**ECZEMA eczeem american dragon**

**GENERAL**

**Clinical Manifestations**

|  |  |
| --- | --- |
|  | * Redness
* Swelling
* Vesicles
* Weeping
* Crusting
* Scaling
* Itching
* Burning
* Acute:Lesions appear abruptly on the interior aspects of the four extremities (cubital and popliteal creases)They may affect the face and neckThey can appear on the dorsal aspect of the hands and feet and scrotumThere is erythemaThey may appear as bright red and swollen plaques with papules or pustules, vesicles or watery blistersThere is suppuration which eventually form scabsTwo or three types of lesions may present simultaneouslyThe border is always indistinctThey are intensely itchyAcute lesions are often confused with contact dermatitis
* Chronic:Red, scaly, rough, thickened skin (lichenification) which is dry and sometimes fissuredDesquamationPigment sedimentationDistinct bordersFrequent severe itchingFrequent acute flare upsLesions frequently appear on the face, behind the auricles of the ears, shanks or on the scrotumLesions may appear anywhere
 |
| **Treatment Principle** | * Acute: Clear HeatEliminate Dampness
* Chronic:Nourish the BloodDispel Wind
 |
| **Herb Formulas** | * Acute: [*Bei Xie Shen Shi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BeiXieShenShiTang.html) *+* [*Er Miao San*](http://www.americandragon.com/Herb%20Formulas%20copy/ErMiaoSan.html)[*Da Cheng Qi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/DaChengQiTang.html)
* Chronic: [*Si Wu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/SiWuTang.html) *+* [*Xiao Feng San*](http://www.americandragon.com/Herb%20Formulas%20copy/XiaoFengSan.html) [*Di Huang Yin*](http://www.americandragon.com/Herb%20Formulas%20copy/DiHuangYin.html)
* To inhibit dermatitis and the associated inflammatory changes and correct the immunological imbalances seen in patients with eczema: [*Shi Quan Da Bu Ta*ng](http://www.americandragon.com/Herb%20Formulas%20copy/ShiQuanDaBuTang.html)[*Bu Zhong Yi Qi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BuZhongYiQiTang.html)[*Huang Lian Jie Du Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/HuangLianJieDuTang.html)
* To prevent the elevation of serum IgE levels:[*Shi Quan Da Bu Ta*ng](http://www.americandragon.com/Herb%20Formulas%20copy/ShiQuanDaBuTang.html)[*Bu Zhong Yi Qi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BuZhongYiQiTang.html)
* Topical: [Topical #2](http://www.americandragon.com/Herb%20Formulas%20copy/Topical2.html)[*Qing Dai Gao*](http://www.americandragon.com/Herb%20Formulas%20copy/QingDaiGao.html)[*San Huang Xi Ji*](http://www.americandragon.com/Herb%20Formulas%20copy/SanHuangXiJi.html)[Wet Dressing Formula](http://www.americandragon.com/Herb%20Formulas%20copy/WetDressingFormula.html)[*Lu Lu Tong Shui Xi Ji*](http://www.americandragon.com/Herb%20Formulas%20copy/LuLuTongShuiXiJi.html)[BE Lotion](http://www.americandragon.com/Herb%20Formulas%20copy/BELotion.html)[Fungus #1](http://www.americandragon.com/Herb%20Formulas%20copy/Fungus1.html)[*Shi Zhen San*](http://www.americandragon.com/Herb%20Formulas%20copy/ShiZhenSan.html)Acute: [Acute Eczema Compress #1](http://www.americandragon.com/Herb%20Formulas%20copy/AcuteEczemaCompress1.html) Chronic: [Chronic Eczema Wash #1](http://www.americandragon.com/Herb%20Formulas%20copy/ChronicEczemaWash1.html)[*Hei Dou Liu You Ruan Gao*](http://www.americandragon.com/Herb%20Formulas%20copy/HeiDouLiuYouRuanGao.html)
 |
| **Points** | * [LI-4](http://www.americandragon.com/Points/LI-4.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [ST-36](http://www.americandragon.com/Points/ST-36.html), [ST-40](http://www.americandragon.com/Points/ST-40.html), [HT-7](http://www.americandragon.com/Points/HT-7.html)Extreme itching: + [GB-31](http://www.americandragon.com/Points/GB-31.html), [HT-8](http://www.americandragon.com/Points/HT-8.html)Blood deficiency: + [UB-17](http://www.americandragon.com/Points/UB-17.html)
* For weeping eczema: [UB-60](http://www.americandragon.com/Points/UB-60.html), [UB-40](http://www.americandragon.com/Points/UB-40.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html), [SI-3](http://www.americandragon.com/Points/SI-3.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm)
* Ear Acupuncture: Lung, Heart, Spleen, Adrenal, *Shenmen*Lung, *Shenmen*, Adrenal, Bleed retroauricular vein, Liver, Subcortex
 |

***TAI YANG ZHONG FENG***

**Clinical Manifestations**

|  |  |
| --- | --- |
|  | * Eczema
* Aversion to Wind
* Mild or severe chills
* Fever which may be persistent
* Uneasiness from fever
* Spontaneous perspiration
* Stiff neck and shoulders
* Nausea
* Nasal irritation
* Nasal obstruction
* Tendency to snore
* Itchy throat
* T:  Normal
* C:  Thin and white
* P:  Superficial and slow or Moderate and maybe weak
 |
| **Treatment Principle** | * Create sweat to relieve the Exterior and expel Wind
* Harmonize the *Ying* and *Wei* to protect digestion
* Nourish Deficiency
 |
| **Herb Formulas** | * [*Gui Zhi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/GuiZhiTang.html)
* With neck and shoulder stiffness and pain: [*Gui Zhi Jia Ge Gen Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/GuiZhiJiaGeGenTang.html)
* With cough and wheezing: [*Gui Zhi Jia Hou Po Xing Ren Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/GuiZhiJiaHouPoXingRenTang.html)
* With Dampness: [*Ren Shen Bai Du San*](http://www.americandragon.com/Herb%20Formulas%20copy/RenShenBaiDuSan.html)
 |
| **Points** | * To Disperse Wind: [GB-20](http://www.americandragon.com/Points/GB-20.html), [DU-16](http://www.americandragon.com/Points/DU-16.html), [UB-12](http://www.americandragon.com/Points/UB-12.html)
* To Tonify the Lungs: [UB-13](http://www.americandragon.com/Points/UB-13.html)
* For nasal obstruction: [LI-20](http://www.americandragon.com/Points/LI-20.html), [*Bitong*](http://www.americandragon.com/Points/Bitong.html), [*Yintang*](http://www.americandragon.com/Points/Yintang.html)
* To promote sweat: [LI-4](http://www.americandragon.com/Points/LI-4.html), [KI-7](http://www.americandragon.com/Points/KI-7.html), [LU-7](http://www.americandragon.com/Points/LU-7.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html)
* For Dampness: [ST-36](http://www.americandragon.com/Points/ST-36.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [SP-8](http://www.americandragon.com/Points/SP-8.html), [REN-12](http://www.americandragon.com/Points/REN-12.html)
 |

### TAI YANG - YANG MING - SHAO YIN HEAT

##### Clinical Manifestations

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Dizziness
* Red, sore eyes
* Difficulty swallowing
* Nasal congestion and infection
* Thick, sticky nasal discharge and saliva
* Bitter taste in the mouth
* Dry mouth
* Focal distention in the chest and diaphragm
* Stifling sensation in the chest and diaphragm
* Manic behavior
* Carbuncles
* Heat rash
* Headache
* Acne
* Chills
* High fever
* Restlessness
* Urticaria
* Sore throat
* Swelling of the throat
* Coughing
* Reddish urine
* Dyspnea
* Vertigo
* Severe aversion to Cold
* Skin rashes
* Skin ruptures or ulcers
* Tense abdomen
* Shoulder stiffness
* Numb extremities
* Fatigue
* Constipation
* Dysuria with reddish urine
* Dark, rough urination
* Obesity
* Fullness of the abdomen
* Fullness of the epigastrium
* Heaviness in the head
* T: Red
* C: White or Yellow and greasy
* P: Flooding and rapid or Wiry and slippery or Floating, smooth and rapid or Floating, slippery, rapid and wiry or Floating, slippery, rapid and overflowing
 |
| **Treatment Principle** | * Disperse Wind
* Release the Exterior
* Drain Heat
* Unblock the bowels
 |
| **Herb Formulas** | * [*Fang Feng Tong Sheng San*](http://www.americandragon.com/Herb%20Formulas%20copy/FangFengTongShengSan.html)
 |
| **Points** |  |

***SHANG HAN-TAI YANG* LEVEL (WIND-COLD ATTACKS THE LUNGS)**

|  |  |  |
| --- | --- | --- |
| **Clinical Manifestations** | * Acute nasal congestion
* Continuous or sustained nasal congestion
* Transient, declining sense of smell or loss of sense of smell
* Clear, watery nasal discharge
* Sneezing
* Itching eyes and nose
* Pale, baggy mucus membranes
* Red, swollen conjunctiva
* Edema and vasodiation of the nasal mucus membrane
* Maybe nasal polyps
* Maybe nasal obstruction
* Severe chills
* Mild or no fever
* Aversion to Cold
* Generalized discomfort
* Stiff neck and shoulders
 | * Generally severe frontal or occipital headache
* Body aches
* Joint ache
* Nausea
* Vomiting
* Hiccups
* Anhidrosis
* Gasping
* Stabbing joint pain
* Itchy throat
* Cough
* Asthma
* Aversion to Wind and Cold
* Maybe low back pain
* Maybe frozen shoulder
* Maybe dyspnea
* Maybe epistaxis (severe)
* T: Normal
* C: Thin, white
* P: Superficial or Superficial and tight
 |
| **Treatment Principle** | * Relieve Exterior
* Expel Cold
* Disperse the Lungs
* Unblocks the nasal passages
 |
| **Herb Formulas** | * [Ma Huang Tang](http://www.americandragon.com/Herb%20Formulas%20copy/MaHuangTang.html)
* [*Jing Fang Bai Du San*](http://www.americandragon.com/Herb%20Formulas%20copy/JingFangBaiDuSan.html)
* [*Xing Su San*](http://www.americandragon.com/Herb%20Formulas%20copy/XingSuSan.html)
* [*Xiao Qing Long Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/XiaoQingLongTang.html)
* [*Gui Zhi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/GuiZhiTang.html)
* [*Ma Huang Jia Zhu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/MaHuangJia%20ZhuTang.html)
* [*Xin Yi San*](http://www.americandragon.com/Herb%20Formulas%20copy/XinYiSan.html)modified
* [*Shi Shen Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/ShiShenTang.html)
* [*Hua Gai San*](http://www.americandragon.com/Herb%20Formulas%20copy/HuaGaiSan.html)
* For pain in the nasal cavity: [*Jia Wei Xin Yi San*](http://www.americandragon.com/Herb%20Formulas%20copy/JiaWeiXinYiSan.html)
* With neck and shoulder stiffness: [*Ge Gen Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/GeGenTang.html)
* With vomiting but no diarrhea: [*Ge Gen Jia Ban Xia Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/GeGenJiaBanXiaTang.html)
* Ear: Inner nose, Forehead, Tip of the nose, Lung
* Patent Medicines:  *Bi Min Gan Wan* (Pe Min Kan Wan)  *Gan Mao Ling*For prominent headache: *Chuan Xiong Cha Tiao Wan*
 |
| **Points** | * [LI-4](http://www.americandragon.com/Points/LI-4.html), [LI-20](http://www.americandragon.com/Points/LI-20.html), [LI-19](http://www.americandragon.com/Points/LI-19.html), [UB-7](http://www.americandragon.com/Points/UB-7.html), [LU-7](http://www.americandragon.com/Points/LU-7.html), [ST-36](http://www.americandragon.com/Points/ST-36.html)
* [GB-20](http://www.americandragon.com/Points/GB-20.html), [GB-11](http://www.americandragon.com/Points/GB-11.html), [LI-20](http://www.americandragon.com/Points/LI-20.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [LI-4](http://www.americandragon.com/Points/LI-4.html)
* [UB-12](http://www.americandragon.com/Points/UB-12.html), [UB-13](http://www.americandragon.com/Points/UB-13.html), [GB-20](http://www.americandragon.com/Points/GB-20.html), [LU-7](http://www.americandragon.com/Points/LU-7.html), [LU-5](http://www.americandragon.com/Points/LU-5.html), [LI-4](http://www.americandragon.com/Points/LI-4.html), [KI-7](http://www.americandragon.com/Points/KI-7.html), [DU-16](http://www.americandragon.com/Points/DU-16.html)
* [UB-6](http://www.americandragon.com/Points/UB-6.html), [UB-2](http://www.americandragon.com/Points/UB-2.html), [SI-3](http://www.americandragon.com/Points/SI-3.html)
* [LU-7](http://www.americandragon.com/Points/LU-7.html), [LI-4](http://www.americandragon.com/Points/LI-4.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [*Yintang*](http://www.americandragon.com/Points/Yintang.html)*,* [LI-20](http://www.americandragon.com/Points/LI-20.html), [DU-23](http://www.americandragon.com/Points/DU-23.html), [UB-2](http://www.americandragon.com/Points/UB-2.html), [*Bitong*](http://www.americandragon.com/Points/Bitong.html)
* [DU-23](http://www.americandragon.com/Points/DU-23.html), [LI-20](http://www.americandragon.com/Points/LI-20.html), [LI-4](http://www.americandragon.com/Points/LI-4.html), [LU-7](http://www.americandragon.com/Points/LU-7.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html)
* For Wind: [UB-12](http://www.americandragon.com/Points/UB-12.html), [GB-20](http://www.americandragon.com/Points/GB-20.html), [LI-4](http://www.americandragon.com/Points/LI-4.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html), [LI-20](http://www.americandragon.com/Points/LI-20.html)
* To Expel Wind Cold: [GB-20](http://www.americandragon.com/Points/GB-20.html), [DU-16](http://www.americandragon.com/Points/DU-16.html), [UB-12](http://www.americandragon.com/Points/UB-12.html)
* To Disperse the Lung: [UB-13](http://www.americandragon.com/Points/UB-13.html)
* To clear nasal obstruction: [LI-20](http://www.americandragon.com/Points/LI-20.html), [*Bitong*](http://www.americandragon.com/Points/Bitong.html)*,* [*Yintang*](http://www.americandragon.com/Points/Yintang.html)
* To Promote Sweat: [LI-4](http://www.americandragon.com/Points/LI-4.html), [KI-7](http://www.americandragon.com/Points/KI-7.html), [LU-7](http://www.americandragon.com/Points/LU-7.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html)
* [DU-14](http://www.americandragon.com/Points/DU-14.html), [UB-12](http://www.americandragon.com/Points/UB-12.html), [GB-20](http://www.americandragon.com/Points/GB-20.html), [LI-4](http://www.americandragon.com/Points/LI-4.html), [KI-7](http://www.americandragon.com/Points/KI-7.html)
* For headache: [ST-8](http://www.americandragon.com/Points/ST-8.html)
* For cough: [UB-13](http://www.americandragon.com/Points/UB-13.html)
* Ear: Inner nose, Forehead, Tip of the nose, Lung
 |

**WIND-COLD INVASION WITH DAMP ACCUMULATION**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Itching or tickling in the throat
* Wheezing
* Sneezing
* Gasping
* Cough with expectoration of thin, watery or frothy white sputum
* General body aches
* No thirst
* Dyspnea
* Headache
* Body aches
* A sensation of heaviness
* Chills with low grade fever
* Maybe asthma
* Intolerance of Cold
* Anhidrosis
* Blocked and/or runny nose with watery nasal discharge
* Chest discomfort
* Neck stiffness
* Irritability
* T: Pink
* C: Thin, white and moist
* P: Superficial and tight
 |
| **Treatment Principle** | * Disperse Wind-Cold
* Induce diaphoresis
* Dispel Dampness
 |
| **Herb Formulas** | * [*Ma Huang Jia Zhu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/MaHuangJia%20ZhuTang.html)
* [*Yue Bi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/YueBiTang.html)
* [*Jing Fang Bai Du San*](http://www.americandragon.com/Herb%20Formulas%20copy/JingFangBaiDuSan.html)
* With *Qi* Deficiency: [*Cang Lin San*](http://www.americandragon.com/Herb%20Formulas%20copy/CangLinSan.html)
 |
| **Points** | * [DU-16](http://www.americandragon.com/Points/DU-16.html), [GB-20](http://www.americandragon.com/Points/GB-20.html), [UB-12](http://www.americandragon.com/Points/UB-12.html), [LI-4](http://www.americandragon.com/Points/LI-4.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html) (Sedating technique), [UB-13](http://www.americandragon.com/Points/UB-13.html), [LU-7](http://www.americandragon.com/Points/LU-7.html), [REN-17](http://www.americandragon.com/Points/REN-17.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), Moxa [REN-4](http://www.americandragon.com/Points/REN-4.html), [REN-6](http://www.americandragon.com/Points/REN-6.html), [DU-4](http://www.americandragon.com/Points/DU-4.html)
 |

***TAI YANG - YANG MING***

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Fever
* Sweating
* Thirst
* Dysenteric diarrhea
* Foul-smelling stools
* A burning sensation around the anus
* Gasping
* Ephidrosis
* Palpitations
* Tenesmus
* Maybe red tinged urine
* Irritability and Heat in the chest and epigastrium
* Stiffness and spasms at the back of the neck
* Dry mouth
* Dyspnea with perspiration
* Maybe wheezing
* T: Red
* C: Yellow (Greasy)
* P: Rapid
 |
| **Treatment Principle** | * Release the Exterior
* Clear Internal *Yang Ming* Heat
 |
| **Herb Formulas** | * [*Ge Gen Huang Qin Huang Lian Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/GeGenHuangQinHuangLianTang.html)
 |
| **Points** | * General points
 |

***SHAO YANG JING***

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Periaural eczema
* Alternating chills and fever
* Restlessness
* Irritability
* Anorexia
* Sometimes fatigue
* Nausea
* Occasional vomiting
* Headaches (side of head)
* Hypochondriac pain
* Rib pain
* Achiness
* Ear infection
* Hearing difficulty
* Red eyes
* Stiff shoulders
* Throat pain
* Hip pain
* T: Normal with bumps or dots on side
* C: Thin white
* P: Wiry
 |
| **Treatment Principle** | * Harmonize the Liver and Gall Bladder
 |
| **Herb Formulas** | * [*Xiao Chai Hu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/XiaoChaiHuTang.html)
 |
| **Points** | * [GB-41](http://www.americandragon.com/Points/GB-41.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html)
* To harmonize the Liver and Gall Bladder: [GB-34](http://www.americandragon.com/Points/GB-34.html), [LIV-3](http://www.americandragon.com/Points/LIV-3.html), [LIV-14](http://www.americandragon.com/Points/LIV-14.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html)
* To stop nausea and vomiting: [PC-6](http://www.americandragon.com/Points/PC-6.html), [SP-4](http://www.americandragon.com/Points/SP-4.html), [ST-36](http://www.americandragon.com/Points/ST-36.html)
* To treat headache: [GB-1](http://www.americandragon.com/Points/GB-1.html), [GB-8](http://www.americandragon.com/Points/GB-8.html), [GB-14](http://www.americandragon.com/Points/GB-14.html), [*Taiyang*](http://www.americandragon.com/Points/Taiyang.html)
* To treat constipation: [SJ-6](http://www.americandragon.com/Points/SJ-6.html), [ST-25](http://www.americandragon.com/Points/ST-25.html)
* To treat fever: [DU-13](http://www.americandragon.com/Points/DU-13.html), [DU-14](http://www.americandragon.com/Points/DU-14.html)
* To support the *San Jiao* and Regulate *Yin*: [PC-5](http://www.americandragon.com/Points/PC-5.html), [PC-6](http://www.americandragon.com/Points/PC-6.html)
* To support *Yin*: [KI-7](http://www.americandragon.com/Points/KI-7.html)
* To support the *Ying*: [SP-10](http://www.americandragon.com/Points/SP-10.htm)
* Head: [GB-8](http://www.americandragon.com/Points/GB-8.html), [SJ-20](http://www.americandragon.com/Points/SJ-20.html), [*Yintang*](http://www.americandragon.com/Points/Yintang.html)
* Eyes: [GB-14](http://www.americandragon.com/Points/GB-14.html), [GB-20](http://www.americandragon.com/Points/GB-20.html), [ST-1](http://www.americandragon.com/Points/ST-1.html), [UB-1](http://www.americandragon.com/Points/UB-1.html), [UB-2](http://www.americandragon.com/Points/UB-2.html)
* Ear: [GB-2](http://www.americandragon.com/Points/GB-2.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html), [SJ-17](http://www.americandragon.com/Points/SJ-17.html), [SJ-21](http://www.americandragon.com/Points/SJ-21.html)
* Hypochondriac area: [GB-34](http://www.americandragon.com/Points/GB-34.html), [GB-40](http://www.americandragon.com/Points/GB-40.html)Ear: *Shenmen*, Gall Bladder, Point 0
 |

**WIND-HEAT**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Flushed skin
* Papules spreading all over the body
* Principally in the face and upper body
* Mild erosion
* Oozing of fluid after scratching
* T: Red tip
* C: Thin and yellow
* P: Superficial and rapid
 |
| **Treatment Principle** | * Dispel Wind
* Clear Heat
* Dispel Dampness
 |
| **Herb Formulas** | * [Eczema #1](http://www.americandragon.com/Herb%20Formulas%20copy/Eczema1.html)
* [*Xiao Feng San*](http://www.americandragon.com/Herb%20Formulas%20copy/XiaoFengSan.html)modified
* [*Qing Shang Fang Feng Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/QingShangFangFengTang.html)
 |
| **Points** | * [SJ-5](http://www.americandragon.com/Points/SJ-5.html) + [LI-4](http://www.americandragon.com/Points/LI-4.html). [DU-14](http://www.americandragon.com/Points/DU-14.html), [DU-16](http://www.americandragon.com/Points/DU-16.html), [GB-20](http://www.americandragon.com/Points/GB-20.html), [LU-5](http://www.americandragon.com/Points/LU-5.html), [LU-10](http://www.americandragon.com/Points/LU-10.html), [LU-11](http://www.americandragon.com/Points/LU-11.html), [UB-12](http://www.americandragon.com/Points/UB-12.html), [UB-13](http://www.americandragon.com/Points/UB-13.html)
* [UB-12](http://www.americandragon.com/Points/UB-12.html), [UB-13](http://www.americandragon.com/Points/UB-13.html), [LI-4](http://www.americandragon.com/Points/LI-4.html), [DU-16](http://www.americandragon.com/Points/DU-16.html), [LU-7](http://www.americandragon.com/Points/LU-7.html)
 |

**WIND-DAMP INVASION WITH SPLEEN *QI* DEFICIENCY**

|  |  |
| --- | --- |
| **Clinical Manifestations**  | * Aversion to Wind and Cold
* Facial edema moving to generalized edema
* Slight fever or fever and chills
* Thirst
* Slight but continuous perspiration
* Sore, heavy limbs
* Decreased urination
* Headache
* Edematous orbits
* A red, swollen sore throat
* Weak abdomen
* Belching
* Cough
* Asthma
* Dyspnea
* Bulging eyes
* Severe cough
* Weak, aching feet
* Skin problems
* T: Normal
* C: White or Thin white
* P: Floating or Floating and big
 |
| **Treatment Principle**  | * Promote perspiration
* Disseminate Lung *Qi*
* Clear Heat
* Move water
* Suppress asthma
 |
| **Herb Formulas** | * [*Yue Bi Jia Zhu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/YueBiJiaZhuTang.html)
 |
| **Points** | * General points
 |

**WIND-DAMP - HEAT INVASION - DAMP PREDOMINANT (ACUTE)**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Rash worse on the upper body
* Manifests as red papules and a small number of vesicles
* Mild exudation
* Incessant itching
* T: Red
* C: Thin white
* P: Wiry and slippery
 |
| **Treatment Principle** | * Dispel Wind
* Eliminate Dampness
 |
| **Herb Formulas** | * [*Xiao Feng San*](http://www.americandragon.com/Herb%20Formulas%20copy/XiaoFengSan.html)modified
* [*San Miao Wan*](http://www.americandragon.com/Herb%20Formulas%20copy/SanMiaoWan.html)
* Topical: [*Mi Tuo Seng San*](http://www.americandragon.com/Herb%20Formulas%20copy/MiTuoSengSan.html)
 |
| **Points** | * General points
 |

**WIND-DAMP HEAT INVASION - HEAT PREDOMINANT (ACUTE)**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Acute onset
* Inflammation
* Numerous red 1-2 mm papules and a few vesicles
* A sensation of scorching Heat
* Irritability
* Thirst
* Itching
* Short voiding of reddish urine
* Constipation
* T: Red
* C: Thin yellow
* P: Slippery and rapid
 |
| **Treatment Principle** | * Clear Heat
* Eliminate Dampness
 |
| **Herb Formulas** | * [*Liang Xue Chu Shi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/LiangXueChuShiTang.html)+ [*Liu Yi San*](http://www.americandragon.com/Herb%20Formulas%20copy/LiuYiSan.html)
 |
| **Points** | * General points
 |

**WIND-DAMP-HEAT INVASION WITH BLOOD DEFICIENCY (CHRONIC)**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Thickened skin with lichenoid changes
* localized skin eruptions with clear borders
* small amount of desquamation
* Itching
* Erosion
 |
| **Treatment Principle** | * Nourish the Blood
* Eliminate Wind
* Clear Heat
* Dispel Damp
 |
| **Herb Formulas** | * [*Si Wu Xiao Feng Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/SiWuXiaoFengTang.html)
 |
| **Points** | * General points
 |

***YANG MING JING* - *QI* STAGE HEAT**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * High fever
* Profuse perspiration
* Great thirst with a desire to drink
* Abdominal pain
* Dryness
* Irritability
* Restlessness
* Feverish body parts
* Red face
* Dry stools
* T:  Red, dry
* C:  Dry yellow
* P:  Rolling and rapid (gigantic)
 |
| **Treatment Principle** | * Clear Heat
* Reduce fever
* Moisten and replenish fluids
 |
| **Herb Formulas** | * [*Bai Hu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BaiHuTang.html)
 |
| **Points** | * General points
 |

***YANG MING JING* WITH *QI* AND BODY FLUID DEFICIENCY**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * High fever
* Profuse sweat
* Generalized weakness
* Severe chills
* Aversion to Heat
* Red face
* Severe thirst
* Thirst may be unquenchable
* Irritability
* Anxiety
* Pruritis
* Headache
* Toothache
* Gum bleeding
* Epistaxis
* Dry lips
* Dry tongue
* Dry mouth
* May be sensitive to Cold in the upper back
* Polyuria
* Delusions
* Eye congestion
* Burning sensation on the skin
* Itching skin
* Abdominal fullness without resistance
* Dry, course skin
* Listlessness
* May be heavy labored breathing.
* Delirious speech (serious cases)
* Mania (serious cases)
* T: Red tip and sides
* C: Yellow, dry or white
* P: Large and forceless
 |
| **Treatment Principle** | * Clear Heat
* Drain Stomach Fire
* Generate Fluids
* Alleviate thirst
* Nourish *Qi*
 |
| **Herb Formulas** | * [*Bai Hu Jia Ren Shen Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BaiHuJiaRenShenTang.html)
 |
| **Points** | * To nourish *Yin* and moisten: [KI-3](http://www.americandragon.com/Points/KI-3.html), [KI-6](http://www.americandragon.com/Points/KI-6.html), [SP-6](http://www.americandragon.com/Points/SP-6.html)To Tonify *Qi*: [UB-20](http://www.americandragon.com/Points/UB-20.html), [REN-12](http://www.americandragon.com/Points/REN-12.html), [ST-36](http://www.americandragon.com/Points/ST-36.html), [REN-6](http://www.americandragon.com/Points/REN-6.html), [SP-3](http://www.americandragon.com/Points/SP-3.html)To Clear Heat: [DU-14](http://www.americandragon.com/Points/DU-14.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [ST-44](http://www.americandragon.com/Points/ST-44.html)
 |

***SHAO YIN* WITH THE URINARY BLADDER AFFECTED**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Chronic eczema
* Scrotal eczema
* Aversion to Cold
* Curls up a lot
* Doesn't like to talk
* Tired
* No spirit
* Dull *Shen*
* Severe edema in the chest
* Cold extremities
* Diarrhea with loose stools
* No thirst
* Likes warm drinks
* Sluggish urination
* Vertigo
* Palpitations
* Water metabolism disturbance with excess fluid in the body:Abdomen: pain and ColdLower *Jiao*: pain with difficult urinationIntestines: watery stoolsStomach: clear vomitLungs: cough, dyspnea, phlegm, and asthmaExtremities: edema, heaviness
* T:  Pale with scallops
* C:  White or greasy white
* P:  Sinking, weak, may be soft or thready
 |
| **Treatment Principle** | * Tonify *Yang*
* Strengthen water circulation
 |
| **Herb Formulas** | * [*Zhen Wu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/ZhenWuTang.html)
* [*Zhu Ling Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/ZhuLingTang.html)
 |
| **Points** | * General points
 |

**WIND-DRYNESS GENERATES BLOOD AND *YIN* DEFICIENCY**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Chronic itching
* Rough, thickened skin (lichenification)
* Desquamation
* Pigment sedimentation
* Distinct borders
* Frequent severe itching
* Frequent acute flare ups
* Lesions frequently appear on the face, behind the auricles of the ears, shanks or on the scrotum
* Lesions may appear anywhere
 |
| **Treatment Principle** | * Nourish the Blood
* Moisten Dryness
* Dispel Wind
 |
| **Herb Formulas** | * [*Di Huang Yin*](http://www.americandragon.com/Herb%20Formulas%20copy/DiHuangYin.html)
 |
| **Points** | * For weeping eczema: [UB-60](http://www.americandragon.com/Points/UB-60.html), [UB-40](http://www.americandragon.com/Points/UB-40.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [SJ-5](http://www.americandragon.com/Points/SJ-5.html), [SI-3](http://www.americandragon.com/Points/SI-3.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm)
 |

**WIND DAMP-HEAT**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * The condition is chronic
* Worse in the summer
* Excessive secretions
* Crustiness
* Lesions in the genital area
* Generalized body aches and pains
* Irritability
* Heavy sensation in the shoulder and back
* Discomfort or a constricted sensation in the area of the chest and diaphragm
* Multiple sores, carbuncles furuncles or abscesses
* Redness
* Itching
* Persistent swelling
* Chest pain
* Fever
* Thirst
* Aching and painful extremities
* Aching and painful joints
* Unbearable swelling and pain of the lower extremities
* Shoulder stiffness
* T: Normal
* C: Greasy and slightly yellow
* P: Wiry and rapid or Soft and moderate or Soft, superficial and slow or Slippery and rapid or Deep and tight
 |
| **Treatment Principle** | * Resolve Dampness
* Clear Heat
* Disperse Wind
* Stop pain
* Activate the Blood
* Tonify *Qi* and Blood
 |
| **Herb Formulas** | * [*Dang Gui Nian Tong Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/DangGuiNianTongTang.html)
* [*Xiao Feng San*](http://www.americandragon.com/Herb%20Formulas%20copy/XiaoFengSan.html)
* [*Shi Wei Bai Du San*](http://www.americandragon.com/Herb%20Formulas%20copy/ShiWeiBaiDuSan.html)
* [*Huang Lian Jie Du Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/HuangLianJieDuTang.html)
* Topical: [*San Huang Xi Ji*](http://www.americandragon.com/Herb%20Formulas%20copy/SanHuangXiJi.html)
 |
| **Points** | * [DU-14](http://www.americandragon.com/Points/DU-14.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [HT-7](http://www.americandragon.com/Points/HT-7.html), [ST-36](http://www.americandragon.com/Points/ST-36.html)
* Cutaneous: Tap area to bleed - may add cups
* Ear: Lung, Adrenal, Liver, Subcortex
* Moxa area
 |

**SPLEEN *QI* DEFICIENCY WITH BLOOD DRYNESS**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Extremely itchy patches with scales
* Thickened skin with scratch lines
* Hyperpigmentation
* T: Pale
* C: White
* P: Thready and weak
 |
| **Treatment Principle** | * Strengthen the Spleen
* Moisten the skin
 |
| **Herb Formulas** | * [*Jian Pi Run Fu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/JianPiRunFuTang.html)
* [*Bu Zhong Yi Qi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BuZhongYiQiTang.html) *+* [*Ba Zhen Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BaZhenTang.html)
* [*Run Fu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/RunFuTang.html)
 |
| **Points** | * General points
 |

**SPLEEN *QI* DEFICIENCY WITH DAMP ACCUMULATION - CHRONIC**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Long-lasting itchy patches with scales or thickened skin
* Hyperpigmentation
* Lesions are less red and more pale with a thin fluid discharge
* Eruptions with small vesicles
* Slight erosion and crusting
* Abdominal distention
* Poor appetite
* Loose stools
* T: Pale and puffy with tooth marks
* C: White thick and greasy
* P: Weak
 |
| **Treatment Principle** | * Strengthen the Spleen
* Dry Dampness
 |
| **Herb Formulas** | * [*Chu Shi Wei Ling Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/ChuShiWeiLingTang.html)modified
* [*Si Ling San*](http://www.americandragon.com/Herb%20Formulas%20copy/SiLingSan.html)
* [*Wu Ling San*](http://www.americandragon.com/Herb%20Formulas%20copy/WuLingSan.html)
 |
| **Points** | * [REN-12](http://www.americandragon.com/Points/REN-12.html), [SP-3](http://www.americandragon.com/Points/SP-3.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [ST-8](http://www.americandragon.com/Points/ST-8.html)
 |

**DAMP-HEAT ACCUMULATION IN THE SPLEEN AND STOMACH**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Erythematous eruptions around the mouth, eyes, nose, scalp, and behind the ears
* Papulovesicles
* Vesicles
* Weeping
* Erosion
* Yellow crust
* Itching
* Thirst
* Bitter taste
* Bad breath
* Dark urine
* T: Red
* C: Yellow
* P: Rapid
 |
| **Treatment Principle** | * Clear the Spleen
* Purge Fire
 |
| **Herb Formulas** | * [*Xie Huang San*](http://www.americandragon.com/Herb%20Formulas%20copy/XieHuangSan.html)modified
 |
| **Points** | * General points
 |

**COLD-DAMP DISTRESSES THE SPLEEN**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Distention and fullness of the epigastrium and abdomen
* Nausea and vomiting
* Anorexia
* Loose stools
* Reduced sensation of taste
* No thirst or preference for hot drinks
* Sticky sensation in mouth
* Borborygmus
* Lassitude
* *Yin* jaundice
* Heavy head
* Maybe edema
* Maybe copious white vaginal discharge
* Maybe cold limbs, fear of cold, feeling chilled
* T: Pink
* C: Thick, white and greasy or sticky
* P: Deep and slow
 |
| **Treatment Principle** | * Warm Cold
* Transform Dampness
* Harmonize the Stomach
* Strengthen the Spleen
 |
| **Herb Formulas** | * [*Ping Wei San*](http://www.americandragon.com/Herb%20Formulas%20copy/PingWeiSan.html)
 |
| **Points** | * Moxa or moxa needle SP-3, [SP-5](http://www.americandragon.com/Points/SP-5.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [ST-36](http://www.americandragon.com/Points/ST-36.html), [UB-20](http://www.americandragon.com/Points/UB-20.html), [REN-12](http://www.americandragon.com/Points/REN-12.html)
* [UB-20](http://www.americandragon.com/Points/UB-20.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [ST-36](http://www.americandragon.com/Points/ST-36.html), [SP-2](http://www.americandragon.com/Points/SP-2.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [REN-12](http://www.americandragon.com/Points/REN-12.html), [ST-25](http://www.americandragon.com/Points/ST-25.html)
* To Regulate *Qi* and Disperse Dampness: [REN-6](http://www.americandragon.com/Points/REN-6.html)
* For Cold-Damp Vaginal Discharge: Moxa or moxa needle [GB-26](http://www.americandragon.com/Points/GB-26.html), [UB-30](http://www.americandragon.com/Points/UB-30.html), [REN-6](http://www.americandragon.com/Points/REN-6.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [REN-4](http://www.americandragon.com/Points/REN-4.html), [ST-36](http://www.americandragon.com/Points/ST-36.html)
 |

**LIVER *QI* STAGNATION WITH DAMPNESS**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Skin lesions located along the Liver meridian (e.g., the nipple, scrotum, vulva, etc.)
* Erythematous eruptions
* Papulovesicles
* Small amount of discharge
* Yellow crust
* Itching,
* A bitter taste
* Dry throat
* Dizziness
* Irritability
* Restlessness
* Dark urine
* T: Red
* C: Thin yellow or Dry
* P: Wiry and rapid
 |
| **Treatment Principle** | * Soothe the Liver
* Remove Dampness
 |
| **Herb Formulas** | * [*Jia Wei Xiao Yao San*](http://www.americandragon.com/Herb%20Formulas%20copy/JiaWeiXiaoYaoSan.html)modified
 |
| **Points** | * General points
 |

**DAMP-HEAT IN THE LIVER AND GALL BLADDER**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * *Yang* jaundice (sclera and skin bright yellow)
* Pain and fullness in ribs on both sides
* Maybe pain in the right hypochondrium
* Bitter taste in mouth
* Nausea
* Vomiting sour and bitter fluids
* Anorexia
* Maybe alternating chills and fever
* Concentrated, dark urine
* Abdominal distention
* Women:Yellow vaginal discharge with foul smellPruritis vulvae
* Men:Pain, swelling and burning sensations of testiclesScrotal eczema
* T: Pink
* C: Yellow and greasy or sticky
* P: Wiry and rapid or Slippery and rapid
 |
| **Treatment Principle** | * Clear Dampness
* Purge Heat from Liver and Gall Bladder
 |
| **Herb Formulas** | * [*Long Dan Xie Gan Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/LongDanXieGanTang.html)
* [*Yin Chen Hao Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/YinChenHaoTang.html)
 |
| **Points** | * [*Dannangxue*](http://www.americandragon.com/Points/Dannangxue.html), [DU-9](http://www.americandragon.com/Points/DU-9.html), [GB-24](http://www.americandragon.com/Points/GB-24.html), [GB-34](http://www.americandragon.com/Points/GB-34.html), [LIV-14](http://www.americandragon.com/Points/LIV-14.html), [SI-4](http://www.americandragon.com/Points/SI-4.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [UB-18](http://www.americandragon.com/Points/UB-18.html), [UB-19](http://www.americandragon.com/Points/UB-19.html), [UB-48](http://www.americandragon.com/Points/UB-48.html)
 |

**LIVER AND SPLEEN DEFICIENCY WITH BLOOD STAGNATION DUE TO DAMPNESS**

|  |  |  |
| --- | --- | --- |
| **Clinical Manifestations** | * Continuous cramping pain in the abdomen
* Pain is not severe
* Pain is relieved by pressure
* Edema of the feet
* Urinary difficulty
* Slight edema (primarily of the lower limbs)
* Symptoms generally occur during pregnancy
* Pale face
* Fatigue
* Heaviness of head
* Lassitude
* Lower abdominal pain
* Dizziness
* Tinnitus
* Lumbago
* Edema
* Abdominal pain with edema during pregnancy due to Blood Deficiency and abnormal water circulation
* Oliguria
 | * Palpitations
* Cold feet
* Extreme coldness of the hands and feet
* Vertigo
* Weakness and numbness of lower back and legs during pregnancy or postpartum
* Mal position of the fetus
* Dysmenorrhea
* Irregular menstruation
* Right upper quadrant pain
* Hepatomegaly
* Anemia
* Lack of energy
* Sore back
* Thirst with no desire to drink
* T: Pale or pink maybe petechiae on margin
* C: Thin or Greasy white
* P: Deep and weak or Soft, floating, small and slow or Wiry and small or Wiry and rough
 |
| **Treatment Principle** | * Nourish Liver Blood
* Soften the Liver
* Spread Liver *Qi*
* Strengthen the Spleen
* Resolve Dampness
 |
| **Herb Formulas** | * [*Dang Gui Shao Yao San*](http://www.americandragon.com/Herb%20Formulas%20copy/DangGuiShaoYaoSan.html)
 |
| **Points** | * General points
 |

**KIDNEY *YANG* DEFICIENCY**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Lumbago: low back feels cold, weak and aching
* Feeling chilled
* Aversion to Cold
* Cold limbs
* General debility
* Pale face
* Urinary frequency with abundant, clear urine or
* Oliguria with edema
* Dry skin
* Maybe nocturia
* Lassitude
* Withdrawn, subdued behavior
* Knees feel cold and aching
* Dizziness
* Tinnitus
* Impotence
* Spermatorrhea
* Premature ejaculation
* Low libido
* Female infertility ("uterus cold and infertile")
* Maybe anorexia
* Maybe loose stools
* Maybe chronic diarrhea or "cock crow" diarrhea
* T: Pale and swollen
* C: Thin and white
* P: Deep and thready - maybe slow
 |
| **Treatment Principle** | * Warm and Reinforce Kidney *Yang*
 |
| **Herb Formulas** | * [*Jin Gui Shen Qi Wan (Ba Wei Di Huang Wan)*](http://www.americandragon.com/Herb%20Formulas%20copy/ShenQiWan.html)
 |
| **Points** | * Moxa or moxa needle [DU-4](http://www.americandragon.com/Points/DU-4.html), [KI-3](http://www.americandragon.com/Points/KI-3.html), [REN-4](http://www.americandragon.com/Points/REN-4.html), [UB-23](http://www.americandragon.com/Points/UB-23.html)
 |

**BLOOD DEFICIENCY WITH EXTERNAL WIND**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Chronic eczema with thick, dry, dark flaky skin
* Anemia
* Itching
* Swelling
* Abscesses
* Ulceration
 |
| **Treatment Principle** | * Tonify the Blood
* Moisten Dryness
* Dispel Wind
* Relieve itching
 |
| **Herb Formulas** | * [*Dang Gui Yin Zi*](http://www.americandragon.com/Herb%20Formulas%20copy/DangGuiYinZi.html)modified
* [*Si Wu Xiao Feng Yin*](http://www.americandragon.com/Herb%20Formulas%20copy/SiWuXiaoFengYin.html)modified
 |
| **Points** | * [ST-36](http://www.americandragon.com/Points/ST-36.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [LI-11](http://www.americandragon.com/Points/LI-11.html), [UB-17](http://www.americandragon.com/Points/UB-17.html)
* Bleed affected areas with a 3 edge needle (unless the rash is on the scrotum)
 |

**BLOOD STAGNATION**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Eczema
* Mild, persistent uterine bleeding of purple and black blood during pregnancy
* Abdominal pain that is worse with pressure
* Abdominal spasms and tension
* Immobile masses in the lower abdomen with pain and tenderness
* Amenorrhea with distention and pain
* Dysmenorrhea
* Headache
* Sinus congestion
* Constipation
* Excess weight in the pelvis
* Lower back ache
* Irregular menstruation
* Nervousness
* Fatigue
* Fetal instability
* Skin eruptions
* Scanty menstrual flow
* Scaly, dry skin
* Retention of lochia
* Headache
* Shoulder stiffness
* Vertigo
* Cold low body and feet
* Flushed face
* Protruding abdomen
* T: Dark purple or with echymoses or petechiae or pale with purplish spots
* C: White
* P: Choppy or Tense and deep and slow
 |
| **Treatment Principle** | * Invigorate Blood
* Transform Blood Stasis
 |
| **Herb Formulas** | * [*Gui Zhi Fu Ling Wan*](http://www.americandragon.com/Herb%20Formulas%20copy/GuiZhiFuLingWan.html)
* [*Tao Hong Si Wu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/TaoHongSiWuTang.html)
 |
| **Points** | * General points
 |

**HEAT IN THE BLOOD**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Red, itchy eyes
* Red rashes on face, neck, armpits and external genitalia
* Suppuration
* Earache
* Swelling, inflammation and infection of the ears and nose
* Abdominal rigidity
* Constipation
* Dark brown discoloration of the skin
* Perspiration and an oiling feeling on the palms and soles
* Abdominal tension
* Maybe otitis
* Rhinitis
* T: Deep red, dry or Purple red
* C: None
* P:  Rapid or Thready and rapid or Thready and feeble or Tight
 |
| **Treatment Principle** | * Dispel Wind
* Disperse Stagnation
* Clear Heat
* Remove Toxins
 |
| **Herb Formulas** | * [*Da Huang Mu Dan Pi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/DaHuangMuDanTang.html)
* [*Yin Hua Jie Du Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/YinHuaJieDuTang.html)
* [*Wu Hua Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/WuHuaTang.html)
* Topical: [*Qing Dai Gao*](http://www.americandragon.com/Herb%20Formulas%20copy/QingDaiGao.html)
 |
| **Points** | * [DU-14](http://www.americandragon.com/Points/DU-14.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [ST-44](http://www.americandragon.com/Points/ST-44.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [UB-17](http://www.americandragon.com/Points/UB-17.html)
* [GB-34](http://www.americandragon.com/Points/GB-34.html), [GB-41](http://www.americandragon.com/Points/GB-41.html), [GB-43](http://www.americandragon.com/Points/GB-43.html), [LIV-2](http://www.americandragon.com/Points/LIV-2.html)
 |

**HEAT IN THE BLOOD GENERATING WIND**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Suppuration with severe chills
* Fever
* Headache
* Muscle spasms
* Inflammation
* Swelling
* Pain
* Constipation
 |
| **Treatment Principle** |  |
| **Herb Formulas** | * [*Ma Xiong Yi Gan Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/MaXingYiGanTang.html)
* [*Shi Wei Bai Du San*](http://www.americandragon.com/Herb%20Formulas%20copy/ShiWeiBaiDuSan.html)
* [*Jing Fang Bai Du San*](http://www.americandragon.com/Herb%20Formulas%20copy/JingFangBaiDuSan.html)
* [*Xiao Feng San*](http://www.americandragon.com/Herb%20Formulas%20copy/XiaoFengSan.html)
* Chinese Patent Medicines: *Chan Shan Jia Qu Shi Qing Du WanHuang Lian Shang Qing PianHua She Jie Yang WanLian Qiao Bai Du Pian*Margarita Acne Pill
 |
| **Points** | * General points
 |

**BLOOD DRYNESS DUE TO *YIN* DEFICIENCY WITH DAMPNESS**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Long-lasting and recurrent itchy patches with small vesicles
* The lesions are dull red or dirty gray
* The skin is rough, infiltrated or lichenified with scratch marks
* Red eruptions around the edge of patches
* Erosion and oozing
* Crusting or scaling, or small amounts of exudation
* Easily flares-up
* Skin lesions spread out all over the body
* Mental exhaustion
* Dry throat
* Thirst
* Five sole Heat
* Dark and scanty urine
* Difficulty in falling asleep because of the intense itching
* T: Red and dry
* C: Little or none
* P: Thready and rapid or Thready and slippery or Wiry and thready
 |
| **Treatment Principle** | * Nourish *Yin*
* Dry Dampness
* Nourish the Blood
* Alleviate itching
 |
| **Herb Formulas** | * [*Zi Yin Chu Shi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/ZiYinChuShiTang.html)
* [*Zi Yin Chu Shi Tang Jia Jian*](http://www.americandragon.com/Herb%20Formulas%20copy/ZiYinChuShiTangJiaJian.html)
* [*Yang Xue Run Fu Yin* #2](http://www.americandragon.com/Herb%20Formulas%20copy/YangXueRunFuYin2.html)
 |
| **Points** | * General points
 |

**DAMPNESS ACCUMUATION WITH BLOOD STASIS**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Swelling in one or both lower legs
* Leg pain
* Thickened skin with gray or dark color
* Lichenoid skin
* Intensely itchy
* Painful sores
* T: Dark red
* C: Thin and white
* P: Deep and hesitate
 |
| **Treatment Principle** | * Remove Stasis
* Dry Dampness
 |
| **Herb Formulas** | * [*Zhu Yu Tang* #1](http://www.americandragon.com/Herb%20Formulas%20copy/ZhuYuTang1.html)
* [*Yi Yi Fu Zi Bai Jiang San*](http://www.americandragon.com/Herb%20Formulas%20copy/YiYIFuZiBaiJiangSan.html)
 |
| **Points** | * General points
 |

**DRYNESS DUE TO BODY FLUID DEFICIENCY**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Eczema (allergic type)
* Little secretion or
* No exudate
* Prominent itch
* May be hardening of the skin
* Dryness of the skin
* Leathery color change
* Amenorrhea
* Dry hair
* Low energy
* T: Pale
* C: Normal
* P: Deep and weak
* Chronic:Localized HeatMostly on the neck and joints of the limbs
* Cold conformation: AnemiaAnxietyInsomnia
* With *Yin* Deficiency:ThirstNocturnal emissionsFive sole HeatElderly patientsT: Red C: Little or NoneP: Thready and rapid
 |
| **Treatment Principle** | * Nourish *Yin* and Blood
* Moisten Dryness
* Dispel Wind
* Generate Body Fluids
 |
| **Herb Formulas** | * [*Shi Wei Bai Du San*](http://www.americandragon.com/Herb%20Formulas%20copy/ShiWeiBaiDuSan.html)
* [*Si Wu Xiao Feng Yin*](http://www.americandragon.com/Herb%20Formulas%20copy/SiWuXiaoFengYin.html) modified
* [*Run Fu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/RunFuTang.html)
* Chronic: [*Wen Qing Yin*](http://www.americandragon.com/Herb%20Formulas%20copy/WenQingYin.html)
* Cold conformation: [*Jia Wei Xiao Yao San*](http://www.americandragon.com/Herb%20Formulas%20copy/JiaWeiXiaoYaoSan.html) *+* [*Si Wu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/SiWuTang.html)
* With *Yin* Deficiency: [*Liu Wei Di Huang Wan*](http://www.americandragon.com/Herb%20Formulas%20copy/LiuWeiDiHuangWan.html) [*Zhi Bai Di Huang Wan*](http://www.americandragon.com/Herb%20Formulas%20copy/ZhiBaiDiHuangWan.html)
* Topical:[Topical #1](http://www.americandragon.com/Herb%20Formulas%20copy/Topical1.html) [*Qing Dai Gao*](http://www.americandragon.com/Herb%20Formulas%20copy/QingDaiGao.html)
 |
| **Points** | * [PC-4](http://www.americandragon.com/Points/PC-4.html), [ST-36](http://www.americandragon.com/Points/ST-36.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [LIV-1](http://www.americandragon.com/Points/LIV-1.html)
* With Blood Deficiency: [UB-17](http://www.americandragon.com/Points/UB-17.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [SP-6](http://www.americandragon.com/Points/SP-6.html), [ST-36](http://www.americandragon.com/Points/ST-36.html), [PC-4](http://www.americandragon.com/Points/PC-4.html), [HT-7](http://www.americandragon.com/Points/HT-7.html), [LI-1](http://www.americandragon.com/Points/LI-1.html)
 |

**DAMP-HEAT**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Sudden onset
* Skin lesions with profuse fluid discharge
* The lesions are acute, red and itchy
* Papules
* Rashes weeping with fishy smell
* Yellow crust
* Ulcerations
* Scratching leads to lasting scars
* Fever
* Thirst
* Dry mouth with no desire to drink
* Anorexia
* Body heavy
* Limbs tired
* Fullness in chest
* Lump in epigastrium
* Leukorrhagia with thick, yellowish, foul discharge
* Frequent, scanty, reddish urination
* Dry stools
* T: Red, may be somewhat flabby
* C: Yellow and greasy
* P: Slippery and rapid
* With Heat predominant: Sudden onsetSkin lesions may spread over the whole bodyFlushed and burning sensationDischarge of suppurative fluidLingering pruritisFeverish sensation in the bodyVexationThirstDry stoolsScanty, dark urine
* With Damp predominant: RashesPapulovesiclesSmall vesiclesSlightly red erythemaErosion with much weeping after scratchingPoor appetiteLassitude,Soft or loose stoolsClear copious urineT: Pale redC: White and/or greasyP: Slippery
* With Damp-Heat in the Large Intestine: Loose stoolsCandidaMuch gas
* With Liver and Spleen imbalance: P: Wiry or Slippery
* With Dryness in the Stomach: C: Dry
* With Liver Heat: T: Red edges
 |
| **Treatment Principle** | * Clear Heat
* Invigorate the Blood
* Resolve Dampness
* Eliminate toxins
* Tonify the Spleen
 |
| **Herb Formulas** | * [*Bei Xie Shen Shi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BeiXieShenShiTang.html)
* [*Shi Wei Bai Du San*](http://www.americandragon.com/Herb%20Formulas%20copy/ShiWeiBaiDuSan.html)
* [*Dao Chi San*](http://www.americandragon.com/Herb%20Formulas%20copy/DaoChi%28Re%29San.html) *+* [*Huang Lian Jie Du Pian*](http://www.americandragon.com/Herb%20Formulas%20copy/HuangLianJieDuTang.html)modified
* [*Si Miao Wan*](http://www.americandragon.com/Herb%20Formulas%20copy/SiMiaoWan.html)
* [*Bei Xie Shen Shi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/BeiXieShenShiTang.html) + [*Er Miao San*](http://www.americandragon.com/Herb%20Formulas%20copy/ErMiaoSan.html) modified
* [*Chuan Shan Jia Qu Shi Qing Du Wan*](http://www.americandragon.com/Herb%20Formulas%20copy/ChuanShanJiaQuShiQingDuWan.html)
* [*Wu Hua Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/WuHuaTang.html)
* With more Heat: [*Fang Feng Tang Sheng San*](http://www.americandragon.com/Herb%20Formulas%20copy/FangFengTongShengSan.html) [*Long Dan Xie Gan Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/LongDanXieGanTang.html)modified
* With more Dampness: [*Long Dan Xie Gan Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/LongDanXieGanTang.html)modified[*Chu Shi Zhi Yang Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/ChuShiZhiYangTang.html)[*Jian Pi Chu Shi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/JianPiChuShiTang.html) [*Chu*](http://www.americandragon.com/Herb%20Formulas%20copy/ChuShiWeiLingTang.html) [*Shi Wei Ling Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/ChuShiWeiLingTang.html)
* For Damp-Heat in the Lower *Jiao*: [*Jia Wei Er Miao San*](http://www.americandragon.com/Herb%20Formulas%20copy/JiaWeiErMiaoWan.html)
* Topical: [*San Huang Xi Ji*](http://www.americandragon.com/Herb%20Formulas%20copy/SanHuangXiJi.html) For dryness and fissuring: [*Run Ji Gao*](http://www.americandragon.com/Herb%20Formulas%20copy/RunJiGao.html)
 |
| **Points** | * [LI-11](http://www.americandragon.com/Points/LI-11.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [DU-14](http://www.americandragon.com/Points/DU-14.html) or [DU-13](http://www.americandragon.com/Points/DU-13.html), [REN-9](http://www.americandragon.com/Points/REN-9.html)
* [REN-3](http://www.americandragon.com/Points/REN-3.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [SP-6](http://www.americandragon.com/Points/SP-6.html), [LIV-5](http://www.americandragon.com/Points/LIV-5.html), [LIV-1](http://www.americandragon.com/Points/LIV-1.html)
* [UB-13](http://www.americandragon.com/Points/UB-13.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), bleed [UB-40](http://www.americandragon.com/Points/UB-40.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [HT-7](http://www.americandragon.com/Points/HT-7.html)
* For more Heat than Dampness: [DU-13](http://www.americandragon.com/Points/DU-13.html), [UB-13](http://www.americandragon.com/Points/UB-13.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [LI-11](http://www.americandragon.com/Points/LI-11.html), [HT-7](http://www.americandragon.com/Points/HT-7.html)With fever: + [DU-14](http://www.americandragon.com/Points/DU-14.html), [LI-4](http://www.americandragon.com/Points/LI-4.html)
* For more Dampness than Heat: [UB-20](http://www.americandragon.com/Points/UB-20.html), [LI-11](http://www.americandragon.com/Points/LI-11.html), [ST-36](http://www.americandragon.com/Points/ST-36.html), [HT-7](http://www.americandragon.com/Points/HT-7.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [SP-10](http://www.americandragon.com/Points/SP-10.htm), [REN-9](http://www.americandragon.com/Points/REN-9.html)
 |

**TOXIC HEAT DUE TO EXTERNAL HEAT LODGED IN THE CHANNELS**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Local inflammation with pus
* Deep-rooted, hard and painful boils
* Erythema
* Swelling
* Heat
* Carbuncles
* Furuncles
* Fever and chills
* Pain
* T: Red
* C: Yellow and greasy
* P: Rapid
 |
| **Treatment Principle** | * Clear Heat
* Purge Fire
* Relieve toxicity
* Cool the Blood
* Reduce swelling
 |
| **Herb Formulas** | * [*Wu Wei Xiao Du Yin*](http://www.americandragon.com/Herb%20Formulas%20copy/WuWeiXiaoDuYin.html)
 |
| **Points** | * General points
 |

**TOXIC HEAT**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Fever
* Chills
* Severe headache
* Flushed cheeks
* Bad breath
* Tinnitus
* Hearing loss
* Irritability
* Insomnia
* Coughing up viscous, thick sputum
* Dark urine
* Swollen lymph nodes
* Abdominal tension and itching
* Darkened skin
* Epistaxis
* Itching
* Formation of cellulitis
* T: Red
* P: Wiry and rapid
 |
| **Treatment Principle** | * Drains Fire
* Relieves toxicity
* Spreads the Liver *Qi*
* Strengthens the Spleen
* Disperses Wind-Heat
 |
| **Herb Formulas** | * [*Chai Hu Qing Gan Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/ChaiHuQingGanTang.html)
* [*Huang Lian Jie Du Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/HuangLianJieDuTang.html)
* Topical: [*Qing Dai Gao*](http://www.americandragon.com/Herb%20Formulas%20copy/QingDaiGao.html)
 |
| **Points** | * General points
 |

**INTERNAL COLD**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Abdominal pain
* Constipation
* Hypochondriac pain
* Chills
* Low-grade fever
* Cold hands and feet
* Intolerance of Cold
* Pain in the armpits
* Unilateral pain in the abdomen and hypochondrium
* Stiffness and spasms beside and below the umbilicus
* Pain in the waist and legs
* T: Normal
* C: Greasy and white
* P: Deep, tight and wiry
 |
| **Treatment Principle** | * Warm the Interior
* Disperse Cold
* Unblock the bowels
* Alleviate pain
 |
| **Herb Formulas** | * [*Da Huang Fu Zi Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/DaHuangFuZiTang.html)
 |
| **Points** | * General points
 |

**MIDDLE *JIAO* DAMP STAGNATION**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Heaviness in the head and extremities
* Dry mouth
* Thirst with no desire to drink
* Afternoon fever
* Anorexia
* Lethargy
* Jaundice
* Maybe no thirst
* Body aches
* Sallow complexion
* Scanty urine
* Diarrhea
* Chest discomfort
* Dull appearance
* Sometimes disorientation
* Loose stool
* Sometimes skin vesicles
* Abdominal distention
* Uncomfortable bowel movements
* Nausea and vomiting
* Cough
* T: Normal
* C: Greasy white or yellow
* P: Soft and rapid
 |
| **Treatment Principle** | * Eliminate Dampness
 |
| **Herb Formulas** | * [*San Jiao* #1](http://www.americandragon.com/Herb%20Formulas%20copy/SanJiao1.html)
 |
| **Points** | * [REN-6](http://www.americandragon.com/Points/REN-6.html), [REN-12](http://www.americandragon.com/Points/REN-12.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [ST-25](http://www.americandragon.com/Points/ST-25.html), [ST-36](http://www.americandragon.com/Points/ST-36.html)
 |

**COLD-DAMPNESS IN THE LOWER *JIAO***

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Cold pain in the lower back and body
* Sciatica
* Copious urination
* Extreme heavy sensation in the lower back
* Absence of thirst
* T: Pale
* C: White
* P: Deep, thready and moderate
 |
| **Treatment Principle** | * Warm *Yang*
* Strengthen the Spleen
* Dispel Cold
* Eliminate Dampness
 |
| **Herb Formulas** | * [*Gan Cao Gan Jiang Fu Ling Bai Zhu Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/GanCaoGanJiangFuLingBaiZhuTang.html)
 |
| **Points** |  |

**DAMP-HEAT IN THE LOWER *JIAO***

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Lower *Jiao* pain
* Constipation or
* Diarrhea
* Heaviness
* Headache
* Dull Spirit
* Abdominal distention
* Mental fuzziness
* T: Normal
* C: Yellowish white and greasy
* P: Soft or maybe Slippery and rapid
 |
| **Treatment Principle** | * Clear Damp-Heat from the Lower *Jiao*
 |
| **Herb Formulas** | * [*Er Miao San*](http://www.americandragon.com/Herb%20Formulas%20copy/ErMiaoSan.html)
* With Blood Stagnation: [*Yi Yi Fu Zi Bai Jiang San*](http://www.americandragon.com/Herb%20Formulas%20copy/YiYIFuZiBaiJiangSan.html)
 |
| **Points** | * [LI-11](http://www.americandragon.com/Points/LI-11.html), [SP-6](http://www.americandragon.com/Points/SP-6.html), [SP-9](http://www.americandragon.com/Points/SP-9.html), [ST-25](http://www.americandragon.com/Points/ST-25.html), [UB-25](http://www.americandragon.com/Points/UB-25.html)
 |

**LOWER *JIAO* BLOOD STAGNATION WITH HEAT**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Swelling in one or both lower legs
* Leg pain
* Thickened skin with gray or dark color
* Lichenoid skin
* Intensely itchy
* Painful sores
* T: Dark red
* C: Thin and white
* P: Deep and hesitate
 |
| **Treatment Principle** | * Remove Stasis
* Dry Dampness
 |
| **Herb Formulas** | * [*Zhu Yu Tang* #1](http://www.americandragon.com/Herb%20Formulas%20copy/ZhuYuTang1.html)
* [*Yi Yi Fu Zi Bai Jiang San*](http://www.americandragon.com/Herb%20Formulas%20copy/YiYIFuZiBaiJiangSan.html)
 |
| **Points** | * General points
 |

**DEFICIENCY COLD OF THE *CHONG* AND *REN* CHANNELS**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Eczema
* Mild persistent uterine bleeding
* Irregular menstruation (either early or late)
* Prolonged menstruation
* Skipped period
* Metrorrhagia
* Extended or continuous menstrual flow
* Pain
* Lower abdominal distention
* Lower abdominal Cold
* Lower abdominal pain
* Infertility
* Dry lips
* Dry mouth
* Spermatorrhea
* Pale complexion
* Leukorrhea
* Amenorrhea
* Bleeding between periods
* Low grade fever at dusk
* Irritability
* Five sole Heat
* No desire to drink
* Distending breast pain
* Low back coldness and pain
* Loose stools
* Cold limbs
* Aversion to Cold
* T: Purple with petechiae
* P: Thready and choppy
 |
| **Treatment Principle** | * Warm the menses
* Regulate menstruation
* Dispel Cold
* Warm the channels
* Nourish the Blood
* Dispel Blood Stasis
 |
| **Herb Formulas** | * [*Wen Jing Tang*](http://www.americandragon.com/Herb%20Formulas%20copy/WenJingTang.html)
* [*Jin Gui Shen Qi Wan*](http://www.americandragon.com/Herb%20Formulas%20copy/ShenQiWan.html)
 |
| **Points** | * General points
 |

***DU* CHANNEL IRREGULARITIES**

|  |  |
| --- | --- |
| **Clinical Manifestations** | * Occurs primarily in young women
* Eczema
* Headaches
* Cystitis
* Menorrhagia
* P: Full, especially the Liver
 |
| **Treatment Principle** |  |
| **Herb Formulas** |  |
| **Points** | * General points
 |