

Part 1/2

***Bi* Syndrome (Arthralgia Syndrome)**

痹 症

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(This handout is for year 4 of TCM students of Middlesex University)

Website: <http://sites.google.com/site/drcantreat/home>

Dates & times: 12/01/2012 at 1.30pm-4.30pm

Venue: Estate and Facilities G04 , Archway Campus, Middlesex University

The word '***Bi***'痹 in Chinese means an obstruction or blockage. ***Bi* syndrome refers to the syndrome characterized by the obstruction of *qi* and blood in the meridians due to an invasion of external pathogenic wind, cold and dampness, mainly manifested as pain of joints and limbs.**

As joint pain is one of mostly common symptoms in ***bi*** syndrome, so western doctors and editors often translate ***bi*** syndrome into 'arthralgia syndrome'.

Clinically, ***bi*** syndrome covers many different conditions in Western medicine, such as rheumatism, rheumatoid arthritis, osteoarthritis, fibrositis, lupus, gout, neuralgia and others.

In TCM there are many effective therapies for ***bi*** syndrome, including acupuncture, moxibustion and herbal medicines.

Aetiology and Pathology

According to TCM theory and our clinical experiences, ***bi*** syndrome can be caused by either external factors or internal factors.

(1) External factors -the invasion of the muscles, joints and meridians by pathogenic wind, cold and dampness. In Chapter 43 "The ***Bi*** Syndrome in Plain Questions"素问, a part of "The Yellow Emperor's Canon of Internal Medicine" 黄帝内经 (BC475-221), Dr Qibai says 'if pathogenic wind, cold and dampness invade the body together, it will lead to an obstruction in the meridians and then ***bi*** syndrome may take place'. Clinically, we can also see that ***bi*** syndrome is more common in areas where the weather is cold, wet and windy.

(2)Internal factors - general weakness of the body and deficiency of the defensive qi: This condition may cause the weakened resistance to pathogens, marked by dysfunction of the body surface including skin and pores. As a result pathogenic wind, cold and dampness can easily invade the body and cause *bi* syndrome. This was described in a book “Prescriptions for Succouring Sickness”济生方 by Dr Yan Hong-he in 1253, he said ‘it is because of weakness of the body with poor function of the defensive *qi* that invasion of pathogenic wind, cold and dampness can result in *bi* syndrome’.

Now we can see that **basic pathology of *bi* syndrome is an obstruction of *qi* and blood in the meridians, due to an invasion of pathogenic wind, cold and dampness.** According to TCM theory, if the *qi* and blood in the meridian circulate smoothly, there will be no pain; but if the meridian is obstructed and the flow of *qi* and blood is blocked, pain will arise.

However, the constitution of the body differs from person to person. For example, some people living in the same area may suffer from *bi* syndrome, while others are unaffected. Additionally, after suffering *bi* syndrome, **if the patient has an excess yang or accumulated heat in the body, wind-cold-dampness type of *bi* syndrome may transfer into a heat type of *bi* syndrome.**

Furthermore, **if pathogenic wind, cold and dampness stay in the meridians for a long time, the basic pathogenesis may change into blood stasis type of *bi* syndrome.** This is why clinically we often see some long-term patients with *bi* syndrome manifested as blood stasis type.

According to Chapter 43 *Bi* Syndrome in “Plain Questions”素问 of “Yellow Emperor’s Canon of Internal Medicine”黄帝内经 the *bi* condition can also develop and turn into bone *bi*, tendon *bi*, blood vessel *bi*, muscle *bi* and skin *bi*; As five *zang*-organs are connected externally with their corresponding meridians and tissues, so pathogens which linger in the meridians and tissues including bone, tendon, blood vessel, muscle and skin may gradually seep into the internal organs. For example, bone *bi* may develop into kidney *bi*; tendon *bi* into liver *bi*; blood vessel *bi* into heart *bi* (mostly common); muscle *bi* into spleen *bi*; skin *bi* into lung *bi* and so on.

Differential Diagnosis

Clinically, we often classify *bi* syndrome into the following patterns:

1. **Wind *Bi* 风痹 (wandering arthralgia 行痹) syndrome: wandering arthralgia**, accompanied with aversion to wind, white or greasy fur of tongue, and floating pulse.
2. **Cold *Bi* 寒痹 (painful arthralgia 痛痹) syndrome: severe stabbing arthralgia with fixed location as well as local cold sensation**, alleviated by warmth, aggravated by cold, white fur and tight pulse.
3. **Dampness *Bi* 湿痹 (fixed arthralgia 着痹) syndrome: A soreness and fixed pain in the joints with local swelling and numbness, aggravated on cloudy and rainy days**, white and greasy fur, soft and slow pulse.
4. **Heat *Bi* 热痹 (hot arthralgia) syndrome: Arthralgia with local redness, swelling and burning sensation**, accompanied with fever, sweating and thirst, yellow and greasy fur, slippery and rapid pulse.
5. **Blood Stasis *Bi* 瘀血痹 syndrome: A long-term intermittent arthralgia with swelling, rigidity and deformity of joints**, numbness of limbs, purplish dim tongue with ecchymosis, white or greasy fur, thready and unsmooth pulse.
6. **Heart *Bi* syndrome 心痹 : palpitation, chest stuffiness, pectoral pain, shortness of breath, even bluish discoloration of face, lips and finger nail**, cold limbs, dark red tongue with a little fur, faint or irregular pulse. This type can be seen in cases of mitral stenosis (二尖瓣狭窄) and mitral incompetence (二尖瓣 关闭不全).

***Bi* Syndrome in Western Medicine**

In Western medicine, many diseases may manifest as '*bi* syndrome', but it mostly can be seen in the following diseases:

1. Rheumatism

It generally occurs after 1-4 weeks haemolytic streptococcal infection such as angina or tonsillitis manifested as sore throat. Rheumatism involves the connective tissues in the heart, joints, skin, vessels and others. It commonly appears in young adults between the ages of 20-30 and manifests as migratory polyarthritis. The **large joints** of extremities are most frequently affected, marked by redness, swelling, heat sensation and pain of the joints during acute stage; Some patients may also have annular erythema, subcutaneous nodules, chorea and other symptoms. Laboratory tests show

elevated erythrocyte sedimentation rate (ESR), positive C-reactive protein or increased white cell count, etc. Repeated reoccurrences may cause heart valvular diseases (such as mitral stenosis and/or mitral incompetence).

2. Rheumatoid arthritis

The aetiology and pathogenesis have not been fully known until today, but most scholars believe that it is a kind of autoimmune disease with abnormality of humoral immunity and cellular immunity, manifesting as symmetric polyarthritis mostly in the **small joints** of the hands, the wrists, and the feet. This is marked by pain, swelling and rigidity of joints, usually aggravated in the morning and can be alleviated by exertion. Laboratory tests show the blood sedimentation (ESR) is increased, blood RF positive, etc. But it does not cause heart valvular disease.

3. Osteoarthritis:

It is also manifested as a type of *bi* (arthralgia) syndrome, marked by the breakdown and the eventual loss of cartilage in one or more joints. Before the age of 45, it occurs more commonly in males; whilst after the age 55, more commonly in females. It commonly affects the hands, feet, spine and large weigh-bearing joints such as the hips and the knees, and manifests as pain and swelling of the joints, finally leading to joint immobility.

3. Fibrositis:

It is a chronic condition marked by stiffness and tenderness of the muscles, tendons and joints, often accompanied with restlessness, sleep-awakening fatigue , anxiety, depression, disturbed bowel function. Its cause has not been currently known.

TCM Treatments:

1. Acupuncture and Moxibustion

Basic Acupoints:

Dazhui (Du 14),
Hegu (LI 4)
Quchi (LI 11),

Jiayu (LI 15),
Waiguan (SJ 5),
Wangu (SI 4),
Huantiao (G 30),
Xuanzhong (G 39),
Jiaji (Extra15),
Fengshi (G 31),
Yanglingquan (G 34),
Dubi (S 35),
Kunlun (B 60)

Notes: you can choose local acupoints according to the locations of *bi* syndrome.

Supplementary Acupoints:

For Wind *Bi* (wandering arthralgia) syndrome, add:
Fengmen (B 12), Xuehai (Sp10)

For Cold *Bi* (painful arthralgia) syndrome, add:
Weiyang (B 39), Guanyuan (Ren 4)

For Dampness *Bi* (fixed arthralgia) syndrome, add:
Fenglong (S 40), Yinlingquan (Sp 9)

For Heat *Bi* (heat arthralgia) syndrome, add:
Quchi (LI 11), Erjian (LI 2).

For Blood Stasis *Bi* syndrome, add:
Xuehai (Sp10), Geshu (B17);

For Heart *Bi* syndrome, add:
Tongli (H 5), Xinshu (B 15).

Method: Select 6-12 acupoints for each treatment according to the location of pain.

For wind *bi* (wandering arthralgia) syndrome, heat *bi* (heat arthralgia) syndrome and blood stasis *bi* syndrome, the reducing method is advisable.

For cold *bi* (painful arthralgia) syndrome and dampness *bi* (fixed arthralgia) syndrome, the needles should be retained for 30 minutes and **moxibustion is also recommended.**

2. Herbal Therapy

Therapeutic principle: dispersing pathogenic wind, cold, and dampness.

1) Basic Herbal Formula:

Modified *Juan Pi Tang*/Decoction for Treating *Bi* Syndrome 蠲痹汤 for *bi* syndrome of all the types, such as cold, wind and dampness types.

Source: Medical Revelations (Yi Xue Xin Wu) 医学心悟 by Dr. Chen Guo-peng, 1732

Ingredients:

Qianghuo (Rhizoma seu Radix Notopterygii) 羌活 10g

Duhuo (Radix Angelica Pubescentis) 独活 10g

Guizhi (Ramulus Cinnamomi) 桂枝 10g

Qinjiao (Radix Gentianae Mocarhyllae) 秦艽 12g

Danggui (Radix angelicae sinensis) 当归 10g

Chuanxiong (Rhizoma Ligustici Chuanxiong) 川芎 10g

Haifengteng (Caulis Piperis Futokadsurae) 海风藤 30g

Jixueteng (Caulis Spatholobi) 鸡血藤 30g

Sangzhi (Ramulus Mori) 桑枝 30g

Administration: All the above herbs should first be soaked in water in a pot for 2 hours or more and then place the pot over a high flame until boiling. Then simmer over a low flame for 25-30 minutes. Finally, drain the herbal liquid for oral use. Drink half in the morning and the remainder in the evening.

For Wind *Bi* (wandering arthralgia) syndrome, add:

Weilingxian (Radix Clematidis) 威灵仙 12g,

Fangfeng (Radix Ledebouriellae) 防风 10g

For Cold **Bi** (painful arthralgia) syndrome, add:
Baizhi (Radix Angelicae Dahuricae) 白芷 12 g ,
Yuanhu (Rhizoma Corydalis) 延胡索 9 g.

For Dampness **Bi** (fixed arthralgia) syndrome, add:
Yiyiren (Semen Coicis) 薏苡仁 30g,
Cangzhu (Rhizoma atractylodis) 苍术 12 g .

For Heat **Bi** (heat arthralgia) syndrome, add:
Rendongteng (Caulis Lonicerae) 忍冬藤 30g,
Huangbai (Cortex Phellodendri) 黄柏 10g

For Blood Stasis **Bi** syndrome, add:
Ruxiang (Resina Olibani) 乳香 10g,
Moyao (Myrrha) 没药 10g,

For Heart **Bi** syndrome, add:
Yuzhu (Rhizoma Polygonati Odorati) 玉竹 21g,
Tinglizhi (Semen Lepidii seu Descurainiae) 葶苈子 9g,
Huangqi (Radix Astragali seu Hedysari) 黄芪 30g,
Dangshen (Radix Codonopsis) 党参 15 g .

2) Original Herbal Formulae for Different Type of **Bi** Syndrome

(1) **Qianghuo Sheng Shi Tang**/Decoction of Notopterygium for
Dispersing Dampness 羌活胜湿汤, for **Wind Bi** syndrome.

Source: *Nei Wai Shang Bian Huo Lun*/Clarifying Doubts about Injury from
Internal and External Causes 内外伤辨惑论, by Dr Li Gao , in 1247.

Ingredients:

Qianghuo (Rhizoma seu Radix Notopterygii) 羌活 9g
Duhuo (Radix Angelicae Pubescentis) 独活 9g
Gaoben (Rhizoma et Liguistici) 藁本 4.5g
Fangfeng (Radix Ledebouriellae) 防风 4.5g
Zhigancao (Radix Glycyrrhizae Praeparatae) 炙甘草 4.5g

Chuanxiong (Rhizoma Ligustici Chuanxiong) 川芎 4.5g
Manjingzi (Fructus Viticis) 蔓荆子 3g

Administration: All the above herbs should first be soaked in water in a pot for 2 hours or more and then place the pot over a high flame until it is boiling. Then simmer over a low flame for 25-30 minutes. Finally, drain the herbal liquid for oral use. Drink half in the morning and the remainder in the evening.

Indications: It can be used for **Wind Bi** 风痹 (wandering arthralgia 行痹) syndrome; also for exogenous wind-dampness syndrome marked by heavy sensation and pain of head and back, or general pain of the body, with difficulty in turning round.

My own experience: Clinically I use this formula for rheumatic arthritis, common cold and migraine marked by wind-damp type.

(2) **Duhuo Jisheng Tang** /Decoction of Pubescent Angelica and Loranthus 独活寄生汤 – for **Cold Bi syndrome**.

Source: *Qianjin Yao Fang* / Thousand Ducat Formulae 千金要方 by Dr Sun Si-miao in 652.

Ingredients

Duhuo (Radix Angelicae Pubescentis) 独活 9g
Xixin (Herba cum Radice Asari) 细辛 3g
Fangfeng (Radix Ledebouriellae Divaricatae) 防风 6g
Qinjiao (Radix Gentianae Qinjiao) 秦艽 6g
Sangjisheng (Ramulus Sangjisheng) 桑寄生 6g
Duzhong (Cortex Eucommiae Ulmoidis) 杜仲 6g
Niuxi (Radix Achyranthis Bidentatae) 牛膝 6g
Rougui (Cortex Cinnamomi Cassiae) 肉桂 6g
Danggui (Radix Angelicae Sinensis) 当归 6g
Chuanxiong (Radix Liguistici Chuanxiong) 川芎 6g
Shengdihuang (Radix Rehmanniae Glutinosae) 生地黄 6g
Baishao (Radix Paeoniae Lactiflorae) 白芍 6g
Renshen (Radix Ginseng) 人参 6g

Fuling (Sclerotium Poriae Cocos) 茯苓 6g
Zhigancao (Radix Glycyrrhizae Praeparatae) 炙甘草 6g

Administration: The source text advises to coarsely grind the above ingredients into powder. However, today for making a decoction, the normal dosage of Sangjisheng is 15g, the dosages of others except Xixin are about 10g.

For preparing the decoction: All the above herbs should first be soaked in a water in pot for 2 hours or more and then place the pot over a high flame until boiling. Then simmer over a low flame for 25-30 minutes. Finally, drain the herbal liquid for oral use. Drink half in the morning and the remainder in the evening.

Indications: It can be used for **Cold Bi** 寒痹 (painful arthralgia 痛痹) syndrome, marked by heavy and painful sensation at fixed location in the back and lower extremities accompanied by weakness and stiffness, an aversion to cold and attraction to warmth, palpitation, shortness of breath, or local paresthesia or numbness.

My own experiences: I usually use this recipe for chronic rheumatoid arthritis, osteoarthritis, lumbar spondylopathy, sciatica and sequelae of poliomyelitis of cold **bi** type.

(3) Yiyiren Tang /Coix Seed Decoction 薏苡仁汤, for Dampness Bi syndrome.

Source: Ming Yi Zhi Zhang / Displays of Enlightened Physicians 名医指掌 by Dr Huang Fu-zhong, in 16th century.

Ingredients:

Mahuang (Herba Ephedra) 麻黄 6g

Note: In the UK, we may use Mugua (Fructus Chaenomelis) 木瓜 instead of Mahuang 麻黄)

Danggui (Radix Angelicae Sinensis) 当归 9 g

Cangzhu (Rhizoma Atractylodis) 苍术 9g

Yiyiren (Semen Coicis) 薏苡仁 24 g

Guizhi (Ramulus Cinnamomi Cassiae) 桂枝 6g

Baishao (Radix Paeoniae Lactiflorae) 白芍 6g
Zhigancao (Radix Glycyrrhizae Praeparatae) 甘草 3g

Administration: All the above herbs should first be soaked in water in a pot for 2 hours or more and then place the pot over a high flame until it is boiling. Then simmer over a low flame for 25-30 minutes. Finally, drain the herbal liquid for oral use. Drink half in the morning and the remainder in the evening.

Indications: It can be used for **Dampness Bi** 湿痹 (fixed arthralgia 着痹) syndrome, marked by swelling and pain in the joints (usually of the hands and feet), numbness, and difficulty in moving the joints, or accompanied by fever.

My own experience: I use this recipe for rheumatic arthritis of dampness **Bi** type.

(4) Xuan Bi Tang /Decoction for Relieving Bi Syndrome 宣痹汤, for Heat Bi syndrome.

Source: *Wen Bing Tiao Bian* / Systematic Differentiation of Warm Disease 瘟病条辨, by Dr Wu Ju-tong, in 1798.

Ingredients:

Guangfangji (Radix Aristolochiae Fangchi) 广防己 15g
(In UK we may use Rendongteng /Caulis Lonicerae 忍冬藤 15g instead of Guangfangji)
Xingren (Semen Pruni Armeniacae) 杏仁 15g
Yiyiren (Semen Coicis Lachryma-jobi) 薏苡仁 15g
Cansha (Excrementum Bombicis Mori) 蚕沙 9g
Banxia (Rhizoma Pinelliae Ternatae) 半夏 9g
Lianqiao (Fructus Forsythiae Suspensae) 连翘 9g
Zhizi (Fructus Gardeniae Jasminoidis) 栀子 9g
Huashi (Talcum) 滑石 15g
Chixiaodou (Semen Phaseoli Calcarati) 赤小豆 9g

Administration: All the above herbs should first be soaked in water in a pot for 2 hours or more and then place pot over a high flame until boiling. Then

simmer over a low flame for 25-30 minutes. Finally, drain the herbal liquid for oral use. Drink half in the morning and the remainder in the evening.

Indications: For Heat **Bi** 热痹 (heat arthralgia) syndrome, marked by heat and pain in the joints, reduced mobility, fever and shaking chills, a lustreless, yellow complexion, scanty urine, yellow and greasy fur of tongue.

My own experience: I use the recipe acute rheumatic arthritis, infective arthritis and other conditions marked by heat-damp **Bi** syndrome.

(5) *Shu Feng Huo Xue Tang* /Decoction for Dispersing Wind and Promoting Blood Circulation 疏风活血汤, for blood stasis **bi syndrome.**

Source: *Dong Yi Bao Jian* /Precious Mirror of Oriental Medicine 东医宝鉴 by Dr Xu Sun, a **Korean**, in 1611.

Ingredients:

Danggui (Radix Angelicae Sinensis) 当归 2.5g

Chuanxiong (Radix Ligustici Chuanxiong) 川芎 2.5g

Weilingxian (Radix Clematidis) 威灵仙 2.5g

Baizhi (Radix Angelicae Dahuricae) 白芷 2.5g

Hanfangji (Radix Stephaniae Tetrandrae) 汉防己 2.5g(In UK, we may use Niuxi / Radix Achyranthis Bidentatae et Radix Cyathulae 牛膝 2.5g instead of Hangfangji)

Huangbai (Cortex Phellodendri) 黄柏 2.5g

Dannanxing (Pulvis Arisaemae cum Felle Bovis) 胆南星 2.5g

Cangzhu (Rhizoma Atractylodis) 苍术 2.5g

Qianghuo (Radix et Rhizoma Notopterygii) 羌活 2.5g

Guizhi (Ramulus Cinnamomi Cassiae) 桂枝 2.5g

Honghua (Flos Carthami Tinctorii) 红花 1g

Ganjiang (Rhizoma Zingiberis Officinalis) 干姜 1g

Administration: All the above herbs should first be soaked in water in a pot for 2 hours or more and then place the pot over a high flame until boiling. Then simmer over a low flame for 25-30 minutes. Finally, drain the herbal liquid for oral use. Drink half in the morning and the remainder in the evening.

Indications: It can be used for **blood stasis *Bi*** 血痹 syndrome, marked by sharp pain in all the joints due to blood stasis caused by wind, dampness and phlegm.

Notes: This formula was created by a Korean doctor. The above dosages are from Japanese sources. According to my own experience, the dosage for each herb should be 10g.

(6) *Xin Bi Tang* /Decoction for Heart *Bi* Syndrome 心痹汤, for Heart *Bi* syndrome.

Source: My own formula .

Ingredients:

Danggui (Radix Angelicae Sinensis) 当归 15g

Chuanxiong (Radix Ligustici Chuanxiong) 川芎 15g

Chishao (Radix Paeoniae Rubrae) 赤芍 15g

Ruxiang (Gummi Olibanum) 乳香 9

Lulutong (Fructus Liquidambaris) 路路通 15g

Qianghuo (Radix et Rhizoma Notopterygii) 羌活 9g

Sangjisheng (Ramulus Sangjisheng) 桑寄生 15g

Weilingxian (Radix Clematidis) 威灵仙 9g

Yuzhu (Rhizoma Polygonati Odorati) 玉竹 21g

Tinglizi (Semen Lepidii seu Descurainiae) 葶苈子 6g

Administration: All the above herbs should first be soaked in water in a pot for 2 hours or more and then place the pot over a high flame until it is boiling. Then simmer over a low flame for 25-30 minutes. Finally, drain the herbal liquid for oral use. Drink half in the morning and the remainder in the evening.

My own experience: Since 1985, I have used this formula for the patients with rheumatic heart disease (mitral stenosis and/or mitral incompetence) marked by heart ***Bi*** syndrome manifested as palpitation, chest stuffiness, pectoral pain, shortness of breath, even bluish discoloration of face, lips and finger nail, cold limbs, dark red tongue with little coating, faint or irregular pulse. It is effective to relieve symptoms.

3) Common Herbal Pills

(1) *Qu Feng Wan*/Pills for Dispersing Wind 驱风丸

Ingredients:

Tianma (Gastrodiae) 天麻

Qianghuo (Rhizoma seu Radix Notopterygii) 羌活

Duhuo (Radix Angelicae Pubescentis) 独活

Duzhong (Cortex Eucommiae) 杜仲

Huainiuxi (Radix Achyranthis Bidentatae) 怀牛膝

Bixie (Rhizoma Dioscoreae Hypohlaucae) 萆解

Danggui (Radix Angelicae Sinensis) 当归

Shudihuang (Rehmanniae Praeparatae) 熟地黄

Xuanshen (Radix Scrophulariae) 玄参

Indications: For **Bi** syndrome marked by Wind **Bi** type accompanied with deficiency of the kidney and blood.

Administrations: 8 pills each time, 3 times a day.

(2) *Xiao Huo Luo Dan*/ Pill for Activating Energy Flow in the Meridian and Collaterals) 小活络丹

Ingredients of the Original Formula:

Zhichuanwu (Radix Aconiti Praeparatae) 制川乌 180g

Zhicaowu (Radix Kusnezoffii Praeparatae) 制草乌 180g

Dilong (Lumbricus) 地龙 180g

Zhitiannanxing (Rhizoma Arisaematis) 制天南星 180g

Ruxiang (Resina Olibani) 乳香 66g

Moyao (Myrrha) 没药 66g

Administration: Make the above herbs into pills, 8 pills each time, 1-2 times a day.

Indications: This can be used for treating **Bi** syndrome of **cold type** or **blood stasis** type. It can be also used for infertile and dysmenorrhea.

Notes: This original formula can not be used in the UK, because the ingredients Zhichuanwu and Zhicaowu which contain *Wutoujian* (aconine) are highly toxic. If you make a decoction of the formula, it is needed to be boiled for one –two hours, as the long time boiling can change its *Wutoujian*/aconine into *Wutoucijia* (sub-aconine) which has just 1-2 % of *Wutoujian*'s toxin with the same efficacy. Additionally, when we meet patients with aconite poisoning, we should give patient Atropine injection and other supporting therapies on time to save our patients.

However, in the UK, we can find and use **Xiao Huoluo Dan** with a modified formula without any herbs with toxin, consisting of following ingredients:

Dihuang (Radix Rehmannia) 地黄

Danggui (Radix Angelica Sinensis) 当归

Ruxiang (Resina Olibani) 乳香

Moyao (Myrrha) 没药

(3) **Mugua Wan**/ Chaenomeles Fruit Pill 木瓜丸

Main ingredients:

Mugua (Fructus Chaenomelis) 木瓜

Danggui (Radix Angelicae Sinensis) 当归

Chuanxiong (Rhizoma Liguistici Chuanxiong) 川芎

Baizhi (Radix Angelicae Dahuricae) 白芷

Weilingxian (Radix Clematidis) 威灵仙

Gouji (Rhizoma Cibotii) 狗脊

Niuxi (Radix Achyranthis Bidentatae) 牛膝

Haifengteng (Coulis Piperis Futokadsurae) 海风藤

Jixueteng (Caulis Spatholobi) 鸡血藤

Renshen (Radix Ginseng) 人参

Administration: 8 pills each time, 3 times a day.

Indication: For **Bi** syndrome marked by numb limbs, pantalgia, debility of loins and legs, etc.

(4) **Er Miao Wan** / Two Wonderful Ingredients Pill 二妙丸

Ingredients:

Huangbai (Cortex Phellodendri) 黄柏

Cangzhu (Rhizoma Atractylodis) 苍术

Indications: For **Bi** syndrome of **damp-heat type**.

Administration: 8 pills each time, 3 times a day.

(5) ***Shu Jin Jian Yao Wan*** / Pill for Relieving Rigidity of Muscle and Tendon and Strengthening Loins) 舒筋健腰丸

Ingredients:

Jinyingzi (Fructus Rosae Laevigatae) 金樱子

Jixueteng (Caulis Spatholobi) 鸡血藤

Qianjinba (Radix Flemingiae Philippiensis) 千斤拔

Heilaohu (Radix Kadsurae Coccineae) 黑老虎

Fengmi (Mel) 蜂蜜

Ruxiang (Resina Olibani) 乳香

Niudali (Radix Millettiae Speciosae) 牛大力

Sangjisheng (Herba Taxilli) 桑寄生

Tusizi (Semen Cuscutae) 菟丝子

Nuzhengzi (Fructus Ligustri Lucidi) 女贞子

Yanhusuo (Rhizoma Corydalis) 延胡索

Liangmianzhen (Radix Zanthoxyli) 两面针

Indications: for **Bi** syndrome.

Administrations: 8 pills each time, 3 times a day.

4) External Treatment

(1) ***Shang Shi Zhi Tong Gao*** /Adhesive Plaster for Relieving Sprain , Rheumatalgia and Myalgia 伤湿止痛膏

Ingredients:

Herbal extract compound liquid for alleviating pain due to dampness, wind and cold 伤湿止痛流浸膏;

Methyl Salicylate (Metthylsalicylatum)水杨酸甲酯

Borneol (Borneolum) 薄荷脑

Camphor (Camphora)冰片

Lemongrass extract (Extractum Herbae Cymbopogonis) 芸香浸膏

Belladonna liquid extract (Extractum Belladonnae Liquidum) 颠茄流浸膏

Actions: Dispelling wind, cold and dampness and promoting blood circulation to relieve pains.

Indications: Rheumatic arthritis, myalgia and sprain.

Administration: External use, apply it on the affected area, and then change it within 8 hours.

Caution: It should be used with care to pregnant women; but not to the patients with adhesive plaster allergy and local ulceration.

(2) *Gou Pi Gao/ Dog-skin Plaster* 狗皮膏

Main Ingredients

Qingpi (Pericarpium Citri Reticulatae Viride) 青皮

Dingxiang (Flos Caryophylli) 丁香

Chuanxiong (Rhizoma Liguistici Chuanxiong) 川芎

Danggui (Radix Angelicae Sinensis) 当归

Qianghuo (Rhizoma seu Radix Notopterygii) 羌活

Dafengzi (Semen Chaulmoograe) 大风子

Tianma (Rhizoma Gastrodiae) 天麻

Duzhong (Cortex Eucommiae) 杜仲

Actions: Expelling wind and dispersing cold, relaxing muscle and tendons, promoting blood circulation and alleviating pain.

Indications: **Bi** syndrome due to wind, cold and dampness, pain of loins and lower extremities, numbness of limbs and trunk, traumatic injuries. It can be used to treat rheumatalgia, neuralgia, and redness, swelling and pain caused by sprain, etc.

Administration: Warm it soft and then apply it to the affected areas , change it every 6 hours.

Life Style and Diet Advice

1) Living Environment: The ancient Chinese ‘*Fengshui*’ is the theory and art which studies how to establish an ideal environment beneficial to prolonging life as well as preventing and treating diseases including *bi* syndrome. It is the comprehensive theory of ancient architectural planning and design integrating geography, ecology, architecture, ethics and aesthetics etc. According to *Fengshui*, people should live at a place with clear and plentiful water source, fresh air, sufficient sunlight, good vegetation as well as quiet, secluded and beautiful landscape. Because wind, cold and dampness are the main factors to cause *Bi* syndrome, we should suggest patients with *Bi* syndrome to live in the environment which is full sunlight, less wind, cold and dampness.

2) Physical Exercises: TCM has many type of physical exercise, such as Taiji and Qi Gong. Taiji is more slow type of exercise, very useful to patients with chronic *bi* syndrome. While Qi Gong is a kind of exercise for self-developing Qi / Energy (including natural body’s defensive *qi*).We can suggest patients to attend such courses and practice one of them.

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3. A Practical English-Chinese Library of TCM, by Prof Enqin Zhang (Engin CAN), published by Shanghai TCM University Press in April, 1990; March, 1999.