



Neck & Upper back disorders

TCM 568

PDF

TCM 568

- **Theory**
- Diagnosis
- Treatment

568 TCM

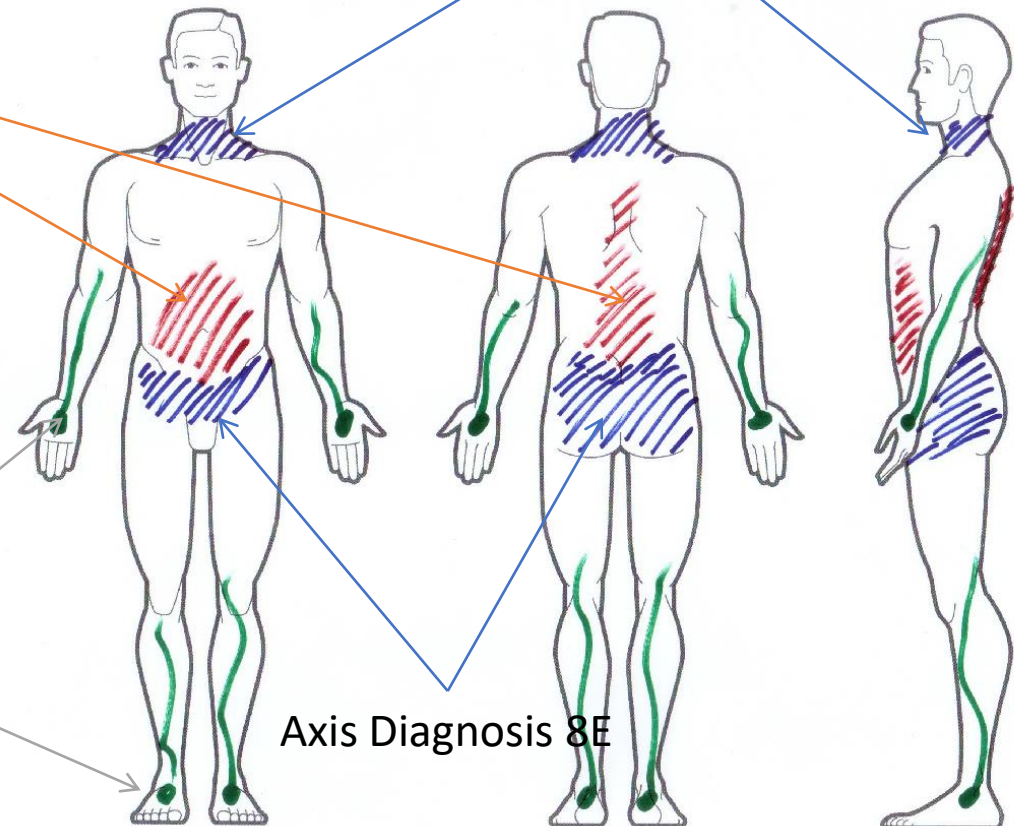
- 1st 8E, 2nd 6L, 3rd 5E
- Location * 3
- Each of the 568 bring diff roles.

Core Diagnosis 6L

Meridian Diagnosis 5E

Axis Diagnosis 8E

Axis Diagnosis 8E



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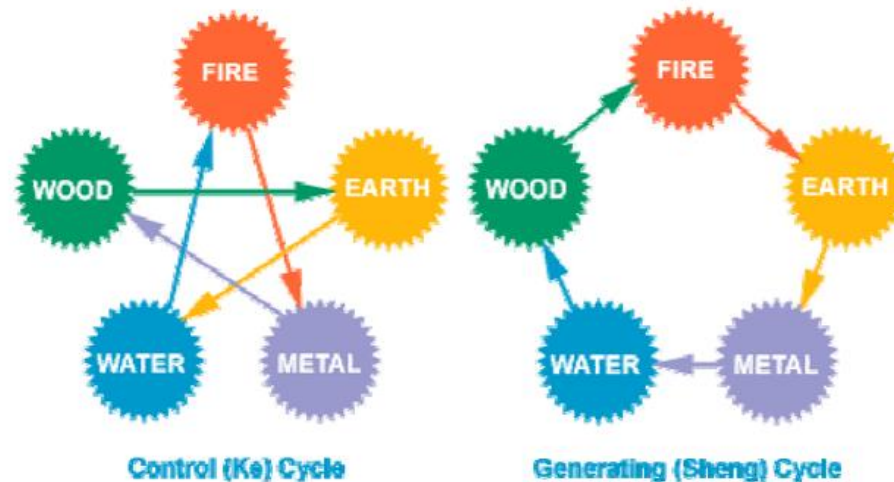
- **5E:** shi or xu
- **6L:** all related neck and upper back problem are shi conditions
- **8E:** all shi. The upper 4 Meridian have a fixed location

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5E

- Can treat always. Slow effect but last longer.
- Arm & hand alignment. R: yang xu, yin shi. L: yang shi, yin xu.
- Ke & Sheng treatment will be on a fixed hand.
- Common upper back / neck disorders: TF, CTS.
- Best combine with 8E.



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6L

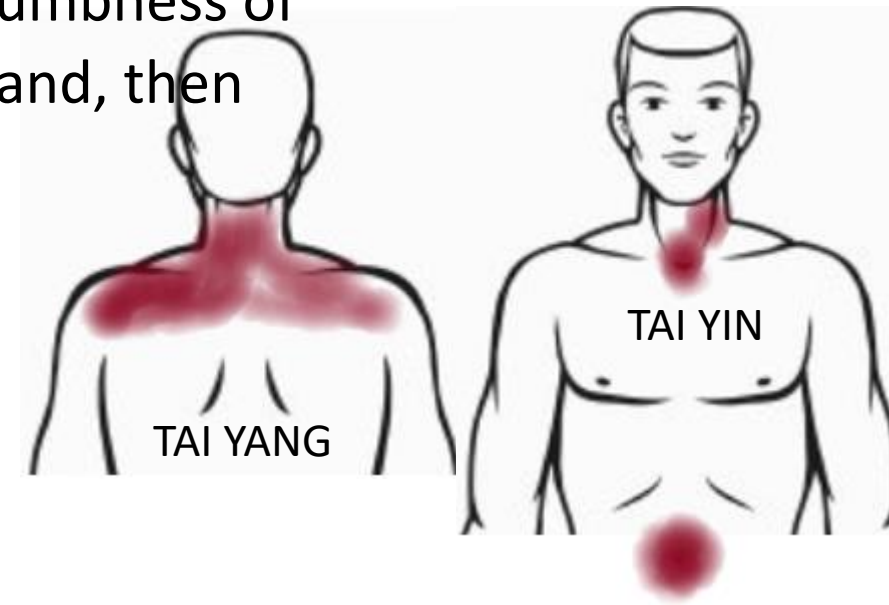
- Use formulas.
- Upper back and neck involving internal disorders (apart from Tai yang)
- 1st location (the right layer), 2nd fever or chills, 3rd shi only.
- TAI YANG with DU MAI / L side.
- TAI YIN with REN MAI / R side.
- SHAO YANG with YANG WEI / R side.
- YANG MING with YIN WEI / L side.

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- TAI YANG: Chills shi.
- TAI YANG: * not just common cold. Stiff neck, acute. Sub acute. With DU MAI very common thyroid disorders. Shoulder & neck L side.
- TAI YIN: fever or chills shi.
- TAI YIN: *** with YIN WEI (8E) numbness of the fingers 5,4 L hand. If also R hand, then with REN MAI.

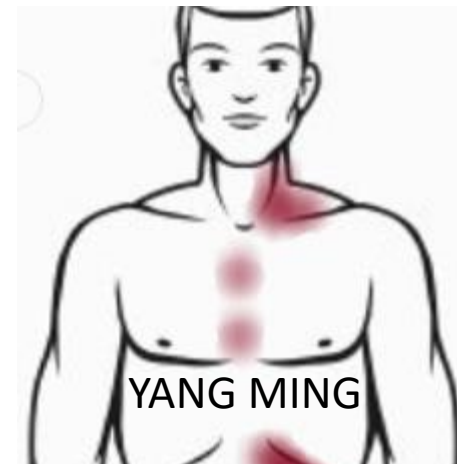
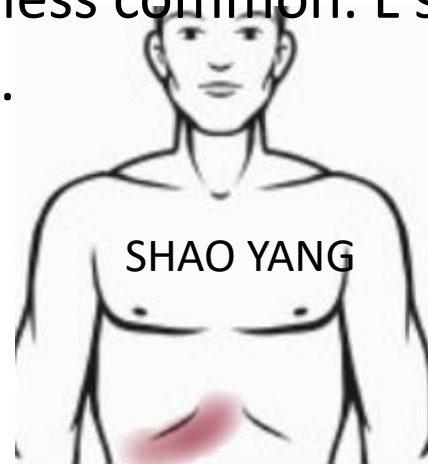


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6L

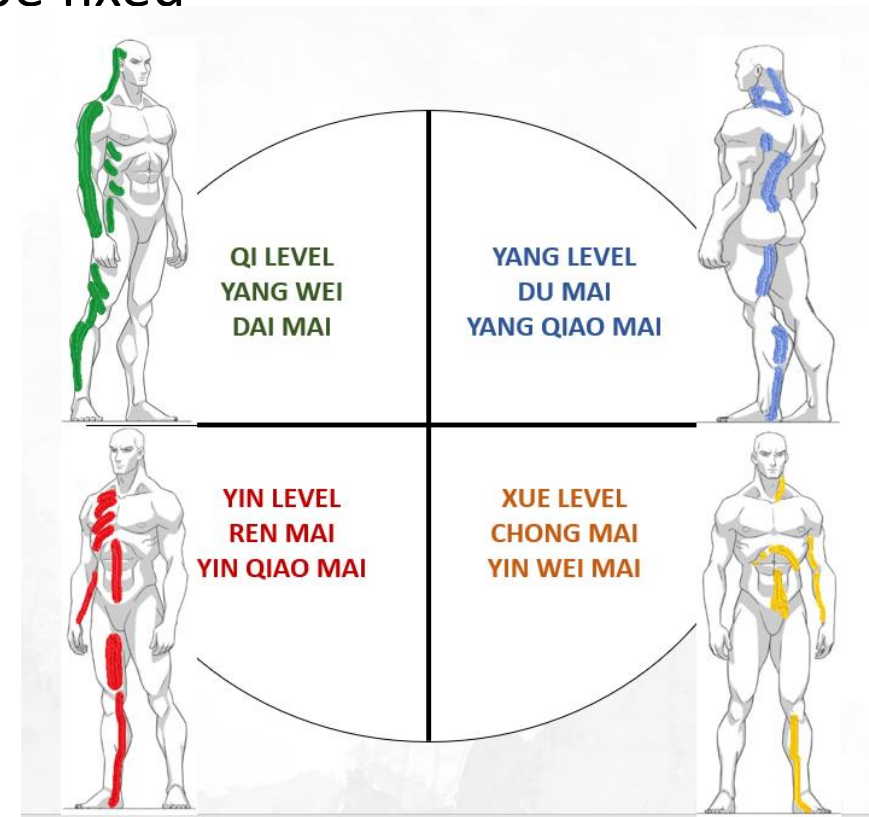
- SHAO YANG: fever or chills shi.
- SHAO YANG: *** most common condition.
With YANG WEI. Numbness 1st 2nd fingers. TF,
CTS. Stiffness of the neck. Metal (5E) TF or
CTS LU or LI.
- YANG MING: fever or chills shi
- YANG MING: * less common. L shoulder. CTS.
L jaw disorders.



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- 8E:
 - Most common.
 - Always shi condition.
 - All upper 4 meridians 90% will be fixed location.
 - If with 6L then us formulas.



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- Theory
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- 8E diagnosis
 - 6L diagnosis
 - 5E diagnosis
 - Disease diagnosis.

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E8 :

- **Du mai** Part of TAI YANG.
- Mainly L hand / neck / shoulder, and L upper back.
- Diseases: Vertigo/dizziness back short to the L. thyroid.
- Lower blood presser. Or high during winter.
- Reduce coffee. Treat K yang.

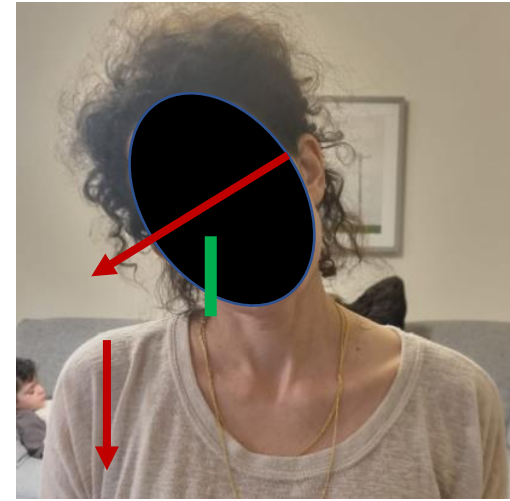


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E8

- **YANG WEI**: R side.
- Thumb and 2nd finger.
- Can be part of SHAO YANG, then use formulas.
- CTS or TF R hand use with 5E LU or LI R side.
- Disease: Vertigo, dizziness. CTS, TF, jaw disorders...

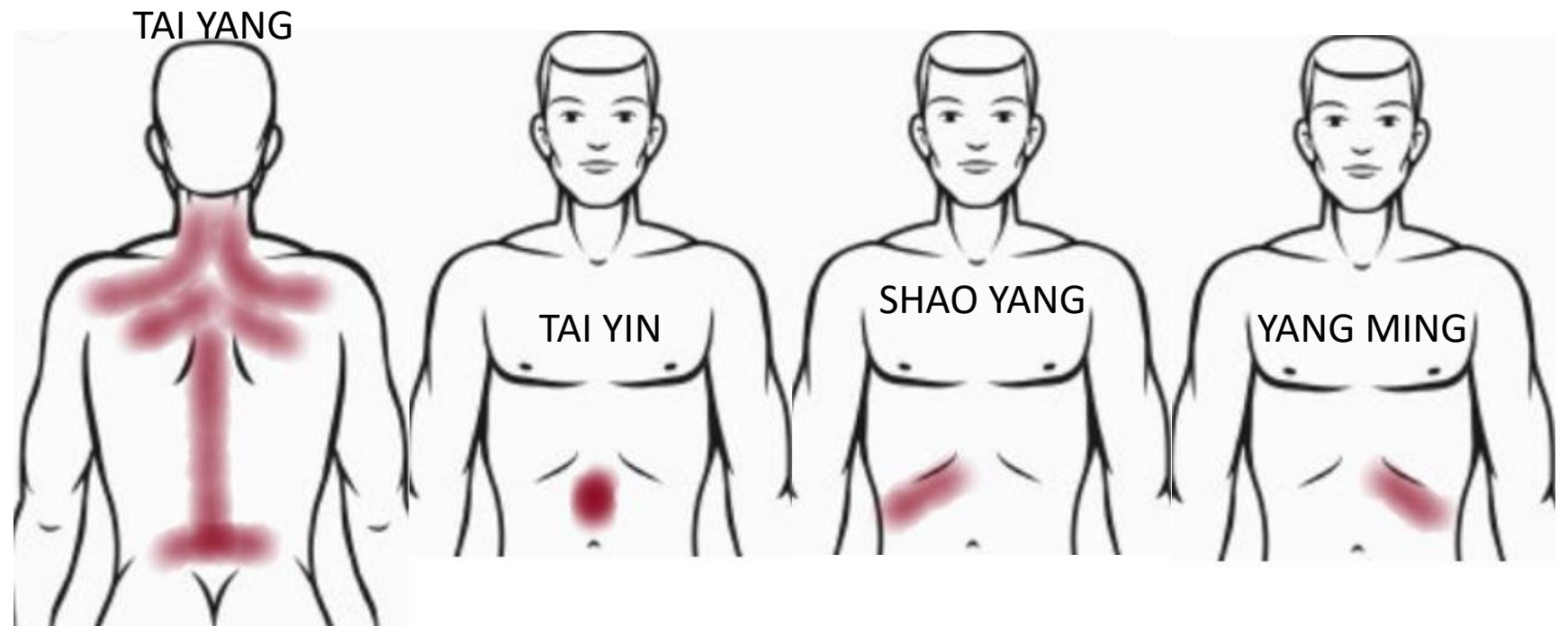


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6L

- TAI YANG: upper DU14,12. L shoulder.
- SHAO YANG: R subcostal
- YANG MING: L subcostal
- TAI YIN: epigastric

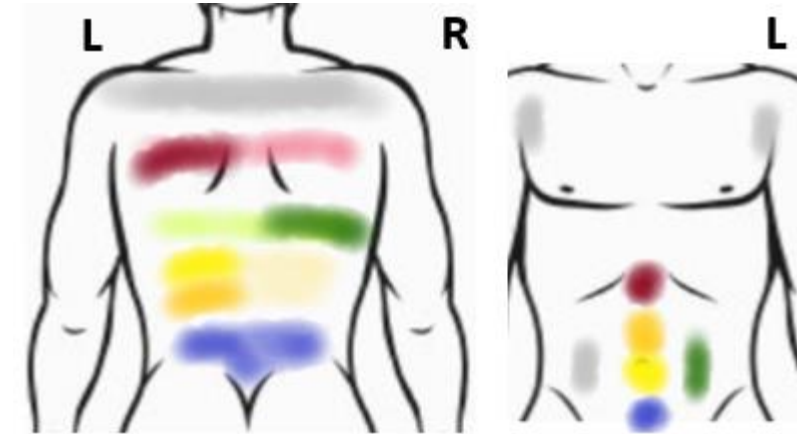


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5E

- Fire: H/PC.
- Metal: LU organ R.
- Earth: ST.
- Dizziness & vertigo diagnosis
- TF Thumb diagnosis

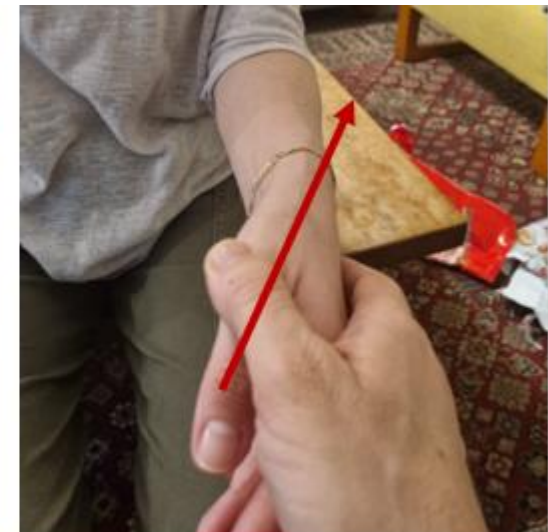


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Disease diagnosis.

- vertigo diagnosis
- **TF Thumb diagnosis**
- CTS diagnosis
- Numbness of the fingers
- Jaw disorders
- Shoulder pain and upper back stiffness.



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- ACP Common combinations
- Formulas table

Remarks

- Can always use 5E. can only use 8E and or 6L if anatomically excited.

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Formulas table

General overview formulas for Neck and Upper back disorders				
Fever	Shi	Tai yin	Huang lian tree. Chronic. Epigastric and Subcaridac.	Ge gen huang lian huang qin tang
		Shao yang	With Yang ming. No wet no dry.	Da chai hu tang 1 st
	wet type. Without yang ming.		Long dan xie gan tang 1 st	
	Xu	LIV yin xu	Very common with HBP. Chronic	Tian ma gou teng yin
		K yin xu	Nigh sweating.	Zhi bai di huang wan 1 st
	No night sweating. Post use of Zhi bai di huang wan		Liu wei di huang wan 1 st	
Chills	Shi	All 3 yang's	General formula mainly for Shao yang conditions.	Chai hu jia LGMLT
		Tai yang	Tai yang stiff neck. Treat diarrhea.	Ge gen tang
			Gui zhi type. Muscular pain	Gui zhi ge gen tang
	Shao yang	Common / classic	Xiao chai hu tang 1 st , 2 nd	
		Tai yang shao yang condition. Body pain, muscle, and big joints	Chai hu gui zhi tang	
	LV mai	No GIT weakness	Chai hu shu gan tang 1 st , 2 nd	
		With GIT weakness	Xiao yao wan 1 st , 2 nd	
	Xu	SP qi xu	Common formula	Yi qi cong ming tang
			If yi qi chong ming tang to strong, then use	Bu zhong yi qi tang
	K yang xu	Common formula with HBP but more common with LBP.	Ba wei di huang wan 3 rd	
Remarks	The formulas also divided into tendency toward HBP or LBP.			
	The formulas also treat different condition, acute , subacute, or chronic.			
	Bi syndrome formulas also treat this condition usually chronic.			
	1 st with tian ma 5g on 50g formula.			
	2 nd can us jia wei (mu dan pi, zhi zi) to make the formula treat fever condition. 15g each herb on 100g formula.			
	3 rd combine with huang qi or with fang ji huang qi tang if edema. alternative name jin gui shen qi wan.			

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6L Neck and Upper back disorders			
Tai yang Shao yang Yang ming	Chills	General formula mainly for Shao yang conditions.	Chai hu jia long gu mu li tang
Tai yang	Chills	Very common	Ge gen tang
		Gui zhi type. Muscular pain	Gui zhi ge gen tang
Tai yin	Fever	Most common in chronic. Hashimoto...	Ge gen huang lian huang qin tang
	Chills	Epigastric fullness	Ban xia bai zhu tian ma tang
Shao yang	Fever	With Yang ming. No wet no dry.	Da chai hu tang 1 st
		wet type. With out yang ming.	Long dan xie gan tang 1 st
	Chills	Common / classic	Xiao chai hu tang 1 st 2 nd
Tai yang shao yang condition. Body pain, muscle, and big joints		Chai hu gui zhi tang	
Remarks	All 6L formulas shi condition.		
	Can use Tai yang formulas without EPF.		
	1 st with Tian ma 5g on 50g formula.		

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Chai Hu Jia Long Gu Mu Li Tang

Bupleurum and D.B. Combination

Formula Energetic Unblock the three Yang's warps and sedates and calms the spirit. Shao Yang condition.

- Irritability. Constipation. Fullness of the chest.
- Sever neck and shoulder stiffness.
- Tinnitus. Insomnia. Anxiety. Agitation. Melancholia.

P: Rapid, wiry

T: Red, sticky coating

Herbs: Chai Hu 12, Huang Qin 4.5, Gui Zhi 4.5, Da Huang 6, Ban Xia 6, Fu Ling 4.5, Ren Shen 4.5, Long Gu 4.5, Mu Li 4.5, Qing Dan* 4.5, Da Zao 6pc, Sheng Jiang 4.5

Discriminations

Chai Hu Jia Long Gu Mu Li Tang

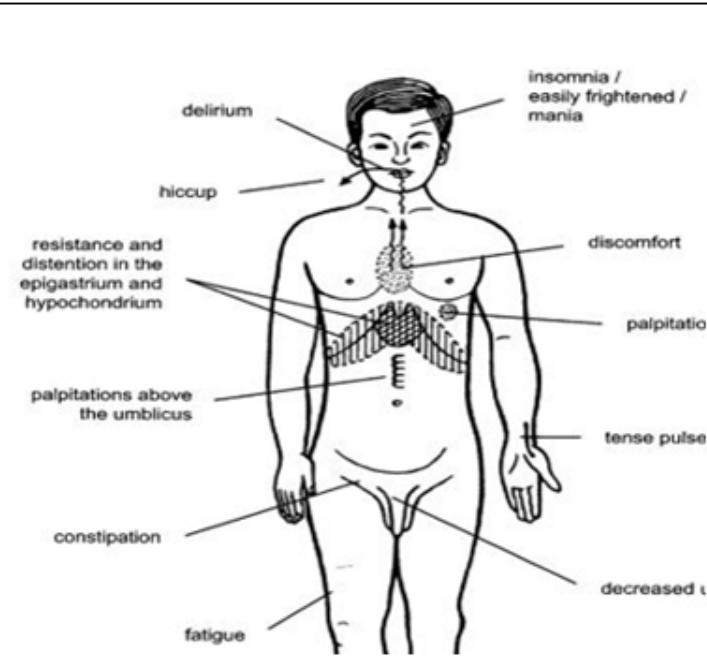
Unblock the three Yang's due to liver condition

Da Chai Hu Tang

Shao Yang full condition with Yang Ming

Chai Hu Gui Zhi Tang

Shao Yang with sever rectus stiffness



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<p>Ge Gen Tang Pueraria combination.</p>		
<p>Formula Energetic Relieves the exterior, promotes blood circulation, and alleviates pain.</p>		
<ul style="list-style-type: none"> • Wind cold with headache, muscle stiffness and pain of the upper back and shoulders. • Common cold. Influenza, nasal congestion. Sinusitis. Headache. Rheumatic pain. <p>P: floating and tense. T: thin white coating.</p>		
<p>Herbs: ge gen 12, ma huang 9, sheng jiang 9, gui zhi 6, bai shao 6, da zao 6, zhi gan cao 6</p>		
<p>Modifications</p>	<p>- Nasal blockage: chuan xiong, huang qin, xin xi, jie geng. Or if chill add xin yi san.</p>	

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Ge Gen Huang Liang Huang Qin Tang

Pueraria, Coptis and scute combination.

Kudzu, Coptis and scutellarin decoction.

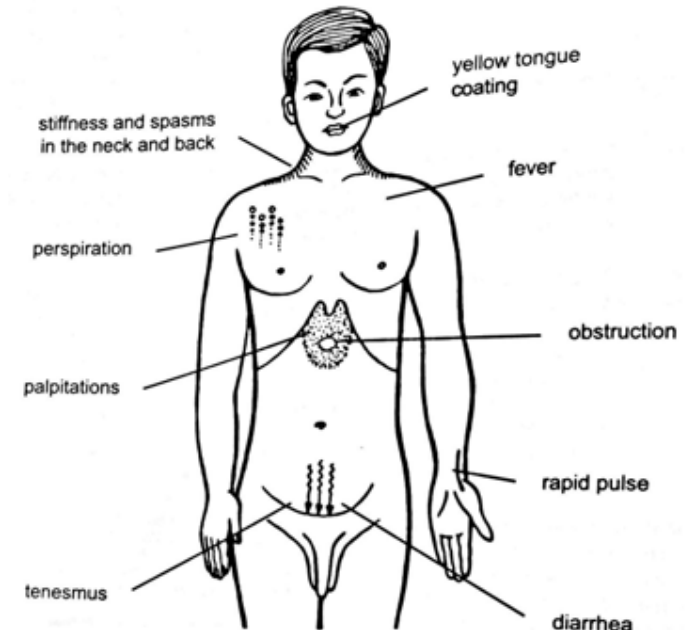
Formula Energetic nourish the H, pacifies the spirits, harmonize the middle jiao, **relaxes spasms**.

- Restless organ disorder (zang zao) H qi xu, due to excessive worrying. Crying. Frequent yawning, hysteria. Melancholy. Night sweating. Restless sleep. Sorrow or sadness.
- Anxiety. Attention deficit hyperactivity disorder. Depression. Gastric spasms. Insomnia. Irregular heartbeat. Nervous exhaustion. Night terrors in children. Night crying in infants. Spasms of many kinds.

P: Weak, thin

T: Pale, swollen, teeth marks, thin white coating

Herbs: ge gen 24, huang lian 9, huang qin 9, zhi gan cao 6



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Xiao Chai Hu Tang**Minor Bupleurum Combination**

Formula Energetic Regulate liver Qi, (in the organ), and open Gallbladder passages. Treat Shao Yang condition; half exterior / half interior.

- Subcostal, (mainly right side), and chest discomfort, or pain. Bitter test.
- Vomiting, nausea. Dry throat. Abdominal pain.
- Fatigue. Chills and fever.

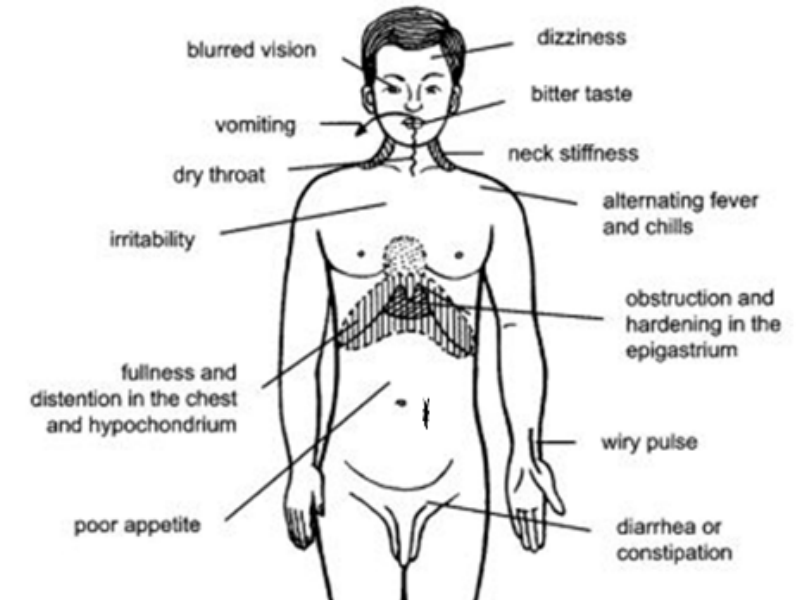
P: Wiry, rapid

T: Red, dry

Herbs: Chai Hu 24, Huang Qin 9, Ban Xia 9, Ren Shen 9, Sheng Jiang 3, Da Zao 12pc, Gan Cao 9

Modifications

- Damp accumulation: ping wei san. see **chai ping tang**.
- Phlegm heat accumulation: see. **Chai xian tang**.
- Tai yang, shao yang disorder, with common cold. See **chai hu gui zhi tang**.
- Nausea, vomiting: mu xiang, sha ren. See **xiang sha chai hu tang**.
- Liver (organ) disorders: with yin chen hao tang. Hepatitis C: yu jin, if xue yu + yan hu sou.
- Stress, neck disorder: tian ma.
- Vertigo: ju hua, gou teng, jue ming zi.
- Headache: chuan xiong.



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Ban Xia Bai Zhu Tian Ma Tang

Pinellia & Gastrodia combination

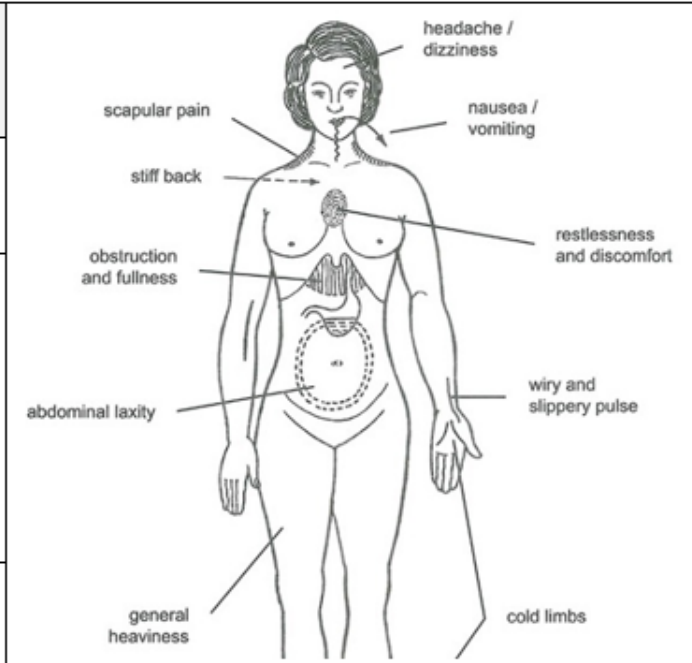
Formula Energetic dispels dampness, dissolves phlegm, tonify the SP, removes LV wind.

- **Neck, shoulders & head** disorders.
- Meniere's disease, blurry vision. Tinnitus. Hypertension / hypotension.
- **GIT:** desire to sleep after eating.

P: wiry & slippery

T: White greasy Coating

Herbs: Ban Xia 4.5, tian ma 3, bai zhu 9, fu ling 3, chen pi 3, gan cao 1.



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Yi Qi Chong Ming Tang	
Eucommia and Rehmannia Formula	
Formula Energetic Tonify and raises yang qi, and improve the eye and ear function	
<ul style="list-style-type: none"> • Fatigue, loss stool, chronic diarrhea. • Dizziness, blurred vision. Diminution of vision. Tinnitus, hearing loss. 	
P: Minute	
T: Pale, swollen, teeth marks.	
Herbs: huang qi 15, ren shen 15, sheng ma 10, ge gen 10, ming jing zi 5, bai shao 3, huang bai 3, gan cao 15	
Discriminations	
Yi Qi Chong Ming Tang	Bu Zhong Yi Qi Tang
Tonify and raises yang qi and improve the eye and ear function.	Tonify and raises yang qi, support the SP.
<u>K symptoms:</u> Slightly support the K and LV.	<u>K symptoms:</u> support the intestinal aspect of the SP

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Internal organ formulas for Neck and Upper back disorders				
Fire	H	Yin xu	Chronic condition or subacute	Tian wang bu xin dan 1 st
	PC	Xue yu	Usually with cardiac disorders. Chronic.	Huo luo xiao ling dan
			Us first Huo luo xiao ling dan. Chronic.	Dan shen yin 1 st
Earth	SP	Main formula for head and neck disorder.		Yi qi cong ming tang
		If yi qi chong ming tang to strong, then use		Bu zhong yi qi tang
Wood	LV	Qi yu	No GIT weakness	Chai hu shu gan wan 1 st
			With GIT weakness	Xiao yao wan 1 st
		Xue yu	Less common. Chronic	Tong qiao huo xue tang
		Wind	Very common with HBP. Chronic	Ling jiao gou teng tang
		Yin xu	Very common with HBP. Chronic	Tian ma gou ting yin
Water	K	Yang xu	Common formula with HBP but more common with LBP.	Ba wei di huang wan 2 nd

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Thank you for coming

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