I am excited to talk about this case and then hopefully you guys can learn from the way I do TCM diagnosis and the way I like to teach it. Everybody has their own little style. So without further ado, let's start it up.

Welcome to AcuPro, a show dedicated to making Chinese medicine and acupuncture. Easy to grasp and fun to learn. Hi, I am your host, Clara Cohen. I support practitioners and students and like you in changing the world one patient at a time. My goal is to share my passion for TCM and empower you to achieve superior patient care.

I love to showcase the amazing benefits of acupuncture because after all, acupuncture rocks.

We're gonna look at the causes, the TCM diagnosis, pattern, differentiations, treatment principles, point protocol, herbal formula, and diet. It's a male that's 33 years old, self-employed in a family business, and he's a dj.

He's had as a chief complaint, increased awareness of tinnitus for the past six months. Always a constant low level tinnitus, but wants to get back to not being aware of it at all. Oh, tinnitus is such a hard, and difficult disorder to get rid of. Now he's aware of it. Every day the volume goes up and down, it's clicking, popping, and he gets pressure.

Worse on when he gets cold. Worse on stress, of course. Working too long or too many hours I guess. And alcohol history. Always had a snotty nose as a kid. Tonsils remove wisdom. Teeth extracted. He's a drummer since he was 11, and he's a DJ since 19. So tinnitus has been diagnosed since age 29, but I'm sure that probably started before that due to drumming and dj.

He has a deviated septum which was operated four months ago, so obviously makes other symptoms are tried, antidepressant doesn't feel good on them, so he stopped daily Berocca. So that must be something that's in England, because I've never heard of Berocca. Cat cold frequently. Drinks too much alcohol, stopped smoking a year ago. In his teen and twenties he used a lot of drugs. On his mother's side, there was anxiety and depression. And on his father's side, sinuses problems, which I think both side, he inherited both sides.

Secondary symptoms is sinus pressure past six months blocked most of the time, but I can actually clear it. Emotion. Lots of stress, lots of anxiety, ongoing for a long time. Increased by working relationship with father. Has anxiety, low mood, can have burst of anger and argues with his father.

He worries overthinks things and feels overwhelmed. He's prone to bloating, diarrhea, and gas acid reflux . Problem falling asleep, waking and vividly prone to have a shot of alcohol at 3:00 AM to get back to sleep. Not the best thing to do. Wakes up exhausted, prone to fatigue, varying from very low to, not too bad.

Seven, I guess that's not too bad, but obviously one is really low in the last week. Physical. He has neck and shoulder tension or pain, headaches. Now the headache, I don't know where the headache is, so that's tough because I don't know if they were on the temporal area, occipital area, frontal dehydration would be frontal and behind the eyes.

Mostly if it's a yang ming headache, he bites his nails athlete foot and run swims. His tongue is scalloped. His pulse is wiry specifically on the left and right guan position or middle position, and slight weight gain around the middle.

So the causes, I like to start with the causes first.

Because it's really important that we figure out what the causes are, because if we can remove the cause and we can educate the patient in removing the causes, then we are educators first, and then we are also guiding the patient in getting better. So if we have the causes and we can remove them, then it's much easier.

And in TCM, we can't treat everything. We can't help every disorder. But we can always. Always figure out the cause ., so that's something that's important because then we can tell the patient then just, and all we do is managing, then that's all we can do. Sense look. So first obviously loud music for years. He is a drummer and he is a dj, so he is in that stress noise, right?

This is noise pollution that he gets in his ears for many years, which obviously is gonna create repetitive trauma. To the ear canal and that in turn creates the tinnitus. That makes sense. We know the cause. So that's probably not gonna go away because he's still gonna drum because he likes it and he's probably still gonna DJ because he probably enjoys it.

That's the problem. We're not removing the cause if you know that's the issue. Emotions, of course, the anxiety, the overthinking, the worry, many years of low mood, right? He has depression and anxiety that's been passed on. So that also in the anger will create issues that can be addressed. He can do a lot of work on his own.

He can, obviously, acupuncture can help, but he can do counselor meditation. Look for, trying to improve the. His reaction to his anger, for example, would be a good one. But

obviously there's lots of things we can do to help out in that treatment because TCM is awesome when it comes to emotions and issues with that.

The other thing is lifestyle, right? Of course. Use of drugs. He drinks a lot of alcohol. I diet is so I'm not really sure if it's good. That would've. But obviously lifestyle's not great and he wakes up in the night and he drinks wine like that's gonna put him back to sleep. Just alcohol, any kind of alcohol I guess.

That is not great. He smoked up until recently. He stopped now, which is great. But obviously his lifestyle up until now. Has not been that great. So that we can play with, and we can guide the patient into changing things, and try to help with, there's definitely a bit of an addiction into the alcohol as well

Let's look at symptoms, right? Stress affects the liver. First years and years of stress can obviously deplete also kidney and age us faster. But at the beginning it really affects liver and does the same.

Antidepressant, meaning he was depressed, right? So if you are depressed, not the antidepressant itself, but depression always has liver qi, stagnation because people are depressed or stuck, they feel stuck in the depression. They feel like there's no way out, right? And then there's other patterns of depression, depending on many symptoms, but there's always li stagnation.

Alcohol again, of course, stress. Again, anger, of course, that's liver feels overwhelmed. So overwhelm is pressure, right? And pressure, usually overwhelm is liver overact on spleen or word overact on earth. So liver stagnation, creating, overthinking and worrying, which is spleen, which depletes the spleen.

So we definitely have some liver and then spleen comes as well. Flatulence or gas. Gas is usually due to your liver cheese stagnation or a liver overacting. Again, wood overacting on earth and creating some issues. Alcohol at 3am. 3am of course one to three is liver time, so that again is liver, neck and shoulder tension.

So that's the stress that's accumulating the pain in the neck and the shoulder. And that's an area of the gallbladder, which is. Sister of the liver. So that same thing is some liver stagnation or gallbladder tree being stagnated within the meridian. Headaches, again, could be to liver and stress, but I don't know enough about the headache, what brings it on, how often, and where it is on the head to make a decision on that.

He does bites his nail. So biting nails is usually an OCD or obsessive compulsive disorder when you stress you bite your nail when you stress. So that, again, is due to when he's really stressed. And liver is related to nails. So this is very much a liver related. And of course the pulse is wiry on the liver side and also on the spleen side, on the middle position.

So this is a lot of liver, most of it stagnation when more stress is occurring with some liver, yang rising right, with the anger with the alcohol and the stress that makes it or worsen it. So it's a liver qi stagnation leading to liver, yang rising or having liver yang as an issue that's stemming from liver stagnation, a low level of tinnitus. So high pitched tinnitus is liver yang rising, which he probably at the beginning, but now that it's constant and low level that is becoming more of a kidney deficiency. So now he's basically aging his body with repetitive noise pollution. And so now this is gonna be very difficult to get rid of because now that's affecting the kidney.

Remember, the kidney is related to ears, but the gallbladder meridian goes around the ears. So if the high pitch due to stress, which affects the gallbladder, which affects the liver, so more liver, yang, rising If it's constant and low pitch. Then that becomes a kidney deficiency. So again, that's tougher to get rid of.

Yeah, there's wisdom teeth extracted, I assume, because there was issues, so that could be a kidney as well. Teeth, bones, all related to kidney, I dunno enough to be sure. Like I said, he's a drummer for a long time and a DJ for a long time, which creates the tinnitus and ageism faster because tinnitus is something that a lot of people get as they get older.

It's not something that people get when they're yang, if it's constant. So he definitely depleted his kidney, right? Deviated septum. So he was born with a septum that was deviated. Again, that's a structural issue. That's the genetic essence, root kidney issue. He did a lot of drugs, which again aged his body faster because he depleted his postnatal chi, right?

Or instead of doing a good lifestyle to preserve his prenatal chi that was given to him. He depleted it with drugs. He took antidepressants. So we saw that this is all the de antidepressant. I wanna say if it's passed on, if it's genetic, I would say that it is also kidney related. It could be liver, but also kidney if it's passed on, and genetic So the snotty nose the tonsils, this is all lung related, right? There's issue with his lungs. Obviously tonsil means his lung qi was not strong enough to provide, to be able to fight infection, and he probably had so many that they eventually, they removed them.

Snotty nose obviously had a lot of, mucus in the nose, which could be depleted or due to lung being depleted. He smoked, which didn't help his lung qi at all. He catch cold easily or

frequently. Again, that's a lung deficiency or wei qi deficiency. Sinus pressure, which is blocked all the time.

So obviously he has too much dampness in his sinuses, right? That's affecting his sinuses. It could be due to diet, it could be due to alcohol because alcohol is very damp and it creates heat. So the heat creates the liver yang rising and more liver issue, but the damp of the alcohol, depending what kind of alcohol he drinks.

Maybe, depends what it's, but it creates dampness and maybe his diet is damp as well. I dunno. Also, you worry and overthinks, so that's more of a spleen issue, right? S spin, treat deficiency with years of worry and overthink. It depletes the spleen.

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He has a hard time falling asleep when someone cannot fall asleep.

It's either a heart and spleen blood deficiency.

Or it is a liver overact on spleen. I think for him it's a liver overact on spleen, meaning the liver is stress, and then it makes the spleen overthink and then they can't fall asleep. So this is definitely more a wood overact on earth kind of issue. He has bloating and diarrhea, so again, bloating could be liver qi stagnation, or it could be a spleen.

qi deficiency with dampness. Diarrhea obviously is a spleen qi deficiency with dampness. In this instance, he has acid reflux. I haven't talked about this, but this is usually liver overact on stomach, so again wood overact on earth. So it's affecting the spleen more, but he has a little bit of stomach being affected with 📍 the acid reflux .

He also is prone to fatigue usually if he wakes up exhausted. So when you wake up exhausted, it's spleen time in the morning, that means it's spleen qi deficiency. And of course he's not sleeping very well. And he's prone to fatigue. Again, that's more of a spleen qi deficiency in general. He also has athlete's foot, obviously he has fungal or fungus issue, which means his lung qi or his wei qi. He, his defensive qi is weak and it not able to fight. And if athlete's foot is also fungus, fungus is dampness, right? So dampness keeps weak recurring spleen qi recurs lung qi recurs in that scallop tongue is usually again.

Something that recurs of the minutes wood overact on earth or liver over control. Spleen. Such a spleen qi deficiency with a liver stagnation. And he has a bit of weight gain around the middle, which means obviously he is getting some dampness. May, a bit of phlegm that's affecting the spleen. So having said all this, let's look at the diagnosis.

So I try to look at the eight principle, but with just gentlemen, there's a lot of yang, but there's also a lot of yin. It's mostly yang in the excess heat, but there's excess dampness and dampness is yin. There's spleen qi deficiency, which is more of a yin issue, right? But there's also liver stagnation, liver, yang rising, and that's in excess.

So with the principle, very difficult to look at. However, looking at the Z four and the five element, much easier in that perspective. So let's look at the first one that we talked about. It's definitely a liver qi stagnation due to stress, leading to liver, yang rising due to alcohol on top of it, and more pressure, right?

He has definitely a very vivid picture on the five element of wood overacting on earth. It's definitely more liver overact on spleen, but there's a little bit of gallbladder there and there's definitely a little bit of stomach. So it's a very much wood overact on earth, which is definitely there, which creates the spleen qi deficiency.

There is also kidney and lung qi deficiencies, so that's due to all the lifestyle and the constitution and the aging system that's going faster for him due to the fact that he did drugs and all his alcohol and. There's also a lot of dampness, right? So we saw that specifically affecting the lung and the spleen, so that also shows in his symptoms.

So there's a lot of excess, but there's also a lot of deficiency, right? He's really a mix of everything, and he has a lot of issues. So let's look at the mechanism of it. Years of drumming drugs, alcohol depleted, kidney, qi, aged them faster. He had a lot of issues with TCM lung as a child, which shows weak constitution, right?

Because he had the deviated septum. He had a lot of issue with tonsils. So again, which didn't help a later on because, he continued to deplete his lung. Stress, noise, pollution. Alcohol also cause the liver yang to rise often. And of course all this creates excess in the liver, which overacts on the spleen and stomach depleting the spleen and making the stomach qi rebel. Stress and weak constitutionally too long.

Cheat deficiency. So the stress from the liver. Insult back the lung and deplete the immune systems. Stress always depletes the immune system. That's just a given. And of course he also has a weak constitution, which means that obviously his lung qi is not very strong. I don't know if he was premature, but I would bet that he was a premature baby.

The interesting to know. And then the last one is lung, spleen and kidney deficiency. Cannot metabolize water because remember, lung spleen and kidney are in charge of the water metabolize metabolism in the body. So they can't because they're all deficient. It results in excess dampness in the lung, specifically the nose in the spleen with the digestive system obviously.

And the kidney deficiency is just a whole part of diarrhea as well. All those will deplete, those three to metabolize excess dampness..

I hope that made sense and that mechanism understand how I about at this. principle is to go by your diagnosis. So if it's liver qi stagnation, we have to move qi liver and we have to bring the liver yang down.

We have to tonify the kidney, the lung and spleen qi, because they're all three of them deficient. We have to eliminate the excess dampness, which would be great by eliminating the alcohol and talking about diet. Open the ears because he came for tinnitus specifically, and of course calm the mind. We wanna harmonize the mind and the body and that's our most important treatment principle.

Let's look at acupuncture point. I went very basic. We can go much more in depth, but I wanted to start off basic. Liver three, liver two. So liver three is moving. Best point for that. Will bring the liver I picked spleen six because it is the crossing point of liver, kidney, and spleen, so that helps all three of them, right?

Spleen. Kidney and lung seven to tonify either, kidney and lung specifically. Kidney six is good too because it's also good for tinnitus and stomach 36 to balance the digestive system, but also to tonify chi in general and specifically spleen and stomach. Spleen nine for dampness to clear dampness in general.

LI 20 to open the nose because he has so many issues still. And gallbladder 34 to eliminate dampness specifically with the pressure in the ear because that could also be dampess affecting the ear as well. And it'll help also with the diarrhea and the bloating, so that's good. San jiao five, stomach seven, and gallbladder two to open the ears.

So one distal and two local to open the ears for the tinnitus. And then I wanted to do stomach 40 and PC six to calm the mind. Stomach 40 really one of my favorite points. It's great for anxiety, for depression, for people that feel worry overthinking. It's the lu connecting point of stomach to spleen, so it's also really good to balance digestion.

It's great for excess. Phlegm dampness slash dampness phlegm. It's really a good point, I think for him and PC six to calm the anxiety, calm the mind so he can sleep better. But also because PC six is a great point to bring stomach chi down as well for the acid reflux. So it's like you're doing two things at one.

You could pick a lot more points to calm the mind of course. You could do yin tang you could ear shen men.

wanted to work on his addiction to alcohol, maybe doing the five nada ear protocol points that might also help him. Nada protocol ear point would be ear shen men sympathetic liver, lung, and kidney. Okay. So that's something also that can be put in there. I didn't wanna put everything in kitchen sink, but.

The two main formulas that are great are sen, which is often translated by the Rambling powder, or the Easy Free and Easy Wonder. It basically is one of the main, most classic formula for wood overact on earth. Liver stagnation, creating spleen qi deficiency.

So that's a great formula for that. And then Tian Ma Gou Teng Yin is specifically for tinnitus. It is for liver yang rising with a kidney deficiency, which he has both. So that's a really good

one as well. And it helps with sleep as well. And the irritability and the anger. So I think that's a great formula. Those two formulas are great for him.

Diet wise, I know what his diet is. So I wanted to recommend greens great for liver bone broth, great for kidney, lemon water specifically. Stagnation and for spleen to have small meals, right? Cooked food. No raw food. No cold food for him, even though he has excess heat when he has a liver.

yang rising, I don't wanna go and deplete spleen more, but he needs to avoid the alcohol. Because sugar and dairy will also create moreness and of course, processed food because that affects the mind as well. Lots of things we can recommend. Again, if I knew his diet, it would be probably easier, but I wanted to give you how I went about it.

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