

# Dizziness



Symptom may range from a very slight dizziness, sometimes only on changing posture, to very severe vertigo with lose of balance when everything around the patient seems to be spinning..

Shao Yang

Yang Ming

Liver

Kidney

Spleen & St.



## Etiology & Pathology

### 1. Exterior causes

Wind;  
Cold;  
Fire;  
Phlegm;  
Summer-heat

### 2. Interior causes

Hyperactivity of the Liver-Yang  
Deficiency of the Kidney essence  
Deficiency of Qi & Blood  
Stagnation of Phlegm  
Stagnation of Blood Stasis

### 3. Diet

### 4. Overworking or excessive sexual activity

TCM

- Main Points for differentiation
- 1. Liver-Yang, Liver Fire or Liver-wind rising
  - Liver Yang
  - Liver Fire
  - Liver-wind
- 2. Turbid phlegm in the head
- 3. Differentiation of internal injury from exterior injury
- 4. Differentiation of Deficiency from excess

## Treatment

### 1). Hyperactivity of the liver yang:

#### Signs & Symptoms:

- Main Sym. : Distention in the head & dizziness, which are aggravated by over-work or anger.
- Concurrent sym.: migraine, vexation, impetuosity, liability to anger, flushed face, bitter taste in the mouth, nausea, insomnia, dreaminess, and tinnitus.
- Tongue:  
    red body with yellow and rough fur
- Pulse:  
    wiry
- Treatment Protocol:
  - Calm the liver to suppress yang
  - Removing fire
  - Stop Wind

## Formula:

Tian Ma Gou Teng Yin					
Tian Ma	Gou Teng	Shi Jue Ming	Zhi Zi	Huang Qin	NiuXi
Du Zhong	Yi Mu Cao	Sang Ji Shen	Ye Jiao Teng	Fu Shen	

## Modifications:

**Liver Fire excess**

-- Long Dan Cao; Ju Hua; Dan Pi

**Constipation**

-- Da Huang; Mang Xiao

**Dizziness with numbness & shaking of hands & feet**

-- Zhen Zhu Mu; Long Gu; Mu Li

**Eye blurring**

-- Qi Ju Di Huang Wan

**Kidney Yin def.**

-- Nu Zhen Zi; Han Lian Cao



## Treatment

### 2). Qi & Blood Def.

#### Signs & Symptoms:

- Main Sym. : Dizziness worse after working & tiredness
- Concurrent sym.: sallow or pale complexion, lassitude, irritability, bad sleeping, bad appetite.
- Tongue:  
pale body with thin coating
- Pulse:  
fine & weak
- Treatment Protocol:
  - Tonify Spleen & Qi
  - Nourish heart & blood

Formula:

Gui Pi Tang					
Dang Gui	Fu Shen	Huang Qi	Long Yan Rou	Suan Zhao ren	Dang shen
Mu Xiang	Dang Gui	Yuan Zhi	Gan Cao		

Modifications:

**loose stools & bad appetite**

-- Fu Ling, Sha Ren; Yi Yi Ren; Bai Pian dou; Sha Yao;

**Blood def.**

-- Shu Di; E Jiao; Shou Wu; Bai Shao

**Middle Jiao Qi Def.**

-- Bu Zhong Yi Qi Tang

**Cold hands & feet**

-- Gan Jiang; Fu Zi; Gui Zhi

## Treatment

### 3). Kidney essence def.

#### Signs & Symptoms:

- Main Sym. : dizziness with lassitude & bad memory
- Concurrent sym.: tiredness; blurring vision; sore lower back & weakness of knees; All Yin def. symptoms; or Yang Def. symptoms;
- Tongue:
- Pulse:  
    fine & weak
- Treatment Protocol:
  - Nourish kidney Yang
  - Or “ Nourish kidney Yin



Formula:

Zuo Gui Wan					
Shu Di	Shan Yao	Gou Qi Zi	San zhu Yu	Niu Xi	Tu si Zi
Lu Jiao Jiao	Gui Ban Jiao				
You Gui Wan					
Shu Di	Shan Yao	Shan Zhu Yu	Gou Qi Zi	Du Zhong	Tu si Zi
Fu Zi	Rou Gui	Dang Gui	Lu Jiao Jiao		

Modifications:

**Palm fever sensation**

-- Zhi Mu; Huang Bai; Dan Pi; Di Gu Pi

**Yang Def. ( instead Fu Zi; Rou Gui)**

-- Ba Ji Tian; Xian Lin Pi;

**Bad appetite after taking too long greasy herbs**

-- Sha Ren; Chen Pi

**Bad dizziness**

-- Ling Ci Shi; Dai Zhe Shi

## Treatment

### 4). Stagnation of Phlegm

#### Signs & Symptoms:

- Main Sym. : Dizziness with feeling of heaviness on head
- Concurrent sym.: obesity, addiction to fatty & sweet food, feeling of fullness and tightness in the chest, anorexia, nausea & lassitude
- Tongue:  
white & greasy coating
- Pulse:  
soft & slippery

#### • Treatment Protocol:

- Eliminating dampness
- Resolving phlegm
- Regulating the spleen
- Stopping dizziness

## Formula:

### Ban Xia Bai Zhu Tian Ma Tang

Ban Xia

Bai Zhu

Tian Ma

Fu Ling

Chen Pi

Gan Cao

## Modifications:

### Vomiting

-- Dai Zhe Shi; Zu Ru; Shen Jiang;

### Fullness of abdomen

-- Sha Ren; Zhi Shi

### Heaviness of body

-- Huo Xiang; Pei Lan; Shi Chang Pu;

irritability & bitter taste with no desire for drinking

-- Wen Dan Tang; Huang Lian; Huang Qin

## Treatment

### 5). Blood Stasis block the channels

#### Signs & Symptoms:

- Main Sym. : dizziness with headache
- Concurrent sym.: bad memory, insomnia, palpitation, darkish complexion and lips, lassitude,
- Tongue:  
    dark purple body
- Pulse:  
    wiry & slippery, or thready & uneven

#### • Treatment Protocol:

- Removing blood stasis
- Promoting blood circulation
- Stopping dizziness

Formula:

Tong Qiao Huo Xue Tang					
Chi Shao	Chuan Xiong	Tao Ren	Hong Hua	Cong Bai	Da Zhao
She Xiang	wine				

Modifications:

**Cold hands & aversion to cold**

-- Fu Zi; Rou Gui

**Steaming bone feeling**

-- Di Gu Pi; Dan Pi; Zhi Mu; Huang Bai

**Blood stasis**

-- Quan Xie; Wu Gong

**Liver Qi stag.**

-- Chai Hu; Zhi ke; Yu Jin

**Qi Def. with sweating**

-- Shen Di; Huang Qi



## Case History 1

### 1. male 37 years

#### First visiting:

**Main complain:** dizziness for 2 years  
patient feel weakness on whole body, when the dizziness started. Sweating after little movement. Appetite, stools & urination were good.

**Tongue:** normal

**Pulse:** deep & weak & hardly to be touched

**TCM diagnose:**

Kidney Yang def.

Wei Qi def.

#### **Treatment protocol:**

-- Warm up Kidney Yang

#### **Formula:**

Fu Zi 20g (cook first), Shan Yu Rou 15, Huang Qi 15,  
Shu Di 15, Jiu Cai Zi 10, Xian Mao 15, Zhi Gan Cao 5, Rou Gui 3,  
X 5

## Case History 1

### 1. Female 49 years

#### First visiting:

Main complain: dizziness & headache for 10 years

Accompany with dry mouth & throat, irritability, easy to lose temper, insomnia, reddish face color.

Tongue: red body with less coating

Pulse: wiry

TCM diagnose:

Liver & Kidney Yin def.

Liver Yang rising up

#### Treatment protocol:

-- Nourish kidney & liver

-- **calm down liver yang**

#### Formula:

Gou Teng 24 ( add later ), Jue Ming Zi 15, Ye Jiao Teng 15, Fu Ling 10, Huang Qin 10, Xia Ku Cao 20, Sang Ji Shen 24, Niu Xi 10, Mu Li 20, Yi Mu Cao 10, Zhen Zhu Mu 30

X 5

- Main formula to treat the dizziness

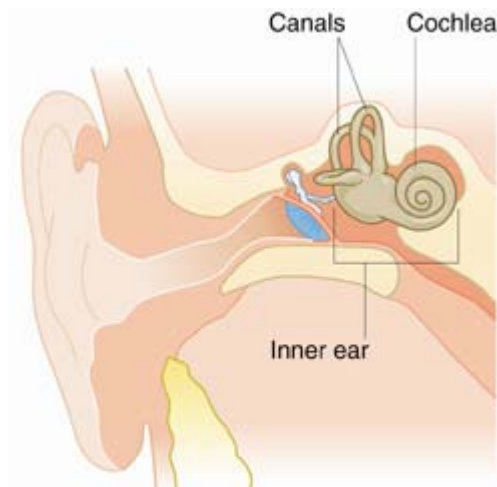
Ze Xie Tang ( Meniere's)

Ze Xie 30 g      Bai Zhu 10g

( Wu Zhu Yu Tang, Xuan Fu Dai Zhe Tang, Xiao Ban XiaTang, Xiao Ban Xia Jia Fu Ling Tang )

Ling Gui Zhu Gan Tang ( Posture related dizziness )

Fu Ling,    Gui Zhi, Bai Zhu, Gan Jiang



- Main formula to treat the dizziness

Dizziness due to phlegm

Ze Xie tang;

Phlegm + wind

Ban Xia Bai Zhu Tian Ma Tang

Phlegm + fire

Wen Dan Tang

Kidney Yang Def.

Zhen Wu Tang

Phlegm accumulate in Middle Jiao

Xiao Ban Xia Jia Fu Ling Tang

Water accumulation

Ling Gui Zhu Gan Tang

Blood Def. caused dizziness

Han Lian Cao; Nu Zheng Zi; Dang Gui; Mai Dong + Dang Shen,  
Huang Qi

Qi def. with blood stasis

Bu Yang Huan Wu Tang; Xue Fu Zhu Yu Tang;

Injury caused dizziness

San Qi, Dan Shen, Zhui Zhi



# Stroke

Stroke is a group of signs of disease characterized by its main clinical manifestation as:

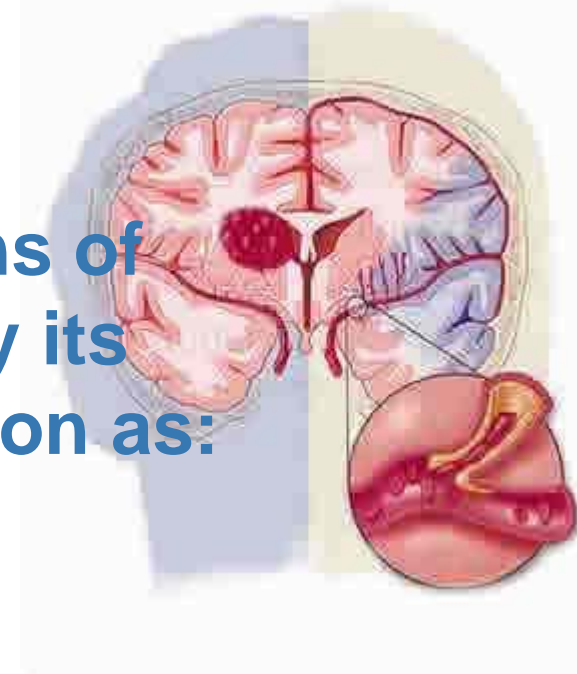
Falling down abruptly;

Unconsciousness;

Hemiplegia;

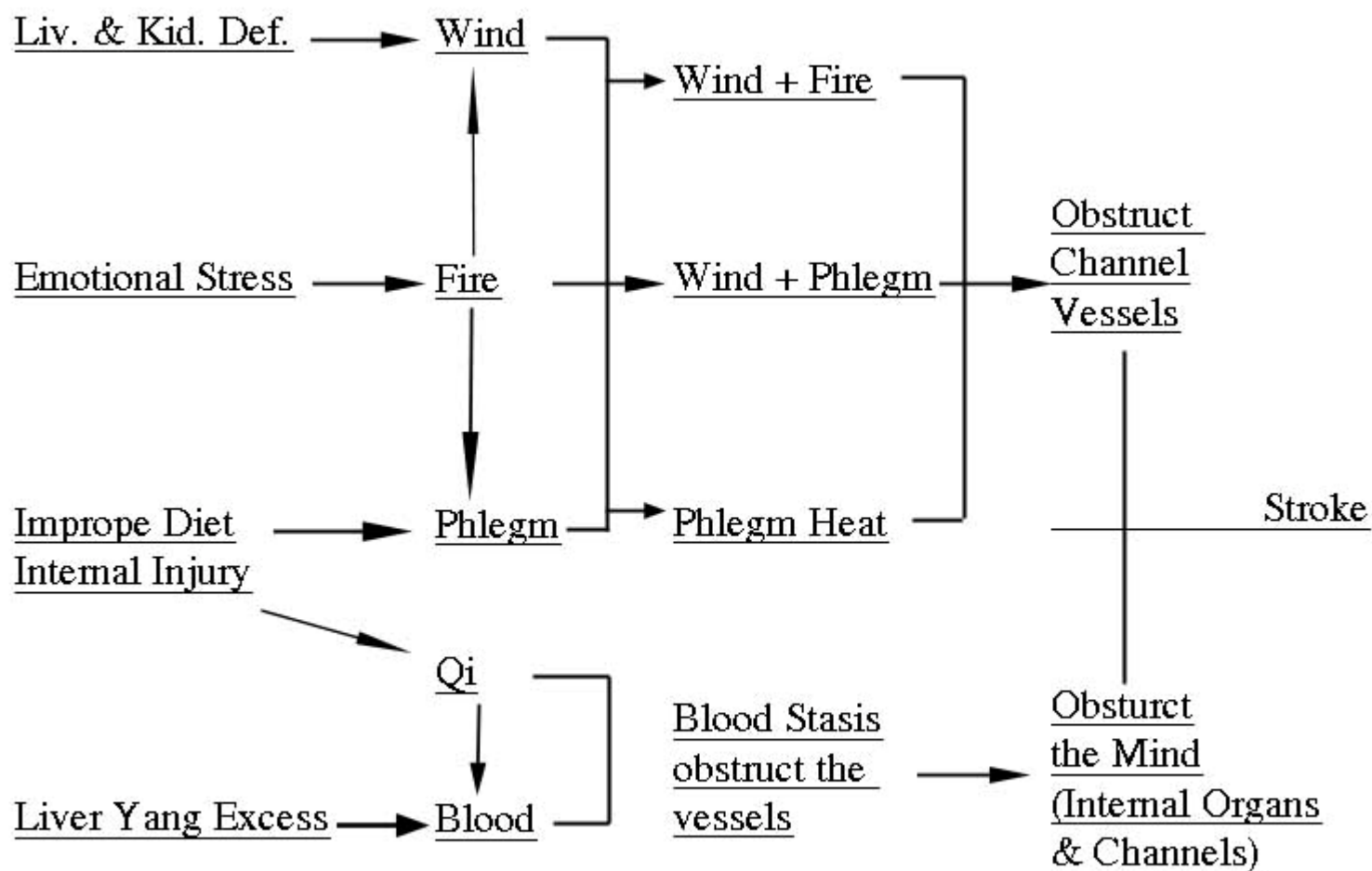
Numbness all over the body;

Speech disorder or aphasia;





TCM



## Differentiation

	Internal organs & channels		Channels	
<b>Sym.</b>	Apoplexy, coma, aphasia, hemiplegia		Hemiplegia, numbness	
<b>Type</b>	<b>Zhang</b>	<b>Fu</b>	<b>Main</b>	<b>Connecting</b>
<b>Sym.</b>	Collapse of Yin	Collapse of Yang	Hemiplegia, numbness	Numbness
<b>Sequelae</b>	Hemiplegia, numbness, slurred speech			
	Worse		Mild	

## Treatment

### (1) Obstruct of Channels

#### <A> Wind-evil invasion

##### Signs & Symptoms:

- **Main Sym. :**Wind invades from outside, distortion of mouth & tongue, dizziness in ordinary time, numbness of one side of body & loss of perception in muscles and skin occur abruptly. Otherwise, dysphasia, salivation over flow corner of mouth, and even hemiplegia occur.
  
- **Concurrent sym.:** headache, nasal obstruction, or aversion to cold with fever, soreness & pain in joints
  
- **Tongue:**  
    **thin & white ; thin & yellow**
  
- **Pulse:**  
    **floating & tight; wiry & fine**
  
- **Treatment Protocol:**
  - **Expel wind & Open the channels**
  - **Nourish Blood & Enforce nutrition**

Formula:

Da Qin Jiao Tang					
Qin Jiao	Dang Gui	Gan Cao	Qiang Huo	Fang Fen	Bai Zhi
Shu Di	Fu Lin	Shi Gao	Chuan Xiong	Bai Shao	Du Huo
Huang Qin	Shen Di	Bai Zhu	Xi Xin		

Modifications:

**Blood stasis block the channels**

-- Dan Shen; Ji Xue Teng

**Wind + Phlegm**

-- Bai Jie Zi; Zi Su zi; Lai Fu Zi; Bai Fu Zi; Quan Xie

**Wind-heat exterior sym.**

-- Sang Ye, Ju Hua, Bo He; ( Reduce Qiang Huo, Fang Fen, Dang Gui )

**Neck tightness**

-- Ge Gen; Gui Zhi

**Greasy coating**

-- Ban Xia; Dan Nan Xing; Ju Hong; ( Reduce Shen Di, Bai Shao, Dang Gui

## Treatment

### (1) Obstruct of Channels

#### <B> Liver & Kind Yin Def.

##### Signs & Symptoms:

- **Main Sym.** :Dizziness in normal time, headache, tinnitus, bad sleeping with frequent dream, lower back soreness with weak knees, sudden onset of heaviness & numbness in limbs, hemiplogia, distortion in mouth & tongue, dysphasia or rigidity in tongue with aphasia.
- **Concurrent sym.:** little salivation in mouth, constipation or hard stools in normal time, deep color urine
- **Tongue:**  
red body with yellow coating
- **Pulse:**  
wiry, thready & rapid or slippery
- **Treatment Protocol:**
  - Nourish Liver & Kidney
  - Suppress Yang & Calming down wind



Formula:

Zheng Gan Xi Feng Tang					
Niu Xi	Long Gu	Mu Li	Bai Shao	Tian Dong	Mai ya
Dai Zhe Shi	Xuan Shen	Chuan Lian Zi	Yin Chen Hao	Gan Cao	Gui Ban

Modifications:

**Phlegm Heat excess**

-- reduce Gui Ban & Tian Dong; Add Dan Nan Xing; Zu Li;

**Irritability**

-- Huang Qin; Zhi Zi; Shi Gao

**Heaviness in head & headache**

-- Shi Jue Ming; Xia Ku Cao

**Insomnia + lots of dreams**

-- Zhen Zhu Mu; Long Chi; Ye Jiao Teng; Fu Shen

**Open the channels**

-- Yuan Zhi, Di Long; Hong Hua; Ji Xue Teng



## Treatment

### (1) Obstruct of Channels

#### <C> Phlegm Heat excess

##### Signs & Symptoms:

- Main Sym. : Sudden onset of distortion in mouth & tongue, hemiplegia, numbness over one side of body, excessive salivation & phlegm, constipation
  
- Concurrent sym.: either dizziness, tongue rigidity with dysphasia, or abdominal fullness and distention, or fever
- Tongue:
  - red body with yellow coating or thick greasy coating
- Pulse:
  - wiry slippery & rapid
- Treatment Protocol:
  - Resolving phlegm clear heat
  - Open channels

## Formula:

Xing Lou Chen Qi Tang					
Quan Gua Lou 30g	Dan Nan Xing 10g	Da Huang 10g	Mang Xiao 10g	Chang Pu 10g	Tian Zhu Huang 10g
Dan Shen 20g					

## Modifications:

**Both Qi & Yin are damaged**

-- Shen Di; Xuan Shen; Mai Dong

**Dizziness**

-- Gou Teng; Ju Hua; Shi Jue Ming

## Treatment

### (2) Obstruct of organs & channels

#### I. Bi- Symptoms

##### <A> Yang Bi

##### Signs & Symptoms:

- **Main Sym.** :Sudden onset of coma, unconsciousness. Trismus, Closed mouth, both hands clenched fist firmly, spasticity in extremities, constipation and difficult urination, red face;
- **Concurrent sym.:** construction of extremities, hiccup
- **Tongue:**  
red body with yellow greasy coating
- **Pulse:**  
wiry slippery & strong
- **Treatment Protocol:**
  - Open blocked orifice
  - Calm down the liver wind

**Formula:**

Ling Yang Jiao Tang + Zhi Bao dan					
Ling Yang Jiao	Gou Teng	Shi Jue Ming	Huang Qin	Zhi Zi	Niu xi
Du Zhong	Sang Ji Sheng	Ye Jiao Teng	Fu Shen		

**Modifications:**

**Phlegm excess**

-- Dan Nan Xing; Zu Li;

**Muscles spasm**

-- Quan Xie; Wu Gong; Jiang Chan

**Constipation**

-- Da Huang; Zhi Shi; Mang Xiao

**Vomiting blood & blood in stools**

-- Zu Ru; Huang Qin; Di Yu; Bai Ji

**Fever**

-- Shi Hao; Zhi Mu



## Treatment

### (2) Obstruct of organs & channels

#### I. Bi- Symptoms

##### <A> Yin Bi

##### Signs & Symptoms:

- **Main Sym. :** Sudden onset of coma, unconsciousness. Trismus, Closed mouth, both hands clenched fist firmly, spasticity in extremities, pale face with dark lips, lying quietly without agitation, hands & feet rather less warm, excessive salivation & phlegm;
- **Concurrent sym.:**, abdominal distention & fullness, spontaneous sweating
- **Tongue:**  
proper dark or pale body with white greasy coating
- **Pulse:**  
deep & slippery or slow

##### • Treatment Protocol:

- Open blocked orifice
- Calm down the liver wind
- Resolve phlegm

**Formula:**

**Tao Tan Tang + Shu He Xiang Wan**

<b>Ban Xia</b>	<b>Dan Nan xin</b>	<b>Chen Pi</b>	<b>Zhi Shi</b>	<b>Fu Ling</b>	<b>Ren Shen</b>
<b>Shi Chang Pu</b>	<b>Zu Ru</b>	<b>Gan Cao</b>	<b>Shen Jiang</b>		

**Modifications:**

**blood stasis block the channels**

**-- Dan Shen; Di Long; Chuan xiong  
calm down wind**

**-- Tian Ma; Gou Teng; Jiang Chan**

## Treatment

### (2) Obstruct of organs & channels

#### II. Prostration - Symptoms

##### Signs & Symptoms:

- **Main Sym. :** prompt coma, loss of consciousness, closed eyes, faint breath, paralysis of four limbs, incessant sweating over the extremities;
- **Concurrent sym.:** curled-up tongue, faint pulse going to stop
- **Tongue:**
  - curled-up tongue body
- **Pulse:**
  - faint pulse going to stop
- **Treatment Protocol:**
  - Supplementing Qi & restoring Yang
  - Restoring the normal function of the body

## Formula:

Shen Fu Tang					
Ren Shen	Fu Zi	Wu Wei Zi	Huang Qi	Mai Dong	

## Modifications:

### Warm the Kidney Yang

-- Shu di; Ba Ji Tian; Rou Cong Rong;

### Nourish Kidney Yin

-- Shan Yu rou; Mai Dong; Wu Wei Zi;

### Open orifice

-- Yuan Zhi; Chang Pu

## Treatment in Stroke Rehabilitation

1. Qi def. & blood stasis in channels  
Bu Yang Huan Wu Tang
2. Yin def. & blood stasis block channels  
Tian Ma Gou Teng Yin  
Zhen Gan Xi Feng Tang

## Dysphasia

1. wind-phlegm block the channels  
Jie Yu Dan  
( Tian Ma 10g, Quan Xie 6, Dan Nan Xing 10, Chang PU 10, Yuan Zhi 10, Tian Zhu Huang 10, Mu Xiang 6, Yu Jin 9, Ban Xia 10, Di Long 10, Dan Shen 30, Chi Shao 10
2. Kid essence Def.  
Di Huang Yin Zhi

## Deviation of the eye & mouth

Bai Fu Zi 6; Quan Xie 6; Jiang Chan 6; Tian Ma 10; Chuan Xiong 10;  
Mu Gua 30; Chi Shao 10



## Case History 1

### 1. male 38 years

#### First visiting:

**Main complain:** one year after Stroke  
ride side of body was paralysed for one year, stiff neck &  
tongue, dysphasia, cold limbs & fingers, weak knees even couldn't  
stand up.

**Appetite & stools & urination** were normal, sleeping was also  
good.

**Tongue:** dark body color with thin white coating

**Pulse:** soft & slow.

**TCM diagnose:**

Yang Qi def.

Wind combined with blood stasis

**Treatment protocol:**

-- Tonify Qi & warm up the Yang

-- Move blood & resolve the blood stasis

**Formula:**

Huang Qi 30, Gui Zhi 10, Dang Gui 10, Chuan Xiong 10,  
Tao Ren 6, Hong Hua 6, Niu Xi 10, Dan Shen 30, Di Long 10, Jiang  
Chan 10, Quan Xie 6, Ge Geng 15, Fu Ling 10 X 9