

Wei (flaccidity syndrome)

- Western medicine – any disorder of the PNS that may cause weakness &/or numbness, MS, spinal & muscular disorders.
- TCM – flaccidity, paralysis, hemiplegia, muscular atrophy of the limbs
- Treat Yangming primarily (sea of food and water, contains the most Qi and blood)
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Etiology & Pathology

1. Consumption of Fluid due to heat in the Lungs
2. Invasion by Dampness-Heat
3. Spleen & Stomach Deficiency

- Main Points for differentiation

	External	Internal
Caused by	External pathogenic warmth & heat; damp-heat	Spleen & st. def.
Onset	Acute onset & develops rapidly	Develops gradually
Curability	If treated in time, patient will be gradually recovered	Hard to cure

- Treatment protocol:
Treating the YangMing meridians:
 - Eliminating the evil Qi of Yang Ming Meridian
 - Eliminate evil Qi
 - Disperse Heat
 - Eliminate dampness
 - Replenishing deficient Yang Ming meridian

Treatment

Body Damaged by Lung Heat

Signs & Symptoms:

- Main Sym. : fever then high fever, weakness & flaccidity of the limbs (usually lower extremities), atrophic muscles.
- Concurrent sym.: restlessness, thirst, coughing, dry throat, scanty dark or anuria, constipation, pain in the joint and limbs or numbness.
- Tongue:
 red body with yellow scanty coating
- Pulse:
 thready & rapid
- Treatment Protocol:
 - Disperse heat
 - Moistening dryness
 - Nourish the lungs
 - Produce body fluid

Formula:

Qin Zao Jiu Fei Tang					
Sang Ye	Shi Gao	Xin Ren	Gan Cao	Mai Dong	Ren Shen
E Jiao	Hu Ma Ren	Pi Pa Ye			

Modifications:

High fever, thirsty, sweating

-- Zhi Mu; Lian Qiao; Jin yin Hua;

Nourish Lung Yin

-- Sang Bai Pi; Xuan Shen; Shen Di Huang;

cough with less sputum

-- Quan Gua Lou; Bei Mu;

dry mouth & throat

-- Yi Wei Tang + Yi Yi Ren + Bai Zhu + Shan yao + Gu Ya

TCM

Treatment

Damp-heat invasion

Signs & Symptoms:

- Main Sym. : heaviness & swelling, flaccidity, weakness, numbness of the limbs, particularly the lower limbs.
- Concurrent sym.: fever or dyspnea, a burning sensation on passing urine sweating, constipation and anuresis, difficulty in swallowing.
- Tongue:
 red body with yellow coating
- Pulse:
 softy & rapid
- Treatment Protocol:
 - Disperse heat
 - Eliminate dampness

Formula:

Jia Wei Er Miao San					
Huang Bai	Cang Zhu	Dang Gui	Niu Xi	Fang Ji	Bi Xie
Gui Ban					

Modifications:

severe dampness

-- Fu Ling; Hua Shi;

distending chest

-- Hou Pu; Huo Xiang; Sha Ren

Damp-heat damage Yin

-- Shen Di Huang; Mai Dong

Cold feeling on lower extremities

-- Gui Zhi (reduce Huang Bai)

Blood Stasis

-- Tao Ren; Hong Hua; Chi Shao; Dan Shen

Treatment

Spleen & Stomach Def.

Signs & Symptoms:

- Main Sym. : weakness & flaccidity of the limbs or muscular atrophy develops gradually
- Concurrent sym.: poor appetite, loose stools, pale complexion and puffy face or accumulation & obstruction of sputum and celostomia
- Tongue:
 thin white coating
- Pulse:
 thready
- Treatment Protocol:
 - Tonify Spleen
 - Strengthen Qi

Formula:

Shen lin Bai Zhu San					
Ren Shen	Fu Ling	Bai Zhu	Jie Gen	Shan yao	Gan Cao
Bai Bian Dou	Lian Zi Rou	Sha Ren	Yi Yi Ren		

Modifications:

bad appetite

-- Ji Nei Jing;

Cold limbs or aversion to cold

-- Fu Zi; Gan Jiang;

weakness after long time illness

-- Huang Qi, Dang Gui, Bai Shao

Treatment

4. Liver & Kidney def.

Signs & Symptoms:

- Main Sym. : disease develops gradually, weakness, flaccidity occur in the lower, soreness & weakness of the lumbar region
- Concurrent sym.: anigestations, dizziness, tinnitus, spermatorrhea or incontinence of urination and defecation, or muscular twitching and cramp
- Tongue:
 - red body with a less coating
- Pulse:
 - thready & rapid
- Treatment Protocol:
 - Tonify kidney & liver
 - Nourish yin and disperse heat

Formula:

Hu Qian Wan					
Gui Ban	Huang Bai	Zhi Mu	Shu Di	Bai Shao	Suo Yang
Chen pi	Lian Zi Rou				

Modifications:

pale complexion

-- Huang Qi; Dang Shen; He Shou Wu;

tonify kidney Yang

-- Ba Ji Tian; Rou Gai; Rou cong rong

-- Dang Gui; Bai Shao

Case History 1

1. Male 34 years

First visiting:

Main complain: muscle weakness for 6 y
symptoms started with the tiredness & weakness of four limbs, gradually developed to eyelids weakness. Western medicine diagnosis as myasthenia gravis, MG. symptoms got worse and worse.

now patient felt weakness of muscle, sore or pain muscles, especially on 2 legs, had difficulty to walk or go upstairs. Cold hands & feet; worse in cold weather

Tongue: thin white coating

Pulse: deep & fine

TCM diagnose:

Liver & kidney def.

Treatment protocol:

-- warm kidney yang

-- nourish Liver & kidney

Formula:

Zhi Fu zi 12; Gui Zhi 10; Rou Cong Rong 12; Bu Gu Zhi 15; Xi Xin 3; Gao Liang Jiang 10; Wu Shao She 15; Ji Xue Teng 20; Tu Si Zi 20; Gou Qi Zi 15; Zhi Gan Cao 10



Obesity

Two of every three Americans have weight challenges

- **300,000 deaths per year**
 - **Unhealthy Dietary Habits**
 - **Physical Inactivity**
- **Getting worse**
 - **15% of all Children are Overweight**

Obesity

Definition of obesity

Western Medicine term: Obesity is a condition describing increase or enlargement of fat cells, excessive accumulation of fat (especially triglyceride) and the body weight exceeding the normal body weight by more than 20%.

How Does TCM View Obesity and Its Causes?

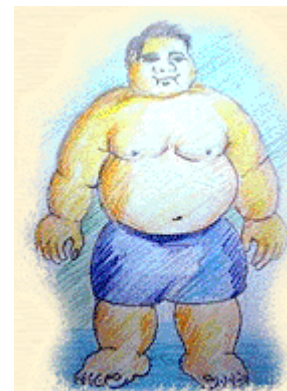
As early as in the [Han dynasty](#), TCM practitioners recorded the symptoms, mechanism and risk factors of obesity. The Suwen (The Book of Plain Questions) states in chapter 28: **"If obesity occurs in the nobleman and rich people, they must be over consuming heavy and greasy foods."** Similar to the modern understanding of obesity, associated risk factors include (1)undesirable eating habits, (2)under exercising, (3)body constitution and (4)mental state.

Etiology & Pathology

1. Dyspepsia causes stomach heat and poor spleen functioning
2. Exogenous evils giving rise to obesity
3. Qi (vital energy) stagnation causes turbid phlegm accumulation
4. Kidney essence exhaustion leads to disharmony



Excess obesity body type



Deficiency obesity body type



- TCM does not treat "excess weight" per se; rather it deals with the underlying body condition that may have led to the excess weight. Once the body's balance is restored, the metabolism will process food properly and excess weight should no longer be a problem provided correct foods are eaten in moderate quantities. Specifically, TCM holds that fat or adipose tissue is mostly due to **phlegm** and **dampness evils**. The is said to be at the root of all phlegm production and is involved in the transportation and transformation of **body fluids** and foods. If the spleen becomes damaged by eating too many sweet foods and getting too little exercise, it will fail in its duty to move and transform waste fluids and foods. Instead these metabolic wastes will gather, collect and transform into dampness evils. If dampness evils endure over time, they will congeal into phlegm, and become fat tissue.

TCM



- **Treatment Principle:**

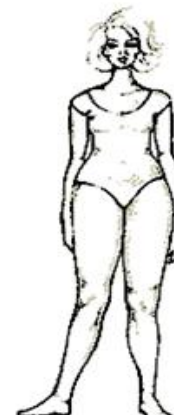
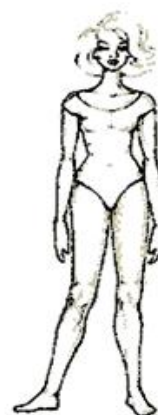
Transform Phlegm; Strengthen Spleen; Move Blood

TCM



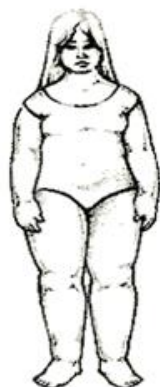
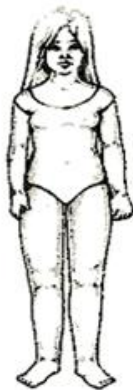
**IDEAL GYNAEOID
BODY SHAPE**

**OVERWEIGHT GYNAEOID
BODY SHAPE**



**IDEAL THYROID
BODY SHAPE**

**OVERWEIGHT THYROID
BODY SHAPE**



**IDEAL LYMPHATIC
BODY SHAPE**

**OVERWEIGHT LYMPHATIC
BODY SHAPE**

Treatment

(1) Excessive Internal phlegm and dampness

Signs & Symptoms:

- **Main Sym. :** excess weight (generally due to an eating disorder, or secondarily by some other illness)
- **Concurrent sym.:** tiredness, body heaviness, chest and/or stomach distension, and in some cases poor appetite. Dry mouth, thirsty, constipation
- **Tongue:**
red body with yellow coating
- **Pulse:**
slippery & rapid pulse
- **Treatment Protocol:**
 - Removing phlegm & stagnation
 - Clear phlegm-heat

Formula:

Ban Xia Bai Zhu Tian Ma Tang + Er Chen Tang					
Ban Xia 10	Bai Zhu 10	Tian Ma 10	Ling Yang Jiao 6	Gan Jiang 6	Su Ye 10
Chen Pi 10	Xia Ku Cao 10	Di Long 6	Bai Jie Zi 12	Zao Jia 6	Dan Shen 10

–: Zhi Shi; Hou Po; Dang Shen; Bai Zhu; Fu Ling; Gan Cao; Bai Jie Zi; Lai Fu Zi; Ze Xie; Shan Zha; Shou Wu; Da Huang;

–He Zhu Tang: He Ye; Cang Zhu; Bai Zhu; Huang Bai; Niu Xi; Yi Ni Ren; Huang Qi; Gui Zhi; Mu Gua; Fu Ling; Ze Xie; Shan Zha; Che Qian Cao; Hu Zhang; Xia Ku Cao; Gan Cao

Treatment

(2) Stagnation of Qi (vital energy) and Blood

Signs & Symptoms:

- Main Sym. : excess weight
- Concurrent sym.: irritability or low motivation, chest or breast fullness, insomnia, a dreamy state, menstrual disorder or amenorrhea (absence of menstruation), and infertility. Some patients may complain of headaches. There may be dizziness and numbness of the four extremities.
- Tongue:
dark red with a white thin coating or a thin and greasy coating
- Pulse:
thready & slippery
- Treatment Protocol:
 - Promote the blood & Qi circulation
 - Remove stagnation

Formula:

Yue Ju Wan + Tao Hong Si Wu Tang

Chuan Xiong 10	Cang Zhu 12	Shen Qu 15	Zhi Zi 10	Chai Hu 10	Shi Di 6
Ban Xia 10	Dang Gui 12	Shen Di 12	Chi Shao 10	Hong Hua 6	Ze Lan 10
Ze Xie 10	He ye 10	Pu Huang 10			

Treatment

— (3) Yang deficiency of spleen & kidney

Signs & Symptoms:

- Main Sym. : over weight
- Concurrent sym.: often feel exhausted or fatigued. May experience lower back and knee weakness, shortness of breath, impotence or low libido.
- Tongue:
pale
- Pulse:
deep & fine
- Treatment Protocol:
 - Tonify Spleen & Kidney yang

Si Jun Zi Tang + Shen Qi Wan

Dang Shen 10	Bai Zhu 10	Fu Ling 12	Rou Gui 5	Fu Zi 6	Shen Di 15
Ze Xie 10	Dan Pi 10	Yin Yang Huo 10	Che Qian Cao 10	Niu Xi 10	



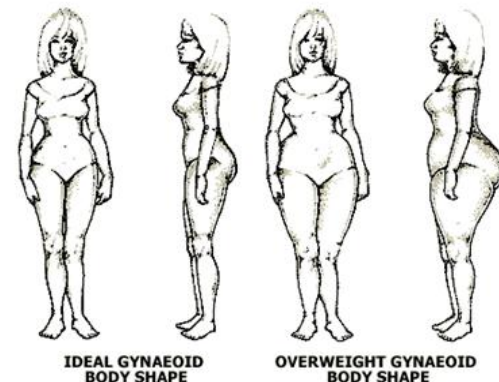
Treatment

(4) Liver Stagnation

Signs & Symptoms:

- Main Sym. : excessive fatty material deposited in the abdomen;

- Concurrent sym.: feel drained of energy. Individuals may also experience excess sputum secretion, dizziness, vertigo, retching, a dry mouth, lack of desire of food or drink and discomfort in chest and abdomen.
- Tongue:
 - greasy coating
- Pulse:
 - wiry
- Treatment Protocol:
 - Improving liver qi circulation
 - Unblocking the GB. & liver stag.



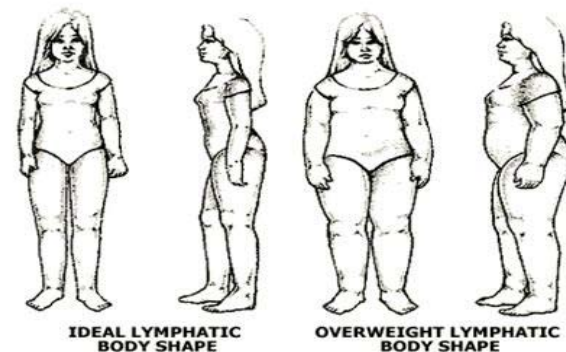
Treatment

(5) Big belly type (Stomach excess heat)

Signs & Symptoms:

Main Sym. : Too good Appetite; Strong muscle; easily feel thirsty & drink lots water; constipation; high blood pressure;

- **Concurrent sym.:** This type of people gains weight mostly around the abdomen. We call them Big Belly Type overweight. Due to eating too many greasy or bad foods, there are lots wastes, pathogens and plaque in the gastrointestinal tract, colon, arteries, blood, etc. This leads to a metabolism problem, which caused overweight.
- **Formula:**
Fang Feng; Jing Jie; Bo He; Lian Qiao; Jie Geng; Chuan Xong;
Dang Gui; Bai Shao; Bai Zhu; Shan Zi Zi; Da Huang; Mang Xiao; Shi Gao; Huang Qin; Hua Shi; Gan Cao



Treatment

(6) Lymphatic Types (Spleen Qi deficiency)

Main Sym. : easily get tired all the time; weak tissue & muscle; swollen four limbs; bad appetite; Post-partum female;

- **Concurrent sym.:**

- **Tongue:**
swollen with teeth mark
- **Pulse:**
fine

- **Treatment Protocol:**

- Tonify Spleen Qi

- **Formula:**

Zhi Shi; Bai Jie Zi; Fang Ji; Xing Ren; Bai Zhu; Fu Ling; Da Fu Pi; Dong Gua Pi; Ze Xie; Chi Xiao Dou; Fa Ban Xia; Chen Pi;

HuangQi XianLing Pi