

# Table of Contents

---

Dedication .....	xv
Preface .....	xvi
Note on the Acupuncture Prescriptions.....	iii
CHAPTER 1 Causes of Pain.....	1
1.1 External Contraction of the Six Excesses .....	1
1.1.1 Wind .....	2
1.1.2 Cold .....	2
1.1.3 Summerheat.....	3
1.1.4 Dampness .....	3
1.1.5 Dryness.....	3
1.1.6 Fire.....	4
1.2 Internal Damage by the Seven Affects [内伤七情 <i>nèi shāng qī qíng</i> ] .....	4
1.3 Other Causes .....	6
1.3.1 Excessive Taxation [劳 <i>láo</i> ] or Leisure [逸 <i>yì</i> ] .....	6
1.3.2 Blood stasis [瘀血 <i>yū xuè</i> ].....	6
1.3.3 Phlegm-Rheum [痰饮 <i>tán yǐn</i> ] .....	7
1.3.4 Dietary Irregularities [饮食失调 <i>yǐn shí shī tiáo</i> ] .....	7
CHAPTER 2 Pathomechanism of Pain .....	9
2.1 Different Causes of Pain Need Different Methods for Restoring Flow .....	9
2.2 Visceral Functions in Maintaining the Flow of Qi and Blood .....	10
CHAPTER 3 Diagnosis of Pain Symptoms.....	11
3.1 Types of Pain .....	11
3.1.1 Aching Pain [酸痛 <i>suān tòng</i> ].....	11
3.1.2 Distending Pain [胀痛 <i>zhàng tòng</i> ].....	12
3.1.3 Dull Pain [隐痛 <i>yǐn tòng</i> ] .....	12
3.1.4 Empty Pain [空痛 <i>kōng tòng</i> ].....	12
3.1.5 Cold Pain [冷痛 <i>lěng tòng</i> ] .....	12
3.1.6 Gripping Pain [绞痛 <i>jiǎo tòng</i> ] .....	13
3.1.7 Heavy Pain [重痛 <i>zhòng tòng</i> ] .....	13
3.1.8 Pulling Pain [掣痛 <i>chè tòng</i> ].....	13
3.1.9 Scorching Pain [灼痛 <i>zhuó tòng</i> ] .....	13
3.1.10 Scurrying Pain [窜痛 <i>cuàn tòng</i> ].....	14
3.1.11 Stabbing pain [刺痛 <i>cì tòng</i> ] .....	14

3.2	Accompanying Signs and Symptoms for Patterns Associated with Pain	14
3.2.1	Qì Vacuity .....	14
3.2.2	Blood Vacuity .....	14
3.2.3	Yīn Vacuity .....	14
3.2.4	Yáng Vacuity .....	15
3.2.5	Qì Stagnation.....	15
3.2.6	Blood Stagnation.....	15
3.2.7	Internal Phlegm Turbidity Obstruction .....	15
3.2.8	Rheum Evil [饮邪 <i>yǐn xié</i> ] Collecting Internally .....	15
3.2.9	Food Stagnation .....	15
3.2.10	Exterior Pattern .....	15
3.2.11	Internal Cold Evil.....	16
3.2.12	Internal Heat Evil.....	16
3.2.13	Pain Responses to Pressure, Warmth, and Cold .....	16
3.3	Location of Pain	16
3.3.1	Pathological Changes in the Liver and Gallbladder and Their Channels .....	17
3.3.2	Pathological Changes in the Heart and Small Intestine and Their Channels.....	17
3.3.3	Pathological Changes in the Spleen and Stomach and Their Channels.....	17
3.3.4	Pathological Changes in the Lung and Large Intestine and Their Channels .....	18
3.3.5	Pathological Changes in the Kidney and Urinary Bladder and Their Channels....	18
CHAPTER 4	Headache .....	19
4.1	Points of Attention for Headache	19
4.1.1	Physiology.....	19
4.1.2	Considerations for Diagnosis of Headache.....	20
4.2	Causes and Pathomechanism of Headache; Identifying Patterns	22
4.2.1	Wind-Cold Headache [风寒型头痛 <i>fēng hán xíng tóu tòng</i> ] .....	22
4.2.2	Wind-Heat Headache [风热型头痛 <i>fēng rè xíng tóu tòng</i> ].....	23
4.2.3	Wind-Damp Headache [风湿型头痛 <i>fēng shī xíng tóu tòng</i> ].....	23
4.2.4	Liver Yáng Headache [肝阳型头痛 <i>gān yáng xíng tóu tòng</i> ] .....	23
4.2.5	Kidney Vacuity Headache [肾虚型头痛 <i>shèn xū xíng tóu tòng</i> ].....	24
4.2.6	Qì Vacuity Headache [气虚型头痛 <i>qì xū xíng tóu tòng</i> ].....	25
4.2.7	Blood Vacuity Headache [血虚型头痛 <i>xuè xū xíng tóu tòng</i> ] .....	25
4.2.8	Phlegm Turbidity Headache [痰浊型头痛 <i>tán zhuó xíng tóu tòng</i> ] .....	26
4.2.9	Blood Stasis Headache [瘀血型头痛 <i>yū xuè xíng tóu tòng</i> ].....	26
4.3	Treatment of Headache Using Chinese Medicinals	27
4.3.1	Wind-Cold Headache [风寒型头痛 <i>fēng hán xíng tóu tòng</i> ] .....	27
4.3.2	Wind-Heat Headache [风热型头痛 <i>fēng rè xíng tóu tòng</i> ].....	28
4.3.3	Wind-Damp Headache [风湿型头痛 <i>fēng shī xíng tóu tòng</i> ].....	30
4.3.4	Liver Yáng Headache [肝阳型头痛 <i>gān yáng xíng tóu tòng</i> ].....	31

4.3.5	Kidney Vacuity Headache [肾虚型头痛 <i>shèn xū xíng tóu tòng</i> ]	33
4.3.6	Qi Vacuity Headache [气虚型头痛 <i>qì xū xíng tóu tòng</i> ]	34
4.3.7	Blood Vacuity Headache [血虚型头痛 <i>xuè xū xíng tóu tòng</i> ]	35
4.3.8	Phlegm Turbidity Headache [痰浊型头痛 <i>tán zhuó xíng tóu tòng</i> ]	36
4.3.9	Blood Stasis Headache [瘀血型头痛 <i>yū xuè xíng tóu tòng</i> ]	38
4.4	Treatment of Headache Using Acupuncture	39
4.4.1	Points for Wind-Cold Headache [风寒型头痛 <i>fēng hán xíng tóu tòng</i> ]	39
4.4.2	Points for Wind-Heat Headache [风热型头痛 <i>fēng rè xíng tóu tòng</i> ]	40
4.4.3	Points for Wind-Damp Headache [风湿型头痛 <i>fēng shī xíng tóu tòng</i> ]	40
4.4.4	Points for Liver Yáng Headache [肝阳型头痛 <i>gān yáng xíng tóu tòng</i> ]	41
4.4.5	Points for Kidney Vacuity Headache [肾虚型头痛 <i>shèn xū xíng tóu tòng</i> ]	41
4.4.6	Points for Qi Vacuity Headache [气虚型头痛 <i>qì xū xíng tóu tòng</i> ]	42
4.4.7	Points for Blood Vacuity Headache [血虚型头痛 <i>xuè xū xíng tóu tòng</i> ]	43
4.4.8	Points for Phlegm Turbidity Headache [痰浊型头痛 <i>tán zhuó xíng tóu tòng</i> ]	43
4.4.9	Points for Blood Stasis Headache [瘀血型头痛 <i>yū xuè xíng tóu tòng</i> ]	44
CHAPTER 5 Trigeminal Neuralgia		45
5.1	Points of Attention for Trigeminal Neuralgia	45
5.1.1	Pathomechanism of Trigeminal Neuralgia	45
5.1.2	Establishing the Nature of the Pain	46
5.2	Causes and Pathomechanism of Trigeminal Neuralgia; Identifying Patterns	46
5.2.1	Wind-Cold Assailing the Exterior [风寒外袭 <i>fēng hán wài xí</i> ]	46
5.2.2	Liver-Gallbladder Depression Heat [肝胆郁热 <i>gān dǎn yù rè</i> ]	47
5.2.3	Stomach Heat Attacking Upward [胃热上攻 <i>wèi rè shàng gōng</i> ]	47
5.2.4	Yīn Vacuity with Yáng Hyperactivity [阴虚阳亢 <i>yīn xū yáng kàng</i> ]	48
5.2.5	Qi and Blood Depletion [气血亏虚 <i>qì xuè kuī xū</i> ]	48
5.2.6	Wind-Phlegm Obstructing the Network Vessels [风痰阻络 <i>fēng tán zǔ luò</i> ]	49
5.2.7	Static Blood Obstructing the Network Vessels [瘀血阻络 <i>yū xuè zǔ luò</i> ]	49
5.3	Treatment of Trigeminal Neuralgia Using Chinese Medicinals	49
5.3.1	Wind-Cold Assailing the Exterior [风寒外袭 <i>fēng hán wài xí</i> ]	49
5.3.2	Liver-Gallbladder Depression Heat [肝胆郁热 <i>gān dǎn yù rè</i> ]	51
5.3.3	Stomach Heat Attacking Upward [胃热上攻 <i>wèi rè shàng gōng</i> ]	52
5.3.4	Yīn Vacuity with Yáng Hyperactivity [阴虚阳亢 <i>yīn xū yáng kàng</i> ]	53
5.3.5	Qi and Blood Depletion [气血亏虚 <i>qì xuè kuī xū</i> ]	54
5.3.6	Wind-Phlegm Obstructing the Network Vessels [风痰阻络 <i>fēng tán zǔ luò</i> ]	55
5.3.7	Static Blood Obstructing the Network Vessels [瘀血阻络 <i>yū xuè zǔ luò</i> ]	57
5.4	Acupuncture Treatments for Trigeminal Neuralgia	58
5.4.1	Base Acupuncture Prescription for Trigeminal Neuralgia	58
5.4.2	Points to Add to the Base Prescription	58
CHAPTER 6 Cervical Spondylosis		61

6.1	Points of Attention for Cervical Spondylosis	61
6.1.1	Physiology.....	61
6.1.2	Pathomechanism.....	62
6.2	Causes and Pathomechanism of Cervical Spondylosis; Identifying Patterns	62
6.2.1	External Evil Bi Obstruction [外邪痹阻 wài xié bì zǔ].....	62
6.2.2	Phlegm-Damp Obstruction [痰湿阻滞 tán shī zǔ zhì].....	63
6.2.3	Qi Stagnation and Blood Stasis [气滞血瘀 qì zhì xuè yū].....	63
6.2.4	Qi-Blood Vacuity [气血虚弱 qì xuè xū ruò].....	63
6.2.5	Liver-Kidney Depletion [肝肾亏虚 gān shèn kuī xū].....	64
6.3	Treatment of Cervical Spondylosis Using Chinese Medicinals	64
6.3.1	External Evil Bi Obstruction [外邪痹阻 wài xié bì zǔ].....	64
6.3.2	Phlegm-Damp Obstruction [痰湿阻滞 tán shī zǔ zhì].....	65
6.3.3	Qi Stagnation and Blood Stasis [气滞血瘀 qì zhì xuè yū].....	67
6.3.4	Qi-Blood Vacuity [气血虚弱 qì xuè xū ruò].....	68
6.3.5	Liver-Kidney Depletion [肝肾亏虚 gān shèn kuī xū].....	69
6.4	Acupuncture Treatments for Cervical Spondylosis	70
6.4.1	Base Acupuncture Prescription for Cervical Spondylosis.....	70
6.4.2	Points to Add to the Base Prescription.....	71
CHAPTER 7 Stiff Neck (Lào Zhěn).....		73
7.1	Points of Attention for Stiff Neck	73
7.1.1	Treatment.....	73
7.2	Causes and Pathomechanism of Stiff Neck; Identifying Patterns	74
7.2.1	Muscle Sprain [肌肉扭伤 jī ròu niǔ shāng].....	74
7.2.2	External Evil Invading [外邪侵袭 wài xié qīn xí].....	74
7.3	Treatment of Stiff Neck Using Chinese Medicinals	75
7.3.1	Muscle Sprain [肌肉扭伤 jī ròu niǔ shāng].....	75
7.3.2	External Evil Invading [外邪侵袭 wài xié qīn xí].....	76
7.4	Acupuncture Treatments for Stiff Neck	77
7.4.1	Base Acupuncture Prescription for Stiff Neck.....	77
7.4.2	Points to Add to the Base Prescription.....	78
CHAPTER 8 Periarthritis of the Shoulder.....		79
8.1	Points of Attention for Periarthritis of the Shoulder	79
8.1.1	Physiology.....	80
8.1.2	Treatment.....	80
8.2	Causes and Pathomechanism of Periarthritis of the Shoulder; Patterns	80
8.2.1	Invasion of Wind-Cold-Damp [风寒湿侵袭 fēng hán shī qīn xí].....	80
8.2.2	Qi Stagnation and Blood Stasis [气滞血瘀 qì zhì xuè yū].....	80
8.2.3	Qi-Blood Vacuity [气血亏虚 qì xuè kuī xū].....	81
8.3	Treatment of Periarthritis of the Shoulder Using Chinese Medicinals	81

8.3.1	Invasion of Wind-Cold-Damp [风寒湿侵袭 <i>fēng hán shī qīn xí</i> ]	81
8.3.2	Qi Stagnation and Blood Stasis [气滞血瘀 <i>qì zhì xuè yū</i> ]	83
8.3.3	Qi-Blood Vacuity [气血亏虚 <i>qì xuè kuī xū</i> ]	84
8.4	Acupuncture Treatments for Periarthritis of the Shoulder	85
8.4.1	Invasion of Wind-Cold-Damp [风寒湿侵袭 <i>fēng hán shī qīn xí</i> ]	85
8.4.2	Qi Stagnation and Blood Stasis [气滞血瘀 <i>qì zhì xuè yū</i> ]	86
8.4.3	Addendum: Trauma [外伤 <i>wài shāng</i> ]	86
8.4.4	Qi-Blood Vacuity [气血亏虚 <i>qì xuè kuī xū</i> ]	87
CHAPTER 9 Tennis Elbow		89
9.1	Points of Attention for Tennis Elbow	89
9.1.1	Physiology	89
9.2	Causes and Pathomechanism of Tennis Elbow; Identifying Patterns	89
9.2.1	Channel Sinew Taxation Damage [经筋劳伤 <i>jīng jīn láo shāng</i> ]	89
9.2.2	External Contraction of Wind-Cold [外感风寒 <i>wài gǎn fēng hán</i> ]	90
9.3	Treatment of Tennis Elbow Using Chinese Medicinals	90
9.4	Acupuncture Treatments for Tennis Elbow	90
9.4.1	Base Acupuncture Prescription for Tennis Elbow	90
9.4.2	Points to Add to the Base Prescription for Tennis Elbow	91
CHAPTER 10 Carpal Tunnel Syndrome		93
10.1	Points of Attention for Carpal Tunnel Syndrome	93
10.1.1	Physiology	93
10.2	Causes of Disease and Pathomechanism of Carpal Tunnel Syndrome; Patterns	93
10.2.1	Channel Sinew Taxation Damage [经筋劳伤 <i>jīng jīn láo shāng</i> ]	93
10.2.2	Invasion of Wind-Cold [风寒入侵 <i>fēng hán rù qīn</i> ]	94
10.3	Treatment of Carpal Tunnel Syndrome Using Chinese Medicinals	94
10.4	Acupuncture Treatment for Carpal Tunnel Syndrome	94
10.4.1	Base Acupuncture Prescription for Carpal Tunnel Syndrome	94
10.4.2	Points to Add to the Base Prescription	95
CHAPTER 11 Intercostal Neuralgia		97
11.1	Points of Attention for Intercostal Neuralgia	97
11.1.1	Physiology	97
11.1.2	Pathology	97
11.1.3	Differentiating the Nature of Pain	98
11.2	Causes and Pathomechanism of Intercostal Neuralgia; Patterns	98
11.2.1	Evil Invading the Lesser Yáng Channel [邪犯少阳 <i>xié fàn shào yáng</i> ]	98
11.2.2	Congeaing Cold-Damp [寒湿搏结 <i>hán shī bó jié</i> ]	98
11.2.3	Binding Depression of Liver Qi [肝气郁结 <i>gān qì yù jié</i> ]	99
11.2.4	Blood Stasis Collecting [瘀血停着 <i>yū xuè tíng zhù</i> ]	99
11.2.5	Insufficiency of Liver Yīn [肝阴不足 <i>gān yīn bù zú</i> ]	100

11.3 Treatment of Intercostal Neuralgia Using Chinese Medicinals	100
11.3.1 Evil Invading the Lesser Yáng Channel [邪犯少阳 <i>xié fàn shào yáng</i> ]	100
11.3.2 Congealing Cold-Damp [寒湿搏结 <i>hán shī bó jié</i> ]	101
11.3.3 Binding Depression of Liver Qi [肝气郁结 <i>gān qì yù jié</i> ]	103
11.3.4 Blood Stasis Collecting [瘀血停着 <i>yū xuè tíng zhì</i> ]	104
11.3.5 Insufficiency of Liver Yīn [肝阴不足 <i>gān yīn bù zú</i> ]	105
11.4 Acupuncture Treatment for Intercostal Neuralgia	106
11.4.1 Evil Invading the Lesser Yáng Channel [邪犯少阳 <i>xié fàn shào yáng</i> ]	106
11.4.2 Congealing Cold-Damp [寒湿搏结 <i>hán shī bó jié</i> ]	107
11.4.3 Binding Depression of Liver Qi [肝气郁结 <i>gān qì yù jié</i> ]	107
11.4.4 Blood Stasis Collecting [瘀血停着 <i>yū xuè tíng zhì</i> ]	108
11.4.5 Insufficiency of Liver Yīn [肝阴不足 <i>gān yīn bù zú</i> ]	108
CHAPTER 12 Herpes Zoster	109
12.1 Points of Attention for Herpes Zoster	109
12.1.1 Pathomechanism	109
12.2 Causes and Pathomechanism of Herpes Zoster; Identifying Patterns	110
12.2.1 Liver-Gallbladder Exuberant Heat [肝胆热盛 <i>gān dǎn rè shèng</i> ]	110
12.2.2 Damp-Heat in the Spleen Channel [脾经湿热 <i>pí jīng shī rè</i> ]	110
12.2.3 Qi Stagnation and Blood Stasis [气滞血瘀 <i>qì zhì xuè yū</i> ]	111
12.2.4 Yīn Depletion Blood Stagnation [阴亏血滞 <i>yīn kuī xuè zhì</i> ]	111
12.3 Treatment of Herpes Zoster Using Chinese Medicinals	111
12.3.1 Liver-Gallbladder Exuberant Heat [肝胆热盛 <i>gān dǎn rè shèng</i> ]	111
12.3.2 Damp-Heat in the Spleen Channel [脾经湿热 <i>pí jīng shī rè</i> ]	113
12.3.3 Qi Stagnation and Blood Stasis [气滞血瘀 <i>qì zhì xuè yū</i> ]	114
12.3.4 Yīn Depletion Blood Stagnation [阴亏血滞 <i>yīn kuī xuè zhì</i> ]	115
12.4 Acupuncture Treatment for Herpes Zoster	116
12.4.1 Base Acupuncture Prescription for Herpes Zoster	116
12.4.2 Points to Add to the Base Prescription	116
CHAPTER 13 Chronic Gastritis	119
13.1 Points of Attention for Chronic Gastritis	119
13.1.1 Treatment	119
13.1.2 Differentiating the Nature of Pain	120
13.2 Causes and Pathomechanism of Chronic Gastritis; Identifying Patterns	121
13.2.1 Cold Evil Visiting the Stomach [寒邪客胃 <i>hán xié kè wèi</i> ]	121
13.2.2 Food Collecting and Stagnating [饮食停滞 <i>yǐn shí tíng zhì</i> ]	121
13.2.3 Liver Qi Invading the Stomach [肝气犯胃 <i>gān qì fàn wèi</i> ]	121
13.2.4 Depressed Heat of the Liver-Stomach [肝胃郁热 <i>gān wèi yù rè</i> ]	122
13.2.5 Blood Stasis Collecting and Stagnating [瘀血停滞 <i>yū xuè tíng zhì</i> ]	122
13.2.6 Stomach Yīn Depletion [胃阴亏虚 <i>wèi yīn kuī xū</i> ]	122

13.2.7 Spleen-Stomach Vacuity Cold [脾胃虚寒 <i>pí wèi xū hán</i> ]	123
13.3 Treatment of Chronic Gastritis Using Chinese Medicinals	123
13.3.1 Cold Evil Visiting the Stomach [寒邪客胃 <i>hán xié kè wèi</i> ]	123
13.3.2 Food Collecting and Stagnating [饮食停滞 <i>yǐn shí tíng zhì</i> ]	125
13.3.3 Liver Qi Invading the Stomach [肝气犯胃 <i>gān qì fàn wèi</i> ]	126
13.3.4 Depressed Heat of the Liver-Stomach [肝胃郁热 <i>gān wèi yù rè</i> ]	127
13.3.5 Blood Stasis Collecting and Stagnating [瘀血停滞 <i>yū xuè tíng zhì</i> ]	128
13.3.6 Stomach Yīn Depletion [胃阴亏虚 <i>wèi yīn kuī xū</i> ]	130
13.3.7 Spleen-Stomach Vacuity Cold [脾胃虚寒 <i>pí wèi xū hán</i> ]	130
13.4 Acupuncture Treatment for Chronic Gastritis	132
13.4.1 Base Acupuncture Prescription for Chronic Gastritis	132
13.4.2 Points to Add to the Base Prescription	132
CHAPTER 14 Gallstones	135
14.1 Points of Attention for Gallstones	135
14.1.1 Physiology	135
14.1.2 Pathomechanism	136
14.1.3 Treatment	136
14.2 Causes and Pathomechanism of Gallstones; Identifying Patterns	136
14.2.1 Liver-Gallbladder Qi Stagnation [肝胆气滞 <i>gān dǎn qì zhì</i> ]	136
14.2.2 Damp-Heat Brewing Internally [湿热内蕴 <i>shī rè nèi yùn</i> ]	137
14.2.3 Exuberant Heat-Toxin [热毒炽盛 <i>rè dú chì shèng</i> ]	137
14.2.4 Liver Yīn Insufficiency [肝阴不足 <i>gān yīn bù zú</i> ]	138
14.3 Treatment of Gallstones Using Chinese Medicinals	138
14.3.1 Liver-Gallbladder Qi Stagnation [肝胆气滞 <i>gān dǎn qì zhì</i> ]	138
14.3.2 Damp-Heat Brewing Internally [湿热内蕴 <i>shī rè nèi yùn</i> ]	140
14.3.3 Exuberant Heat-Toxin [热毒炽盛 <i>rè dú chì shèng</i> ]	141
14.3.4 Liver Yīn Insufficiency [肝阴不足 <i>gān yīn bù zú</i> ]	142
14.4 Acupuncture Treatment for Gallstones	143
14.4.1 Base Acupuncture Prescription for Gallstones	143
14.4.2 Points to Add to the Base Prescription	144
CHAPTER 15 Cholecystitis	145
15.1 Points of Attention for Cholecystitis	145
15.1.1 Pathomechanism of Cholecystitis	145
15.1.2 Differentiating the Nature of Pain	146
15.2 Causes and Pathomechanism of Cholecystitis; Identifying Patterns	146
15.2.1 Liver-Gallbladder Qi Stagnation [肝胆气滞 <i>gān dǎn qì zhì</i> ]	146
15.2.2 Liver-Gallbladder Damp-Heat [肝胆湿热 <i>gān dǎn shī rè</i> ]	147
15.2.3 Blood Stasis Obstruction [瘀血阻滞 <i>yū xuè zǔ zhì</i> ]	147
15.2.4 Liver-Gallbladder Fire Toxin [肝胆火毒 <i>gān dǎn huǒ dú</i> ]	147

15.3	Treatment of Cholecystitis Using Chinese Medicinals	148
15.3.1	Liver-Gallbladder Qi Stagnation [肝胆气滞 <i>gān dǎn qì zhì</i> ]	148
15.3.2	Liver-Gallbladder Damp-Heat [肝胆湿热 <i>gān dǎn shī rè</i> ]	149
15.3.3	Blood Stasis Obstruction [瘀血阻滞 <i>yū xuè zǔ zhì</i> ]	150
15.3.4	Liver-Gallbladder Fire Toxin [肝胆火毒 <i>gān dǎn huǒ dú</i> ]	151
15.4	Acupuncture Treatment for Cholecystitis	152
15.4.1	Base Acupuncture Prescription for Cholecystitis	152
15.4.2	Points to Add to the Base Prescription	153
CHAPTER 16 Ulcerative Colitis		155
16.1	Points of Attention for Ulcerative Colitis	155
16.1.1	Different Stages of Ulcerative Colitis	155
16.1.2	Treatment for Ulcerative Colitis	156
16.2	Causes and Pathomechanism of Ulcerative Colitis; Identifying Patterns	156
16.2.1	Damp-Heat Stagnating in the Intestines [湿热滞肠 <i>shī rè zhì cháng</i> ]	156
16.2.2	Disharmony of the Liver and Spleen [肝脾不和 <i>gān pí bù hé</i> ]	157
16.2.3	Spleen Vacuity Qi Fall [脾虚气陷 <i>pí xū qì xiàn</i> ]	157
16.2.4	Spleen-Kidney Yáng Vacuity [脾肾阳虚 <i>pí shèn yáng xū</i> ]	158
16.2.5	Blood Stasis in the Intestine Network Vessels [血瘀肠络 <i>xuè yū cháng luò</i> ]	158
16.3	Treatment of Ulcerative Colitis Using Chinese Medicinals	159
16.3.1	Damp-Heat Stagnating in the Intestines [湿热滞肠 <i>shī rè zhì cháng</i> ]	159
16.3.2	Disharmony of the Liver and Spleen [肝脾不和 <i>gān pí bù hé</i> ]	160
16.3.3	Spleen Vacuity Qi Fall [脾虚气陷 <i>pí xū qì xiàn</i> ]	161
16.3.4	Spleen-Kidney Yáng Vacuity [脾肾阳虚 <i>pí shèn yáng xū</i> ]	162
16.3.5	Blood Stasis in the Intestine Network Vessels [血瘀肠络 <i>xuè yū cháng luò</i> ]	163
16.4	Acupuncture Treatment for Ulcerative Colitis	164
16.4.1	Base Acupuncture Prescription for Ulcerative Colitis	164
16.4.2	Points to Add to the Base Prescription	165
CHAPTER 17 Urethritis and Cystitis (Strangury)		167
17.1	Points of Attention for Strangury	167
17.1.1	Differentiate Between False and Real Signs of External Contraction	167
17.2	Causes and Pathomechanism of Strangury; Identifying Patterns	168
17.2.1	Damp-Heat in the Urinary Bladder [膀胱湿热 <i>páng guāng shī rè</i> ]	168
17.2.2	Repletion Heat in the Small Intestine [小肠实热 <i>xiǎo cháng shí rè</i> ]	168
17.2.3	Depressed Liver Channel Heat [肝经郁热 <i>gān jīng yù rè</i> ]	169
17.2.4	Liver-Kidney Yīn Vacuity [肝肾阴虚 <i>gān shèn yīn xū</i> ]	169
17.2.5	Spleen-Kidney Yáng Vacuity [脾肾阳虚 <i>pí shèn yáng xū</i> ]	170
17.3	Treatment of Strangury Using Chinese Medicinals	170
17.3.1	Damp-Heat in the Urinary Bladder [膀胱湿热 <i>páng guāng shī rè</i> ]	170
17.3.2	Repletion Heat in the Small Intestine [小肠实热 <i>xiǎo cháng shí rè</i> ]	171

17.3.3 Depressed Liver Channel Heat [肝经郁热 <i>gān jīng yù rè</i> ]	172
17.3.4 Liver-Kidney Yīn Vacuity [肝肾阴虚 <i>gān shèn yīn xū</i> ]	174
17.3.5 Spleen-Kidney Yáng Vacuity [脾肾阳虚 <i>pí shèn yáng xū</i> ]	175
17.4 Acupuncture Treatment for Strangury	176
17.4.1 Base Acupuncture Prescription for Strangury	176
17.4.2 Points to Add to the Base Prescription	177
CHAPTER 18 Menstrual Pain	179
18.1 Points of Attention for Menstrual Pain	179
18.1.1 Pain and Female Physiology	179
18.1.2 Disease Pattern Identification	180
18.1.3 Treatment	182
18.2 Causes and Pathomechanism of Menstrual Pain; Identifying Patterns	183
18.2.1 Qi Stagnation and Blood Stasis [气滞血瘀 <i>qì zhì xuè yū</i> ]	183
18.2.2 Cold Congealing in the Uterus [寒凝胞中 <i>hán níng bāo zhōng</i> ]	183
18.2.3 Damp-Heat Pouring Downward [湿热下注 <i>shī rè xià zhù</i> ]	184
18.2.4 Qi-Blood Vacuity [气血虚弱 <i>qì xuè xū ruò</i> ]	185
18.2.5 Liver-Kidney Depletion [肝肾亏损 <i>gān shèn kuī sǔn</i> ]	185
18.3 Treatment of Menstrual Pain Using Chinese Medicinals	186
18.3.1 Qi Stagnation and Blood Stasis [气滞血瘀 <i>qì zhì xuè yū</i> ]	186
18.3.2 Cold Congealing in the Uterus [寒凝胞中 <i>hán níng bāo zhōng</i> ]	187
18.3.3 Damp-Heat Pouring Downward [湿热下注 <i>shī rè xià zhù</i> ]	189
18.3.4 Qi-Blood Vacuity [气血虚弱 <i>qì xuè xū ruò</i> ]	190
18.3.5 Liver-Kidney Depletion [肝肾亏损 <i>gān shèn kuī sǔn</i> ]	191
18.4 Acupuncture Treatments for Menstrual Pain	192
18.4.1 Qi Stagnation and Blood Stasis [气滞血瘀 <i>qì zhì xuè yū</i> ]	192
18.4.2 Cold Congealing in the Uterus [寒凝胞中 <i>hán níng bāo zhōng</i> ]	193
18.4.3 Damp-Heat Pouring Downward [湿热下注 <i>shī rè xià zhù</i> ]	195
18.4.4 Qi-Blood Vacuity [气血虚弱 <i>qì xuè xū ruò</i> ]	196
18.4.5 Liver-Kidney Depletion [肝肾亏损 <i>gān shèn kuī sǔn</i> ]	196
CHAPTER 19 Chronic Lumbar Strain	199
19.1 Points of Attention for Chronic Lumbar Strain	199
19.1.1 Physiology, Pathomechanism, and Treatment	199
19.2 Causes and Pathomechanism of Chronic Lumbar Pain; Identifying Patterns	200
19.2.1 Accumulation of Taxation Injury; Qi-Blood Stagnation [积劳损伤, 气血郁滞 <i>jī láo sùn shāng, qì xuè yù zhì</i> ]	200
19.2.2 Wind-Cold-Damp Evil Obstructing the Channels and Network Vessels [风寒湿邪, 痹阻经络 <i>fēng hán shī xié, bì zǔ jīng luò</i> ]	200
19.3 Treatment of Chronic Lumbar Pain Using Chinese Medicinals	201

19.3.1 Accumulation of Taxation Injury, Qi-Blood Stagnation [积劳损伤, 气血郁滞 <i>jī láo sùn shāng, qì xuè yù zhì</i> ]	201
19.3.2 Wind-Cold-Damp Evil Obstructing the Channels and Network Vessels [风寒湿邪, 痹阻经络 <i>fēng hán shī xié, bì zǔ jīng luò</i> ]	202
19.4 Acupuncture Treatment for Chronic Lumbar Pain	203
19.4.1 Base Acupuncture Prescription for Chronic Lumbar Pain	203
19.4.2 Points to Add to the Base Prescription	204
CHAPTER 20 Prolapse of Lumbar Intervertebral Disc	205
20.1 Points of Attention for Prolapse of Lumbar Intervertebral Disc	205
20.1.1 Physiology	205
20.1.2 Pathomechanism	205
20.1.3 Considerations for Diagnosis	206
20.1.4 Treatment	206
20.2 Causes and Pathomechanism of Prolapsed Lumbar Disc; Patterns	206
20.2.1 Liver and Kidney Depletion [肝肾亏损 <i>gān shèn kuī sǔn</i> ]	206
20.2.2 Wind-Cold Obstruction [风寒闭阻 <i>fēng hán bì zǔ</i> ]	207
20.2.3 Damp-Heat Congestion [湿热壅滞 <i>shī rè yōng zhì</i> ]	207
20.2.4 Blood Stasis Collecting Internally [瘀血内停 <i>yū xuè nèi tíng</i> ]	207
20.3 Treatment of Prolapsed Lumbar Disc Using Chinese Medicinals	208
20.3.1 Liver and Kidney Depletion [肝肾亏损 <i>gān shèn kuī sǔn</i> ]	208
20.3.2 Wind-Cold Obstruction [风寒闭阻 <i>fēng hán bì zǔ</i> ]	209
20.3.3 Damp-Heat Congestion [湿热壅滞 <i>shī rè yōng zhì</i> ]	210
20.3.4 Blood Stasis Collecting Internally [瘀血内停 <i>yū xuè nèi tíng</i> ]	211
20.4 Acupuncture Treatments for Prolapsed Intervertebral Lumbar Disc	212
20.4.1 Base Acupuncture Prescription for Prolapsed Intervertebral Lumbar Disc	212
20.4.2 Points to Add to the Base Prescription	213
CHAPTER 21 Sciatica	215
21.1 Points of Attention for Sciatica	215
21.1.1 Physiology	215
21.2 Causes and Pathomechanism of Sciatica; Identifying Patterns	216
21.2.1 Wind, Cold and/or Damp Evil Obstructing the Network Vessels [风寒湿邪阻络 <i>fēng hán shī xié zǔ luò</i> ]	216
21.2.2 Damp-Heat Obstructing the Network Vessels [湿热阻络 <i>shī rè zǔ luò</i> ]	216
21.2.3 Static Blood Obstructing the Network Vessels [瘀血阻络 <i>yū xuè zǔ luò</i> ]	217
21.2.4 Kidney Vacuity Improper Nourishment [肾虚失养 <i>shèn xū shī yǎng</i> ]	217
21.3 Treatment of Sciatica Using Chinese Medicinals	218
21.3.1 Wind Evil Obstructing the Network Vessels [风邪阻络 <i>fēng xié zǔ luò</i> ]	218
21.3.2 Cold Evil Obstructing the Network Vessels [寒邪阻络 <i>hán xié zǔ luò</i> ]	219
21.3.3 Dampness Evil Obstructing the Network Vessels [湿邪阻络 <i>shī xié zǔ luò</i> ]	220

21.3.4 Damp-Heat Obstructing the Network Vessels [湿热阻络 <i>shī rè zǔ luò</i> ]	222
21.3.5 Static Blood Obstructing the Network Vessels [瘀血阻络 <i>yū xuè zǔ luò</i> ]	222
21.3.6 Kidney Vacuity Improper Nourishment [肾虚失养 <i>shèn xū shī yǎng</i> ]	224
21.4 Acupuncture Treatments for Sciatica	225
21.4.1 Base Acupuncture Prescription for Sciatica	225
21.4.2 Points to Add to the Base Prescription	226
CHAPTER 22 Knee Pain	229
22.1 Points of Attention for Knee Pain	229
22.1.1 Physiology	229
22.1.2 Pain Characteristics	229
22.2 Causes and Pathomechanism of Knee Pain; Identifying Patterns	230
22.2.1 All Forms	230
22.2.2 Prevalence of Wind [风重型 <i>fēng zhòng xíng</i> ]	230
22.2.3 Prevalence of Cold [寒重型 <i>hán zhòng xíng</i> ]	230
22.2.4 Prevalence of Dampness [湿重型 <i>shī zhòng xíng</i> ]	230
22.3 Treatment of Knee Pain Using Chinese Medicinals	231
22.3.1 Prevalence of Wind [风重型 <i>fēng zhòng xíng</i> ]	231
22.3.2 Prevalence of Cold [寒重型 <i>hán zhòng xíng</i> ]	232
22.3.3 Prevalence of Dampness [湿重型 <i>shī zhòng xíng</i> ]	233
22.4 Acupuncture Treatment for Knee Pain	234
22.4.1 Base Acupuncture Prescription for Knee Pain	234
22.4.2 Points to Add to the Base Prescription	235
CHAPTER 23 Heel Pain	237
23.1 Points of Attention for Heel Pain	237
23.1.1 Physiology	237
23.2 Causes and Pathomechanism of Heel Pain; Identifying Patterns	237
23.2.1 Kidney Yīn Depletion [肾阴亏损 <i>shèn yīn kuī sǔn</i> ] and Kidney Yáng Vacuity [肾阳虚亏 <i>shèn yáng xū kuī</i> ]	237
23.2.2 Static Blood Internal Obstruction [瘀血内阻 <i>yū xuè nèi zǔ</i> ]	238
23.3 Treatment of Heel Pain Using Chinese Medicinals	238
23.3.1 Kidney Yīn Depletion [肾阴亏损 <i>shèn yīn kuī sǔn</i> ]	238
23.3.2 Kidney Yáng Vacuity [肾阳虚亏 <i>shèn yáng xū kuī</i> ]	240
23.3.3 Static Blood Internal Obstruction [瘀血内阻 <i>yū xuè nèi zǔ</i> ]	241
23.4 Acupuncture Treatments for Heel Pain	242
23.4.1 Kidney Yīn Depletion [肾阴亏损 <i>shèn yīn kuī sǔn</i> ] and Kidney Yáng Vacuity [肾阳虚亏 <i>shèn yáng xū kuī</i> ]	242
23.4.2 Static Blood Internal Obstruction [瘀血内阻 <i>yū xuè nèi zǔ</i> ]	242
CHAPTER 24 Arthritis (Impediment Pattern)	243
24.1 Points of Attention for Impediment	243

24.1.1 Considerations for Diagnosis .....	243
24.2 Causes and Pathomechanism of Impediment; Identifying Patterns	245
24.2.1 Wind-Cold-Damp Impediment [风寒湿痹 <i>fēng hán shī bì</i> ] .....	245
24.2.2 Wind-Damp-Heat Impediment [风湿热痹 <i>fēng shī rè bì</i> ] .....	245
24.3 Treatment of Impediment Using Chinese Medicinals	246
24.3.1 Wind-Cold-Damp Impediment [风寒湿痹 <i>fēng hán shī bì</i> ] .....	246
24.3.2 Wind-Damp-Heat Impediment [风湿热痹 <i>fēng shī rè bì</i> ] .....	250
24.4 Acupuncture Treatment for Impediment	250
24.4.1 Base Acupuncture Prescription for Wind-Cold-Damp Impediment [风寒湿痹 <i>fēng hán shī bì</i> ] .....	250
24.4.2 Points to Add to the Base Prescription for Wind-Cold-Damp Impediment .....	251
24.4.3 Wind-Damp-Heat Impediment [风湿热痹 <i>fēng shī rè bì</i> ] .....	252
Appendix 1 Chinese-Latin Table of Medicinals .....	253
Appendix 2 Pinyin-English Table of Points and Channels .....	261
Bibliography .....	265
Chinese Works	265
Non-Chinese Works	266
Index .....	267
About the Authors .....	292