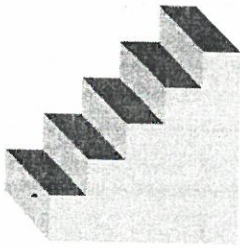


Pain Management

John K. Chen, Ph.D., Pharm.D., O.M.D., L.Ac.

Art of Medicine Press
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Western Medicine



- Strongest Analgesics
 - Schedule II drugs
- Strong Analgesics
 - Schedule III & IV drugs
- Atypical Analgesics
- NSAIDS
- Muscle Relaxants
- OTC Pain pills

OTC Pain Pills

- Salicylates: aspirin
- Tylenol (acetaminophen)

NSAIDS

- Non-Steroidal Anti-Inflammatory Drugs (NSAIDS)
 - **Motrin or Advil (ibuprofen)**
 - Naprosyn (naproxen)
 - Anaprox (naproxen sodium)
 - Indocin (indomethacin)
 - Relafen (nabumetone)
 - **Voltaren (diclofenac)**

Kalant & Roschlau, Principles of Medical Pharmacology, 1998

NSAIDS Cox-2 inhibitors

- Celebrex (celecoxib)
- Vioxx (rofecoxib)

Opioid Analgesic

- MS Contin (morphine)
- Dilaudid (hydromorphone)
- Demerol (meperidine)
- Tylenol (acetaminophen) w/ codeine
- Vicodin (hydrocodone w/ acetaminophen)
- Darvocet (propoxyphene w/ acetaminophen)

Kalant & Roschlau, Principles of Medical Pharmacology, 1998

Origin of Opioid Analgesics

- *Ying Su Ke* (Pericarpium Papaveris)
 - morphine
 - codeine
 - thebaine
 - narcotine
 - papaverine
 - others...

Tricyclic Anti-Depressant

- Tofranil (imipramine)
- Elavil (amitriptyline)
- Sinequan (doxepin)
- Norpramin (desipramine)
- Anafranil (clomipramine)
- Vivactil (protriptyline)

Kalant & Roschlau, Principles of Medical Pharmacology, 1998

SSRI

- Serotonin-selective reuptake inhibitors:
 - Prozac (fluoxetine)
 - Zoloft (sertraline)
 - Luvox (fluvoxamine)
 - Paxil (paroxetine)

Kalant & Roschlau, Principles of Medical Pharmacology, 1998

Anti-Seizure Rx

- Tegretol (carbamazepine)
- Dilantin (phenytoin)
- Neurontin (gabapentin)

Kalant & Roschlau, Principles of Medical Pharmacology, 1998

Muscle Relaxants

- Soma (carisprodol)
- Flexeril (cyclobenzaprine)

Kalant & Roschlau, Principles of Medical Pharmacology, 1998

Migraine Medications

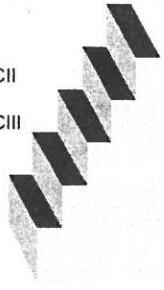
- Fiorinal (butalbital, aspirin, caffeine)
- Fioricet (butalbital, acetaminophen, caffeine & codeine)
- Imitrex (sumatriptan)

Kalant & Roschlau, Principles of Medical Pharmacology, 1998

Western Medicine

Typical Analgesics

- Opioid analgesics CII (morphine)
- Opioid analgesics CIII (Tyll/cod; Vicodin; Darvocet)
- NSAIDS
- Salicylate
- Acetaminophen



Atypical Analgesics

- SSRI
- TCA
- Anti-convulsants
- Muscle Relaxant
- Migraine Medications

Traditional Chinese Medicine



- Characteristic
acute or chronic; pain, inflammation or spasm
- Location
head, neck, shoulder, back, legs, etc.
- Cause
Qi stagnation, blood stagnation, excess, deficiency, etc.

Pharmacological Effects

- Anesthetic
- Analgesic
 - CNS
 - PNS
- Anti-inflammatory
 - CNS
 - PNS
- Muscle Relaxant
 - Smooth muscles

Headache – WM

- Rhinogenous h.
- Pyrexial h.
- Cough h.
- Congestive h.
- Anemic h.
- Post-coital h.
- Cluster h.
- Post-traumatic h.
- Migraine h.
- Functional h.
- Tension h.

Headache - TCM

- Exterior (Excess)
 - Wind-cold
 - Wind-heat
 - Wind-damp
- Interior (Excess or deficient)
 - Liver yang rising
 - Qi deficiency
 - Blood deficiency
 - Kidney deficiency
 - Dampness accumulation
 - Blood stagnation

Wind-Cold Headache

川芎茶調散

Chuan Xiong Cha Tiao San

Crodium & Tea Formula

Mint	BO HE	14
Crodium	CHUAN XIONG	14
Schizonepeta	JING JIE	14
Siler	FANG FENG	10
Noropterygium	QIANG HUO	10
Angelica	BAI ZHI	10
Licorice	GAN CAO	10
Tea Leaf	CHA YE	10
Cyperus	XIANG FU	10

Wind-Heat Headache

黃連上清丸

Huang Lian
Shang Qing Wan

*Coptis, Phellodendron &
Mint Formula*

Rhubarb Root	DA HUANG	26
Coptis	HUANG LIAN	11
Scute	HUANG QIN	11
Phellodendron	HUANG BAI	11
Gardenia	SHAN ZHI ZI	12
Turmeric	JIANG HUANG	8
Forystia	LIAN QEO	8
Chrysanthemum (Wild)	YE JU HUA	5
Langkai (Labi)	DANG GUI WEI	5
Platycodon	JIE GENG	3
Pueraria Root	GE GEN	3
Mint	BO HE	3
Scrophularia	XUAN SHEN	3
Trichosanthes Root	TIAN HUA FEN	3
Cnidium	CHUAN XIONG	3

Wind-Damp Headache

羌活勝濕湯

Qiang Huo Sheng Shi
Tang

*Notopterygium & Tuhuo
Combination*

Notopterygium	QIANG HUO	23
Tuhuo Angelica	DU HUO	23
Ligusticia Kaopen	GAO BEN	12
Siler	FANG FENG	12
Licorice (Baked)	ZHI GAN CAO	12
Vitex	MAN JING ZI	7
Cnidium	CHUAN XIONG	12

Liver-Yang Rising Headache

天麻鉤藤飲

Tian Ma Gou Teng Yin

Gastrodia & Gambir Combination

Polygoni Multiflori	YE JIAO TENG	18
Haiotis	SHI JUE MING	14
Loranthus	SANG JI SHENG	14
Gambir	GOU TENG	9
Peria (Fushen)	FU SHEN	9
Leonurus	YI MU CAO	7
Achyranthes	CHUAN NIU XI	7
Fucommia	DU ZHONG	7
Gastrodia	TIAN MA	5
Gardenia	SHAN ZHI ZI	5
Scute	HUANG QIN	5

Qi Deficiency Headache

人參養榮湯

Ren Shen Yang Ying Tang

*Ginseng & Rehmannia
Combination*

White Peony	BAI SHAO	11
Ginseng	REN SHEN	8
Attractoides (A-hai)	BAI ZHU	8
Astragalus	BI XIAN GAO	8
Licorice	LI ZI GAO	8
Citrus Peel	CHEN PI	8
Cinnamon Inner Bark	GU JIN	8
Tangkuai	DANG GUI	8
Rehmannia (Cooked)	SHU DI HUANG	6
Schisandra	WU WEI ZI	6
Poria	FU LING	6
Ginger	SHENG JIANG	11
Red Jujube	DA ZAO	4
Polyporia	YAN ZHI	4

Blood Deficiency Headache

四物湯

Si Wu Tang

Tangkuai Four Combination

Rehmannia (Cooked)	SHU DI HUANG	32
Tangkuai	DANG GUI	32
White Peony	BAI SHAO	21
Cnidium	CHI AN XIONG	16

Mang Jing Zi (Vitex)

Ju Hua (Chrysanthemum flower)

Kidney Deficiency Headache

杞菊地黃丸

Qi Ju Di Huang Wan

*Lycium, Chrysanthemum
& Rehmannia Formula*

Rehmannia (Cooked)	SHU DI HUANG	28
Cornus	SHAN ZHU YU	14
Dioscorea	SHAN YAO	14
Poria	FU LING	10
Moutan	MU DAN PI	10
Alisma	ZE XIE	10
Lycium Fruit	GOU QI ZI	7
Chrysanthemum	JU HUA	7

Dampness Headache

半夏白朮天麻湯

Ban Xia Bai Zhu
Tian Ma Tang

Pine'llia & Gastro'elia Combination

Pine'llia	BAN XIA	16
Sprouted Barley	MAI YA	16
Atractylodes (Alba)	BAI ZHU	10
Massa Medicata	SHEN QI	10
Gastrodia	TIAN MA	5
Ginseng	REN SHEN	5
Poria	FU LING	5
Astragalus	HE JIANG QI	5
Asarum	ZI XU	5
Citrus Peel	CHEN PI	5
Fresh Ginger	SHENG JIANG	10
Dried Ginger	GAN JIANG	3
Phellodendron Bark	HE JIANG BAI	3

Blood Stagnation Headache

血府逐瘀湯

Xue Fu Zhu Yu Tang

*Persica & Carthamus
Combination*

Persica	TAO REN	16
Langkuei	DANG GUI	12
Rehmannia	SHENG DI HUANG	12
Carthamus	HONG HUA	12
Cyathula	CHUAN NIU XI	12
Bitter Orange	ZHI KE	8
Red Peony	CHI SHAO	8
Platycodon	JI GENG	6
Cnidium	CHUAN XIONG	6
Bupleurum	CHAI HU	4
Lycium	GAN CAO	4

Guiding Herbs

Taiyang	Qiang Huo (Rhizoma et Radix Notopterygii)
Shaoyang	Chai Hu (Radix Bupleuri)
Yangming	Bai Zhi (Radix Angelicae Dahuricae)
Taiyin	Cang Zhu (Rhizoma Atractylodis)
Shaoyin	Xi Xin (Herba Asari)
Jueyin	Wu Zhu Yu (Fructus Evodiae)

Specialty Herbs

Frontal	<i>Bai Zhi</i> (Radix Angelicae Dahuricae)
Occipital	<i>Qiang Huo</i> (Rhizoma et Radix Notopterygii)
Temporal	<i>Chai Hu</i> (Radix Bupleuri)
Vertex	<i>Gao Ben</i> (Rhizoma Ligustici)
Mense	<i>Chuan Xiong</i> (Rhizoma Ligustici Chuanxiong)

Traditional Points

- *Linggu*, *Hegu* (LI 4) (needle 1 – 1.5 cun), massage the affected area on the head
- *Renzhong* (GV 26), *Lieque* (LU 7), *Taichong* (LR 3), *Xingjian* (LR 2), *Geshu* (BL 17), *Baihui* (GV 20), *Taiyang* (Extra 2), *Yintang* (Extra 1)

Balance Method

- Left Side: *Zhongchong* (PC 9), *Shaochong* (HT 9), *Shaoshang* (LU 11), *Zusanli* (ST 36), *Weizhong* (BL 40), *Yanglingquan* (GB 34).
- Right Side: *Hegu* (LI 4), *Houxi* (SI 3), *Zhongzhu* (TH 3), *Taixi* (KI 3), *Zhongfeng* (LR 4), *Sanyinjiao* (SP 6).
- Left and right side can be alternated from treatment to treatment.

Ear Points

- Taiyang, Adrenal Gland, Hypothalamus, Temporal Lobe.
- Use metal ear balls.
- Switch ears every three days.
- Five sessions equals one treatment course.

Traditional Points

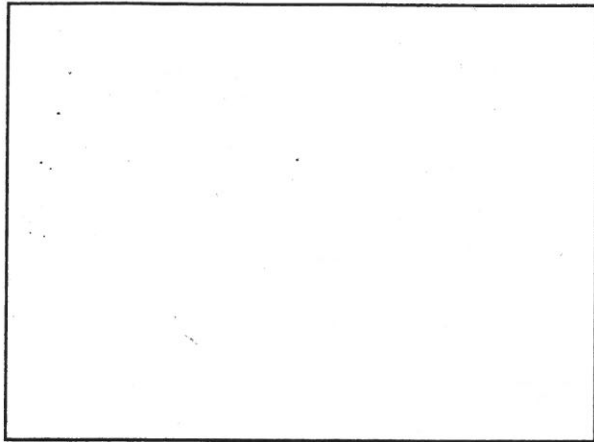
- *Renzhong* (GV 26), *Lieque* (LU 7), *Zusanli* (ST 36), *Xingjian* (LR 2), *Taichong* (LR 3), *Geshu* (BL 17), *Baihui* (GV 20), *Xuehai* (SP 10)

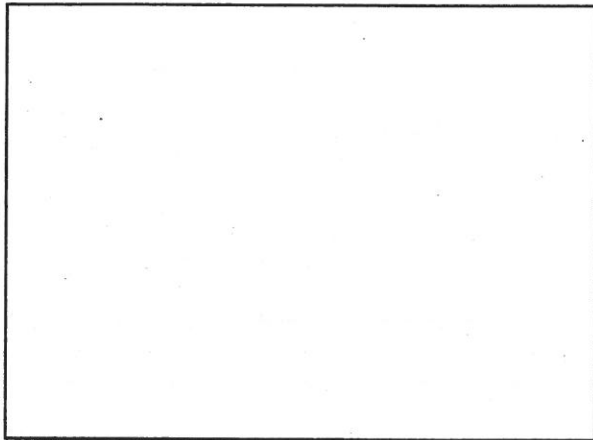
Balance Method

- Same side of the migraine, needle *Fengshi* (GB 31), *Diwuhui* (GB 42), *Shaofu* (HT 8).
- Opposite side, needle *Taichong* (LR 3), *Xiguan* (LR 7), *Waiguan* (TH 5), *Tianjing* (TH 10).

Ear Points

- Adrenal Gland, Hypothalamus, Temporal Lobe.
- Use metal ear balls.
- Alternate ears every three days.
- Five sessions equals one treatment course.





Steam Therapy

- Herbal Formula
 - *Chuan Xiong* (Rhizoma Ligusticum Chuanxiong), 15g
 - *Can Sha* (Excrementum Bombycis Mori), 30g
 - *Jiang Can* (Bombyx Batryticatus), 20 pcs
 - *Bai Zhi* (Radix Angelicae Dahuricae), 15g
- Administration: Cook the herbs, and direct the steam to the affected area.
- Sig: Apply steam therapy for 10-15 minutes per treatment, twice daily.

Headache

- Rhinogenous h.
- Pyrexial h.
- Cough h.
- Congestive h.
- Anemic h.
- Post-coital h.
- Cluster h.
- Post-traumatic h.
- Migraine h.
- Functional h.
- Tension h.
- Exterior (Excess)
 - Wind-cold
 - Wind-heat
 - Wind-damp
- Interior (Excess or deficient)
 - Qi deficiency
 - Blood deficiency
 - Kidney deficiency
 - Dampness accumulation
 - Blood stagnation
 - Liver yang rising

Neck & Shoulder Pain

- Acute injury (accident, trauma, injury)
- Chronic injury (repetitive wear and tear)

Acute Neck & Shoulder Pain

葛根湯

Ge Gen Tang

Pueraria Combination

Pueraria Root	GE GEN	21
Ephedra	MA HUANG	14
Ginger	SHENG JIANG	14
Cinnamon Twigs	GU I ZHI	14
White Peony	BAI SHAO	11
Licorice	GAN CAO	11
Red Jujube	DA ZAO	14

Chronic Neck & Shoulder Pain

二朮湯

Er Zhu Tang

*Atractylodes & Arisaema
Combination*

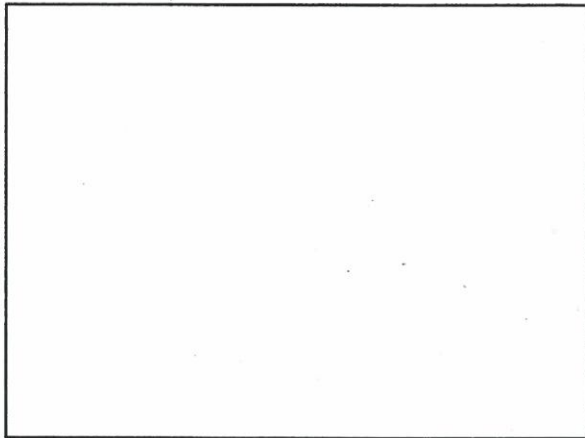
Atractylodes (Alba)	BAI ZHU	8
Poria	FU LING	8
Citrus Peel	CHEN PI	8
Arisaema	HE NIAN XING	8
Cyperus	XIANG FU	8
Scute	HUANG QIN	8
Clematis	WEI LING XIAN	8
Notopterygium	QIANG HUO	8
Pinellia	BAN XIA	12
Atractylodes	CANG ZHU	10
Fresh Ginger	SHENG JIANG	10
Licorice	GAN CAO	4

Traditional Points

- *Houxi* (SI 3), *Shugu* (BL 65). Leave needles in for 15 minutes.
- *Hegu* (LI 4), *Shousanli* (LI 10), *Jianliao* (TH 14), *Chize* (LU 5), *Waiguan* (TH 5), *Quchi* (LI 11), *Fengchi* (GB 20), *Dazhui* (GV 14).

Balance Method

- Needle the opposite side of the pain. *Lingdao* (HT 4), *Tongli* (HT 5), *Shenmen* (HT 7), *Shugu* (BL 65).
- Needle the same side of the pain *Houxi* (SI 3), *Zhongzhu* (TH 3), *Sanyinjiao* (SP 6) or *Ah Shi* points nearby.
- Have the patients move their necks while the needles are inserted.



Traditional Points

- *Ah Shi* points
- *Shousanli* (LI 10), *Geshu* (BL 17), *Hegu* (LI 4), *Xuehai* (SP 10), *Jianliao* (TH 14)

Balance Method

- Needle the opposite side of the pain. *Lingdao* (HT 4), *Tongli* (HT 5), *Shenmen* (HT 7), *Shugu* (BL 65).
- Needle the same side of the pain *Houxi* (SI 3), *Zhongzhu* (TH 3), *Sanyinjiao* (SP 6) or *Ah Shi* points nearby.

Ear Points

- **Neck pain:** Cervical Vertebrae, Neck, Shoulder, Shoulder Blades, Kidney.
- Embed ear seeds and instruct the patient to massage the points three to four times daily for two minutes each time.
- Switch ears every five days.
- Five treatments equals one course.

- **Frozen shoulder:** Shoulder, Shoulder Joint, Adrenal Gland or Shoulder, Clavicle, Adrenal Gland, Liver, Spleen, Subcortex.

Low Back Pain

- Acute injury (accident, trauma, injury)
- Chronic injury (repetitive wear and tear)

Low Back Pain

- Exterior
 - Wind-damp
 - Damp-heat
 - Blood stagnation
- Interior
 - Kidney yin deficiency
 - Kidney yang deficiency

Wind-Damp Low Back Pain

獨活寄生湯

Du Huo Ji Sheng Tang

Tuber & Tonic/tonic Combination

Tubus Angelica	DU HUO	8
Loranthus	SANG JI SHENG	8
Eucommia	DI ZHONG	8
Achyranthes	NIU XI	8
Ginseng	REN SHEN	8
Gentiana Macro-Root	QIN JIAO	8
Poria	DI LING	8
Cinnamon Bark	ROU GUI	8
Siler	FANG FENG	8
Cnidium	CHUAN XIONG	8
Rehmannia (Cooked)	SHU DI HUANG	5
Licorice	GAN CAO	5
Lingzhi	DANG GUI	5
White Peony	BI SHIAO	5

Damp-Heat Low Back Pain

四妙丸

Si Miao Wan

Four-Marvel Pill

Phellodendron	HUANG BAI	33
Coix	YI YI REN	33
Atractylodes	CANG ZHU	17
Achyranthes	NIU XI	17

Blood Stagnation Low Back Pain

身痛逐瘀湯

Shen Tong Zhu Yu Tang

*Cnidium & Notopterygium
Combination*

Gentiana Macro Root	QIN JIAO	4
Cnidium	CHI AN XIONG	8
Persica	TAO REN	12
Carthamus	HONG HUA	12
Licorice	GAN CAO	8
Notopterygium	QIANG HUO	4
Musk	MO YAO	8
Tanaka	DANG GUI	12
Pteropus	WU LING ZHI	8
Cyperus	XIANG FU	4
Cyanthula	CHI AN SU XI	12
Earthworm	DI LONG	8

Kidney Yin Def. Low Back Pain

左歸丸

Zuo Gui Wan

Cyanthula & Rehmannia Formula

Rehmannia (Cooked)	SHU DI HUANG	23
Poria	FU LING	10
Lycium Fruit	GOU QI ZI	12
Cornus	SHAN ZHU YU	12
Cuscuta	TU SI ZI	12
Deer Antler Gel	LU JIAO JIAO	12
Testudinis Gel	GUI BAN JIAO	12
Cyanthula	CHUAN NIU XI	10

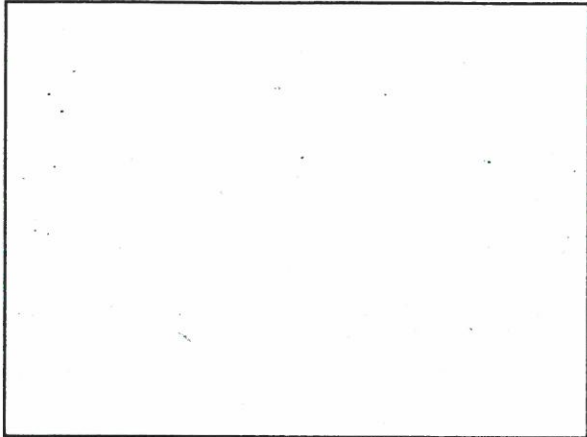
Kidney Yang Def. Low Back Pain

右歸丸

You Gui Wan

*Eucommia & Rehmannia
Formula*

Rehmannia (Cooked)	SHU DI HUANG	25
Deer Antler Gel	LU JIAO JIAO	1
Dioscorea	SHAN YAO	12
Lycium Fruit	GOU QI ZI	12
Cuscuta	TU SI ZI	12
Eucommia	DU ZHONG	12
Aconite	FU ZI	6
Cinnamon Bark	ROU GUI	6
Cornus	SHAN ZHU YU	12
Tanaka	DANG GUI	1



Traditional Points

- *Yaotongxue*, *Huantiao* (GB 30), *Yaoyan* (Extra 9), *Shenshu* (BL 23), *Weizhong* (BL 40)

Balance Method

- Needle on the opposite side to the pain the following points: *Hegu* (LI 4), *Houxi* (SI 3), *Wangu* (SI 4), *Dazhong* (KI 4) or *Ah Shi* points nearby, *Fuliu* (KI 7) or *Ah Shi* points nearby.
- Needle on the same side of the pain *Chize* (LU 5), *Kongzui* (LU 6) or *Ah Shi* points nearby, *Shugu* (BL 65).

Ear Points

- Sciatic pain: Lower Back, Hip, Sciatic, Pituitary Gland.
- Embed needles in both ears (or use ear seeds) and instruct the patient to massage the points three to four times daily for two to three minutes each time.
- Tailbone injury: Coccyx, Adrenal Gland, Pituitary Gland.

Traditional Points

- *Huatuojiaji* points (Extra 15) in the back from L3 – L5 for lower back pain.
- *Huatuojiaji* points (Extra 15) from T1 – T12 for upper back pain.
- *Hegu* (LI 4), *Yaotongxue* (Extra 29), *Huantiao* (GB 30), *Yaoyen* (Extra 21), *Shenshu* (BL 23), *Weizhong* (BL 40)

Balance Method

- Needle the opposite side to the pain the following points: *Hegu* (LI 4), *Houxi* (SI 3), *Wangu* (SI 4), *Dazhong* (KI 4) or *Ah Shi* points nearby, *Fuliu* (KI 7) or *Ah Shi* points nearby.
- Needle on the same side of the pain *Chize* (LU 5), *Kongzui* (LU 6) or *Ah Shi* points nearby, *Shugu* (BL 65).

Ear Points

- Back, Lumbago, Small Intestine, Adrenal Gland, Pituitary Gland.
- Embed ear needles or use ear seeds.
- Ten treatments equal one course.

Topical Herbal Treatment

- Herbal Formula:
 - *Rou Gui* (Cortex Cinnamomi), 30g
 - *Wu Zhu Yu* (Fructus Evodiae), 90g
 - *Sheng Jiang* (Rz. Zingiberis Recens), 120g
 - *Cong Bai* (Bulbus Allii Fistulosi), 30g
 - *Hua Jiao* (Pericarpium Zanthoxyli), 60g
- Administration: dry-fry the herbs until hot, place in a pillow case, and apply topically.
- Or, grind the herbs into powder, mix with beeswax, and apply as paste.

Arthritis

- Infectious (bacterial, viral, fungal, etc)
- Metabolic (gout)
- Autoimmune (rheumatoid, lupus)
- Neuropathic (reflex sympathetic dystrophy)
- Structural degeneration of bones and cartilages (osteoarthritis, osteoporosis)
- Non-articular (tendinitis, bursitis)

Bi Zheng (Painful Obstruction)

- *Xing bi* (mobile painful obstruction) - wind
- *Tong bi* (extremely painful obstruction) - cold
- *Zhuo bi* (fixed painful obstruction) - damp
- *Re bi* (heat painful obstruction) - heat
- *Wan bi* (stubborn painful obstruction) - chronic
- *Wei bi* (atrophic painful obstruction) - deficiency
- *Xue bi* (blood painful obstruction) - blood
- *Zhou bi* (generalized painful obstruction) - generalized

Wind-Heat *Bi Zheng*

桂枝芍藥知母湯

Gui Zhi Shao Yao
Zhi Mu Tang

*Cinnamon & Anemarrhena
Combination*

Ginger	SHENG JIANG	17
Cinnamon Twigs	GUI ZHI	13
Atractylodes	CANG ZHU	13
Anemarrhena	ZHI MU	13
Siler	FANG FENG	13
White Peony	BAI SHAO	10
Ephedra	MA HUANG	7
Licorice	GAN CAO	7
Aconite	FU ZI	7

Cold Bi Zheng

濟生腎氣丸

Ji Sheng Shen Qi Wan

Cyathula & Plantago Formula

Rehmannia (Cooked)	SHU DI HUANG	24
Poria	FU LING	18
Dioscorea	SHAN YAO	12
Cornus	SHAN ZHU YU	12
Moutan	MU DAN PI	8
Alisma	ZI XIE	8
Achyranthes	NIU XI	6
Plantago	CHI QIAN ZI	6
Acornic	FU ZI	2
Cinnamon Bark	ROU GUI	2

Damp Bi Zheng

薏苡仁湯

Yi Yi Ren Tang

Coxi Combination

Coxi	YI YI REN	59
White Peony	BAI SHAO	9
Tangkuei	DANG GUI	9
Atractylodes	CANG ZHU	6
Ephedra	MA HUANG	5
Cinnamon Twigs	GUI ZHI	5
Licorice (Baked)	ZHI GAN CAO	4
Ginger	SHENG JIANG	4

Deficiency Bi Zheng

三痹湯

San Bi Tang

Tonic & Antispasmodic Combination

Ginseng	REN SHEN	6
Astragalus	BI AN SHU QI	6
Poria	FU LING	6
Licorice	GAN CAO	6
Tangkuei	DANG GUI	6
Cnidium	CHI AN XIONG	6
White Peony	BAI SHAO	6
Rehmannia	SHENG DI HUANG	6
Eucommia	DU ZHONG	6
Achyranthes	NIU XI	6
Dipsacus	XU DU AN	6
Cinnamon Bark	ROU GUI	6
Taihuo Angelica	DE HUI	6
Geophila Macro Root	QIN JIAO	6
Suei	TANG LING	6
Ginger	SHENG JIANG	6
Red Date	DA ZAO	6

Blood Stagnation Bi Zheng

身痛逐瘀湯

Shen Tong Zhu Yu Tang

*Cnidium & Notopterygium
Combination*

Gentiana Macro Root	QIN JIAO	4
Cnidium	CHUAN XIONG	8
Persica	TAO REN	12
Carthamus	HONG HUA	12
Licorice	GAN CAO	8
Notopterygium	QIANG HUO	4
Myrrh	MO YAO	8
Tangkuai	DANG GUI	12
Pteropus	WU LING ZHI	8
Cyperus	XIANG FU	4
Cyatula	CHUAN NIU NI	12
Fatigueum	DU LONG	8

Wind-Cold-Damp Bi Zheng

獨痹湯

Juan Bi Tang

*Notopterygium & Turmeric
Combination*

Astragalus	HUANG QI	13
Tangkuai	DANG GUI	13
Red Peony	CHI SHAO	13
Notopterygium	QIANG HUO	13
Siler	FANG FENG	13
Turmeric	JIANG HUANG	13
Licorice (Haked)	ZHI GAN CAO	4
Ginger	SHENG JIANG	13
Red Jujube	DA ZAO	8

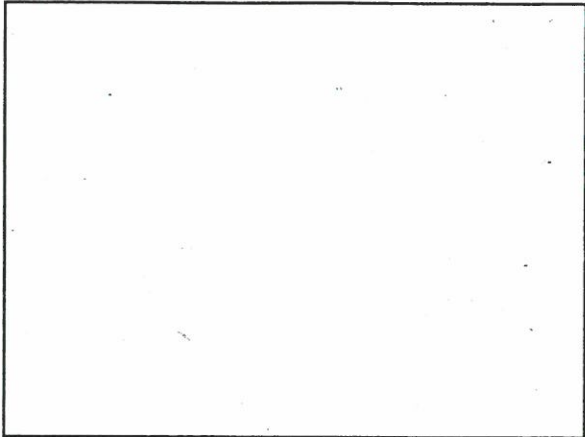
Entire Body Bi Zheng

上中下通用痛風丸

Shang Zhong Xia
Tong Yong Tong Feng Wan

Cinnamon & Angelica Formula

Phellodendron Bark	BU ANG BAI	15
Atractylodes	CANG ZHU	15
Arisaema	HAN NAN XING	15
Massa Fermentata	SHEN QU	7
Cnidium	CHUAN XIONG	7
Persica	TAO REN	7
Gentiana	LONG DAN CAO	7
Stephania	FANG JI HUAN	7
Angelica	BAI ZHI	7
Notopterygium	QIANG HUO	4
Clematis	WU LING XIAN	4
Cinnamon Twigs	GUI ZHI	4
Carthamus	HONG HUA	2



Acupuncture

■ Traditional Points:

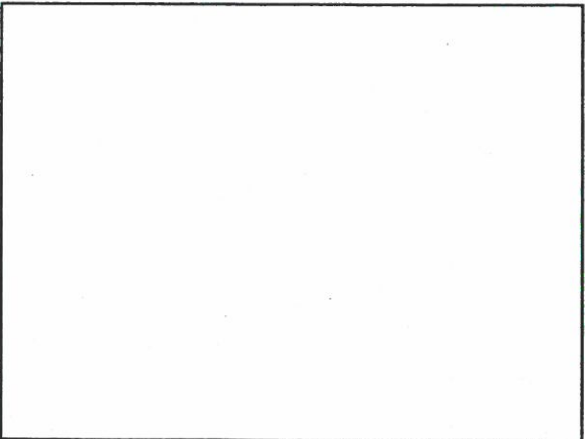
- Moxa and needle *Ah Shi* points

■ Balance Method:

- Use Dr. Tan's Balance Method determined by where the pain is (use mirror or image system).

■ Ear Points:

- Related joints, Adrenal Glands. Embed magnetic ear balls and switch ear every three days.



Acupuncture

■ Traditional Points:

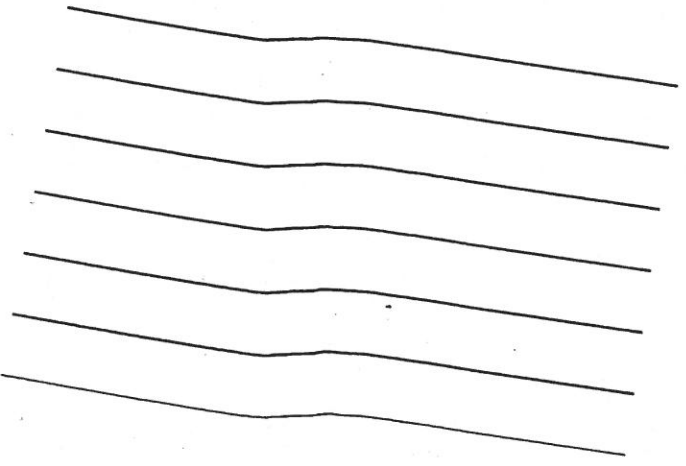
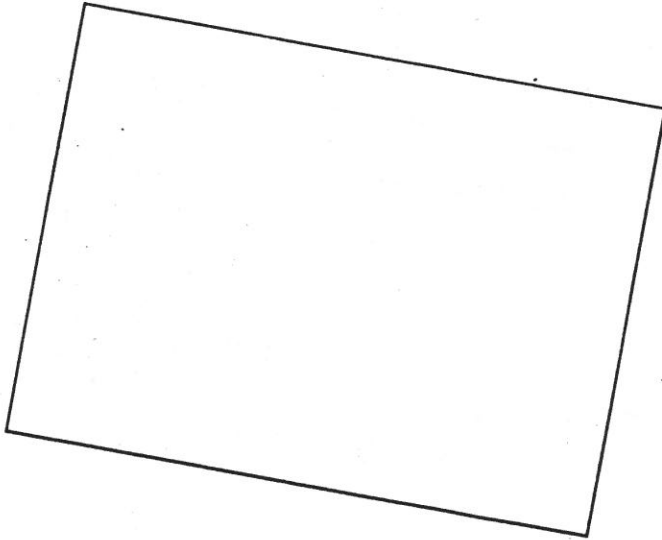
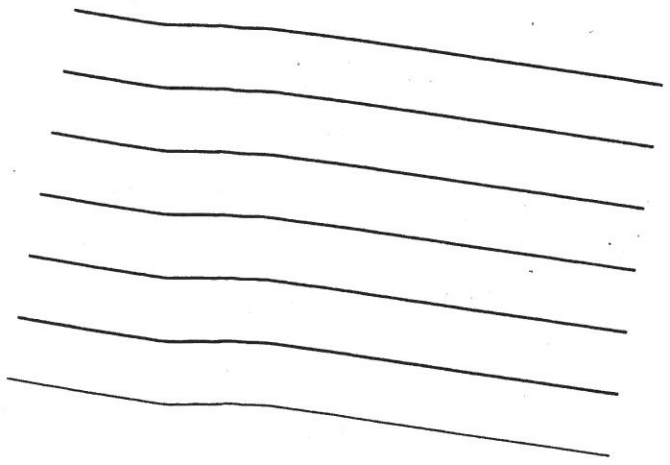
- Needle *Ah Shi* points
- *Taichong* (LR 3), *Xingjian* (LR 2), *Zusanli* (ST 36), *Geshu* (BL 17)

■ Balance Method:

- Use Dr. Tan's Balance Method determined by where the pain is (use mirror or image system).

■ Ear Points:

- Related joints, Adrenal Glands. Embed magnetic ear balls and switch ears every three days.



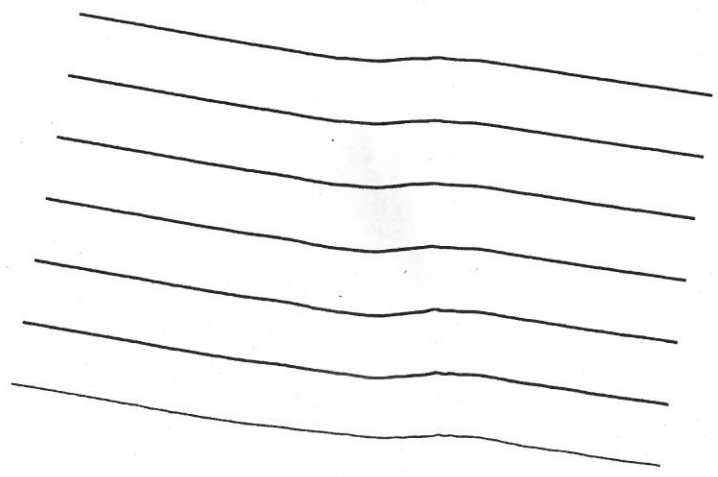
Acupuncture

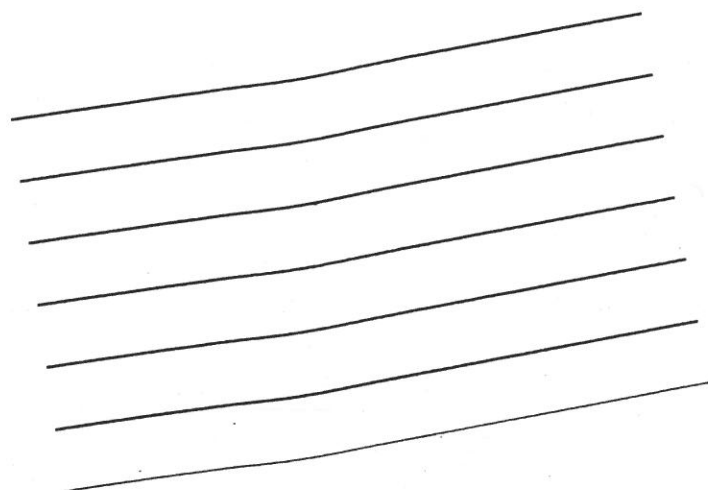
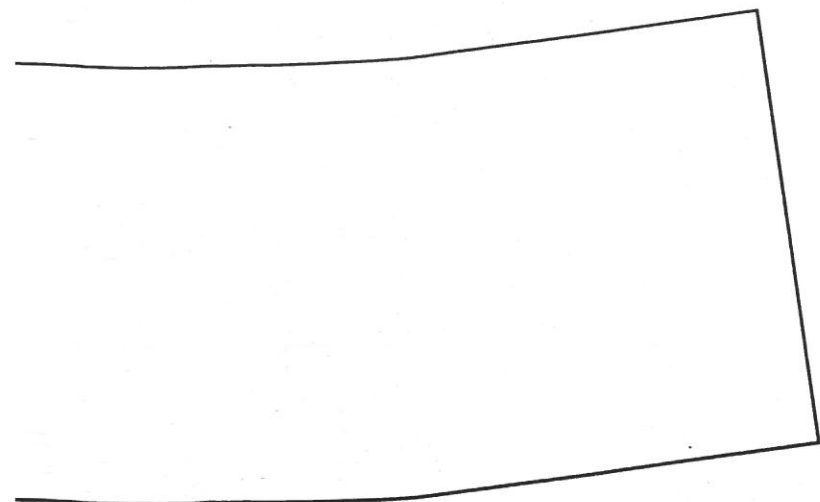
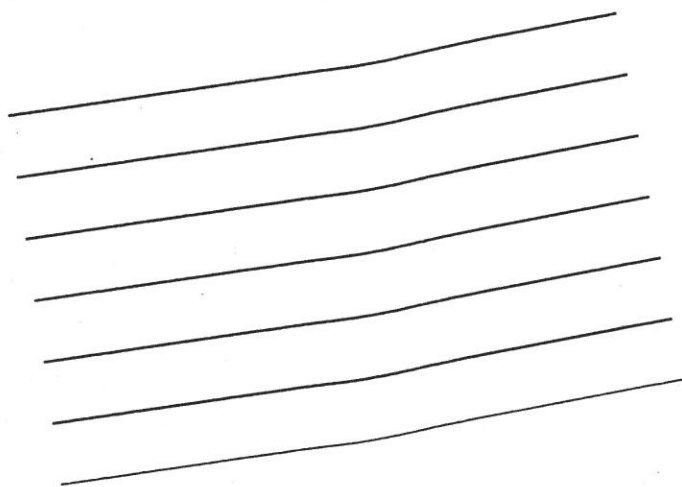
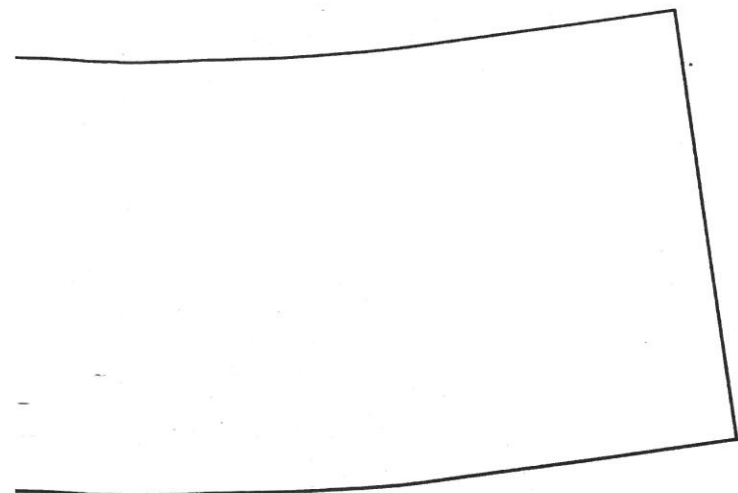
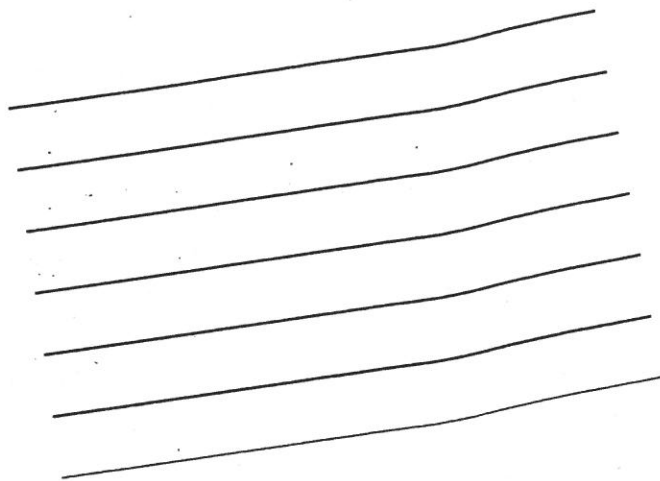
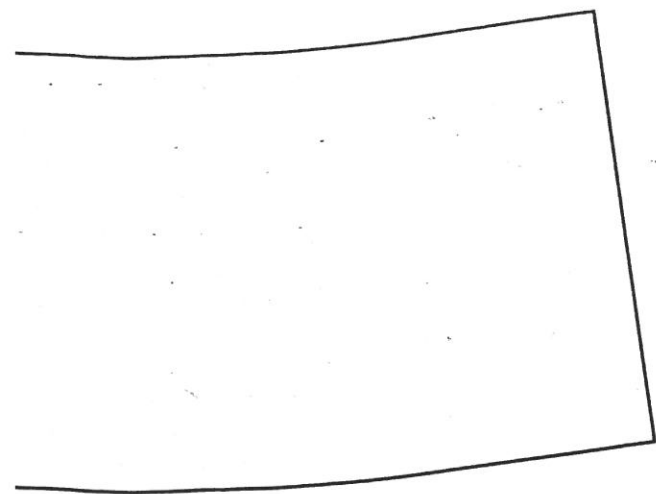
■ Traditional Points:

- *Shousanli* (LI 10), *Waiguan* (TH 5), *Zusanli* (ST 36)
- *Zhigou* (TH 6), *Zusanli* (ST 36), *Zhongwan* (CV 12), *Neiguan* (PC 6), *Guanyuan* (CV 4), *Taichong* (LR 3), *Shenque* (CV 8)

■ Balance Method:

- Use Dr. Tan's Balance Method to determine where the pain is (use mirror or image system).





"Fang Ji" Identification

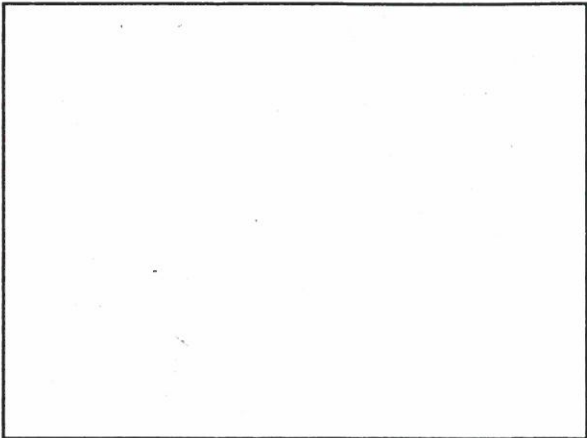
- *Han Fang Ji* (Radix Stephaniae Tetandrae)
- *Fen Fang Ji* (Radix Stephaniae Tetandrae)
- *Guang Fang Ji* (Radix Aristolochiae Fangchi)

Overdose of Lei Gong Teng

- Early reaction: headache, dizziness, palpitation, fatigue, severe vomiting (sometimes with blood), chills, fever (up to 40° C), continuous abdominal pain, diarrhea (with dark watery stools), generalized aches and pain, tachycardia and irregular heart rhythms.
- Delayed reaction: low back pain, hair loss, facial edema, decreased or increased urinary output, and in severe cases, low blood pressure, low body temperature, altered consciousness, convulsions, difficult respiration and purple lips.

Treatment of Overdose

- Emetic methods
- Gastric lavage
- *Feng Wei Cao* (Herba Pteris) decoction
- *San Qi* (Radix Notoginseng) decoction
- Other...



Rheumatoid Arthritis

- Analgesic Effect
- *Han Fang Ji* (Radix *Stephaniae Tetandrae*)*
- Anti-Inflammatory Effect
- *Lei Gong Teng* (Radix *Tripterygii Wilfordii*)*



Rheumatoid Arthritis

- *Han Fang Ji* and *Lei Gong Teng* exert a powerful suppressive effect on human immune responses.
- Inhibited prostaglandin E₂ secretion from monocytes
- Inhibited IL-1, IL-6, IL-8, and tumor necrosis factor-alpha
- Therapeutically effective in rheumatic diseases

Neuralgia

- Diabetic neuropathy
- Trigeminal neuropathy
- Sciatica neuralgia
- Herpetic neuralgia

Diabetic Neuropathy

- *Bei Sha Shen* (Radix Glehniae)
- *Mai Men Dong* (Radix Ophiopogonis)
- *Yu Zhu* (Rhizoma Polygonati Odorati)
- *Gou Qi Zi* (Fructus Lycii)
- *Sheng Di Huang* (Radix Rehmanniae)
- *Zhi Mu* (Radix Anemarrhenae)
- *Huang Qin* (Radix Scutellariae)
- *Huang Lian* (Rhizoma Coptidis)
- *Dan Shen* (Radix Salviae Miltiorrhizae) *
- *Ze Lan* (Herba Lycopi)

Trigeminal Neuropathy

川芎茶調散

Chuan Xiong Cha Tiao San

Cnidium & Tea Formula

Mint	BO HE	14
Cnidium	CHUAN XIONG	14
Schizonepeta	JING JIE	14
Siler	FANG FENG	10
Notopterygium	QIANG HUO	10
Angelica	BAI ZHI	10
Licorice	GAN CAO	10
Tea Leaf	CHA YE	10
Cyperus	XIANG FU	10

Trigeminal Neuropathy

身痛逐瘀湯

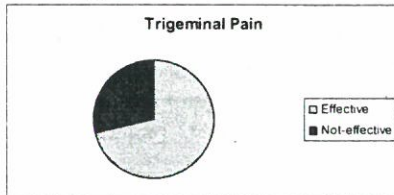
Shen Tong Zhu Yu Tang

Combination

Gentiana Macro-Root	QIN JIAO	4
Cnidium	CHI AN XING	8
Persica	TAO REN	12
Carthamus	HONG JI A	12
Licorice	GAN CAO	8
Notopterygium	QIANG HEO	4
Myrrh	MO YAO	8
Tangkuei	DANG GUI	12
Pteropus	WU JING ZHI	8
Cyperus	XIANG EI	4
Cyathula	CHUAN NIU XI	12
Earthworm	DI LONG	8

Trigeminal Neuralgia

- **RX:** Bai Shao (Radix Paeoniae Alba) and Gan Cao (Radix Glycyrrhizae)
- **Result:** The combination of was effective in relieving pain in 30 out of 42 patients



Journal of Traditional Chinese Medicine, 1983:119

Damp-Cold Sciatica

當歸四逆湯

Dang Gui Si Ni Tang

Tangkuei & Jujube Combination

Tangkuei	DANG GUI	17
Cinnamon Twigs	GUI ZHI	17
White Peony	BAI SHAO	17
Licorice (Baked)	ZHI GAN CAO	11
Clematis	MU TONG	11
Red Jujube	DA ZAO	28

Damp-Heat Sciatica

四妙丸

Si Miao Wan

Four-Marvel Pill

Phellodendron	HUANG BAI	33
Coix	YI YI REN	33
Atractylodes	CANG ZHU	17
Achyranthes	NIU XI	17

Blood Stagnation Sciatica

身痛逐瘀湯

Shen Tong Zhu Yu Tang

*Gentiana & Notopterygium
Combination*

Gentiana Macro Root	QIN JIAO	4
Cnidium	CHU AN XIONG	8
Persica	TAO REN	12
Carthamus	HONG HU A	12
Licorice	GAN CAO	8
Notopterygium	QIANG HE O	4
Myrrh	MO YAO	8
Tangkuei	DANG GUI	12
Pteropus	WU TING ZHI	8
Cyperus	XIANG FU	4
Cyathula	CHI AN NIU XI	12
Earthworm	DI LONG	8

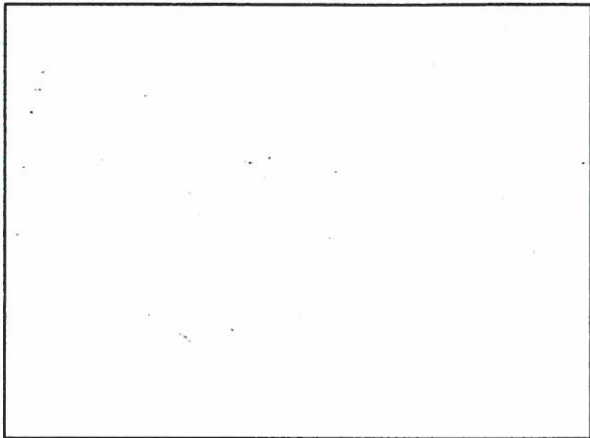
Herpetic Neuralgia

龍膽瀉肝湯

Long Dan Xie Gan Tang

Gentiana Combination

Gentiana	LONG DAN CAO	15
Bupleurum	CHAI HU	15
Alisma	ZE XIE	15
Plantago	CHE QIAN ZI	8
Clematis Armandi	MU TONG	8
Rehmannia	SHENG DI HUANG	8
Tangkuei	DANG GUI	8
Gardenia	SHAN ZHI ZI	8
Scute	HUANG QIN	8
Licorice	GAN CAO	8



Acupuncture

■ Traditional Points:

- Needle *Ah Shi* points
- *Hegu* (LI 4), *Shenshu* (BL 23), *Pishu* (BL 20), *Sanyinjiao* (SP 6), *Taichong* (LR 3)

■ Balance Method:

- Use Dr. Tan's Balance Method determined by where the pain is (use mirror or image system).

■ Ear Points:

- Affected area, Adrenal Gland, Lung. Embed magnetic balls and switch ears every five days.

Specialty Herbs

- *Wu Gong* (Scolopendra)
- *Quan Xie* (Scorpio)
- *Di Long* (Pheretima)
- *Di Bie Chong* (Eupolyphaga)
- *Jiang Can* (Bombyx Batryticatus)
- Ants!

Topical Herbal Treatment

- Herbal Formula
 - *Ma Qian Zi* (Semen Strychni)
 - *Chuan Wu* (Radix Aconiti Preparata)
 - *Ru Xiang* (Gummi Olibanum)
 - *Mo Yao* (Myrrha)
- Application: Grind equal amounts of all herbs into powder, mix with oil to make paste. Apply herbal paste to acupuncture

Internal Medicine



- Chest Pain
- Stomach Pain
- Abdominal Pain
- Menstrual Pain
- Pain from Stones

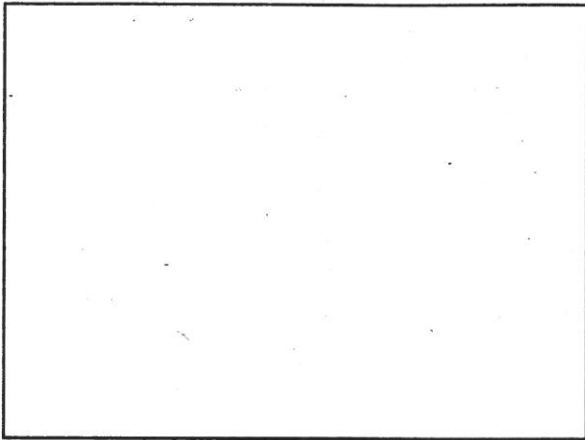
Chest Pain

血府逐瘀湯

Xue Fu Zhu Yu Tang

*Persica & Carthamus
Combination*

Persica	TAO REN	10
Tangkuei	DANG GUI	12
Rehmannia	SHENG DI HUANG	12
Carthamus	HONG HUA	12
Cyathula	CHUAN NIU XI	12
Bitter Orange	ZHI KE	8
Red Peony	CHI SHAO	8
Platycodon	BEI GENG	6
Cnidium	CHUAN XIONG	6
Hupleuran	CHAI HU	4
Licorice	GAN CAO	4



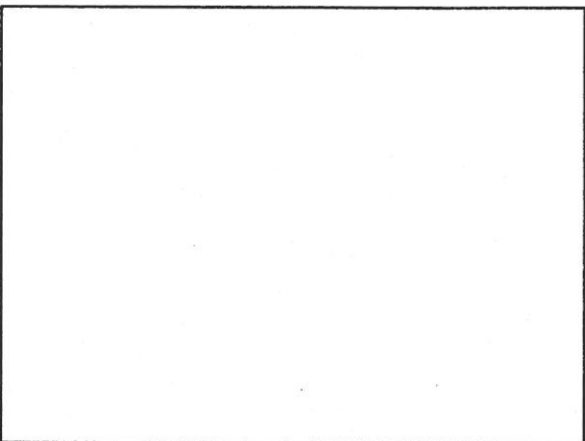
Stomach Pain

平胃散

Ping Wei San

Magnolia & Ginger Formula

Atractyloides	CANG ZHU	33
Magnolia Bark	HOU PO	20
Citrus Peel	CHEN PI	7
Licorice	GAN CAO	7
Red Jujube	DA ZAO	13
Ginger	SHENG JIANG	20



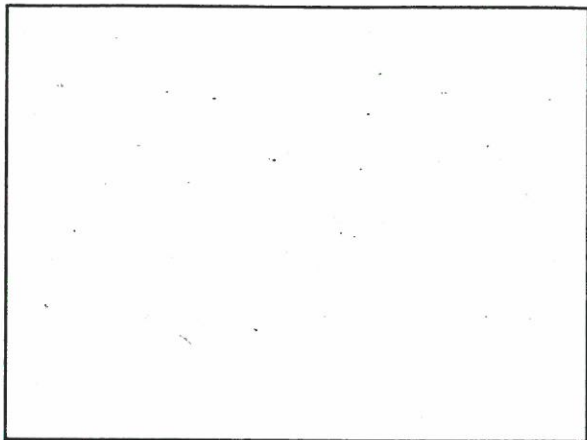
Abdominal Pain

葛根黃芩黃連湯

Ge Gen Huang Qin
Huang Lian Tang

*Pueraria Coptis & Scute
Combination*

Pueraria Root	GE GEN	50
Scute	HUANG QIN	19
Coptis	HUANG LIAN	19
Licorice	GAN CAO	13



Menstrual Pain

失笑散

Shi Xiao San

Sudden Smile Formula

Troglodytes	WU LING ZHI	50
Typha	PU HUANG	50

Menstrual Pain

少腹逐瘀湯

Shao Fu Zhu Yu Tang

*Fennel Seed & Corydalis
Combination*

Tangkuet	DANG GUI	20
Bulrush	PU HUANG	20
Red Peony	CHI SHAO	14
Pteropus	WU LING ZHI	14
Corydalis	YAN HU SUO	7
Cnidium	CHUAN XIONG	7
Myrrh	MO YAO	7
Cinnamon Bark	ROU GUI	7
Fennel	XIAO HUI XIANG	3
Dried Ginger	GAN JIANG	1
