



Degenerative Spondylitis (Tui Xing Xing Ji Zhui Yan)

Key Symptoms: low or gradual onset of back pain and stiffness over weeks or months rather than hours or days, early morning stiffness and pain that wears off or reduces during the day with exercise, persistence for more than 3 months, feeling better after exercise and worse with rest, weight loss (especially in the early stages), fatigue, feeling feverish and experiencing night sweats

TCM Etiology: invasion of external pathogenic factors, hereditary deficiency, Latent Heat, immunizations, irregular diet

Relevant Western Diseases:
Ankylosing Spondylitis
Rheumatoid Arthritis

TCM Pathophysiology: invasion of external Wind, Cold and Damp trigger this autoimmune disorder. Wind and Damp settle in the joint making Qi and Blood stagnate and causing intense pain. Damp obstructs the channels and joints, sinews and muscles and causes swelling with ache. Damp obstruction transforms Heat which leads the Damp Heat to settle in the joints > transformation of Phlegm > Qi Stagnation > Blood Stasis

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Chronic Damp Heat	Chronic ache and swelling in the vertebra that is red and hot to the touch, with numbness and feeling of heaviness in the limbs	T: red + sticky yellow coat P: Slippery Rapid	Resolve Damp, clear Heat, expel Wind, remove obstruction from the channels	Even: CV9, LI11, SP9, TE5, TE6, GB34, BL11 + Ah Shi and local points	Herbal Rx: Yi Yi Ren Tang (Coicis Decoction from Enlightened Physicians) E-stim, Cutaneous needles
Wind Damp Cold	Swelling and pain of the vertebra aggravated with exposure to cold, the area is not red or hot to the touch	T: sticky, white P: Slippery, Slow	Expel Wind, scatter Cold, resolve Damp, remove obstruction from the channels	Reducing: TE5, TE6, GB31, CV9, CV12, SP9, GB34, BL11+ Ah Shi and local points Tonify: CV6	Moxibustion at CV6 Herbal Rx: Gui Zhi Shao Yao Zhi Mu Tang (Cinnamon Twig, Peony and Anemarrhena Decoction) E-stim, Cutaneous needles
Wind Damp Heat	Swelling, redness and pain of the vertebra, the area is hot to the touch, better in the day and worse at night, mental restlessness, thirst, feeling heat	T: sticky, yellow P: Slippery, Rapid	Expel Wind, resolve Damp, clear Heat, remove obstruction from the channels	Reducing: TE5, TE6, GB31, CV9, CV12, SP9, LI11, GV14, GB34, BL11 + Ah Shi and local points	E-stim, Cutaneous needles
Cold and Heat combined	Vertebral deformities with rigidity and pain that is worse with movement, redness of the skin over the vertebra, nodules, purple nails, swollen joints, feeling cold, loose stools, thirst, sweating	T: swollen body, sticky coat P: Slippery	Resolve Phlegm, invigorate Blood, eliminate Stasis, remove obstruction from the channels, tonify Qi and nourish Blood	Even: ST40, CV12, SP6, PC6, SP10, LR3, CV9, SP9, ST36, GB34 + Ah Shi and local points Tonify: BL11	E-stim, Cutaneous needles
Phlegm and Blood Stasis	Vertebral deformities with pain and rigidity worse with movement, worse at night, nodules in the vertebra, purple nails, swollen joints	T: swollen body, sticky coat P: Slippery	Resolve Phlegm, dissolve nodules, invigorate Blood, eliminate stasis, remove obstruction from the channels	Even: ST40, CV12, SP6, CV9, PC6, SP10, LR3, GB34, BL11 + Ah Shi and local points	E-stim, Cutaneous needles
Cold Damp	Chronic swelling and ache of the joints, heaviness and numbness of the limbs, the joints are not red or hot to the touch, the skin over the joints is pale, feeling cold	T: pale, white sticky coat P: Slippery, Slow	Resolve Damp, scatter Cold, expel Wind, remove obstruction from the channels	Even: CV9, SP9, CV12, TE5, GB34, BL11 + Ah Shi and local points	Herbal Rx: Fu Ling Wan (Poria Pill) E-stim, Cutaneous needles
Wind Damp	Chronic swelling and ache of the joints that moves from vertebra to vertebra, numb and heavy limbs	T: sticky coat P: Slippery	Expel Wind, resolve Damp, remove obstruction from the channels	Even: TE5, TE6, GB31, CV9, SP9, GB34, BL11 + Ah Shi and local points	E-stim, Cutaneous needles
Liver and Kidney Yin Deficiency	Chronic swelling and ache of back, the swelling is very mild, numbness in the limbs, contraction of tendons, atrophy of muscles, rigidity, cannot extend the back, dizziness, tinnitus, lower back pain and night sweats	T: without coat, red body if there is Empty Heat P: Floating, Empty	Nourish Liver and Kidney Yin, benefit the sinews and bones, remove obstruction from the channels	Tonify: SP6, LR8, ST36, KI3, CV4, GB34, BL11 + Ah Shi and local points	Herbal Rx: Hu Qian Wan (Hidden Tiger Pill) E-stim, Cutaneous needles