

The Treatment of Infectious Diseases by Acupuncture (PART 2)

by Julian Scott

There are two sections in this part, the first dealing with intestinal infections and the second febrile diseases. This is a somewhat arbitrary classification for intestinal diseases may be febrile and febrile diseases may affect the intestines. Normally, however, it is not too difficult to problem is dominant.

The last part, to appear in the next issue, will cover urogenital diseases.

Intestinal Diseases

The main diseases considered here are stagnation of heat, 'Diarrhoea and Vomiting' or Enteritis, Bacterial Dysentery and Cholera. In Western medicine there is considered to be a sharp distinction between these diseases, and it would be considered an error of diagnosis to mistake one for the other. In traditional Chinese medicine they are recognised as being different, but the distinction is by no means so sharp. For example, not much distinction would be made between a severe attack of enteritis and a mild attack of dysentery. Much more importance would be given to the severity of the attack and whether the manifestation was hot or cold. In some patients enteritis may manifest others it may manifest as a hot disease, while in as cold. When giving treatment it is of greatest importance to ascertain whether hot or cold is predominant.

General Classifications of Intestinal Diseases

The most important distinction to be made in the early stage of disease is whether the disease is more damp - heat in the intestines, or cold - damp in the intestines. In the later stages and in very severe attacks of disease, there is such a continuous loss of fluid that the body fluids (JIN-YE) become exhausted. The other development is that the prolonged attack can injure the stomach and spleen organs. This is a very serious problem and is often fatal.

Damp-heat symptoms are typically characterised by darker stools with offensive odour, soreness in anus on passing motion, rapid pulse, yellow coat and red body to tongue. Patient is thirsty and the face is flushed.

Cold-damp symptoms are characterised by thin watery stools without a particularly strong odour, white coat on tongue, with tongue body pale. Patient is not particularly thirsty and likes application of warmth. Face is pale. Pulse slow.

Exhaustion of body fluids is characterised by extreme lethargy, even coma, cramps, blue finger-nails, withered emaciated look, sunken eyes, fine thread-like pulse.

Injury of stomach and spleen is characterised by hiccough, vomiting, great weakness, swollen abdomen, pallor, sallow complexion, wasting, and a fine thread like pulse.

General Rules for Treatment

Severe attacks are treated with stronger stimulation and more points. Mild attacks are treated with milder stimulation and fewer points.

As the disease attacks the intestines, points affecting the intestines are those that are mainly used. Especially the points :

Tianshu ST-25	The mo point of the intestine
Shangjuxu ST-37	The ho point of the colon
Hegu L.I.-4	The source point of the colon

In case of damp heat, other points are added which remove damp heat eg :

Yinlingquan SP-9
Neiting ST-44
Quchi L.I.-11

In case of cold damp, points which tonify and warm the intestines may be used e.g. :

Zhongwan REN-12
Qihai REN-6
Zusanli ST-36
Sanyinjiao SP-6

These points should be used with moxa, either directly or on the needle. In cases of acute pain, Liangmen ST-34 may often afford relief. In cases of dragging sensation in anus, Changqiang DU-1 may be useful.

In the case of deficiency of body fluids, the points indicated for cold-damp may be used, but no moxa should be used because of the danger of over heating. The following additional points may be of use :

Renzhong DU-26	Recovery from coma; increases the body's resistance to shock.
Shaoshang LU-11) These points are treated with the triangular needle
Shaochong HT-9) and a few drops of blood withdrawn.

In the case of injury of stomach and spleen the outlook is poor, but the following points may be useful:

Pishu BL-20
Weishu BL-21
Zhongwan REN-12
Qihai REN-6
Zusanli ST-36

Sanyinjiao SP-6

These points are all points for tonifying the stomach and spleen organ.

Treatment of Children

Children are especially at risk from intestinal diseases; within a day or two all the body fluids can become exhausted. In mild attacks it may be sufficient to massage acupuncture points, or to give the special massages given in our previous article, (JCM vols. 2 & 3). In more severe attacks, there should be no hesitation about treating with needles. To put this matter in perspective, it is worth noting the recent report from Guangdong Hospital of TCM on the treatment of intestinal worms, where 'The Depth of Insertion (on Da Heng SP-15) for small children was 1.5 to 2 cun, for older children, 2 to 2.5 cun' (National Symposium of Acupuncture and Moxa and Acupuncture Anaesthesia. Beijing 1979, page 45).

Stagnation of Heat in Intestine

Sometimes after fever (even a mild one such as influenza) the patient takes a long time to recover, may-be 4-6 weeks, and still feels tired and weak. During the whole of the 'flu' the patient never has a high fever, but feels great lethargy. Often his appetite is increased and he may still have constipation. This is stagnation of heat in the intestines. The patient may or may not feel flushed in the face.

Treatment:

Tianshu ST-25) These points are treated to move the intestines and
Dachangshu BL-25) clear heat.

Acute Diarrhoea with or without Vomiting

Causes:

The most common cause is an infective epidemic which passes through the community. Other causes include eating infected or stale food (food poisoning), overconsumption of mixed hot and cold foods, overeating, and rapidly changing temperatures such as are encountered in the tropics, causing a chill on the surface of the skin.

Symptoms:

Unformed, loose or watery stools are passed and evacuated more often than normal. The onset is usually sudden and is accompanied by malaise in the abdomen. The loose stools may be accompanied by vomiting.

Classification in Traditional Chinese Medicine:

As mentioned above, there are two main classifications - cold and damp in the intestines, or damp-heat. The presence of vomiting is regarded as indication of blockage in the intestines.

Treatment:

In mild cases the disease is over in 24 hours and treatment may not be necessary. In more severe cases, the points given above may be used. In the case of vomiting, Neiguan P- 6 may be added. In the case of seasonal epidemics, a prophylactic treatment may be given, such as :

Zusanli ST-36
Sanyinjiao SP-6
Tianshu ST-25
Zhongwan REN-12

Discussion:

In cases of food poisoning, consumption of stale or irregular food, and over-eating, the initial diarrhoea is beneficial and should not be stopped; it is the body's way of expelling the putrid matter. Only if the disease continues should treatment be given. Another home treatment, which may be of use in the treatment of children, is to crush an ounce or two of fresh ginger and place it on the nose, above the eyebrows and round the eyes (taking care that none falls in the eyes!). In the case of great coldness and shivering after food poisoning, ginger tea may be given to aid recovery.

Dysentery (Bacillary)

Symptoms:

The disease develops suddenly with loss of appetite, lassitude, fever, shivering, colicky pain and a rapid pulse. These are followed by griping pains in the bowels and a constant desire to evacuate, and prostration. In general the stools are small and shiny, composed of mucus mixed with blood. Defaecation is attended and followed by severe gripings and inclination to strain (tenesmus). In the early stages there is sometimes nausea and vomiting. Tenesmus continues for several days, discharges being mostly blood in some cases, and mostly mucus in others. In the late stages vomiting is common. In some cases there is thirst, muscular pain, blueness of face, extreme tenderness of the abdomen, hiccough, prostration, incontinence and a high mortality rate. In mild cases the symptoms abate after 4-5 days.

(Note: Amoebic Dysentery can present very similar symptoms to Bacillary Dysentery. The main difference is the chronic nature of amoebic dysentery. Definite differentiation can only be made by microscopic examination of stool culture. Amoebic dysentery is more difficult to treat with acupuncture).

Classification in Traditional Chinese Medicine : There are two main classifications - damp-heat and cold-damp. In the case of damp-heat, the following symptoms will predominate : - abdominal pain, tenesmus, mainly red mucus in the stool, high fever, nausea, vomiting. The tongue is mainly yellow and sticky coated. Pulse is slippery and rapid.

In the case of cold-damp, the following symptoms will predominate :- scanty defaecation, mainly white mucus in the stool, dislikes cold and likes warmth, fullness in chest and epigastrium, lingering abdominal pain, muddy taste in mouth, no thirst, white sticky coated tongue, and deep slow pulse.

During the course of disease, the same patient may show cold-damp symptoms at one time and damp-heat symptoms at another.

Treatment:

The treatment follows the lines given above :

In the case of cold-damp, moxa may be used either directly or indirectly on the needle, especially on the abdominal points. In the case of damp-heat moxa is contraindicated. Points that may be used are :

Tianshu ST-25	Mo point of intestines
Shang juxu ST-37	Lower ho point of colon
He Gu L.I.-4	Source point of colon

In the case of damp-heat, the following points may be of use :

Quchi L.I.-11	Ho point of colon. This point is very cooling.
Neiting ST-44	Yong point of stomach. Removes damp-heat.
Yinlingquan SP-9	Removes damp-heat.

In the case of cold-damp the following points may be of use :

Zhongwan REN-12	Tonifies and warms the spleen and intestines
Qihai REN-6	Tonifies and warms the intestines
Sanyinjiao SP-6	Tonifies the spleen

Other points which may be of use include :

Pishu B120	Back-shu point of spleen indicated in cases of chronic dysentery.
Dachangshu BL-25	Back shu point of colon. Indicated in cases of tenesmus
Zhonglushu B129	Special point for dysentery with red and white flecks in motion.
Baihui DU-20	Indicated in case of prolapse of rectum.
Changqiang DU-1	Indicated in case of dragging pain in rectum.
Neiguan P-6	Indicated in case of vomiting.

Prognosis:

In mild cases, 2-3 treatments will be adequate. In severe cases up to seven treatments may be necessary, given daily.

Discussion:

In the late stages, the dysentery injures the energy of the Spleen and Stomach, which accounts for the hiccups. This is a grave sign. The body fluids are injured, simply because so much fluid is lost through the stools. This is the cause of cramp (which can be alleviated by points such as Cheng shan B157). It is interesting to note that the report of treatment of 645 cases of bacillary dysentery reported in Beijing¹ in 1979 was the most important factor in affecting WHO's opinion of acupuncture. Prior to this report, the WHO had been studiously indifferent to acupuncture; after the report a whole issue of the WHO journal was devoted to acupuncture.

Cholera

This disease used to be a killer. There is no local Western treatment for it. However, in recent years it has been realised that death usually results from dehydration and treatment nowadays consists of combating the dehydration by intravenous drip. This considerably improves the chances of survival.

The treatment by acupuncture is in marked contrast - Cholera is regarded as a disease of extreme cold. If heat in the form of very painful moxibustion is applied, the patient can usually be cured.

Symptoms:

Preliminary Stage

Colic, headache, pain in loins and knees, twitching of calves. Pulse may be as low as 40 beats per minute. This stage may last between two hours and several days.

First Stage

This is when cholera can most easily be diagnosed as there are frequent motions (every 5 minutes) of thin watery stools not unlike watered milk, or soya milk, without pain. The patient may also vomit this watery fluid which is the blood serum. All the other symptoms derive from loss of fluid in the blood and extreme cold' restlessness, collapse, cheeks sinking, great thirst (though inability to hold water down), sensation of heat inside (false heat due to lack of fluids), arms and

¹National Symposium of Acupuncture and Moxibustion and Acupuncture Anaesthesia, Beijing, June 1979.

limbs cold, eyes sunken etc. The temperature in the armpit is normal, but the temperature in the rectum is high. If the pulse is imperceptible at this stage it means that the patient is dying.

Second Stage

This stage is as a result of the dehydration caused by the first stage. The pulse is very small and rapid. Face and fingernails are blue or purple and the patient may be unconscious. There is a sense of great heat in the stomach and also great thirst. When the disease reaches this stage it is very dangerous and the patient may last only one or two hours. However, if the patient is strong and not afraid, this stage may last up to two days before he starts to recover.

Treatment:

First Stage

Points to use are :

Zhongwan REN-12
Tianshu ST-25
Guanyuan REN-4
Shenjue REN-8

A largish ball of moxa (the size of a pea) should be held onto these points with vaseline and burned right down until it is extinguished. It will be necessary to hold the patient down because of the great pain. Burning the moxa down may leave a scar for the rest of his life, however his subsequent life will be measured in years rather than hours.

In most books direct moxa on Shenjue is forbidden because of the strong effect. If it is felt that burning moxa all the way down on any of the points would give too strong a stimulation, moxa on ginger may be used as a first treatment. However, it should be remembered that time is of the essence in treating cholera.

If there is severe cramping in the leg muscles, the following points may be useful:

Chengshan BL-57
Yongquan KID-1

In case of vomiting:

Tientu REN-22
Neiguan P-6

Second Stage

At this stage the patient is dry, moxa is not used for fear of overheating.

1. Needle Renzhong DU-26 to rescue the patient from collapse.
2. Bleed all the jing – well points of both hands, and Weizhong BL-54. This is to remove the perverse energy, and to further restore consciousness.
3. Tonify the body, needling, for example, the following points :

Zhongwan REN-12

Tianshu ST-25

Guanyuan REN-4

Zusanli ST-36

Sanyinjiao SP-6

Hegu L.I.-4

Quchi L.I.-11

Taichong LIV-3

Prognosis:

If treatment is carried out in the first stage, the patient should recover in 1-2 hours. If the disease has reached the second stage, the outlook is not so good.

Discussion:

In some cases there is great pain in the abdomen which nothing seems to stop. This is due to the intestines being twisted and is accompanied by cold arms and legs. It may be treated by Gua Sa (spoon massage) two inches above and below the popliteal crease, two inches above and below the inner crease on the elbow, and the Bladder meridian on the middle and lower back. In addition any small blood spots on the back are pierced with the triangular needle.

Progression of Fevers According to the Six Divisions

The treatment of febrile diseases in Chinese medicine cannot be understood without reference to the so-called progression of fevers according to the 6 Divisions. This was first given in the Nei Jing, and elaborated and explained in the Treatise on Fevers (Shang Han Lun) by Zhang Zhong Jing. When wind & stacks the body, it is seen as penetrating to different levels according to the severity of the attack and the weakness of the body. The likely progression of a fever is then through the six divisions i. e. Tai yang, Yang ming, Xiao Yang, Tai yin, Xiao yin, Xue yin. A full discussion of this is beyond the scope of this article, and a detailed discussion will appear in the next issue of the Journal. However, it is necessary to give a very brief idea of the subject.

In attack by wind, which may later turn to wind-heat, the first level of attack is the superficial or muscular level. After that it may penetrate the meridians and the first meridians to be attacked are the Tai Yang meridians. The wind may be accompanied by cold or heat (see the table for typical symptom pictures) . It must

be remembered that wind-cold or wind-heat is a description of the present stage of the disease, rather than a description of the origin of the disease. For example, wind-heat can arise from attack of wind in cold weather, which is subsequently transformed into wind-heat in the body.

The next stage after Tai Yang is the Yang Ming stage. Here the symptoms are always manifested as heat and much greater heat than is shown in the Tai Yang stage. Any cold that appears in the Tai Yang stage is thought of as being transformed to heat.

Tai Yang Stage:

Wind-Cold

Chills, intolerance to cold, fever, sweating, nasal obstruction, rhinitis, itchy throat, cough. Tongue : thin white fur. Pulse: floating and tense. headache. no aching joints,

Wind-Heat

Fever, intolerance to wind, sweating, distending sensation-of head, thirst, hacking cough, dry, congested and sore throat. Tongue: Pulse: floating and rapid.

Yang Ming Stage:

Meridians

High fever, no aversion to cold, thin yellow fur dry mouth, thirst, sweating, anxiety. Tongue : body red with thin yellow fur. Pulse : rapid.

Organs

High fever, (worse in evening), severe thirst, sweating, abdomen hard and distended, constipation, delirium, dyspnoea.

A further progression of hot diseases varies from individual to individual and an understanding of the progress and treatment of disease is only possible with reference to six divisions.

Treatment:

Tai Yang Stage

The purpose of treatment at the Tai Yang stage is to stimulate the Wei qi to expel the external influence by perspiration.

Points which may be of use are :

Lieque LU-7)These three points are for expelling wind at Tai Yang stage.
Hegu L.I.-4)
Weiguan SJ-5)

Dazhui DU-14 Disperses the Yang of the body and expels wind.
Fuliu KID-7 Controls the perspiration in the body.

Yang Ming Stage

The purpose of treatment at this stage is to eliminate the wind and clear the heat. Very often there is constipation which adds to the heat so the first priority in treatment is to open the bowels. This is more conveniently treated by means of herbs such as Senna, which has a cool energy and works on Colon organ. With strong patients, this treatment above is often enough to clear the heat and the wind. With weak and elderly patients, it may be inadvisable to purge as this method of attack may be too strong. The heat must then be cleared by acupuncture. The prescription given in the Nei Jing is:

Zusanli ST-36
Shangjuxu ST-37
Xiajuxu ST-39

These points should all be treated by reduction (Xie), which is characterised by a strong sensation and a sensation of coolness below the needle.

Other points which may be of use are :

Quchi L.I.-11
Neiting ST-44
Erjian L.I.-2
San jian L.I.-3

The Nei Jing also insists that perspiration must be induced if the patient is not perspiring already. Very often the points used for treating the heat are enough to induce perspiration but if not, the points given for treating at the Tai Yang stage will be found helpful.

Diseases of Long Duration

The sooner a febrile disease is treated the quicker will be the recovery. If it can be treated within hours of the fever appearing the patient may be completely better' within the day. If a fever continues for weeks, there is likely to be damage to the yin and to the body fluids. The patient becomes very weak and signs of heat in the blood may appear, such as skin rashes and bleeding. If the yin is damaged then the treatment should be more to support the yin than to expel the wind. Points such as Qi hai REN-6, Guanyuan REN-4, Taixi KID-3, Sanyinjiao SP-6 and Shenshu BL-23 may be used. If the heat reaches the blood, points such as Quchi L.I.-11, Xuehai SP-10, Weizhong B154 may be used to clear heat from the blood.

Chicken Pox

Chickenpox (Varicella) is a highly contagious disease, associated with mild fever and blister-like eruptions called blebs over the body. Both children and adults are

susceptible, the disease being most common in children but when it occurs in adults it is more severe .

Symptoms:

The disease appears usually from 2-3 weeks after exposure to infection. At first a mild fever and feeling of tiredness may cause the patient to stay indoors, although intense pain in the head, back and legs with high temperature, vomiting and delirium are not uncommon.

The eruption usually appears in 1-3 days and consists of small watery blisters. They are most numerous on the chest and trunk, a few may appear on the forehead and even on the roof of the mouth. Unless the scabs are scratched off, or the case is very severe very few scars will remain.

Classification:

Normally chickenpox is described as wind-cold and poison in the meridians. In some cases it may evolve as wind-heat in which case very high fever, delirium and coma may be present. The skin eruptions can also be seen as heat in the blood.

Treatment :

The following points should be needled, without moxa.

Dazhui DU-14	Clears wind from the meridians
Lieque LU-7) Remove wind from the meridians
Hegu L.I.-4)
Weizhong BL-54	Clears poisons from the body; clears heat in the blood from pernicious influences.
Quze P-3	Expels heat in the blood, clears damp heat.

In the case of wind-heat, the following point may be of use:

Quchi L.I.-11	Clears heat from the body.
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Note: In addition to acupuncture treatment, salt baths, or even sea-bathing will be found very effective in reducing the skin irritation.

Conjunctivitis

Conjunctivitis is inflammation of the conjunctive, which lines the eyelids and covers the eyeballs. There is redness of the conjunctive with increased watering of the eye with a catarrhal or pus-laden discharge. Some forms of conjunctivitis are very contagious, others arise after exposure to wind.

Classification:

Wind-heat attacks the eyes.

Treatment:

Hegu L.I.-4	to eliminate wind.
Jingming BL-1	local point to brighten the eyes.
Fengchi GB-20	to eliminate wind and benefit the eyes. The needle sensation should go to the eyes.
Tai yang (Extra).	This point is pricked with the triangular needle and a few drops of blood expelled to reduce heat. Zing Jian LIV-2. To bring down the heat in the eyes, (Note Taichong LIV-3 and Guangming GB-37 are used primarily in eye troubles which are of internal origin, as opposed to conjunctivitis due to external wind).

Diphtheria

Diphtheria is rare in England now, the fall in numbers being attributed by immunologists to immunisation and by others to the rise in living standards. It is an acute contagious and infectious bacterial disease which may result in death especially in young children.

Symptoms:

Diphtheria is difficult to diagnose, being similar to tonsillitis. The main difference is that the tonsils are covered with a greyish membrane that is difficult to remove without bleeding; by contrast the coating in tonsillitis is more white flecks which are easily removed. Greyish membranes over the tonsils and throat also appear in other diseases such as scarlet fever and syphilis, and a diagnosis in Western medicine normally depends on a swab test.

The main cause of death is due to the toxins invading the body which can cause death by asphyxiation due to spasm of the larynx, a temporary paralysis of the diaphragm, or cardiac failure. Unfavourable symptoms are black insides to the nose, great pallor, prostration, vomiting, inability to take nourishment, rapid, weak, irregular pulse, haemorrhage close to the skin, restlessness and delirium. The treatment in Western medicine is injection with diphtheria anti-toxin.

Classification:

Wind-cold with poison.

Treatment in Chinese Medicine:

The following points should be needed :

Hegu L.I.-4) These points are to remove wind.
Weiguan SJ-5)
Chize LU-5	To tonify the yin of the lungs.
Shaoshang LU-11) These points are needled with the triangular needle
Guanchong SJ-1) and a few drops of blood expelled to eliminate

poisons.

Other points which may be of use are :

Dazhui DU-14	For expelling wind.
Fengfu DU-16	For expelling wind.
Jiache ST-6	Local points for relieving pain in the throat.
Tiantu REN-22	Extra points underneath the tongue. These points are treated with the triangular needle and a few drops of blood expelled in the case of obstruction in the throat.
Jinjin	
Yuyeh	

Prognosis: If the disease is treated early on, before the toxins begin to accumulate, the prognosis is good, with three to five treatments being sufficient. At later stages the disease is more difficult or even impossible to cure.

German Measles (Rubella)

German Measles is a mild 'acute infection' with a rose-coloured rash which develops at the onset of the disease. There is enlargement of the glands in the neck and sometimes axilla and groin, and slight malaise. It is extremely infectious. The quarantine period is 21 days, the incubation period being 14 to 21 days.

The rash appears first behind the ears and on the face, and spreads to the trunk and then to the limbs. It may be accompanied by headache, slight fever and some inflammation and watering of the eyes. The symptoms usually disappear after two to three days.

If contracted by pregnant women in the first 16 weeks of pregnancy, it can injure the foetus, causing in the new born baby such troubles as cataract, heart malformation and mental retardation.

Classification and Treatment:

Since the disease is so mild, there is hardly any need to treat it. The main concern would appear to be to prevent it. Presumably prevention would be the same as for other infectious diseases, using points such as :

Zusanli ST-36
Sanyinjiao SP-6
Hegu L.I.-4
Jianjing GB-21
etc.

The disease itself appears to be attack of wind with poison and mucus. Points such as the following may be of use :

Dazhui DU-14
Lique LU-7
Hegu L.I.-4

Fenglong ST-40
Weizhong BL-54

Discussion:

I have not found any reference to available literature; moreover, rubella in the there does not appear to be any concern over the effect of rubella on the foetus in present-day China. There is no inoculation available against rubella in China at present and some observers believe that this accounts for the chronically high proportion of blind children and deaf-mutes in China today.

Acute Infective Hepatitis

This was formerly known as catarrhal jaundice and is the commonest disease associated with jaundice to be met with in Great Britain. It is an acute infective inflammation of the liver cells and bile ducts and is now known to be caused by a virus. Two types of virus were originally implicated, a 'type A' which is easily destroyed by heat and a 'type B' which is more resistant to disinfection methods commonly used and which has been the subject of acupuncture scares. Recently other types of virus have been discovered which have been classed under the unambiguous name of 'not A, not B' viruses. Acute infective hepatitis affects the young more than the elderly, and the incubation period is usually from 4-6 weeks, but may be up to 6 months.

Symptoms:

The earliest and most outstanding symptom is loss of appetite. It is often accompanied by headaches and weakness and occasionally by vomiting and diarrhoea. Throughout the disease the liver is sensitive to palpation. The temperature is slightly raised, the fever lasting for 1-7 days. Fever is present until the jaundice appears when it returns to normal. About the third day, the urine becomes dark brown the stools are pale and the whites of the eyes become yellow with gradually increasing jaundice all over the body. The jaundice may last for a week or it may be prolonged to two or three months, and convalescence may be protracted.

Classification:

The classification is damp-heat in the liver and spleen. There are three main differentiations.

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| Yang Jaundice | where fever is present, bitter taste in the mouth, thirst and a bright or orange coloured jaundice over the body. The tongue coat is thick and yellow and the pulse is strong and forceful. In this case there is more heat in the liver. |
| Yin Jaundice | where there is little or no fever, and the skin colour is a dull yellow; the abdomen is swollen and the stools are loose. There is a thick oily coating on the tongue, the |

body of the tongue is pink and the pulse is slow. In this case there is more dampness in the spleen.
Non-jaundiced type: the disease is mild and does not reach the jaundice stage. The disease is then in the meridians.

Treatment

In yang jaundice, the needle technique should be reducing. In yin jaundice the even technique should be used with moxa.

In all types of jaundice, the following points may be used :

Danshu BL-19) These points eliminate heat from the gall bladder, and
Riyue GB-24) benefit the spleen.
Yanggang BL-43)

In yang jaundice the following points may be used :

Firstly needle yellow spots on eyelid with triangular needle to remove yellow fluid. Do not needle to produce blood. If the patient lowers his head the fluid will flow and bring considerable relief.

Yanglingquan GB-34) These points eliminate heat from the gall bladder.
Taichong LIV-3)
Hegu L.I.-4) These points eliminate heat from the body, and may
Quchi L.I.-11) be used in feverish stage.

Other points which may be of use :

Wangu SI-4) to remove damp heat in the stomach.
Laogong P-8) these points used together will be effective in promoting sweating to bring down fever.
Zhongwan REN-12) To facilitate the qi transformation of the San jiao and to clear the waterways.

In Yin jaundice the following points may be used :

Houxi SI-3) All these points may be used to tonify the spleen and
Zhongwan REN-12) strengthen the body. Direct moxa is used on the points
Tianshu ST-25) on the body, to warm the body up. On distal points
Guanyuan REN-4) moxa and needling may be combined.
Pishu BL-20)
Weishu BL-21)
Shenshu BL-23)
Sanyinjiao SP-6)
Gongsun SP-4)

Prognosis:

If treatment is given daily the appetite should return in 2-4 days, and the pain in the liver ease within 7-8 days. Treatment should continue after the main symptoms have subsided, to assist recuperation. In the absence of treatment, recovery is slow because the liver, which has the function of recovering energy, may be injured.

Measles

The symptoms of measles usually start between 7 and 18 days after exposure. The first symptoms are those of a severe cold, with chills followed by fever, listlessness, languor, drowsiness and pains in the head, back and limbs. Pulse is usually rapid and there may be frequent dry cough and dark scanty urination. The symptoms gradually increase in intensity over four days, being worse with those who constitutionally have a hot internal energy. On the third day the eyes become puffy and inflamed, the child cannot bear light and there are profuse tears. There is a watery discharge from the nose and sneezing. Small white spots often appear in the mouth.

The redness of the skin and eruption appear about the fourth day and cause heat and itching with a rise in temperature to about 40°C (104°F). The rash is a patchy red which consists of many minute red points and pimples collected into the shape of a quarter or half moon. They appear first behind the ears, on the forehead and the front of the neck, then on the cheeks and around the nose and mouth. The rash spreads rapidly to the body and arms and legs. The colour of the skin when the inflammation is at its height is a bright raspberry red. The decline of the rash takes place in the same order in which it appeared.

Treatment:

The progression of measles is one of the few diseases which closely resembles the progression of perverse energy through the six divisions, as described in the Nei Ching. The treatment recommended is to be followed, though additional points can be used. Needles are usually necessary.

First Stage

This is the classic picture of cold at the Tai Yang stage. The principle of the treatment should be to remove the wind and cause sweating and the points given for treatment of Tai Yang stage in the Progression of Fevers (see above) should be used.

Second Stage

This corresponds to heat in the Yang Ming. Sores in the mouth correspond to heat in the stomach. The rash is very characteristic of a rash caused by heat in the blood and mucus.

See 'Progression of Fevers' above.

Meningococcal Meningitis

This is an acute infectious disease with an incubation period from 3-7 days.

Symptoms:

The onset is usually sudden with headache, vomiting, high temperature, stiff neck with retraction of the head, pain in the limbs and irritability. The pupils are dilated and sometimes the eyes look fixedly to one side. In children convulsions are common. The patient may become confused or delirious, with twitchings or spasm in different parts of the body. The pulse is rapid and overflowing. Some attacks are mild, but if treatment is not given early, the patient may become comatose. In other cases the treatment is more chronic and may leave such defects as blindness, hydrocephalus and mental retardation.

Classification:

This appears to be wind-heat in the Du and Bladder meridians.

Treatment:

The treatment in Western medicine is antibiotics; recently strains have emerged which are resistant and it appears that a combination of Western medicine and Chinese medicine would be indicated. Treatment should be given as soon as possible.

The following points are recommended, all used in the dispersion method (xie).

Houxi SI-3	To remove wind in Du Mai
Quchi L.I.-11	To clear heat in the body.
Fengchi GB-20	To clear wind.
Fengfu REN-16	To clear wind.
Renzhong DU-26	To clear wind in Du Mai and awaken from coma.
Baihui DU-20	This is needled first in the reduction method, and then pierced with the triangular needle, and a few drops of blood withdrawn to remove wind in the Du Mai and reduce heat in the whole body .
Ouze P-3	After needling, the vein near this point is treated with the triangular needle and a few drops of blood withdrawn to clear heat from the body and stop spasms and tremors.
Weizhong BL-54) These points are used to bring down heat from the
Shenshu BL-23) head and to strengthen the yin.
Mingmen REN-4)

Other points which may be used in this disease are :

Shixuan (extra)

Taiyang (extra)
Feishu BL-13
Yongquan KID-1

At the tips of the fingers, these points are treated with the triangular needle and a few drops of blood expelled to bring down heat. To remove wind. To bring down heat.

If there are spasms in the lower limbs, local points such as the following may be used:

Zusanli ST-36
Yanglingquan GB-34
Xuanzhong GB-39
Fengshi GB-31

If there is great weakness and the pulse is small, points such as the following may be used to tonify the body:

Shangwan REN-13
Zhongwan REN-12
Xiawan REN-10
Zusanli ST-36
Sanyinjiao SP-6

Prognosis:

This disease is very difficult to cure - only about 30% may respond to acupuncture. The earlier the disease is treated, the better. In the case of young children, if the child cries out when the fontanelle is pressed at the same time as the point zhongchong (P-9), then the outlook is favourable.

Mumps (Epidemic Parotitis)

Mumps is a virus disease of epidemic nature. It normally occurs in winter or spring and usually affects children. The incubation period is between 12 and 24 days. In a child the disease is not normally serious, and it confers a high degree of immunity for the rest of life. Many mothers willingly expose their children to contact with others who have Mumps in order to confer this immunity and so avoid the complications that may occur later in life.

Symptoms:

The outstanding symptom of Mumps is the swelling of the parotid gland usually on one side first. It starts by slight stiffness and soreness just below the ears. This increases for 4 to 5 days, forming a large painful lump which extends down the neck, giving rise to pain on swallowing. After the fourth or fifth day the swelling starts to subside, taking about as long to go as it took to come. When it has considerably subsided, it is normal for the other side to swell.

In males over 12 years of age, the testes may become very swollen and inflamed (orchitis). In very severe cases this may lead to sterility, though this is very unusual.

Normally the temperature is slightly raised and the pulse slightly rapid.

Classification:

Wind-cold or wind-heat and stagnation of poison.

Treatment:

The principle of treatment is to move the Qi with local and distal points, neutralise the poison and remove the heat.

Hegu L.I.-4) Clears wind and moves Qi in the neck.
Jiache ST-6)
Yifeng SJ-17	This local point, being so close to the source of the troubles may lead to considerable pain.
Weizhong BL-54	Clears poison.
Shaoshang LU-11	These points should be needled with the triangular needle and two or three drops of blood removed if the swelling is very large and painful, and there is fever and pus.
Shangyang L.I.-1	
Quchi L.I.-11	Clears heat' to be used if there is high fever. Moxa on this point is often treating young children with a mild attack.
Tip of Ear	The tip of the ear is very useful in treating allergies, and is thus especially for removing stagnation and dispersing poison.

Orchitis Complications:

Ligou LIV-5) All these points move the stagnation and damp heat
Xingjian LIV-2) in the genital area.
Xuehai SP-10)
Ququan LIV-8)
Sanyinjiao SP-6)

Additional Treatment If there is no fever, for the Neck: indirect moxa with ginger may be used over the swelling in the neck. This will speed up the dispersal of the coagulation and reduction of the poisons. It must be stressed that this treatment will increase the heat in the body.

Prognosis:

One treatment is normally enough, but in some cases it may take up to three.

Otitis Media

This is a common complaint, especially among debilitated children, and children suffering from malnutrition and living in unhygienic surroundings. It may be the complication of any infectious disease affecting the head, neck and throat such as cough, cold and influenza. It may also occur after bathing, injury to the ear from blows etc.

Symptoms:

In the early stage the ear feels blocked, there is tinnitus and, the hearing is dulled; later fluid is formed and the drum bulges and as pus appears, the pain becomes more severe. Finally, unless treatment is given the drum may burst and pus runs out through the outer passages of the ear.

Pain is the chief symptom, felt deeply in the ear. It is severe and throbbing and is worse at night. When the drum breaks after about 48 hours, the pain is relieved as the pus escapes but sometimes the pain continues for a week or longer.

There is usually deafness during an acute attack and noises in the ear are common with popping and banging sounds. Fever often sets in in acute Otitis Media but in adults the temperature is seldom above 38°C (100°F), in children it may be higher in the early stages.

Classification:

Wind-heat and stagnation of qi. The wind-heat may cause the stagnation, if infection predominates, or stagnation may cause wind-heat in the case of injury.

Treatment:

The following points may be of use:

Fengchi GB-20	Sensation should radiate to the ear. This point, as its name (Wind Pond) suggests, is especially for removing wind.
Hegu L.I.-4	This point affects the ear and clears wind.
Quchi L.I.-11	This point is to be used when there is fever as it clears heat.
Taixi	Brings down heat and benefits the ears because of the kidney's connection with the ears.
Yifeng SJ-17) Local points affecting the ears These points may be
Ermen SJ-21) very painful so it is preferable to avoid them.

Rheumatic Fever

This is a very painful affliction involving the joints and generally affecting the heart. It is thought to be due (in Western medicine) to a streptococcal infection. The disease often develops after exposure to wet and cold, when living conditions

are unhygienic or damp, after tonsillitis, or with septic conditions of the mouth. It is more likely to occur when the patient is overworked.

Symptoms:

There is sudden onset with high fever, pulse fast and slipping or overflowing and a yellow coat on the tongue with red body. There is profuse sweating which has a sour smell and seems to increase the weakness without relieving the pain. The urine is dark and cloudy. There is pain, swelling and redness of the joints which is agonising when the patient attempts to move. The site of the affection often changes suddenly, from one part of the body to another or from one set of joints to another.

Rheumatic fever causes inflammation of the heart muscle and often attacks the valves of the heart. If untreated the course of the disease is variable and it may subside quickly or may persist for months. Recurrent attacks are common with increasing damage to the heart.

Classification: Febrile Bi

(Bi is always related to wind-cold-damp. In this case the wind produces heat which must be dispersed even though the underlying condition is cold and damp.)

Treatment:

There are three parts to the treatment - first to reduce the fever, second to clear meridians for qi flow, thirdly to clear the wind-damp and remove the obstruction from the San Jiao.

- (a) To reduce the fever, the following points will be helpful :

Shaoshang LU-11	Shaoshang is treated with the triangular needle and a few drops of blood expelled.
Hegu L.I.-4) Hegu and Quchi are reduced (xie).
Quchi L.I.-11)
Dazhui REN-14	

- (b) To clear the meridians for qi flow : -

Zusanli ST-36
Xuanzhong GB-39

- (c) To clear the wind-damp and remove obstruction.

Houxi SI-3	These points and other local points may be used.
Zhongzhu SJ-3	The method advised is to divide them into two
Fengshi GB-31	groups of points using one set of points on one
Sanyangluo SJ 8	day and the other set on the following day.

Yanglingquan GB-34
Taixi KID-3

Discussion:

Rheumatic fever is known to injure the heart, but surprisingly there is no reference to this in the available texts.' It is possible that there is no reference because it appears so obvious that great heat would injure the heart.

Scarlet Fever (Scarlatina)

Scarlet fever is an inflammatory disease due to epidemic streptococcal infection. It is conveyed by direct contact through 'droplet infection' from patients' by infected articles, by 'carriers' and more rarely by milk or ice-cream. At the- beginning of the century it was one of the most serious diseases known but in the 'developed' countries it is now a mild disease. The reasons for this are two-fold. Firstly the introduction of antibiotics; secondly better nourishment leads to greater resistance to disease. Scarlet fever appears to damage the yin and well nourished patients have stronger yin.

Symptoms: The incubation period is from 2-5 days. The fever usually develops between the third and fourth day after exposure. On the second day of the disease the eruption appears in the form of very small points and pimples of bright scarlet colour, either in patches or causing general redness, and developing at first behind the ears then on the chest, neck and shoulders and later spreading to the trunk and limbs. It is most intense in the flexures of the arms and the legs.

The disease begins suddenly with sore inflamed throat, vomiting, languor, pains in the head, back and limbs with drowsiness, nausea and chills or rigors; these are followed by heat and thirst. In children convulsions and abdominal pain may occur. When the redness of the skin appears the pulse is very quick and the patient is anxious, restless and sometimes delirious. The eyes are red, the face is flushed though the mouth is pale.

Tongue:

In the first stage of the complaint the tongue is covered in the middle with thick white or yellow mucus and is studded with elevated points of extreme redness resembling unripe strawberry. As the disease advances the fur peels off leaving a glossy fiery-red surface, 'strawberry tongue' which is very sore and tender.

Progression:

The greatest intensity of the rash is often reached on the evening of the third or fourth day from its beginning. It is of a vivid scarlet colour with small red scattered spots. Then the disease usually begins to decline, the temperature falling gradually from day to day, being higher in the afternoon and evening than in the morning.

In severe cases the patient sinks rapidly; typhoid like symptoms appear, with great prostration, diarrhoea and delirium. The skin changes to a purple or mahogany colour, or the eruption may be absent altogether. The tongue is deep red or has dark brown fur and putrid ulcers appear in the throat.

Quarantine:

To prevent further spread of the disease, the patient should be kept in isolation for a period of four weeks from the onset of the disease.

Discussion:

I have not found any reference to scarlet fever in the available texts. This may be because the disease fits the progression of fevers according to the San jiao so well. The first stage appears to be wind-cold in Tai Yang, with shivering, mild fever, pain in the joints etc. This progresses to heat in the Yang ming, with bright red dots on the tongue representing heat in the stomach, and many other stomach indications. The rash is an indication of heat in the blood. As the disease progresses, it may go two ways, either the yin and body fluids are damaged by the heat, with shiny red tongue, or the disease jumps from the Yang ming stage to the Tai Yin stage with typhoid-like symptoms, due to injury of the Spleen. When the disease goes from Yang to Yin, the outlook is poor, hence the high mortality rate when typhoid-like symptoms appear.

Treatment:

The following treatments are suggested on the basis of the above analysis.

Tai Yang stage:

Hegu L.I.-4	These points are to eliminate wind and promote perspiration. If symptoms appear more cold than hot at this stage, moxa may be used.
Weguan SJ-5	
Dazhui DU-14	
Fuliu KID-7	

Yang ming stage; heat in the blood:

Firstly purge the patient. Secondly, needle the following points by reducing method (xie):

Zusanli ST-36) These points clear heat in Yang Ming.
Shangjuxu ST-37)
Xiajuxu ST-39)
Dazhui DU14)
Quchi L.I.-11) These points clear the heat in the blood.
Xuehai SP-10)

Other points which may be of use at this stage are:

Hegu L.I.-4	to clear wind and relieve heat
Wei zhong BL-54	to clear heat in the blood
Quze P-3	These points relieve heat in the blood and moisten the organs.
Laogong P-8	

If the Yin is damaged, the following points may be of use:

Quze P-3	These points relieve extreme heat and nourish the yin in febrile diseases.
Laogong P-8	
Zhiyang REN-9	

Tetanus

In the West this is believed to be an infectious disease, because it is always associated with the micro-organism *Clostridium Tetani*. Although infection from this micro organism is essential for the disease to take hold, it cannot be regarded as the sole cause, for this micro-organism is one of the commonest that exists. It is found in soil, dung, road dust, and anywhere where there is 'dirt'. Now in England many people garden at weekends and as a result continually give themselves dirty scratches, yet the incidence of the disease is extremely low. The Chinese description is superior -it is a 'wind-heat' disease which penetrates the Tai Yang, Yang Ming and Du Meridians.

Symptoms:

Irritability is followed by painful muscular contractions and twitchings. At first there is difficulty in turning the head, with inability to open the mouth easily, then the jaws close gradually but with great firmness, giving rise to the popular name 'Lock-jaw'. Swallowing is difficult and a severe pain in the diaphragm is felt going from front to back. The cramps extend to the muscles of the abdomen, to trunk, limbs, face etc. The contractions are accompanied by intense pain. The appearance of the patient is frightful, the forehead is wrinkled, the eyes half closed, nostrils dilated, corners of the mouth drawn back into a ghastly grin. Death may occur from asphyxia or heart failure.

Classification: Wind in Du Mo and Tai Yang and Yang Ming Meridians

Treatment:

LU-11	This point should first of all be needled with the triangular needle and 2-3 drops of blood expelled to ease the chest and breathing.
GB-20) These points are to clear the wind from the yang level and Du-26) the wind which has penetrated the governing vessel.
26	
L.I.-4	
LIV-3) These points both have the effect of clearing the wind and) removing toxic effects. (The disease is partly due to toxins

given off by micro-organisms) .They are both antispasmodic points.
GB-2) These points may be used as local points.
ST-6)
ST-7)

Electrical stimulation may be used on all the points in severe cases.

Prognosis:

The treatment should immediately bring about a perceptible relaxation of the muscles, but this may not last. In some cases it is necessary to give continuous electrical stimulation. The prognosis is good provided the patient is not too deficient in energy. L.I.-operation with Western doctors is recommended in severe cases due to the danger of asphyxiation or cardiac arrest.

Tonsillitis

Tonsillitis is inflammation of the tonsils, leading to swelling and pain in the tonsils, and to a lesser extent in the glands of the neck. It is a frequent accompaniment to all troubles which lead to sore throat and fever, especially when the fever causes a yellow coat on the tongue. The patient complains of sore throat and difficulty in turning the neck. The tonsils will be red and inflamed and may have pus spots on them. Tonsillitis is more common among children who live with adults who are smokers.

Classification:

The description of the disease is 'Congestion of heat in the stomach and lungs' and there are two main classifications, full heat from eating too many spicy, greasy or hot-energy foods or from epidemics; empty heat caused by deficient spleen qi leading to stagnation.

Symptoms:

Full Heat is characterised by red face, restlessness, thirst, fever, thick yellow coat and red body to tongue, rapid slippery pulse; in the case of epidemics, the pulse will also be floating.

Empty Heat is characterised by pale face, listlessness and lethargy, absence of thirst, white coat and pale body to tongue, slow, deep and small pulse. Empty heat may come at the later stages of another infection, when the infection is cleared, but before recuperation has started. It may also be a chronic condition.

Treatment:

Hegu L.I.-4 Clears congestion in the throat. For full heat, the sedation method should be used, in which case it will assist in clearing wind.

Tiantu REN-22 Local point, in addition it benefits the lungs and helps it transform mucus.
Tiaorong SI-17 Local point to relieve congestion of qi.

Full Heat:

In addition to the points given above, the following points may be found of use:

Shaoshang LU-11 These points are treated with the triangular
Shangyang L.I.-1 needle and a few drops of blood expelled. This is
to remove full heat from the lung and stomach
meridians.
Yuji LU-10 This point is needled in the reducing method to
clear heat from the lungs.

Empty Heat:

In addition to the points given above, the following points may be of use; they may be treated with moxa on the needle.

Chize LU-5 Benefits the yin of the lungs and clears internal
heat.
Zusanli ST-36 Tonifies the qi of the stomach and spleen and
moves the stomach meridian.
Neiting ST-44 Balances the yin and yang in stomach meridian,
and benefits the throat.
Taixi KID-3 Brings down heat and benefits the yin.

Note: There is a special treatment for tonsillitis - look for some red spots in the vicinity of Bai hui GV20, and coat these with the tarry substance that collects in a tobacco pipe.