FATIGUE: Medical Definition

Fatigue is defined as a subjective feeling of tiredness which is distinct from weakness, and has a gradual onset. Fatigue can be alleviated by periods of rest.

Medically, fatigue is a non-specific symptom, which means that it has many possible causes. Fatigue is considered a symptom, rather than a sign, because it is a subjective feeling reported by the patient, rather than an objective one that can be observed by others.

FATIGUE

• There are two types of fatigue:
  • PHYSICAL FATIGUE
  • MENTAL FATIGUE
FATIGUE

PHYSICAL FATIGUE
Physical fatigue is the temporary physical inability of a muscle to perform optimally.

CAUSES:
- Lack of energy in the muscle
- Decrease in efficiency of neuromuscular junction
- Reduction of the drive originating from the central nervous system

MENTAL FATIGUE
Temporary inability to maintain optimal cognitive performance

CAUSES:
- The perception of mental fatigue is commonly believed to be modulated by the brain’s reticular activating systems (RAS)
- Can manifest as somnolence, lethargy or Directed Attention Fatigue

Fatigue differs from sleepiness in that it is considered a more long-term or chronic condition than somnolence.
FATIGUE

- PROLONGED FATIGUE:
  Is a persistent fatigue lasting at least one month

- CHRONIC FATIGUE:
  Is a persistent fatigue lasting more than six months.

FATIGUE AND CHRONIC FATIGUE

COMMON DISEASES THAT FEATURE PERSISTENT AND/OR CHRONIC FATIGUE:

- Autoimmune Disorders
- Blood Disorders
- Cancer
- Drug Abuse
- Depression
- Eating Disorders
- Diabetes and Hypothyroidism

FATIGUE AND CHRONIC FATIGUE

COMMON DISEASES THAT FEATURE PERSISTENT AND/OR CHRONIC FATIGUE, cont. :

- Liver Disease
- Lyme Disease
- Neurological Disorders
- Sleep Deprivation
- Stroke
- Kidney Disease
FATIGUE AND CHRONIC FATIGUE

OTHER COMMON CAUSES OF FATIGUE:

MEDICATIONS:
LITHIUM, BETA BLOCKERS AND ANTIBIOTICS

AMOEbic INFECTIONS:
GIARDIA AND ENTAMOEBA HISTOLYTICA

FATIGUE AND CHRONIC FATIGUE

When all medical testing fails to reveal any physical cause of the fatigue then the patient is given a diagnosis of Chronic Fatigue Syndrome.

ANXIETY: Medical Definition

Anxiety is an emotional experience characterized by an unpleasant state of inner turmoil. It is sometimes defined as the feeling one gets when facing an unpleasant situation with insufficient coping skills.

Symptoms may include feelings of dread over upcoming events, fear, worry, uneasiness, irritability, and fatigue.

Indicators include, but are not limited to, restlessness, lack of concentration, sleeplessness, and muscle tension.
ANXIETY VS. FEAR

Fear: an appropriate reaction to a currently perceived threat, often involving a physiological fight-or-flight response.

Anxiety: the feeling of dread over anticipated unpleasantness in the future.

ANXIETY

Anxiety is considered to be a normal occurrence if experienced by situation or temporarily.

If anxiety is experienced regularly and/or on a consistent basis, then the patient may suffer from an anxiety disorder.

COMMON ANXIETY DISORDERS

TYPES OF DISORDERS:

- Existential Anxiety:
  - The basic human condition of lack of control
- Test and Performance Anxiety:
  - The anxious feeling one gets from testing, fear of failure, stage fright, etc.
- Stranger, Social and Intergroup Anxiety:
  - Dread of the perception of disapproval of others, social fears, etc.
- Trait Anxiety:
  - The personality trait of maintaining a state of anxiety about future events. An affect, often closely related to neuroticism.
PSYCHIATRIC ANXIETY DISORDERS

Anxiety disorders are a group of mental disorders characterized by anxiety and fear.

- GENERALIZED ANXIETY DISORDER
  - Excessive, irrational and/or uncontrollable worry
- PANIC DISORDERS
  - Excessive worry characterized by the occurrence of persistent panic attacks
- PHOBIC DISORDER
  - Persistent fear of an object or situation, usually disproportionate to the actual inherent level of danger

GENERALIZED ANXIETY DISORDER

Symptoms:

- Fatigue
- Fidgeting
- Headaches
- Nausea
- Peripheral numbness
- Muscle tension and aching
- Difficulty swallowing
- Inability to concentrate
- Irritability
- Agitation
- Sweating
- Restlessness
- Insomnia
- Hot flashes
- Rashes
- Trembling and/or twitching

GENERALIZED ANXIETY DISORDER

CAUSES:

- Genetics
- Long term use of benzodiazepines (Lithium, Alprazolam, Bromazepam, Lorazepam, Diazepam, etc.)
- Alcohol dependence
- Tobacco smoking
- Excessive caffeine use
GENERALIZED ANXIETY DISORDER

MECHANISMS OF ACTION
In Western medicine, all physical causes of Generalized Anxiety Disorder (GAD) are understood to be related to disrupted connectivity of the amygdala and its ability of process fear and anxiety.

GENERALIZED ANXIETY DISORDER

NO ATTENTION IS GIVEN TO A POSSIBLE DYSFUNCTION OF THE INTERNAL ORGAN SYSTEM.

GENERALIZED ANXIETY DISORDER

TREATMENT IN WESTERN MEDICINE:
• COGNITIVE BEHAVIORAL THERAPY:
  – Therapy that involves working with a patient so that they understand how thoughts and feelings influence behavior.
• ACCEPTANCE AND COMMITMENT THERAPY:
  – Three therapeutic goals:
    • Reduce the use of avoiding strategies
    • Decrease a patient’s literal response to their thoughts
    • Increase the patient’s commitment to changing their behavior
• INTOLERANCE OF UNCERTAINTY THERAPY:
  – Therapy that is focused on helping a patient accept uncertainty in their life.
GENERALIZED ANXIETY DISORDER

MEDICATIONS:
SSRIS:
– Common side effects: nausea, sexual dysfunction, headaches, diarrhea, constipation, restlessness, increased risk of suicide, etc.

BENZODIAZEPINES:
– Basically fast-acting hypnotic sedatives. Can work in the short run.
– Common side effects: psychomotor impairment, cognitive and memory impairments, physical dependence and withdrawal syndrome, drowsiness, reduced motor coordination, etc.

Lyrica and Gabapentin:
Lyrica decreases the release of neurotransmitters such as norepinephrine and Substance P. Gabapentin is an anti spasmodic and its use for GAD is off-label.

DEPRESSION

When depression lasts longer than two weeks, or if the loss of interest in life is extreme, the patient may be diagnosed with Major Depressive Syndrome.

MAJOR DEPRESSIVE DISORDER (MDD)

A major depressive episode is characterized by a severely depressed mood and loss of interest in everyday activities. It is typically accompanied by symptoms of emptiness, anxiety, hopelessness, guilt, irritability, changes in appetite, problems concentrating, and suicidal thoughts.
DEPRESSION

Major Depressive Disorder is a disabling condition that adversely affects the patient’s family, work or school life, their sleeping and eating habits, and their general health.

Patients with Major Depressive Disorder tend to have a shorter lifespan, with 4% of people in the United States committing suicide each year.

DEPRESSION

CAUSES OF MAJOR DEPRESSIVE DISORDER:

• Stressful life events
• Social isolation and poverty
• Genetic inheritance
• Drug and alcohol abuse
• Brain damage or dysfunction

More research is needed to determine more clearly the causes this condition.

DEPRESSION

Diagnostic Testing:

No biological tests can confirm Major Depressive Disorder

To diagnose MDD, other disorders must first be ruled out, including depression due to other causes such as physical illness, medications, or substance abuse.

• Depression due to physical illness is diagnosed as a mood disorder due to a general medical condition.

• Depression due to drug and/or alcohol abuse is considered a substance-induced mood disorder.
DEPRESSION

Many people are misdiagnosed with MDD when, in fact, they actually suffer from a condition called Dysthymia.

- Dysthymia is a chronic mood disturbance, milder than MDD, in which a person reports a low mood almost daily over a span of at least two years.
- Symptoms are not as severe as those associated with MDD.

DEPRESSION TREATMENT

Drugs:
- SSRIs: Celexa, Lexapro, Prozac, Paxil, Zoloft
  - Effectiveness is approximately 17% over placebo
  - Side effects include nausea, nervousness, agitation, dizziness, drowsiness, insomnia, weight gain or loss, headache, vomiting, diarrhea, dry mouth

TALKING THERAPY (COGNITIVE BEHAVIORAL THERAPY):
- Teaches people to change self-defeating ways of thinking and behaving.

BIPOLAR DISORDER

Medical Definition:
Also called manic-depressive illness, Bipolar disorder is a mood disorder characterized by mood swings involving cycles of depression and elation. These cycles can be either slow to reveal or can occur in rapid cycles. The symptoms of both the highs and the lows can be severe and can cause impaired functioning.
BIPOLAR DISORDER

At times, Bipolar Disorder has been confused with Schizophrenia, which is a mental disorder characterized by abnormal social behavior and failure to recognize that which is real.

BIPOLAR DISORDER

SYMPTOMS:

- Periods of elevated mood and periods of depression. The elevated mood is significant and known as mania, which can include psychosis.
- In the manic state of mind, the patient often makes poor decisions with no thought of consequences.
- It is also possible for the patient to experience a mixed state, in which they have grandiose thoughts while simultaneously experiencing depressive symptoms, guilt, or entertaining suicidal thoughts.

BIPOLAR DISORDER

CAUSES:

- Genetic and environmental factors, including long term exposure to stress and a history of childhood abuse
- More research is needed, as the exact cause or mechanism is yet to be determined.
BIPOLAR DISORDER

THREE TYPES:

• Bipolar I:
  – Diagnosed if there is at least one manic episode lasting for at least one week. The patient feels irritable, excitable, euphoric, has racing thoughts, hypersexuality, and/or displays excessive money-spending.

• Bipolar II:
  – Diagnosed if there is at least one manic episode and one major depressive episode. The depressive episode is characterized by extreme sadness, anxiety, guilt, anger, isolation or feelings of hopelessness.

• Bipolar III:
  – A mixed state wherein mania and depression occur simultaneously.

BIPOLAR DISORDER

TREATMENT:

• MEDICATIONS:
  – Mood stabilizers (such as lithium) combined with anticonvulsants (such as carbamazepine (Tegretol))
  – Antipsychotics, such as Zyprexa, amisulpride, Avolition, Fluphenazine, Chlorpromazine, etc.
  – Antidepressants are not typically very effective for Bipolar Disorder.

• PSYCHOTHERAPY

• ELECTROCONVULSIVE THERAPY

CHRONIC STRESS

MEDICAL DEFINITION:

Chronic stress is the response to emotional pressure suffered for a prolonged period over which an individual has no perceived control.

Physiologically, experiencing chronic stress involves the endocrine system and its release of corticosteroids which remain constantly in the system.
CHRONIC STRESS

Complications from chronic stress include hypertension, heart disease, damage to muscle tissue, inhibition to growth, suppression of the immune system and damage to mental health.

PHYSIOLOGICAL RESPONSES:

The endocrine system releases epinephrine, causing the blood vessels to contract and the heart rate to increase.

Cortisol is also released, which causes the glucose levels in the blood to rise. This is designed to give the body more energy during times of duress.

Unfortunately, when one experiences chronic stress this chemical activity is going on continuously, causing enormous wear and tear on the body.

TREATMENT:

• PSYCHOTHERAPY

• MEDICATIONS
  – Celexa, Prozac, Paxil, Elavil, Lovox, etc.

• RELAXATION TECHNIQUES TO BALANCE STRESS:
  – Exercise, healthy diet, stress management, relaxation techniques, rest, and engaging in relaxing hobbies
ACCURACY IN CHINESE MEDICINE

In order to be able to correctly diagnose the patient, the practitioner must be able to read a pulse accurately.

Symptoms and signs will fail you almost every time.

Pulse Diagnosis is not difficult.

CHINESE PULSE DIAGNOSIS

Dr. Chang’s Pulse Diagnosis is the best, the fastest, the most clinically relevant, and the most practical method of pulse diagnosis available today.

FORTUNATELY IT IS EASY TO LEARN.

CHINESE PULSE DIAGNOSIS

For how to learn pulse diagnosis, please refer to our beginner’s guide to pulse diagnosis webinar.
CHINESE PULSE DIAGNOSIS
POSITIONS AND ORGANS

• Right Hand:
  • Cun: Lung/Li: (Upper respiratory conditions, sinus congestion, sinus infections, common colds, allergies, flu, IBS, hemorrhoids, constipation, large intestine polyps, colitis, crohn’s disease, etc.)
  • Guan: Spleen/Stomach: (Digestive function, gastritis, stomach polyps, reflux, H-pylori, nervous stomach, stomach pain, etc.)
  • Chi: Kidney/Bladder (Urinary Function, Uti’s, nephritis, kidney stones, prolapsed bladder. Will also reveal the condition of the shoulder, neck and upper back.)

• Left Hand
  • Cun: Heart and Small Intestine: Cardiovascular function such as large and small vessel blockages, a-fib, systolic murmurs—both mitral and aortic, bundle branch blocks, enlarged heart, infections in the small intestine, Crohn’s disease, etc.
  • Guan: Liver and Gall Bladder: Hepatic and gall bladder function and diseases such a cirrhosis of the liver, fatty liver, liver cysts, damage to the liver from mono and hepatitis, gall stones, infected gall bladder, etc.
  • Chi: Chinese Kidney function: Hormone problems, uterine problems, PCOS, endometrosis, low libido, infertility, hysterectomies, abortions, hernias, vasectomies, kidney stones, etc.
    This pulse will also reveal knee, ankle, and lower back problems.

CHINESE PULSE DIAGNOSIS
NORMAL PULSE

• Cun Position: Should be at the superficial depth just below the skin.

• Guan Position: Should be at the middle depth half way between the other two positions.

• Chi Position: Should be at the deepest depth just above the bone.
CHINESE PULSE DIAGNOSIS

CUN POSITIONS: NORMAL PULSE SHAPE

CHINESE PULSE DIAGNOSIS

GUAN POSITIONS: NORMAL PULSE SHAPE

CHINESE PULSE DIAGNOSIS

CHI POSITIONS: NORMAL PULSE SHAPE
ICHINESE PULSE DIAGNOSIS

GENERAL PRINCIPALS:
• A thin pulse is indicative of a deficiency of nutrients, particularly blood and fluids.
• A very thin pulse is a sign of cold. Cold can also slow the pulse down.
• A thick and weak pulse is a sign of pure Qi deficiency or a functional deficiency in blood circulation (i.e., heart weakness)
• Heat pushes a pulse higher than it should be and makes the pulse stronger than it should be. Heat also makes the pulse stronger and faster than it should be.
• Dampness and blood stasis push a pulse lower than it should be.

CHINESE MEDICINE AND FATIGUE

TWO GENERAL CATAGORIES:
• DEFICIENCY
  – Weakness of the lung, heart, stomach, liver, kidney, or combinations of all of these.
• EXCESS
  – Excess heat in the upper respiratory tract (sinusus) or lower respiratory tract (lung)

FATIGUE FROM LUNG DEFICIENCY

LUNG DEFICIENCY:
• Right cun pulse is thin and weak or wide and weak. The pulse can be found at all depths.
• This pulse is indicative of lung Qi of Wei Qi deficiency.
• If the pulse is found below the superficial depth then there is dampness and phlegm collecting in the sinuses. If the pulse is at the deepest depth then there is blood and phlegm stasis in the sinus cavities.
• These patients will either have chronic allergies, reoccurring colds or a weak thyroid. In any case they are tired.
HERBS FOR LUNG QI DEFICIENCY

• LUNG DEFICIENCY:
  • If chronic allergies then add Yu Ping Feng San to your formula – at least 20%
  • If the patient has an acute cold you can also add Yu Ping Feng San – up to 20%
  • If the patient has a thyroid weakness or is chronically tired then you can add Huang Qi 15% and Dang Shen 10% to your formula.

If there is just tiredness and no allergies or cold then you can give Yu Ping Feng San.

If there are allergies with fatigue and the pulse is very thin, wiry, and weak, and the nose and cheeks are cool or cold then you have a wind cold condition with lung qi deficiency. Use:

• Huang Qi: 15, Di Long: 8, Astringent Combo: 13, Bai Zi: 8 Cang Er Zi: 8, Jie Geng: 8, Chan Tui: 8, Xin Yi Hua: 8, Lu Lu Tong: 8, Dang Shen: 8, Fang Feng: 8

If there is wind cold with deficiency and it is an acute cold and not an allergy and the nose is cold then use:

– Yu Ping Feng San: 20,
– Ge Gen Tang: 25,
– Gui Zhi Tang: 20,
– Pu Ji Xiao Du Yin: 20,
– Bai Zi: 15.
HERBS FOR LUNG QI DEFICIENCY

• If the pulse is indicative of wind cold and the throat feels cool or cold to the touch and the yang wei pulse is thin and wiry then the cold is in the sinuses and the lung. In this case, you can use:
  – Yu Ping Feng San: 20
  – Dun Sou San: 40
  – Ge Gen Tang: 30
  – Herbal Abx: 10

WHERE IS YANG WEI PULSE

Pulse sign: Yangwei pulse
  – Distal to the cun position pointing towards the thumb

• Indications
  – On right side: Lower respiratory conditions – bronchitis, deep cough, asthma, common cold in lung
  – Ren 22 feels hot – heat condition
  – Ren 22 feels cold – cold condition

  – On left side: Knee and ankle joint arthritis

HERBS FOR LUNG QI DEFICIENCY

Yang wei is thin and weak and the Right cun is thin and weak. If there is a chronic cough and Ren 22 is cold then the diagnosis is chronic bronchitis due to cold invasion in the lungs with weak lung qi.

• Yu Ping Feng San: 25 or Huang Qi: 15 and Dang Shen: 10
• Zhi Sou San: 30
• Xiao Qing Long Tang: 25
• Zi Wan: 10
• Bai Bu: 10
HERBS FOR LUNG QI DEFICIENCY

If the right cun pulse is thin, wiry, superficial and both strong and weak (i.e. surrenders with pressure) and the nose is warm or hot then the diagnosis is wind heat.

If an allergy you can use:
- Cang er san: 28, Jing Jie: 8, Fang Feng: 8, Lian Qiao: 8, Jin Yin Hua: 8, Chan Tui: 8, Mu Dan Pi: 8, Ju Hua: 8, Di Long: 8
  - If there is tearing or itching in the eyes you can add Ju Hua, Bo He, Sang Ye, Bai Ji Li
  - If there is obvious Qi deficiency add Yu Ping Feng San
  - If there is more heat increase the Mu Dan Pi and add Lian Qiao

HERBS FOR LUNG QI DEFICIENCY

If the diagnosis is wind heat in the sinuses and the patient has an acute cold use:
- Yu Ping Feng San: 10
- Yin Qiao San: 30
- Pu Ji Xiao Du Yin: 20
- Herbal ABX: 20
- Sang Ju Yin: 20

HERBS FOR LUNG QI DEFICIENCY

3. If the diagnosis is wind heat in the sinuses and the Yang Wei pulse is convex or wiry, weak, and slightly fast then the cold is entering the lungs and there is heat in the lungs use:
- NING SOU SAN 30
- GU LAO PI 10
- YIN QIAO SAN 30
- HERBAL ABX 20
- YU PING FENG SAN 10
LUNG HEAT CAUSING FATIGUE

Excess heat in upper respiratory tract (sinuses)

- Convex, pounding pulse in Right cun. Pulse can be at an depth but the deeper it is from its home (superficial depth) the more stagnated phlegm and blood stasis in the sinuses.

- For superficial and pounding, use:
  - Di Long: 13, He Zi: 10, Wu Mei: 10, Huang Qin: 10
- For deep and pounding, use:
  - Huang Lian Shang Qin Wan: 15, Astringent Combo: 15, Herbal ABX: 15, Gardenia Complex: 15, Resolve Lower: 40
- For deep and scattered with a hot face, use the above formula and add:
  - Tong Qiao Huo Xue Tang: 15, Di Long: 15

LUNG HEAT CAUSING FATIGUE

Excess heat in the lower respiratory tract (lung)

- If the right cun pulse is deep and scattered and the right yang wei pulse is deep and pounding or deep and scattered then the pathogen has entered the lungs and there is heat in the lung. In this case you do not use any tonics but simply remove the phlegm in the lungs. This patient has a lung infection and all the symptoms that go along with it. Use:
  - Ning sou san: 40
  - Gua luo pi: 40
  - Herbal ABX: 20
  - Astringent Combo: 20
  - NING SOU SAN 40

FATIGUE FROM HEART DEFICIENCY

HEART QI AND BLOOD DEFICIENCY

- Pulse will be thin and weak in the left cun position. Pulse will be at any depth but the deeper it is the more fluid retention there is in the chest (i.e. congestive heart).
HERBS FOR HEART QI DEFICIENCY

- If the left cun pulse is thin and weak at the superficial depth or the middle depth then use:
  - Yang Xin Tang: 50 or Ren Shen Yang Yin Tang: 50
  - The rest of the formula will depend on the other pulses. Usually the liver pulse is too high and tight or too deep and scattered, weak or, in some cases, strong.
- If the liver is high, wiry, and thin you can use:
  - Chai hu jia long mu tang: 50
- If the liver is wiry with digestive problems, you can use:
  - Jia wei xiao yao san: 50
- If the liver is deep and scattered, use:
  - Yin chen hao tang: 20 and Ge Xie Zhu Yu Tang: 30
- If the liver is deep and strong, use:

HERBS FOR HEART QI AND BLOOD DEFICIENCY

- If the left cun pulse is deep and weak use:
  - Fang ji huang qi tang: 30
- The liver pulse will also be deep and either strong, weak or scattered
- If the liver pulse is deep and strong use:
  - Circulation SJ: 40 and Yin chen hao tang: 30
- If the liver pulse is deep and scattered, use:
  - Circulation SJ: 70
- If both the heart and the liver have weak deep pulses then use:
  - Fang ji huang qi tang: 50 and
  - Be wei di huang wan: 50 (if hands are cold)
  - Liu wei di huang wan: 50 (if hands are neutral)

HERBS FOR EXCESS IN THE HEART

HEART BLOOD STASIS
This is a very common problem and it creates a scattered, dead fish pulse in the left cun.

- Symptoms are fatigue, anxiety and insomnia
  - Use: Gua luo xie bai ban xia tang: 20
  - Circulation SJ: 20
  - Dan Shen: 40
  - Mai Dong Qing: 20
- If the pulse is deep, scattered and weak then use the above formula and add:
  - Fang ji huang qi tang: 20
- If the liver pulse is also deep and strong, use the above formula and add:
  - Yin chen hao tang: 20
HERBS FOR EXCESS IN THE HEART

- If the left cun is scattered and there is a pulse within the scattered pulse, i.e., a very fine hair-like pulse on the surface of the scattered pulse, then there is a vessel blockage in the heart.

- This blockage is due to blood stasis and a localized cold condition in the heart. Si ni tang has Fu Zi in it to warm up the heart.

- Use:
  - Dan shen: 20, Gua Luo Xie Bai Ban Xia: 20,

HERBS FOR EXCESS IN THE HEART

If there is excess heat in the heart, the pulse will be convex and pounding.

- Use:

HERBS FOR EXCESS IN THE HEART

Excess damp heat in the heart:

- Left cun pulse is deep, slippery, and strong.
- Symptoms are erratic, emotional behavior, bi-polar disorder, nightmares

- In your herbal formula, use:
  - Huang Lian: 10
  - Zhu Ru Wen Dan Tang: 30
  - Ye Jiao Teng: 20
  - Mao Dong Qing: 15
  - Yuan Zhi: 15
  - Shi Chang Pu: 10
FATIGUE AND KIDNEY DEFICIENCY

Kidney Qi Deficiency:

- Pulse will be thin and weak in the left chi position.
- Pulse will be found at the middle or deep depth.

Kidney Yang Deficiency

The pulse is thin and weak at the middle or deepest depth in the left chi position. The pulse is not found at the superficial depth. If it is at the superficial depth then this is not kidney yang deficiency.

The hands and feet are cold. The pulse is very thin and the patient usually feels cold or has an aversion to cold.

Kidney Yin Deficiency:

- Pulse is thin and weak in the left hi and the pulse is found at the superficial depth and not where it is supposed to be, which is normally at the deep depth.

Kidney Yin Deficiency with heat:

- Left chi pulse is at superficial level, thin and pounding either a lot or a little. The degree of the pounding tells us whether the heat is severe or not.
FATIGUE AND KIDNEY DEFICIENCY
For Kidney Qi deficiency, use:
Shi Quan Do Bu Wan: 50
For Kidney Yin deficiency, use:
Liu Wei Di Huang Wan: 50
For Kidney Yang deficiency, use:
Ba Wei Di Huang Wan: 50 or You Gui Wan: 50 or Jin Gui Shen Qi Wan: 50
For Kidney Yin deficiency with heat, use:
Shi Bai Di Huang Wan: 50

FATIGUE FROM EXCESS IN LOWER JIAO
• Pulse will be pounding in right chi
• Pulse can be deep or superficial
• Excess heat or damp heat in bladder
  – Use: Ba Zheng San with Da Huang

FATIGUE AND SPLEEN DEFICIENCY
Spleen and stomach deficiency:
• Weakness of the digestive system
• Right guan pulse is thin and weak in the middle or deep depth
• If at the superficial level and thin and weak there is an element of spleen yin deficiency.
FATIGUE AND SPLEEN DEFICIENCY

For spleen and stomach weakness, use:
   Ping Wei San: 50, or
   An Zhong San: 50

If the pulse is weak and deep with bloating, use:
   Shen Ling Bai Zhu San: 50
If the pulse is weak and deep with bloating and pain, use:
   Xiang Sha Liu Jun Zi Tang: 50
If the pulse is weak but LI 10 and 11 are warm, use:
   Ban Xia Xie Xin Tang: 50

ACUPUNCTURE FOR FATIGUE

The most important concept to remember with acupuncture is whether you wish to create a sympathetic (excitatory) response or a parasympathetic (relaxing) response in the patient.

Patients with fatigue due to deficiency need to be stimulated. Therefore, do not leave the needles in for more than nine minutes.

ACUPUNCTURE FOR FATIGUE

Fatigue due to deficiency:
   • ST 36, GB 34
   • LI 4, SJ 5
   • SP 9, LV 8
   • P 6, LU 7
   • If lung qi deficiency, use Lu1
   • If heart qi/blood deficiency, use Ren14
   • If kidney deficiency, use GB25
   • If spleen/stomach deficiency use Ren 12 and St 25
   • If yang deficiency use Moxa on Mu points
ACUPUNCTURE FOR FATIGUE

Fatigue due to excess:
- ST 36, GB 34
- LI 4, SJ 5
- SP 9, LV 8
- P 6, LU 7
- Leave needles in for at least 40 minutes up to 60 minutes.

FATIGUE DUE TO EXCESS IN STOMACH

Excess fire in the stomach:
- Pulse is superficial, convex in shape and pounding. Can be pounding at all depths.
- For excess acid in the stomach, GERD, stomach ulcer, H-Pylori, use:
  - He Zi: 15, Wu Bei Zi: 15, Tian Hua Fen: 15, Bai Wei: 15, Huang Lian Jie Du Tang: 20, Jia Wei Xiao Yao San: 20.
  - Use: Bai Wei: 13, Wa Leng Zi: 13, Di Long: 13, Shi Gao: 15, Ban Zhi Lian: 15, He Zi: 10, Wu Bei Zi: 10, Huang Lian: 10

FATIGUE DUE TO EXCESS IN STOMACH

If the pulse is deep and pounding in the right guan then there is damp heat in the stomach.
- Symptoms include:
  - Gastritis, has and bloating, stomach upset, reduced appetite, food allergies
  - Use: He Zi: 15, Wu Bei Zi: 15, Tian Hua Fen: 15, Bai Wei: 15, Huang Lian Jie Du Tang: 20, Jia Wei Xiao Yao San: 20
FATIGUE DUE TO EXCESS IN LIVER

If the left guan is convex, superficial and pounding at all levels this is excess liver fire and can cause fatigue. The patient will feel very irritable.


FATIGUE DUE TO EXCESS IN LIVER

The pulse is deep and pounding in left guan.

Symptoms include: frustration, depression, fatigue, and anxiety.

Use: Yin Chen Hao Tang: 20, Ge Xie Zhu Yu Tang: 20, Huang Shui Qie: 15, Xia Ku Cao: 15, Cha Chi Huang: 15, Hu Zhong: 15

CHINESE MEDICINE AND ANXIETY

Anxiety is usually a problem with the heart, liver, kidney, or all three.

In most cases, the heart pulse is weak and the liver pulse is too high and too wiry and strong.

Consequently, the heart has to be strengthened and the liver has to be calmed down.

Anxiety can come from a deep liver pulse but this is more associated with depression and frustration.
ANXIETY AND HEART DEFICIENCY

Anxiety due to heart Qi and Blood Deficiency:

Yang Xin Tang or Ren Shen Yang Yin Tang: 40
Suan Zao Ren Tang: 25
He Huan Pi: 10
Bai Zi Ren: 10
Yuan Zhi: 10
Shi Chang Pu: 5

ANXIETY AND HEART EXCESS

Sometimes the left cun can be convex and pounding. The patient will be anxious and upset. The heart is usually enlarged with hypertension.

Use:

ANXIETY AND HEART EXCESS

The left cun will be deep and pounding. It can also be slippery. The patient will be anxious with emotional ups and downs. Possible diagnosis of bipolar disorder.

ANXIETY AND LIVER DEFICIENCY

The left guan pulse can sometimes be thin and weak, either at the superficial or middle depth.

The patient feels weak and anxious, nervous, and uncomfortable in social situations.

Use: Yi Guan Jian: 30, Suan Zao Ren Tang: 20, Jia Wei Xiao Yao San: 20, Suan Zan Ren: 10 He Huan Pi: 10, Ba Wei Di Huang Wan: 10 (for cold hands) or Zhi Bai Di Huang Wan (for warm hands).

ANXIETY AND LIVER DEFICIENCY

Left guan pulse can sometimes be so thin as to feel like it will cut the finger. This pulse is usually found at depth.

This pulse is due to liver damage usually from mono.

Use:

Si Ni Tang: 20, Fu Huan Hua Xue Tang: 20, Chuan Xiong: 10, Dang Gui: 10, Chai Hu Qing Gan Tang: 20, Shao Yao Gan Cao Tang: 20

ANXIETY AND LIVER EXCESS

If the left guan is convex, superficial and pounding at all levels this is excess liver fire and can cause fatigue. Patient will be very irritable and possibly anxious.

- USE:
ANXIETY AND LIVER EXCESS

Pulse is deep and pounding in left guan.

Symptoms are frustration, depression, fatigue, and anxiety.

Use:
- Yin Chen Hao Tang: 20, Ge Xie Zhu Yu Tang: 20, Huang Shui Qie: 15, Xia Ku Cao: 15, Cha Chi Huang: 15, Hu Zhong: 15

ANXIETY AND HEART KIDNEY INBALANCE

- The pulse form for this patient is called a reverse hook pulse. It looks like the picture in the next slide.

- Patient will be experiencing chronic uneasiness, an existential worried state, always waiting for the other shoe to drop feeling.

REVERSE HOOK PULSE

Pulse sign: Reverse hook pulse
- Where the chi position is higher (more superficial) than guan and cun positions

- Indications
  - Long-term emotional imbalance – nervousness, scared, easily frightened, under constant anxious, frightened state, an existential uneasiness, subliminal fearfulness
  - Adrenalines are too active or exhausted from past frightening situations, Chronic Stage 3 Stress (Fight or Flight)
ANXIETY DUE TO FIGHT OR FLIGHT

Two types:
  - Hands are cold
  - Hands are warm

Warm hands, use:
  - Sheng Mai San: 30, Tian Wang Bu Xin Dan: 30, Zhi Bai Di Huang Wan: 40

Cold hands, use:
  - Bai Wei Di Huang Wan: 50, Long Dan Xie Gan Tang: 50

ACUPUNCTURE FOR ANXIETY

Anxiety due to deficiency, target the heart and liver.

Moxa  LV 14 and Ren 14
Ear Shen Men and Yin Tang

Can leave the ear needles in longer while you are doing moxa. Moxa for 15 minutes.

ACUPUNCTURE FOR ANXIETY

Anxiety due to excess:

Dr. Tan’s protocols work well.
Anxiety with anger, use:
  - LV 3, 8  GB 34, 41
  - P3, 7
Anxiety with agitation:
  - LI 1, 4  LV 1, 4
  - ST42, 45  P6, 9
Depression in Chinese medicine can also be divided into excess and deficient types.

**Deficiency:**
weakness in the lung, heart and kidney

**Excess:**
stagnation with or without heat in the liver and gall bladder and congestive heart problems.

Depression can easily arise if the patient feels a lack of vitality.

The herbal and pulse presentations for fatigue in this webinar will cure depression caused by deficiency.
DEPRESSION DUE TO EXCESS

- Excess heat in the liver
- Stagnation in the liver
- Damp heat in the liver/ gall bladder
- Blood stasis in the liver/ gall bladder
- Phlegm heat and blood stasis in the heart

DEPRESSION DUE TO LIVER FIRE

Left guan pulse is convex, big, pounding, often at all depths.

- Use:
  - Hu Zhang: 15, Huang Shui Qie: 15, Xia Ku Cao: 15, Cha Chi Huang: 15, Long Dan Xie Gan Tang: 40
  - Zhen Zhu Mu: 13, Ci Shi: 13, Long Gu: 13, Xia Ku Cao: 15, Yin Chen: 15, Wu Wei Zi: 20, Long Dan Cao: 10

DEPRESSION DUE TO LIVER STAGNATION

Left guan pulse is wiry, higher than normal and a little strong.

- Use:
DEPRESSION DUE TO LIVER/GB DAMP HEAT

Left guan pulse is deep and pounding. The patient is frustrated and depressed.

Use:
Huang Shui Qie: 15, Hu Zhong: 15, Cha Chi Huang: 15, Xia Ku Cao: 15, Ge Xie Zhu Yu Tang: 20, Yin Chen Hao Tang: 20.
If pulse is deep without a lot of pounding, use:
Circulation SJ 80, Yin Chen Hao Tang: 20.

DEPRESSION DUE TO BLOOD STASIS IN THE LIVER/GB

Left guan pulse is deep and scattered (dead fish).
Use:
– Circulation SJ 100

This will immediately bring the pulse up to the middle depth where it belongs.

PHLEGM HEAT AND BLOOD STASIS IN THE HEART AND PERICARDIUM

Left cun pulse will be deep, slippery, and fairly strong.

• Use:
– Zhu Ru Wen Dan Tang: 25, Circulation SJ: 25, Huang Lian: 10, Lian Zi: 15, Yuan Zhi: 15, Shi Chang Pu: 10
CHINESE MEDICINE AND STRESS

Stress is just another name for anxiety, depression, and fatigue. Stress is the general term and the above are symptoms resulting from it. Treatment is broken down under each individual category.

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