Session 23

Qi, Xue (Blood) and Jinye Disorders:

- Hemorrhage (Xue Zheng, 血证)
- Sweating Syndrome (Han Zheng, 汗证)

Chinese Medicine Department
Session Rationale

- This session is still a session for Qi (气), Xue (血, Blood) and Jinye (津液, Body Fluid) diseases.
- Session topics are Hemorrhage and Sweating Syndrome.
- The aim of this session is for students to gain an understanding of these two disorders and develop theoretical knowledge, critical analysis and a clinical perspective in the TCM assessment, differentiation and treatment strategies for Hemorrhage and Sweating Syndrome.
Session Content

- **2-hour lecture:**
  - Hemorrhage (Xue Zheng, 血证)
  - Sweating Syndrome (Han Zheng, 汗证)

- **1-hour practical:**
  - Practical hints discussion
  - Case study based activity & in-class clinical diagnostic and treatment skills demonstration and practice

**Resource:**

- **Sweating Syndrome:** set text P241-246 & Maclean, W., Lyttleton, J. & Bayley M. (2018). P1267-1307
Learning Outcomes

By the end of this session study, you are expected to be able to:

- Describe TCM perspective of Qi, Xue (Blood) and Jinye (Body Fluid) pathologies, comparing with biomedical perspectives to hemorrhage, abnormal sweating.
- Define TCM Hemorrhage and Sweating Syndrome.
- Explain TCM etiology and pathogenesis of Hemorrhage and Sweating Syndrome.
- Accurately diagnose the condition and identify the TCM patterns of Hemorrhage and Sweating Syndrome.
- Prescribe the acu-treatment for each pattern of these conditions accordingly.
- Practical: develop assessment, reasoning & diagnosis, and applying treatment skills.
Hemorrhage
Bio-meds Overview: Hemorrhage

- **Define:** Hemorrhage is the escape of blood from a ruptured vessel; it can be either external or internal. *(medical dictionary-haemorrhage)*

- **Some relevant diseases:**
  - Respiratory diseases: bronchiectasis, pulmonary tuberculosis, lung cancer, etc.
  - Digestive system diseases: acute gastritis, peptic ulcer, gastric cancer, liver disease, etc.
  - Kidney stone, Bladder/prostate/kidney tumor
  - Hemophilia
  - Hemopathy

TCM Perspective: Hemorrhage (Xue Zheng, 血证)

- **Define** hemorrhage (Xue Zheng, 血证): It refers to emission of blood from its physiological reservoirs, such as the blood vessels and organs, with seepage into the surrounding tissues or discharge through the orifices.

- **The most common types of haemorrhage** in TCM internal medicine:
  - Hemoptysis (coughing up blood)
  - Hematemesis (vomiting up blood)
  - Hematochezia and melena
  - Subcutaneous and mucosal hemorrhage
TCM perspective: Hemorrhage (Xue Zheng, 血证)

Aetiology and Pathogenesis:

- **External pathogenic factors** (particularly wind-heat, fire, heat, and dryness)
- **Improper diet** (inducing internal damp-heat accumulation, stomach fire generation…)
- **Emotional stress** (resulting in Qi stagnation and transform into fire…)
- **Overexertion** (mental and physical overexertion)—Qi Xu not holding
- **Chronic illness or the late stage of a febrile disease** (empty fire)
Note: TCM aetiology of Bleeding

- The majority of TCM literature involves discussions of Bleeding focusing on **four main causative factors:**
  1) Heat (excessive/deficient, fire)
  2) Spleen (qi) Xu—not able to hold the blood
  3) Trauma
  4) Blood stasis
TCM Pathology of Xue Zheng

- There are four (4) main pathological conditions involved in bleeding:
  - Qi deficiency
  - Blood Heat
  - Blood empty heat
  - Stasis of blood

Maciocia, G 2008, P1257
Bleeding (hemorrhage)

- Wind, heat, dryness
- Fire toxicity
- Wind-cold transforms into heat
- Internal Heat from Improper diet
- Emotional stress transforms into Fire

- Overexertion
- Late stage of febrile disease
- Chronic illness

- Yin deficiency
- Qi deficiency
- Blood stasis
- Blood not controlled

- Deficient Fire
- Obstructed blood vessels

- Reckless movement of blood

- Excess Fire
TCM Diagnosis

TCM diagnosis strategy (see set text P249):
- Identification of associated pathogenic factors
- Identification of organ involvement by bleeding sites
- Identification of hemoptysis and hematemesis
- Differential pattern diagnosis
Identification of Associated Pathogenic Factors:

- Stomach fire…
- Liver fire…
- Excessive heat…
- Qi failing to control the blood
- Yin Xu with empty fire…
- Deficient cold of SP & ST…
- Qi collapse and blood depletion…
Identification of organs (Zang-fus) involvement by bleeding sites:

- Epistaxis—The lung, stomach or liver may be involved
- Bleeding gum—the stomach or kidney.
- Hemoptysis—the spleen or liver...
- Hematemesis—the spleen or stomach...
- Hematochezia or melena—the spleen, stomach or intestines...
- Hematuria—the kidney, spleen, heart or urinary bladder...
- Subcutaneous bleeding—the spleen, heart or kidney...
# Basic patterns

<table>
<thead>
<tr>
<th>Diseases</th>
<th>Patterns</th>
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</thead>
<tbody>
<tr>
<td><strong>Epistaxis</strong></td>
<td>1) Heat attacking the lung&lt;br&gt;2) Stomach heat&lt;br&gt;3) Liver fire&lt;br&gt;4) Qi &amp; Blood deficiency</td>
</tr>
<tr>
<td><strong>Bleeding gums</strong></td>
<td>1) Stomach fire&lt;br&gt;2) Yin deficiency with empty fire</td>
</tr>
<tr>
<td><strong>Hemoptysis (coughing blood)</strong></td>
<td>1) Dry-heat attacking the lung&lt;br&gt;2) Liver fire&lt;br&gt;3) Lung Yin deficiency with empty fire</td>
</tr>
<tr>
<td><strong>Hematemesis (vomiting blood)</strong></td>
<td>1) Stomach heat&lt;br&gt;2) Liver fire&lt;br&gt;3) Qi deficiency</td>
</tr>
<tr>
<td><strong>Hematochezia and melena (blood in stool)</strong></td>
<td>1) Damp-heat in the intestines&lt;br&gt;2) Spleen and stomach yang xu</td>
</tr>
<tr>
<td><strong>Hematuria (Blood in the urine)</strong></td>
<td>1) Heat in the lower burner&lt;br&gt;2) Ki yin xu with empty fire&lt;br&gt;3) SP qi xu failing to hold the blood&lt;br&gt;4) KI xu failing to consolidate the lower burner</td>
</tr>
<tr>
<td><strong>Subcutaneous bleeding</strong></td>
<td>1) Heat in the blood; 2) yin xu with empty fire; 3) qi xu failing to hold the blood</td>
</tr>
</tbody>
</table>
TCM treatment of Xue Zheng

- **General treatment principles:**
  - Bleeding *must always* be treated by attending to the *underlying cause*: Heat, Empty Heat, Qi deficiency, or Blood stasis, and never by simply using herbs that stop bleeding.
  - **4 treatment principles** Tang Rong Chuan *A Discussion on Blood Patterns (Xue Zheng Lun 1884)*
    1) Harmonize Blood
    2) Treat the root-cause of bleeding
    3) Astringe
    4) Treat Qi

- **The four aims of treatment in bleeding:**
  1) Stop bleeding; 2) Invigorate Blood; 3) Calm Blood; 4) Nourish Blood

Maciocia, G 2008, P1259
TCM
Treatment of Epistaxis
(Nasal Bleeding)
<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Lung Heat</strong></td>
<td>• <strong>S&amp;S</strong>: Nasal dryness &amp; bleeding, dry mouth &amp; throat &amp;</td>
<td>• TP: Clear Lung Heat, cool Blood, stop bleeding</td>
</tr>
<tr>
<td></td>
<td>• Points: LI20, LI4, GV23, LU10 reduce</td>
<td></td>
</tr>
<tr>
<td><strong>Stomach Heat</strong></td>
<td>• <strong>S&amp;S</strong>: Nasal bleeding or bleeding gums with fresh red blood</td>
<td>• TP: Clear &amp; drain Stomach Fire, cool Blood &amp; stop bleeding</td>
</tr>
<tr>
<td></td>
<td>• LI20, LI4, GV23, ST44 reduce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Herb: Liang Ge Wan (Diaphragm Cooling Powder)</td>
<td></td>
</tr>
<tr>
<td><strong>Liver Fire</strong></td>
<td>• <strong>S&amp;S</strong>: Nasal bleeding, headache, dizziness &amp; bitter taste in mouth</td>
<td>• TP: Clear &amp; drain Liver Fire, cool Blood &amp; stop bleeding</td>
</tr>
<tr>
<td></td>
<td>• LI20, LI4, GV23, LR2 reduce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Herb: Huang Lian Jie Du Wan (Coptis &amp; Scute)</td>
<td></td>
</tr>
<tr>
<td><strong>Qi &amp; Blood deficiency</strong></td>
<td>• <strong>S&amp;S</strong>: Nasal bleeding with light red colour, or bleeding gums, &amp;</td>
<td>• TP: Tonify the qi to control Blood</td>
</tr>
<tr>
<td></td>
<td>subcutaneous &amp; mucosal bleeding</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• LI20, LI4, GV23, BL20, ST36, SP6 reinforce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Herb: Gui Pi Wan (Ginseng &amp; Longan)</td>
<td></td>
</tr>
</tbody>
</table>
## TCM Treatment of Bleeding Gums

| Stomach Fire | S&S: Bleeding gums with fresh red blood & inflamed gums  
|             | TP: Clear & drain Stomach Fire, cool Blood & stop bleeding  
|             | LI4, ST6, ST7, ST 44 reduce  
|             | Herb: Qing Wei San Wan (Stomach Cooling Pills)  
| Yin deficiency with Empty Fire | S&S: Bleeding gums with light red colour, swollen gums & loose teeth  
|             | TP: Nourish Yin, eliminate Fire, cool Blood & stop bleeding  
|             | LI4, ST6, ST7, KI6, KI3 even method  
|             | Herb: Da Bu Yin Wan (Pills for replenishing the Yin)  |
Treatment of Hemoptysis  
(Coughing up blood)
<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms</th>
<th>Treatment Plan</th>
<th>Acupoints</th>
<th>Herbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung Dry Heat</td>
<td>S&amp;S: Cough, scratchy throat, blood-tinged sputum or coughing up pure blood</td>
<td>TP: Clear Heat, moisten Lung &amp; stop bleeding</td>
<td>BL13, LU6, LU5, LU10 reduce</td>
<td>Herb: Sang Xing Tang Wan (Morus &amp; Apricot Seed)</td>
</tr>
<tr>
<td>Liver Fire</td>
<td>S&amp;S: Coughing bouts, blood tinged sputum or coughing up pure blood, aggravated by emotions &amp; stress &amp;</td>
<td>TP: Clear Heat from Lung &amp; Liver, cool Blood &amp; stop bleeding</td>
<td>BL13, LU6, LU5, LU10, LR2 reduce</td>
<td>Herb: Long Dan Xie Gan Wan (Gentiana Combination)</td>
</tr>
<tr>
<td>Lung Yin deficiency with empty Fire</td>
<td>S&amp;S: Dry cough with blood tinged sputum or recurrent coughing of fresh red blood &amp;</td>
<td>TP: Nourish Yin, moisten Lung &amp; stop bleeding</td>
<td>BL13, LU6, LU5, LU10, LU9 even method</td>
<td>Herb: Bai He Gu Jin Wan (Lily combination)</td>
</tr>
</tbody>
</table>
Treatment of Hematemesis
(Vomiting blood)
<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms</th>
<th>Treatment</th>
<th>Points</th>
<th>Herb</th>
</tr>
</thead>
</table>
| **Stomach Heat**   | • S&S: Vomiting red or dark purple blood, often containing undigested food, distending pain in the epigastrium & abdomen  
|                    | • TP: Clear Heat & drain Fire, invigorate Blood & stop bleeding  
|                    | • Points: CV13, PC7, PC4, HT7, LI4, ST44 reduce  
|                    | • Herb: Xie Xin Wan (Coptis & Rhubarb)                                                      |                                                                                                 |                                     |
| **Liver Fire**     | • S&S: Vomiting fresh red or dark purple blood, bitter taste in mouth & hypochondriac pain  
|                    | • TP: Clear Liver & Stomach Fire, cool Blood & stop bleeding  
|                    | • Points: CV13, PC7, PC4, HT7, LR2 reduce  
|                    | • Herb: Long Dan Xie Gan Wan (Gentiana Combination)                                        |                                                                                                 |                                     |
| **Qi deficiency**  | • S&S: Intermittent vomiting of light reddish-purple blood  &                                 
|                    | • TP: Strengthen Spleen, tonify Qi & control Blood  
|                    | • Points: CV13, PC7, PC4, HT7, ST36, BL20, SP1 reinforce & moxa  
|                    | • Herb: Gui Pi Wan (Ginseng & Longan)                                                       |                                                                                                 |                                     |
TCM Treatment of Hematochezia & Melena
(blood in stool)
| **Damp Heat in Intestines** | **S&S:** Fresh red blood in stool, uncomfortable sensation of incomplete evacuation, loose stool &  
|                           | **TP:** Clear Heat, dry Damp, cool Blood & stop bleeding  
|                           | **Points:** BL20, BL25, BL32, GV1, SP9, SP6 reduce  
|                           | **Herb:** Huang Lian Jie Du Wan (Coptis & Scute) |
| **Spleen & Stomach Yang deficiency** | **S&S:** Dark red or tarry stool, dull abdominal pain & desire for warm drinks &  
|                           | **TP:** Strengthen Spleen, warm the middle burner, nourish Blood & stop bleeding  
|                           | **Points:** BL20, BL25, BL32, GV1, CV12, CV6, CV8, ST36, SP1 reinforce & moxa  
|                           | **Herb:** Xiao Jian Zhong Wan (Minor Cinnamon & Peony) |
TCM Treatment of Hematuria
(Blood in the urine)
<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms Description</th>
<th>Treatment Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heat in lower burner</td>
<td>S&amp;S: Dark urine containing fresh blood, burning sensation on urination</td>
<td>TP: Clear Heat, drain Fire, cool Blood, stop bleeding</td>
</tr>
<tr>
<td></td>
<td>Points: BL23, CV4, CV3, SP9, SP6, BL28, BL32, LR2 reduce</td>
<td>Herb: Long Dan Xie Gan Wan (Gentiana Combination)</td>
</tr>
<tr>
<td>Kidney Yin deficiency with Empty Fire</td>
<td>S&amp;S: Scanty urine with blood &amp;</td>
<td>TP: Nourish Yin, eliminate empty Fire, cool blood &amp; stop bleeding</td>
</tr>
<tr>
<td></td>
<td>Points: BL23, CV4, CV3, KI6, KI10, SP6, SP1 (moxa)</td>
<td>Herb: Zhi Bai Ba Wei Wan (APR)</td>
</tr>
<tr>
<td>Spleen deficiency</td>
<td>S&amp;S: Haematuria and history of chronic illness &amp;</td>
<td>TP: Tonify Spleen to stop bleeding</td>
</tr>
<tr>
<td></td>
<td>Points: BL23, CV4, ST36, SP6, CV6, GV20, BL20 reinforce &amp; moxa</td>
<td>Herb: Gui Pi Wan (Ginseng &amp; Longan)</td>
</tr>
<tr>
<td>Kidney deficiency</td>
<td>S&amp;S: Light red blood in urine and history of chronic illness &amp;</td>
<td>TP: Tonify Kidney, stabilise lower burner &amp; stop bleeding</td>
</tr>
<tr>
<td></td>
<td>Points: BL23, CV4, BL28, CV3, KI3, CV6 reinforce &amp; moxa</td>
<td>Herb: Liu Wei Di Huang Wan (Rehmannia 6)</td>
</tr>
</tbody>
</table>
TCM Treatment of Subcutaneous Bleeding
<table>
<thead>
<tr>
<th>Condition</th>
<th>S&amp;S</th>
<th>TP</th>
<th>Points</th>
<th>Herb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood Heat</td>
<td>Fever &amp; sudden appearance of purpura or petechiae on skin</td>
<td>Clear Heat, relieve toxicity, cool Blood &amp; stop bleeding</td>
<td>BL17, BL20, SP10, SP6, LI11 reduce</td>
<td>Huang Lian Jie Du Wan (Coptis &amp; Scute)</td>
</tr>
<tr>
<td>Yin deficiency with Empty Fire</td>
<td>Intermittent purpura or petechiae, five hearts hot, tidal fever</td>
<td>Nourish Yin, eliminate empty Fire &amp; stop bleeding</td>
<td>BL17, BL20, SP10, SP6, KI6, KI2, BL23 even method</td>
<td>Da Bu Yin Wan (Pills for replenishing the Yin)</td>
</tr>
<tr>
<td>Qi deficiency</td>
<td>Chronic &amp; recurrent light or dark red purpura or petechiae, fatigue &amp; lassitude</td>
<td>Tonify Qi to control bleeding</td>
<td>BL17, BL20, SP10, SP6, ST36, CV12, SP1 reinforce &amp; moxa</td>
<td>Gui Pi Wan (Ginseng &amp; Longan)</td>
</tr>
</tbody>
</table>
Sweating Syndrome
(Abnormal Sweating)
Overview: Sweating & Abnormal Sweating

- **Sweating**, under normal circumstances, is a physiological function in which the body radiates heat and expels pathogenic factors from the superficial layer.

- **Abnormal sweating** - pathological phenomenon, is not related to any environmental or physical influences.
Overview: Abnormal Sweating

- From a TCM perspective, abnormal sweating is called Han zheng (汗证, is pathological perspiration due to **disharmony between Yin and Yang**, and unconsolidated interstitial layer between skin and muscle (disharmony between protective and nutritive Qi [Ying (营) and Wei (卫)]).

- There are three (3) common types of abnormal sweating.
TCM 3 Categories of Sweating Syndrome:

- **Spontaneous sweating:** sweating during day after mild exertion
- **Night sweating**
- **Localised sweating:** on one area or side of body
Possible Relevant Bio-Diseases

- Abnormal sweating may be relevant to some biomedical diagnosed diseases, which may secondary to endocrine, CNS, a debilitating disorder or psychogenic disorder.

- Hyperthyroidism,
- Pulmonary Tuberculosis (TB),
- Hypoglycaemia & shock
- Vegetative nerve functional disturbance
- Prostration
Causes

(TCM perspective)

- Constitutional factors
- Dietary factors
- Lifestyle factors
- Chronic illness
- Debilitating disease or condition
- Drugs

Any of the above can produce either deficient or excess heat conditions with push fluids to surface or deficient cold conditions that impair wei qi so pores don’t close; in either condition fluids leak out - abnormal sweating occurs.
TCM Aetiology of sweating syndrome

- Lung qi xu
- Ying / wei disharmony
- Yin xu with empty fire
- Excessive heat flaring internally
TCM Diagnosis

- **Identification of types of abnormal sweating**
  - **Spontaneous sweating** is mainly due to deficient Qi
  - **Night sweating**: usually related to Yin deficiency
  - **Collapse sweating**: mostly related to righteous Qi collapse
  - **Shivering sweating**: usually occurs in the acute stage of febrile disease; a sign of sufficient righteous Qi and the prognosis is usually favourable.
  - **Yellow sweating**: is caused by damp-heat accumulation and it’s associated with damp-heat jaundice

- **Identification of excess and deficiency**

- **There are five (5) basic patterns**
Basic TCM Patterns of Han Zheng

- Lung Qi deficiency
- Disharmony between protective and nutritive Qi (Ying/Wei)
- Yin deficiency with empty fire
- Excess heat flaring internally
- Damp-heat accumulation
Differentiation and Treatment

- **General treatment principles:**
  - **Deficient patterns:** benefit the qi, nourish the yin, consolidate the surface, and stop sweating
  - **Excess patterns:** clear and drain internal heat, resolve dampness and harmonize nutritive Qi

- **ACU-treatment (set text):**
  - **Excess:** GV14 reducing (cupping after needle removal)
  - **Deficiency:** GV14, GV20, KI1, tonifying, moxa
# Treatment of Sweating Syndrome

Liu (2009): LI4, SI3 and KI7. Reducing and reinforcing methods. In general, apply the reducing method to LI4 first, then the reinforcing method to KI7

<table>
<thead>
<tr>
<th>Condition</th>
<th>Treatment Plan</th>
</tr>
</thead>
</table>
| **Lung qi xu**                     | • TP: Tonify qi, consolidate exterior  
  • GV14, GV20, KI1 reinforce & moxa (set text)  
  • Liu (2009) suggests LU9, ST36  
  • Herb: Yu Ping Feng San |
| **Ying / wei disharmony**          | • TP: Harmonise Ying/Wei  
  • GV14, GV20, KI1 reinforce & moxa (set text)  
  • Liu (2009) also suggests LU7  
  • Herb: Gui Zhi Tang |
| **Yin xu with empty fire**         | • TP: Nourish Yin, reduce empty Fire & stop sweating  
  • GV14, GV20, KI1 even method (set text)  
  • Liu (2009) also suggests KI10, KI6  
  • Herb: Dang gui liu huang tang |
| **Excessive heat flaring internally** | • TP: Clear Heat & drain Fire  
  • GV14 (cup after removing needle) (set text)  
  • Herb: Bai Hu Tang |

**Damp-heat accumulation**: clear heat drain the damp-GV14 reducing; Long dan xie gan wan
# Pattern Based Treatment

(Students: use this table to summarize the relevant knowledge)

<table>
<thead>
<tr>
<th>Pattern</th>
<th>Main S&amp;S</th>
<th>Treatment principles</th>
<th>Acu-treatment</th>
<th>Chinese herb formula</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung qi xu</td>
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<td></td>
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<tr>
<td>Ying / wei disharmony</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Yin xu with empty fire</td>
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<tr>
<td>Excessive heat flaring</td>
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<tr>
<td>internally</td>
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<tr>
<td>Damp-heat accumulation</td>
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</tbody>
</table>
Herbal formula:
Yu Ping Feng San | Jade Screen Wind Powder
(玉屏风散)

**Composition:** Huang Qi, Bai Zhu, Fang Feng

**Administration:** Grind the drugs into powder, take 6-9g, with warm water, twice a day or all drugs decoct in water for oral administration

**Functions:** Reinforce Qi, strengthen the surface, and stop sweating

**Indications:** Weakness of defensive Qi, which is unable to control the opening and closing of pores and causes spontaneous sweating, aversion to wind and easily catching a cold

**Contraindications:** Early phase acute illness such as colds and flu (wind cold or wind heat)

**Biomedical Indications:** Immune stimulant; Strengthen digestion; Tones mucous membranes; Anhidrotic

**Dosage:** 8-12 pills at 3 x / day (away from food) where possible
Yu Ping Feng San | Jade Screen Wind Powder (McClean 2003, p348)

Key s&s of Lung Qi and Wei Qi Xu syndrome:
- Frequent colds and flu
- Chronic respiratory allergies
- Weak immunity
- Fatigue and run down
- Sensitivity to wind
- Breathlessness
- Waxy, pale complexion
- Spontaneous sweating
- Tongue: pale
- Pulse: weak, deficient pulse
Research Articles
Evidence of Practice


Summary & Discussion

- Summarize this session’s learning.
- Discuss the practical hints on set text P246 & P259.
Break
Practical Tutorial

- **Demonstration and practice** of the assessment, diagnosis and treatment of Haemorrhage (xue zheng) and Sweating Syndrome (han zheng 汗证)

- **Case study** may be introduced for achieving deep learning. Lecturer to facilitate groups of no more than four (4) students to analyze case studies.
Case Study

The patient was a 50-year old retired female worker. She presented with both spontaneous and night sweats that began following a common cold a month previously.

She had a 20-year history of Wind-induced injury to her heart, requiring her to take Western medication that strengthened her heart, promoted diuresis and dilated her arteries. On this regimen her condition stabilized. A month prior to admission she contracted the common cold, with fever, palpitations of the heart, worsened shortness of breath, and both spontaneous and night sweats.

On admission, she had spontaneous sweating, night sweats, palpitations of the heart, shortness of breath, impatience and irascibility, poor sleep with much dreaming and anorexia.

Her tongue was dusky, with a thin and white coating.
Her pulse was deep, threadlike, hesitant and intermittent.
Case study questions

- What is the TCM diagnosis (Disease and Pattern)? Explain your answer.
- What are the TCM treatment principles?
- What TCM treatment methods will you choose to combine in the management for the patient’s condition?
- Choose at least five acu-points for your acupuncture prescription to treat this condition based on your diagnosis.
- Give the rationale for the above acupuncture points & demonstrate your appropriate needling techniques and WH&S knowledge and skills.
- Recommend suitable lifestyle/dietary advice for this condition based on Chinese Medicine theory.
- What could be the acu-treatment frequency for this specific case?
- How might be the progress of the patient’s condition after a course of appropriate treatment has been applied?
Practical Tutorial

- Let's "treat" each other according to our diagnosis and treatment that we have figured out from the case study.
Want more?

**Study group / own work suggestions:**

1. Define spontaneous sweating and night sweat. How do they differ?
2. Describe the aetiology and pathology of spontaneous sweating and night sweat.
3. Compare illnesses presenting spontaneous sweating with those presenting night sweat.
4. Explain how to differentiate and treat the illnesses that present with spontaneous sweating.
5. Explain how to differentiate and treat the illnesses that present with night sweat.
Main References


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