

Eastern Medicine Institute
Clinical Acupuncture Orthopedics

Module I - Basic Theory related to pain & Headaches

Seminar Policy

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Disclaimer:

The information of the Clinical Acupuncture Orthopedics is based on the Chinese Medicine approach. Each doctor must determine if a particular condition or treatment method is allowed within their particular “Scope of Practice” of the State in which they practice.

Chinese Medicine Basics

The basic soul of Chinese Medicine:

Jing / Essence

Qi / Energy

Shen / Spirit

Yin / Yang

The understanding of the basic knowledge is vital in the treatment of any patient to get the best results.

Jing / Essence

It is one's gift from their mother & father.

It is the substance that is stored in the Kidney

It is what is essential to our life

Child

Elderly

It is what supports the physiological processes of the body.

Food & Rest

Essence is also referred to reproductive essence

Pre-heaven / Prenatal / Congenital

Genetic Material combined with nourishment from the mother

First Breath

Post-heaven / Postnatal / Acquired

Produced by the food & water that is consumed

Stored (Pre & Post) in the Kidney

Qi

Energy / All matter

Important to Chinese Medicine

Qi & Blood closely linked / Qi & Blood flow together - Yin & Yang aspects

Qi warms the body / Blood nourishes the body

It is said: "Qi is the commander of Blood & Blood is the mother of Qi"

Shen

Also known as the Mind in Chinese Medicine

It is vitality & the consciousness of a healthy individual

We see Spirit in the health, how one thinks (mental acuity), in one's face & in their eyes

Controlled by the Heart

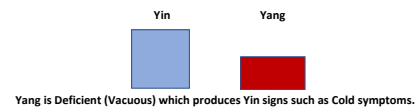
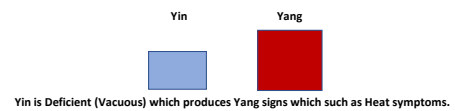
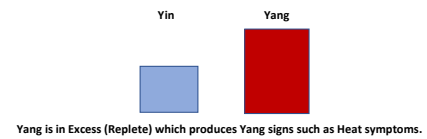
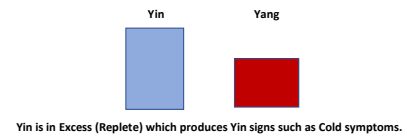
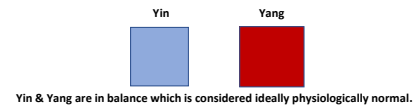
Yin / Yang

Candle – Balance of Yin / Yang

- Yin is the candle / Yang is the flame.
- Yin nourishes the Yang (Flame) while Yang consumes the Yin (Candle).
- Yin & Yang exist independent of each other.
- But once the candle is gone the flame will also be gone.



Balance of Yin / Yang



Pulse Diagnosis

There are 28 / 29 pulses in Chinese Medicine.

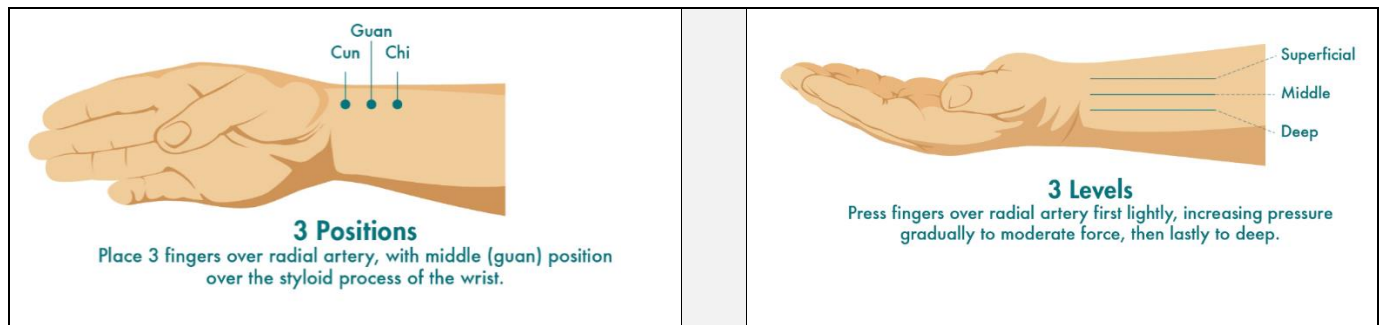
The Normal Pulse: reflects good Qi & Blood. It should be calm, smooth, soft, but not too soft, and not slow, rapid, rough or hard. It should be regular. Its quality should not change very often or easily.

In Chinese medicine the pulse is considered as having three divisions: Cun / Guan / Chi.

A normal pulse is neither superficial nor deep, neither quick nor slow, and it beats in medium frequency, with a regular rhythm.

Pulse – “Classics of Difficulties

Position	Right Hand	Left Hand
Cun – 1st	Lung/Large Intestine	Heart/Small Intestine
Guan – 2nd	Spleen/Stomach	Liver/Gall Bladder
Chi – 3 rd	Pericardium/San Jiao	Kidney/Bladder



To feel the pulse correctly, place the patients hand comfortably on a cushion with the palm facing upward. You can also have the patient laying on the treatment table face up.

1. The practitioner should put their middle finger on the Guan division.
2. Then the index and ring fingers should naturally fall on the Cun and Chi divisions.
3. Finger force should at first be light, then moderate and finally heavy to get a general picture of the depth, rhythm, strength, and form of the pulse.
4. An even force should be applied on the three regions. Through comparisons of the three regions, the practitioner can gain a correct impression of the pulse as a whole. A normal pulse is of moderate frequency, 4 - 5 beats per breath, regular rhythm, even and forceful.

Note: Different sources vary on both their naming conventions and on the total number of standard pulse images. We have tried to organize this information to include 28 / 29 pulse images and their various names.

Pulse Qualities (29 pulse qualities)

<p>Floating / Superficial – Fu Mai Deep – Chen Mai Slow – Chi Mai Rapid / Fast – Shu Mai Empty / Deficient – Xu Mai Full / Excess – Shi Mai Slippery / Rolling – Hua Mai Choppy / Hesitant – Se Mai Long – Chang Mai Short – Duan Mai Overflowing / Flooding – Hong Mai Thin / Fine – Xi Mai Minute / Indistinct – Wei Mai Tight / Tense – Jin Mai</p>	<p>Wiry / Taut – Xian Mai Slowed-down / Relaxed – Huan Mai Hollow / Green Onion – Kou Mai Leather / Drumskin – Ge Mai Firm / Confined – Lao Mai Soggy / Soft – Ru Mai Weak – Ruo Mai Scattered – San Mai Hidden – Fu Mai Moving / Stirring – Dong Mai Hasty / Abrupt – Cu Mai Knotted / Bound – Jie Mai Regularly Intermittent – Dai Mai Hurried / Racing – Ji Mai Large / Big – Da Mai</p>
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Tongue Diagnosis

The tongue very useful and important during inspection for confirming TCM diagnosis. It can present strong visual indicators of a person's overall harmony or disharmony.

Normal tongue in Chinese Medicine has a light red or pinkish body with a thin white coating.

Channels / Meridians Reaching the Tongue

Heart Channel (Hand Shaoyin)

- The Luo connecting channel connects to the root of the tongue.

Spleen Channel (Foot Taiyin)

- An internal branch of the primary channel spreads over the lower surface of the tongue.
- The tongue is penetrated by the Spleen Divergent channel

Kidney Channel (Foot Shaoyin)

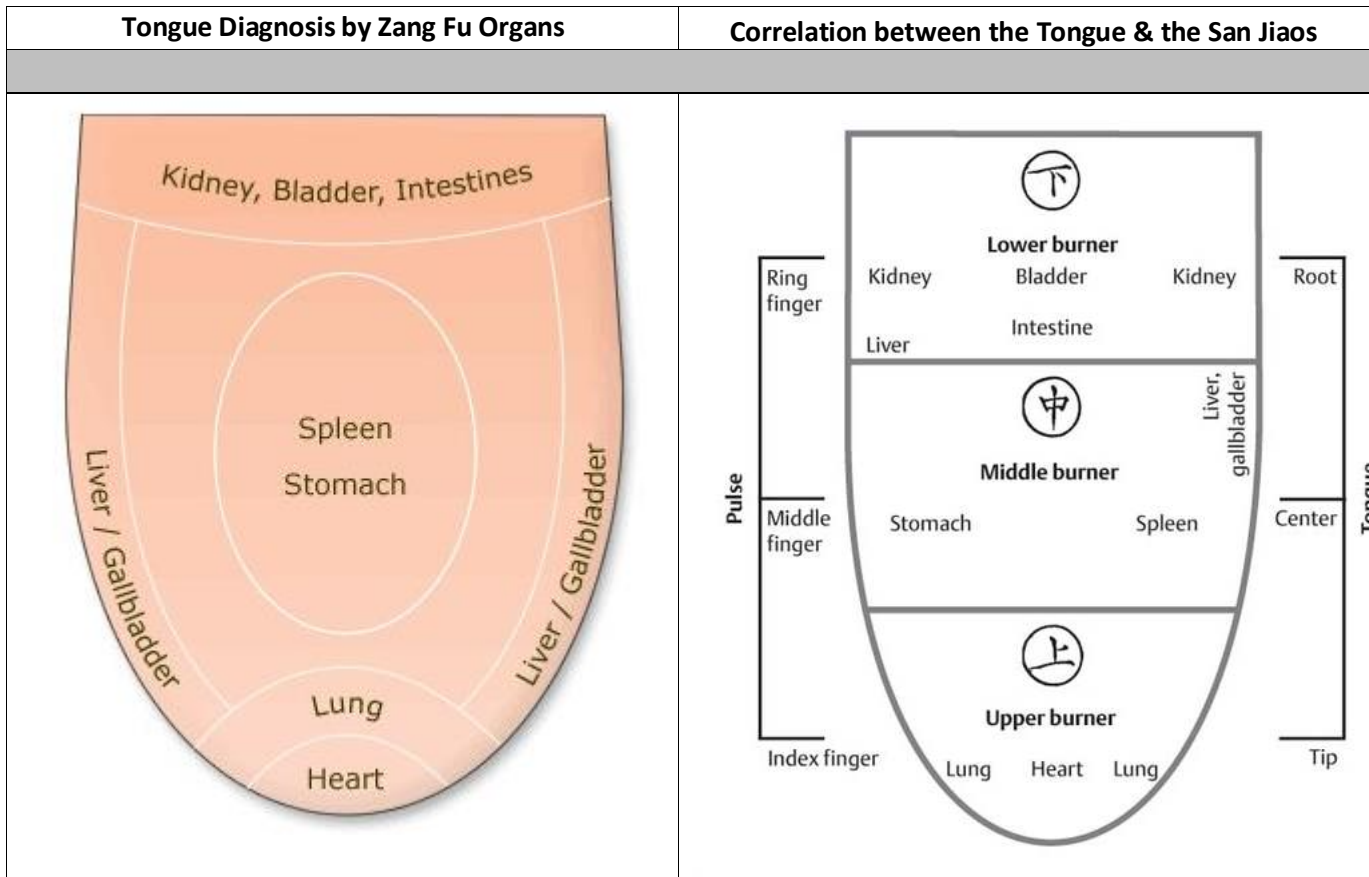
- An internal branch of the primary channel terminates at the base of the tongue.

Bladder Channel (Foot Taiyang)

- A branch of the muscle/sinew channel binds to the root of the tongue.

San Jiao Channel (Hand Shaoyang)

- A branch of the San Jiao muscle channel links with the root of the tongue.



Tongue Observations

Body Color

Body Shape

Moisture

Coating

--Thick/Thin

--Color

Tongue (GM)

The **Body Color** indicates the conditions of Blood, Nutritive Qi and Yin organs: it reflects conditions of Heat or Cold. and Yin or Yang.

The **Body Shape** indicates the state of Blood and Nutritive Qi: it reflects conditions of Fullness or Deficiency.

The **Moisture** indicates the state of the Body Fluids.

The **Coating** indicates the state of the Yang organs: it reflects conditions of Heat or Cold and of Fullness or Deficiency.

Treatment in Chinese Medicine

Pain is a condition that everybody has or will experience at one point in time or another. It may arise from trauma or other types of accidents as well as internal conditions such as cancer, arthritis or a multitude of input disorders. The Chiropractic clinic will see conditions as headache, neck pain, low back pain or other conditions related to the upper and lower extremities.

Chinese Medicine is based on differentiation. This is how one will diagnosis & treats in CM.

Differentiation determines the pathology by the signs & symptoms and what the patient reveals to you.

Chinese Medicine treatment involves Acupuncture & Herbal as well as other non-needle techniques.

Cupping / Gua Sha

3 Main Causes of Dysfunction

Structural

External

Six External Pathogens

Internal causes

Emotions

Dysfunction in the Zang Fu organs

Structural Causes of Dysfunction	Six External Pathogens
Spinal misalignment / subluxation	Wind
Injuries never treated	Cold
Various forms of arthritis	Damp
	Heat
	Dryness
	Summer Heat

Six External Pathogens Video

Wind – Season is Spring – Nature is **Yang**

Cold – Season is Winter – Nature is **Yin**

Heat – Season is Summer – Nature is **Yang**

Dryness – Season is Fall – Nature is **Yang**

Dampness – Season is Long Summer – Nature is **Yin**

Summer Heat – Season is Summer – Nature is **Yang**

Etiology & Pathology of Pain

External Factors – Wind

Usually brings one of the other External Factors with it

Wei Qi – Protecting / Not protecting

Moving around

Due to the slowing of the Qi & Blood, Qi & Blood stagnation occurs which may lodge in the muscles, tendons, joints & Channels.

Usually in the superficial layer.

External Factors Wind - Characteristics

Acute onset

Short duration

Possible seasonal or there are changes of the seasons

Usually seen on the superficial aspect of the body

External symptoms are seen

Responds well with proper treatment

Usually does not involve the Internal Zang Fu

External Factors - Other

Cold / Heat / Dryness / Dampness / Summer Heat

Symptoms of Cold

Cold is characterized by contraction & stagnation.

Fixed pain / Localized / Limits motion

Cold will cause Blood stagnation which the patient will feel (Type of pain): **Sharp / Stabbing**

Stiffness

Worse with cold / Improves with heat

Aversion to cold

Yin in nature but may cause closing of the pores which will affect the Yang which will cause issues in the joints.

Tongue: Thin White coating / Pale body

Pulse: Tight / Superficial / Wiry

Symptoms of Heat

Fixed pain / localized but then may move

Heat will cause Blood to move rapidly. Blood moves faster thus this results in the abnormal movement of Qi & Blood.

Worse with heat / Improves with cold.

Aversion to heat.

Usually affects the upper half of the body.

Rapid movement of Blood

Damages the Blood vessels

Joint swelling / Swelling in the muscle tissue / Possible bleeding

Yang in nature

Tongue: Thin yellow coating / Red body

Pulse: Rapid / Superficial / Wiry

Symptoms of Dryness / Summer Heat

An extension of Heat

Symptoms of Dampness

Heaviness / Little movement.

Tiredness / Numbness especially in the lower part of the body & lower limbs.

Swelling

Dull pain

Gradual onset

Aggravated by Dampness & cold

Internal Issues caused by Greasy / Fatty diet / Cold foods

Yin in nature

Tongue: Greasy coating

Pulse: Slippery / Slow

Internal Factors

Internal causes

Emotions

Dysfunction in the Zang Fu organs

Seven Emotional Factors

Anger / Fear / Shock / Joy / Pensiveness / Worry / Sadness or Grief

Emotional Factors

The seven emotional factors are different than the External Factors

They tend to injure the Zang Fu / Qi & Blood - **More of an internal cause**

Chronic pain

Emotional Factors – Joy / Fear / Anxiety

Heart

Stagnation of Qi & Blood

Pains in the Chest & Shoulder region

No specific location

Kidney

Essence is weakened

Low back / Knee / Headaches / etc.

Emotional Factors – Anger (Liver)

Anger leads to the stagnation of the Liver Qi, which will impede the free flow of the overall Qi of the body.

Middle Jiao conditions - Hypochondriac pain / Abdominal distention / pain

Lower Jiao conditions - Female Conditions / Genital region dysfunction

When the Liver Qi & the overall Qi of the body is stagnant some of the symptoms seen:

- Headaches
- Various types of gynecological pain & genital pain
- Wandering pain
- Emotional Disorders
- Disorders of the other Zang Fu organs

Pensiveness / Sadness (Grief)

Lung Qi can be affected

Lungs are in the Upper Jiao and thus symptoms may arise such as Chest pain / Throat pain / Shoulder pain

Lung Qi is to move inferior & when this does not occur than you get increase of fluid thus dampness

Lung Qi deficiency may induce shoulder pain which also travels down the arm

Worry

Leads to Stagnation of Spleen & Stomach which produces

Pain - Stagnation of **Spleen & Stomach** leads to digestive pain

Qi & Blood deficiency - Failure to nourish the Zang Fu thus pain in the **Joints / Muscle / Channels**

Dampness &/or Phlegm

Dampness causes the slowing of Qi & Blood which produces **Swelling / Pain / Restriction of movement in the joints or region**

Weakness to the external invasion of Dampness - Excess Dampness / Phlegm predisposes the body to External invasion of dampness

Fright

Produces the sinking of Kidney Qi

Possible headache

Kidney Essence is affected - **Poor nourishment of the bones / Lower back pain / Knee pain**

The Zang Fu Organs

The Zang Fu theory explains the physiological function, pathological changes, and mutual relationships of every Zang and Fu organ. In Chinese medicine, the Zang and Fu organs are not simply anatomical substances, but more importantly represent the generalization of the physiology and pathology of certain systems of the human body.

Zang & Fu consist of the five Zang and six Fu organs.

Zang Organs (Internal Yin Organs) / Fu Organs (Internal Yang Organs) / Extraordinary Fu Organs

Zang Organs	Fu Organs	Extraordinary Fu Organs
Lung	Large Intestine	Brain
Spleen	Stomach	Uterus
Heart	Small Intestine	Gallbladder
Kidney	Bladder	Bones
Liver	Gall Bladder	Marrow
Pericardium	San Jiao	Vessels

Zang Fu Organ Functions in Comparison within Categories

Organ	Dominates	Water	Blood
Lung	Qi, skin, hair	Regulates water passages	Regulates water passage
Spleen	Muscles and four limbs	Water transformation	Water transformation
Heart	Blood vessels		
Kidney	Bones, growth, reproduction	Dominates water metabolism	Dominates water metabolism
Liver	Tendons		

- Spleen produces Blood
- Heart Pumps Blood
- Kidney Produces Blood
- Liver Stores the Blood

Which organ is the main organ for pain or related to pain?

Heart

Heart **Dominates** the Blood & Blood vessels.

Heart **Controls** the Mind

Heart **is the main controller of all of the Zang Fu organs.**

Pain Pathology

No matter what the factors that cause the Pain (which can be many), the primary factor is due to:

- Deficiency
- Obstruction / Blockage (Stagnation)

When there is free flow there is no pain, but pain occurs when the free flow is disrupted.

The free flow represents. The free flow of Qi & the free flow of Blood throughout the body.

The free flow of Qi & Blood is like the balance of the Yin & the Yang.

The free flow additionally refers to the normal flow of Qi between the Lung / Heart / Liver / Kidney / San Jiao.

Which Zang Fu organ does the following?

Lung: Disperses Qi throughout the body as well as the skin & pores / Connects the Blood vessels thus, keeps the circulation of Qi & Blood

Spleen: Keeps & moves the body in the vessels

Heart: Pumps the Blood / Circulates the Blood / Controls the Mind

Kidney: Regulates the fluids & vaporization / Wei Qi

Liver: Keeps the normal flow of Qi throughout the body thus, circulates the Blood

San Jiao: Controls Water throughout the body & Yuan Qi.

Discussion on Pain

Everyone has pain.

Pain is either actual or developing damage in the tissues.

Trauma / Cancer / Emotional / Arthritis / Other Dysfunctions
Affects areas of the body (Head / Neck) & Internal organs (Headaches)

Chinese Medicine

Balance between Yin & Yang

Balance between Qi & Blood

Deficiency of Qi & Blood

Excess of Qi & Blood usually is caused by **Stagnation**

Disharmony of the above...

Pain Differentiation

Pain usually will occur at a specific location. It may be over a larger area but that is where the differentiation is important.

Determination the Zang Fu organ channel(s) that are affected.

It is important that you know the distribution of the Meridian as well as the Channel.

The Meridian is the superficial Acupuncture points of the Channel. The Channel is the total pathway.

Pain Differentiation - Cause of the pain in Chinese Medicine

External / Internal Disorders
 Excess / Deficiency Disorders
 Dampness / Dryness Disorders

Cold / Heat Disorders
 Qi / Blood Stagnation Disorders
 Wind / Cold / Heat / Dampness

Acute & Chronic Pain

Acute	Chronic
Acute onset	Pain that has not gone away
Short duration	May come & go
Usually results are good if treated quickly & properly	May be difficult to treat or take a long time
	Spasms / Weakness / Stiffness / Dysfunction

External / Internal disorders

	External Pathogen	Internal Pathogen
Onset	Acute	Gradual
Duration	Short	Long
Clinical Findings	Findings seen	Minimal
Tongue	Normal	Changes depending on the Pathogen
Pulse	Superficial Possible wiry	Deep Possible wiry

Cold / Heat Disorders

Cold Disorders	Heat Disorders
Invasion of Cold (Wind) / Deficiency of Yang	Invasion of Heat (Wind) / Excess of Yang / Yin Deficiency / Cold not treated
Clinical Findings	Clinical Findings
Aversion of cold / Chills	Aversion to Heat / Fever
Pale complexion	Headache / Thirst
Clear urine	Dark urine / Constipation
Absence of thirst	Warm feeling

Cold / Heat Disorders

	Cold Pathogens	Heat (Hot) Pathogens
Hands & Feet	Cold	Warm / Hot
Face	Pale / Blue	Red
Thirst	No / Little thirst	Thirsty
Stiffness	Present	None
Urine	Clear	Dark yellow / Turbid
Stool	Diarrhea	Constipation
Tongue	Pale body / Thin white coating	Red body / Yellow coating
Pulse	Slow	Rapid

Excess / Deficiency Disorders

Excess & Deficiency is the strength of the Wei (Defensive) Qi related to the strength of the pathogenic factor(s).

	Excess	Deficiency
Onset	Acute	Gradual
Duration	Short	Long
Location	Fixed location	Diverse
Pressure	Dislikes pressure	Likes pressure
Intensity	Constant	Intermittent
Tongue		
Pulse	Strong / Full	Weak / Deep

Qi / Blood Stagnation Disorders

It is important to determine which is more predominant

Qi Stagnation / Blood Stagnation / Qi & Blood Stagnation is equal amounts

This will determine if we want to move the Qi more than moving the Blood or vice / versa.

	Qi Stagnation	Blood Stagnation
Location	Broad / Moving	Fixed location
Nature	Dull / Achy	Stabbing
Time of Attack	Daytime	Nighttime
Emotion	Increases the pain	No difference
Tongue	Pale / Normal	Purple
Pulse	Wiry	Choppy

Dampness / Dryness Disorders

This relates to the body fluids of the body.

Dampness may be External or Internal

Dampness will block the channels / Produce stiffness & pain – **Treatment Principle**

Eliminate the dampness / Restore the Spleen properties / Move the Qi & Blood

Dryness is caused by Yin Deficiency / Yang Excess / External Invasion of Heat – **Treatment Principle**

Nourish the Blood & Yin / Moistens the Dryness / Promote the flow of fluids

	Dampness	Dryness
Heaviness	Yes	No
Lassitude	Yes	No
Appetite	Less Appetite	Normal
Fullness	Yes	No
Nose	Nasal discharge	Dry
Mouth	Moist / Watery	Dry
Throat	Phlegm	Dry
Stool	Loose Stools / Diarrhea	Dry / Hard / Constipation
Tongue	Wet / Greasy coating	Dry / Peeled coating
Pulse	Slippery	Thready / Possible faster

Wind / Cold / Heat / Dampness

Determination if there is one or more of Wind / Cold / Heat / Dampness will determine the treatment principle.

This may be caused by External Invasion or Internal Disharmony.

Wind

External Wind	Internal Wind - Liver
Comes & goes Moves around Quality of pain may change Abrupt onset	Comes & goes Moves around Quality of pain may change Slow &/or intermittent onset

External wind is relieved fairly easy to treat.

Internal wind is more of a problem

Liver issues: **Deficiency of Blood / Excessive Heat**

Pain Differentiation

Differentiation of the characteristics of the pain

Soreness	Pain with a suffocating feeling
Stabbing	Contraction type
Sharp	Heaviness
Distending	Radiation of pain
Throbbing	Swelling with the pain
Burning	Dislikes pressure
Hemialgia	Desires pressure
Wandering	Pain with desire of warmth
Pantalgia	Pain with desire of cold
Fixed Location	Intermittent pain
Pain with Spasms	Constant pain

Pain Differentiation - Soreness

Occurs in the spinal region / Upper & lower extremities

Usually not severe

Weakness

Seen with Qi &/or Blood deficiency

Pain Differentiation – Stabbing

Usually in the same region

Worse at night / Worse with Rest / Better with movement

Dislikes pressure

Seen with Surgical procedures, Stagnation of Blood &/or trauma

Treatment Principle: Move the Blood / Relieve the pain

Pain Differentiation – Sharp

Usually with Acute Qi & Blood stagnation - Mostly Qi Stagnation

Determination of the real cause is important, if not the pain will return.

Treatment Principle: Promote the movement of Qi & Blood

Pain Differentiation – Throbbing

Usually seen with individuals with migraines

Like a beating of the pulse.

Seen with Hyper-activity of Liver Yang / Excess heat

Pain Differentiation – Burning

Hot sensation which may be very severe

Usually caused by Heat: Internal / External

External -- Invasion of Heat / Wind / Dampness / Dryness

Internal - Zang Fu dysfunction

Pain Differentiation - Wandering

Usually seen with Painful Obstruction Syndrome

Painful Obstruction Bi (rheumatological) Syndromes are said to be due to Exterior/Interior pathogenic Wind, Cold, Damp and/or Heat which obstruct the channels and collaterals/vessels causing blockage of Qi and Blood circulation. Due to Invasion of wind.

Pain moves from joint to joint / region to region

Internal Disorders – Liver Qi stagnation related to emotions / Stress / Mostly located in the chest & abdomen

Pain Differentiation – Fixed Location

Caused by Blood Stagnation / External Dampness / Internal Dampness in the body

Blood Stagnation is characterized by (3 things) - **Stabbing pain / Aggravated by rest / Worse at night**

External Dampness - Slight sweating / Aversion to cold / Heaviness in the trunk & limbs / Headaches

Internally – Dampness in the body

Poor appetite / loose stools / Nausea / Fullness in abdomen &/or chest

Tongue: **Greasy**

Pulse: **Slippery**

Pain Differentiation – Pains with Spasms

External - Invasion of Wind Cold: Facial Paralysis

Internal

Liver Blood deficiency - Headaches / mild spasms

Blood Stagnation - Spasms of the legs

Cold -Stiffness & the above

Pain Differentiation – Heaviness

Usually seen in the Extremities / Chest / Abdomen

Heads feels like a band around it

External – Invasion of Dampness

Internal – Damp accumulation

Pain Differentiation - Radiation of Pain

Stagnation of Qi & Blood

Liver & Gallbladder Stagnation leads to hypochondriac pain which may radiate to the shoulder.

Heart Blood stagnation leads to chest pain that may radiate into the arm & hands.

Pain Differentiation – Pain & swelling

Usually seen in the joints

External

Trauma – Severe pain / possible hardness / discoloration

Stagnation of Qi & Blood

Internal

Damp accumulation – Painful joints / Heaviness / Soft swelling

Pain Differentiation – Dislikes pressure

Qi & Blood Stagnation (Trauma)

Cold accumulation

Stagnation of food

Pain is severe & constant / Emotions aggravates the condition / Food intake aggravates the condition

Pain Differentiation – Desires Pressure

Qi & Blood deficiency

Yin deficiency

Yang deficiency

Pain is mild & intermittent / Pain disappears but returns / When the patient likes pressure this will disperse the Qi & Blood but a lot of times it will return quickly.

Intermittent Pain

Usually seen when there is deficiency of Qi, Blood, Yin or Yang.

Treatment would be to strengthen the deficiency.

Constant Pain

Usually seen with excess conditions. / Treatment principle is to reduce the excess.

Treatment

- Chinese Medicine indicates that pain occurs due to the struggle between the strength of the individual & the strength of the pathogen.
- If the individual is weak (body resistance) but the pathogen is not that strong, initially you would strengthen the body resistance first.
- If the pathogen is strong and the individual is still strong, you would expel the pathogen.
- Sometimes we see both.

Treatment - Achieve therapeutic effect

Eliminate the Pathogenic factors

Promote the smooth flow of Qi & Blood / Harmonize the Zang Fu

Regulate the Heart / Calm the mind / Stop the pain

Prevent reoccurrence

Treatment

Therapeutic Principles

Dispel the Wind & Eliminate Cold

Dispel the Wind & Eliminate Heat

Clear Heat & remove the Toxins

Dispel the Wind & moisten Dryness

Dispel the Wind & Eliminate Cold & resolve Dampness

Dispel the Wind & Eliminate Heat & resolve Dampness

Smooth the Liver & regulate the Qi

Eliminate Blood stagnation & resolve Phlegm

Tonify the Qi & Blood

Reduce the Stagnation of Qi &/or Blood

Nourish the Liver & Kidney

Warm the Interior & relieve the Pain

Acupuncture Point Selection

Course of the Meridian & Channel

Exterior / Interior relationship of the paired meridians

Yin / Yang Balancing

Functions & characteristics of the Acupuncture point

Acupuncture Point Selection - Point selection

Local points - Located near the site of pain

Distal points - Points to move the Qi & Blood / Sometimes related to paired meridians

Special point selection - Certain points have a special function: Sources points / Front Mu / Back Shu / etc.

Symptom point selection - Certain points related to specific symptoms: Lower He Sea points / Influential points

Yin Channel & Yang Channel points

Right & Left sided points

The purpose of utilizing an Acupuncture treatment for pain is to use selected points on specific meridians to strengthen the deficiency, reduce the excess and balance the Yin & Yang.

This will activate (move) the Qi & Blood which ultimately will reduce the stagnation of Qi & Blood.

How does Acupuncture work for reducing pain?

- 1. The transmission of pain impulses along the course of the Channel (Meridian).**
- 2. Pain gate theory**
- 3. Endorphin stimulation**

Headaches

Headache is one of the most common symptoms encountered in clinical practice.

There are few people who have never experienced a headache at some time or other in their life.

In consultation you should ask about onset, time, location, character of pain and what makes it better or what makes it worse.

Differentiation of Headaches

Onset / Quality &/or Character / Location / Time

Onset

A recent onset and short duration indicates the headache is from an exterior invasion of Wind.

A gradual onset with long duration indicates the headache is from an interior cause

Etiology / Origin

External Pathogenic Factors

Excessive Yang of body constitution

Deficiency of both Qi & Blood

External Pathogenic Factors

The main external pathogenic factors which cause headaches:

Wind / Dampness

Usually they have an acute onset.

Pathogenic Wind Manifestations

Exposure to Wind

Pain is located at the nape of the neck and upper back.

Other locations depend on the channel involved

Boring and fixed pain

Tongue: Thin white coating

Pulse: Superficial

Pathogenic Wind Manifestations

Pain comes from the obstruction of Qi

Wind is yang in nature

The fixed pain is due to Blood stagnation due to the obstruction/stagnation of the Qi.

Acupuncture Points

Treatment is to dispel the wind, remove obstruction, regulate the qi and blood.

Occipital:	GB 20 / BL 60 / SI 3 / BL 62 / GV 19 / GB 21
Frontal:	GV 24 / Yin Tang / GB 14 / ST 8 / SJ 5 / GB 43
Temporal:	Tai Yang / GB 8 / GB 41 / SJ 5
Parietal/Vertex:	GV 20 / SI 3 / BL 62 / LIV 3
Eyebrows:	GB 14 / BL 2 / SJ 5 / BL 60

Pathogenic Dampness - General

Treatment Principal:

Resolve the Dampness / Tonify the Spleen & Stomach

Acupuncture Points	SP 3 / ST 40 / SP 9 / Yin Tang / Tai Yang / CV 12 / SJ 5
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Diagnosis / Treatment

Top of the Head

Sides of the Head

One Side Only

Temples

Behind the Eyes

Frontal (Forehead)

Back of the Head (Occiput)

Whole Head

Top of the Head

Acupuncture Points	GV 24 / Yin Tang / GV 20 / GV 19 / LI 4 / LIV 3
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Sides of the Head

Acupuncture Points	Tai Yang / GB 8 / SJ 5 / GB 43
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Temples

Acupuncture Points	Tai Yang / GB 8 / SJ 5 / GB 43
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Behind the Eyes

Acupuncture Points	Tai Yang / GB 14 / BL 2 / LI 4 / LIV 3
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Frontal (Forehead)

Acupuncture Points	GV 23 / GV 24 / GB 14 / BL 2 / LI 4 / LIV 3 / Tai Yang / SJ 5
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Back of the Head (Occiput)

Acupuncture Points	BL 10 / GV 19 / GV 16 / BL 60 / SJ 5
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Whole Head

Acupuncture Points	GV 24 / GV 20 / GB 8 / Yin Tang / LI 4 / LIV 3
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Treatment of Headaches by Chinese Patterns

- Pathophysiology
- Clinical Signs / Symptoms
- Tongue / Pulse
- Treatment Principles
- Acupuncture points
- Auricular
- Other treatments
- Clinical Notes

Patterns in Chinese Medicine

A pattern in Chinese Medicine is determine by several bits of information.

Subjective complaints of the patient.

Objective findings – Western findings & Chinese Medicine findings.

Based on the Eight Principles: Yin / Yang / Interior / Exterior / Hot / Cold / Deficiency / Excess

Five Phases / Five Elements

Tongue / Pulse

When identifying patterns for the treatment of headaches the first differentiation to make is between exterior and interior headaches.

The 8 Principle perspective: Exterior headaches are of Excess type by definition. / Interior headaches, it is important to differentiate between Deficiency or Excess type and which Zang Fu organ is involved.

EXTERNAL	INTERNAL	
	EXCESS/FULL	DEFICIENT/EMPTY
WIND COLD WIND HEAT WIND DAMPNESS	LIVER QI STAGNATION LIVER FIRE FLARING UP HYPERACTIVITY OF LIVER YANG BLOOD STAGNATION ACCUMULATION OF HEAT IN THE LI & ST CHANNELS ACCUMULATION OF DAMP PHLEGM	QI DEFICIENCY BLOOD DEFICIENCY KIDNEY DEFICIENCY

Exterior Headaches

Headaches from exterior origin are due to invasion of exterior Wind.

Wind affects the top part of the body and a headache is one of its main manifestations.

Headaches from exterior wind are of the Excess type as they are characterized by the presence of Wind.

Exterior Wind combines with other pathogenic factors to give rise to Wind Cold / Wind Heat / Wind Dampness.

Interior Headaches

Eight Principles / Five Phases

Emotions

Disorders of the Zang Fu organs

Headache - External Invasion

WIND COLD

WIND HEAT

WIND DAMPNESS

Headache

External Invasion – Wind Cold

Pathophysiology

Due to exposure to wind & cold

Clinical Signs /Symptoms

Aversion to cold / Shivers / Fever possible / Stiff and achy shoulders / Absence of thirst / Cough / Sneezing / Runny nose with a white discharge / Urination – Clear

Tongue Thin white coating

Treatment Principles

Pulse Superficial
 Superficial & tight

Release the exterior / Expel Wind / Scatter the cold
Reduce the headache

Acupuncture Points

GB 20	Expels Wind in the head
GB 21	Dispels Wind Cold
LI 4	Source point for LI / Promotes sweating / Regulates the Qi circulation / Relieves the headache
SJ 5	Treats pain on either side of the head
LU 7	Dispels wind cold / Directs Lung Qi downward. / Is the main point to release the Exterior and expel Wind Cold. / affects the head and relieves headaches. For this reason, it can be used for headaches from Wind Cold / Wind Heat / Dampness.
BL 12	Dispels the wind
BL 13	Lung Back Shu / Expels wind and releases the exterior
GV 14	Meeting point for all Yang Channels / Clears the exterior
	Additional
SI 3 / BL 62	Stiffness in the neck & upper back (2)

Auricular Points: Shen Men / Point Zero / Tranquilizer Point / Head
Lung 1 / Lung 2 / Antihistamine

Clinical Note: Common Colds / Influenza / Upper respiratory tract infections

Headache
External Invasion – Wind Heat

Pathophysiology

Due to exposure to wind & heat. Usually affects the forehead

Clinical Signs /Symptoms

Whole head or frontal headache / Aversion to wind / Fever Stiff and achy shoulders / Thirst / Desires cold drinks
Cough / Swollen throat / Yellow discharge / Urination – Yellow to dark depending on the amount of heat

Tongue	Red tip Yellow coating	Treatment Principles
Pulse	Superficial Superficial & rapid	Release the exterior / Expel Wind heat Reduce the headache

Acupuncture Points

GB 20	Expels Wind in the head / Reduces the headache
LI 4 / LI 11 / SJ 6	Stops the pain / Dispels the heat (3)
SJ 5	Treats pain on either side of the head
LU 7	Dispels wind from the head / Directs Lung Qi downward
BL 12	Dispels the wind
BL 13	Lung Back Shu / Expels wind and releases the exterior
GV 14	Meeting point for all Yang Channels / Clears the exterior / Clears heat
ST 43	Lower fever not accompanied with perspiration and harmonize the Stomach and Spleen
Tai Yang	Stops pain
ST 8	Relieve the headache (Temporal)
GB 14	Dispels the wind / Clear the Heat / Relieve the Headache
GV 20	Clears Heat / Regulating Qi circulation in the head, this will relieve the headache

Auricular Points: Shen Men / Point Zero / Tranquilizer Point / Lung 1 / Lung 2 / Antihistamine

Clinical Note: Common Colds / Influenza / Upper respiratory tract infections / Acute bronchitis

Headache
External Invasion – Wind Damp

Pathophysiology

May be due to acute / chronic / recurrent onsets.
Usually follows with wind invasion.
Once inside the body it has an affinity for the Spleen.

Clinical Signs /Symptoms

Dull type of headache / Head is heavy / Heaviness in the upper back & extremities / Muscle & joints ache
Sinus & nasal congestion / Fullness in the abdomen &/or chest / Nausea / loss of appetite / Loose stools
Urination may be difficult

Tongue

Pale
Greasy white coating

Treatment Principles

Pulse

Superficial
Slippery

Dispel the wind / Expel the dampness
Reduce the headache

Acupuncture Points

GB 20	Expels Wind in the head / Reduces the headache
ST 8	Dispels Wind from the head / Temporal Headache
SI 3	Dispels wind & dampness / Stiffness in the neck & upper back
BL 12	Dispels the wind
BL 13	Lung Back Shu / Expels wind and releases the exterior
GV 14	Meeting point for all Yang Channels / Clears the exterior
LU 7	Promotes Qi circulation / Eliminates Damp in the Upper Burner
SJ 5	Dispels wind & dampness
ST 40	Resolve the Dampness
Tai Yang	Stops pain

Auricular Points: Shen Men / Point Zero / Tranquilizer Point / Lung 1 / Lung 2 / Antihistamine

Clinical Note: Common Colds / Influenza / Upper respiratory tract infections
Wind damp conditions will take longer to resolve
Cupping sometimes is good over the spine from T 2 to T 12

Headache Internal – Liver Qi Stagnation

Pathophysiology

Seen often with stress & emotional issues.

Liver Qi stagnation is a pattern that involves a lot of conditions of the body.

Liver Qi stagnation headache can be severe with the increase of heat in the body. This leads to migraine type headaches.

Clinical Signs /Symptoms

Gradual occurring headache

Pressure & tension in the head / Worse under stress / Depression

Distension / Pain in the hypochondriac region

Dizziness / Irregular menstruation

Tongue	Initially thin white coating	Treatment Principles
Pulse	Wiry	Regulate the Live Qi Clear the heat Cool the Blood Reduce the headache

Acupuncture Points

LIV 3	Liver Source point / Regulates the Qi of the Liver / Moves the Qi
LI 4	Combined with LIV 3 / Pain & spasms
SJ 5	Temporal &/or premenstrual headache
GB 41	Shu Stream & Wood point of the Gall Bladder channel Spreads Liver Qi / Headache & dizziness
GB 34	Gallbladder He Sea point / Regulates Qi / Subdues Liver Yang
SP 6	Regulates Liver Qi circulation / Removes Qi Stagnation Crossing point of the 3 Yin Channels of the foot
Additional	
LIV 2	Extreme heat
GV 20 / Yin Tang Tai Yang	Calms the headache / Calms the Shen (3)

Auricular Points: Shen Men / Point Zero / Sympathetic / Spleen / Liver

Clinical Note: Diagnosis as a tension type of headache / Migraine / Hypertensive individuals / Stress issues

Headache Internal – Stagnation of Blood

Pathophysiology

Stagnation of Blood type of headaches can be acute or chronic. Acute headaches may be due to some type of trauma &/or concussion. Chronic headaches may be due to a long history of Liver Qi stagnation or history of excess heat or cold.

This type of headache may not always show the classic signs of Blood stagnation.

Clinical Signs /Symptoms

Stabbing headache with fixed location / May be recurring
Migraine type / Strong aura
Usually at night
Purplish lips / Nail / Sclera / Dark rings around the eyes
Dark & purplish menses with clotting
Mood swings / Depression / Insomnia

Tongue Acute: Normal appearance
 Chronic: Red to purple

Treatment Principles

Pulse Deep / Thready

Promote the circulation of Blood & Qi
Remove the stagnation of Blood
Reduce the headache

Acupuncture Points

BL 17	Influential point of Blood / Dispels Blood stagnation
LI 4 / LIV 3 SP 10	Clears the Liver / Regulates the Qi / Moves Liver Blood (3)
SI 3 / BL 62	Master & Coupled points of the Du Mai / They open up the circulation of the Du Mai to move the Blood in the head (2)
GB 14	Promote the Qi & Blood circulation in the head
	Additional
P 6 / HT 7	Regulates Emotions / Calms the Mind (2)
GV 20 Yin Tang Tai Yang	Calms the headache / Calms the Shen / Clears the Blood stagnation (3)

Auricular Points: Shenmen / Point Zero / Sympathetic / Head / Brain / Heart / Liver

Clinical Note: Associated with head trauma, which will respond well with proper treatment. Chronic Blood stagnation respond well depending on medical diagnosis.

Headache

Internal – Accumulation of Damp Phlegm

Pathophysiology

A phlegm/damp type of headache is usually chronic in nature and a recurring problem. They can be severe and present as to cluster type of headache.

Usually a phlegm/damp headache is due to the alternating type of diet an individual may have especially if they enjoy eating greasy type foods as well as alcohol. Emotions play a role with this type of headache.

Phlegm/damp headaches are usually complicated by Spleen Qi deficiency. Presentation of this type of headache may be similar to a Wind Damp Headache.

Clinical Signs /Symptoms

Gradually occurring headache with feeling of heaviness

Dizziness / Lack of Concentration

Fullness in the chest & Epigastric region / Nausea / Loose stool / Poor appetite

Tongue	Greasy coating	Treatment Principles
Pulse	Wiry &/or Slippery	Eliminate the dampness Resolve the Phlegm Reduce the headache

Acupuncture Points

GV 20	Reduces the headache / Clears the mind
ST 8	Clears phlegm from the head
CV 12	Front Mu point for the stomach / transforms phlegm by assisting the Stomach & Spleen
ST 40	Transforms phlegm
ST 41	Strengthens the Spleen & Stomach / Transforms phlegm & dampness
P 5	River point for the pericardium / Transforms dampness & phlegm
BL 20	Back Shu point for the Spleen Supplements the Qi to aid in the transformation of dampness & phlegm
	Additional
Yin Tang	Promotes Qi circulation / Calms the headache
ST 40 / SP 9	Foggy head & poor concentration (2)
P 6 / HT 7	Regulates Emotions / Calms the Mind (2)
SP 6 / SP 9	Activate the Spleen / Eliminate Dampness (2)

Auricular Points: Shenmen / Point Zero / Sympathetic / Head / Spleen

Clinical Note: Headaches from a phlegm/damp condition may be diagnosed as a chronic headache. This type of headache can respond well with proper treatment, but dietary modifications must be made.

Headache Internal – Deficiency of Qi

Pathophysiology

Qi deficiency headaches are due to the failure of Qi (and Blood) to reach the head. Qi deficiency may affect the Spleen, Stomach, Lungs &/or Heart. This can be complicated by Blood deficiency &/or Blood stasis.

Clinical Signs /Symptoms

Chronic headache with feeling of lightness
 Aggravation after physical exertion
 Tiredness / Pale complexion
 Aversion to cold / Cold hands
 Shortness of breath / Loose Stools
 Poor appetite / Low voice

Tongue Pale body with possible teeth marks

Treatment Principles

Pulse Slow
 Deep

Strengthen the Spleen & Stomach
 Reinforce the Qi
 Reduce the headache

Acupuncture Points

BL 20 / BL 21	Activate the Spleen & Stomach / Regulate the functions of Spleen & Stomach Tonify the Qi / Back Shu points for the Spleen & Stomach Meridians (2 points)
ST 36 / ST 42 SP 3	Strengthen the Spleen Qi / Tonify the stomach / Transform Dampness Promote Digestion (3 points)
SP 6	Strengthen the Spleen / Tonify the Qi & Blood
ST 8	Regulates the Stomach Channel in the head / Reduces the headache
GV 20	Raises the Yang Qi to the head
CV 4	Strengthens the Yuan Qi
LU 9	Strengthens the Lung / Strengthens the Qi deficiency
	Additional
Yin Tang	Promotes Qi circulation / Calms the headache

Auricular Points: Shenmen / Point Zero / Sympathetic / Head / Adrenal / Spleen

Clinical Note: Qi deficiency headaches can appear with individuals who are hypoglycemic, diabetic mental & physical exhaustion, people that are burnt out.

Headache

Internal – Deficiency of Blood

Pathophysiology

Blood deficiency headaches are common type of headache which is related to the failure blood not reaching the head. This can also be related and involve the Deficiency of Qi. Women have this type of headache more frequently than men especially during the reproductive years. But deficiency headaches are complicated by Liver Qi Stagnation and sometimes with Yang Qi Deficiency.

Clinical Signs /Symptoms

Headache with hollow sensation
 Aggravation after physical exertion / Alleviated by rest
 Pale complexion & concentration
 Dizziness / Poor vision
 Dry Stools / Dry eyes & skin itching
 Hair Loss
 Palpitations / Wakes up easily
 Poor appetite

Tongue Pale body

Treatment Principles

Pulse Thready
 Weak

Strengthen the Qi & Blood
 Reduce the headache

Acupuncture Points

GV 20	Raises the Yang Qi & Blood to the head
CV 4 / CV 6 KI 3 / GB 39	Promotes the production of blood (4 points)
ST 36	Tonifies Qi / Strengths the Spleen & Stomach / He Sea point for the Stomach
SP 6	Tonifies Qi / Strengths the Spleen & Stomach / Promotes the movement of Blood / 3 Foot Yin Meeting point
LIV 3	Nourishes the Liver Blood / Source point for the Liver Meridian
P 6	Calms the mind / Regulates the circulation of Qi
Yin Tang	Promotes Qi circulation / Calms the headache
Tai Yang	Harmonize the Channels
	Additional
BL 18	Back Shu point for the Liver Meridian / Nourishes Liver Blood
BL 20	Back Shu point for the Spleen Meridian / Strengthens Qi & Blood
BL 21	Back Shu point for the Stomach Meridian / Strengthens Qi & Blood / Strengthens the Stomach
BL 23	Back Shu point for the Kidney Meridian / Strengthens the Kidney to support the Spleen and strengthen Qi & Blood

Auricular Points: Shenmen / Point Zero / Head / Adrenal / Liver / Heart / Spleen

Clinical Note: Blood deficiency headaches can be diagnosed as anemia from nutritional deficiency, low iron, chronic or extensive blood loss & menstrual related. Blood deficiency headaches respond well to treatment but depending on the duration & patient's diet treatment may be extended.

Headache
Internal – Deficiency of Kidney Essence

Pathophysiology

Kidney dominates the Bones & Marrow.

If the brain is not nourished properly by the Kidney Essence this leads to deficiency of the Kidney and a headache will occur.

Clinical Signs /Symptoms

Headache with hollow sensation
Dizziness / Listlessness
Lower back pain / Weakness of the knees
Seminal emission
Hair loss
Tinnitus
Loose teeth
Poor hearing
Insomnia
Irregular menses or amenorrhea

Tongue Thin white coating

Treatment Principles

Pulse Thready
 Weak

Strengthen the Kidney Qi
Reduce the headache

Acupuncture Points

KI 3 / SP 6	Tonify the Kidney Essence / Benefits the Brain (2)
BL 11 / GB 39	Nourish the bones & benefit the marrow so to nourish the brain & stop pain (2) Influential point for Bone / Influential point for Marrow
LIV 3	Nourishes the Liver Yin / Source point for the Liver Meridian
ST 36	Tonify the Qi to strengthen the Kidney / He Sea point for the Stomach Meridian
BL 23	Tonify the Kidney Essence / Back Transporting (Shu) point for the KI Meridian
GV 20	Lifts the Qi & Blood
Yin Tang Tai Yang	Promotes Qi circulation / Calms the headache (2 points)

Auricular Points: Shenmen / Point Zero / Head / Adrenal / Kidney

Headache Point Selection

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