CMTN311

○ Session 08
○ Headache, Insomnia, Common Cold & Asthma
○ Chinese Medicine
○ Pelvis Disorders
Session 08 Content

Headaches, Insomnia, Common Cold & Asthma:
- Foundation routine
- Chinese medicine diagnosis
- Treatment principle
- Techniques of benefit
- Rationale for each application
- Clinical usage and outcomes
- Mechanics of techniques
- Cautions and contraindications
- Specific work, health and safety considerations
- Demonstration and supervised practice of techniques to a variety of different Jing luo channels
## Continuous Skill Development

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### Health & Safety
- WHS & Hygiene
- Draping & Warm
- Positioning & Pillow
- Comfort

### Patient Management
- Professionalism
- Informed Consent
- Communication & Ethics: pain/pressure/sensitivity
- Posture

### Assessment Skills
- Observation
- Palpation

### Diagnosis Skills
- TCM diagnosis of conditions

### Treatment Skills
- Tui Na Routine(s) Selection
- Tui Na Techniques Selection
- Acupoints Selection
- Centre Focus
- Techniques: Location, Duration, Pressure, Variety, Accuracy, Speed, Rhythm and Flow
- Time Management

### Comments:
*Active participation required in each class. Mark each box with a tick as appropriate to indicate active participation in this activity. This is a pass/fail assessment. Sessions 1-6 were assessed on the mid-semester review.*
Foundation Routine: Head & Face

Start a head and face treatment with this routine.

This routine is performed with the patient seated however it can be modified to be performed with a patient supine and prone.

1. Standing in front of your patient, place your thumbs together, wipe outwards from Yingtang to Taiyang and wipe upwards from Yingtang to Du 24 to complete one line for each direction. Each line wipes 10 times.

2. Knead, vibrate and one finger mediate on Yintang and Taiyang.

3. Pinch along eyebrows from inner to outer ends several times with the thumb and index finger of both hands.

4. Place your hand on the front hairline and knead towards the back of the head, five meridians (GV, BL, GB) should be visualized and each line knead 3 times.

5. Press-vibrate GV20

6. Use your dominate hand to stimulate GB20 while your other hand supports the patient’s forehead; 3 minute duration.

7. Gentle Knead and pull both ears until warm sensation is felt.

This routine is performed with the patient seated however it can be modified to be performed with a patient supine and prone.
Mechanics & rationale of routine/techniques

- Clear mind, open passes, dredge channels, improve eye sight
- Relax spasm, tranquilize and quell convulsion, relieve pain
- Relieve external, expel wind
- Raise and promote the restore of yang, first aid, resuscitation
Functions of Head & Face Foundation Routine

• The Head & Face foundation routine is used to relax the patient and acts as both the adaptive and beginning analgesic segment of treatment for disorders of the head and face.

• Is most effective when combined with other techniques for specific disorders.
<table>
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<th>Techniques of benefit and clinical usage</th>
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<td><strong>Indications:</strong></td>
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<td>Facial paralysis, sunstroke, epilepsy, twitching of lips, lockjaw</td>
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<td>Blurred vision, nasal obstruction, facial oedema, glossy pale complexion, pain around the eyes, toothache, tinnitus, acute deafness</td>
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<tr>
<td>Common cold, headache, migraine, insomnia, amnesia, dizziness, dreaminess, neurasthenia, collapse, fainting, unconsciousness, listlessness</td>
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Chinese medicine diagnosis: Headache

A subjective symptom associated with a variety of acute and chronic diseases; categorized as externally contracted or internally manifested.

Internal
- Liver Yang Rising
- Kidney Deficiency
- Phlegm & Turbidity
- Blood Deficiency
- Qi Deficiency

External
- Wind Cold
- Wind Heat
- Wind Damp

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Headache caused by Wind-Cold

S/S

- Headache, stiff nape, fever, aversion to cold, headache worse with wind or cold, aching joints, stuffy nose, nasal discharge, no thirst.
- Tongue: Thin white coat.
- Pulse: Superficial/tense

Treatment principle

- expel wind, disperse cold

Treatment

- Begin with foundation head & face routine.
- Stand behind your patient to Grasp, Pluck, Press & Knead from GB20 down to GB21. Scrub down the Bladder Channel.
- Grasp along the Trapezius muscle group and revolve down the bicep.
- Press & Pluck LI11, SJ5, LI4. Hold and twist the fingers.
- Repeat on the opposite side.

Cupping & Guasha are applicable.
This routine has a strong focus on expelling wind and dispersing cold achieved by the technique and intention of moving the pathogen from the head through the arms and out the fingers.
Headache caused by Wind-Heat

S/S

- Intermittent splitting pain and distension of head and eyes. Fever, aversion to wind, thirst, swollen and painful throat.
- Tongue: Red tip & Yellow Coat
- Pulse: Superficial/rapid

Treatment principle

- expel wind, clear heat

Treatment

- Begin with foundation head & face routine.
- Stand behind your patient to Grasp, Pluck, Press & Knead from GB20 down to GB21. Scrub down the Bladder Channel.
- Rhythmically Pat the upper back.
- Repeat on the opposite side.
Therapeutic Effect

This routine has a strong focus on expelling wind and clearing heat achieved by the vigorous techniques to move the pathogen outwards.
Headache caused by Wind-Dampness

S/S
- Wrapped headaches, heavy sensation in body, limbs and chest, lack of appetite.
- Tongue: white greasy fur
- Pulse: soggy

Treatment principle
- expel wind, dry dampness

Treatment
- Begin with foundation head & face routine.
- Stand behind your patient and perform One Finger Meditation on DU20 & ST8 followed by kneading GB20.
- Grasp along the Trapezius muscle group and revolve down the bicep.
- Press/Knead GB34, ST44, ST40, GV23, GV20 and ST8.
- Repeat on the opposite side.
Therapeutic Effect

This routine has a strong focus on expelling wind and drying damp achieved by the technique and intention of moving the pathogen and strengthening the Spleen and Stomach.
Headache caused by uprising of Liver-Yang

**S/S**
- Headache, dizziness, irritability, insomnia, pain/distension in the epigastrium, red complexion, dry mouth, bitter taste.
- Tongue: Red Body, Yellow Coat
- Pulse: wiry/rapid

**Treatment principle**
- Soothe liver, subdue yang

**Treatment**
- Begin with foundation head & face routine.
- Spend some extra time kneading the back of the ear.
- Grasp and knead along the neck with appropriate pressure.
- Knead, Press & Pluck LI11, LIV2, LIV3 & KID1.
- Repeat on the opposite side.
Therapeutic Effect

This routine has a strong focus on calming the liver yang achieved by the technique and intention of moving the yang back down and away from the head.
Headache caused by Kidney Deficiency

S/S
- Headache with a feeling of weightlessness, dizziness, tinnitus, insomnia, amnesia, tiredness, waist soreness, knee pain
- Tongue: red with thin coat
- Pulse: weak

Treatment principle
- Nourish Yin, invigorate Kidney

Treatment
- Begin with foundation head & face routine.
- Push and roll along the Bladder Channel focusing on the Back Shu Points, knead and revolve BL 23 & BL52
- Push, Circle Rub and Scrub along the Kidney Channel on the leg.
- Zhen Fa over both Kidneys for 3 minutes.
- Knead LU7, ST36, SP6 and KI3.
- Repeat on the opposite side.
Therapeutic Effect

This routine has a strong focus on Tonifying the Kidneys achieved a stronger focus on the Yin techniques of Tui Na.
Headache caused by Qi Deficiency

**S/S**
- Continuous Headache with dizziness and weightlessness, aggravated by overwork, worse with activity, weariness, severe palpitations, poor appetite.
- Tongue: pale, swollen with thin coat
- Pulse: weak

**Treatment principle**
- Invigorate Qi, raise Yang

**Treatment**
- Begin with foundation head & face routine.
- Push & Roll Bladder Channel focusing on Back Shu points.
- Scrub down the back then focus on Yin Style techniques on the lower back.
- Turn patient around and Press/Knead the Stomach and Spleen Channel.
- One Finger Meditation or Vibrating on RN6, ST36 & SP6.
Therapeutic Effect

This routine has a strong focus on tonifying the Qi achieved by invigorating the Post Heaven Essence.
Headache caused by Blood Deficiency

S/S
- Headache, dizziness, dry eyes, pale lips/complexion, palpitation from fright, severe palpitations, insomnia.
- Tongue: pale
- Pulse: weak

Treatment principle
- Nourish blood

Treatment
- Begin with foundation head & face routine.
- Turn patient around and Round Rub the Abdomen.
- One Finger Meditation or Vibrating on ST36 & SP6.
- Vibrating on Ren 4.

Moxa can be very useful for this type of headache.
Perform each step bilaterally before moving on.
Therapeutic Effect

This routine has a strong focus on Nourishing Blood achieved by focusing on nurturing the points.
Headache caused by Phlegm and Turbidity

S/S

• Headache with muddled feeling, dizziness, short temper, confusion, fullness and heaviness in the chest/epigastrium, vomiting and spitting of sputum and saliva.
• Tongue: white greasy coat
• Pulse: stringy, slippery

Treatment principle

• Eliminate phlegm, subdue adverse rising of qi

Treatment

• Begin with foundation head & face routine.
• Gently Press around the chest area directing downwards; combine with vibrating.
• Round Rub the stomach and work down the Stomach Channel.
• Knead CV22, Press & Pluck LU5, SJ5, PC6, ST40, LU7.
• Repeat on the opposite side.
Therapeutic Effect

This routine has a strong focus on eliminating phlegm by strengthening the Stomach while helping with the congestive symptoms.
Remember…

Not many patients will present with a clear cut diagnosis and as such – these routines are not set in stone. **In clinical practice** you should learn to adapt a routine to the situation but use this unit as a way to practice your skill set.
Insomnia

- Difficulty falling asleep
- Inability to sleep the entire night
- Dream disturbed sleep
- Lack of deep sleep
- Frequent waking
- Inability to return to sleep
Chinese medicine diagnosis: Insomnia

- Depletion of Blood in Heart & Spleen
- Hyperactivity of Fire due to Yin Deficiency
- Deficiency of Heart & Timidity of Gall Bladder
- Disharmony between Spleen & Stomach
Insomnia caused by Depletion of Blood in Heart & Spleen

Symptoms (S/S):
- Dreaminess, easily awakened, palpitation, amnesia, dizziness, lassitude, weariness, loss of appetite, pale complexion.
- Tongue: Pale with Thin coat
- Pulse: thready, weak

Treatment Principles:
- Invigorate spleen, nourish heart

Treatment:
- Begin with foundation head & face routine.
- Push and Roll the body gently to relax the patient.
- Press and Knead Anmian, HT7, HT5, HT6, PC6, SP6; and/or Back Shu points of heart & spleen.
- Vibrating technique on the above points & DU20.
- Repeat on the opposite side.
Therapeutic Effect

This routine focuses on tonifying the Spleen and nourishing the Heart with both stimulating and nurturing techniques.
Insomnia caused by Hyperactivity of Fire due to Yin Deficiency

S/S
- Fretfulness, insomnia, dizziness, tinnitus, dry mouth, irritability with hot palms & soles, sore knees & lower back.
- Tongue: red no coat
- Pulse: thready, rapid

Treatment principle
- Nourish Yin, clear heat

Treatment
- Begin with foundation head & face routine.
- Spend extra time Kneading the ears.
- Scrub the flanks & Grasp/Revolve down the leg.
- Press and Knead HT7, HT4, PC8, SP6 & KID1 with the intention of drawing down and out.
- Push, Chop, Hammer, Pat (any Dissipative techniques) neck, back and down the leg then repeat on the opposite side.
Therapeutic Effect

This routine has a strong focus on Clearing Heat while also having a lesser focus on nourishing Yin.
Insomnia caused by Deficiency of Heart & Timidity of Gall Bladder

S/S
- Palpitation, timidity, dreaminess, easily frightened, distracted mind, shortness of breath, feebleness.
- Tongue: pale
- Pulse: thin

Treatment principle
- Benefit Qi, calm mind

Treatment
- Begin with foundation head & face routine.
- Press GB21 with your forearm & spend some time using analgesic techniques on the area.
- Revolve the flanks with your palms.
- Push back, revolve waist.
- Compound One Finger Meditation & Vibrating on GB21 & HT7, pluck GB34.
- Repeat on opposite side.
Therapeutic Effect

This routine is used to stimulate the Gall Bladder while helping to Nourish the Heart.
Insomnia caused by Disharmony between Spleen & Stomach

S/S
- Insomnia, feeling of epigastric heaviness, belching, loss of appetite, abdominal distension after meals, bloating, possible constipation.
- Tongue: Greasy Coat
- Pulse: slippery

Treatment principle
- Promote digestion, remove stagnation, harmonize stomach

Treatment
- Begin with foundation head & face routine.
- Wipe down the chest and gently round rub the stomach (CV12).
- Vibrating on BL20-21, SP6, ST36.
- Repeat above step on opposite side.
- Dissipative techniques on the back.
This routine is intended to promote the digestion, remove stasis and harmonize stomach.
Chinese medicine diagnosis: Common Cold

Wind Cold
Wind Heat
Wind Cold Damp
Wind Heat Damp
Phlegm Heat in the Lungs
Damp Phlegm in the Lungs
Lung Qi Deficiency
Lung Yin Deficiency
Lung & Kidney Yin Deficiency

Define the symptoms
Describe the Tongue and Pulse
Tip: Think back to Shang Han Lun & Wen Bing
What is the treatment principal?
Wind Cold & Wind Heat

- Patient prone: Push and Roll then Scrub along the Governing Vessel and either side of the spine until hot.

- Knead the hairline towards GB20 and pluck, continue to knead & grasp GB21.

- Finger Knead & press LU7 and LI4.

- Select appropriate points for symptoms along the Bladder channel and stimulate them.

- Ask the patient to turn around (supine) and complete routine with foundation Head & Face routine.

Cupping & Gua sha are recommended.
Wind Cold Damp

Same as Wind Cold and include the following:

Thumb or forearm Kneading to stimulate BL20 and BL21, CV12, and PC6

Plucking—kneading the Stomach channel from ST36 to ST41

Dissipative techniques to the back and limbs

Cupping & Gua sha are recommended.
Wind Heat Damp

Same as Wind Heat and include: GV14, BL15, LI11, SP6 and ST36

More ear stimulation via Kneading.

Analgesic techniques on the Large Intestine channel from LI11 to LI4, the San Jiao channel from SJ10 to SJ4, the Stomach channel from ST36 to ST41 and the Gallbladder channel from GB34 to GB40

Cupping & Gua sha are recommended.
Phlegm Heat in the Lungs

1. Release the para-spinal muscles from C7 to T12 with Rolling.
2. Stimulate BL13, BL17 and BL20 with Kneading & Pressing.
3. Wipe down the sternum 9 times (CV17).
4. Palm Rou fa and Zhen fa along the lateral side of the ribcage.
5. Dredge the Lung, Large Intestine, Stomach and Spleen channels with compound versions of Pushing & Grasping.
6. Dissipative techniques on the limbs.
Damp Heat in the Lungs

Phlegm heat in the Lungs routine including:

- **Palm or forearm Kneading over the Lung, Stomach and Spleen Back Shu points**
- **Scrubbing across the chest and along the Lung and Spleen channels**
- **Palm/finger Kneading to Ren 17 & 12 plus thumb Kneading to ST36**
- **Round rubbing to the abdomen**

Cupping & Gua sha are applicable.
Lung Qi Deficiency

- Pushing and Rolling along the Bladder channel.
- Scrubbing along the Bladder channel and across BL13; gently Press & Knead BL13 & BL43 followed by Vibrating technique.
- Adaptive techniques to the Lung and Spleen channels.
- Wipe down the sternum and across the top of the pectoral area.
- Warming and holding with your palms on the chest over points such as CV17 and LU1.

Moxa can be a very useful tool here.

Remember that intention plays a large role in treatment outcome, focus your mind to tonify in this case.
Lung Yin Deficiency

Pushing and Rolling along the Bladder channel.

Gentle Press and Knead BL13 and BL43 then One Finger Meditate

Holding and connecting LU7 and KD6 to open the Ren Mai channel with your attention at the level of the Yuan Qi. When the points feel open and warm, apply Vibrating

Push, Round Rub and Knead along the Yin channels of the arm and legs while stimulating points on the Lung, Spleen and Kidney channels

Push along the Ren Mai channel from REN2 to REN12

Yin Style Techniques over REN4

Caution: Be extra careful to avoid the groin area. And remember always ask consent when working on this area.
Lung & Kidney Yin Deficiency

Lung Yin Deficiency Routine including:

- Moderate Rolling on the lower back around the Kidney Back Shu points.
- Knead, Push & Round Rub over BL23 and BL52
- Scrubbing over BL23 and BL52
- Holding with your palms over the kidneys and vibrating
Asthma

- Split into two stages – During Attacks & Between Attacks.

**Treatment principal during attacks:**
- Calming the asthma
- Releasing the obstructed Wei Qi
- Expelling the invading pathogenic factors
- Resolving and dredging Phlegm
- Descending the Lung-Qi
- Relaxes the muscles of the neck, shoulders, chest and upper back
- Facilitating the movement of the diaphragm and ribcage
- Calming the mind

**Treatment principal between attacks:**
- Tonifying the Lungs, Spleen and Kidneys
- Strengthening Wei Qi
- Resolving Phlegm
- Releasing the muscles, particularly the trapezius, rhomboids, paraspinals, pectorals, intercostal, diaphragm, hips and jaw
- Encouraging correct intercostal diaphragmatic breathing
Asthma: During Attacks

Stimulate extra point Dingchuan on both sides with strong thumb Kneading or One Finger Meditation for 5 minutes

Stimulate BL13 with strong thumb Kneading or One Finger Meditation for 3 minutes. Release the neck, nape and shoulders with techniques like Rolling, kneading–grasping and pinching–grasping

Stimulate LU6 with strong Pressing and Kneading or Finger Meditation for 3–5 minutes on each side

Do a little gentle work on the face using the basics of the face routine to help to calm the Shen

Finish with warming palm over GB21 thinking of Lung-Qi descending

Work with the patient seated.
Cautions and contraindications with specific work, health and safety considerations

- Problems encountered in treatment of asthma in western world:
  - Asthma Emergency
    - Refer to medical help first such as give puffs, first aid or call ambulance in case of acute Asthma attack [http://www.asthmaaustralia.org.au/national/about-asthma/asthma-emergency](http://www.asthmaaustralia.org.au/national/about-asthma/asthma-emergency)
    - Tui Na here is only suggested as assist treatment after conformed consent from the patient.
Asthma: Between Attacks

Release muscular tension and structural rigidity and help to improve the patient's breathing.

Cupping can be applied both during periods when the acute attacks are frequent and in between the attacks.

Tonify the Lungs, Spleen and Kidneys by applying techniques like Pushing & Round Rubbing over the Back Shu points, Yin Style Round Rubbing on the abdomen, Pushing, Round Rubbing, gentle Kneading and Scrubbing to the channels and gentle Kneading or holding and connecting chosen points.

Please refer to p.178 of Pritchard text for detailed muscular tension release routine.
Case Study 1

- Male, 30 years old complains of recurring cough.
  - Phlegm is yellow in colour.
  - Constantly thirsty & also has 1 bowel movement per 4 days.
  - Craves cold water and feels worse with pressure.
  - Ongoing for several months.
  - Tongue is red with a yellow coat; Pulse is slippery.
Case Study 2

- Male, 21 – main complaint: Insomnia.
  - Goes three days or more without sleep, short 20 minute naps daily.
  - Tries to sleep but brain will not shut off.
  - Emotionally unhappy due to relationship issues.
  - Feels irritated all the time with hot palms & soles along with dry mouth and sore lower back. Exercise does not help.
  - Feels very hot after showering, internally as if from the bones.
  - Tongue: Red rimmed, no coat; Pulse: Thready, Rapid.

TCM Diagnosis?

Treatment Principle?

Treatment Plan with Selected Routine/Special Techniques?
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