



48. Gout (Tong Feng)

Key Symptoms: also called gouty arthritis, main characteristics are acute, sharp pain, redness and swelling in the joint, hyperuricemia and formation of tophus. Pain is mostly at night and recedes after daybreak accompanied by a fever between 38-39°C. Disease is cyclical with no symptoms during remission. Tophus node can be felt in the subcutaneous tissue around the effected joint or bone or in the ear lobe. Western diagnoses look for 416umol/L of blood uric acid or more. During attack there is leukocytosis and faster blood sedimentation. **Two categories:**

TCM Etiology: **Primary Gout:** familial heredity **Secondary Gout:** kidney disease, hematopathy, malignant tumor, etc

TCM Pathophysiology: obstruction of Qi and Blood resulting from blockage of the joint meridians by Phlegm, Damp, Stasis and or Heat with Kidney Qi Deficiency and failure of the Spleen to transform and transport

Relevant Western Diseases:

Gouty Arthritis

Pattern	Key Signs and Symptoms	Tongue and Pulse	Treatment Principle	Point Selection	Additional Therapies
Damp Heat	Sudden onset of redness, swelling and heat in the small joints of the feet, pain aggravated by pressure and alleviated by coolness, fever, thirst, restlessness, deep yellow urine	T: red + a yellow greasy coat P: Slippery, Rapid	Clear Heat, drain Damp, expel Wind, dredge the collaterals	Tonify: CV12, ST36, SP3 Sedate: LI11, SP9, ST44, ST43, GB24, Ashi Elbow: LI4, LI11 Knee: GB34, SP10, Xiyan Big Toe: LV3 Wrist: TB5, TB4, LI4	Herbal Rx: Si Miao San (Four Marvel Pill), San Miao San (Three Marvel Pill) Lifestyle: avoid animal fat or food rich in purine and nucleic acid such as beans, peas, carb, roe, animal liver, brain or kidney, no alcohol, drink plenty of water, eat cherries, bed rest during acute attacks, use cold compresses to help with the pain
Blockage due to Stasis and Heat	Stabbing pain, redness, swelling and deformation of the joint with impaired movement, purplish skin with hardness on palpation, or, hard nodes around the focus	T: purplish + ecchymoses, thin yellow coat P: Thready, Choppy or Deep, Wiry	Promoting blood flow to remove Stasis, remove Heat and blockage	Tonify: SP6, SP3, ST36, CV12 Sedate: LI11, BL17, SP10, LV2, LV3, ST44, Ashi Elbow: LI4, LI11 Knee: GB34, SP10, Xiyan Big Toe: LV3 Wrist: TB5, TB4, LI4	Herbal Rx: Wu Wei Xiao Du Yin (Five-Ingredient Drink to Eliminate Toxin) + Fu Yuan Huo Xue Tang (Revive Health by Invigorating the Blood Decoction) Lifestyle: avoid animal fat or food rich in purine and nucleic acid such as beans, peas, carb, roe, animal liver, brain or kidney, no alcohol, drink plenty of water, eat cherries, bed rest during acute attacks, use cold compresses to help with the pain
Turbid Phlegm	Aching, numbness and pain in the joint with swelling around it or hard nodes, no redness of skin + puffy complexion, vertigo	T: enlarged + white-greasy coat P: Moderate or Wiry, Slippery	Remove Blood Stasis, dredging collaterals, resolve Phlegm	Tonify: SP3, CV12, ST36 Sedate: ST40, ST44, PC5, TE6, Ashi Elbow: LI4, LI11 Knee: GB34, SP10, Xiyan Big Toe: LV3 Wrist: TB5, TB4, LI4	Lifestyle: avoid animal fat or food rich in purine and nucleic acid such as beans, peas, carb, roe, animal liver, brain or kidney, no alcohol, drink plenty of water, eat cherries, bed rest during acute attacks, use cold compresses to help with the pain
Liver and Kidney Yin Deficiency	Repeat attacks of pain of the joint, joint deformity and pain relieved in the daytime and aggravated at night, numbness of the skin, difficulty in walking, contractures of tendon with limitation of movement, dizziness, tinnitus, flushed cheeks, dry mouth	T: red + little coat P: Wiry, Thready or Rapid	Reinforcing the Liver and Kidney, dredging meridians and activating collaterals	Tonify: LV8, KD6, KD10, SP6, BL23, BL18, Ashi Elbow: LI4, LI11 Knee: GB34, SP10, Xiyan Big Toe: LV3 Wrist: TB5, TB4, LI4	Herbal Rx: Liu Wei Di Huang Wan (Six-Ingredient Pill with Rehmannia) Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron, and Rehmannia Pill) Lifestyle: avoid animal fat or food rich in purine and nucleic acid such as beans, peas, carb, roe, animal liver, brain or kidney, no alcohol, drink plenty of water, eat cherries, bed rest during acute attacks, use cold compresses to help with the pain