

# Chinese Internal Medicine II

## 1. Headache

Tou Tong  
By Huabing Wen  
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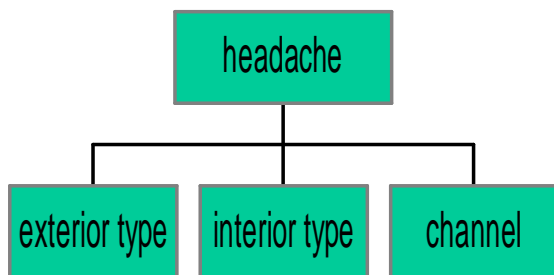
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### Classification of headache



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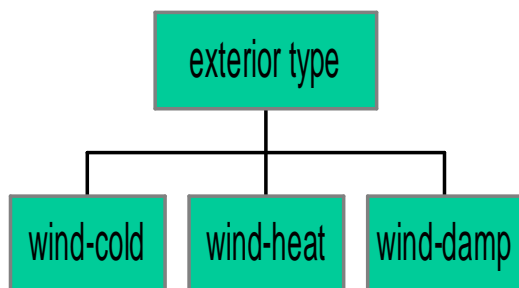
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### Exterior headache



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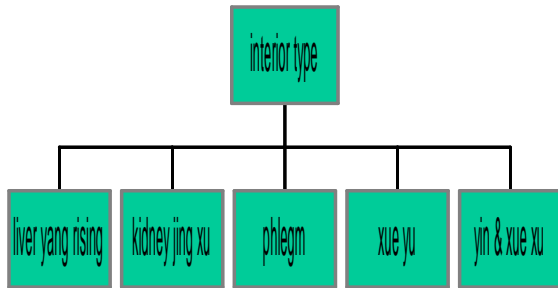
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## Interior headache



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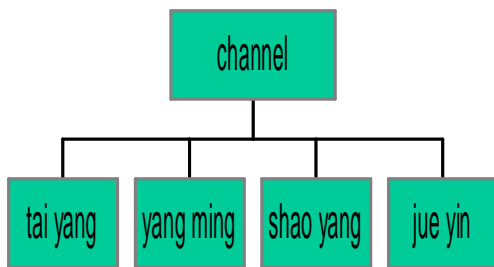
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## Channel headache



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## Exterior-wind-cold

- Chuan Xiong Cha Tiao San
  - Chuan Xiong Qiang Huo Bai Zhi Xi Xin
  - Jing Jie Fang Feng Bo He Gan Cao Green Tea
- Cold attacking Jue Yin
  - Wu Zhu Yu Tang

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### Exterior-wind-heat

- Sang Ju Yin modified
- Xiong Zhi Shi Gao Tang
  
- Wind-heat headache with heat in LI
  - Huang Lian Shang Qing Wan
- Wind-heat with dryness
  - Sang Xing Tang

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### Exterior-wind-damp

- Qiang Huo Sheng Shi Tan
  - Qiang Huo Du Huo Fang Feng Gao Ben
  - Chuan Xiong Man Jin Zi Gan Cao
  
- Wind-damp headache with phlegm
  - Er Chen Tang plus San Zi Yang Qin Tang

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### Interior-liver yang rising

- Tian Ma Gou Teng Yin
  - Tian Ma Gou Teng Shi Jue Ming Huang Qin Du Zhong Niu Xi Sang Ji Sheng
  - Ye Jiao Teng Fu Shen Yi Mu Cao
- Liver yang turn into wind with xue re
  - Lin Yang Gou Teng Tang
- Liver fire attacking stomach
  - Zuo Jin Wan plus Ban Xia Hou Po Tang

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### Interior-kidney xu

- Da Bu Yuan Jian
  - Shu Di Gou Qi Zi Shan Yu Rou Shan Yao
  - Ren Shen Dang Gui Du Zhong Gan Cao
- More kidney jing xu
  - Zuo Gui Wan
- More internal heat
  - Zhi Bai Di Huang Wan

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### Interior-yin & xue xu

- Jia Wei Si Wu Tang
- Ren Shen Yang Rong Tang
  - Shu Di Dang Gui Bai Shao Ren Shen
  - Huang Qi Bai Zhu Fu Ling Chen Pi
  - Wu Wei Zi Yuan Zhi Rou Gui Sheng Jiang Da Zao Gan Cao
- More qi xu
  - Bu Zhong Yi Qi Tang

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### Interior-turbid phlegm

- Ban Xia Bai Zhu Tian Ma Tang
  - Ban Xia Tian Ma Bai Zhu Chen Pi
  - Fu Ling Sheng Jiang Gan Cao Da Zao
- Wind-phlegm blocking channels
  - Qian Zhen San
- Qi & phlegm blocking the throat
  - Ban Xia Hou Po Tang

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## Interior-xue yu

- Tong Qiao Huo Xue Tang
  - She Xiang Chi Shao Tao Ren Hong Hua
  - Chuan Xiong Green Onion Sheng Jiang
  - Rice Wine Da Zao
- Bai Zhi replaces She Xiang

Wind-fire in liver channel

Ju Hua Tian Ma Chuan Xiong Bai Zhi  
Shi Gao Gao Ben Gou Teng Quan Xie  
Di Long

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## Acupuncture

- Tai Yang
  - GB 20 Du 19 UB 10 UB60
- Yang Ming
  - Yin Tang St 8 GB 14 SJ 23
- Shao Yang
  - Tai Yang GB 8 Lu 7 GB 43

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## Chinese Internal Medicine II

### 2. Dizziness & Vertigo

Xue Yun

By Huabing Wen

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## Wind, Fire, Tan, Xu

- Wind → liver
- Fire → heart
- Tan → spleen
- Xu → kidney

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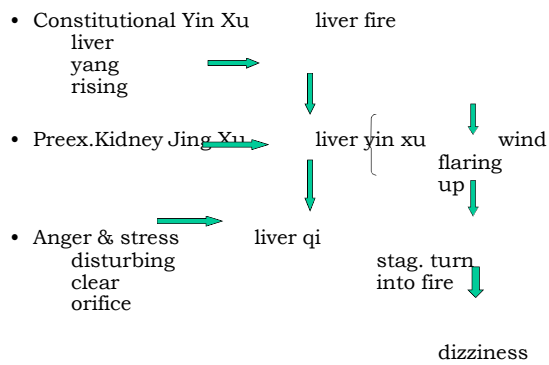
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## Pathological magnesium




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## Liver Yang Rising

- Tian Ma Gou Teng Yin
- More Liver wind
  - Ling Yang Gou Teng Tang
- Insomnia
  - Long Dan Xie Gan Tang

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## Qi & Xue Xu

- Gui Pi Tang
- Clear qi sinking
  - Bu Zhong Yi Qi Tang
- With damp
  - Shen Ling Bai Zhu San

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## Kidney Jing Xu

- Zuo Gui Wan
- You Gui Wan
- With hearing loss
  - Er Long Zuo Ci Wan
- With lower leg edema
  - Zhen Wu Tang

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## Turbid Phlegm Blocking MJ

- Ban Xia Bai Zhu Tian Ma Tang
- Nausea, vomiting
  - Dai Zhe Shi Zhu Ru
- Abdominal distention
  - Bai Dou Kou Sha Ren
- Palpitation
  - Yu Jin Suan Zao Ren

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## Acupuncture

- Liver & GB
  - GB 20 GB 31 Liv. 3 Liv. 2
- SJ & SI
  - SJ 5 SI 3
- Lu & K
  - Lu 7 K 6 K3
- Du & Ren
  - Du 20 Ren 17

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## Chinese Internal Medicine

### II

### 3. Stroke

Zhong Feng

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## TCM Pathology

- Xu: yin xu, qi xu, xue xu
- Fire: liver fire, heart fire, fire with phlegm
- Qi: qi rebellion, qi sinking
- Xue: xue yu
- Wind: liver wind, external wind
- Phlegm: wind-phlegm, damp-phlegm

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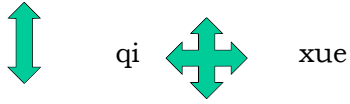
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## TCM Pathology

- Upper excess: rising yang w/wind



- Lower Xu: liver and kidney

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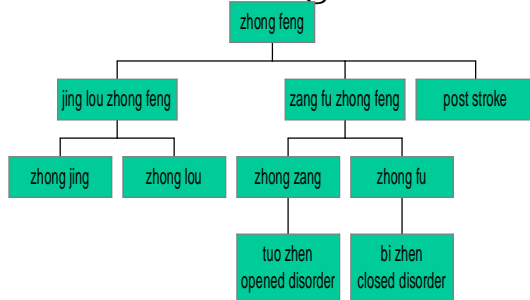
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## Classification of Zhong Feng




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## Treatment Principle

- Nourish liver & kidney
- Subdue yang & redirect the rebellion qi
- Pacify liver & extinguish wind
- Clear fire & expel phlegm
- Move blood & unblock channel

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## Channel Zhong Feng

- 1. Evil wind attacking empty luo
- Qian Zhen San modified
  - Bai Fu Zi Jiang Chan Quan Xie
- Da Qin Jiao Tang

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## Channel Zhong Feng

- 2. Liver & kidney yin xu with wind & rising yang flaring upward
- Zhen Gan Xi Feng Tang plus Tian Ma Gou Teng Ju Hua
  - Bai Shao Xuan Shen Tian Dong Long Gu  
Gui Ban Dai Zhe Shi Qin Hao Chuan  
Lian Zi Niu Xi Mai Ya Gan Cao
- Tian Ma Gou Teng Yin
- Lin Yang Gou Teng Tang

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## Zang Fu Zhong Feng

- 1. Bi Zhen (closed disorder)
- 1.1 yang bi
  - Internal wind with phlegm-fire
  - An Gong Niu Huang Wan
  - Zhi Bao Dan
- 1.2 yin bi
  - Internal wind with phlegm-damp
  - Su He Xiang Wan
  - Di Tan Tang

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## Zang Fu Zhong Feng

- 2. Tuo Zhen (opened disorder)
- Shen Fu Tang + Shen Mai San
  
- Di Huang Yin Zi

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## Recovery Stage

- 1. Pian Tan (paralysis)
- 1.1 qi xu with xue yu, blockage in the luo
- Bu Yang Huan Wu Tang
  
- 1.2 liver & kidney xue with blockage in the lou
- Di Huang Yin Zi

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## Recovery Stage

- 2. Facial paralysis (Mian Tan)
- Qian Zhen San

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## Acupuncture

- Bi Zhen:
  - Ren 26 Jing-Well points
  - Yin Bi: St 40 St 36
  - Yang Bi: Liv. 3 P 8
- Tuo Zhen:
  - Moxa Du 20 Ren 4 Ren 8

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## Chinese Internal Medicine II

### 4. Mania, Depression, and Epilepsy Dian Kuang Jian Syndrome

by Huabing Wen

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## Dian Kuang Syndrome

- Key to differentiate
- Heart,liver(gallbladder), spleen, kidney
  
- Heart and pericardium channel
  
- Yin and yang disharmony
  - With qi stagnation;
  - With phlegm fire;
  - With xue yu

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## • Pathological changes

- Yin and Yang disharmony
  - Excess yang      Kuang
  - Excess yin      Dian
- Phlegm Qi flaring up
  - Liver      Qi stagnation
  - Spleen      phlegm
- Qi and Xue Stagnation

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## Treatment principles

- Acute stage
  - Manifestations
  - Dian:      Dislodge phlegm, relieve stagnation, open orifices
  - Kuang:      dislodge phlegm, clear fire, open orifices
- Remission stage
  - Root causes
  - Dian:      tonify heart and spleen, relieve stagnation.
  - Kuang:      regulate yin and yang, nourish yin and redirect fire

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## • Dian Syndrome

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Pattern of differentiate

- Dian syndrome
- 1. Phlegm accumulation and qi stagnation  
Shun Qi Dao Tan Tang plus Kun Xian Dan
  - Bai Xia Chen Pi Fu Ling Dan Nan Xin  
Xiang Fu Shi Chang Pu
  - Mu Xiang Gan Sui Da Ji Bai Jian Zi
- 2. Heart and spleen deficiency  
Yang Xin Tang
  - Ren Shen Huang Qi Gan Cao Chang  
Xiong Dang Gui Fu Ling
  - Yuan zhi Bai Zi Ren Suan Zao Ren Wu  
Wei Zi Rou Gui

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•Kuang syndrome

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1. Phlegm and Fire flaring up

- T: deep red; yellow coat
- P: wiry, big, slippery, and rapid
- F: Sheng Tian Lou Yin
  - Sheng Tian Lou Dan Nan Xin Bei Mu  
Ju Hong Shi Chang Pu Yuan Zhi Fu  
Shen Cheng Sha Tian Meng Dong Mai  
Meng Dong Xuan Shen Lian Qiao

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## 2. Excess fire injured yin

- T: red
- P: thready, rapid
- F: Er Yin Jian plus Qian Jin Ding Zhi Wang
  - Sheng Di Huang Mai Meng Dong Xuan Shen Huang Lian Mu Tong Dan Zhu Ye Deng Xin Cao Fu Shen Suan Zao Ren Gan Cao

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## Acupuncture treatment

- Kuang syndrome excess
  - reducing technique
  - Du 15 Du 13 Du 14 GB13
  - Du 1 bleeding
- Dian syndrome deficiency
  - tonifying technique
  - Ren 15 Ren 16 Ren 12 Ren 13

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## Chinese Internal Medicine II

### 5. Depression

Yu Zhen  
By Huabing Wen

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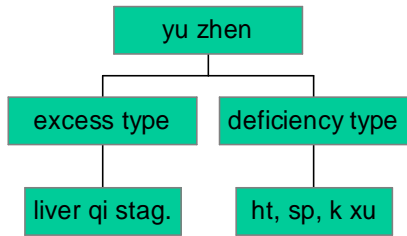
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## TCM Etiology




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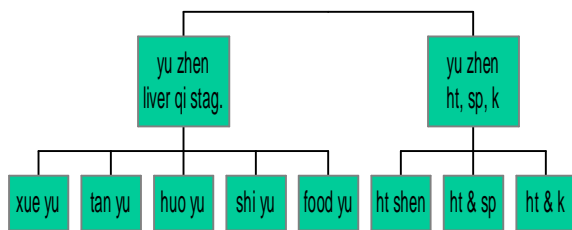
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## TCM Pathology




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## Treatment Principle

- Soothe liver, regulate qi, reduce depression
- Excess type
  - Invigorate blood
  - Clear heat
  - Expel phlegm
  - Reduce food stagnation
- Deficiency type
  - Nourishing heart & kidney
  - Nourishing heart & spleen

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## 1. Liver Qi Stagnation

- Chai Hu Shu Gan San modified
  - Plus Xuan fu Hua Yu Jin Qing Pi Fou Shou

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## 2. Liver Stag. turn into fire

- Dan Zhi Xiao Yao San
- With acid regurgitation
  - Add Zuo Jin Wan

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## 3. Qi-Phlegm accumulation

- Ban Xia Hou Pu Tang
- With six stagnation
  - Yue Ju Wan

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#### 4. Heart Shen lacking nourishment

- Gan Mai Da Zao Tang
- With heart & spleen xu
  - Gui Pi Tang
- With heart & GB deficiency
  - An Shen Ding Zhi Wan

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#### 5. Ht & Sp Xu

- Gui Pi Tang

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#### 6. Yin Xu w/ internal fire

- Zi Shui Qing Gan Yin modified
  - Liu Wei Di Huang Wan plus Zhi Zi  
Chai Hu Mu Dan Pi Dang Gui Bao  
Shao Da Zao
- With restlessness, insomnia
  - Tian Wang Bu Xin Dan
- With seminal emission
  - Jin Suo Gu Jing Wan

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## Acupuncture

- Mainly liver & GB channel followed by Heart and pericardial channel
- Liv. 2, Liv. 3, GB 20, GB 34, GB 41, Ht 7, Sp 6
- UB 18, UB 19, UB 47, UB 48, K 1, K 6, K 7

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## Chinese Internal Medicine II

### 6. Insomnia

Shi Mian

By Huabing Wen

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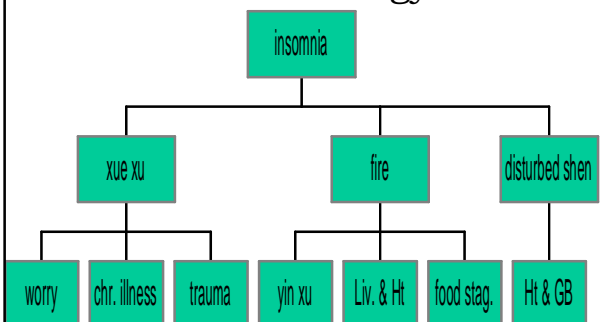
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## TCM Etiology



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## TCM Pathology

- Identify the organ
  - Heart main organ
  - Liver, GB, Sp, St, and K
- Identify Xu from Shi
  - Yin Xu
  - Fire
  - Food stag.

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## Treatment Principle

- Calm shen & pacify zhi
- Excess type
  - Sooth liver
  - Clear heat
  - Expel phlegm
- Deficiency type
  - Nourishing

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## 1. Heart fire flaring upward

- Zhu Sha An Shen Wan
  - Plus Huang Qin Zhi Zi Lian Qiao
  - Zhu Sha Huang Lian Sheng Di Huang Dang Gui
- With constipation
  - Liang Ge San

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## 2. Liver Stag. turn into fire

- Long Dan Xie Gan Tang
- With headache & constipation
  - Dan Gui Lu Hui Wan

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## 3. Phlegm-heat interrupting

- Wen Dan Tang
- With old phlegm & constipation
  - Men Shi Gong Tan Wan

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## 4. Food Stag.

- Bao He Wan
- Or Ban Xia Zhu Mi Tang

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### 5. Yin Xu w/ internal fire

- Liu Wei Di Huang Wan plus Huang Lian Er Jiao Tang
- With restlessness & seminal emission
  - Jiao Tai Wan                      Huang Lian
  - Rou Gui

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### 6. Ht & Sp Xu

- Gui Pi Tang
- With chest tightness, poor appetite, greasy tongue
  - Add Ping Wei San

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### 7. Ht & GB Xu

- An Shen Ding Zhi Wan
- plus Suan Zao Ren Tang

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## Acupuncture

- Heart and pericardial channel
- Ht 7 Sp 6 Ht 5 UB 15 UB 44
- UB 23 K6 Du 20 K 1
- Commonly used patents
  - Te Xiao Suan Zao Ren Wan
  - An Shen Ding Zhi Wan
  - Tian Wang Bu Xin Dan

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## Chinese Internal Medicine II

### 7. Palpitation

Xin Ji  
By Huabing Wen

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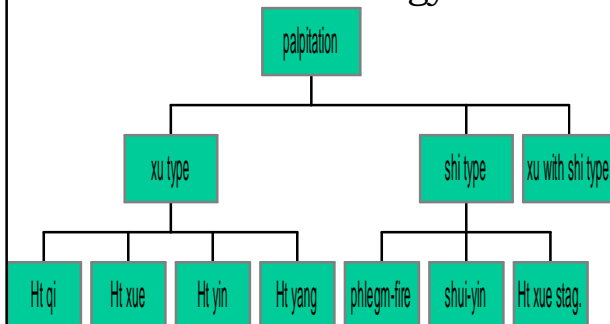
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## TCM Pathology



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## Treatment Principle

- Augment qi
- Nourish xue
- Nourish yin
- Warm yang
- Clear fire & transform phlegm
- Invigorate xue & unblock channel
- Warm yang & transform congested fluid

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## 1. Heart & GB Deficiency

- An Shen Ding Zhi Wan
  - Plus Hu Po (lin) Ci Shi Zhu Sha
  - Long Chi Fu Shen Shi Chang Pu Yuan Zhi Ren Shen
- With phlegm-heat
  - Wen Dan Tang

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## 2. Heart & Spleen Xu

- Gui Pi Tang
- With irregular pulse
  - Zhi Gan Cao Tang

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### 3. Yin Xu with internal fire

- Tian Wang Bu Xin Dan
- Huang Lian Er Jiao Tang modified

- More restlessness
- Zhu Sha An Shen Wan

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### 4. Heart Yang Xu

- Gui Zhi Gan Cao Long Gu Mu Li Tang
- More yang xu
  - Add Ren Shen Fu Zi

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### 5. Congested fluid attacking heart

- Ling Gui Zhu Gan Tang modified
- With edema due to kidney yang xu
  - Zhen Wu Tang

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## 6. Heart Xue Yu

- Tao Ren Hong Hua Jian
  - Tao Ren Hong Hua Dan Shen Chi Shao
  - Chuan Xiong Yan Hu Sou Xiang Fu Qin Pi Sheng Di Dang Gui
- Dan Shen Yin
- Xue Fu Zhu Yu Tang

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## 7. Phlegm-fire attacking heart

- Huang Lian Wen Dan Tang

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## 8. Heart Qi Xu

- Si Jun Zi Tang modified

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## 9. Qi & Yin Xu

- Sheng Mai San
- Zhi Gan Cao Tang

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## Acupuncture

- Heart channel
- Ht 7 P6 Ren 17 Lu 7 K 6

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## Chinese Internal Medicine II

### 8. Chest Obstruction Syndrome or Chest Bi

Xiong Bi  
By Huabing Wen

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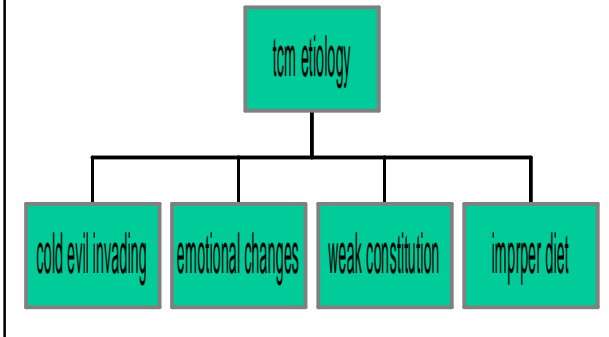
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## TCM Etiology




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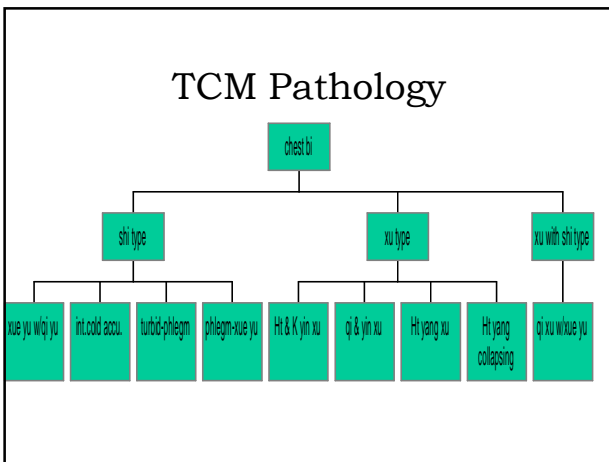
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## TCM Pathology




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## Treatment Principle

- Root cause(Ben)            xu
- Branch (Biao)            shi
- Ben Xu w/ Biao Shi        main  
  pathology in TCM
- Ben Xu primary            nourishing
  - Qi, Xue, Yin, Yang,
- Biao Shi primary        eliminating
  - Xue Yu, Qi Yu, Phlegm, Cold

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### 1. Xue Yu w/Qi Yu

- Xue Fu Zhu Yu Tang
- When chest pain severe
  - Add Jiang Xiang Yu Jin Yan Hu Suo Dan Shen

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### 2. Internal Cold Accumulation

- Gua Lou Xia Bai Bai Jiu Tang
- With more cold
  - Add Fu Zi Shu Jiao
- With more chest pain
  - Add Xi Xin

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### 3. Turbid-Phlegm blocking

- Gua Lou Xie Bai Ban Xia Tang
- With more turbid phlegm
  - Add Shi Chang Pu Zhi Shi Hou Pu
- With phlegm-heat
  - Add Dan Nan Xin Zhu Ru Huang Lian

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#### 4. Phlegm-Xue Yu

- Gua Lou Xie Bai Ban Xia Tang plus Tao Hong Si Wu Tang
- When phlegm turn in to phlegm-heat
  - Add Dan Nan Xin Zhu Ru Huang Lian

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#### 5. Ht & K Yin Xu

- Zuo Gui Yin modified
- With more chest pain
  - Add Dang Gui Dan Shen
- With yang rising causing internal wind
  - Tian Ma Gou Teng Yin

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#### 6. Qi-Yin Xu

- Sheng Mai San plus Ren Shen Yang RongTang
- With irregular pulse
  - Zhi Gan Cao Tang

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## 7. Ht Yang Xu

- Shen Fu Tang plus You Gui Yin
- With kidney yang xu
  - Add Lu Jiao Pian Suo Yang Ba Ji Tian

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## 8. Heart Yang Collapsing

- Si Ni Tang, Shen Fu Tang, plus Sheng Mai San
- With severe breathlessness
  - Add Hei Xi Dan

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## 9. Qi Xu & Xue Yu

- Ren Shen Yang Rong Tang plus Tao Hong Si Wu Tang
- Dr. Wen's formula
  - Huang Qi Dang Shen Dang Gui  
Tao Ren Hong Hua Dan Shen Yu  
Jin Zhi Ke Gui Jian Yu Di Long

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## Acupuncture

- Heart and pericardial channel
- Acute attacks
  - Ren 17 Du 26 K 1
- Ht 7 Ht 5 UB 15 UB 44 P6 Ren 4  
Du 20
- Commonly used patents
  - Guan Xin Su He Wan
  - Dan Shen Di Wan
  - Fu Fang Dan Shen Pian

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