

CASE 5:

Katherine Shu is 26 years old. She and her husband have been trying to conceive for three years without success. They have seen a WM doctor and both their blood work came back normal. She usually has a 28 day cycle but sometimes as long as 37 or even 40 days. Her menstrual blood is a small and pale amount. She also has a pale face and tongue. Her urination is normal but she sometimes has dry, rabbit like droppings.

She has a pale and thin tongue. Her pulse is thready.

Q: What is the illness?

A: Infertility

Q: What is the syndrome pattern?

A: Blood Deficiency

Q: What is the treatment principle?

A: Tonify Blood, Nourish Essence

Q: What points and needling method do you recommend?

A:

Tonify Blood: St36, UB20, UB18

Nourish Essence: Ren4, Zi Gong

Tonification method

Q: What is an example of this technique?

A: slow insertion and quick withdrawal,
Thrust forcefully and raise gently,
Rotate the needle counterclockwise
Needle with the flow of the channel
Cover the point after needling
Insert while inhaling and withdraw while exhaling
Needle an odd number of times (3, 9)

CASE 6:

Ms. Waclawik is a 25 years old woman. She is two months into her pregnancy and has been feeling nauseous and vomiting nearly every morning. She also will vomit after eating. She has lost 3 pounds. She sleeps well at night but feels low energy throughout the day and lack of appetite.

She has a pale tongue with a thin white coating. Her pulse is slippery and deficient.

Q: What is the illness?

A: Morning Sickness

Q: What is the etiology and pathogenesis of this disease?

A: Qi Def in the Chong Vessel during pregnancy causes the qi of the Chong to rise upward. Simultaneously there is underlying Sp and St qi deficiency which means St Qi is unable to descend causing ST Qi Reversal causing nausea and vomiting.

Q: What is the best point selection for this pattern?

A: Treat the chong: SP4 and PC6

And then a combination of points to tonify the SP and ST: ren12, st36, ub20, ub21

Vomiting: Ren13

Stop Qi Reversal: ST20, ST21

Q: Why is her pulse slippery?

A: because she is pregnant and a slippery pulse is normal during pregnancy

Q: What food recommendations would you make?

A: avoid cold, raw and greasy foods. Eat small meals. Eat warming foods like ginger congee, millet, sweet potatoes, soups and stews.

CASE 7:

Ms. Wang is 42 years old. She had been trying to conceive since she had a miscarriage two years ago. You had been treating her symptoms of Kidney Yang Deficiency for three months and had advised her to not try to become pregnant for at least 6 months to one year. She felt she could not wait and she is now one and a half months pregnant and is very happy to be pregnant again. However, she has begun to have slight vaginal bleeding, as well as a feeling of low backache and a bearing down feeling in her abdomen, as well as a bit of pain.

Q: What disease is this?

A: Unstable Pregnancy/ Restless Fetus

Q: What pulse and tongue might you expect to see in your patient?

A: Pale and swollen tongue. Deep and Weak pulse

Q: What is the treatment for your patient?

A: She needs to see her doctor/midwife first to make sure the baby is okay/still alive. After this if everything is okay then you can use points like: UB20, UB23, Du20, Ren12, St36

Also moxa esp on KD3 to tonify the kidneys

Q: What is the likely cause of disease in your patient?

A: Aging leads to decline in the Kidneys. Other causes are hereditary weakness, excessive sexual activity, overwork, chronic illness and previous miscarriages.

CASE 8:

Ms. O'Brian is 35 years old. She has had 4 miscarriages in the last three years without having a baby and she is very worried that she won't be able to have a baby as she is getting older. She worries a lot in general and works very hard to have the life she wants: a beautiful house by the lake. She often works late hours and skips meals because she is working and besides, she doesn't have much appetite.

She has a pale tongue and a weak pulse.

Q: What disease is this?

A: Habitual Miscarriage

Q: What is the syndrome pattern?

A: Spleen Qi Deficiency

Q: Without using points on her back, what five points could you use?

A: Du20, Ren 6, ST36, Ren12, Sp3, KD3

Q: What additional advice could you offer your patient?

A: Avoid becoming pregnant for 6 months to one year. Avoid overworking, eat regular meals that are easy to digest. Avoid raw cold foods and focus on warming foods and spleen tonifying foods like congee and sweet potatoes

CASE 9:

Ms. Bao is 27 years old. She has just given birth to her first child, a healthy girl. Her delivery was without complications but she is unable to secrete milk to breastfeed. She complains of distending pain in her breast, hypochondriac and epigastric region. She has a slight loss of appetite, but her bowel movements and urination are normal. She says she has no stress and this is the happiest she has ever been in her life.

He has a fresh pink tongue and a wiry pulse.

Q: What disease is this?

A: Insufficient Breastmilk

Q: Is this disease one of excess or deficiency?

A: Excess

Q: Why would you use RN17 in this case?

A: It is a local point that will move qi and blood in the chest and there for increase lactation

Q: In addition to RN17, what two points could you use to promote lactation?

A: SI1 and ST18

Q: What are two points that you could select to treat the pattern?

A: Lv3, LV14, UB18, GB34, GB40

Q: What additional lifestyle advice might you offer your patient?

A: qi gong, tai qi, counseling, relaxation methods

CASE 10:

Ms. Ke is 28 years old. Five days ago, she gave birth to her third daughter in 4 years. Her labour was slower and more difficult than her first two daughters. She is now having a difficult time breastfeeding as only a small amount of milk will come out. She has a pale complexion, poor appetite, loose stools, palpitations and dry skin.

She has a pale tongue and a weak and thready pulse.

Q: What disease is this?

A: Insufficient Breastmilk

Q: Is this an excess or deficient pattern?

A: Deficiency pattern

Q: What pattern is this?

A: Qi and Blood Deficiency

Q: Please give one example of looking as diagnosis.

A: Noticing the color of her face and tongue or potential dryness of her skin

Q: Please give one example of using touching as diagnosis.

A: Either feeling the dryness of her skin or her pulse

Q: What additional treatment methods could you apply?

A: Moxabustion or cupping (weak cupping) moxa cupping method or empty (flash) cupping method

Q: What lifestyle changes would you suggest?

A: Make sure to have the patient eat easily digested nourishing foods to build qi and blood as well as rest as much as possible. Have the patient consult a lactation specialist to make sure she is breast feeding properly

CASE 11:

Ms. Cho is 23 years old. She gave birth one week ago and it went well, although she lost a lot of blood because her vagina tore during delivery. She was stitched back up and is not feeling any soreness or pain there; the swelling went down after she applied an ice pack to her vagina. She has dull abdominal pain, just above the pubic bone, that is worse with pressure and better with warmth. The doctors have done her blood work and looked for infection and nothing is present. She has a scanty amount of lochia which is purple and with clots. She also feels dizziness and fatigue.

Her pulse is deep, choppy, and tight.

Q: What is this disease?

A: Postpartum Abdominal Pain

Q: Is this disease one of excess or deficiency?

A: Both: Blood deficiency and blood stasis

Q: What is the etiology and pathogenesis of this disease?

A: Blood loss during pregnancy

Q: What is an example of palpation as a diagnostic method?

A: puldr + pressing on the abdomen to elicit a painful sensation

Q: What would you expect her tongue to look like?

A: pale purple or bluish purple

Q: Why is her pulse choppy?

A: choppy is a pulse that indicates blood stasis as well her blood deficiency

CASE 12:

Ms. Han is 48 years old. Lately her period has become less and less. She is feeling more stressed than usual as she is working her usual job and has also been covering for her coworker who has been on maternity leave for 8 months. She tells you that she is very annoyed at her husband and her son, even yelling at them for not helping out around the house. She hasn't been sleeping well at night and when she does fall asleep wakes up sweating. She feels that her eyesight has gotten worse, perhaps from the extra work she has been doing: her eyes feel dry and look red to her and she is also having migraines on the sides of her head. As well, she has a bitter taste in her mouth.

She has a red tongue with scanty yellow coating. She has a floating and rapid pulse that is wiry on the left side.

Q: What is the disease?

A: Perimenopausal Syndrome

Q: Is this disease one of excess or deficiency?

A: Both underlying kd and liver yin deficiency with liver yang rising

Q: Why is the migraine on the side of the head?

A: Because liver and gb are paired organs and liver yang rising will effect the gb. GB channels run along the side of the head

Q: What is the etiology of this disease?

A: Aging depletes the kd leading to kd and liver yin deficiency and high stress work leads to stagnant qi leading to liver yang rising.

Q: You take the patient's blood pressure and it is 140 / 90. What do you do?

A: refer her to an md to check for high blood pressure

Q: What style of moxibustion would you use?

A: generally in TCM we don't apply moxibustion to anyone who has a condition of heat.