

# **Some Geriatric Diseases Treated with Acupuncture**

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## **Part One**

### **General introduction**

Geriatrics of TCM is one branches of TCM, which is the study of geriatrics elderly pathogenesis of diseases with traditional Chinese medicine theory and methods in syndrome and law, as well as prevention and nursing of a clinical discipline.

Geriatrics refers to the suffering of people in old age, the age-related diseases and has its own characteristics. It contains a wide range of geriatric diseases can be broadly divided into three categories:

Geriatric diseases actually refer to the disease which is related with retardation of physiological development and pathological change at this period, include three parts:

1. The diseases which only occur at this age due to senescence, such as senile emphysema, an enlarged prostate, senile dementia, senile cataracts, calcification of heart valve disease, etc.
2. Although occurring also on young and middle aged patients, but these diseases may commonly and frequently occurred on senile patients, such as hypertension, cancer, cerebrovascular disease, heart disease, and diabetes.
3. These diseases occur to everyone, such as common cold, trauma, gastritis and headache, etc.

In ancient time TCM books classified senile as follows: longevity is above 100 years, middle longevity is above 80 years old, and low longevity is above 60 years.

In 1982 WHO defined it as below:

- Lower than 44 years is young people;
- 45 till 59 is middle aged people;
- 60 till 74 is middle old people;
- 75 till 89 is old people;
- Above 90 years old is called longevity.

Longevity is closely related with different issues, such as culture, diet, environment, living habits, mental states, sickness treatment and prevention, religion, physical movement, etc.

When the living standard is improving, above figures can be modified and prolonged gradually.

### **A. Physiology and psychological changes**

Aging is one of the phenomenon's which could be mainly determined by genetic heritage, but also be influence by environment, including emotions, diets, social position and physical activities. Aging has four features: Universal, intrinsic, progressive and degenerative. It is a physiological process but usually not a pathological procedure, however, pathological change could greatly accelerate this process of aging.

#### **a. Appearance:**

##### **Skin:**

Appearance of more and more wrinkles is a sign of aging. It is caused by diminishing fat under the skin, the elastic function is becoming weaker and weaker, and number of wrinkles is increasing and deepening. Meanwhile senile yellow plaques start appearing on cheeks, arms, neck, chest and back.

##### **Eye:**

Aging eyes also is a early sign of aging, in which eye lens loses its elasticity, vision becomes loss, and it is necessary to wear reading glasses when reading something.

##### **Hair:**

Hair gradually changes from black to gray, becoming thinner and thinner, more and more sparse, hair loss or even alopecia areata start to appear. At age of 20, the thickness of hair is usually 101um, 40 96um, 60 86 um, and 70 is so thin as a baby hair.

##### **Body length:**

As the disc atrophy, increased spinal curvature, leg bent and osteoporosis, the body length is becoming shorter and shorter. For instance, at age of 20, if the body length is 170cm, then at the age of 40, it could be 168cm, and at age of 60, it could be even 166 cm or less.

#### **b. Physiological and functional changes**

As age increasing, the number of cells in the body starts to decrease, which causes diminishing the weight of the internal organs, and slow down the physiological capacities of these organs.

Various kinds of proteins in the muscles, brain, liver, kidney, etc start to change as well, such as reduced serum albumin, increased globulin, and overall albumin remains unchanged.

Human basal metabolic rate decreased gradually as age increases. For instance, at age of 20, BMR for female is about 154 /hour and male is 174/hour, but at age of 40, it becomes 148/hour and 159/hour respectively.

Enzyme activity and its content in the cells changes irregularly. The vitality of most enzymes begins to decline or remain normal. The potential enzyme production on elderly people is also declining.

Serum lipoprotein enzyme activity decreases, while total lipid, mainly total cholesterol, together with serum lecithin, free fatty acids and triglycerides, etc, is increasing as aging.

The change in neurological system on elderly people is obvious. The total brain weight could be 6.7 % less when compared with the highest record of the brain weight. The number of the brain cell is decreasing dramatically by reaching 10 till 17%, and in some cortex area even up till 45%. The small brain could diminish 25%. Lipofuscin increased within the cell, even full of cytoplasm, forcing the nuclei from the center. Brain blood circulation and oxygen consumption rate decreases. From 17 years old till 80 years old, the blood circulation in the brain is from 79ml/100g/minute to 46ml/100g/minute, oxygen consumption rate is from 3.6 ml till 2.7 ml/minute. Cerebral vascular resistance is 173 kpa/minute to 280 kpa/minute.

Five sense capacities are reduced. Never conduct speed diminishes, such as it reaches about 60 m/second in adults and 50 m/second at age of 70 till 80.

The synthesis of Acetylcholine on elderly people is reduced and vitality of Acetylcholinesterase and Cholinesterase are decreased. The number of choline sensory is reduced, but its sensitivity is increased. Catecholamine synthesis is also reduced. Monoamine oxidase and serotonin in the brain increase. Norepinephrine reduced. Apathy syndrome and depression on elderly people start to increase.

The output capacity and muscle power of the heart is also start to be weak on elderly people. The regulation on heart rhythm is much slower than that on young and adult people. Cardiovascular resistance and elasticity are weaker than that before.

From above it can be seen that both physical capacity and organic functions are relative weaker that that of young people. So they are in generally speaking not able to carry out the normal physical labors or mental exertions.

The prevalence on elderly people is much higher (76% to 89%) than that in young people (23.7%). Among these elderly patients, 46% of the patients are suffering from motor and functional dysfunction. The main diseases on elder people in China are hypertention, cardiovascular diseases and cancer. Osteoporosis is also increasing recently between 25% till 70%. Alzheimer's disease was used to be 0.5% till 1.8% to 6.9% at this moment, which is higher than the average 6.4% in Europe and almost the same as that in Japan 7.0%.

## **B. TCM pathological features of geriatric diseases**

The pathological features on elderly people could be summarized as conflict between the Anti-pathogenic Qi and pathogenic Qi, disorder of Yin and Yang and failure of ascending and descending.

### **1. Involvement of multiple organs**

The features of the diseases on elderly people are easy occurrence and easy changes due to multiple involvements of the internal organs. Progressive impairment is and sudden impairment are two different underlying pathological characters. The former is the basic development and procedures and the later is the key acute and severe sickness on elderly patients.

There are usually involvements of two or more than two organs at same time, such as Kidney, Spleen, Liver, Lung and heart, etc. The most common combination is combination of two organs, such as Spleen and Kidney at same time.

In the beginning there is Excess, and later on is mostly deficiency, or mixture of excess and deficiency. Sudden impairment and failure and severe sickness is often later stage of chronic consumption and dysfunction. Death is sometimes the final destiny of the sickness.

## 2. Deficiency of Yin and Yang

There is often deficiency of Qi, Blood, Body Fluid and Yin and Yang in different degree. Mixture of Yin deficiency with Yang deficiency or Yang deficiency with Yin deficiency is often appearing at same time. Deficiency of Yang implies there is no power to grow and recover while deficiency of Yin implies there is no further life source available and constantly to be supported.

Recovery process of deficiency is also much slower than that on young people.

## 3. Predominance of Phlegm, stagnation and Wind

The Kidney is in charge of water metabolism and Qi transformation. The Spleen is in charge of transportation and transformation. The Lung is in charge of water regulation. The triple Burner is in charge of free regulation of Qi and water in the body. In generally speaking, weakness of these organs could bring about dysfunction of the water metabolism, leading to retention of excessive water, formation of Phlegm occurs.

Qi deficiency, Qi stagnation and water retention, etc, are all the reason that formation of Blood stagnation is the final result.

Deficiency of Yin of the Kidney and Liver is often seen on elderly people, which could cause hyperactivity of Liver-Yang, resulting in Liver-Wind stirring inside.

## 4. Retardation of organ functions

All the internal organs, as well as meridians, and tissues, become tired and weak, so their physiological functions are getting slow down, in which excess accumulate in the body and block the normal functions of different organs and tissues.

### **C. TCM clinical features of geriatric diseases**

#### 1. Insidious onset with rapid development

Most of the sickness on elderly people starts very slowly, even without clear notice. For instance, diabetes, osteoporosis and cardiovascular diseases. It is very difficult to find out when it start exactly. Some of these diseases start without showing any symptoms, and only be found by some routine examination, such as cancer, prostatic hypertrophy and even Alzheimer's disease, etc. Therefore, to observe their reaction, speech, words, and some behaviors are very important to find out any abnormal change in their life.

Some diseases on elderly people start indeed very slowly and symptoms are not so obvious. However, when it occurs, it could cause sudden collapse of the body due to failure or weakness of the different internal organs. For instance, patient with chronic bronchitis could quickly develop into heart failure and heart infarct.

## 2. Atypical clinical symptoms and signs

When these elderly patients are sick, they usually don't show very typical symptoms and signs. Even their sickness is very serious, they could only show some slight discomfort complaints, which means that clinical symptoms and signs are not always matched each other. Some diseases could also show different symptoms and signs. From this point of view, a close observation, careful diagnosis and correct treatment are very necessary. For instance, pneumonia on elderly people could show poor appetite, lack of force, drowsiness, and loss weight, etc. It could cause sudden shortness of breath and even semi consciousness, etc. Even for common cold, they also don't show any obvious symptoms and signs, but showing lack of force, headache, muscle pain, poor appetite, etc. It is same for pain, diabetes, and a lot of diseases.

## 3. Long duration, slow recovery and many complications

When diseases occur on elderly people, they could last very time, even life long period. Their recovery is also very slow. The main reason is deficiency of Qi, Blood Yin and Yang with formation of Phlegm, Damp and stagnation of Blood, etc. For instance, degenerative arthritis, COPD (Chronic obstructive pulmonary disease) and diabetes bear above features.

Elderly people often have weak resistance, one sickness could cause involvement of different organs at same time. For instance, diabetes could cause kidney problem, liver problem, heart problem, eye problems, etc. When diabetes is not properly under control, these organs could have serious aggravation, complications follow.

## 4. Mixture of different diseases at same time

Due to weak resistance and dysfunction of different internal organs, these elderly patients usually suffer from different diseases at same time. In fact, it is often seen that deterioration of one disease could quickly lead to aggravation of whole situations, which makes the treatment complicated and difficult.

### **D. TCM treatment features of geriatric diseases**

#### 1. Poor autonomy

Due to lack of poor autonomy and poor memory, etc, elderly patients usually could not follow medical instruction very well, either forgetting to take the medications or over taking the medication. Meanwhile, they are not able always to maintain their regular daily life and remain hygiene. All these situations should be taken into consideration when offer the treatment.

#### 2. Multiple medications

Most of elderly patients, due to suffering from different sickness, take various kinds of medications at same time. For instance, some statistics showed 80% of elderly patients took more than 10 medications.

Due to application of multiple medications, it is possible that some of these medications could have contradiction or even cause aggravation of some other complaints at same time.

For instance, when treat a patient with deficiency of Kidney-Jing, it is necessary to use some tonics which have the effects to strengthen the Kidney and benefit the Kidney-Jing. However, these herbs are usually very greasy in nature, which could cause overloading to the physiological functions of the Spleen and Stomach. Suppose this patient also suffers from Formation of Damp-Phlegm in the body with weakness of the Spleen, then all these herbs to tonify the Kidney may immediately weaken the Spleen and aggravate the situation of Damp-Phlegm. Therefore, cautions should be taken to prevent this situation during the the treatment of geriatric disease.

### 3. Mixture of different treatment efficiency

Due to significant individual differences of elderly patients, there are no strict rules to follow one standard treatment. It means that the treatment of elderly patients must be adjusted accordingly to the each individual case.

In addition, the elderly due to the organ dysfunction, expected efficacy of the treatment is difficult to estimate. In general, the elderly due to the coexistence of more disease, more drugs, vital organ dysfunction, and affinity receptor number and other changes, sensitivity to the treatment will be also different.

### 4. Possible adverse treatment reactions

Due to different sickness, age, medications, background, etc, it will be not easy to predict the sensitivity of the elderly to the treatment. This clinical reaction makes it more prone than younger people about adverse treatment reactions, generally higher than young people 2 till 3 times. But sometimes, it could be miracle. But mostly it is an adverse reaction, and clinical neuropsychiatric symptoms, gastrointestinal symptoms, and hypotension the most common.

# Part Two

## Chronic obstructive pulmonary disease

Chronic obstructive pulmonary disease (COPD) refers to chronic bronchitis and emphysema, characterized by having obstruction of the airflow. Clinical manifestations are cough, sputum shortness of breath and wheezing after increased activity.

It is one of the most common chronic respiratory diseases in the elderly people. Due to chronic bronchial inflammation, the airflow becomes narrowed, not yet completely blocked; On the other hand, there is damage to the small bronchial wall cartilage, losing the support to the bronchial tissues. When inhaling, gas can still enter the alveoli due to bronchodilator. However, when breathing out, there is excessive bronchial narrowing and trapping, causing obstructive gas emissions, thus there is accumulation of a large amount of gas in the alveoli, the alveolar expansion and pressure rises significantly, and chronic lung inflammation occurs. In this stage, proteolytic enzymes released by macrophage leukocytes increased, which damages lung tissue alveolar wall, causing multiple alveolar integration into bulla or emphysema. Alveolar capillary wall pressure increased, reducing the blood supply to the lung tissue with diminished elasticity on the alveolar wall, which all prompts occurrence of emphysema, finally chronic obstructive pulmonary disease forms.

Because the number of smokers and air pollution levels increased, the incidence of chronic obstructive pulmonary disease around the world is also increasing correspondingly.

According to statistics, China's elderly population prevalence rate is 10 till 15% or more. The prevalence among the smokers is much higher than non-smokers, higher in North than in the South, the mountains is higher than on the plain areas, higher in serious air pollution and in rural than in the average cities. This disease is seriously affecting the elderly health and longevity.

Discussion of chronic obstructive pulmonary disease scattered in TCM, known as "cough", "asthma", "lung inflation" and others.

### [Etiology and pathology]

- ✓ Chronic obstructive pulmonary disease is chronic lung disease due to secondary causes. Its chief location is in the Lung, but related with the dysfunction of Spleen and Kidney, and in later stage with the Heart.
- ✓ Recurrent of chronic disease in the lung is the chief cause of this disease, resulting in deficiency of Lung, Spleen and Kidney, Body Fluid into Phlegm and Blood circulation obstruction.
- ✓ Blockage in the airway is its basic pathogenesis, stagnation and accumulation of Phlegm and Blood in the airways is the key reason in the pathogenesis.
- ✓ This disease is mixture of deficiency in the root and excess in the secondary causes, including deficiency of Lung, Spleen and Kidney with excess of the Phlegm and Blood stagnation, causing failure to disperse and descend the Lung-Qi.

Pathogenesis can be divided as follows:

1. Chronic sickness with Lung weakness

Various lung diseases due to chronic internal injuries with cough and asthma, which are not properly in time treated, or delayed treated, could cause disturbance of the Lung in dispersing the Lung-Qi and later on descending the Lung-Qi. Thus there will be accumulation of wasted air in the Lung with accumulation of Phlegm in the Lung, chest swelling, nausea, breathlessness and asthma occurs.

2. Invasion of external pathogenic Qi

Weakness of the Lung with infirmity of the Wei-Qi and skin, etc, could cause frequently invasion of external pathogenic factors, leading to incomplete elimination of external pathogenic factors and Phlegm in the Lung, thus the physiological functions of the Lung will be damaged, cough, chest swelling, nausea, breathlessness and asthma occur.

3. Mixture of Phlegm and Blood stasis

Prolonged persistence of phlegm in the Lung could cause stagnation of Qi. Together with emotional disturbance, weakness of the Lung and Wei-Qi, etc, mixture of these pathogenic factors could cause formation of Blood stagnation. When this Blood stasis and Phlegm mixes, it could cause strong obstruction to the airways, COPD occurs.

4. Disturbance to the Shen

Prolonged persistence of Phlegm could cause up-rising of the Phlegm together with the Qi to the Clear orifice and the Heart, leading to the disturbance of the Shen, thus somnolence or coma. When accumulation of Phlegm in the body last too long time, it may cause formation of the Heat, thus Phlegm-Heat may injury the Pericardium, resulting in delirium and restlessness. Extreme Heat may cause disturbance to the Liver, thus Liver-Wind starts to stir inside, convulsion occurs.

5. Yang deficiency with water accumulation

When this disease lasts too long time without proper treatment, there will be damage to the Lung, Spleen and Kidney as well as the Yang of the Triple Burner, leading to dysfunction of the Water metabolism and passage, thus there will be accumulation of excessive water in the body, and edema follows.

**[Clinical manifestations]**

When there is combination of chronic bronchitis with emphysema, based on the original cough, expectoration and other symptoms, there will be more severe breathing difficulties. Initially breathing difficulties only appears during physical activity, however, as the disease progresses, it could even in occur during resting. At the stage of acute exacerbation of chronic bronchitis, bronchial secretions increase, further aggravating the ventilatory system in the lung, chest tightness and shortness of breath increased. In severe conditions, respiratory failure can occur with symptoms such as cyanosis, headache, drowsiness, trance and so on.

**[Treatment]**

● External Cold with internal Phlegm

Symptoms:

Unable to lie down flatly, cough, asthma, shortness of breath, cough with strong sound, fullness of the chest with chest expansion, white coating, dark, big, swollen tongue, slippery, floating and tight pulse.

Principle of treatment:

Warm the Lung, dispel the Cold, descend the Lung-Qi and eliminate the Phlegm

Acupuncture:



- Accumulation of Heat and Phlegm in the Lung

Symptoms:

Cough, asthma, rough breathing rough, chest tightness, expectoration of yellow and sticky phlegm, irritability, redness of the eyes and face, thirsty, constipation, nausea, red tongue, yellow, greasy and slight dry coating, slippery and rapid pulse.

Principle of treatment:

Disperse the Lung-Qi, clear the Heat, eliminate the Phlegm and smooth the asthma.

Acupuncture:

- Obstruction of the Phlegm-Turbidity in the Lung

Symptoms:

Cough with expectoration of lot of phlegm, white or bubbles, wheezing sound in the throat, unable to lie down flatly, asthma, swollen chest, oppression in the chest, dark complexion, purplish lips, dark or dark purple tongue, thickening of the sublingual veins, greasy or turbid greasy tongue coating, slippery and wiry pulse.

Principle of treatment:

Eliminate Phlegm, remove the Blood stasis, reduce the Lung and smooth the asthma

Acupuncture:

- Disturbance of the Shen and Clear orifice by Phlegm

Symptoms:

Semi-consciousness, restlessness, delirium, apathy, drowsiness, convulsions sometimes, phlegm sound in the throat, dark and red tongue, or purple tongue, white or yellow greasy coating, thin, deep and slippery pulse.

Principle of treatment:

Eliminate Phlegm, subdue the Wind and open the Clear orifices

Acupuncture:

- Deficiency of Qi of Lung and Kidney

Symptoms:

Sallow breathing, cough with weak sound, fullness in the chest, difficult to breath in, breath with mouth opened and shoulder raised to assist breathing, expectoration of thin and white phlegm, unable to lie down flatly, cold body and limbs, dark and purplish complexion, pale tongue or purplish tongue, wet tongue deep, thin and weak pulse.

Principle of treatment:

Tonify the Qi of the Lung and Kidney, descend the Lung-Qi and smooth the asthma

Acupuncture:

- Deficiency of Yang with over floating of Water

Symptoms:

Swelling of the face and body, edema on the legs and feet, even swollen abdomen, scanty urine, cough, asthma, unable to lie down flatly, expectoration of thin, diluted and white phlegm, dark and purplish complexion, swollen and purplish tongue, thin and white coating, deep, thin and smooth pulse.

Principle of treatment:

Tonify the Qi, warm the Yang, promote urination and eliminate Phlegm

Acupuncture:

## Dementia and Alzheimer's disease

Sometimes some people could use the words “dementia” and “Alzheimer’s disease” interchangeably, however, they’re not the same concept, because a form of dementia that could be completely unrelated to Alzheimer’s disease.

Although younger people can develop dementia and/or Alzheimer’s disease, but this risk increases as aging. Still, neither is considered a normal part of growing older. Dementia isn’t a disease. It’s a group of symptoms that affect mental tasks like memory and reasoning. Dementia can be caused by a variety of conditions, the most common of which is Alzheimer’s disease.

Cause dementia includes

- Degenerative diseases like Alzheimer’s, Parkinson’s, which is responsible for 50 to 70 percent of all cases of dementia.
- Infections such as HIV can trigger dementia.
- Vascular diseases and stroke.
- Depression
- Chronic drug use
- Tumors
- Metabolic disorders
- Hypoglycemia

Early symptoms of dementia can be mild and easily overlooked. It often begins with simple episodes of forgetfulness. People with dementia have trouble keeping track of time and tend to lose their way in familiar settings.

As dementia progresses, forgetfulness and confusion grow. It becomes harder to recall names and faces. Personal care becomes a problem. Obvious signs of dementia include repetitious questioning, inadequate hygiene, and poor decision-making.

In the most advanced stage, dementia patients become unable to care for themselves. Time, place, and people become more confusing. Behavior continues to change and can turn into depression and aggression.

As dementia progresses, it can have a devastating impact on the ability to function independently. It’s a major cause of disability for older people, and places an emotional and financial burden on families and caregivers.

However, Alzheimer’s is a progressive disease of the brain that slowly impairs memory and cognitive function. The exact cause is unknown and there is no cure. Although younger people can (and do) get Alzheimer’s, symptoms generally begin after age 60. The time from diagnosis to death can be as little as three years in people over 80 years old. However, it can be much longer for younger people.

Damage to the brain begins years before symptoms show. Abnormal protein deposits form plaques and tangles in the brain of someone with Alzheimer’s disease. Connections between cells are lost and they begin to die. In advanced cases, the brain shows significant shrinkage. It’s impossible to diagnose Alzheimer’s with 100 percent accuracy while a person is alive. The diagnosis can only be confirmed during an autopsy, when the brain is examined under a

microscope. However, specialists are able to make the correct diagnosis up to 90 percent of the time.

Dementia consists of a set of symptoms that can be indicative of more than one underlying condition. Often, patients are found to have multiple conditions that may contribute to dementia. (Although a diagnosis of mixed dementia can only be confirmed upon autopsy.) Many of these people are thought to have both vascular dementia and Alzheimer's disease. Mixed dementia may become more common as our lifespans increase.

In some cases, treating the condition that causes dementia may help. Conditions most likely to respond to treatment include dementia caused by drugs, tumors, metabolic disorders, and hypoglycemia.

In most cases, dementia cannot be reversed, however, many forms are treatable.

## **Treatment**

### **1. Insufficiency of the Sea of Marrow**

Memory loss, disorientation, critical thinking ability decline, or cannot calculate, or understand the obstacles, unresponsive, slow, slurred speech.

Weakness of knees, lower back pain and softness, dry hair, loose teeth, dizziness, hearing loss, frequent urination, even urine and stool incontinence, physical exhaustion, mental sluggishness, pale tongue and weak pulse.

Principle of treatment: fill in Jing, tonify the Kidney, activate the Brain and benefit the intelligence.

### **2. Deficiency of Spleen and Kidney**

Memory loss, poor orientation, poor judgment, or miscalculation, severe agnosia, apraxia, quiet, articulate vague, or silly giggle cry, facial expressions stiff, sluggish and slow walking. Muscle atrophy, poor appetite, much salivation, cold limbs, abdominal pain and diarrhea, lower back pain, pale tongue, swollen tongue, thready and weak pulse.

Principle of treatment: Fill in Jing, tonify the Kidney, activate the Spleen, tonify the Qi and benefit the Jing.

### **3. Deficiency of Qi and Blood**

Memory loss, distractibility, unresponsive, poor judgment, poor calculation.

Dizziness, palpitations, insomnia, shortness of breath, poor appetite, muttered, and looked suddenly evaporated, feeling sad to cry, pale complexion and lips, pale tongue with nails, thin and white coating, deep and weak pulse.

Principle of treatment: tonify the Qi and Blood, activate the Spleen and benefit the Heart.

#### **4. Blockage of the orifice by Phlegm**

Memory loss, disorientation, poor judgment, slow movement and action, quiet with less words, or silence, or muttering, severe miscalculation, agnosia, apraxia.

Full of phlegm in the mouth, fatigue, abdominal distention, anorexia, nausea, loose stool, greasy coating, slippery pulse.

Principle of treatment: Activate the Spleen, eliminate Phlegm, open the orifice and benefit the Shen.

#### **5. Stagnation of Blood**

Memory loss, disorientation, unresponsive, understand the obstacles, inability to communicate with others, slow speech, even the aphasia.

Headache, dizziness, insomnia, palpitations, or dry and rough skin, numbness of the limbs, purple lips, face and tongue, thready and unsmooth pulse.

Principle of treatment: Promote the Qi and Blood circulation, open the orifice and benefit the Shen.



# Dizziness

Dizziness, called "Xuan Yun" in TCM, is a feeling that the room is spinning or a sense of movement in space, usually accompanied by blurry vision or involuntary eye movements, nausea, or even vomiting, sweating and a tendency to fall down. It may occur without warning, coming and going unpredictably. Mild episodes may feel more like a rocking sensation or mere light-headedness.

When dizziness becomes more frequent and intensive, lasting for days or weeks, proper treatment and rest are needed.

In modern medicine, this complaint arises from disturbances in the vestibular system or neural structures such as the cerebellum, the brain stem, and the proprioceptive fibers along the spine, or due to disorder of sense of balance from disorders of the inner ear, the eyes pressure receptor, skin pressure receptor, muscle and joint sensory receptors, and the central nervous system, etc.

For instance, Meniere's syndrome is characterized by deafness, ringing in the ears and occasional vertigo. Its cause is unknown. When Meniere's syndrome starts, patient gets a feeling of fullness or pressure in the ear, followed by hearing loss in one ear, which is soon followed by vertigo. The intensity of vertigo could build up over several hours and is softened accompanied by nausea and vomiting. The hearing loss gradually becomes total, at which point the vertigo begins to go away until it finally disappears.

On the other hand, central causes of vertigo include

Stroke/or tumour in the brainstem	multiple sclerosis
Migraine	drugs (sedatives)
Panic or anxiety	head trauma
Cerebellar lesions	TIAS (transient ischemic attacks)
Whiplash	low blood pressure
Hypertension	heart arrhythmias

In addition, some medications, including cold and flu medicines, painkillers, drugs to treat high blood pressure, diabetes, thyroid disease, depression and anxiety, etc. could also cause dizziness. A complete medical evaluation is recommended for anyone with vertigo. This can reveal the true cause and suggest one or more solutions based upon treating the underlying disorder.

Particular attention has to be paid to vertigo when it occurs together with one or more of the following symptoms, which can be a sign of a more serious underlying problem:

- Severe headache
- Double vision

- Hearing loss
- Difficulty speaking
- Abnormal eye movements
- Weakness or numbness or tingling in a leg or arm
- Difficulty in walking or controlling the arms and legs
- Chest pain or changes in heart rate
- Fainting or loss of consciousness

**Vertigo and dizziness** are often confused, because they are frequently used interchangeably. But strictly speaking they are not the same thing.

- Dizziness is a feeling of light-headedness or weakness or unsteadiness.
- Vertigo is a condition, which creates the sense that body or the surroundings are spinning or moving.

We also can say that all vertigo is dizziness, but not all dizziness is vertigo. Vertigo is a distinct, often severe form of dizziness that is a movement hallucination.

According to TCM, dizziness may result from a number of causes, such as hyperactivity of Liver-Yang, accumulation of Damp-Phlegm, deficiency of Qi and Blood, deficiency of Kidney-Jing, etc.

### **Treatment**

#### a. Disturbance of the head by Wind-Damp

Dizziness, sometimes headache with heavy sensation of the body and head, lassitude, fullness of the chest, poor appetite, loose stool, white and greasy coating, slippery and superficial pulse.

Principle of treatment

Dispel Wind and eliminate Dampness

#### b. Hyperactivity of Liver-Yang

Dizziness, headache, restlessness, irritability, insomnia, or accompanied with hypochondriac pain and distension, redness of the face and eyes, bitter taste in the mouth, red tongue, thin and yellow coating, wiry and rapid pulse.

Principle of treatment

Calm the Liver and subdue Liver-Yang.

#### c. Deficiency of Qi and Blood

Dizziness, headache with empty feeling in the head, palpitations, listlessness, tiredness, insomnia, pale complexion, pale tongue, thin and white coating, thready and weak pulse.



Principle of treatment

Reinforce Qi and Blood and sedate headache.

d. Deficiency of Kidney-Jing

Dizziness, listlessness, poor concentration and memory, weakness at the lower back and knees, tinnitus, insomnia, pale tongue, thin and white coating, thready and weak pulse.

Principle of treatment

Tonify the Kidney, benefit the Brain and relieve the dizziness.



# Senile Depression

Senile depression (elderly depression) refers to the onset of depressive mental disorder after the age of 60, the performance-based mental disorders lasting depressed mood, which is characterized by depression, anxiety, hysteresis, and a variety of body symptoms, which species cannot be attributed to mental disorders caused by physical illness or organic brain lesions, generally longer duration of remission and relapse tendency of some patients with poor prognosis.

Most of the onset of depression in old age gradual and insidious, the patient presented in the beginning of glum. Despair, and some patients at the beginning of the table phenomenon symptoms of neurasthenia, such as headaches, dizziness, loss of appetite, indigestion, constipation, fatigue, weakness.

## 1. Spiritual movement disorder

Condition is slightly heavier, manifested as fatigue, weakness, action to reduce, to avoid social interaction, sluggish behaviour, increased time in bed or walking, eyes staring, taciturn, serious life cannot take care of themselves, indifferent to the outside world trends, guilt from sin, disappointed and helpless, to feel an uncertain future, there is no confidence, Day Break, the most dangerous activities pathological intent suicide attempts and behaviour, geriatric depression is often accompanied by anxiety and restlessness, fear, wandering all day in a small room into.

## 2. Thinking movement disorder

The patient felt mental activity is very vulnerable to fatigue, incapable daily engaged in familiar work, difficulty concentrating, slow responses, asked him the same question, and often does not immediately answer, repeated with only brief low verbal answer, thinking problems, reduced initiative speech, poor, slow thinking, it seems cannot think of what some patients often memories of unpleasant events, on a background of depressed mood, the patient is too low evaluation of their own, often think they are useless people of guilt from sin. Produce world-weary perspective, 80% of patients with memory dysfunction, and some performance writing, computing, understanding, sense of decline, dementia-like performance at home and abroad of such a performance named depressive pseudodementia.

## 3. Emotional movement disorder

Patients with a heavy heart, grief, sadness, despair, loss due enthusiasm, think alive meaningless, are not interested in all things, all Civic joy activities are not attractive to him, unwilling to see the people, the performance with a worried frown, no confidence in life, all day, listless, unhappy, patients often have a clear sense of guilt that others suffering caused by his.

## 4. Somatic symptoms

Affective symptoms to somatic symptoms transformation tendency of the disease, there are many patients to somatic discomfort as the first symptom manifested as malaise, blurred vision, ringing in the ears, numbness, insomnia, sleep too much, headaches, limb pain, chest pain, upper abdominal pain, neck pain, loss of appetite, indigestion, weight loss, constipation, chest tightness, palpitation, throat blockage sense, irregular menstruation, amenorrhea and impotence, etc..

In view of its causes, endogenous depression in old age depression is one, but most patients have obvious external predisposing factors, such as the difficult circumstances, the accident happened, excessive stress and other trauma, combined with the older, psychological, physiological changes in brain anatomy structural changes. Many patients are also the coexistence of other diseases, such as hypertension, cerebral arteriosclerosis, coronary heart disease. In addition. Common in the elderly advantages psychological tendency is stubborn, paranoid, insecurity, has a certain effect on the disease.

### **Pathogenesis in TCM**

Senile depression is mostly caused by emotional injuries with stagnation of Qi, and weakness of Spleen and Stomach.

In the beginning, there is emotional disorder with failure of the Liver to maintain the free flow of Liver-Qi, stagnation of Liver-Qi. Later on, this stagnation of Liver start to generated the Liver-Fire, which could disturb the Heart, or cause stagnation of Blood at same time.

Over worries and thinking could cause injury to the Heart and Spleen, leading to formation of Damp-Phlegm, which could bring about blockage of the Heart Orifice.

Prolonged sickness, over strain and lack of proper diet could cause weakness of the Heart and Spleen, in which the Shen fails to be nourished.

### **Treatment**

The main treatment for senile depression is to promote Liver-Qi circulation in the beginning, adding the method to reduce the Fire, eliminate Blood stasis and resolve Damp-Phlegm during the sickness. When it is deficient case, the method to benefit the Heart and Spleen. Since this sickness lasts relative long, or has been lasting for long time, thus during the treatment, it is necessary to mention that some aggressive herbs should be avoided.

#### **1. Stagnation of Liver-Qi**

Sentimental, pessimism, mood swings, insomnia; depression, silent, angry easily, easy to cry, always sigh, chest swelling, nausea, belching, poor appetite, irregular defecation, abdominal distension and pain, general tiredness, thin and white tongue coating, wiry pulse.

Principle of treatment: smooth the Liver, promote the Qi circulation and relieve the depression.

#### **2. Stagnation of Liver-Qi with accumulation of Phlegm**

Depression, apathy, quiet, muttering, moody, be happy or angry without reason, no appetite, chest fullness, flank distension, feeling of foreign materials in the throat, which cannot be expectorated out or swallowed, white greasy coating, slippery pulse.

Principle of treatment: smooth the Liver, promote the Qi circulation, resolve the Phlegm and relieve the depression.

### **3. Hyperactivity of Liver-Fire**

Depression, irritability, chest fullness with pain, dry mouth, bitter taste in the mouth, headache, thirst, insomnia, restlessness, red tongue, yellow and dry coating, white and rapid pulse.

Principle of treatment: smooth the Liver, reduce the Liver-Fire and relieve the depression.

### **4. Stagnation of Qi and Blood**

Sentimental, pessimism, mood swings, insomnia; depression, silent, angry easily, easy to cry, always sigh, chest swelling with stabbing pain, body pain, purplish tongue, irregular defecation, abdominal distension and stabbing pain, thin and white tongue coating, purplish tongue, thready and wiry pulse.

Principle of treatment: smooth the Liver, promote the Qi and Blood circulation and relieve the depression.

### **5. Deficiency of Heart and Spleen**

Insomnia, forgetfulness, lack of interest, grief feeling, sadness, easy to cry, palpitation, timid, easily to be frightened, dizziness, listlessness, pale complexion, poor appetite, loose stool, abdominal distension, pale tongue, thin coating, thready and weak pulse.

Principle of treatment: Benefit the Qi and Blood, calm the Heart and regulate the Shen.

### **6. Deficiency of Qi and Yin**

Insomnia, forgetfulness, lack of interest, tiredness, shortness of breath, aversion to cold, poor appetite, loose stool, lower back pain, night sweating, thirst, dry mouth, red tongue, thin coating, thready, weak and rapid pulse.

Principle of treatment: tonify the Qi, benefit the Yin and smooth the emotion.

### **7. Deficiency of Yin of Liver and Kidney**

Sadness, puzzled, pessimism, poor mood, restlessness, anxiety, irritability, less sleep with a lot of dreams, dizziness, lower back pain, night perspiration, palpitations, tinnitus, dry eye photophobia, headache, red eyes and face, hotness of palms and soles, red tongue, thin coating, thready, wiry and rapid pulse.

Principle of treatment: tonify the Yin of the Liver and Kidney, smooth the emotion and relieve depression.

# Senile Diarrhea

Senile diarrhoea is a condition of frequency or too easy in defecation with discharge of loose stool or watery stool. It could be accompanied by abdominal pain or distension, nausea, vomiting, poor appetite, etc.

In TCM it is mainly caused by the disturbed transportation and transformation of the Spleen, resulting in mixture of water and food and formation of Damp-Phlegm in the Large Intestine. This disease is also related with the Stomach, Liver and Kidney.

As to its main causes:

Invasion of external pathogenic factors

Accumulation of Damp-Phlegm

Emotional disturbance

Deficiency of Qi and Yang, etc.

Diarrhoea that lasts for more than 3 months is considered persistent or chronic.

## **Invasion of Exogenous Factors**

Cold, a pathogenic factor in Yin category, which is easily to impair Yang Qi, is characterized by contraction. Invasion of the Spleen and Stomach by Exogenous Cold can cause poor transportation and transformation, leading mixture of water and food, which is passed into Large Intestine, diarrhoea occurs.

In addition, invasion of the Spleen and Stomach by Wind-Damp may also cause poor transportation and transformation of the Spleen, leading to occurrence of diarrheal.

## **Improper Diet**

Over eating of fatty, greasy, highly flavoured food as well as sweet and pungent food may cause formation of Damp-Heat. Over eating of raw and cold food leading to impairment of Stomach and Spleen-Yang may cause formation of Cold-Damp. Both of them can impair the normal function of transportation and transformation of the Spleen, resulting in diarrhoea.

## **Emotional Disorder**

Over anger and stress may cause stagnation of Liver-Qi, leading to invasion of the Spleen by Liver-Qi. When the Spleen fails to function properly, there will be mixture of water and food, leading to occurrence of diarrhoea.

## **Weakness of the Body**

Deficiency of Yang due to prolonged illness or deficiency of Yang due to poor constitution may lead to failure of the Spleen to be warmed, causing dysfunction of the Spleen in transportation and transformation, diarrhoea occurs.

## **Treatment**

### **Invasion of the Cold-Damp to the Spleen**

Sudden abdominal pain, spasm sensation in the abdomen, preference of heat, alleviation of pain by heat, absence of thirst, the patient may feel as if curling up will somehow offer relief. Here the patient cannot tolerate being touched.

Principle of treatment:

Warm the Stomach and Spleen, dispel the Cold, circulate the Qi and relieving the diarrhoea

### **Accumulation of Damp-Phlegm in the Spleen**

Gradual occurrence of diarrhoea, mixture of stool with sticky phlegm, loose stool or watery diarrhoea, tiredness, heaviness of the general body, or heaviness in the head or at four limbs, stomach and abdomen, poor appetite, clammy hand, somnolence, obesity, sometimes aversion to cold, greasy coating, slippery pulse.

Principle of treatment

Activate the Spleen, promote the Qi transformation, resolve Damp-Phlegm and relieve the diarrhoea

### **Disharmony between the Liver and Spleen**

Irritability along with abdominal distension and pain, the IBS symptom of alternating constipation and diarrhoea is common in a Liver and Spleen disharmony, stress, frustration, and anger aggravate the condition, frequent discharge of flatus, aggravation of the diarrhoea by emotional upset, thin and white coating, wiry pulse.

Principle of the treatment:

Smooth the Liver, harmonies the Spleen, regulate the Qi circulation and stop the diarrhea

### **Retention of Food**

Distending pain of the epigastric region and abdomen, aggravated on pressure or after meals, belching with foul smells, poor appetite, diarrhoea with undigested food in it, slight sticky stools, thick and greasy coating, slippery and wiry pulse.

Principle of treatment:



Promote digestion, relieve the retention of food and stop the diarrhoea

### **Accumulation of Damp-Heat**

Severe diarrhea, burning sensation in the anus, discharge of yellow and sticky liquid in the stools, abdominal pain with no preference of pressure, thirst with no strong desire to drink, spontaneous sweating, scanty urine, yellowish and greasy coating, red tongue, slippery and rapid pulse.

Principle of treatment:

Clear the Heat, eliminate the Damp, relieve the pain and stop the diarrhea

### **Deficiency of Spleen-Yang**

Intermittent dull pain which may be relieved by warmth or by pressure and aggravated by cold or by hunger and fatigue, lassitude, aversion to cold, loose stool, thin and white coating, pale tongue, deep and thready pulse.

Principle of treatment:

Warm the Middle Burner, dispel the Cold and relieve the diarrhoea

### **Deficiency of Yang of Spleen and Kidney**

Diarrhoea before dawn, which may contain undigested food particles, chronic aversion to cold, low back pain, low libido, frequent urination, or in severe cases, urinary incontinence, thin, white and wet coating, deep, thready and slow pulse.

Principle of treatment:

Warm the Interior, tonify the Kiendy-Yang, dispel the Cold and relieve the diarrhoea

# Senile Constipation

Senile Constipation refers to the elderly people, who have prolonged defecation interval over 48 hours with dry and difficulty in defecation, or normal stool shape and form, but with difficult to defecate.

Senile constipation can be only a symptom of the digestive system, not an independent disease, however, compared with youth they are more prone to constipation. According to reports, the young incidence rate of constipation is about of 1% to 5%, but the incidence rate on the elderly is about 15% till 30%.

Constipation can be divided into different types:

According to aetiology: primary one and secondary one;

According to pathology: organic one and functional one;

According to duration of disease: acute one and chronic one.

Luckily, most of constipation on senile patients suffers from function constipation.

## [Pathogenesis]

Senile constipation is mostly caused by disorder of Qi, Blood, Yin and Yang due to disorder of diet, emotions, pathogenic Heat and stagnation. The main location is in the Large Intestine, but related with Spleen, Stomach, Liver and Kidney.

The main pathology is failure of the Large Intestine to transmit, either

- Due to excess from accumulation and stagnation in the Large Intestine
- Deficiency due to failure of the Large Intestine to be properly nourished.

This excess and deficiency could be interchanged in certain conditions.

## Constipation of Excessive types include

1. Accumulation of Heat in the intestine and Stomach causing consumption of Body Fluid.
2. Stagnation Qi leading to failure of the Large Intestine to descend downward.
3. Accumulation of Cold.

## Constipation of Deficient types include

1. Deficiency of Yin and Blood causing failure of the Large Intestine to be nourished.
2. Deficiency of Yang-Qi causing weakness of the Large Intestine in transmission.

## **Aetiology**

1. Constitutional Excess of Yang with accumulation of Heat in the Stomach and Intestines  
Those with constitutional excess of Yang or over eating of pungent, alcoholic drink, highly greasy resulting formation of Heat in the Stomach and Intestines, or remaining of Heat after prolonged illness may cause consumption of Body Fluid bring about failure of the Large Intestine to be nourished, thus, senile constipation occurs.

2. Emotional disorder with stagnation of Qi

Emotional factors, such as anxiety and depression, anger, over worries and sadness, etc, or sitting or lying too long time with lack of movement can cause stagnation of Qi, impairing the transmitting function of the Large Intestine. As a result the wastes are retained inside and unable to move downward, and hence constipation happens.

3. Deficiency of Qi and Blood

The coexistence deficiency of Qi and Blood can result from internal injury by over strain or improper food intake, or happen after an illness or delivery or in the aged people. Qi deficiency results in weakness of the Large Intestine in transmission, while Blood deficiency gives rise to shortage of Body Fluid, then the Large Intestine can no longer be nourished. Apparently, both Qi and Blood deficiency can cause difficult evacuation of faeces, and hence constipation occurs.

4. Deficiency of Yang with formation of Cold

Constitutional debility or senile decay results in retention of the internal Cold in the Stomach and Intestines. Over eating cold food, or raw food, or living in a cold area, etc, could cause formation of Cold in the body. Consequently, the Yang-Qi is obstructed and the Body Fluid fails in distribution. Difficulty of the Large Intestine in transmission leads to constipation.

## **Treatment**

### **a. Excessive types of constipation**

#### **a). Heat type constipation**

Dry stool, scanty and yellow urine, redness of the face, feverish feeling of the general body, distension and pain of the abdomen, thirst, foul smell in the mouth, red tongue, yellowish and dry coating, slippery and rapid pulse.

Principle of treatment: clear the Heat, promote the defecation and relieve the constipation.

#### **b) Qi type constipation**

Dry stool difficulty in defecation, belching, fullness of the chest, distension of the hypochondriac region, abdominal distending pain, poor appetite, thin and white coating, wiry pulse.

Principle of treatment: circulate Qi, promote the defecation and relieve the constipation.

## **b. Deficient types of constipation**

### **a). Qi deficiency type constipation**

Difficulty in defecation through lack of dry stool, shortness of breath, fatigue after defecation, pale complexion, listlessness, pale tongue, thin coating, weak pulse.

Principle of treatment: reinforce the Qi, promote the defecation and relieve the constipation.

### **b) Blood deficiency type constipation**

Dry stool, difficulty in defecation, sallow complexion, dizziness, vertigo, palpitation, insomnia, poor memory, light red tongue, thready and weak pulse.

Principle of treatment: benefit the Blood, moisten the Large Intestine and relieve the constipation

### **c. Cold Type Constipation**

Constipation, abdominal pain, pale lips, tastelessness in the mouth, cold limbs, cold sensation over the lumbar region and abdomen, desire for warmth and intolerance of cold, large amount of clear urine, pale tongue, white and wetting coating, deep and slow pulse.

Principle of treatment: reinforce the Yang, dispel the Cold, promote the defecation and relieve the constipation

# Urine and stool incontinence

## Pathogenesis

- They are due to the protracted course of kidney disease, gradual weakness of internal Zang-Fu organs, impairment of the Spleen and Kidney.
- The chief location in the Spleen and Kidney, with involvement of Lung, Heart, Liver and Triple Burner.
- The chief pathology is failure of the Spleen and Kidney, accumulation of Damp-Heat, and disorder of Qi circulation, etc.

Pathogenesis includes:

1. Weakness of Anti-pathogenic Qi with invasion of external pathogenic factors  
This situation could lead to failure of the Lung in dispersing the Qi and descend the water, dysfunction of the Triple Burner and accumulation of Damp in the Spleen.
2. Accumulation of Damp-Heat in the Lower Burner  
Working or living in a humid place, or catching rain frequently, drinking too much alcohol, intake of too much fatty and greasy food, may all cause formation of Damp-Heat in the body, leading to downward flow of Damp-Heat to the Lower Burner, thus the Bladder and Large Intestine function could be damaged, urine and stool incontinence may happen.
3. Over emotions  
Extreme emotions, especially prolonged anger and worry, etc, could cause stagnation of Liver-Qi, leading to dysfunction of the Liver around the genital regions. Thus the opening and closing of the Bladder and Large Intestine will be disturbed, thus it occurs.
4. Deficiency of Yang of the Spleen and Kidney  
Overstrain, over child labour, aging and congenital weakness could cause damage to the Yang of the Spleen and Kidney, thus the Qi transformation and water metabolism could be damaged as well, urine and stool incontinence may occur.

## Treatment

### Stagnation of Liver-Qi

Irritable, depression, headache, poor appetite, insomnia, spasm in the lower abdomen, wiry pulse.

Principle of treatment: Smooth the Liver, promote the Qi circulation and harmonise the collaterals.

**Accumulation of Damp-Heat in the Lower Burner**

Heaviness of the four limbs, oedema, scanty and sometime painful urination, swollen abdomen, poor appetite, nausea and vomiting, loose stools, red tongue, yellow and greasy coating, slippery and wiry pulse.

Principle of treatment: clear Heat, eliminate Damp and regulate the Lower Burner.

**Deficiency of Qi of the Spleen and Kidney**

Pale complexion, lack of energy, shortness of breath, poor appetite, loose stool, oedema, no thirst, lower back pain and weakness, frequent urination, cold hand and feet, tooth marks, pale tongue, deep and slow pulse.

Principle of treatment: tonify the Spleen and Kidney, eliminate water and subside the oedema.

## Senile oedema

It refers to subcutaneous retention of fluid which leads to puffiness of the head, face, eyelids, limbs, abdomen and even the whole body is called oedema. Senile oedema in T.C.M. might include following diseases in Western medicine i.e. cardiac oedema, renal oedema, malnutrition oedema, functional oedema and oedema caused by disorders of the endocrine system.

### A. Invasion of the exterior part of the body by Wind

Exogenous Wind may invade the Lung through the skin, mouth and nose causing dysfunction of the Lung in regulating water, which leads to retention of excessive water in the body, thus edema appears.

When exogenous Wind invades the human body, it is usually accompanied by Cold or Heat.

### B. Invasion of Toxins

Those patients suffering from pruritus due to invasion of epidemic Damp-Heat may have invasion of the Spleen and the Lung by this pathogenic factor leading to dysfunction of the Lung in regulating water and dysfunction of the Spleen in transportation and transformation, therefore oedema occurs.

### C. Invasion of Damp

Invasion of Damp can be induced by living in a damp place and condition, wearing clothes that are wet by sweating or rain, frequent exposure to water and periods of prolonged rain. When the Spleen is affected, its function in transportation and transformation will be restricted resulting in an overflow of excessive Damp which leads to occurrence of oedema.

### D. Improper Diet

Irregular food intake, including over eating of greasy food and indulgence for alcoholic drinks causes impairment of the Spleen and Stomach.

Insufficient food intake may result in Deficiency of Spleen-Qi. When the Spleen is affected, its function in transportation and transformation will be impaired, resulting in accumulation of excessive Damp, which causes oedema.

### E. Disorders in daily life

Over sexual activity may consume Kidney-Qi causing poor Qi transformation of the Urinary Bladder, which results in disorder of opening and closing of the urinary bladder and retention of excessive water in the body, thus oedema appears.

Oedema is subdivided in Yang and Yin types

With different aetiology and pathology, oedema is subdivided in Yang- and Yin oedema. Yang oedema, pertaining to excess, is caused by invasion of exogenous Wind, Damp and Toxins. Its chief location is in the Spleen and Lung.

While Yin oedema, pertaining to Deficiency is caused by Deficiency of Spleen-Yang and Kidney-Yang. Its chief location is in the Spleen and Kidney.

Yang oedema with long persistence may impair Spleen-Yang and Kidney-Yang, changing into Yin oedema, while Yin oedema with invasion of exogenous factors or improper diet may change into Yang oedema.

In addition prolonged persistence of oedema, causing obstruction of the channels and collaterals leads to formation of Blood Stagnation.

## **Treatment**

### **A. OEDEMA OF YANG TYPE**

#### **a. Edema caused by Invasion of Wind**

Symptoms and signs:

Abrupt onset, oedema originates from the face and eyelids and continues over the whole body, lustrous skin, pitting oedema with disappearance of pits after pressure, accompanied with chills, fever, difficulty in urination, general pain.

In case of predominance of Wind Heat there is redness of the throat, thirst, and red tongue, superficial, slippery and rapid pulse.

In case of predominance of Wind Cold there will be aversion to cold, cough, asthma, absence of thirst, thin and white tongue coating, superficial and slippery pulse or superficial and tense pulse.

Principle of treatment:

Dispel Wind, disperse Lung Qi and promote the flow of Water

#### **b. Invasion of Damp and Toxins**

Symptoms and signs:

Oedema originating from the face and eyelids spreading over the whole body, difficult urination, suppurative infection of the skin, aversion to Wind, fever.

Principle of treatment:

Disperse Lung Qi and remove toxins, eliminate Damp and relieve oedema

#### **c. Accumulation of Damp in the Spleen**

Symptoms and signs:

Oedema on the whole body, scanty urination, lassitude, fullness of the chest, and nausea

Principle of treatment:



Activate the Spleen and resolve Damp, relieve blockage of Yang and promote the flow of water.

**d. Accumulation of Damp-Heat**

Symptoms and signs:

Oedema on the whole body, lustrous skin, fullness of the chest and epigastric region, thirst, hotness of the body, scanty and deep yellow urine, constipation.

Principle of treatment:

Clear Heat and eliminate Damp

**B. OEDEMA OF YIN TYPE**

**a. Deficiency of Spleen-Yang**

Symptoms and signs:

Insidious onset of edema, mainly below the waist with pitting that doesn't disappear after pressure, fullness and distention in the epigastric and abdominal region, poor appetite, loose stool, pallor complexion, listlessness, coldness of the limbs, scanty urination

Principle of treatment:

Reinforce Yang, activate the Spleen and promote the flow of Water

**b. Deficiency of Kidney-Yang**

Symptoms and signs:

Oedema on the whole body, especially below the waist with pitting that doesn't disappear after pressure, palpitations, shortness of breath, lumbago, weakness of the knees, reduced urine output, coldness of the limbs, aversion to cold, pallor complexion.

Principle of treatment:

Reinforce Yang and warm the Kidney as well as promote the flow of Water

## Degenerative osteoarthropathy

Degenerative osteoarthropathy, also called osteoarthritis, is non-infective arthritis due to degeneration in the joints. It is a nonneoplastic disorder of progressive erosion of articular cartilage associated with aging, trauma, occupational injury. It chief sites are men-hips, women-knees and hands; also first metatarsophalangeal joint, lumbar spine; usually one joint or same joint bilaterally, at least initially. It may also be common in small joints of hands and wrist, particularly first carpometacarpal joint

### Clinical features include:

- It occurs usually at age 50+ years (present in 80% at age 65 years)
- **Symptoms:** pain worse with use of joint, crepitus, limited range of motion, nerve root compression; Heberden nodes in fingers of women only (osteophytes at DIP joints)
- **Secondary degenerative joint disease:** younger patients with predisposing condition (trauma, congenital, diabetes, obesity, ochronosis, hemochromatosis); includes knees of basketball players
- **Chondromalaciae patellae:** softening, fibrillation, fissuring and erosion of articular cartilage of patella ([Wikipedia](#))
- **Charcot joint (neuropathic arthropathy):** progressive (slow or rapid), destructive variant with large amounts of dead bone and cartilage particles embedded in synovium; severe subluxation or dislocation of joint with extreme deformity; also fibroblastic proliferation, reactive new bone formation; may be due to peripheral neuropathy associated with diabetes or syringomyelia
- **Mseleni joint disease:** familial disorder of South Africa, causes severe precocious, progressive degenerative osteoarthropathy; occurs in femoral head, degenerative and regenerative changes are present, but only mild osteomalacia and eburnation ([Hum Pathol 1985;16:117](#)); characterized by two distinct abnormalities, protrusio acetabuli that mainly affects females and increases in frequency with age, and hip dysplasia that is more frequent with age ([Joint Bone Spine 2010;77:399](#))
- **Loose bodies:** may form if portion of articular cartilage breaks off; has the tide mark of articular cartilage, has evidence of prior structure; normally loose body is nourished by synovium and continues to grow, has a tree ring appearance; no clumped atypical chondrocytes; no unevenly distributed chondrocytes

In radiology, it can be found that there is deformity of joint with loss of bone substance and cartilage, loss of joint space, migration of joint, osteophyte formation, sclerosis of subchondral bone, subchondral bone cysts.

### Pathogenesis

Liver and Kidney deficiency

As aging, especially after middle age, the Jing of the Liver and Kidney start to decline, Qi and Blood start to be weak. When there is overstrain, these essences will be constantly consumed, leading to failure of the Tendons and joints to be properly nourished, this disease occurs.

Deficiency of Qi and Blood

Qi and Blood would gradually be diminishing on senile patients. When it occurs, it may cause infirmity of the skin and muscles and weakness of the meridians, resulting in invasion of External Wind, Cold and Damp. If the joints are involved, this disease happens.

#### Excessive strain

Prolonged poor posture during labor working, excessive weight-bearing labor, etc, could cause improper Qi and Blood circulation and injuries to the Tendons and joints, thus invasion of Wind, Cold and Damp to the joints takes place, this disease happens.

#### Trauma

Falling down, wrong movement, improper operation and over exertion, etc, may all cause stagnation of Qi and Blood in the joints, this disease happens.

### **Clinical symptoms**

Slow onset of this disease usually is after 50 years of age. The main symptoms is joint pain, which is related with activities, mostly released after taking a rest, sometimes stiffness during rest. The stiffness usually doesn't last more than 30 m', etc.

- Joint pain
- Joint stiffness
- Joint swelling
- Joint deformity

### **Treatment**

#### **Invasion of Wind, Cold and Damp**

Joint pain, moving in nature, aversion to cold, muscle spasm, limitation of joint movement, headache, sensitive to weather changes, joint swelling, thin, white and greasy coating, superficial and wiry pulse.

Principle of treatment: dispel Wind, eliminate Cold-Damp, harmonise the collaterals and relieve the pain.

#### **Obstruction of collaterals by Cold**

Joint pain with stiffness and cold sensation, aversion to cold, cold hands and feet, clear urine diarrhoea, pale tongue, slow and deep pulse.

Principle of treatment: Warm the body and collaterals, dispel cold, harmonise the collaterals and relieve the pain.

#### **Obstruction of collaterals by Damp-Phlegm**

Joint pain with stiffness and heaviness, local swelling or oedema, poor appetite, nausea, diarrhoea, greasy and white coating, slipper and wiry pulse.

Principle of treatment: eliminate Damp, harmonise the collaterals and relieve the pain.

### **Obstruction of collaterals by Damp-Heat**

Joint pain with hot sensation and swelling, aversion to heat, hotness of local joints, thirst with no desire to drink, loose stool, heaviness of the joints and body, nausea and poor appetite, red tongue, yellow and greasy coating, slippery and rapid pulse.

Principle of treatment: eliminate Damp, clear Heat, harmonise the collaterals and relieve the pain.

### **Deficiency of Kidney-Yang**

Prolonged pain, lower back pain, knee weakness, aversion to cold, clean urine, nycturia, aversion to cold, pale tongue, thin and wet coating, deep and thread pulse.

Principle of treatment: tonify the Kidney, warm the Yang, harmonise the collaterals and relieve the pain.

### **Stagnation of Blood**

Prolonged pain, joint deformity, stabbing pain, worse at night, stiffness of the joints, muscle atrophy, difficulty in walking and joint movement, thin coating, thread pulse.

Principle of treatment: promote the Qi and Blood circulation, harmonise the collaterals and relieve the pain.

# Parkinson's Disease

The disease is named after the English doctor James Parkinson, who published the first detailed description in *An Essay on the Shaking Palsy* in 1817. In 2013 PD resulted in about 103,000 deaths globally, up from 44,000 deaths in 1990.

Parkinson's disease (PD, also known as idiopathic or primary parkinsonism, hypokinetic rigid syndrome (HRS), or paralysis agitans) is a degenerative disorder of the central nervous system mainly affecting the motor system. The motor symptoms of Parkinson's disease result from the death of dopamine-generating cells in the substantia nigra, a region of the midbrain. The causes of this cell death are poorly understood. Early in the course of the disease, the most obvious symptoms are movement-related; these include shaking, rigidity, slowness of movement and difficulty with walking and gait. Later, thinking and behavioral problems may arise, with dementia commonly occurring in the advanced stages of the disease, and depression is the most common psychiatric symptom. Other symptoms include sensory, sleep and emotional problems. Parkinson's disease is more common in older people, with most cases occurring after the age of 50.

The main motor symptoms are collectively called parkinsonism, or a "parkinsonian syndrome". The disease can be either primary or secondary. Primary Parkinson's disease is referred to as idiopathic (having no known cause), although some atypical cases have a genetic origin, while secondary parkinsonism is due to known causes like toxins. Many risks and protective factors have been investigated: the clearest evidence is for an increased risk of PD in people exposed to certain pesticides and a reduced risk in tobacco smokers. The pathology of the disease is characterized by the accumulation of a protein into Lewy bodies in neurons, and insufficient formation and activity of dopamine in certain parts of the midbrain. Where the Lewy bodies are located is often related to the expression and degree of the symptoms of an individual. Diagnosis of typical cases is mainly based on symptoms, with tests such as neuroimaging being used for confirmation.

Treatments, typically the medications L-DOPA and dopamine agonists, improve the early symptoms of the disease. As the disease progresses and dopaminergic neurons continue to be lost, these drugs eventually become ineffective at treating the symptoms and at the same time produce a complication marked by involuntary writhing movements. Diet and some forms of rehabilitation have shown some effectiveness at improving symptoms. Surgery and deep brain stimulation have been used to reduce motor symptoms as a last resort in severe cases where drugs are ineffective.

## Pathogenesis

This disease is mainly caused by following factors, such as

- Aging with weakness of the body
- Overstrain with damage to the Kidney-Jing
- Over working and tiredness and over worries with deficiency of Qi and Blood

- Over emotional stimulation with formation of internal Wind;
- Improper diet with formation of Damp-Phlegm, etc.

The chief locations are in the Liver and Kidney, related with Heart and Spleen.

The chief pathology is deficiency of Yin of the Liver and Kidney or deficiency of Qi and Blood causing formation of Liver.

## **Treatment**

### **1. Deficiency of Liver and Kidney**

Shaking or stiffness of limbs, spasm of the limbs, dizziness, lower back pain, weakness of the knees, red tongue, scanty coating, wiry and thready pulse.

Principle of treatment: nourish the Liver and Kidney, subdue the Liver and harmonize the collaterals.

### **2. Deficiency of Qi and Blood**

Spasm of the limbs with difficult movement, listlessness, pale complexion, weakness of the legs, tiredness, palpitations, thin and white coating, thready and weak pulse.

Principle of treatment: tonify the Qi and Blood, subdue the Wind and relieve tremor

### **3. Accumulation of Phlegm-Heat**

Head shaking, limbs trembling, fullness of the chest, nausea, bitter taste in the mouth, red tongue, yellow and greasy coating, wiry and slippery pulse.

Principle of treatment: clear Heat, eliminate Phlegm, subdue the Wind and relieve tremor

### **4. Stagnation of Qi and Blood**

Trembling of the hands and low limbs, difficult to move and stretch, numbness of the body and limbs with pain, emotional upset, purplish tongue, wiry and unsmooth pulse.

Principle of treatment: promote the Qi and Blood circulation, harmonize the collaterals and relieve the tremor.