

Moxibustion at Shuifen Ren 9 and Yinjiao Ren 7 enhances the effect of inducing diuresis to drain oedema. Moxibustion at Shenshu BL 23 nourishes Kidney Qi. When Kidney Qi is full and active, the Bladder function of removing water by Qi transformation is reinforced.

## NEUROLOGICAL DISORDERS

### 25. Post-viral pain syndrome

Sun, female, age 15

**History:** The patient had caught a cold 6 weeks previously, which had improved after treatment, but she still had a sore throat. Two weeks after the cold she began to suffer from severe prickling pains, first at the hips, then the knees, legs, shoulders, elbows and feet, with the worst pain in her right leg. The pain came about three times a day, for 3–4 hours at a time, and was triggered or made worse by fatigue. Before an attack her hands and feet would become cold. During an attack she would become intolerant of warmth and heavy bedclothes, and would feel more comfortable if the painful limb was elevated. There was no fever.

The patient had a previous history of headache and systemic pain going back 2 or 3 years; each episode was triggered by fatigue and relieved by rest.

**Examination:** The patient's hands and feet were sweating, and the skin on her palms and soles was flaky, especially on her palms. Electromyography was normal.

**Diagnosis:** Wind Bi syndrome.

**Treatment:** Expel pathogenic Wind, invigorate the Blood, relieve pain by removing obstruction from the channels.

To start with, the patient was given acupuncture and far-infrared treatment, but her symptoms got worse. Next, acupuncture and moxibustion were given together, but these provided only temporary relief, and soon the pain was back with increased severity. A final prescription was used.

**Principal Points:** Hegu L.I. 4, Xuehai SP 10 (bilateral).

Hegu L.I. 4 was palpated and needled where it was most tender. Xuehai SP 10 was stimulated by laser. The pain was relieved instantly,

# Part One

## GENERAL MEDICINE

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### RESPIRATORY DISORDERS

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#### 1. Pulmonary tuberculosis

**Zhang**, male, age 34, worker

*Case registered:* 5 March 1953

**History:** The patient had been in hospital for 11 months with pulmonary tuberculosis, but had not responded to treatment. He had a cough, white sputum tinged with blood, and occasional haemoptysis with a lot of blood. He also suffered from pain and discomfort in the chest, low grade fever which was worse in the afternoon, night sweats, fatigue, poor appetite, gradual weight loss, diarrhoea, anxiety and five palm heat.

**Examination:** The patient was listless and underweight. *Temperature:* 37.8°C, with pallor, malar flush and weak voice. *Tongue body:* pale and thin. *Tongue coating:* yellow in the middle and white at the edges. *Pulse:* deep, thin and weak.

**Diagnosis:** Cough with dyspnoea.

**Treatment:** Nourish and reinforce Deficient Lung Yin to protect the Lung and reduce Deficiency Heat. Strengthen Spleen to promote digestion.

**Principal Points:** Bailao (Extra), Gaohuangshu BL 43, Taodao Du 13, Feishu BL 13, Zhongfu LU 1. The points were all reinforced with light manipulation followed by strong moxibustion.

**Secondary points:** Shanzhong Ren 17, Zhongwan Ren 12, Zusanli ST 36, Taixi KID 3, all with reinforcing technique.

Treatment was given daily for 20 days, then every 2nd day for 30 days, then every 3rd day for another 30 days.

After the first five treatments, the afternoon fever had diminished. After 10 more treatments it was markedly reduced, and the patient expectorated less, though the sputum was still slightly bloody. His appetite and spirits improved.

After 20 treatments, there was substantially less sputum, which was also free of blood, and his appetite improved.

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