemo in February 2003. The chemo will be administered as follows: Once a week for 3 weeks with one week off.

This cycle is to be repeated indefinitely.

I would like to give her Chemo-Support™. My question is: how do I advise her to take it if the chemo is ongoing & the side effects are cumulative and ongoing? (It's a new protocol and drug, but the side effects are the same as most chemotherapeutic agents.). Should she take this formula continuously? Do you have any other suggestions?

### Treatment

Your patient should definitely take Chemo-Support™ every day throughout the course of chemotherapy and also continue for about a month afterwards. Please note that the new tablets are more concentrated than before. Pots with 60 rather than 100 tablets contain tablets that are more concentrated. The dosage (for Chemo-Support™) for the old tablets is 9 a day, while for the new tablets it is 6 a day.

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## Chest Pain

**Male: 55yrs old**

A 55-year-old man suffered from chest pain on exercise. Apart from this, he had not many other symptoms at all, except for some lower backache and a cold feeling. However, his tongue and pulse clearly showed the presence of a definite pathology.

His tongue had a normal colour but was purple on the sides in the chest area; his pulse was Firm, especially on the right side and Weak on both Rear positions (Kidneys). The Firm pulse is Wiry but only at the Deep level and it usually indicates Blood stasis in the Interior; a pulse that is Firm on the right side may also indicate a pathology of the Chong Mai.

This is consistent with this man's pathology as the Chong Mai connects with the heart and one of its indications is chest pain. My diagnosis was Blood stasis in the Heart occurring against a background of Kidney-Yang deficiency.

I decided to give this patient Red Stirring™, 2 tablets twice a day to treat the Manifestation, i.e. Blood stasis in the Heart and attended to the Root by treating him with acupuncture. After two months, the purple patches on his tongue had completely disappeared and he did not experience chest pain any longer.

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## Chronic Pain

**Female: 55yrs old**

A 55-year-old lady suffered from constant and severe pain, which pulsated and spasmed. The pain radiated from her teeth and jaw to her neck, thumb

and hip on the left side of her body.

At birth she experienced brachial plexus in the right



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shoulder and arm and has limited use of the right side.

One year ago her tongue was very dark red, swollen and dry with many yin deficiency cracks and no coating. Currently her tongue is still swollen and has yin cracks but is a little less red, it is slightly purple in the center with a sticky white coating. Her saliva is thick and it is difficult to swallow.

She is very thin and has bright white bags under her eyes. Her pulse is very thin and rapid and has gone from wiry to weak. The pulse is weak in both cun positions and more defined in both guan positions. The Kidney-Yang pulse is deep and hidden and Kidney-Yin is slightly superficial and thin but defined.

Associated symptoms include low appetite, a dry mouth with lack of thirst, bloating and diarrhoea (occasionally with undigested food), feeling cold and having sore and swollen sensations in her tongue. She also has occasional bouts of acid reflux, chronic dry skin, dry eyes and gets occasional hot flashes.

Various formulae have been tried over the course of her treatment, but with very little success. Auriculotherapy produced some good results in terms of pain relief,

but that has been discontinued due to discomfort and burning sensations on stimulation of the points. The patient is currently taking Free and easy.

### Diagnosis

The unusual irradiation of the pain (teeth-jaw-thumb-hip) suggest a pathology of an extraordinary vessel. As the problem is unilateral, I would tend to think of the Yin Qiao Mai or Yang Qiao Mai. The location of the pain would suggest the Yang Qiao but her pulse does not.

### Treatment

A treatment primarily consisting of acupuncture would be most appropriate. Treat the Yin Qiao first, 2-3 times, i.e. KI-6 and Lu-7 both on the left side. After that observe the patient's condition. If there is an improvement then continue with this treatment, if not try treating her using points for the Yang Qiao Mai.

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## Chronic Vomiting Disorder

Female: 19yrs old

A 19-year-old woman had been vomiting after every meal for one year. Tests showed a small gall stone which was removed and vomiting stopped for two weeks, then resumed as before. The woman is of normal body weight as she can retain a little food, with no signs of having an eating disorder. She experiences nausea after eating and then quickly vomits. If the urge to vomit is resisted she experiences heartburn. Her epigastrium is cold to touch and likes warmth but dislikes pressure. Other symptoms include acne and a hot face, which developed at the same time that she started vomiting one year ago, as well as dull frontal headaches.

Her tongue is slightly pale, with teethmarks and a slightly yellow coating. The edges of the tongue are slightly pale. There is no stomach crack.

### Diagnosis

From the description of the symptoms and her age, this syndrome is definitely of the Full type, perhaps ST-Heat. However, my hunch is that it is due to rebellion of the Chong Mai and this is related to menstruation. The sensation of distention in the epigastrium is a symptom of rebellious qi in the Chong Mai. The sensation of heat in the face is also a symptom of rebellious qi ascending from the abdomen to the face. Frontal headaches are related to the stomach, a dull pain indicating Stomach deficiency. There may, therefore, be some deficiency mixed with this excess pattern.

### Treatment

Acupuncture on points: SP-4 on the right or the left, KI-21 and ST-19, LI-4 on the right and ST-40 on the left. Needles should be retained for 20 minutes.

## Clear the Root™

Male: 57yrs old

Main complaint: acute inability to urinate, feeling tired with hypo-gastric pain and very weak flow\ dribbling urination and uncontrollable\incontinent diarrhoea lasting 24-48hours and mild fever.

The patient also complained of long-term, difficult weak flow urination which, he had ignored for some time. Urination had not been normal since an acute bacterial prostate infection at age 35yrs. This was treated with antibiotics. He also suffered from pain and stiffness in both knees and lower back. His left knee shows cartilage damage and regeneration. He is over weight with a distended abdomen and purple distended veins in both legs and feet.

He also suffers occasional tinnitus, mild dizziness, low back ache worse for exertion, inability to get or maintain an erection and low sex-drive, night sweats, dry mouth with no desire to drink. There has also been long term bowel aggravation consisting of changeable stools with predominant loose bowels, discomfort and flatulence all relieved by passage of stool. His appetite is strong and he tends to over eat. He comments that for as long as he can remember he has suffered from a very dry cough with little or no phlegm. On witnessing the cough, it is paroxysmal very dry and the patient finds it difficult to catch his breath but produces a very small amount of phlegm at the end of coughing and although it is severe and his face reddens it sounds weak. He occasionally uses an inhaler when it is very bad. His urine is always very yellow and he has either no thirst or acute thirst.

After 24 hours of not urinating an urethral catheter is inserted and the patient commenced tamsulosin (flomaxtra) for 5 days before visiting the urologist. 5 days later the catheter is removed and the patient was still unable to produce any urine. Re-catheterisation was not possible as the urethra was completely closed shut and the urethra traumatised. A prostate biopsy was also taken at this stage and was later cleared as benign. Super-pubic catheterisation was performed and the patient was to return for a TURP in 2 weeks. Even with continuation of the medication for a further 2 days urination was still not possible. But with a non-urethral catheter urination could be attempted and monitored.

**Tongue:** Body was swollen all over especially from the tip to the mid section. The body in this front-mid section

was also very red and completely peeled of coating. The root was covered with a very thick sticky, slightly un-rooted dirty yellow coating with some reddish purple spots distributed under the coating at the rear.

**Pulse:** slightly rapid and floating, full in the lung position and weak in both rear positions. Of note was also a wiry and choppy characteristic throughout.

### Diagnosis

Kidney yin deficient, Damp-heat in the Large intestine and bladder and kidney, phlegm dryness in the lung with lung yin deficiency, Wind-cold Bi Syndrome and blood stasis of the knees.

**Clear the Root™** was prescribed at a 3 tabs 3 times per day dosage. And Acupuncture was performed 4 times in 28 hours using points, Sp 9, Sp10, Sp6, Ren 3, St28, Kid8, St36, Ren7, Liv3, UB23.

On day 3, after the 4 sessions of acupuncture and 3 days of **Clear the Root™** urination with possible with only 100ml residual left in the catheter. After another week the catheter was made redundant. The Urologist was advised and the TURP cancelled and the catheter removed. Urination continued as normal for a further 2-3 weeks and the patient reported urinating with better strength of flow and more comfortably than he had done in about 15 years.

However, the Tamsulosin was continued and Fenasteride was also prescribed although this was discontinued after 1 week as deemed unnecessary. After removal of the super-pubic catheter the patient became ill with a fever, body aches, rigours, vomiting and diarrhoea. Swabbing of the abdominal catheter wound showed a staph' infection and Augmentin was prescribed. The patient recovered and urination was uninterrupted. 3-5 days further on the patient again developed a fever, chills, nausea, vomiting and diarrhoea. He was admitted to hospital and administered IV gentamycin for a gram negative bacterial infection of unknown origin or location. Recovery came 3-4 days later and urination remained normal throughout.

Presently the patient is urinating well, taking **Clear the Root™** at 3 times 3 per day and also still using the Tamsulosin. No further acupuncture has been administered since.



# Diagnosis of Contradictory and Complicated Cases

## In confusing and complicated conditions, treat Phlegm

Male: 35yrs old

A 35-year-old man had been suffering from a hot sensation of the palms and soles and ache of fingers and toes for about 6 months: the fingers and toes were not swollen nor hot to the touch. He had no other symptom apart from an annoying phlegm in the throat which he had to clear a few times a day. The tongue was quite normal and the pulse was very slightly Slippery. The hot sensation of palms and soles strongly suggests Yin deficiency, possibly of the Heart and Kidneys or Lung and Kidneys. However, there was no other symptom or sign of Yin deficiency at all and neither the pulse nor tongue indicates Yin deficiency at all. The ache of the hands and feet could be a form of Painful Obstruction Syndrome (Bi syndrome) due to Wind, Cold or Dampness in the joints but the ache did not react to changes in weather, a symptom that is normally present in Painful Obstruction Syndrome: furthermore, the hot sensation of palms and soles could be due to Heat Painful Obstruction Syndrome but this was clearly not the case as the joints were not swollen or hot.

Considering that it was difficult to find a proper explanation for this patient's symptoms, I concluded that, according to the principle 'in complicated and difficult-to-explain conditions, treat Phlegm', they were due to Phlegm and the need to clear his throat frequently would support this conclusion.

I therefore set out to resolve Phlegm by using the following points:

- LU-9 Taiyuan to resolve Phlegm from the Lung channel and thus affects his fingers and palms.
- Ren-12 Zhongwan, ST-36 Zusanli, ST-40 Fenglong and SP-9 Yinlingquan to resolve Phlegm.
- KI-3 Taixi to affect soles and toes.

Using these combination of points four times at weekly interval cleared the problem completely.

## Pulse determinant in diagnosis

Female: 53yrs old

A 53-year-old woman had been suffering from hair loss for 6 years after a period of intense stress. At that time, her periods also stopped abruptly. She had no other symptoms apart from tiredness. Her tongue was Pale, slightly Purple on the right side in the breast area, and Swollen. The pulse was clearly Wiry all over.

This is a good example of the determinant importance of pulse diagnosis when there are few symptoms and signs to go by. The pulse should never be dismissed as a factor in diagnosis but even less so when there are few symptoms and signs. Falling hair may be due either to a Deficiency (usually of Liver-Blood or Kidney-Essence) or to an Excess, usually Liver-Wind. When falling hair is due to internal Wind, the hair loss occurs suddenly: the Wiry pulse definitely indicated that the hair loss was not due to a Deficiency but to Liver-Wind: this is also confirmed by the abrupt onset after a period of stress.

## Never ignore the tongue

Female: 33yrs old

A 33-year-old woman had been suffering from otitis media for 18 months: she had a thick, yellow discharge from the ear. She had resorted to antibiotics five times but the middle-ear infection always returned. She also suffered from asthma since two years and allergic rhinitis since she was 21. Her tongue was Red, Peeled in the centre and front, and had a bilateral thin-white coating. Her pulse was Weak on the right and slightly Wiry on the left.

The middle-ear infection is clearly due to Damp-Heat in the Gall-Bladder channel: that it is Damp-Heat is clear from the thick, yellow discharge; that it is in the Gall-Bladder channel is clear from the bilateral coating (a sign of Gall-Bladder problems) and the Wiry pulse. However, treating her only for Damp-Heat in the Gall-Bladder channel would be a mistake and would be not much better than using antibiotics.

In fact, the tongue shows other important patterns that cannot be ignored. The lack of coating in the centre and front indicates Stomach- and Lung-Yin



deficiency while the redness of the tongue body (combined with the absence of coating) indicates Empty Heat in these organs. Although there are no symptoms and signs of Yin deficiency with Empty Heat of Stomach and Lungs, the tongue appearance is enough to diagnose this condition. Thus, treatment should be aimed not only at resolving Damp-Heat from the Gall-Bladder channel, but also at nourishing Stomach- and Lung-Yin: nourishing these two organs will tonify the Upright Qi and strengthen the immune system which should help her to fight off the ear infections. Indeed, it could be said that the deficiency of the Stomach and Lungs is the reason that the antibiotics did not clear her condition and that it returned each time. Had the tongue shown only the retention of Damp-Heat in the Gall-Bladder with a sticky coating, it could be argued that the ear infection would not have recurred after the course of antibiotics. Thus, this case history is a good example of two principles, i.e. that the tongue should never be ignored, and that the tongue may also assist in predicting the possible effect of Western medication. In this case, the deficiency of Stomach- and Lung-Yin indicated by the absence of coating clearly alerts us to a deficiency of the Upright Qi (and the immune system from a Western perspective) and therefore the possibility that the antibiotic treatment might not work.

I therefore treated this patient by simultaneously resolving Damp-Heat from the Gall-Bladder channel and nourishing Stomach- and Lung-Yin with a variation of the formula Xiao Chai Hu Tang Small Bupleurum Decoction:

Chai Hu Radix Bupleuri 6g  
Huang Qin Radix Scutellariae baicalensis 6g  
Ban Xia Rhizoma Pinelliae ternatae 6g  
Dang Shen Radix Codonopsis pilosulae 6g  
Yin Chen Hao Herba Artemisiae capillaris 6g  
Shan Zhi Zi Fructus Gardeniae jasminoidis 4g  
Mai Men Dong Tuber Ophiopogonis japonici 6g  
Tai Zi Shen Radix Pseudostellariae 6g  
Shan Yao Radix Dioscoreae oppositae 6g

With acupuncture, I treated the following points:

- Ren-12 Zhongwan and SP-9 Yinlingquan to resolve Dampness in general.
- ST-36 Zusanli and SP-6 Sanyinjiao to nourish Stomach- and Lung-Yin.
- T.B.-5 Waiguan and G.B.-41 Zulingqi to resolve Damp- Heat from the Gall-Bladder channel.

### In men, the clinical manifestations sometimes mimic Yin deficiency but are not due to Yin deficiency

**Male: 31yrs old**

A 31-year-old man had been suffering from tired-ness, insomnia, expectoration of phlegm, nausea, backache, tinnitus and night-sweating. His tongue was slightly Red and Swollen and had teethmarks and his pulse was Weak especially on the left-front position.

The tiredness, backache, tinnitus and night-sweating could be easily interpreted as being due to Kidney-Yin deficiency. However, closer examination and questioning revealed that each symptom could be explained differently. The backache was due to excessive lifting, the tinnitus was due to working in a band and listening to very loud music, and the night-sweating was due to Phlegm-Heat. The symptoms of Phlegm-Heat are the expectoration of phlegm, the nausea, the insomnia, the night-sweating and the Red-Swollen tongue. Thus, although the manifestations could have easily led us to diagnose Kidney-Yin deficiency, the real problem is Phlegm- Heat. The tongue was important to confirm this diagnosis.

Sometimes men display manifestations that resemble Kidney-Yin deficiency but are due to Heart patterns (see article on Heart in this website).

### When the pulse contradicts the clinical manifestations

**Male: 41yrs old**

A 41-year-old man complained of tiredness, sleepiness and lack of motivation. He had been feeling like that for about 1 year. He also complained of a feeling of cold 'of the skin' for about 2 years. His tongue was Red, completely Peeled, with a very deep Heart crack and Spleen cracks (transversal cracks on the sides in the middle section); his pulse was Slow (60), Empty at the deep level on the left side, especially so in the Heart position. His eyes were rather dull and lacking in shen.

These were the presenting symptoms. On the face of it, there is a striking contradiction between the tongue that indicates Empty Heat from Yin deficiency and the pulse that indicates Cold (being Slow). The cold feeling of the skin also indicates Cold and possibly

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Yang deficiency. When a slow pulse contradicts the other manifestations and especially the tongue, the first thing to check is whether it is due to exercise. In this case it was, as this patient had been doing a lot of vigorous exercise and many sports over many years when he was younger: thus, this could account for the slow pulse. On enquiring about other manifestations, it turned out that he felt often thirsty and drank a lot of water, his mouth was often dry, his sleep was very restless and he had a burning sensation of his feet occasionally, all symptoms which confirm the Empty Heat. The dull shen of his eyes, together with the very deep Heart crack on the tongue indicates deep emotional problems and stress which he admitted to when asked. What to make of the cold sensation 'of the skin'? I interpreted this as being due to his mental depression and emotional stress: it is therefore neither Full nor Empty Cold but False Cold.

Thus, the appearance of the tongue and the symptoms of Empty Heat (restless sleep, dry mouth and burning sensation of feet) definitely warrant a diagnosis of Empty Heat from Yin deficiency in spite of the cold feeling of the skin and Slow pulse; furthermore, the emptiness of the pulse at deep level confirms Yin deficiency.

### When the pulse contradicts the other clinical manifestations

Female: 37yrs old

A 37-year-old woman had been suffering from a

shortening of her menstrual cycle for the previous 2 years; the period was also becoming scantier in amount. Other symptoms included a gradual loss of hair, the occasional expectoration of phlegm, poor memory, poor concentration, floaters, palpitations, feeling cold, backache, tinnitus and night-sweating. She had also been diagnosed as having the beginning of osteoporosis and a gynaecological examination revealed that she suffered from the early stages of poli-cystic ovary syndrome. Her tongue was Pale with a white-sticky coating and her pulse was Slippery and Rapid (88).

Most of her symptoms clearly show a deficiency of Blood (loss of hair, poor memory and concentration, floaters and palpitations) and of Kidney-Yang (feeling cold, backache, tinnitus, night-sweating and osteoporosis). Although night-sweating is a symptom of Yin deficiency, in women it often accompanies also Kidney-Yang deficiency. There are also a few manifestations of Phlegm, these being the expectoration of phlegm, the Slippery pulse, the sticky tongue coating and the poli-cystic ovary syndrome (usually due to Dampness and Phlegm against a background of Kidney deficiency). However, there is one symptom that does not fit all the manifestations and that is the Rapid pulse: this could conceivably be due to Phlegm-Heat but there are no signs of Heat.

A Rapid pulse in the absence of Heat symptoms is often due to shock and emotional upset. Asking the patient about this, she confirmed that this was the case.

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## Diabetes

Male: 37yrs old

A 37-year-old man had been suffering from insulin-dependent diabetes for ten years. When it first started his main symptoms were thirst, hunger and an irregular heart beat. From a Chinese perspective, the thirst indicates Lung-Heat and the hunger Stomach-Heat; thus, in Chinese medicine, this patient's disease falls under the categories of 'Upper and Middle Wasting'. However, I find that in chronic, insulin-dependent diabetes, the main underlying patterns are a deficiency of Qi and Yin of the Stomach and Spleen. In fact, this patient's tongue was pale and

with swollen sides. He also suffered from tiredness. His pulse was generally weak and floating-empty on the right guan position. I diagnosed a deficiency of Qi of the Spleen and Stomach with some Dampness. I prescribed **Central Mansion™**, 2 tablets 3 times a day. He noticed that the formula reduced the blood-sugar level two hours after taking the tablets. In the long term, he also noticed that his blood-sugar levels were stabilized, avoiding the peaks and troughs that characterized them before; he was also able to reduce his insulin intake.



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Male: 14yrs old

Type 1 Diabetes diagnosed at 12 years (now 14). On insulin injections 3 times daily. (25) Blood sugar testing should be between 5 and 8.

Saw me on 9/10/08. I prescribed **Central Mansion™** – 2 in morning.

Good results - Blood Sugar is 6 or 7 when taking insulin and **Central Mansion™**.

His mother has noticed that his readings jump to 12 when not taking **Central Mansion™** but comes down to 6 or 7 when takes both.

Also Diabetic Nurse has noticed that blood sugar readings remain steadier when taking **Central Mansion™** and insulin and varies much more when on insulin only.

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## Headaches

Female: 45yrs old

A 45-year-old woman had been suffering from severe headaches since the age of 16. These occurred with regularity at mid-cycle and were of a throbbing character. They occurred over the eyes and were accompanied by dizziness, blurred vision and nausea. She tried HRT for 18 months but this only made the headaches worse. She also suffered from back-ache, tinnitus and night-sweating. Her periods came regularly every 26 days and lasted about 4-5 days; they were not painful and the blood was not particularly dark. Her urination was frequent and the urine pale and she suffered from cold feet. Her pulse was very Weak on both Rear positions and her tongue was Pale and Swollen.

### Diagnosis

This is a clear example of headache from Liver-Yang rising: the throbbing character of the headache, the dizziness, blurred vision, nausea and location of the headache, all clearly indicate this pattern. In this case Liver-Yang rising originates from a Kidney deficiency: although it may seem strange, it was in this case a Kidney-Yang deficiency. This can happen because, as was pointed out several times, the Yin and Yang aspects of the Kidneys are not separate but an indivisible whole; thus when they are deficient, especially in women over 40, nearly always both Yin and Yang are deficient, albeit in different degrees. That it is Kidney-Yang deficiency is clear from the Pale colour of the tongue, the frequent urination and the chilliness.

### Treatment

The treatment principle adopted was to tonify the

Kidneys and subdue Liver Yang. She was treated with acupuncture and patent remedies.

With acupuncture I selected points from the following:

- LU-7 Lieque (on the right) and KI-6 (on the left) to open and regulate the Directing Vessel. I did this because of the occurrence of the headaches at mid cycle with regularity.

- Ren-4 Guanyuan to nourish the Kidneys and strengthen the Directing Vessel.

- T.B.-5 Waiguan to subdue Liver-Yang and treat the headaches.

- ST-36 Zusanli, SP-6 Sanyinjiao and KI-3 Taixi to tonify the Liver and Kidneys.

- LIV-3 Taichong to subdue Liver-Yang.

- G.B.-20 Fengchi to subdue Liver-Yang.

As a patent remedy, I prescribed **Bend Bamboo®** which nourishes the Liver and Kidneys and subdues Liver-Yang.

After four treatments, the headaches were reduced in intensity and did not occur at mid-cycle any longer.

When menstrual headaches lose their relation with the periods, I usually interpret this as a good sign: it means that the menstrual function is regulated and the residual headaches, although still occurring because the basic pattern is still there (in this case Liver-Yang rising), no longer occur in conjunction with the period. After another 30 treatments (at 2-week intervals), her headaches all but disappeared.

## Heavy and Painful Periods

Female: 38yrs old

A 38-year-old woman had been suffering from heavy and painful periods. The periods came regularly, lasted about 7 days, the menstrual blood was dark with clots, and she suffered from severe menstrual pain which was relieved by the passage of clots.

She also suffered from knee-ache, backache, dizziness and cold feet. Her tongue was Pale and Swollen and her pulse was Weak on the whole.

### Diagnosis

This patient suffers from Kidney-Yang deficiency (knee-ache, backache, dizziness, cold feet), and Blood stasis (painful period with dark clots with pain alleviated after passing clots). The period is heavy because Kidney-Qi fails to hold Blood and painful because of the Blood stasis. However, the Blood stasis is not too severe as the tongue is not Purple.

### Treatment

I adopted the treatment methods of tonifying Qi to hold Blood and reduce bleeding, tonify Kidney-Yang and invigorate Blood. When several treatment principles are used in gynaecological problems, it is often better to adapt each treatment strategy to a phase of the menstrual cycle. In this case, I adopted the following strategies:

- During the period: tonify Qi to stop bleeding with **Restrain the Flow™** and invigorate Blood with **Invigorate Blood and Stem the Flow™**.

- For about 10 days after the period: tonify Kidney-Yang with **Unicorn Pearl™**.

- For about 5 days before the period: invigorate Blood with **Invigorate Blood and Stem the Flow™**.

The formula **Invigorate Blood and Stem the Flow™** was chosen to invigorate Blood because the period was heavy. Had the period not been heavy, one could have used **Stir Field of Elixir™**.

Female: 32yrs old

A 32-year-old woman had been suffering from painful periods for 2 years. The pain occurred during the period in the hypogastrum, lateral abdomen and sacrum. It was dull in character and associated

with a bearing-down sensation. Her periods were regular and the menstrual blood was slightly dark with a few clots. She also suffered from pre-menstrual tension with a pronounced distension of breasts and abdomen and irritability. She had been on the contraceptive pill for 10 years and the periods became painful when she stopped taking it. She had been given a progesterone pill but this had not helped the dysmenorrhoea at all. Apart from the menstrual problems she also suffered from the so-called irritable bowel syndrome causing her a spastic pain in the abdomen and alternation of constipation and diarrhoea: she had had this problem for 10 years. On interrogation, it transpired that her vision was sometimes blurred, she was occasionally dizzy and experienced tingling of the limbs. Her tongue was slightly orangey on the sides, and her pulse was Fine on the right side and Fine but also slightly Wiry on the left.

This is a very clear example of stagnation of Liver-Qi associated with (or caused by) Liver-Blood deficiency. The symptoms of Liver-Qi stagnation are very obvious: pre-menstrual tension with distension and irritability, painful periods, Wiry pulse on the left, abdominal pain with constipation and diarrhoea. The symptoms of Liver-Blood deficiency are also equally clear: the dull character of the menstrual pain, the blurred vision, the tingling and dizziness, the orangey colour of the sides of the tongue and the Fine pulse. I am inclined to think that, in this case, stagnation of Liver-Qi derived from Liver-Blood deficiency and this was, in turn, probably caused by the contraceptive pill.

### Treatment

This patient was treated with acupuncture and patent remedies. The acupuncture points used were selected from the following:

- LU-7 Lieque (on the right) and KI-6 Zhaohai (on the left) to regulate the Directing Vessel and strengthen the Uterus.

- L.I.-4 Hegu, in combination with LIV-3 Taichong, to regulate the ascending and descending of Qi and calm the Mind.

- LIV-3 Taichong to pacify the Liver, move Qi,



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eliminate stagnation, calm the Mind and settle the Ethereal Soul.

-ST-36 Zusanli and SP-6 Sanyinjiao with warm needle to tonify Qi and Blood.

-Ren-4 Guanyuan to nourish Blood and strengthen the Uterus.

-ST-29 Guilai to move Qi and Blood and stop pain.

An example of a point combination in one treatment would be: LU-7 (on the right) and KI-6 (on the left), L.I.-4 on the left, LIV-3 on the right, Ren-4, ST-36 and SP-6 bilaterally; the last three points with reinforcing method, the others with even method.

The patent remedies used were **Brighten the Eyes™** to nourish Liver-Blood and **Freeing the Moon™** to pacify the Liver and eliminate stagnation. The latter remedy (a variation of Xiao Yao San Free and Easy Wanderer Powder) also nourishes Liver-Blood, and, in addition, pacifies Liver-Qi and tonifies Spleen-Qi. The patient took **Brighten the Eyes™** for 2 weeks after the period and **Freeing the Moon™** from then until the beginning of the next period.

This patient reacted exceedingly well to the treatment, improving even after the first session. After only three acupuncture sessions (over a period of 1 month) and use of the remedies, she reported experiencing no menstrual pain with her last period and no abdominal bowel pain, and feeling very much better in herself. Such a quick reaction is rather unusual as it normally takes at least three monthly cycles to affect a menstrual irregularity.

## Female: 29yrs old

A 29-year-old woman had been suffering from painful periods for 10 years. Her periods came regularly but were very painful, the pain being of a severe, cramping nature; the menstrual blood was clotted and she felt noticeably cold during the period. The pain was alleviated by the application of heat. She also suffered from backache, dizziness, tinnitus and frequent urination. She had been suffering from allergic asthma from the age of 7 and her urine was very pale during an asthma attack. Her tongue was Pale and her pulse was Fine but also slightly Tight.

## Diagnosis

This is a clear case of Cold in the Uterus causing the periods to be painful: the signs of Cold in the Uterus are severe, cramping pain, clots, feeling cold during the period and alleviation of the pain by the application of heat. She also suffers from an underlying Kidney-Yang deficiency (backache, dizziness, tinnitus, frequent urination) which is also the cause of allergic asthma: the paleness of the urine during an asthma attack is a particularly telling symptom.

## Treatment

I used **Warm the Menses™** to expel Cold from the Uterus and acupuncture to treat the underlying condition by tonifying Kidney-Yang. The combination and integration of a herbal remedy to treat the Manifestation (Biao) and acupuncture to treat the Root (Ben) is particularly useful.

## Female: 40yrs old

A 40-year-old woman had been suffering from painful periods for 7 years. The periods were regular and the flow was normal, lasting 4 days. The blood was bright-red with small clots. The pain was in the central part of the lower abdomen and was better with the application of heat. She also suffered from occasional tinnitus and night-sweating and from frequent urination. She felt generally cold and tired. Her tongue was Pale, tending to Bluish-Purple and Swollen, and her pulse was Weak on both Kidneys positions.

## Diagnosis

The painful period is due to Empty Cold in the Uterus (bright-red menstrual blood with small clots, alleviation of the pain by heat) with an underlying deficiency of Kidney-Yang.

## Treatment

I prescribed **Warm the Palace™** for Empty Cold in the Uterus to be taken during the period and **Unicorn Pearl™** to tonify Kidney-Yang to be taken for about 10 days after the period.

## Insomnia

Female: 63yrs old

A 63-year-old female experiencing difficulty staying asleep also suffers from excessive dreaming which wakes her. Accompanying symptoms include; hot hands and feet, kicking the bed covers off, night sweats, tinnitus, lower back pain with cold sensation, knee pain and malar flush. The patient also has high blood pressure, for which she is taking medication, short term memory loss, ulcers, acid reflux, blurred vision, floaters, low energy, gas/bloating, loose stools and an itchy scalp. She is quite overweight. Her tongue is peeled, with a pale body and red center and cracks on the sides. The pulse is flooding and thin.

### Diagnosis

Definitely Yin-Xu of Kidneys, shown by the five-palm heat, night sweats, tinnitus, lower back and knee pain and peeled tongue, as well as Liver-Yin

Xu, which is reflected in waking up during the night, excessive dreaming, blurred vision, malar flush, low energy and the peeled tongue. However, she may originally also have had Yang-Xu of the Kidneys as she is quite overweight.

### Treatment

This seems a perfect case for **Root the Spirit™** as insomnia is her main complaint. Treat the Yin-Xu with **Root the Spirit™** and use **Ease the Journey – Yin®**, 1-2 tab, to treat the Spleen and Kidneys as well as acupuncture on Ren-12, BL-20 and BL-23. To improve sleep acupuncture: HE-7, LIV-8 25, Ren-15, GB-13. The Yin-Yang Qiao Mai treatment, i.e reinforce KI-6, reduce BL-62 and insert and in BL-1 with even method (insertion does not have to be deep) should also be used.

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## Menopausal Syndrome

Female: 50yrs old

A 50-year-old woman had started experiencing menopausal problems 2 years previously after her periods stopped. She complained of hot flushes, night sweating, some hair loss, nails breaking easily and backache. Her tongue was slightly Pale and her pulse was weak in general and especially Weak and Deep on both Rear positions.

### Diagnosis

Although she had few symptoms, the prevailing patterns are those of Kidney Yang deficiency and some Liver-Blood deficiency. The menopausal symptoms of hot flushes and night-sweating indicate Empty Heat from Kidney deficiency, as do the backache and hair loss. Since the pulse is Weak on both Rear positions, the only factor that points to Kidney-Yang deficiency is the Pale colour of the tongue. As explained in the chapter on Pathology (ch. 3), in women over 50 a deficiency of the Kidneys nearly always involves a deficiency of both Yin and Yang, albeit always in differing proportions. Thus, when Kidney-Yang is primarily deficient, Kidney-Yin also becomes slightly deficient, giving rise to the Empty Heat symptoms

that cause the menopausal problems. In this patient, the brittle nails indicate some Liver-Blood deficiency.

### Treatment principle

The treatment principle in this case is to tonify Kidney-Yang primarily and nourish Kidney-Yin secondarily, and to nourish Liver-Blood. She was treated only with herbal medicine.

### Herbal treatment

Since her menopausal symptoms were not very severe and she did not have many other symptoms, I opted for treating her only with patent remedies. I used the Women's Treasure's remedies **Ease the Journey - Yang®** combined with **Ease the Journey - Yin®**: I suggested 2 tablets of the former in the morning and 1 of the latter in the evening. The combination of these two remedies at such a low dose controlled the menopausal symptoms very effectively after 2 months and she felt much better in general. I suggested to her that she should continue taking the remedies for quite a long time to help her during the transition years.



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## Female: 53yrs old

A 53-year-old woman complained of menopausal problems for the previous 3 years, after her periods stopped. Her main problems were severe hot flushes, night-sweating, depression, anxiety, mood swings, a tingling feeling all over and insomnia. She also complained of severely cold feet and frequent urination. Her tongue was Red with a slightly rootless, yellow and dry coating and her pulse Rapid, Overflowing on both Front positions and Weak and Deep on both Rear positions. Although most of these symptoms started after her periods stopped, she had a history of severe stress in the years leading up to the menopause (husband's redundancy, father's death and daughter's breakdown) and this obviously accounted for the severity of the menopausal symptoms. As explained in the chapter on Aetiology (ch. 4), the kind of menopause a woman experiences depends on her lifestyle in the years preceding it.

## Diagnosis

Most of this patient's symptoms are due to deficiency of Kidney-Yin with Empty Heat affecting the Heart and harassing the Mind. The symptoms of Kidney-Yin deficiency are hot flushes, night-sweating, Red tongue with a slightly rootless coating and a Weak and Deep pulse on both Rear positions. The symptoms of Empty Heat affecting the Heart and harassing the Mind are depression, anxiety, mood swings, insomnia and a pulse that is Rapid and Overflowing on both Front positions. As in the previous case history, in this case too there is an overlapping of Kidney-Yin and Kidney-Yang deficiency; although the primary condition is one of Kidney-Yin deficiency, there is also some Kidney-Yang deficiency as evidenced by the cold feet and frequent urination.

## Treatment principle

The treatment principle adopted was to nourish Kidney- and Heart-Yin, clear Heart Empty Heat, and calm the Mind; a secondary aim was to tonify Kidney Yang. She was treated with acupuncture and patent remedies.

## Acupuncture

The points used were selected from the following:

- LU-7 Lieque and KI-6 Zhaohai to regulate the Directing Vessel, strengthen the Uterus and nourish Kidney-Yin.
- Ren-15 Jiuwei to calm the Mind and clear the Heart.

-Ren-4 Guanyuan to nourish the Kidneys and calm the Mind.

-Du-24 Shenting and G.B.-13 Benshen to calm the Mind.

-Du-20 Baihui to lift depression.

-HE-6 Yinxi and KI-7 Fuliu to stop night-sweating and clear Heart Empty Heat.

-SP-6 Sanyinjiao to nourish Yin, calm the Mind and promote sleep.

## Herbal treatment

Initially, I treated this patient only with acupuncture for 2 years (at infrequent intervals, see below); after that I prescribed the Women's Treasure's® remedies **Ease the Journey - Yin®** to nourish Kidney-Yin combined with **Ease the Journey - Yang®**: I prescribed 3 tablets of the former to be taken in the evening and only half of the latter to be taken in the morning.

This patient came quite infrequently as she found that one acupuncture treatment controlled her menopausal symptoms for up to 4 months. After 2 years, I prescribed the above remedies to consolidate results: using these remedies, she found that she no longer needed to have acupuncture.

## Female: 55yrs old

A 55-year-old woman had started suffering from menopausal symptoms a year after the stoppage of her periods. Her main problems were hot flushes, night sweating, a 'prickly feeling' over her skin, depression, tiredness, dry eyes and mouth, headaches, and irritability. Other symptoms included backache, frequent urination, constipation and cold feet. Her tongue was Red on the sides and her pulse was Weak on both Rear positions and slightly Overflowing on the left Middle and Front positions.

## Diagnosis

The main underlying pattern is that of Kidney-Yin deficiency (hot flushes, constipation, night-sweating, dry eyes and mouth). As often happens, there is also a concurrent deficiency of Kidney-Yang (tiredness, frequent urination, backache, cold feet). The depression is due to the weakening of Will-Power (zhi) consequent to the Kidney deficiency. In addition to the Kidney deficiency, there is Liver-Yang rising (from Kidney-Yin deficiency) as evidenced by the headaches, irritability, Red sides of the tongue

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and pulse Overflowing on the left Middle and Front positions.

## Treatment principle

The treatment principle adopted was to nourish Kidney-Yin, tonify Kidney-Yang, subdue Liver-Yang, strengthen Will-Power and calm the Mind. She was treated with acupuncture and patent remedies.

## Acupuncture

The points used were selected from the following:

- LU-7 Lieque and KI-6 Zhaohai to regulate the Directing Vessel, strengthen the Uterus and nourish Kidney-Yin.
- Ren-4 Guanyuan to nourish the Kidneys.
- P-7 Daling to calm the Mind.
- LIV-2 Xingjian to subdue Liver-Yang.
- SP-6 Sanyinjiao to nourish Yin and calm the Mind.
- BL-23 Shenshu, BL-52 Zhishi and BL-47 Hunmen to tonify the Kidneys, strengthen Will-Power, pacify the Liver and settle the Ethereal Soul.

## Herbal treatment

I prescribed the Women's Treasure® remedy **Female Treasure™** which nourishes Liver- and Kidney-Yin and subdues Liver-Yang (see above).

This patient received only four acupuncture treatments, which had a strong initial impact; after that, she took the above remedy for several months inducing a remarkable improvement in her symptoms.

### Female: 60yrs old

A 60-year-old woman had been suffering from menopausal problems for 5 years after stopping HRT (hormone-replacement therapy); she had taken HRT for 15 years. Her main symptoms were hot flushes, sweating, palpitations, a faint feeling, vaginal dryness and aches in the joints. She also suffered from backache, dizziness, tinnitus, frequent-pale urination and cold feet. Her tongue-body colour was normal but the tongue was slightly peeled on the root. Her pulse was Weak on both Kidney positions.

## Diagnosis

There is a deficiency of both Heart- and Kidney-Yin. The symptoms of Kidney-Yin deficiency are backache, dizziness, tinnitus, hot flushes and the peeling on the root of the tongue. The symptoms of

Heart deficiency are the palpitations, the sweating and the faint feeling. If there is Kidney-Yin deficiency why is the tongue-body colour normal (not Red) and why does she suffer from frequent-pale urination and cold feet (symptoms of Kidney-Yang deficiency)? The reason is that she is being seen at a time of life when there is a transition from Kidney-Yang to Kidney-Yin deficiency: as the tongue is turning from Pale to Red, at the time of observation, it was normal-coloured.

## Treatment

I prescribed **Heavenly Empress®** to nourish both Heart- and Kidney-Yin (2 tablets twice a day). This produced a very good improvement in all her symptoms.

### Female: 52yrs old

A 52-year-old woman had been suffering from menopausal problems manifesting with hot flushes, night-sweating, dry mouth, insomnia (waking up during the night), a feeling of heat, nervous tension, anxiety, and palpitations. Her tongue was Red and slightly peeled and her pulse was Weak on both Kidney positions.

## Diagnosis

This is a clear case of Heart- and Kidney-Yin deficiency. The symptoms indicating a Heart pattern are nervous tension, insomnia, anxiety and palpitations.

## Treatment

I prescribed **Heavenly Empress®** which nourishes Heart- and Kidney-Yin and clears Heart Empty Heat.

### Female: 51yrs old

A 51-year-old woman had been suffering from menopausal problems for 5 years. Her main symptoms were hot flushes, ache in the joints, poor memory, backache, dizziness, occasional tinnitus, and night-sweating. Although she suffered from hot flushes, she also suffered from frequent and pale urination and cold feet. Her tongue was Pale, tending to Bluish-Purple on the sides but slightly Red in the centre, and her pulse was Weak on both Kidney positions.

## Diagnosis

This is another example of a simultaneous deficiency of both Kidney-Yin and Kidney-Yang that is so



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common during the menopausal years. The tongue clearly shows the transition from Kidney-Yang deficiency to Kidney-Yin deficiency that is taking place at the time of consultation. The tongue was obviously Pale and had been so in the past but is now beginning to turn Red. Her symptoms also show clearly the combination of Kidney-Yin (night-sweating, hot flushes) and Kidney-Yang deficiency (cold feet, frequent-pale urination). Besides a Kidney deficiency, there is also Blood stasis deriving from Empty Cold, itself deriving from Kidney-Yang deficiency.

### Treatment

I prescribed **Ease the Journey - Yang®** 3 tablets to be taken in the morning and **Ease the Journey - Yin®** 1 tablet to be taken at night. I also used acupuncture using a choice from the following points:

- LU-7 Lieque on the right and KI-6 Zhaohai on the left to open the Directing Vessel.
- Ren-4 Guanyuan and KI-7 Fuliu to tonify the Kidneys.
- P-6 Neiguan to invigorate Blood.
- ST-36 Zusanli and SP-6 Sanyinjiao to tonify Qi and Blood.

Besides an improvement in the menopausal symptoms, this patient also lost ½ stone in weight after three months of treatment.

### Female: 55yrs old

A 55-year-old woman had been suffering from menopausal symptoms for about two years. Her periods had stopped since about two years. Her main symptoms were hot flushes and headaches.

Her tongue was slightly Red and slightly peeled on the sides, towards the root. Her pulse was Weak on the right and Wiry on the left.

### Diagnosis

Although this patient does not present with many symptoms, the few symptoms which she does have clearly point to deficiency of Liver-Yin and rising of Liver-Yang. It is interesting that, although she suffers from menopausal symptoms, there are absolutely no symptoms of Kidney deficiency: she suffered no backache, no dizziness, no tinnitus, no urinary problems.

### Treatment

Given the deficiency of Liver-Yin and rising of Liver-Yang, I chose **Female Treasure™** which nourishes Liver- and Kidney-Yin and subdues Liver-Yang. The dosage used was 2 tablets twice a day with hot water after meals. This remedy produced a good improvement after one month.

### Female: 35yrs old

A patient in her mid-30s was told a year ago she was menopausal (her mother was also menopausal early.) She has not had a period for 2 years when I first treated her. Prior to that her periods were already 5-6 months apart and her ovarian reserves are low.

I have treated her for Blood & Jing Xu (and some Blood stagnation). and I have had her take **Growing Jade™** at 3 x 3 a day for the last 6 months. She has just had her 4th period in a row and they are roughly 40 - 45 day cycles with a longish build up. Her ovarian reserves have also not changed at the last test - which is apparently unusual.

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## Menorrhagia

### Female: 35yrs old

A 35-year-old woman had been suffering from painful periods from the age of 14 which were now getting worse. The pain was central in the lower abdomen and occurred mostly on the first day: severe and cramping, it was relieved by the application of a

hot-water bottle. When she had the pain, she liked to curl up and she felt cold and turned pale. The menstrual cycle was 30 days long, the period lasted 5 days and the blood was dark with small clots.

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Her complexion was pale, her tongue was slightly Pale with a white coating and her pulse was very slightly Tight on the left and Weak on both rear positions.

## Diagnosis

This is a clear example of painful periods from Empty Cold. The Cold is evident from the severe, cramping nature of the pain, its alleviation with heat, the cold feeling and pale complexion during the period, the small-dark clots, and the Tight pulse. That the Cold is of a deficient nature is evident from the desire to curl up, from the Weak pulse on both Rear positions and from the fact that the pulse is only very slightly Tight on the left. Apart from the Empty Cold, there is a deficiency of Kidney-Yang as shown by the Weak pulse on both Kidney positions.

As for the cause of this problem, as a schoolgirl in Yorkshire (a county in the North of England with a cold and damp climate) she played lots of sports and did cross-country running. This had obviously led to the invasion of external cold in the Uterus; the genital system in young girls is particularly vulnerable and prone to invasion of external cold.

## Treatment

This patient was treated only with herbs as she lived quite a long way away. I selected **Warm the Menses™** a variation of Wen Jing Tang-Warming the Menses Decoction.

The results in this case exceeded every expectation as, after only one-month treatment her following period was totally pain-free and, at the time of writing (4 months later), her periods are still so.

### Female: 37yrs old

A 37-year-old woman had been suffering from heavy periods: these were regular, lasted 6 days and the blood was bright red without clots. She also suffered from backache, tiredness, poor appetite, loose stools and dizziness. Her tongue was Pale and Swollen but also very slightly Red on the sides and her pulse was Weak in general, especially on both Kidney positions.

## Diagnosis

There is a clear deficiency of the Spleen (tiredness, poor appetite, loose stools, Pale tongue) and of

Kidney-Yang (backache, dizziness, Pale tongue). Her condition therefore seemed to be a straightforward case of Spleen- and Kidney-Qi not holding Blood and causing heavy periods.

## Treatment

I prescribed **Restrain the Flow™** to tonify Qi and hold Blood to be taken before and during the period, followed by **Unicorn Pearl™** to be taken after the period for about 1 week. However, this approach produced no results after four months. I therefore re-assessed the case and paid more attention to the redness of the sides of the tongue. This led me to enquire about any Blood Heat symptoms and, on interrogation, it turned out that she did feel slightly thirsty and she did feel hot occasionally. I therefore changed my approach and gave her **Cool the Menses™** to cool the Blood and reduce bleeding, to be taken before and during the period, while I still asked her to continue taking **Unicorn Pearl™** after the period. This strategy produced immediate results with a marked and gradual reduction of menstrual bleeding over 3 months.

This case illustrates an important point of diagnosis and treatment strategy of heavy menstrual bleeding. Although a woman suffering from heavy menstrual bleeding may present with many Qi-deficiency symptoms, it does not necessarily follow that that is the cause of excessive bleeding: it is perfectly possible for a woman to suffer from Qi deficiency but also some Blood Heat which may be the cause of heavy menstrual bleeding. Very often, the manifestations of Blood Heat are very slight but significant nevertheless. To put it differently, if a woman suffers from heavy menstrual bleeding and displays many symptoms of Qi deficiency and a Qi-tonifying approach does not yield results, it is always advisable to re-assess the case and check whether there is some Blood Heat.



## Menstrual Headaches/Migraines

Female: 52yrs old

A 52-year-old woman suffered from headaches occurring after the period. Her periods were still coming regularly but were rather scanty. Her hair was falling out and her skin was dry. She had never been able to conceive although she tried for many years. She also felt very weary and depressed, especially so after her period. She also lacked any motivation and 'everything was an effort'. She found it difficult to fall asleep and had had a lump in her left breast for 20 years. Her iron storage level was very low (3). Her pulse was very Weak and Empty on the deep level but also slightly Fine and Wiry on the left. Her tongue was Pale on the sides, had a Heart crack and a rootless coating.

### Diagnosis

This is quite a complex condition. The main pattern that emerges is that of Liver-Blood deficiency manifesting with scanty periods, hair falling out, dry skin, infertility, insomnia, a Fine pulse and a Pale tongue on the sides. There are, however, other patterns that manifest with only a few symptoms. The Wiry quality of the pulse indicates that there is some stagnation of Liver-Qi from emotional stress, also evidenced by the Heart crack on the tongue. The stagnation of Liver-Qi was a contributory factor to the development of the breast lump, another being Phlegm (as the lump felt soft to the touch). Yet another pattern is a Kidney-Yin deficiency, again manifesting with few symptoms and principally the emptiness of the pulse at the deep level, the rootless tongue coating and the lack of motivation and exhaustion. The falling hair and dry skin attributed to Liver-Blood deficiency may also be caused by Kidney-Yin deficiency, or this may contribute to them. To sum up, there are two Excess conditions (stagnation of Liver-Qi and Phlegm) and two Deficiency ones (Liver-Blood and Kidney-Yin deficiency). In addition, this may be classified as a case of Mind Weakened, i.e. low spirits, depression, lack of motivation and physical and mental exhaustion.

### Treatment

The headaches occurring after the period were her main presenting symptom and they were due to Liver-Blood deficiency. I therefore started by treating

her with **Precious Sea™** (a variation of the formula Ba Zhen Tang-Eight Precious Decoction).

After one course (30 days) of this formula, this patient felt a lot better in herself and her headaches disappeared. Her iron storage levels also climbed to 13. The patient is still under treatment and I foresee that she will probably eventually need to change to a formula to nourish Kidney-Yin and Blood.

Female: 45yrs old

A 45-year-old female suffered from severe migraines. They usually occurred around the time of her menses (before, during and/ or after), but for the last few months they occurred at any time of the month. Her periods were very heavy and quite long (4 days of heavy flow and 7 days in total).

### Diagnosis

The migraines are due to Liver-Yang rising with underlying Blood-Xu, while her heavy periods are due to Blood-Heat and stasis.

### Treatment

**Bend Bamboo®** should be taken daily to treat the headaches. As for the Blood Heat and Blood stasis, the Blood Heat and stasis is best treated in phases 4 and 1, but **Cool the Menses™** and **Invigorate Blood and Stem the Flow™** should not be given at the same time. Therefore either one of the syndromes should be treated with herbal medicine and the other should be treated with acupuncture. The long periods are not necessarily pathological, as women fall under three number patterns, 3, 5 and 7 days. As her periods have always been 7 days, that is normal for her. In conclusion, **Invigorate Blood and Stem the Flow™** OR **Cool the Menses™** should be given in phases 4 and 1.

## Pre-Menstrual Syndrome

Female: 27yrs old

A 27-year-old woman had been suffering from pre-menstrual tension for 13 years (more or less ever since her menarche). She had had two children and the pre menstrual tension became worse after each birth. Her main symptoms were abdominal distension, severe irritability, anger, aggressiveness. She had been given a progesterone pill but this had not helped and had only given her headaches. Her periods were regular, lasted 4 days and were heavy; the menstrual blood was bright-red. She also suffered from constipation and, on interrogation, it transpired that she experienced backache and dizziness, she often felt cold, she had cold feet and her urination was frequent and pale. She did not sleep well and occasionally experienced some tingling of her limbs. Her tongue was Pale and slightly Thin with teethmarks. Her pulse was Wiry.

### Diagnosis

The main pattern at the root of the pre-menstrual tension is Liver-Qi stagnation manifesting with the typical pre-menstrual symptoms and a Wiry pulse. This occurred against a background of Kidney-Yang deficiency (feeling cold, cold feet, frequent urination, back-ache, dizziness) and some Blood deficiency (insomnia, tingling and a Pale-Thin tongue).

### Treatment principle

The main emphasis should be on pacifying the Liver, moving Qi and calming the Mind. However, one should also attend to the Deficiency by tonifying Kidney-Yang and nourishing Blood. She was treated with acupuncture and patent remedies.

### Acupuncture

The points used were selected from the following, using even method on the points to pacify the Liver and reinforcing method on those to tonify the Kidneys and nourish Blood:

- L.I.-4 Hegu to calm the Mind and regulate the ascending and descending of Qi. This will help the distension caused by the stagnation of Qi.
- P-6 Neiguan to pacify the Liver, calm the Mind and settle the Ethereal Soul.
- Ren-15 Jiuwei to calm the Mind and free the chest and breasts.

-SP-6 Sanyinjiao to pacify the Liver, move Qi and Blood and calm the Mind.

-LIV-3 Taichong to pacify the Liver, move Qi and settle the Ethereal Soul.

-KI-3 Taixi, with warm needle, to tonify Kidney-Yang.

### Herbal treatment

I prescribed the remedies **Strengthen the Root™** to tonify Kidney-Yang (to be taken for about 12 days after the period) and **Freeing the Moon** to pacify the Liver and move Qi (to be taken for about 12 days before the period).

After 3 months of treatment (with fortnightly acupuncture sessions), her pre menstrual tension was very much reduced. This patient is still under treatment at the time of writing.

Female: 37yrs old

A 37-year-old woman had been suffering from pre-menstrual tension for 8 years. It had started when she suffered post-natal depression following the birth of her first child. She had another bout of post-natal depression after the birth of her second child. During the pre-menstrual period she felt very irritable, was irrational, and cried a lot. On a physical level, she had a pronounced feeling of distension of the breasts and abdomen. Apart from her pre-menstrual problem, she also suffered from constipation, headaches, insomnia, excessive dreaming and palpitations. Her pulse was Fine in general, slightly Wiry only on the left Middle position (Liver) and Weak on the left-Front position (Heart). Her tongue was Pale and slightly Thin but also slightly Red on the sides.

### Diagnosis

This is a condition of both Deficiency and Excess. There is a deficiency of Liver Blood manifesting with constipation, excessive dreaming, Pale tongue and Fine pulse. This deficiency has also induced a deficiency of Heart-Blood manifesting with insomnia and palpitations. The deficiency of Blood most probably started with the loss of blood occurring after childbirth and was the original cause of post-natal depression. The deficiency of Liver-Blood, over the years, gave rise to stagnation of Liver-Qi and



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therefore the pre-menstrual tension. The fact that, besides feeling irritable before the periods, she also wept a lot, indicates a Deficiency condition.

## Treatment principle

The principle of treatment adopted was to nourish Liver- and Heart-Blood, pacify the Liver, eliminate stagnation, calm the Mind and settle the Ethereal Soul. She was treated with acupuncture and patent remedies.

## Acupuncture

The acupuncture points used (with reinforcing method to nourish Liver- and Heart-Blood and even method to pacify the Liver) were selected from the following:

- LIV-3 Taichong and G.B.-34 Yanglingquan to pacify the Liver and eliminate stagnation.
- P-7 Daling to pacify the Liver, calm the Mind and settle the Ethereal Soul.
- P-6 Neiguan on the right and SP-4 Gongsun on the left to open the Yin Linking Vessel, nourish Blood and calm the Mind.
- ST-36 Zusanli and SP-6 Sanyinjiao to tonify Qi and Blood.
- BL-20 Pishu, BL-15 Xinshu and BL-18 Ganshu to nourish Liver- and Heart Blood.

She was treated once a week.

## Herbal treatment

The patent remedies used were **Freeing the Moon®** (a variation of Xiao Yao Wan Free and Easy Wanderer Pill) to pacify the Liver and eliminate stagnation and **Calm the Spirit™** (a variation of Gui Pi Wan-Restoring the Spleen Pill) to nourish Heart-Blood and calm the Mind.

By the end of 9 months this patient's condition showed about 80 per cent improvement.

## Female: 35yrs old

A 35-year-old woman suffered from Pre-Menstrual Syndrome, complaining of breast distension, irritability and depression. She also suffered from severe abdominal distension and, on a mental level, she lacked confidence and a sense of direction in life, could not concentrate, found it difficult to take

decisions, and feared change. She also complained of poor memory, insomnia, blurred vision, dizziness, and numbness of feet. Her tongue was Pale on the sides and the pulse was Fine and slightly Wiry on the left side and Choppy on the right.

## Diagnosis

This is a clear case of stagnation of Liver-Qi which is secondary to Liver-Blood deficiency. She had many symptoms of Liver-Blood deficiency: poor memory and concentration, blurred vision, insomnia, dizziness, numbness, Pale tongue, and Fine and Choppy pulse. Also on a mental level, many of her problems were due to deficient Liver-Blood not rooting the Ethereal Soul: lack of confidence, lack of a sense of direction in life, fear of change, depression. Fear was a marked aspect of her mental make-up, and it should be remembered here that this emotion is not always due to the Kidneys but can also be related to a Liver-Blood deficiency. The pre-menstrual symptoms were characteristic of Liver-Qi stagnation.

## Treatment principle

The treatment principle adopted was to nourish Liver-Blood, root the Ethereal Soul and move Liver-Qi. She was treated with acupuncture and patent remedies.

## Acupuncture

The acupuncture points were selected from the following:

- P-6 Neiguan, on the right, to regulate the Liver, calm the Mind and settle the Ethereal Soul.
  - LIV-3 Taichong, on the left, to pacify the Liver, eliminate stagnation, and settle the Ethereal Soul.
  - ST-36 Zusanli, SP-6 Sanyinjiao, LIV-8 Ququan (all bilateral) and Ren-4 Guanyuan to nourish Liver-Blood.
  - Du-20 Baihui to clear the brain and lift mood.
- Herbal treatment.

The patent remedy used was the Women's Treasure's **Freeing the Moon®**.

This patient made a complete recovery in 9 months and felt much better mentally. In particular, it was interesting to note that she acquired a sense of direction in her life, by taking a new training course.

## Rhinitis

Female: 33yrs old

A 33-year-old female suffering from allergies experiences 'attacks' every fortnight or so. During the attack she sneezes almost constantly, and there is a profuse, clear, watery nasal discharge. She also suffers from incontinence due to the sneezing. An attack usually lasts for about 24 hours, outside of which there are no symptoms. This pattern started 2 years ago, about when she moved to San Diego. Nothing specific triggers the attacks, which occur all year long. They are slightly more frequent in October and February. She had asthma as a child, as well as strong allergic reactions to dust and other things. She has been taking Tegretol for epilepsy for 11 years and started Lofloft for anxiety and depression 6 months ago.

She is not particularly thirsty, but strongly likes cold drinks, needs to get up 2-3 times a night to urinate. Her appetite is up and down, and she also experiences dizziness, low sex drive, shorter menstrual cycle (23 days instead of 28), periods which are sometimes heavy with thick, red blood and clots, and sometimes scanty with clots, severe menstrual pain (lower abdomen and thighs), PMS (irritability, sensitivity, soreness, breast bloating, water retention).

Her tongue is slightly swollen and red overall, especially on the tip. It is also dry, with a white coating, transversal cracks in the center and deviated to the left. Pulses are slippery overall and weak in both Kidney positions.

Acupuncture treatment so far: Yintang, LI 20, SI 3, UB 62, LU 7, KI 6, ST 40. I would like to give her **Jade Screen®** and potentially **Herbal Sentinel-Yin™**, would this treatment be suitable?

### Diagnosis

Wind Impairing descending and diffusing of Lung Qi in nose, deficiency of Lung's and Kidney's defensive Qi systems, Liver Qi Stagnation, Blood stasis. She is obviously strongly atopic and has been all her life. The new allergy in SD was probably triggered by two factors, one external, the other internal. The external factor might be some plant, which grows in SD and not in her hometown. The internal factor is probably a decline in her Kidney energy due to stress and overwork. She has a lot of KI symptoms.

### Treatment

Since the allergy is perennial, she must take both **Jade Screen®** and **Herbal Sentinel Yin™** every day, ie:

**Jade Screen®**: 3 tablets in the morning and 3 in the afternoon. **Herbal Sentinel Yin™**: 4 tablets in the evening.

If there are clear symptoms of Dampness add a small dose of **Drain Field™** with **Jade Screen®** and if of Phlegm, **Limpid Sea™**.

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## Tamoxifen Side Effects

Females:

A group of women who have had breast cancer have undergone chemotherapy and radiotherapy and are now on tamoxifen. They suffer from with severe hot flushes and seem to have full damp heat- mainly in the liver and stomach, rather than just normal menopausal empty heat and they all seem to have liver Qi stagnation. Generally most do not seem to have heart fire or empty fire, **Ease the Journey - Yin®**

seems to work very well initially for hot flushes but there then seems to be a build up of damp heat, with a definite yellow/brown greasy coating appearing, even on the women who are spleen qi and kidney yang deficient with pale swollen tongues with a poor coating and also on those with red bodies. Using **Ease the Journey - Yang®** in a morning for a week or so seems to help their energy levels of the pale ones,



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## Case Studies

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but the tamoxifen seems to change even the pale-tongued to heat. What formula could I use to balance the tamoxifen damp heat, which would be suitable to take for 5 years? I have used *Jia Wei Xiao Yao San*, or *Xiao Yao San* and some *Chai Hu Shu Gan San* which help the stomach and liver, but do not seem to really clear the damp heat, but I am reluctant to use formulae like *Long Dan Xie Gan Tang*, as it is too dispersing for more than only occasional use in this group of largely deficient women. **Chemo-Support™** seems to work quite well, but after a while seems to be a bit cloying, with stomach fullness and nausea appearing, when taken in a morning with **Ease the Journey - Yin®** in the evening.

I have also used Ren 12, St 36, Sp6, K3, Liv 3, Ren 13, St 21, St 29 - with Sp9, Liv 2 or St 44 if they have

more severe heat, which seems to be effective, but I cannot see them often enough for the acupuncture to work.

### Treatment

You need to resolve Damp-Heat either with my remedy Drain the Jade Valley or with a simple Si Miao San (which I am not sure exists as a patent remedy, but the concentrate powder can be put into capsules).

For the menopausal flushes, you should use (as you are) either EJ-Yin or EJ-Yang or a combination of both (which I do usually when there is KI-Yang Xu, i.e. I use a normal dose of EJ Yang in the morning and a small one, just one tablet of EJ-Yin in the evening).

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## Tiredness

Female: 46yrs old

A 46-year-old female complaining of extreme fatigue also suffers from joint pain in her elbows and knees, lower back pain and feels cold easily especially her hands and feet. She experiences urgency to urinate and has had a slight trace of blood in her urine, for which she is being treated by her doctor (she may have passed a kidney stone). She has diminished hearing and feels like she has fluid in her ears. Her sleep is disturbed due to her joint pains in her neck as well. She has also experienced occasional night sweats. She also complains that her memory is poor and she is easily stressed which causes anxiety and depression.

Her tongue is slightly swollen and pale and her pulse is deep, weak and slow.

### Diagnosis

Kidney yang and yin deficiency, the yang deficiency is predominant, and heart empty heat. For women of that age it is not at all unusual to have deficiency of both KI-Yin and KI-Yang, in her case with predominance of KI-Yang.

### Treatment

**Ease the Journey - Yang®** 2 tablets in the morning and 2 in the afternoon plus only 2 tablets of **Heavenly Empress®** in the evening. The former is a variation of *You Gui Wan* and the latter of *Tian Wang Bu Xin Dan*.