

The Treatment of Infectious Diseases by Acupuncture (*Part One*)

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In many areas Chinese Medicine offers a cure where Western medicine has none. This is true for infectious diseases as well as chronic diseases. The commoner infectious diseases are discussed and their interpretation in terms of traditional Chinese Medicine is given, together with principles of treatment. The diseases discussed are grouped under three main headings - respiratory tract disorders, gastro-intestinal disorders and febrile diseases.

Introduction

Acupuncture in England is used mainly for the treatment of a wide range of chronic diseases, while its application for acute diseases is often neglected. This is a great pity, for the most spectacular use for acupuncture is in the treatment of acute diseases.

With accurate diagnosis, many infectious diseases can be cured in one or two treatments. Cures can often take place within hours of treatment and much suffering and exhaustion is avoided. Acupuncture scores startlingly over herbal or drug remedies, for there is no delay between thought and action, as the equipment for cure, needles and moxa, can always be ready at hand. There is no delay for the buying and preparing of herbs, and the acupuncture doctor on his rounds needs only a small box of needles.

Internal and External Diseases

One of the most important questions to be answered before treating disease is whether it is internal or external. As this question is not even asked before treatment is given in Western medicine, it is worth discussing what is meant by it.

As so often happens in Chinese medicine, this question can be interpreted in two different ways, according to the circumstances; on still closer examination these two different ways of interpreting the question turn out to be just different facets of the same question.

The two different ways can be roughly summed up as follows: firstly is the disease due more to internal weakness or more to external stress secondly has the disease reached the internal organs or is it still superficial.

It is said that two conditions are necessary before a person can become ill, whether from an internal or external disease.

Firstly there must be some internal weakness in the body; secondly there must be some external stress. If the body is strong, it is capable of withstanding stress from outside, whether this is in the form of hard physical labour, extremes of climate or exposure to epidemics. Equally, a weak person may stay healthy if protected from external stress. It is an important part of diagnosis to determine the balance between internal and external i.e. which is the more important factor in disease, the strength of the body or the strength of the outside stress. This is as true in infectious disease as in any other.

If the body is strong, the method of treatment will be an attacking method, and dispersing points and needling will be used. If the body is weak, the method of treatment will be supporting, using tonifying points and needling.

During the course of disease, the conditions of 'strong' or 'weak' may well change, as the patient becomes weakened by the disease. For example many febrile diseases start as strong heat, but after some days the continued heat and lack of nourishment can weaken the body, exhaust the body fluids and deplete the Yin. (The signs of this would be continuing fever with a red, peeled tongue).

In other cases, the Yang may be injured, delaying the patient's recovery (pulse deep, patient feels cold etc.) Even though there may be fever present, a treatment to tonify the Yang should be given. Thus in all stages of infectious disease, it is necessary to determine the relative strength of the body and the invading disease.

The other important way in which the question 'internal' or 'external' can be interpreted is in terms of the progression of disease from external to internal. Many infectious diseases have a recognisable progression. Often a disease starts with aches in the muscles, is followed by 'cold' like symptoms such as stuffy nose, and then followed by fever. In the case of respiratory infection, the progression may be into the lungs.

In the classics the progression is defined in three different ways, which are in fact complementary: progression according to the four stages of Qi - Wei Qi, Wei and Ying Qi, Ying Qi, Blood; progression according to the Sanjiao - upper jiao, middle jiao and lower jiao. A description of these may be found in the Su Wen (Chapters 31-32), or in acupuncture textbooks such as *Traite de Medicine Chinoise* (Chamfrault) .

The four stages of Qi and the three jives classifications are mainly applicable to the progression of diseases caused by heat and are not mutually exclusive. The four stages identify the depth of disease, and the three jiaos identify the level of disease. So within each level there are four depths of penetration. The progression following the six divisions is mainly for diseases caused by cold.

These classifications, though simple in concept, provide a clear picture of the way diseases penetrate the body. Although some diseases take an unexpected turn, in general a knowledge of these classifications and the constitution of the patient will provide an accurate prognosis. With this knowledge one can more easily assess whether a development is favourable or unfavourable.

Wind Diseases¹

The title of this paper includes the phrase 'infectious diseases', a concept that is not really present in Chinese medicine, and one of the main purposes of writing this is to attempt to relate the Western classifications of disease to the Chinese ones. Throughout, we will find similarities and differences. Similarities because both medicines must give a prognosis, and a serious disease is always a serious disease ! Differences because a disease which has one classification in Western medicine (e.g. pneumococcal pneumonia) has more than one classification in Chinese medicine, and vice versa.

In Western medicine, infectious diseases are thought to be due to the invasion of the body by bacterial or viral agents. By and large, this class of Western diseases finds its counterpart in the 'Wind' diseases in Chinese medicine. The external elements of heat, cold, damp and dryness combine with the energy of wind which push them deep into the body. Wind travels rapidly and so wind diseases progress rapidly. They are often associated, therefore, with exposure to adverse weather conditions, though in this context the word 'wind' means change in weather e.g. from hot to cold, and unseasonable weather, in addition to actual wind as we know it.

Epidemics, or 'seasonal evils' are differentiated from 'wind' diseases in TCM, a distinction that is not normally used in Western medicine.

Although TCM does not have the same concept of infectious disease as we know it (disease being passed from person to person), it is understood that waves of disease may pass through a community with those who succumb exhibiting very similar symptoms. The epidemic strikes the community as a whole, and once it has burned itself out, there will be no recurrence until another 'wave' comes. Into this class fall many of the microbe borne diseases such as mumps and measles. These diseases are held to be of a different nature from 'wind' diseases. 'Wind' diseases can appear at any time of year in any person and although they may be more prevalent during one season (for example colds in springtime) it is not considered that the disease is an epidemic, but is due to the wind (i.e. change in climate, temperature or environment) affecting the individual. Thus a person returning from work where he has been sweating to a cold house may well catch a cold at any time of year. This would be an attack of wind (or more specifically wind-cold). It is not necessary, however, to make the distinction between 'wind diseases' and epidemic diseases in diagnosis, for most epidemics are also classed as 'wind diseases' e.g. mumps is 'epidemic or seasonal wind'.

¹ The old character for wind 'feng' contains the radical 142 which means 'worm or insect'. interesting to note that diseases of wind imply this element of 'worm' or 'micro-organism'. According to some analyses of Chinese characters, the micro-organisms are both carried by the element of wind or vapour and generated by their influence. We see implicit in the character, the seasonal influence favouring the growth and proliferation of micro-organisms.

Epidemic diseases are those which attack communities in waves, with different members of the community showing similar symptoms. There are, however, differences in the symptoms that people have, and some have much worse attacks of the epidemic than others. This is due to different constitution, and in many cases the progress of an epidemic can be anticipated from a knowledge of a patient's constitution. For example : Chicken Pox, which is a warm - damp disease, attacks more vigorously in those whose internal energy is already warm, and who are prone to dampness. This underlying theory is the basis of the training of doctors of preventive medicine in China, of whom 1,500 are trained each year.

Just as the idea of an infective agent being responsible for disease is foreign to Chinese Medicine, so the classifications of diseases in Western Medicine, according to the infective agent, is not paralleled in Chinese Medicine. This is not to suggest that organisms such as pneumonococcus pulmonaria do not exist. They can be seen under the microscope. Why then do the Chinese pay so little attention to the Western classifications? The reason is to be found in the careful nature of their observation. Although in many cases of pneumonia the infective organism is to be found, the disease does not take the same course in different patients. Moreover in many cases contrary to popular belief. (See, for example, 'Principles and Practice of Medicine' by Davidson, P341).

The Chinese carefully observe the exact state of a disease, and try to estimate whether it is the weakness of the body or the virulence of the infection that is more important; what way the body is affected, and in what direction the disease is going. In Chinese Medicine one can choose between two methods of treatment: attack or support, while in Western Medicine one can only choose attack, as we have no tonic drugs.

The different development of the two medicines derives from this important fact. In Western Medicine, with attack as the only therapy, it is important to know all you can about the enemy. In Chinese Medicine, with support as well as attack. it is of paramount importance to identify areas of weakness. This is especially true in diseases of the lung organ, such as pneumonia, which have only reached that stage because of weakness. In Western books, great attention may be paid to symptoms such as rust coloured sputum, which differentiate one sort of pneumonia from another. The absence of these observations in Chinese texts does not mean that they have not observed them, but rather that it is not an important distinction.

There is, however, one important exception; tuberculosis. Until recently TB was a major cause of death in China and it was of great importance to distinguish between TB and other less severe pulmonary complaints with similar appearance.

Pulse Qualities

When a patient comes for treatment for a chronic disease, the origin of the disease may be found by taking the pulse carefully. This will reveal the nature of the disease - whether blocked, excess, deficient etc., and which organ is most affected. When a patient is attacked by external disease, the chronic long-term characteristic is now much less important. It is the short-term invasion of wind which completely dominates the patient's behaviour and forces him to take to his bed - and this is reflected in the pulse. It is frequently found that imbalance which were obvious before the attack of wind disappear.

All the pulses have similar strength and quality, and it is this strength and quality which give a guide to diagnosis. Thus in most of the diseases mentioned in this article, only one pulse quality is given. The pulse quality given is that which the patient would be expected to have, given those symptoms and that disease. If the patient has different pulse qualities, then some thought must be given as to why this is.

Generally speaking, the pulse and the symptoms should match, for example a rapid pulse should be found with high fever. If there is a wide discrepancy between the symptoms and the pulse, and there is no obvious explanation for it, this is a very serious sign. For example a patient who is very cold to the touch and feels cold, with a white coating on the tongue but a rapid pulse, is in danger of death. Equally, a patient with a very high fever, but a slow pulse is in danger of death.

Needle Technique in Infectious Diseases

There are as many styles of needling as there are schools of acupuncture. However, the following guidelines will be found useful in treating infectious diseases.

1. Select few but carefully chosen points and treat bilaterally. On a strong patient, four or five points may be used.
2. Insert the needles and obtain De Qi, characterised by soreness, numbness, distension, or electric sensation. Manipulate the needle gently and leave in for a long time (2 hour) to tonify; more vigorous needling is given and the needles are retained for a shorter time to disperse. In the case of tonification, a warm sensation should be felt under the needle; in the case of dispersion a cold sensation should be felt under the needle. Other ways of obtaining De Qi by reinforcing or Xie-dispersing may be found in books such as Outline of Acupuncture.
3. When treating children, fewer needles and gentler techniques are used. However, one should not hesitate to use needles, even on babies in severe cases.

A Note on Sources

Most of the information in this article is based on published texts or correspondence and teaching from doctors trained in Traditional Chinese Medicine, a list of which is given below. In some cases (e.g. scarlet fever) I have been unable to trace a reference to these in the literature. In these cases, when I have attempted a classification myself from the symptoms presented this is indicated.

I have a limited experience of treating infectious diseases (mainly my own family and friends) and I would welcome correspondence with anyone else with such experience.

Sources:

Chong Yu - Ming (Tr. Desmond Shiu)
North American College Notes
New England School of Acupuncture Notes (Dr. So.)
Barefoot Doctor's Manual

National Symposia of Acupuncture and Moxibustion Beijing June 1979
Treatment of 100 Common Diseases by Acupuncture

Respiratory Tract Infections

The idea of infection, or a disease organism which is passed from one person to another, is almost missing in Traditional Chinese Medicine. There is rarely mention of it when it comes to lung infections ; cough, cold, pneumonia, bronchitis etc., being thought of only in terms of the balance between internal and external disease. As mentioned above, only TB is thought of as being due to 'invisible worms ', and even then this classification is often omitted.

The Western medical approach of a viral or bacterial agent as a cause of disease demands respect and adds to the insight provided by Chinese medicine.

However, when using acupuncture it is usually better to ignore the Western analysis, as the Chinese analysis in terms of internal and external diseases is the only one which will give a meaningful guide to acupuncture treatment.

When considering the progression of respiratory tract infections, it is useful to think of three levels: superficial, meridian and organ. Most colds and coughs start with 'wind' attacking at the muscular or superficial level with mild symptoms of cold and itchy throat; they progress through the meridian level of severe cold or cough; in cases of weakness, they may then go down and settle in the lung organ.

Each stage requires a different basis for treatment. Superficial diseases are treated superficially, by the method of attack; meridian diseases are treated by the method of eliminating the wind and moving the meridian and attack is combined with support, for there must be some weakness for the disease to penetrate to this level. Organ diseases are usually treated primarily by tonifying the organ, and only secondarily expelling the wind, for usually the main problem is internal weakness.

Having said this, it must be understood that these are only guide lines for treatment, and each case must be assessed separately. For example whooping cough, which is a disease of the lung organ, is treated in the early stages by the method of attack. In this case the disease penetrates to the lung organ because of the virulence of the disease rather than because of the weakness of the lungs. Conversely, a cold in the head in an old person, or one whose Qi is weak, may be treated mainly by tonifying the lungs.

Prophylaxis

When an epidemic is expected or has arrived, acupuncture treatment may be given as prophylaxis. There are many different treatments favoured, but all share the same principle - to strengthen the Yang of the body and increase the Wei (or defensive) energy. Among those points favoured are :

DU-14 Strengthens the Yang in the whole body.

REN-6 Strengthens the Yang in the whole body.

ST-36 Strengthens the Qi in the whole body.

Superficial Disease

The first stage of attack of 'wind' is at the superficial or skin level. When the lung Qi is weak, the Wei Qi or defensive energy flowing in the skin is not strong enough to keep the disease out. The symptoms at this stage are very slight and well known :

wind cold: shivering, fear of wind, body is cold, aches and pains in the muscles, especially in the neck and shoulders, white watery mucus, pulse may not be affected or may be floating in lung position.

wind heat: uncomfortable hot sensation, headaches, no perspiration, aches and pains in the muscles, especially in the neck and shoulders, yellow sticky mucus, pulse may be floating in lung position.

Treatment

There are many family remedies for this stage, such as putting the feet in a hot mustard bath, taking cayenne pepper, having a hot bath, taking garlic capsules, drinking a hot toddy etc. The acupuncture treatment is to needle GB-20 which is specific for clearing wind at the superficial level. Gua sa may be used (massage the knotted muscles in the neck and shoulder with the sharp side of a spoon until blood blisters appear) and also plum blossom needling. Very effective at this stage too is the use of cupping on Fengmen BL-12 and Feishu BL-13.

Diseases in the Lung Meridian

In the case of some weakness in the body, or vicious attack of wind, the disease can progress to the meridian level. This gives rise to severe colds and coughs. In Chinese medicine it is common to give two categories: - wind-cold and wind-heat. Both of these are seen in the UK but both are complicated by the underlying damp climate. As a result, colds and coughs are frequently accompanied by catarrh, whether the disease is of a hot or cold nature.

The symptoms of wind-cold are : - headache and fever, sneezing cough with sputum ('loose cough'), nausea, blocked head, pain in forehead, ache in bones and joints, lack of perspiration. Coating of tongue is thin and white. Pulse is floating, especially in 'cue' position, and slow.

Symptoms of wind-heat are similar, but the cough will be hard or sputum difficult to bring up, throat dry, tongue coating yellow and there may be perspiration with the fever. Pulse is floating and rapid.

Possible Treatments

GB-20 Removes wind and clears the head
DU-16 Removes wind and clears the head

LU-7 Removes wind, relieves cough, resolves catarrh
C0-4 Removes wind, activates dispersion of lungs, benefits the throat
BL-12 Removes wind, tonifies lungs
53-5 Removes wind

KID-7 Promotes the elimination of wind by perspiration

For wind-cold, the following additional point may be of use :

LU-9

For wind-heat, the following additional points may be of use:

CO-11 Clears fever
LU-11 Bleeding with triangular needle clears heat in lungs
LU-10 Relieves sore throat

According to symptoms, the following points may be of use:

C0-20 Blocked nose
SJ-8 Loss of voice
Tai-yang Headache
Yin-tang Headache
ST-40 Excessive catarrh
SJ-1 Abdominal pains
P-9 Abdominal pains
51-17 Sore throat
SJ-17 Sides of throat swollen

Progression to Lung Organ

There is no sharp dividing line between disease of the meridian and disease of the organ., Coughs can be more or less severe depending on the strength of the lung organ; however the following Western classifications would normally be thought of as problems of the lung organ :- Bronchitis, Pneumonia, Whooping Cough. They are all characterised by extremely severe coughs, and weakness of the body. In diseases of the meridian one or two treatments may suffice to effect a cure, while in diseases of the organ more may well be necessary.

All the diseases considered below have an element of wind. In some cases the forces of wind are so strong and virulent that even a strong person is unable to prevent the disease from progressing to the lung organ. If the disease remains there for some time, the lung organ will soon become weak, but in the early stages the condition is 'strong' or 'full'. It is this condition that is referred to under the heading 'wind-heat and wind-cold in the lung organ'.

Whilst it is important for the patient to have a diagnosis in terms that he will understand, when considering treatment by acupuncture it is - of fundamental importance to make the

diagnosis in terms of Traditional Chinese Medicine. It is not wise to give treatment unless the condition is thoroughly understood In these terms.

In the following, the main classification of lung disorders are given, followed by a discussion of the commoner respiratory infections classified according to their Western Terms, and the commoner ways that the disease manifests itself in Chinese terms. It must be remembered throughout that a Western disease may be classified in different ways in Chinese terms, according to its manifestation, and only the more common manifestation are given here.

Syndromes of the Lungs and their Treatment

Lung Yin xu

Dry unproductive cough, or cough with a small amount of sticky sputum tinged with blood; fever in the afternoon, flushed cheeks, hot sensation in the palms of hands and soles of feet, dry mouth, night sweats red tongue, thready rapid pulse.

Lung Qi xu

Weak cough with watery sputum, or no cough at all; great weakness, weakness in the limbs, lethargy, daytime sweating, white face with cyanosed lips, tongue bluish with white coat, pulse threadlike, may be rapid or slow.

Retention of Damp Phlegm in the Lung

Cough, shortness of breath, full tight feeling in chest, expectoration of much dilute white frothy sputum. Aggravated by cold. The tongue coat is white, sometimes sticky or wet. Pulse is slippery or wiry and sometimes irregular (knotted).

Retention of Phlegm-heat in the Lung

Cough, shortness of breath, tightness and pain in chest, expectoration of much thick purulent yellowish-green sputum, or even bloodstained foul-smelling pus. There may be chills and fever. Tongue is red with a yellow coat. Pulse is wiry or slippery and rapid, sometimes irregular ('urging').

Wind-heat and Wind-cold in the Lung

Severe loud cough, pain in the chest, sore throat possibly fever and chills. In the case of wind-cold the discharge is watery and clear, with copious white sputum. In the case of wind-heat, the throat will be dry, tongue red with yellow coat, and thick yellow sputum which is difficult to bring up.

Some Points which may be of use in treating Lung Infections

Note that all of these contain points for tonifying the lungs and for expelling wind; for the lungs must be weak for the infection to have reached that stage, and infections are associated with wind.

Lung Yin xu (empty heat)

- BL-13 Adjusts and regulates the lungs, expels external evils, clears empty heat, tonifies weakness.
- BL-12 Scatters and expels wind, adjusts and regulates Lung qi.
- DU-14 Moves entire body Yang, regulates Qi, scatters wind, clears heat.
- LU-9 Warms lungs, expels wind, regulates lung energy, resolves mucus.
- LU-5 Sedates internal fire of the lungs; pneumonia.
- LU-1 Circulates and adjusts Lung Qi; disperses and moves
- CO-11 Expels wind, cools heat.
- BL-54 Expels wind, cools heat in the blood from pernicious influences.
- KID-6 Brings down fire, especially throat; nourishes Yin.
- ST-14 Regulates Qi; pain in chest; sputum thick and streaked with blood.
- BL-38 Tonifies lungs, eliminates exhaustion strengthens original Qi. Especially indicated in chronic disease.

Lung Qi xu

- BL-13 Adjusts and regulates Lung qi, expels external evils, tonifies weakness.
- BL-12 Scatters and expels wind, adjusts and regulates Lung qi, clears external evil.
- DU-14 Moves entire body Yang, regulates Qi, clears heat, tonifies Yang.
- BL-38 Tonifies lungs, eliminates exhaustion, strengthens original Qi.
- LU-9 Warms lungs, expels wind, regulates lung energy, resolves mucus.
- ST-36 Tonifies whole body qi, strengthens body, tonifies Qi and blood, strengthens digestion.
- SP-6 Strengthens spleen, tonifies Jing and blood, tonifies digestion.
- REN-12 Harmonises ST qi, regulates middle jiao, transforms mucus.
- REN-14 Reduces chest and diaphragm 'frozen' mucus, transforms damp stagnation in middle jiao.

Mucus and Wind

- BL-13 Adjusts and regulates the lungs, expels external evils, tonifies weakness.
- BL-12 Scatters and expels wind, disperses heat adjusts and regulates Lung qi.
- DU-14 Regulates Qi, scatters wind, clears heat.
- LU-7 Expels wind, moves meridian, moistens lung, resolves mucus.
- CO-4 Expels wind, activates dispersion of lungs.
- P-6 Regulates Qi in the chest, cools heat.
- ST-40 Benefits chest, clears mucus-heat in the stomach.
- CO-20 Opens nose.
- REN-22 Transforms mucus, benefits throat, moves lungs.
- REN-12) Tonify the spleen
- 8L-20)

Mucus with Heat - additional points

- CO-11 Cools heat, expels dampness.
- LU-5 Brings down fire, disperses fire of lungs.

ST-14 Pain in the chest; local point, sputum thick and streaked with blood.

Wind-heat and Wind-cold in the Lungs

- CO-4) To disperse the energy of wind in the lungs.
LU-7)
DU-14 To disperse the energy of wind and strengthen the Yang. Needle for wind-heat. Moxa for wind-cold.
BL-12) To disperse the energy of wind from the lungs.
BL-13)

Bronchitis (acute)

Bronchitis is usually caused by the downward extension of some other disease such as the common cold or an infection such as measles. An attack usually begins with aching in the limbs and a feeling of rawness behind the breastbone. As the disease progresses to the next stage, the temperature may rise to 38°C (100°F) or even 39.5°C (103°F) in severe cases. There is often difficulty in breathing.

Sputum is at first scanty and cough unproductive and painful. Later the sputum becomes more profuse and yellow, gradually becoming less until it appears only in the mornings. Tongue body is red with a yellow coat; pulse is rapid.

Classification - attack of wind-heat on the lung organ. In the first stage there is dryness. The points that may be used are given above. Other points that may be of use, according to the dominant symptoms :

- LU-9) Pain in the chest, LU-9 is a distal
REN-17) point to tonify the lung organ; CV-17 is a local point.
LU-5) Pain and dryness in the throat; blood in sputum. If the pain is higher up,
REN-12) then this is an indication that fire predominates, so LU-5 is used in preference to LU-9. REN-22 is a local point.
ST-40 Excessive sputum. ST-40 connects the stomach and spleen and so resolves phlegm. It also opens the chest.
CO-11 High fever, for clearing heat in the body.
LU-11 Dry cough. LU-11 and the equivalent point on the opposite side of the nail may be treated with the triangular needle to draw a few drops of blood in order to resolve a dry cough.

Prognosis: two or three treatments will be enough in a strong patient; more will be required if the patient is weak or old.

Broncho pneumonia

This disease is also known as lobular pneumonia, as distinct from lobar pneumonia, and is the more common form of pneumonia seen in old people and in children. It often comes after the body has been weakened by a disease such as measles, diphtheria, whooping-cough etc. In adults it may come after a severe bout of influenza, or after an operation when the patient is weak and the lungs inadequately ventilated.

Symptoms

The severity of the symptoms vary with the strength of the patient. The onset is usually sudden, with the temperature rising rapidly, vomiting, difficulty in breathing and convulsions. The face is flushed, especially in the afternoon. The breathing is rapid and the chest is sore. There may be no cough, or feeble cough. In severe cases the lips may be cyanosed.

Classification in Traditional Chinese Medicine

Heat in the lungs with Lung Yin xu. In severe cases the Qi of the lungs is also injured.

Treatment

The points given above under Lung Yin xu may be used. In the case of convulsions and delirium, points to tonify the kidneys may be used e.g. :

BL-60 Tonifies the kidney and expels external evils; convulsions in children.
BL-23 Tonifies the kidney.

Prognosis: If the patient is not too weak, three treatments may suffice. Otherwise many treatments may be necessary.

Lobar Pneumonia

Also known as pneumococcal pneumonia, this disease

is usually associated with the bacteria *Streptococcus pneumoniae*, of which there are several strains. It frequently invades one large lobe of the lung, hence the name lobar.

The onset is acute, frequently accompanied by chills, high fever, coughing and chest pain. The appetite is lost, the bowels are sluggish, cheeks are flushed and the lips become blistered with small watery vesicles. A distressing hacking cough occurs, with rust-coloured sputum - a characteristic of this disease. In serious cases it progresses to so-called toxic pneumonia with symptoms of clammy sweating cold extremities, drop in blood pressure, shallow respiration, rapid thread-like pulse and even stupor.

Classification in Traditional Chinese Medicine

The main categories of pneumonia are wind-heat in the lungs and congestion of mucus in the lungs. In severe cases the congestion can lead to a deficiency of Qi of the lungs injuring the Yang of the whole body - the so-called toxic pneumonia.

Differentiations: wind-heat in the lung
Dry cough, fever, aversion to cold, thirst. Tongue fur is white and thin, or yellow; pulse is rapid.
congestion of lung type

More productive cough, shortness of breath, high fever, thirst. Fur on the tongue is yellow, somewhat thicker.

Treatment

According to type, points may be used as given above according to the classification of wind-heat, or mucus and heat.

Prognosis: three treatments may suffice, but if the patient is weak or old many may be needed.

Tuberculosis of the Lungs

Predisposing factors

The predisposing factors can mainly be summed up under the heading 'weakness of Qi'. Thus children are more susceptible, the more so the younger they are, and so are old people (over 60). General debility and weakness, poverty, worry, overwork, overcrowding, great sorrow, etc. Those with narrow chests, long necks and thin faces are more prone to TB and so are those who suffer from diabetes mellitus.

Symptoms

Cough is usually present at some stage of the illness. Early in the disease the patient may expectorate little or no sputum, but as the disease advances the sputum may become profuse and contain pus streaked with blood. Pulmonary TB may first become manifested by pain in the chest. Other symptoms may at first be somewhat vague - nervous irritability, excessive fatigue, vague abdominal discomfort, loss of appetite, loss of weight and palpitations.

In cases of chronic tuberculosis, the fingers may be clubbed, and the fingernails excessively curved. The chest and arms will also feel slightly numb. Fever is a common early symptom, rising in the morning and falling in the afternoon. As the disease progresses, the fever pattern changes to rising in the afternoon and falling in the early hours of the morning. The more the disease progresses, the higher the temperature and the greater its fluctuation, so it is well worthwhile taking careful note of temperature during treatment.

In the later stages of the disease there are night sweats. If these are severe the patient will lose weight rapidly and soon die. The skin of a patient suffering from TB is pale ashen and dry and there is slight flush near the cheekbones.

Classifications of TB in Traditional Chinese Medicine

TB is a deficiency disease, and shows two main types: Yin-xu and Qi-xu.

Yin-xu Tuberculosis (false heat)

Cough, dry powdered throat, thick yellow sputum, blood streaked sputum or fresh bloody sputum, rosy cheeks in the afternoon with heat in the palms and soles, night sweats, restlessness, dark yellow urine, bitter taste in mouth, thirst, dry stools, emaciation, weakness, red tongue, fine rapid pulse.

Qi-xu Tuberculosis

Facial pallor, weakness of limbs, mental exhaustion, pain in chest and back, poor appetite, gurgling noises in abdomen, swollen abdomen after eating, loose stools, clear copious urination, aversion to wind thin white sputum, cold hands and feet, cold clammy perspiration on the slightest exertion; fur on tongue is thin, white and moist. Tongue body is tender and pink. Pulse deficient and weak, or sunken-fine and slow .

Treatment of Tuberculosis

NB: It is illegal in Great-Britain for a person who is not medically qualified to attempt to treat TB.

Pulmonary tuberculosis provided it is caught and cases where the great mental stress, it may be cured by acupuncture, early enough. In late cases, patient has many worries and is difficult to cure.

The points that may be helpful are given under the heading of Lung Yin-xu or Lung Qi-xu. Treatment should be given once a day for as long as is needed.

The following additional points may be of use :

Coughing with blood	LU-6	LU-6 is the accumulation point of lungs and balances blood and Qi.
	BL-18	Liver controls the blood
Night sweats	HE-6	Sinks floating Yang, controls sweating.
	KID-7	Controls night sweats.
Shortness of breath	REN-17	(Indirect moxa with ginger). Opens the chest.
	REN-4	Tonifies Qi of the body.
Digestive weakness	REN-12	(Indirect moxa with ginger). Benefits the digestion.

Prognosis: about 30 treatments will be enough if caught in the early stages; if the disease has progressed, daily treatment for 2-3 months may be required; in advanced cases one should look only for prolongation of life and alleviation of suffering.

Whooping Cough (Pertussis)

This disease is much feared in the West as there is no cure for it and it is one of the few infectious diseases from which children still die. It goes in epidemics, recurring with vigour about every four years. The micro-organism associated with the disease is known

as Bordetella pertussis or Haemophilus pertussis. The reason for death is not directly the cough, but the exhaustion of the body that results from the coughing bouts.

Without treatment these bouts can continue for two or three months. Children under five do not have great stamina and they are the ones who are in danger of dying from exhaustion.

Symptoms

First stage

To begin with there is no reason to suspect the presence of whooping cough. It starts as a mild cough of a dry nature, and at the end of a week often subsides sufficiently for a child to be sent back to school.

At this stage it gets worse, with long spells of coughing during the night, coughing 8 to 10 times in a single breath. After some nights of this the coughing fits may lead to retching and vomiting, and the characteristic whooping or crowing sound as the patient tries to recover his breath. Only a small quantity of slimy ropey mucus is brought up.

During the paroxysms the patient is in great distress, appearing to be about to suffocate, with tears and sweating in the forehead. Sometimes snot comes from the nose and during coughing a child may involuntarily pass water or evacuate the bowels. The disease is most common in the spring and autumn.

The disease is classified as 'deficiency heat in the lungs'. As the disease progresses, the spleen qi is weakened, giving rise to vomiting and swollen abdomen. In the West, a distinction is made between other dry coughs with very similar symptoms and whooping cough, by means of the micro-organisms associated with the disease. In Chinese Medicine this distinction is not made, for it is not found to give any indication of the course of the disease, or its treatment.

Treatment

Massage treatment is given in the Journal of Chinese Medicine number 3 page 14.

Needle Treatment:

The principle of treatment is to tonify the lungs and remove the stagnation of the spleen.

The points given above for Lung Yin-xu may be used with the addition of :

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| Si Feng | Four extra meridian points, in the creases between the first and second phalanges of the fingers. This point is treated with the triangular needle and a few drops of blood withdrawn to remove congestion of the spleen in young children. |
| REN-12 | In case of great weakness due to prolonged illness. |
| REN-22 | Sore throat and pronounced vomiting. |
| P-6 | Vomiting. |

When treating young children, massage is often sufficient. Needles are, however, commonly used on all ages. Treatment should be given once a day.