

Hypothyroidism according to TCM-Diagnosis

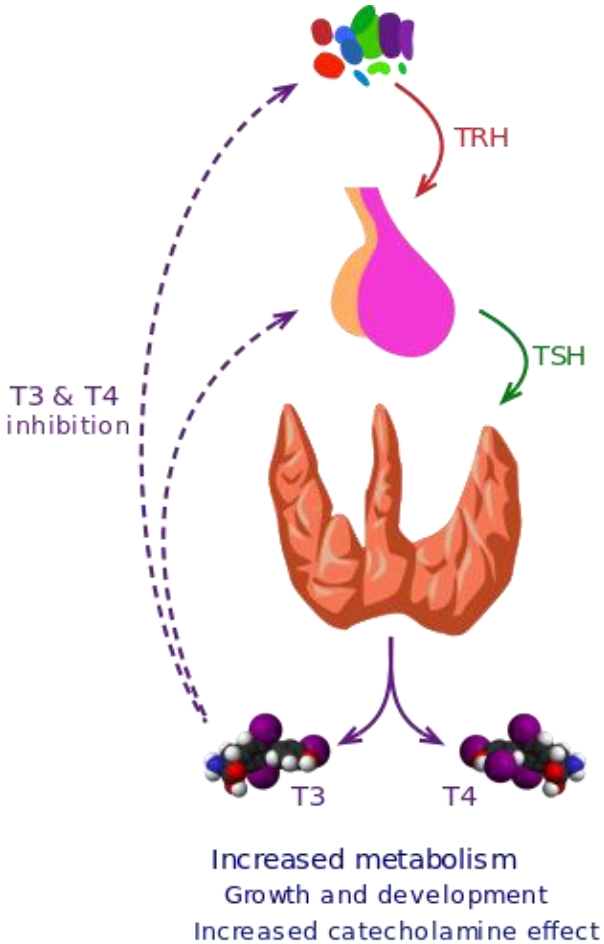
甲減

平

Ping Fang
31-01-2016



Thyroid



Hormones

Hormones have the following effects on the body:

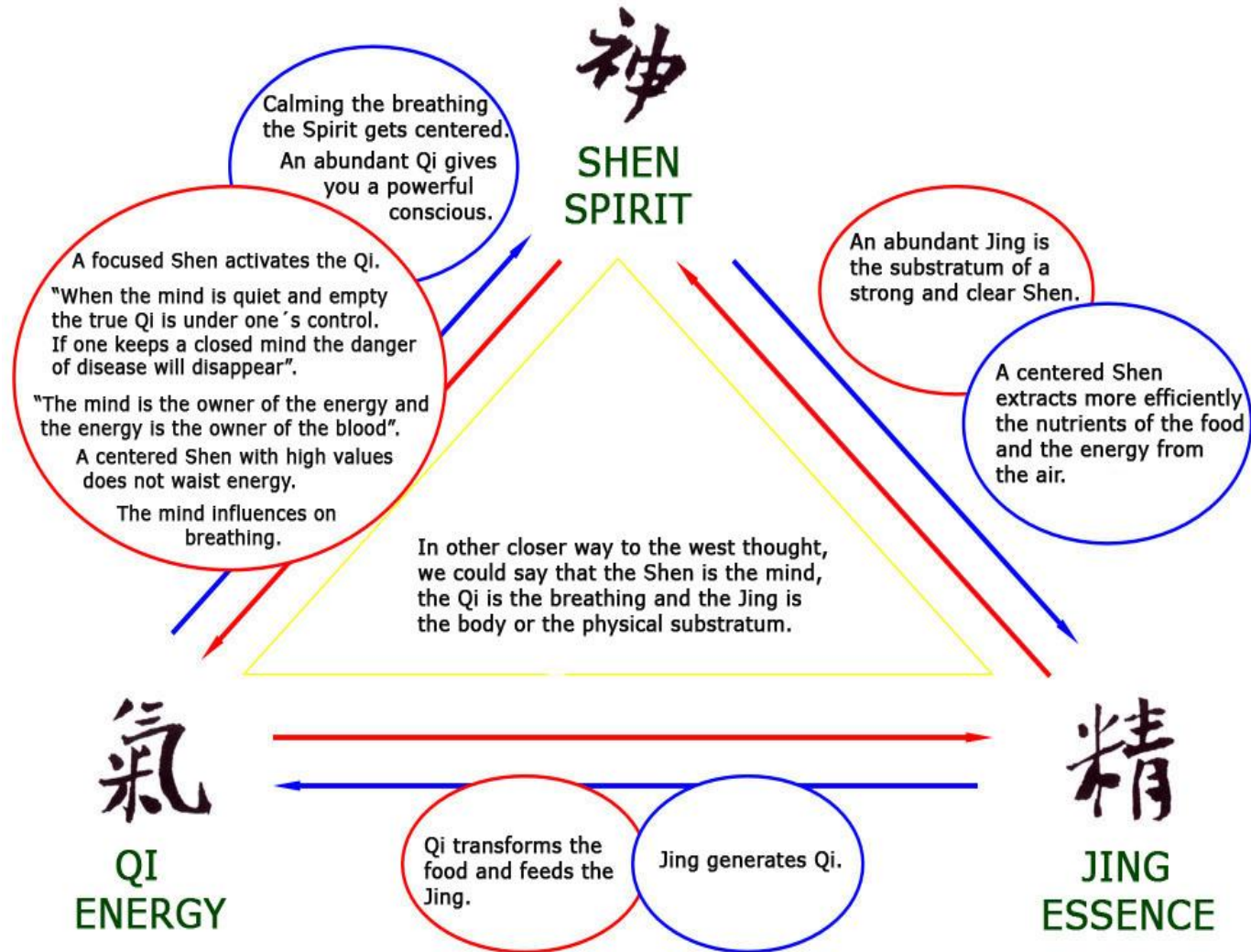
- stimulation or inhibition of growth
- wake-sleep cycle
- induction or suppression of apoptosis (programmed cell death)
- activation or inhibition of the immune system
- regulation of metabolism
- preparation of the body for mating, fighting, fleeing, and other activities
- preparation of the body for a new phase of life, such as puberty, parenting and menopause
- control of the reproductive cycle
- sexual arousal

Kidney Jing: Essence

Kidney Jing:

- Derives from both pre-heaven essence and post-heaven essence
- Hereditary energy that determines the person's constitution
- Interacts with the post-heaven essence and is replenished by it
- Determines growth, reproduction, development, sexual maturation, conception, pregnancy, menopause and ageing

Three treasures

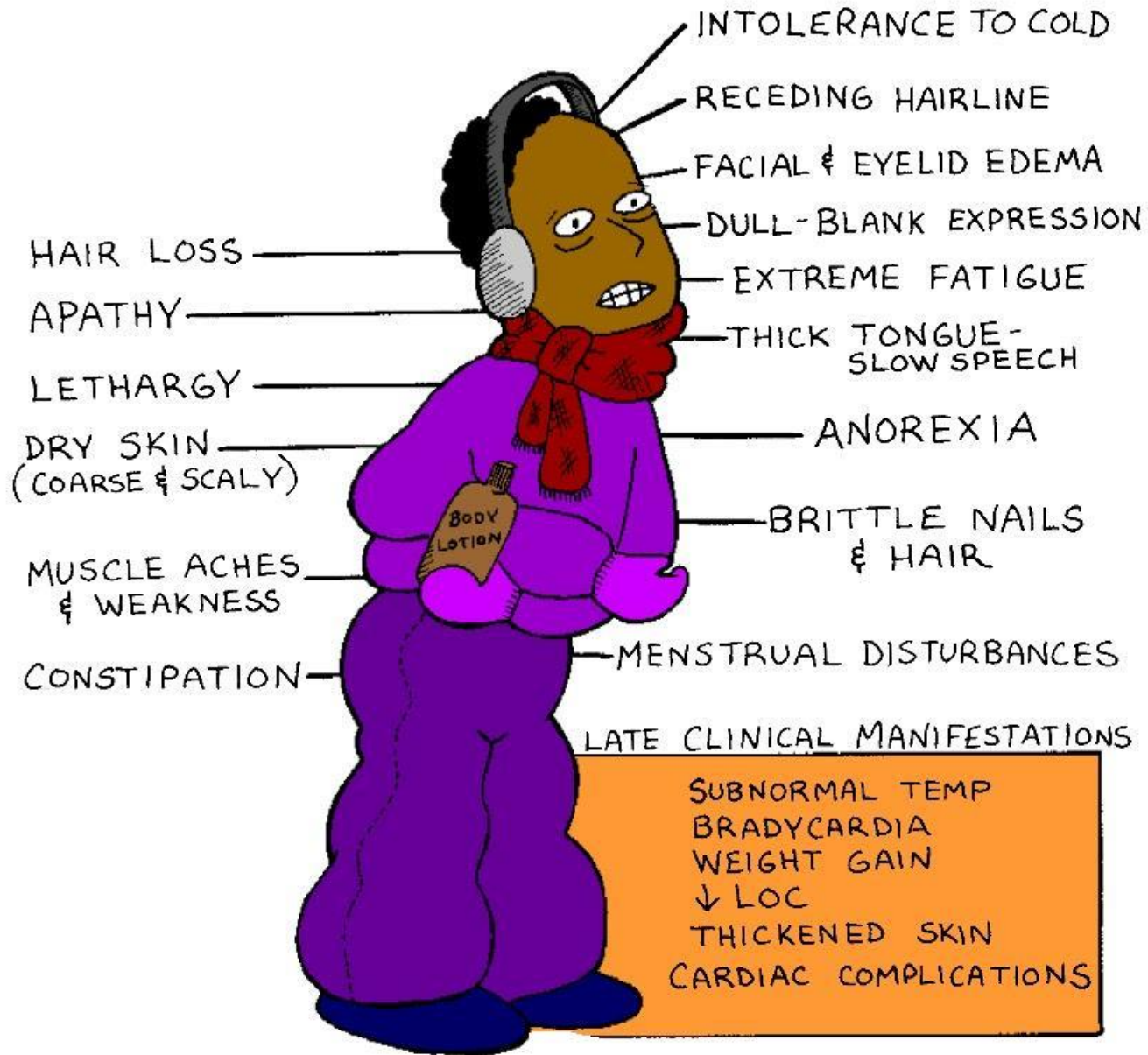


And the winner is...



- One of the world's most famous soccer player – Ronaldo - is not immune to the challenges of living with a thyroid condition.
- He was suffering from hypothyroidism. Since that time has suffered a knee injury and a number of other injuries, as well as a public battle with his weight that had fans yelling "El Gordo" (Fat One) at him during games

HYPOTHYROIDISM



Hypothyroidism: Symptoms

- Fatigue
- Feeling cold, esp. extremities
- In children, delay in growth and intellectual development
- Poor hearing, memory and concentration
- Weight gain
- Edema, swelling of the limbs
- Slow pulse
- Constipation, dry skin, hoarseness
- Muscle weakness, aches, tenderness and stiffness
- Heavier than normal or irregular menstrual periods
- Depression

Huang Di Nei Jing

Huang Di: 'Someone suffers from swelling of the face and eyes, pulse is large and tight, the body has no pain and gaining weight, no appetite and can only eat a small amount of food, how is that disease called?'

Qi Bo: 'This disease emerges from the kidneys, it is called kidney wind. In case of kidney wind one cannot eat and tends to be frightened. When the fright has ended and the heart qi fails, death results'

Su wen: qi bing lun 47(unusual illness)

Huang Di Nei Jing (2)

Huang Di asked Qi Bo: 'In the initiation of edema, it appears on one's eyelid to be somewhat swelling as if he has just awoke from sleep..., he feels cold in the inner side of the thigh and has edema in the leg, the abdomen is enlarged... ?'

Qi Bo: 'The formation of swelling is due to the retention of cold between the skins, belly is large and hollow, swelling all over the body, pitting, ...'

Ling Shu: Shui zhang 57 (The edema)

Ying Bing: Goiter

- Disorders characterized by enlarged lumps located bilaterally around the neck
- Patterns: qi stagnation, phlegm and blood stasis
- Caused by emotional injuries, improper diet and iodine-deficiency

Xu Lao: Fatigue

- Multiple chronic and debilitating syndroms resulting from functional failure of the Zang-Fu organs and deficiency of qi, blood, yin and yang
- Symptoms: lassitude, palpitations, short breath, lusterless complexion, spontaneous sweating, cold intolerance, cold limbs

Shui Zhong: Edema

- Water retention inside the body and characterized by swollen eyelids, face, four limbs, abdomen and back, or all over the body
- Pathogenesis: the lung failing to disperse, the spleen failing to transform and transport, the kidney failing to control urine and stool discharges and impairment of San-Jiao Qi transformation

Hypothyroidism: Causes

Causes

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graph TD; Causes[Causes] --- Emotional[Emotional stress]; Causes --- Diet[Diet]; Causes --- EPF[EPF]; Causes --- Trauma[Trauma]; Emotional --- Liver[Liver qi stagnation]; Diet --- Pi[Impairment of Pi & Wei]; Diet --- Damp[Internal dampness, cold, heat, phlegm]; EPF --- Wind[Wind-heat attack]; EPF --- Throat[throat pain]; EPF --- Swelling[swelling]; Trauma --- Operation[Operation]; Trauma --- Medication[Medication];
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Emotional
stress

Liver qi
stagnation

Diet

Impairment of
Pi & Wei
Internal dampness,
cold, heat, phlegm

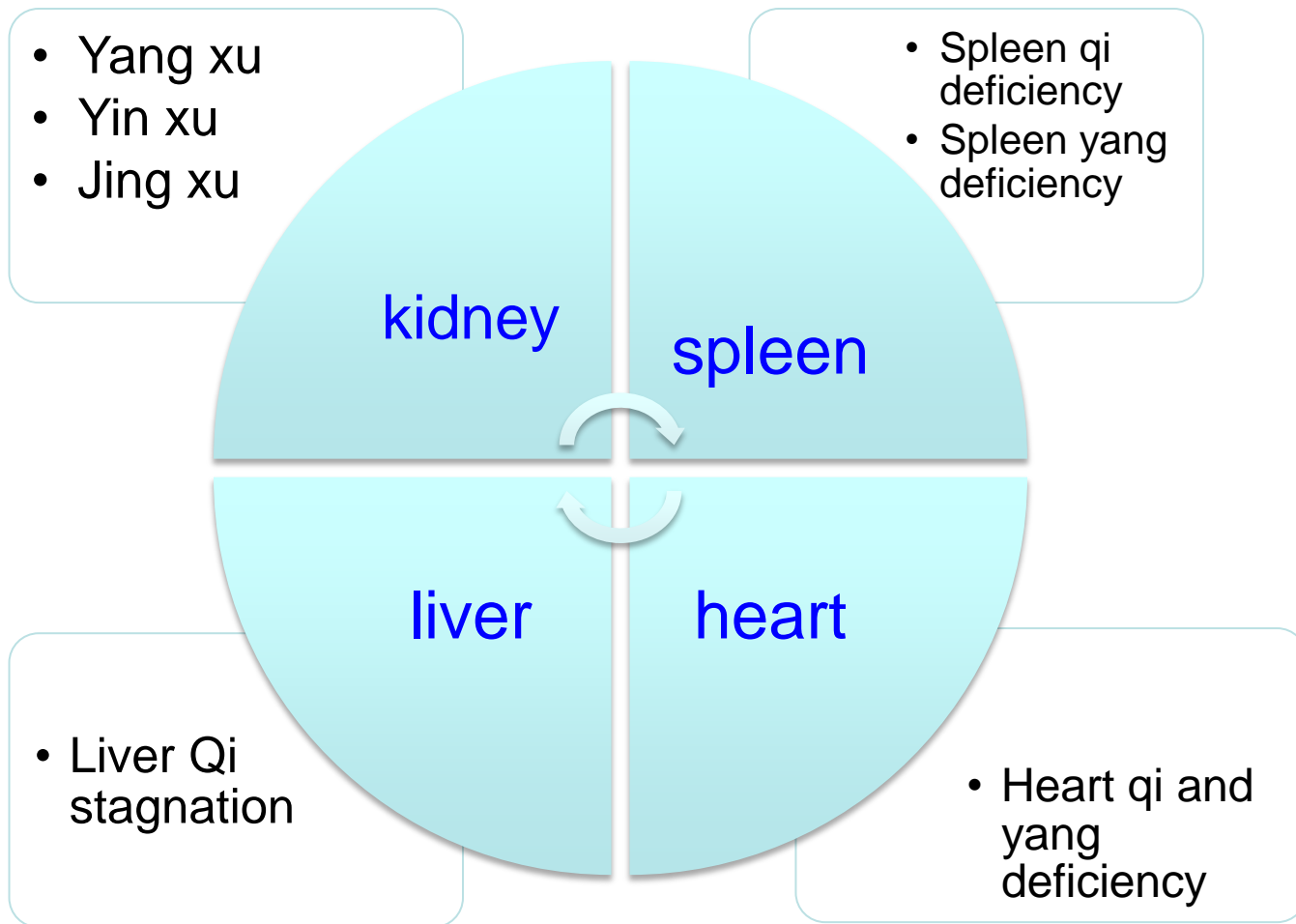
EPF

Wind-heat attack
throat pain
swelling

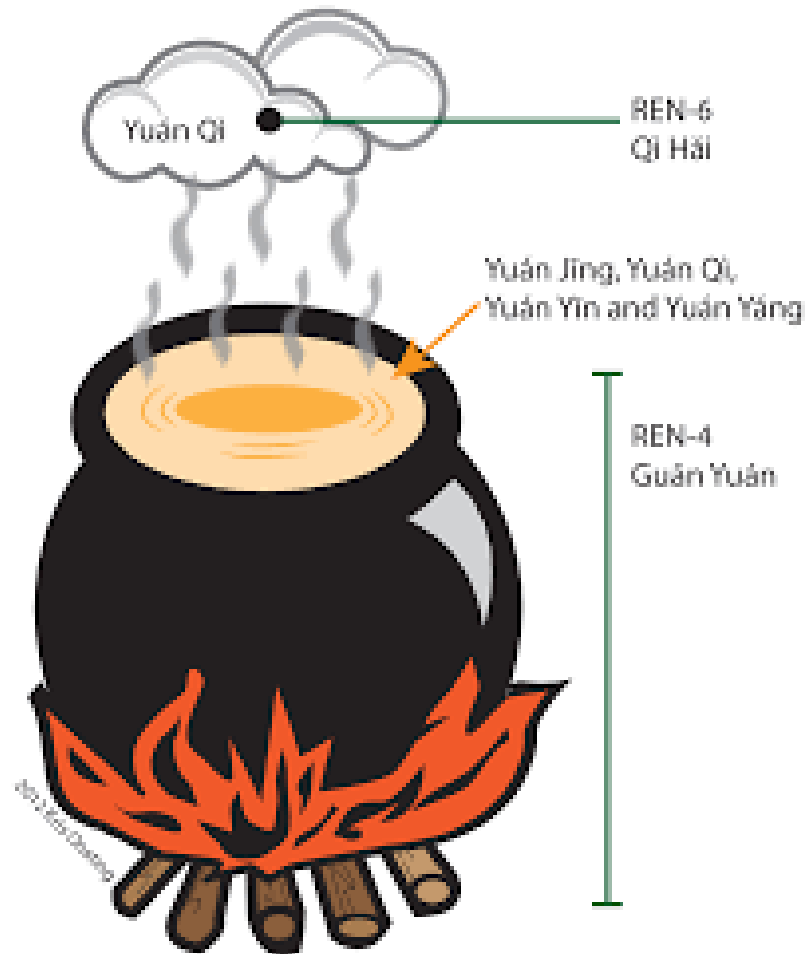
Trauma

Operation
Medication

Hypothyroidism: organs



Kidney Jing Qi Yin Yang



Hypothyroidism: Kidney

- Yang deficiency: feeling cold, cold extremities
- Yin deficiency: constipation, dry skin, hoarseness
- Jing deficiency: In children, delay in growth and intellectual development, in elderly, poor hearing, memory and concentration
- Kidney qi dysfunction: in fluids, edema, swelling of the limbs

Hypothyroidism: Spleen and Heart

- muscle weakness, aches, tenderness and stiffness;
- heavier than normal or irregular menstrual periods
- Weight gain
- Slow pulse

Treatment principle

- **Tong Bing Yi Zhi:**
Same disease different treatment
- **Yi Bing Tong Zhi:**
Different disease same treatment

Case 1

Female, 34, 20-03-2014 first consult:

- Disease history: In 2008 diagnosed as hyperthyroidism, treated with regular medicine. In 2013 diagnosed as hypothyroidism, medication: euthyrox
- Complaints: stomachache, acid and nausea with bloating, no appetite and easy constipated. Feeling pressure on chest, often panic attack. Body cold, esp. hands and feet
- Tongue: light-red with white grease coating and toothmarks
- Pulse: thin-wiry

Case 1

- TCM diagnosis: stomach ache due to spleen, stomach qi deficiency, qi stagnation with phlegm zhong jiao
- Herbal Formula: Xiang Sha Liu Jun Zi Tang modification:
12 g dang shen, 12 g fu ling ,12 g bai zhu, 6 g zhi gan cao,
6 g chen pi, 6 g ban xia, 6 g sha ren, 6 g mu xiang, 9 g hou po,
9 g huo ma ren
- Acupuncture: ST36, SP4, P6, RN 12, RN17, L4, Liv3
- Result: by third consult she has no stomachache and less bloating and panic attack, and stops the regular medicine, after 5 treatment, her stomach is completely recovered and no constipation and panic attack anymore

Case 2

Female, 54, 14-03-2014 first consult:

- Disease history: In 2004 diagnosed as hypothyroidism, medication: euthyrox
- Complaints: tiredness, headache (occiput) with heaviness, aversion to cold and wind, cramping and sharp pain in the heart by cold weather, edema leg, hot flashes and night sweat
- Tongue: pale with thin white coating, wet and toothmarks
- Pulse: deep-weak

Case 2

- TCM diagnosis: tiredness and edema due to Kidney yang deficiency
- Herbal Formula: Zhen Wu Tang modification:
12g fu ling , 12g bai shao, 12g bai zhu, 9g sheng jiang
12g fu zi, 12g dang shen, 12g huang qi,
6g qiang huo, 6g gao ben, 9 g di gu pi
- Acupuncture: RN4, RN6, ST36, DU20, R9, ST29, SP9, BL22, BL23, BL39, GB20, K3
- Result: by 4th consult she feels less tired, less cold and the frequency of headache attack dropped off, she continue another 5 treatments before the summer and after summer she comes back once a while and her condition is stabilized.

Case 3

Female, 52, 16-09-2015 First Consult:

- Disease history: In 2000 diagnosed with hypothyroidism. Medication: Euthyrox. In 2012 diagnosed with Brughoecktumor. Her family has history of high cholesterol and she is taking Simvastatine for prevention.
- Complaints: loss of balance, dizziness, heavy sounds in the head and ear. Facial complaints left side with numbness and feeling of pressure. Pain behind the ear. Very thirsty and easy constipated.
- Tongue: light red, thin white coating and toothmarks.
- Pulse: chen – hua (deep and slippery)

Case 3

- TCM diagnosis: Dizziness due to Shui-Yin upward
- Herbal Formula: Wu Ling San modification:
12g fu ling , 6g gui zhi, 12g bai zhu, 9g zhu ling
15g ze xie, 12g yi yi ren, 12g huo ma ren,
12 gua lou, 9g shan zha, 9g dan shen, 9 g shi chang pu,
9g chuan niu xi
- Acupuncture: RN12, DU20, GB21, ST40, SJ6, ST25,
SJ17, GB20, GB2 , LI4
- Result: After 7 treatments her complaints have gone.
She comes back once a while and her condition is
stablized.

Acupuncture Treatment

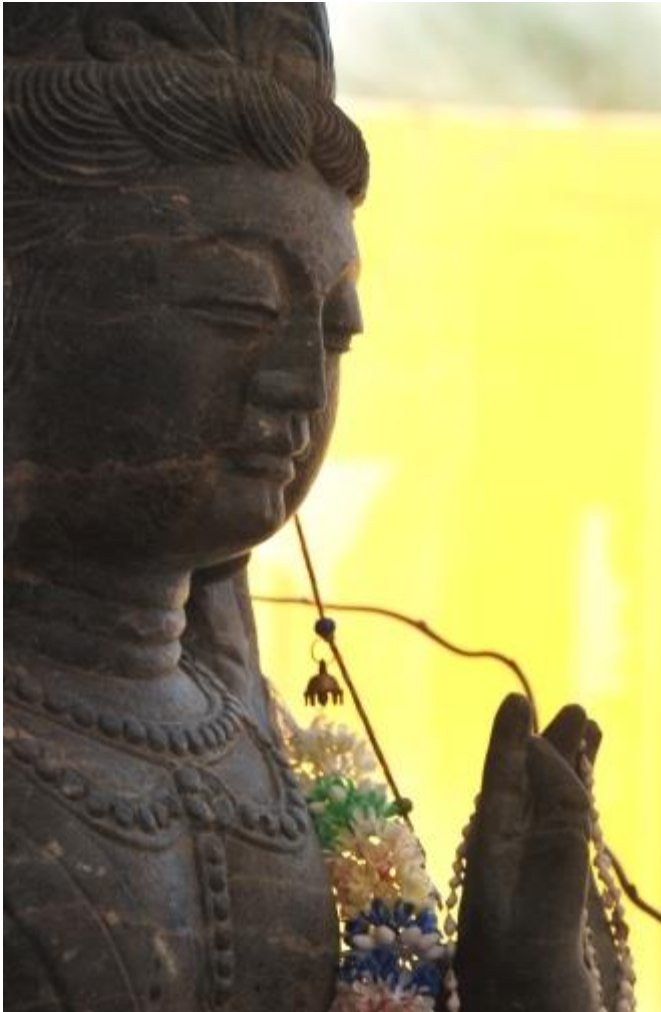


Prevention is better than cure



- Environment
- Diet
- Life style
- Qi Gong/Tai Ji/
Yoga/sport/ Exercise
- Meditation

Thank you



A journey
of a thousand miles
starts
under ones feet

Lao Zi