

Bai Zhu Rhizoma *Atractylodis Macrocephalae* 10 g
 Che Qian Zi Semen *Plantaginis* 15–20 g, decocted wrapped
 Ze Xie Rhizoma *Alismatis* 10 g
 Fang Ji Radix *Stephaniae Tetrandrae* 10 g
 Zhu Ling Polyporus *Umbellatus* 10 g
 Gui Zhi Ramulus *Cinnamomi* 4–5 g
 Ma Bian Cao Herba *Verbenae* 15 g

for edema of the face and limbs, abdominal distension, ascites, and scanty urine. Take Qian Niu Zi Semen *Pharbitidis* 1–1.5 g and mole cricket 1–1.5 g, both in powdered form, 2–3 times daily for severe edema.

j Add:
 Nan Sha Shen Radix *Adenophorae* 12 g
 Huang Qin Radix *Scutellariae* 10 g
 Sang Bai Pi Cortex *Mori Radicis* 10–15 g
 Yu Xing Cao Herba *Houttuyniae* 30 g

Dai Ge San Indigo *Naturalis* and *Cyclina* Powder 15 g, decocted wrapped
 but remove Dang Shen Radix *Codonopsis Pilosulae* and Fu Zi Radix *Aconiti Praeparata* from the prescription for retention of Phlegm-Heat in the Lung with the symptoms of yellow sticky sputum, and yellow sticky tongue coating.

j Add:
 Sheng Di Huang Radix *Rehmanniae* 12 g
 Xian He Cao Herba *Agrimoniae* 10–15 g
 Qian Cao Radix *Rubiae* 10–15 g
 Ce Bai Ye Cacumen *Biotae* 10–15 g
 Ou Jie Tan Nodus *Nelumbinis Rhizomatis Carbonisata* 10–15 g
 Mu Dan Pi Cortex *Moutan Radicis* 10 g
 E Jiao Colla *Corii Asini* 10 g

but remove Fu Zi Radix *Aconiti Praeparata* from the prescription for hemoptysis or expectoration of blood-tinged sputum.

ACUPUNCTURE TREATMENT

Acupuncture treatment of congestive heart failure

Treatment principle	Prescription	Additional points
Nourish Qi and Yin, warm Yang and activate Blood circulation by treating points on the Pericardium channel and Back-Shu and Front-Mu points with the even method	Xinshu (BL 15), Juque (REN 14), Neiguan (PC 6), Ximen (PC 4), Qihai (REN 6), Zusanli (ST 36)	j Add Chize (LU 5) and Fenglong (ST 40) for cough with profuse sputum j Tanzhong (REN 17) and Zhongwan (REN 12) for stuffiness in the chest, belching and abdominal distension j Apply moxibustion at Shuifen (REN 9) for ascites

EAR ACUPUNCTURE

Points: Heart, Pericardium, Sympathetic Nerve, Ear-Shenmen, Subcortex.

Method: Points are needled with mild stimulation. The needles are retained for 30 minutes. Treatment is given once daily; ten treatments comprise a course.

SIMPLE RECIPES

j Wan Nian Qing Gen Radix *Rohdeae Japonicae* (15–30 g, fresh) and Da Zao Fructus *Ziziphi Jujubae* (5–7 pieces) decocted and one packet taken daily.
j Bei Wu Jia Pi Cortex *Periplocae Sepium Radicis*

(3–10 g) taken in the form of a daily decoction; the maintenance dosage is 3 g daily.

j Cha Shu Gen Radix *Camelliae Sinensis* (30–60 g, fresh) decocted over gentle heat with water or both water and glutinous rice wine, and then taken before bedtime.

ANGINA PECTORIS

Angina pectoris refers to a symptom known as a paroxysmal feeling of crushing pressure and cramping pain behind the sternum or at the pre-

cordial region. It is most often linked to impaired circulation of blood in the coronary arteries, and falls into the TCM categories of real cardiac pain

separately with water, 2–3 times daily, for severe cardiac pain.

Treating the Ben

Liver and Kidney Yin deficiency

Clinical manifestations: dizziness, tinnitus, lumbar soreness, weakness of the legs, thirst, a red tongue, and a thready wiry pulse.

Principle of treatment. Tonify the Liver and Kidney.

Herbs

He Shou Wu Radix Polygoni Multiflori 15 g, treated
Sheng Di Huang or Shu Di Huang Radix
Rehmanniae or Radix Rehmanniae Praeparata 10–12 g
Bai Shao Radix Paeoniae Alba 10 g
Gou Qi Zi Fructus Lycii 10 g
Nu Zhen Zi Fructus Ligustri Lucidi 10 g
Sang Ji Sheng Ramulus Loranthi 15 g

Additional herbs

j Add:

Tian Ma Rhizoma Gastrodiae 10 g
Ju Hua Flos Chrysanthemi 10 g
Bai Ji Li Fructus Tribuli 12 g
Gou Teng Ramulus Uncariae cum Uncis 15 g,
decocted later
Shi Jue Ming Concha Haliotidis 15–20 g,
decocted first
Xi Xian Cao Herba Siegesbeckiae 15 g

for Liver Yang rising with the symptoms of headache, dizziness and vertigo, numbness of the tongue and limbs, sensation of heat in the face, and a wiry pulse.

j Add Gui Ban Plastrum Testudinis 15 g, and Huang Qin Radix Scutellariae 10 g for pronounced fire due to deficiency of Yin with the symptoms of a sensation of heat in the palms, soles and chest, restlessness, nocturnal emission, and insomnia.

j Add:

Tai Zi Shen Radix Pseudostellariae 12 g
Mai Dong Radix Ophiopogonis 10 g
Wu Wei Zi Fructus Schizandrae 6–10 g
Yu Zhu Rhizoma Polygonati Odorati 12 g
Dang Gui Radix Angelica Sinensis 10 g
but remove Nu Zhen Zi Fructus Ligustri Lucidi,
Sang Ji Sheng Ramulus Loranthi, and Bai Shao

Radix Paeoniae Alba from the prescription for deficiency of Heart Yin with the symptoms of palpitations, shortness of breath, and a thready rapid pulse.

Deficiency of both the Heart and Spleen

Clinical manifestations: dizziness, blurring of vision, palpitations, shortness of breath, lassitude, insomnia, pale complexion, pale lips, a pale tongue, and a thready weak or irregular pulse.

Principle of treatment. Tonify the Heart and Spleen.

Formula. Variation of Gui Pi Tang Restore the Spleen Decoction.

Herbs

Huang Qi Radix Astragali seu Hedysari 10–15 g
Dan Shen Radix Codonopsis Pilosulae 10–15 g
Dang Gui Radix Angelica Sinensis 10 g
Yu Zhu Rhizoma Polygonati Odorati 12 g
Shu Di Radix Rehmanniae Praeparata 10 g or
Shou Wu Radix Polygoni Multiflori 15 g, treated
Wu Wei Zi Fructus Schizandrae 6–10 g
Bai Zhu Rhizoma Atractylodis Macrocephalae 10 g
Fu Ling Poria 12 g, cinnabaris treated or
Fu Shen Sclerotium Poriae Pararadicis 12 g,
cinnabaris treated
Bai Zi Ren Semen Biotae 10 g or
Suan Zao Ren Semen Ziziphi Spinosa 10 g

Additional herbs

j Add Gui Zhi Ramulus Cinnamomi 5 g, and Zhi Gan Cao Radix Glycyrrhizae 5 g, treated, but remove Shu Di Radix Rehmanniae Praeparata from the prescription for deficiency of Yang with the symptoms of sweating, aversion to cold, and an irregular pulse.

j Add Yuan Zhi Radix Polygalae 6–10 g, and Ci Shi Magnetium 15–20 g for pronounced palpitations.

Heart and Kidney Yang deficiency

Clinical manifestations: palpitations, shortness of breath, lassitude, aversion to cold, spontaneous sweating, lumbar soreness, weakness of the legs, nocturnal emission, a pale complexion, a pale or dark purple tongue with thin coating, and a deep thready weak pulse.

tion, and neurosis resulting from functional disturbance of the autonomic nervous system.

Principle of treatment. Nourish Yin, reduce Fire, soothe the Heart and calm the Mind.

Formula. Variation of Bu Xin Dan Tonify the Heart Pill.

Herbs

Tai Zi Shen Radix Pseudostellariae 10–15 g
 Mai Dong Radix Ophiopogonis 10–15 g
 Sheng Di Huang Radix Rehmanniae or Shu Di Huang Radix Rehmanniae Praeparata 10–15 g
 Dang Gui Radix Angelica Sinensis 10–15 g
 Yu Zhu Rhizoma Polygonati Odorati 10–15 g
 Dan Shen Radix Salviae Miltiorrhizae 12 g
 Wu Wei Zi Fructus Schizandrae 5–10 g
 Suan Zao Ren Semen Ziziphi Spinosae 10 g
 Bai Zi Ren Semen Biotae 10 g
 Ci Shi Magnetitum 20–30 g
 Mu Li Concha Ostreae 20–30 g
 Fu Shen Sclerotium Poriae Paradicis 10–15 g, cinnabaris treated.

Additional herbs

ǀ Add Huang Lian Rhizoma Coptidis 2 g, and Zhi Zi Fructus Gardeniae 10 g, but remove Tai Zi Shen Radix Pseudostellariae from the prescription for hyperactivity of Heart Fire with the symptoms of restlessness, a sensation of heat in the chest, pronounced thirst, and a bitter taste in the mouth.

ǀ Add:

Chi Shao Radix Paeoniae Rubra 10 g
 Hong Hua Flos Carthami 10 g
 Tao Ren Semen Persicae 10 g
 Yu Yin Tuber Curcumae 10 g

for a feeling of suffocation and pain in the chest, and a purple tongue.

Phlegm-Fire disturbing the Heart

Clinical manifestations: palpitations, fear, stuffiness in the chest, restlessness, dizziness, insomnia or nightmares, thirst, a bitter taste in the mouth, deep-yellow urine, constipation, a red tongue with yellow sticky coating, and a wiry rolling rapid pulse which may have missed beats.

This condition is present in arrhythmia result-

ing from cardiac neurosis, functional disturbance of the autonomic nerves, and hypertensive heart disease.

Principle of treatment. Clear Phlegm-Fire, soothe the Heart and calm the Mind.

Formula. Variation of Wen Dan Tang Warm the Gall Bladder Decoction.

Herbs

Ban Xia Rhizoma Pinelliae 10 g, Succus Bambusae treated
 Zhu Ru Caulis Bambusae in Taeniis 10 g
 Zhi Ke Fructus Aurantii 10 g
 Dan Nan Xing Rhizoma Arisaematis cum Felle Bovis 6 g
 Fu Shen Sclerotium Poriae Paradicis 12 g, cinnabaris treated
 Huang Lian Rhizoma Coptidis 3 g
 Zhi Zi Fructus Gardeniae 10 g
 Suan Zao Ren Semen Ziziphi Spinosae 10 g
 Yuan Zhi Radix Polygalae 6–10 g treated

Deficiency of Heart Yang (Qi)

Clinical manifestations: palpitations, shortness of breath, stuffiness in the chest, chest pain, dizziness, lassitude, aversion to cold, cold limbs, a pale complexion, a light red tongue, and a deep thready and weak or slow pulse which may have missed beats.

This condition is often present in bradyarrhythmia such as atrioventricular block, and sick sinus syndrome.

Principle of treatment. Warm Yang, benefit Qi, activate Blood circulation, and remove obstruction in vessels.

Formulae. Variation of Shen Fu Tang Ginseng and Prepared Aconite Decoction and Ma Huang Fu Zi Xi Xin Tang Ephedra, Asarum and Prepared Aconite Decoction.

Herbs

Dang Shen Radix Codonopsis Pilosulae 10–20 g
 Huang Qi Radix Astragali seu Hedysari 12–15 g
 Fu Zi Radix Aconiti Praeparata 6–10 g
 Gui Zhi Ramulus Cinnamomi 5–10 g
 Xi Xin Herba Asari 4–6 g
 Yin Yang Huo Herba Epimedii 10–15 g
 Xiang Fu Rhizoma Cyperi 10 g

Ju Hua Flos Chrysanthemi 10 g
 Xia Ku Cao Spica Prunellae 12 g
 Xi Xian Cao Herba Siegesbeckiae 10–15 g
 Chou Wu Tong Folium Clerodendri Trichotomi 10 g
 Di Long Lumbricus 10 g
 Mu Li Concha Ostreae 30 g
 Zhen Zhu Mu Concha Margaritifera Usta 30 g or
 Shi Jue Ming Concha Haliotidis 15 g

Additional herbs

j Add:

Long Dan Cao Radix Gentianae Scabrae 5 g
 Huang Qin Radix Scutellariae 10 g
 Mu Dan Pi Cortex Moutan Radicis 10 g

but remove Xi Xian Cao Herba Siegesbeckiae and Chou Wu Tong Folium Clerodendri Trichotomi from the prescription for severe headache, redness of the eyes, a flushed face, restlessness, irritability, a bitter taste in the mouth, and a yellow tongue coating.

j Add:

Dan Nan Xing Rhizoma Arisaematis cum Felle Bovis 6 g
 Zhu Ru Caulis Bambusae in Taeniis 10 g
 Ban Xia Rhizoma Pinelliae 10 g, Succus Bambusae treated
 Jiang Can Bombyx Batryticatus 10 g
 Ju Hong Exocarpium Citri Rubri 5 g

but remove Mu Li Concha Ostreae and Zhen Zhu Mu Concha Margaritifera Usta from the prescription for excess Phlegm with the symptoms of obesity, dizziness, a heavy sensation in the head, numbness and heaviness in the limbs and body, and a sticky tongue coating.

Deficiency of Yin of the Liver and Kidney

Clinical manifestations: dizziness, headache, vertigo, tinnitus, blurring of vision, impaired vision, palpitations, insomnia, dream-disturbed sleep, soreness and weakness of the lumbus and legs, or nocturnal emission, loss of weight, thirst, malar flush, a red tongue with scanty coating, and a thready, wiry and rapid pulse.

Principle of treatment. Nourish the Liver and Kidney Yin.

Formula. Variation of Fu Fang Shou Wu Wan Compound Polygoni Multiflori Pill.

Herbs

He Shou Wu Radix Polygoni Multiflori 15 g, treated
 Sheng Di Huang Radix Rehmanniae 12 g
 Gou Qi Zi Fructus Lycii 10 g
 Sang Shen Zi Fructus Mori 10 g
 Gui Ban Plastrum Testudinis 15 g
 Sang Ji Sheng Ramulus Loranthi 15 g
 Du Zhong Cortex Eucommiae 10 g
 Mu Li Concha Ostreae 30 g
 Ci Shi Magnetitum 20 g

Additional herbs

j Add:

Suan Zao Ren Semen Ziziphi Spinosae 10 g, stir-baked
 Bai Zi Ren Semen Biotae 10 g
 Dan Shen Radix Salviae Miltiorrhizae 10 g for pronounced palpitations and insomnia.

j Add:

Xian Mao Rhizoma Curculiginis 10 g
 Yin Yang Huo Herba Epimedii 10 g
 Ba Ji Tian Radix Morindae Officinalis 10 g
 Rou Cong Rong Herba Cistanches 10 g
 Shu Di Huang Radix Rehmanniae Praeparata 10 g
 Shan Zhu Yu Fructus Corni 10 g

for Yin deficiency affecting the Yang with the symptoms of a pale complexion, soreness and weakness of the lower limbs, profuse nocturia, or impotence, spontaneous emission, a deep thready pulse, and a light red tongue. Remove Sheng Di Radix Rehmanniae and Gui Ban Plastrum Testudinis from the prescription if the Yin deficiency is not pronounced. Add Huang Qi Radix Astragali seu Hedysari 10 g, Bai Zhu Rhizoma Atractylodis Macrocephalae 10 g, and Fang Ji Radix Stephaniae Tetrandrae 10 g, but remove Gui Ban Plastrum Testudinis and Ci Shi Magnetitum from the prescription for edema of the face and legs. Add Fu Zi Radix Aconiti Praeparata 4 g, and Rou Gui Cortex Cinnamomi 3 g for pronounced chills, and cold limbs.

Tao Ren Semen Persicae 10 g
 Hong Hua Flos Carthami 6–10 g
 Di Long Lumbricus 10 g

Additional herbs

ǀ Add:

Chuan Shan Jia Squama Manitis 6 g
 Xi Xian Cao Herba Siegesbeckiae 15 g
 Quan Xie Scorpio 4 g, treated
 Tian Nan Xing Rhizoma Arisaematis Praeparata 3 g
 Jiang Can Bombyx Batryticatus 10 g, treated

for numbness, heaviness, and piercing pain in the limbs and body.

ǀ Add Gui Zhi Ramulus Cinnamomi 4 g, treated, for cold hands and feet, and numbness of the muscles.

Deficiency of the Liver and Kidney

Clinical manifestations: hemiplegia, aphasia, weakness, soreness and numbness of the limbs, muscular atrophy and motor impairment of the lower limb, salivation, dizziness, flushed face, or a dull expression, a red tongue, and a thready pulse.

Principle of treatment. Tonify the Liver and Kidney.

Formula. Variation of Di Huang Yin Zi Rehmannia Powdered Decoction.

Herbs

Sheng Di Huang Radix Rehmanniae 15 g
 Ba Ji Tian Radix Morindae Officinalis 10 g
 Shan Zhu Yu Fructus Corni 10 g
 Shi Hu Herba Dendrobii 10 g
 Rou Cong Rong Herba Cistanches 10 g
 Wu Wei Zi Fructus Schizandrae 3 g
 Fu Zi Radix Aconiti Praeparata 3 g
 Du Zhong Cortex Eucommiae 12 g
 Sang Ji Sheng Ramulus Loranthi 15 g

Additional herbs

ǀ Add E Jiao Colla Corii Asini 10 g, and Gui Ban Plastrum Testudinis 15 g, but remove Fu Zi Radix Aconiti Praeparata from the prescription for thirst and a red tongue.

ǀ Add Rou Gui Cortex Cinnamomi 1.5 g for cold feet.

ǀ Add Shi Chang Pu Rhizoma Acori Graminei 5 g, and Yuan Zhi Radix Polygalae 6 g, treated, for mental dullness.

ACUPUNCTURE TREATMENT

Channels and collaterals being attacked

Principle of treatment. Remove obstruction in the channels and collaterals, and harmonize Qi and Blood by treating points on the Large Intestine and Stomach channels primarily and those on the other Yang channels secondarily using the reducing needling technique in a condition of recent onset, and the reinforcing needling technique in a chronic condition. For numbness of the skin and muscles, tap the diseased area with a plum-blossom needle.

Prescription and additional points. See Figure 5.1.

Zang-Fu organs being attacked

Tense syndrome

Principle of treatment. Calm Liver Wind, clear Heat in the Heart, eliminate Phlegm, and promote mental resuscitation by needling points on the Du channel and 12 Jing-Well points primarily, and points on the Jueyin and Yangming channels secondarily with the reducing method, or bleeding method.

Prescription: Renzhong (REN 26), 12 Jing-Well points, Taichong (LIV 3), Laogong (PC 8), Fenglong (ST 40).

Additional points. Add Jiache (ST 6), Xiaguan (ST 7), Hegu (LI 4) for lockjaw; Neiguan (PC 6), Houxi (SI 3), and Hegu (LI 4) for clenched fists.

Flaccid syndrome

Principle of treatment. Recapture Yang and rescue the collapsed state by treating points on the Ren channel with moxibustion.

Prescription: Guanyuan (REN 4), Shenque (REN 8) (moxibustion with salt insulation).