

Case Study 1

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C-202 – Clinic Level I

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Honolulu, Hawaii

December 2014

Abstract

This clinic internship case report is written in fulfillment of course requirements for C202, Clinic Level One in the Department of Clinical Medicine, Institute of Clinical Acupuncture and Oriental Medicine (ICAOM), Honolulu, Hawaii.

The case report contains patient information, personal and familial medical history, chief complaints, 10 questions, assessment, tongue and pulse descriptions, case analysis, treatment strategy, treatment outcome, prognosis, appendices of biomedical pharmaceuticals, Chinese herbal medicine prescription and acupuncture prescriptions, and concludes with a reference list.

Patient Information

Patient is a 44 year old Caucasian female, 5'2" tall, weighs 197 pounds.

Personal Medical History

Patient was raised and educated in competitive family and school (Brandeis, Rutgers) environments. She lived for over 30 years on the U.S. east coast and moved to Hawaii a decade ago. She is a successful attorney in a busy law firm specializing in bankruptcy. Her work ethic is "clients come first and gives 110% of her efforts... failure is not an option." To relieve stress, the law office places M&M plain and peanut candy dispensers in various locations for staff. She is married, no children, spends her free time as a volunteer for a youth organization and enjoys baking.

Patient was diagnosed with asthma at the age of eight years old. She was hospitalized in 1994 for severe asthma symptoms. She suffers from seasonal allergy symptoms since childhood. Medications for asthma and allergy are Advair, Proventil and Singulair. Patient was diagnosed with adult onset diabetes and hypothyroidism. She takes Synthroid daily for hypothyroid symptoms. (See Appendix A for medications)

Familial Medical History

Parents and siblings diagnosed with adult onset diabetes, high blood pressure and high cholesterol. Pt did not indicate personal medical diagnosis or medications for high blood pressure and high cholesterol, nor medications for adult onset diabetes.

Chief Complaints

Patient chief complaints are:

- 1) Heel pain w/o movement
- 2) Difficulty breathing
- 3) Obesity

Her chief complaint, heel pain is ongoing for several years. She usually wears comfortable footwear, except for court appearances when she dons a pair of high heels to coordinate with her suit. Heel pain intensifies when wearing heels and is worse without movement when she is sitting, lying down or relaxing. Patient was "never thin" in adolescence or as a young adult. She experienced considerable weight gain after age 30.

10 Questions

Patient is within normal limits for appetite, thirst, moderate consumption of alcohol and caffeine, tired after meals, bowel movements, urination, 28 day menstrual cycle and normal sexual energy. Preferences for both hot and cold foods, raw food, salads, cold drinks. Aversion to spicy foods; no special diet, doesn't smoke anything, nor uses street drugs, has not reproduced.

The patient is under a great deal of constant stress and immense pressure at work. Her competitive nature and intense work ethic drive the patient to succeed in her occupation. Patient experiences fatigue upon waking and throughout the day, with best energy level in the evenings between 5:00 pm and 11:00 pm. Patient's sleep quality is poor. She has a difficult time falling asleep and is a light sleeper. Sleep is not adequate, nor restful – six hours from midnight to 6:00 am. She suffers from low back pain and cramps, bleeding bright red blood during her menstrual periods. Her sugar consumption is high – M&Ms at work, Kosher care packages from home, and consuming baked goods she creates. She is obese and does not exercise regularly.

Assessment

She has a round face, puffy pale complexion, pasty white skin, doughy arms, distended abdomen, and swollen ankles. The patient's breathing is uneasy, with some difficulty on inhalation, exhalation seemed adequate. Patient is on edge, exhibits agitation and impatience. She sighed with impatience during intake, answering intrusive, inane questions about her health and habits.

Tongue: Thin, pale, normal moisture, white coat.

<u>Pulse</u> :	<u>Right</u>	<u>Left</u>
Cun	Slight rapid	Slippery
Guan (Sp)	Slight Wiry	(Liv) Wiry
Chi	Deep	Deep

Case Analysis

Biomedical Impression

Patient has been diagnosed with asthma and hypothyroid. She is under the care of a medical doctor who prescribed medications to control her medical conditions.

OM Differential Diagnosis

Kidney Failure to Grasp Lung Qi

Kidney Yang Deficiency

Spleen Qi Deficiency

Dampness

Patient suffers from long standing chronic asthma diagnosed at age eight. She was hospitalized with severe asthma symptoms at age 27 and suffers from respiratory symptoms due to seasonal allergies. She has breathing difficulties with inhalation, face swelling and sore low back. These symptoms support the pattern of Kidney Failing to Grasp Lung Qi / Kidneys Failing to Receive Qi. One of the causes of this pattern is when chronic disease reaches Kidney particularly from the Lungs, in this case long standing chronic asthma. This pattern is "characterized by a failure of communication between Lungs and Kidneys... have to communicate with each other and assist each other in respiration – Lung controls exhalation and Kidneys control inhalation and movement of fluids. When Kidney Yang is deficient, fluids cannot be transformed and this causes edema, localized in the face because of Lung

involvement.” (Maciocia 2010 598) Kidney Failing to Grasp Lung Qi / Kidneys Failing to Receive Qi is a type of Kidney Yang Deficiency pattern. This diagnosis is supported by the patient’s symptoms difficulty with inhalation, facial edema evidenced in her round puffy face and sore back.

Kidney Yang Deficiency pattern is caused by chronic illness and long term Dampness. The pattern is characterized by sore back, white complexion, edema in legs and infertility. Patient suffers from chronic asthma. She has a tendency to overweight since childhood and adult obesity are signs of Dampness. She has a deep chi pulses, sore back, white complexion and swollen ankles. She has not reproduced and is probably infertile. Kidney Yang is weakened by mental overwork under conditions of stress over a long period of time. The patient has weakened Kidney Yang from decades of overwork in her studies at competitive schools and job experiences where she expends much energy in an intellectual occupation under a great deal of stress. Working long hours in stressful conditions and constantly in a hurry (her agitation and impatience) for a long period of time lead to exhaustion of Qi which affects Stomach, Spleen and Kidneys.

Excessive mental work and concentration weakens the Spleen, negatively affecting the transporting and transforming of food and fluids throughout the body and transporting Food Qi to muscles. Excessive consumption of cold foods, excessive eating, not eating enough and eating at irregular times impair Spleen’s transporting and transforming functions causing digestive problems and Interior Dampness. Preference for salads and cold beverages by the patient causes Interior Dampness and impairs Spleen’s transformation and transportation functions and eventually affect the Lungs because they will not receive enough Food Qi. The patient exhibits the habits causing and symptoms of Spleen Qi Deficiency such as abdominal distension and tiredness. She prefers cold foods and salads, probably eats at irregular times while at work, eats excessively in response to stress, and consumes sugary foods. She is under constant mental strain and works many hours as an attorney. Her body is puffy from edema. Edema results from Spleen’s inability to transport and transform causing fluids to accumulate under the skin.

The patient’s diet and lifestyle creates Spleen Qi Deficiency. Dampness results from Spleen Qi Deficiency and is reflected in Slippery cun pulse. Thin, pale tongue exhibits Qi Deficiency. Dampness settled in the lower jiao and lower limbs to create an obstruction causing pain in the heel. “When spleen Qi is exuberant, it causes a superabundance of the physical body, abdominal distension, generalized heaviness and hunger ... and pain in underside of foot (*Pi bing zhi bing ji* 17) ... Water damp fails to transform, it floods into skin and flesh causes puffy swelling and fatness.” (*Pi bing zhi bing ji* 23)

Spleen Qi Deficiency causes Dampness in the middle jiao which exacerbates Lung functions. In addition, the patient experiences breathing difficulty, does not exercise regularly, has been stooping over a desk for many years which weaken Lung Qi. “The Spleen is the source of Qi and the Lungs are the pivot of Qi.” (Maciocia, 2010, 582)

Wiry Liver pulse indicates Liver Qi Stagnation. She exhibited agitation and impatience. She did not seem angry, depressed or irritable; did not complain of hypochondriac or epigastric symptoms, no breast tenderness, occasional Yangming headaches, nor stomach tension. She did not lose her temper. I think there may be a certain level of Liver Qi Stagnation, not enough, however to diagnose her with that pattern. The patient was diagnosed in the clinic with Liver Qi Stagnation.

Treatment Strategy

The patient was treated with acupuncture and one herbal prescription.

The patient was initially diagnosed with Spleen Qi Xu and Liver Qi Stagnation. Treatment plan was to tonify Spleen Qi and smooth Liver Qi. Acupuncture points selected to tonify Spleen Qi and smooth Liver Qi were: Yintang Taichong LR-3, Zhongfeng LR-4, Zhongfu LU-1, Guanyuan CV-4, Zhongwan CV-12, Danzhong CV-17, Sanyinjiao SP-6, Yinlingquan SP-9, and Zusanli ST-36. See Appendix C: Acupuncture Points for point information.

On her last visit, the patient was diagnosed with Liver Qi Stagnation, Dampness and Kidney failing to grasp Lung Qi. Treatment plan was to smooth Lung Qi, drain Dampness and anchor Lung Qi. Acupuncture points were: Taixi KI-3, Hegu LI-4, Quchi LI-11, Yinlingchuan SP-9, Zusanli ST-36, Tongtian UB-7, Zhongfeng LR-4. See Appendix C: Acupuncture Points for point information.

Herbal Formula prescribed was Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet). See Appendix B: Herbal Prescription for ingredient list, dosage. Patent herbal formula was prescribed for Kidney Yang Deficiency. Patient preference was easy to take pills, was not interested in decocting raw herbs. Jin Gui Shen Qi Wan is used to tonify and warm Kidney Yang. Jin Gui Shen Qi Wan is prescribed for Kidney Yang Deficiency with symptoms such as low back pain, low energy and lower limb weakness. Jin Gui Shen Qi Wan is prescribed for western medical conditions of Diabetes type II, fatigue, hypothyroidism and back pain. The patient presented with all of these symptoms.

Treatment Outcomes

Patient presented with long term complex symptoms involving Spleen Qi and Kidney Yang Deficiency patterns. Treatment strategies addressed chief complaints and provided relief with breathing and heel pain. She discontinued acupuncture treatments after one month. The patient experienced minimal temporary improvement of heel pain, inhalation, and quality of sleep. She reported breathing a little better and sleeping well immediately following acupuncture treatments. Improvements in her condition lasted a couple of days at the most. Relief of heel pain she attributed to the pain of needling acupuncture points made her forget heel pain for a short time. She did not lose weight. Work continued to stress her out. She made no changes in her lifestyle or habits.

If the patient returns to the clinic, I would implement the following treatment strategies for her. Clear Dampness by tonifying Spleen Qi Deficiency in order to alleviate obstruction and heel pain. Clear Dampness to rid body of heaviness to address obesity and patient's desire for weight loss. Fortify Kidney Yang to relieve breathing difficulties with inhalation, fatigue, and sore back.

Prognosis

The patient's prognosis will be deteriorating symptoms and conditions of Kidney Yang Deficiency and Spleen Qi Deficiency as she ages and continues working in her stressful job.

I learned this patient's condition is common in people who are overworked and stressed out. The patient's primary focus is succeeding in her career path. She seeks the magic pill, or in this case the magic acupuncture treatment for the quick and easy cure to ailments. There is no time to focus on improving her health and lifestyle.

Appendix A: Western Medical Pharmaceuticals

Advair

Advair contains fluticasone and salmeterol. Fluticasone is a steroid. Advair prevents the release of substances in the body that cause inflammation. Salmeterol is a bronchodilator. It works by relaxing muscles in the airways to improve breathing. Advair is used to prevent asthma attacks. It is also used to prevent flare-ups or worsening of chronic obstructive pulmonary disease (COPD) associated with chronic bronchitis and/or emphysema.

<http://www.drugs.com/advair.html>

Proventil

Proventil (albuterol) is a bronchodilator that relaxes muscles in the airways and increases air flow to the lungs. Proventil HFA is used to treat or prevent bronchospasm in people with reversible obstructive airway disease. Proventil is also used to prevent exercise-induced bronchospasm. <http://www.drugs.com/proventil.html>

Singulair

Singulair is a leukotriene (loo-koe-TRY-een) inhibitor. Leukotrienes are chemicals your body releases when you breathe in an allergen (such as pollen). These chemicals cause swelling in lungs and tightening of the muscles around airways, which can result in asthma symptoms. Montelukast sodium, the active ingredient in SINGULAIR, is a selective and orally active [leukotriene](#) receptor [antagonist](#) that inhibits the cysteinyl leukotriene CysLT₁ receptor. Each 10-mg film-coated SINGULAIR tablet contains 10.4 mg montelukast sodium, which is equivalent to 10mg of montelukast, and the following inactive ingredients: microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, hydroxypropyl cellulose, and magnesium stearate. The film coating consists of: hydroxypropyl methylcellulose, hydroxypropyl cellulose, titanium dioxide, red ferric oxide, yellow ferric oxide, and carnauba wax.

<http://www.rxlist.com/singulair-drug.htm>

Synthroid

Synthroid is a prescription medication that treats hypothyroidism and manage hypothyroid symptoms. The active ingredient in Synthroid is called levothyroxine sodium. It is a synthetic hormone identical to thyroxine - the hormone that the thyroid gland naturally makes. Generally, thyroid replacement medication is to be taken for life.

<http://www.synthroid.com/WhatIsSynthroid/Default.aspx>

Appendix B: Chinese Herbal Medicine Prescription: Jin Gui Shen Qi Wan

Jin Gui Shen Qi Wan (Kidney Qi Pill from the Golden Cabinet)

Shu Di (*Radix Rehmanniae Glutinosae Conquatae*)
Shan Yao (*Radix Dioscoreae Oppositae*)
Shan Zhu Yu (*Fructus Corni Officinalis*)
Fu Ling (*Sclerotium Poriae Cocos*)
Ze Xie (*Rhizoma Alismatis Orientalitis*)
Mu Dan Pi (*Cortex Moutan Radicis*)
Gui Zhi (*Ramulus Cinnamomi Cassiae*)
Fu Zi (*Radix Lateralis Aconiti*)

Dosage: 8 pills; 2-3 x day

Jin Gui Shen Qi Wan is used to tonify and warm Yang. It is prescribed for Kidney Yang Deficiency, symptoms include low back pain, leg and knee weakness, low energy. Jin Gui Shen Qi Wan is prescribed for western medical conditions of back pain, diabetes type II, fatigue and hypothyroidism. There are no cautions and contraindications. Avoid vinegar while using Fu Ling.

Fu Ling drains dampness, transforms Phlegm symptoms of edema, headache; quiets the heart and calms spirit symptoms include insomnia. Fu Ling addresses patient complaints of edema, headache and insomnia.

Fu Zi restores devastated Yang, tonifies Kidney Yang, warms Fire used for weak spleen and kidney functions, disperses cold and alleviates pain cold blocking sinews which may be causing patient's heel pain.

Gui Zhi unblocks Yang Qi in chest, edema and cold Phlegm accumulation. Gui Zhi addresses patient's heel pain, chest congestion, edema, shortness of breath.

Mu Dan Pi clears Liver Fire rising, addresses patient's stress and anxiety.

Shan Yao tonifies Spleen and Stomach Qi, tonifies Lung Qi and Yin, strengthens Kidney Yin and Yang, Xiao Ke. Shan Yao will treat patient's adult onset diabetes.

Shan Zhu Yu stabilizes Kidney, tonify Liver and Kidney for sore back.

Sheng Di Huang clears Heat, cools Blood. Used for wasting thirst disorder. Sheng Di Huang will treat Xiao Ke, patient's diabetes.

Ze Xie drains damp heat, edema, Kidney Fire deficiency. Ze Xie will help patient's dampness and edema.

Appendix C : Acupuncture Points

1st visit.

DX: Spleen Qi Xu and Liver Qi Stagnation

TX Plan: tonify Spleen Qi and smooth Liver Qi

Yin Tang. Extra point. Seal Hall

Calm Spirit for insomnia, anxiety, stress, frontal headache and sinus issues.

LI-4 Hegu Enclosed Valley

Source Point. Stimulates dispersing function of Lungs. Tonifies Qi

4 Gates with LR-3 Taichong

LU-1 Zhongfu Central Palace

Front Mu of Lung. Regulates excess or deficient Lung Qi.

Stimulates descending Lung Qi to Kidney.

CV-17 Danzhong Middle of the chest. (REN-17)

Front Mu Pericardium, Sea of Qi, Influential Point of Qi.

Tonify Zhong Qi to strengthen Lung function disperse descend Qi,

Clears the Lung, resolves Phlegm

CV-12 Zhongwan Middle of epigastrium (REN-12)

Front Mu Stomach, Influential Point Yang Organs.

Tonify Spleen, resolves Dampness

CV-4 Guanyuan Gate to the Original Qi (REN-4)

Front Mu Small Intestine, Crossing Point Spleen, Liver and Kidney

Strengthens Kidney in receiving of Qi, benefits Original Qi

SP-9 Yinglingquan Yin Mound Spring

He Sea and Water Point

Regulates Spleen, resolves Dampness

SP-6 Sanyinjiao Three Yin Meeting. Crossing point with Kidney, Liver & Spleen

Strengthens Spleen, resolves dampness

ST-36 Zusanli Three Miles of the foot

He Sea, Earth, Sea of Nourishment, Master Point Stomach, Lower He Sea

Tonify Qi and Blood, benefits Stomach and Spleen

LR-3 Taichong Great Surging or

Shu Stream, Earth, Source Points.

Move Liver Qi, sedate Liver Yang

Appendix C : Acupuncture Points

Last Acupuncture Treatment.

DX: Liver Qi Stagnation, Dampness, and Kidney Failing to Grasp Lung Qi

TX Plan: smooth Lung Qi, drain Dampness and anchor Lung Qi.

Yin Tang

UB-7 Tongtian Penetrating Heaven
subdues Exterior and Interior Wind, use for headaches

LI-4 Hegu

LI-11 Quchi Pool on the bend
He Sea, Earth, Tonification and Ghost Points. Resolves Damp, regulates Qi & Blood

SP-9 Yinlingquan

ST-36 Zusanli

KI-3 Taixi Greater Stream
Shu Stream, Earth and Source Points

LR-4 Zhongfeng

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