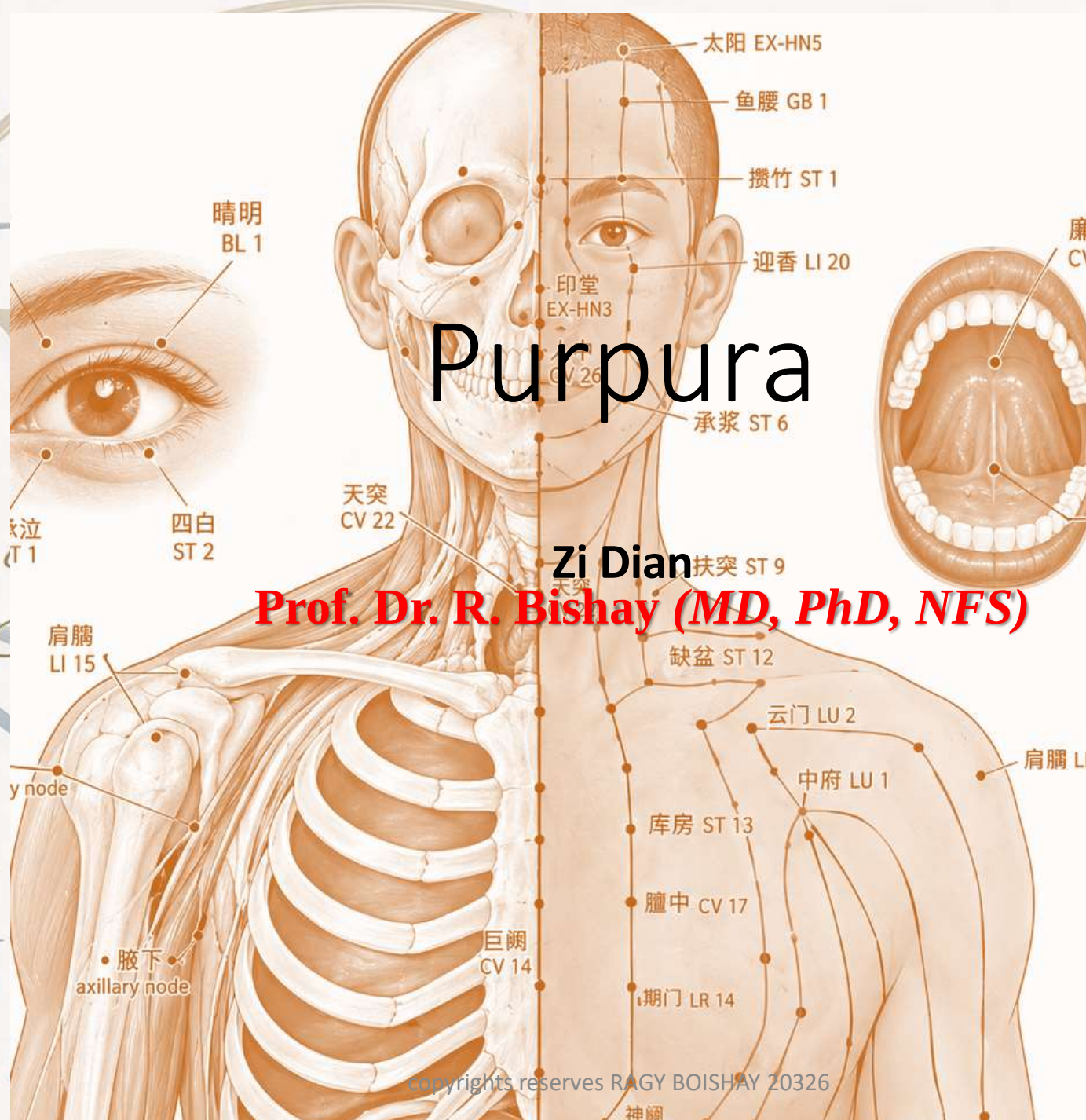


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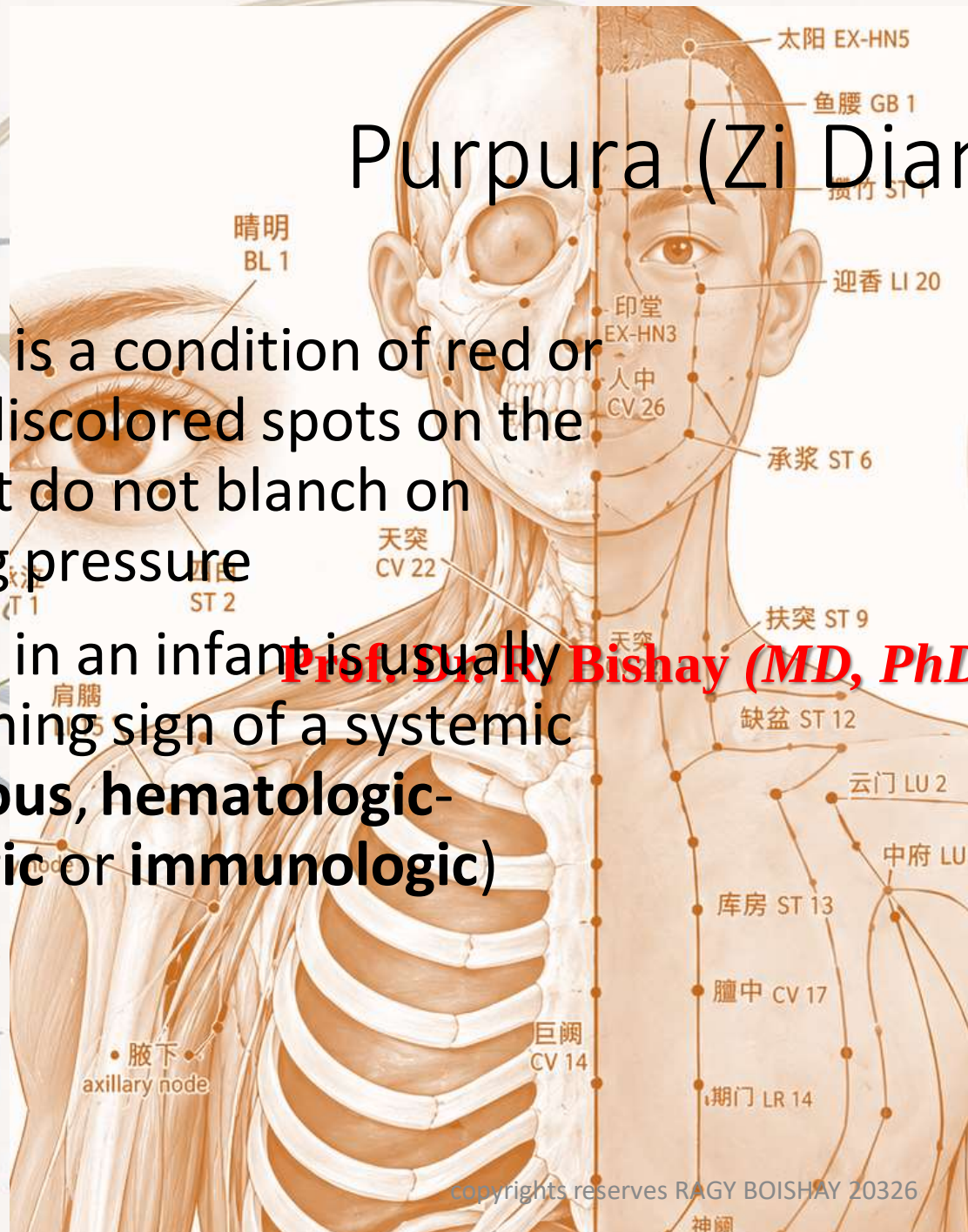
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Purpura (Zi Dian)

- Purpura is a condition of red or purple discolored spots on the skin that do not blanch on applying pressure
- Purpura in an infant is usually an alarming sign of a systemic (infectious, hematologic-oncologic or immunologic) disease

Prof. Dr. R. Bishay (MD, PhD)



Purpura (Zi Dian)

• Key Signs and Symptoms:

- Red or purple, palpable rash, most commonly on the butt, legs and feet that do not blanch w/pressure

• TCM Etiology:

- Underlying Zheng Qi Def
- Wind-Heat invasion
- Long-term illness → depletes Qi or Yin

• TCM Pathology:

- Wind-Heat invades channels and collaterals → Fire → blood extravasates, OR goes interior to Ying & Blood Levels → **pupura**
- Long-term illness → depletes Qi → Qi cannot hold blood → bleeding, OR, depletes Yin → empty Fire blazing → pushes blood out of vessels → **purpura**

• Relevant Western Medicine Diseases:

- Allergic Purpura

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Pattern: Wind-Heat Invasion

Clinical manifestations

Abrupt onset, fever, aversion to Wind, cough, sore throat, bright-red purpura mainly on lower limbs + butt, abdominal pain, swollen + painful joints, blood in the urine

Tongue: ??

Pulse: ??

Treatment principle

Expel Wind, clear Heat, cool Blood

Treatment: Acupuncture

BL-17, SP-10, LI-4, SJ-5

Additional:

Diet: ??

Lifestyle: If allergic, avoid allergens

Special: If KI is involved, need to **decrease Salt + Protein intake**

Pattern: Bleeding due to Blood Heat

Clinical manifestations

Abrupt onset, purpura w/purplish red color, dry mouth w/preference for cold drinks, fever, red face, blood in the stool, nosebleed

Tongue: ??

Pulse: Full + surging

Treatment principle

Clear Heat, remove Toxins, cool Blood, resolve Bleeding

Treatment: Acupuncture

BL-17, SP-10, HT-8, PC-8, LI-11

Additional:

Diet: ??

Lifestyle: If allergic, avoid allergens

Special: If KI is involved, need to **decrease Salt + Protein intake**

Pattern: Qi cannot hold Blood

Clinical manifestations

Recurrent purplish purpura, occasionally bleeding from the nose or gums, complexion without lustre, dizziness, palpitation, listlessness, shortness of breath, poor appetite

Tongue: pale

Pulse: thread + forceless

Treatment principle

Strengthen SP + HT, Tonify Qi to control Blood

Treatment: Acupuncture

BL-17, SP-10, BL-20, SP-6, HT-7, ST-36, Ren-6

Additional:

Moxibustion helpful

Diet: Add SP Qi Tonic foods

Lifestyle: If allergic, avoid allergens

Special: If KI is involved, need to **decrease Salt + Protein intake**

Pattern: Yin Def w/Empty Fire Blazing



Clinical manifestations

Recurrence of purpura, bleeding from nose and gums, __??__, __??__, __??__, poor sleep, dry mouth and throat, constipation, dark urine

Tongue: ??

Pulse: ??

Treatment principle

??

Treatment: Acupuncture

BL-17, SP-10, KI-2, SP-6, __??__, __??__

Additional:

Diet: Avoid= ?? Add= ??

Lifestyle: If allergic, avoid allergens

Special: If KI is involved, need to **decrease Salt + Protein intake**

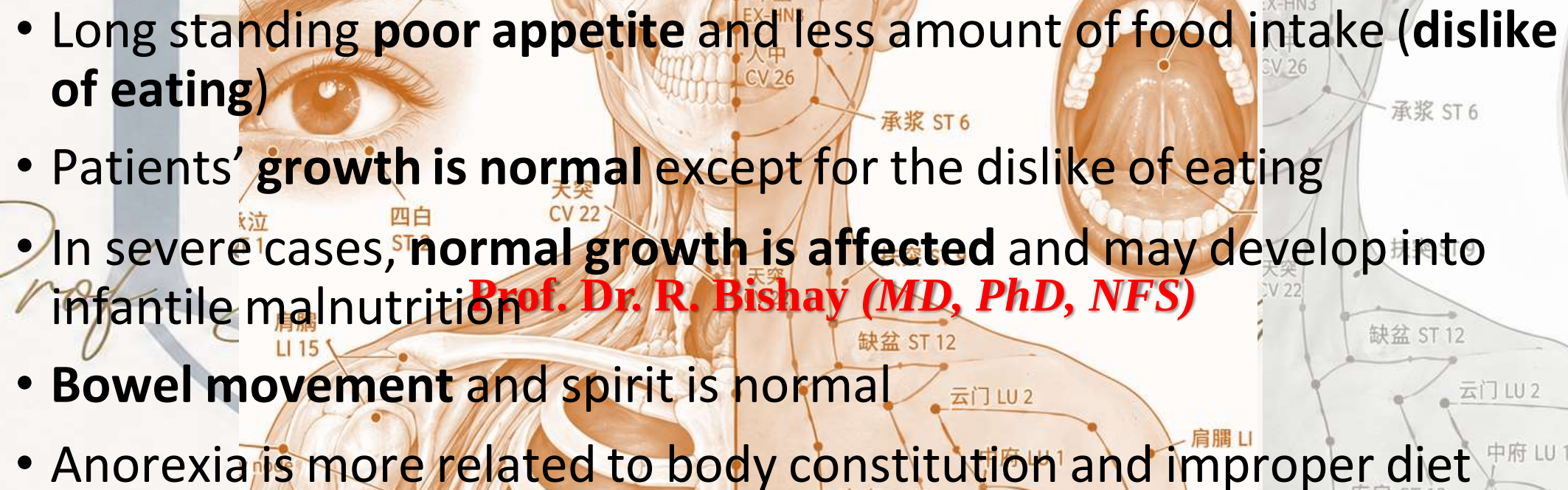
Anorexia

Yan Shi

Prof. Dr. R. Bishay (MD, PhD, NFS)

Simi Rahman M.Sc

Anorexia (Yan Shi)

- 
- Long standing **poor appetite** and less amount of food intake (**dislike of eating**)
 - Patients' **growth is normal** except for the dislike of eating
 - In severe cases, **normal growth is affected** and may develop into infantile malnutrition
 - **Bowel movement** and spirit is normal
 - Anorexia is more related to body constitution and improper diet
- Prof. Dr. R. Bishay (MD, PhD, NFS)**

Anorexia (Yan Shi)

- **Key Signs and Symptoms:**

- Prolonged poor appetite and dislike of eating without any other diseases and still with good spirits

- **TCM Etiology:**

- Children's SP is undeveloped
- Improper diet (sweet and greasy foods) + irregular eating habits → impaired SP and ST
- Emotions like worry → damage SP

- **TCM Pathology:**

- SP impaired → cannot Transform + Transport → loss of appetite

- **Relevant Western Medicine Diseases:**

- Loss of appetite, Anorexia Nervosa

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Pattern: SP Qi Def w/Dampness

Clinical manifestations

Poor appetite, lack of taste, aversion to eating, vomiting, nausea, chest oppression, epigastric fullness

Tongue: light red w/white, greasy coat

Pulse: soggy + slow

Treatment principle

Regulate SP Qi, induce appetite and promote digestion

Treatment: Acupuncture

Ren-12, SP-6, SP-9, ST-36, BL-20, BL-21

Additional:

Moxa

Avoid: damp, greasy, sweet foods

Regulate meal times

Pattern: ST Yin Def

Clinical manifestations

Poor appetite, dry mouth w/desire to drink in small sips, dry skin, constipation, scanty urine, insomnia, 5 center heat

Tongue: ??

Pulse: ??

Treatment principle

Nourish Yin to benefit ST, promote digestion

Treatment: Acupuncture

Ren-12, ST-36, SP-3, SP-6, BL-20, BL-21

Additional:

Avoid: damp, greasy, and hot + spicy foods

Regulate meal times

Pattern: SP & ST Qi Def

Clinical manifestations

Poor appetite w/ no desire to speak,
lusterless or sallow complexion,
emaciation, stool w/undigested food

Tongue: swollen, tender, pale

Pulse: slow, feeble

Treatment principle

Tonify SP to benefit Qi, promote
digestion

Treatment: Acupuncture

Ren-12, SP-6, ST-36, BL-20, BL-21, Ren-6

Additional:

Moxa

Avoid: damp, greasy, sweet foods

Regulate meal times



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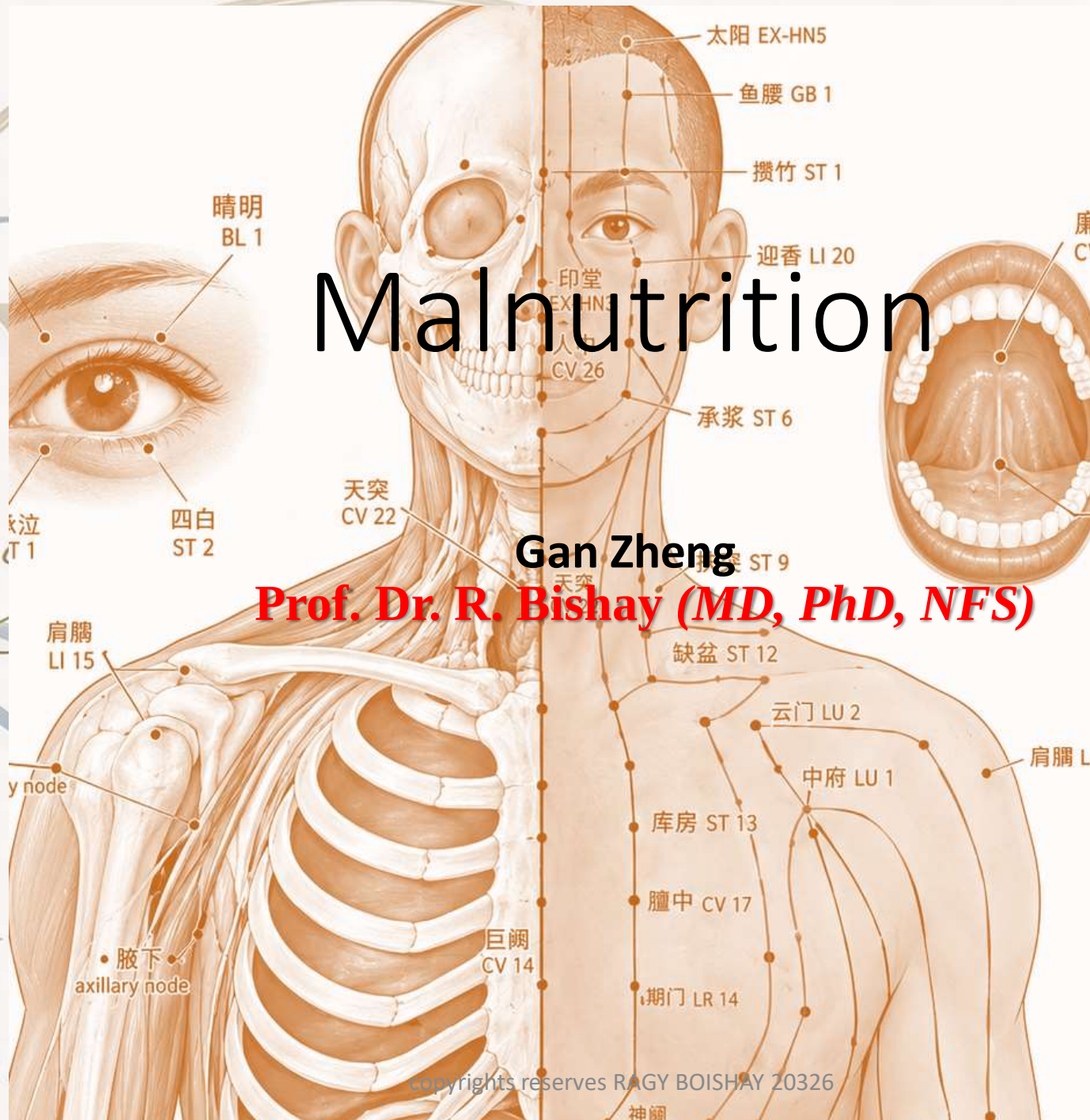
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Malnutrition

Gan Zheng

Prof. Dr. R. Bishay (MD, PhD, NFS)

Simi Rahman M.Sc



Prof.



Malnutrition (Gan Zheng)

- **Key Signs and Symptoms:**

- Emaciation, sallow complexion, dry and fragile hair, distended belly with blue veins on surface, listlessness, loss of appetite, edema, history of abnormal diet

- **TCM Etiology:**

- Underlying SP Qi Def
- Poor diet, irregular intake of food, parasitosis → decreased capacity of SP/ST

- Lack of food → lack of post-natal Qi

- **TCM Pathology:**

- Lack of food → lack of post-natal Qi → consumption of Qi + Blood in body

- **Relevant Western Medicine Diseases:**

- Malnutrition, Kwashiorkor, Marasmus

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Pattern: SP Qi Def w/Food Retention (Mild Malnutrition)

Clinical manifestations

Emaciation, sallow or lusterless complexion, poor appetite, listlessness, poor mood, loose stools or constipation

Tongue: pale w/thin, white coat, or yellow coat

Pulse: thin

Treatment principle

Regulate the SP and ST, Tonify Qi

Treatment: Acupuncture

Prick Sifeng, and squeeze out a little fluid

Ren-12, ST-25, ST-36, SP-6, BL-20, BL-21, BL-23

Additional:

Regulate meal times

Refer to Western Medical care

Pattern: SP Qi Def w/Food Retention (Severe Malnutrition)

Clinical manifestations

Severe malnutrition, abdominal distension, sallow complexion, yellow dry hair w/knots, listlessness, poor appetite, extreme hunger, profuse diarrhea, dissatisfaction, poor mood

Tongue: pale w/thin, greasy coat

Pulse: thin + slippery

Treatment principle

Remove food stagnation, regulate SP + ST, Tonify Qi

Treatment: Acupuncture

Prick Sifeng, and squeeze out a little fluid

Ren-12, ST-25, ST-36, SP-6, BL-20, BL-21, BL-23

Additional:

Regulate meal times

Refer to Western Medical care

Pattern: Dry Malnutrition

Clinical manifestations

Extreme emaciation, dry and withered skin and hair, sunken abdomen, crying w/ no force, dry mouth, scanty tears, loss of appetite, loose stools

Tongue: red w/no coat

Pulse: thin + weak

Treatment principle

Tonify Qi and Nourish Blood

Treatment: Acupuncture

Prick Sifeng, and squeeze out a little fluid
Ren-12, ST-25, ST-36, SP-6, BL-20, BL-21, BL-23

Additional:

Regulate meal times

Refer to Western Medical care