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Traditional Chinese Medicine (TCM) Lecture - Oct. 31st, 2010

Chinese Medicine has been documented for over 5000 years in Chinese literature. This is a discussion to get you acquainted with some basic concepts involved that may seem foreign to folks who have grown up exposed to western or conventional medicine.

I. General reading on TCM:

A. Between Heaven and Earth - A guide to Chinese Medicine by Harriet Beinfield and Efrem Korngold, 1991 Ballantine Publishing Group

B. The Web That Has No Weaver - Understanding Chinese Medicine by Ted Kaptchuk, revised 2000 (original from 1947), Contemporary Publishing Group

C. The Yellow Emperor's Classic of Medicine, translation by Maoshing Ni, 1995, Shambhala Publication

II. Traditional Chinese Veterinary Medicine (TCVM) Reading for Owners:

A. Four Paws, Five Directions, by Cheryl Schwartz, 1996, Celestial Arts Publishing

B. Acu- cat - A Guide to Feline Acupressure, by Nancy Zidonis and Amy Snow, 2000, Tallgrass Publishers

C. The Well Connected Dog - A guide to Canine Acupressure, by Amy Snow and Nancy Zidonis, 1999, Tallgrass Publishers

III. Glossary:

A. Qi- energy, constant change in all things (air, mountains, cells, etc)

1.Sources of Qi

a. Yuan Qi - source or prenatal Qi

b. Gu Qi - grain or food Qi

c. Zhong Qi - natural air Qi from lungs

2. Functions of Qi

- a. Transports - moves things from place to place**
- b. Transforms - changes things from one thing to another**
- c. Warmth - Wei Qi and Yuan Qi (source or prenatal Qi) heat the body**
- d. Protection - Wei Qi - defensive Qi protects us from External Pathogenic Factors (EPF)**
- e. Retention - holding in place - Spleen for organs and Blood.**

B. Yang - hot, light, posterior or dorsal (back), energy, heaven, fire, ascending, male, south, left

C. Yin - cold, dark, anterior or ventral (front), matter, earth, water, descending, female, north, right

D. Xue - Blood - nourishes and moistens the body (dry skin and excessive dreaming are blood deficiencies), travels through all vessels and meridians.

- 1. Liver stores the blood**
- 2. Spleen is the mother of Blood, governs the blood**
- 3. Heart rules the Blood**

E. Body Fluid - Jin - Ye - from the liquid portion of the food (Gu- Qi) Transformed by the Spleen Qi with fluid being divided by the Upper Jiao (Burner)

- 1. Jin - thin, clear, watery - moistens skin and muscles, sweat, tears and saliva**
- 2. Ye - turbid, thick, heavy, and dense. Circulates in the interior, lubricates and moistens joints, spine, brain, bone marrow, and orifices of the sense organs**

F. Essence - Jing - the source of life

- 1. Growth and development - 7 and 8 year phases of development**
- 2. Basis of Kidney Qi - Hit PC8 to KI1 300 times, then change**
- 3. Produces marrow, then brain**
- 4. Basis for constitutional strength**

G. Mind ,Spirit - Shen - memory, thinking, mental activity, resides in the Heart (Blood)

H. Zang Fu Organs - paired major organ components of TCM divided into pairs.

- 1. Zang - Yin organs, solid store pure essences, more functional, (wife more important organ of pair -"Happy Wife, Happy Life")**
- 2. Fu - yang organs, hollow organs, transport and exchange**
- 3. Meridians - all organs and Conception Vessel, and Governing Vessels are what made up the 14 major vessels or pathways**

that Chi

flows through the body

- I. Heart - Emperor - Supreme controller (HT)
1. Paired Fu organ - Small Intestine
 2. Sense Organ - tongue
 3. Show Hua - facial complexion
 4. Surface tissue - blood vessels
 5. Fluid - sweat
 6. Emotion - joy
 7. Houses the Shen in the Heart Blood
 8. Controls then Blood and vessels
 9. Heart Qi moves the Blood
- J. Lung - High Minister - receives pure Qi from heaven (LU)
1. Paired Fu organ - Large Intestine
 2. Sense Organ - nose
 3. Show Hua - skin and body hair
 4. Surface tissue - skin
 5. Fluid - nasal discharge
 6. Emotion - grief
 7. Controls respiration
 8. In charge of Wei Qi
 9. Open and regulates water passage
 10. All vessels converge on the Lungs
 11. Controls descending and dispersing function
 12. Control skin, hair and pore of skin
 13. Lung is the root of Qi
- K. Spleen - Treasurer - transform and transport (SP)
1. Paired Fu organ - Stomach
 2. Sense organ - mouth
 3. Show Hua - lips
 4. Surface tissue - muscles and limbs
 5. Fluid - thin saliva
 6. Emotion - worry
 7. Controls transformation and transportation of the food Qi
 8. Ascending function
 9. Holds Blood in vessels, and organs in place
 10. Source of Qi and Blood
 11. Controls taste
 12. Sends Qi to Lung from food
- L. Liver - General - planning (LIV or LV)
1. Related Fu organ - Gallbladder
 2. Sense organ - eyes
 3. Show Hua - nails

4. Surface tissue - tendon and ligaments
5. Fluid - tears
6. Emotion - anger
7. Regulates emotions and Qi
8. Liver Blood nourishes tendon, sinews, hair, eyes, uterus, & skin
9. Liver is root of stamina and endurance

M. Kidney - Minister - water metabolism (KI)

1. Related Fu organ - Bladder
2. Sense organ - ears
3. Show Hua - head hair
4. Surface tissue - bones and teeth
5. Fluid - semen and thick saliva
6. Emotion - fear
7. Root of prenatal Qi
8. Stores Jing
9. Controls growth, development and reproduction
10. Roots Lung Qi

N. Pericardium - Envoy to Heart (PC)

1. Related Fu organ - Triple Heater - connecting system between the three jiaos or areas that the main organs function within the body.
See cooking pot analogy.
2. Some acupuncturists only deal with pericardial channel and not heart channel because they feel it stimulates the heart too much.

O. Stomach (ST)

1. Accepts and store food and water
2. Rot the food
3. Separate the pure from the impure
4. Transports the impure to the Small Intestine
5. Descending function
6. Prefers moisture, dislikes dryness

P. Small Intestine (SI)

1. Accepts rotted and mature food and water from the Stomach.
2. Separates the pure from the impure parts of food and water
3. Transports the impure part to the Large Intestine (food) and Bladder (water)

Q. Large Intestine (LI)

1. Accepts the food and water from the Small Intestine
2. Separates the pure from the impure
3. Discharges feces

R. Gallbladder (GB)

1. Store bile
2. Discharge bile to aid digestion
3. Official of wise judgment and decisions
4. Organ of bravery
5. Conducts kidney energy to external body to animate the limbs and assist in movement

S. Urinary Bladder (BL)

1. Stores body fluid, water and urine
2. Absorbs pure fluid and discharges turbid fluid waste as urine

T. Triple Heater - San Jiao - Triple Burner - the highway system that connects organs and meridians (TH or SJ or TB)

1. Transports water, Lung Qi, Essence, and Yuan Qi (source Qi from the Kidney)
2. Distributes resources of the Kidney carefully to the organs of the interior
3. Dispersing function of regular and governing Qi
4. Connects the different internal organs

U. Extraordinary Fu Organs

1. Gall Bladder, bone, blood, vessels, spinal cord, marrow, brains, and uterus
2. Hollow organ but does not touch food/waste products

V. Meridians - passage way for Qi for each Zang Fu organs

1. Zang organs are all the solid or yin organs
2. Fu organs are all the hollow or yang organs
3. Governing vessel (GV) - along the spine, most yang meridian
4. Conception vessel (CV) - along the ventral mid-line, most yin meridian

W. Pathogenic Factors

1. Invade from the outside - Exogenous Pathogenic Factors (EPF)
 - a. Tai Yang layer - SI and BL by Wind or Summer Heat
 - b. Lung - Wind or Dryness
 - c. Channel openings at the tips of extremities - Bi Syndrome
 - d. To be successfully invaded by a factor, you must be susceptible to it
2. Wind- spring - seizures, itching, moves around the body quickly, Primary vehicle for bringing in other pathogens
3. Cold - winter - yin in nature - arthritis that is worse in cold - Constricts and stagnates things, arthritis that is better with movement
4. Heat - summer - yang in nature - consumes yin - primary cause of Internal wind and false heat

5. Damp - late summer - yin in nature - more congealed yin (phlegm is more congealed damp)
6. Dryness - autumn - yang in nature - causes yin deficiency - dry flakey skin - attack LU
7. Summer Heat - late summer - yang in nature - more severe heat signs

X. Emotions

1. Joy - too little or too much can injure the HT or scatter Qi
2. Anger - Injures LV - sends Qi upward, seizures
3. Melancholy - injures LU - tangles the Qi - doesn't want to do anything
4. Worry - injures SP - causes Qi stagnation
5. Grief - injures LU - scatters Qi
6. Fear - injures KI - depletes Qi
7. Fright - injures KI deranges Qi - pee on the spot, post-traumatic stress syndrome

Y. Other Factors affecting improper balance of Qi

1. Improper diet - leading cause of problems in small animal medicine
 - a. Overeating (Purina study)
 - b. Malnutrition
 - c. Overindulgence
 - d. Unclean food
 - e. Improper nutrients
2. Four Ways to Destroy a Meal
 - a. Yin deficiency - not enough water in the pot
 - b. Food stagnation - don't stir the pot - late night pizza
 - c. Cold accumulation - forgot to turn the fire on
 - d. ST Heat - Heat is turned up too high - vomiting, food
3. Overstrain - stress - exhaust Qi or stagnate Blood
4. Lack of exercise - Stagnant Qi
5. Trauma and bites - Blood stagnation
6. Phlegm and fluid - damp - SP deficiency
7. Stagnant Blood - Qi stagnation, no push; trauma; extreme cold, constricting

Z. The cooking pot analogy

The Spleen and Stomach are the cooking pot over the fire of the Kidneys. They transform and transport food into usable energy (Qi). The Spleen wafts vapors to the lid or Lungs. SP extracts fluids, and some fluid go to the kidney as Post-natal Essence. Scum on the soup, such as when the fire is too low from the Yuan Qi (source Qi) in the Kidneys, or the pot is too full creates Damp and Phlegm. These cause many problems in the body in TCM. Cancer, moist dermatitis, kidney stones and edema are all due to these.

The lid or Lungs gather and descend the Qi. Qi from the SP and also

inhaled become a vapor or steam that can moisten and warm the body. So then the Qi will descend to the Kidneys and enter the pathways and channels of the body.

The Kidneys provides the fuel beneath the pot or Spleen/ Stomach. This can come from prenatal Essence or genetic predisposition. Also, the fuel can come from post-natal Essence from digested food by the Spleen. Essence becomes the Yang and Yin which interact together to produce the “spark of life”.

The Heart houses the Shen or consciousness, and it gives discernment as the Emperor of the body. The Heart is nestled in the Lungs, surrounded by pure, clear Qi. It is an important source for Yang energy to be used by the Kidney to light the Ministerial fires. The Kidneys help cool the Heart by steaming some Kidney Yin to cool the Heart fire. If the Heart and Kidney are not communicating, then the body becomes too hot on top, and too cool below, like in renal failure. Then you will get uncontrollable thirst and profuse watery urination.

The Liver is to initiate and facilitate the movement of Qi through the regulation of the circulation. The Liver guides the Qi to maintain the smooth flow of Blood. When Qi flow is impaired or ”stuck”, there is pain of a shooting, changeable nature. When Blood stasis occurs, there can be a localized, persistent stabbing pain. Blood stasis can lead to certain cancers, while other cancers are attributed to accumulations of phlegm. The leading cause of allergic dermatitis is due to Blood deficiency.

The Triple Heater (TH) or Burner is the internal axis that traverses through the body transporting Qi and fluids. The Lung Qi moves through the Triple Heater to the Kidneys, bringing it water and fluid from the Spleen and digestive tract. The Source Qi moves from the Kidneys to the organs of the body. The TH is like the stove that transmits the fire to the pot. The Pericardium (PC) wraps around the Heart and communicates between the Emperor and the rest of the body. Pericardium transmits through all three Jiao. PC6 is a good point for when Qi not descending properly, such as asthma or vomiting. Gall Bladder channel is a Shao Yang pathway like the Triple Heater. GB moves the source Qi to the external body.

TCM Diagnosis

- 1. Inquiry - general information and present complaint**
- 2. Ten Questions-**
 - A. Hot/Cold**
 - B. Sweat**
 - C. Pain**
 - D. Head pressing, Dizziness**
 - E. Bowel Movement and Urination**
 - F. Appetite, Diet, Tastes**
 - G. Thirst**
 - H. Energy, Emotions**
 - I. Sleep and Dreams - excess dreams= Blood deficiency**
 - J. Ob/Gyn**
- 3. Inspection -**
 - Physical exam**
 - Excess vs. Deficient**

**Cold vs. Hot
External vs. Internal
Yang vs. Yin**

4. Auscultation & Olfaction

**5. Palpating
Points and Pulse**

**6. Tongue
Body shape, color, mars, coat**

Avian patient - Yang in nature - mental and emotional conditions need to be addressed with behavioral change- Shen disturbances - Feather picking, anxiety, anger, aggression, emotional instability. Liver Qi stagnation - hepatopathy. Egg binding, cloacal prolapse, kidney conditions due to Qi stagnation.

Canine patient - Blood deficiency - TCM useful for numerous emotional and metabolic disorder. Chinese herbal cancer treatment for humans being used in canine case, or in addition to western chemotherapy.

Feline patient - Spleen Qi or Kidney Yang deficiencies - renal failure and various damp heat disorders, hyperthyroid, GI issues, IBS common in cats.

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Useful acupuncture points for you and your pets

LI4 - web between index finger and thumb - sinusitis, dental pain - master point for face and mouth -

LU7 - lock thumbs, index finger hits inside of radius - helps coughing - master point of head and neck

LI11 - crook of elbow - clears damp heat - stimulates immune system

PC6 - 2 cun from wrist - master point of upper Jiao - nausea, seasickness, heart palpitations

ST36 - distal lateral to tibial crest 3 cun - master point for the middle Jiao - helps stomach, GI problems, hit to stimulate energy

BL60 - between Achilles tendon and bone, above ankle - aspirin point - good for pain anywhere

BL 40 - back of knee - master point lower back and hips - hip and sciatic pain - good for damp conditions

GV20 - top of head - Bai Hui in man - calming, headaches

PC8 - palm of hand - beat against opposite KI1 to increase KI Yang energy 300 times on each side once a day - good for clearing heart fire, calming mind - epilepsy, cardiac pain

KI1 - soul of foot - see PC8 for stimulating KI Yang - clears KI heat, revives patients - headaches, dizziness, loss of consciousness.