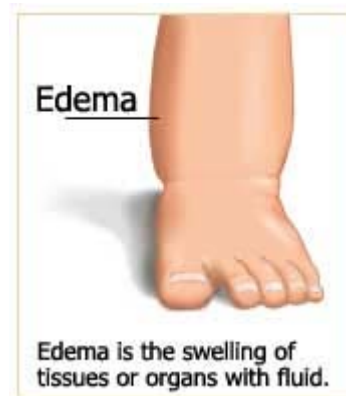


# Edema

Water retention under the skin which may occur around

- eyes;
- face;
- limbs;
- abdomen & back region;
- scrotum;
- whole body;

In sever case, water retention may remain in the thoracic & abdominal cavity;



## Etiology & Pathology

1. External wind ( Yang Edema )  
Wind → Defensive-Qi → Lung lose ability of dispersing & descending → water retention under the skin → face & hands  
( Acuter nephritis )
2. Exterior dampness ( Yang Edema )  
Dampness → St. & Sp. → Damage transforming & transporting function → water retention

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3. Diet ( Yin Edema )
4. Overworking or excessive sexual activity ( Yin Edema )  
weaken the kidneys & injury the transforming fluids function.
5. Fire – poison from sores or carbuncles ( Yin or Yang Edema )  
invade interior to Sp. & Lu.



- Main Points for differentiation

	Yang Edema	Yin Edema
<b>Cause</b>	Wind; fire-poison; Dampness; Damp-heat	Spleen Yang Def.; Kidney Def.;
<b>Sym.</b>	Exterior sym. Full sym. Excess sym.	Internal sym. Cold sym. Def. sym.
<b>Acuteness</b>	Sudden onset usually	Gradual onset
<b>Main sym.</b>	Edema started from eyes & faces, developed down to whole body	Edema of the abdomen &/or legs, pitting on pressure;
<b>Accompany sym.</b>	Aversion to cold, fever, aches in muscles, retention of urine	Feeling of oppression of the chest & abdomen, loose stools, pale face, tiredness, scanty urine
<b>Tongue</b>	Normal tongue;	Pale & swollen, teeth marks tongue;
<b>Pulse</b>	Floating-slow	Weak & fine

Treatment protocol:

Inducing sweating: ( upper body edema )

Ma Huang; Cong Bai; Xiang Ru; Fu Ping; Bo He;

Promoting Urine: ( Lower body edema )

Gui Zhi; Che Qian Zi; Hua Shi; Fu Ling; Zhu Ling; Chi Xiao Dou; Sang Bai Pi;

Eliminate Water:

Ting Li Zi; Qian Niu Zi; Gan Sui; Da Ji; Yuan Hua; Ba Dou;

Yang Edema: Inducing sweating ; Promoting urine; Eliminate Water

Yin Edema: Strengthen Spleen & Warm Kidney;

\* Moving Blood is also a basic method to treat edema

## Treatment

### Yang Edema

#### 1). Overflow of wind water:

##### Signs & Symptoms:

- Main Sym. : Edema starts from eyelid & spread to extremities, thorax, back, abdomen & the whole body; develops rapidly.
- Concurrent sym.: fever, aversion to cold, soreness of joints and extremities, or cough and panting, or sore throat, red & swelling of tonsils.
- Tongue:  
white thin slippery fur; or yellow thin coating
- Pulse:  
floating slippery or tight
- Treatment Protocol:
  - Expel wind & Clear heat
  - Dispersing lung Qi
  - Promote urine

## Formula:

### Yue Bi Jia Zhu Tang

Ma Huang	Shi Gao	Gan Cao	Da Zhao	Bai Zhu	Shen Jiang
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### Modifications:

wind-heat

-- Jing Yin Hua; Lian Qiao; Ban Lan Gen; Jie geng

Blood in urine

-- Da Ji; Xiao Ji, Bai Mao Gen, Dan Shen

Wind-cold

-- Zi Su Ye; Fang Feng; Fu Ping

Aversion to wind & sweating

-- Fang Ji Huang Qi Tang

Panting or wheezing

-- Jie Geng; Xin Ren; Qian Hu

## Treatment

### Yang Edema

#### 2). Dampness

#### Signs & Symptoms:

- Main Sym. : edema over the whole body especially in lower extremities, concave under pressure, scanty urine, gradual onset and cause of disease extend long time.
- Concurrent sym.: fatigue, oppression in the chest, distention in abdomen, poor appetite with nausea
- Tongue:  
white greasy or slippery fur
- Pulse:  
deep & slow
- Treatment Protocol:
  - Strengthen Spleen & Eliminate dampness
  - Warm up Yang
  - Promote urine

Formula:

Wu Ling San					
Fu Ling	Zhu Ling	Ze Xie	Gui Zhi	Bai Zhu	

**Modifications:**

scanty urine

-- Da Fu Pi; Che Qian Zi;

Upper body edema + panting

-- Ma Huang; Xing Ren; Sang Bai Pi

Severe wheezing

-- Ting Li Zi;

Bad appetite & nausea

-- Hou Pu; Cang Zhu; Sha Ren

Lower body edema

-- Che Qian Zi;



## Treatment

### Yang Edema

#### 3). Toxins from infectious disease invades interior

#### Signs & Symptoms:

- Main Sym. : having had skin or other external infection or swelling, pain, ulceration of pharynx or throat, edema of eyelids spread to whole body, disorders in urination
- Concurrent sym.: averse to cold, fever, or itching over the body,
- Tongue:
  - red body with yellow thin fur
- Pulse:
  - floating rapid or slippery rapid

#### • Treatment Protocol:

- Disperse Lung Qi
- Detoxication
- Inducing urine & alleviate edema

## Formula:

Ma Huang Lian Qiao Chi Xiao Dou Tang					
Ma Huang	Lian Qiao	Chi xiao Dou	Xin Ren	Gan Cao	Sheng Jiang
Da zhao					

## Modifications:

### Heat toxin

-- Jing Yin Hua; lian qiao; Ban Lan geng;

### Damp toxin

-- Ku Shen; Di Fu Zi; Tu Fu Ling;

### Blood in urine

-- Da Ji; Xiao Ji; Bai Mao Gen; Shen Di Yu

### itching

-- Di Fu Zi; Bai Xian Pi

### Constipation

-- Da Huang, Mang Xiao

## Treatment

### Yang Edema

#### 4). Stagnation of Excess damp-heat

#### Signs & Symptoms:

- Main Sym. : edema over the whole body; skin stretched and extended tightly and brightened. Degree of edema is rather significant, scanty & dark color urine; dry difficult stools;
- Concurrent sym.: irritability, distention of abdomen
- Tongue:  
    yellow greasy coating
- Pulse:  
    rapid deep or rapid slippery

#### • Treatment Protocol:

- Promote urine
- Remove damp-heat

## Formula:

Shu Zhao Yin Zi					
Shang Lu	Ze Xie	Chi Xiao Dou	Mu tong	Fu Ling	Da Fu Pi
Ping Lang	Sheng Jiang	Qiang Huo	Qin Jiao		

## Modifications:

**constipation + distention of abdomen**

-- Ji Jiao Li Huang Wan;

**Severe edema + panting & inability to lie flat**

-- Ting Li Da Zhao Xie Fei Tang

**Strong constitution with panting, irritability, ascites**

-- Shi Zhao Tang

## Treatment

### Yin Edema

#### 1). Spleen Def.

#### Signs & Symptoms:

- Main Sym. : Edema more prominent below lumbar region, concave appeared under pressure not easily disappear
- Concurrent sym.: sallow complexion, oppression in abdomen, distention of abdomen, poor appetite, loose stool, fatigue with cold limb, scanty urine
- Tongue:  
pale and enlarged body with white greasy or slippery coating
- Pulse:  
deep slow or thready
- Treatment Protocol:
  - Warm Yang & tonify Spleen
  - Promote Qi Circulation to urine

## Formula:

Shi Pi Yin					
Fu Zi	Gan Jiang	Bai Zhu	Gan Cao	Hou Pu	Mu Xiang
Cao Guo	Bing Lang	Mu Gua	Shen Jiang	Da Zhao	Fu Ling

## Modifications:

**Qi def.**

-- Huang Qi; Ren Shen;

**Difficult urine**

-- Gui Zhi, Ze Xie, Zhu lin

**oppressed feeling in chest & nausea**

-- Huo Xiang; Pei Lan; Cang Zhu

## Treatment

### Yin Edema

#### 1). Kidney Def.

#### Signs & Symptoms:

- Main Sym. : Having edema for long time; recurrent and lasting, not recovered from concave, quantity of urine reduced or increased
- Concurrent sym.: darkish-grey or pale complexion, lower back sores or pain, cold 4 limbs, afraid of cold. Palpitation and shortness of breath in severe case
- Tongue:  
pale body
- Pulse:  
deep & thready
- Treatment Protocol:
  - Warm Yang & tonify kidney
  - Promote Qi Circulation to urine

## Formula:

### Zhen Wu Tang

Fu Zi

Bai Zhu

Fu Ling

Bai Shao

Shen Jiang

## Modifications:

Qi def. & panting

-- Ren Shen, Mai Dong, Wu Wei Zi, Long Gu, MU Li;

Blood stasis

-- Dan Shen;

Warm kidney yang

-- Ba Ji Tian; Rou Cong Rong

irritability, oppressed feeling in chest, purple color lips

-- Gui Zhi, Zhi Gan Cao, Dan Shen, Hong Hua

wind-heat or cold

-- Ma Huang Tang or Yin Qiao san ( short )



## Case History 1 柴彭年医案（现代名医医案精华四）

### 1. Female 40 years

#### First visiting:

**Main complain: Abdominal distention, lower body edema for 4 month**

**patient also felt oppressed feeling in the chest, short of breath, panting, even couldn't lie flat. Irritability; scanty urine; sallow complexion; flush face color;**

**Tongue: red body without coating**

**Pulse: fine**

**TCM diagnose:**

**Retention Water attacking Lu. & Heart  
Qi & Yin def.**

#### **Treatment protocol:**

**-- Nourish Yin & eliminate water**

**Formula: Xin Shui Tang 心水汤**

**Bei Sha Shen 15; Mai Dong 10; Shi Chang Pu 10; Yuan Zhi 10; Shan Yao 15; Shou Wu 15; Suan Zhao Ren 10; Bian Xu 15; Qu Mai 15; Che Qian Zi 15; Fu Ling 15; Zhu Ling 15; Ze Xie 10**

## Case History 2 王文正医案 (四)

### 1. Female 23 years

#### First visiting:

**Main complain:** Edema for 5 month; got worse for 20 days

7 m ago, patient started lower back sore, tiredness, aversion to cold, but she didn't pay any attention. 2 m later after those sym., she started edema on 2 legs; scanty urine; bad appetite. Urinary protein check ++; diagnosed as Nephrotic Syndrome; treated by Prednisone and Wu Ling San; sym. Got better. However, 20 days ago, the symptoms came back and became worse.

Now, patient had scanty urine; severe edema; tiredness; bad appetite; nausea & vomiting; abdomen distension; coughing with less sputum; loose stools; whole body edema with uneasily disappeared concave, especially on the abdomen & 2 legs.

**Tongue:** red body with slight yellow greasy coating

**Pulse:** deep & slippery

**TCM diagnose:**

Sp Def. & water retention

**Treatment protocol:**

-- Strengthen Spleen

-- Eliminate water retention

**Formula:**

Fu Ling 30; Fu Ling Pi 30; Che Qian Zi 30; Chi Xiao Dou 30;  
Wang Bu Liu Xing 15; Rou Gui 1.5; Huang Qi 15; Ze Xie 15; Dang Shen 15;  
Bai Zhu 12; Yi Mu Cao 30; Ze Lan 15; Bai Mao Gen 60

## Urine disease

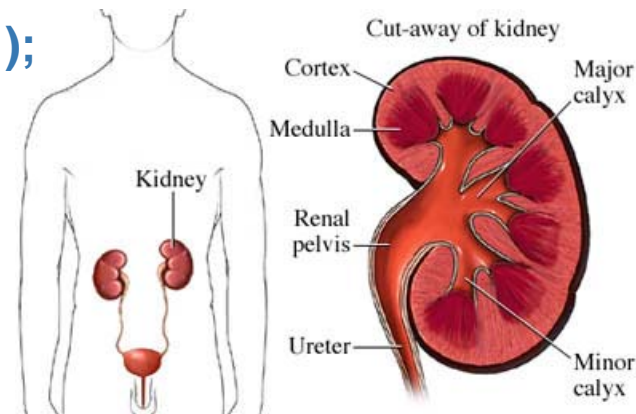
### Strangury:

frequent & urgent or dribbling in micturition with prickling **pain**, desiring but difficulty in urination, with spastic distension in the lower abdomen or pain expanding to waist and abdomen

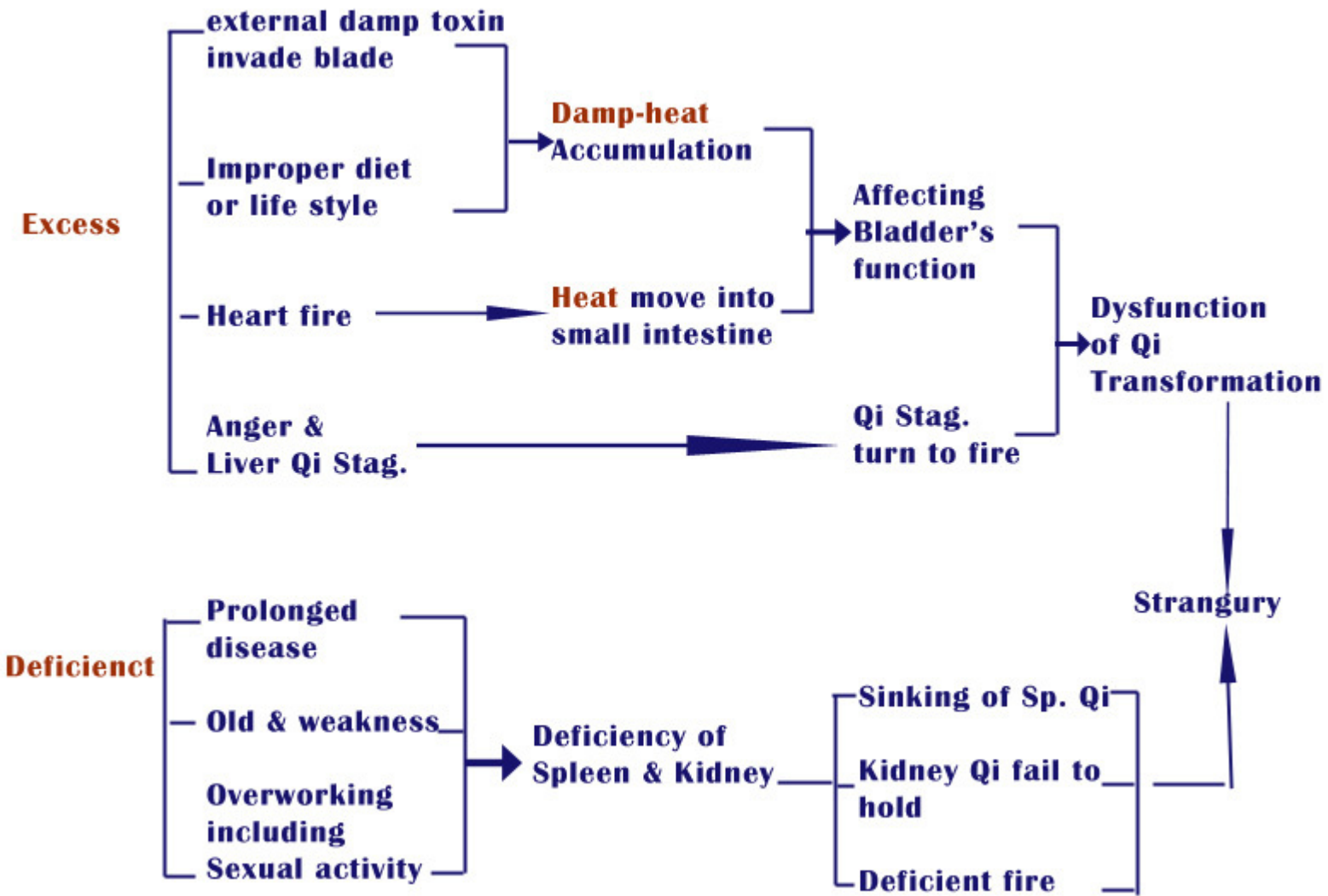
### Retention of urine

Small amount urination, passes as drops ( Long );

Or even completely retained ( Bi );

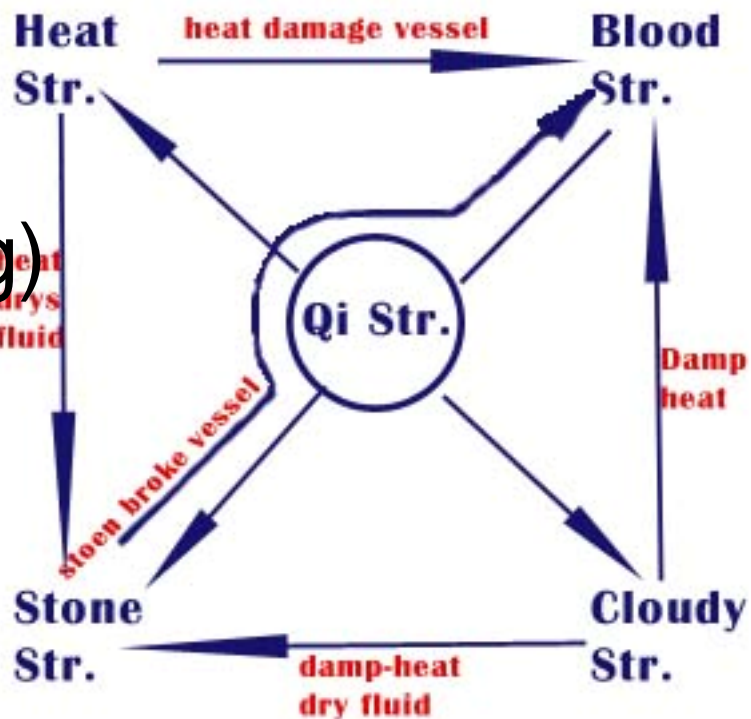


TCM



## Differentiation

- Qi Strangury (Ling)
- Blood Strangury
- Stone Strangury
- Heat Strangury
- Cloudy Strangury
- Fatigue Strangury





Strangury	Both seen blood in the urine, sometime only blood	Painful urine
Blood in urine		No pain
Strangury	Difficulty, frequent but scanty urine,	Painful micturition, The amount of 24 h urine is normal
Retention of urine		The amount of urine is lower than normal level, In severe case, no urine at all
Cloudy Strangury	Cloudy urine	Painful micturition
Cloudy urine		No pain

## Treatment

### (1) Heat Strangury

#### Wind-evil invasion

##### Signs & Symptoms:

- Main Sym. : Frequent, scanty & difficult urination, burning pain on urination, dark urine with a strong smell
- Concurrent sym.: hypogastric pain, bitter taste, nausea, pain on the sacrum, constipation, thirst
- Tongue:
  - yellow sticky coating on the root
- Pulse:
  - slippery & rapid
- Treatment Protocol:
  - Clear heat, drain dampness
  - Open the water passages

Formula:

Ba Zheng Tang					
Bian Xu	Che Qian Zi	Qu Mai	Mu Tong	Hua Shi	Da Huang
Zhi Zi	Zhi Gan Cao				

Modifications:

**Dampness**

-- Fu Ling, Zhu Ling,

Symptoms of exterior invasion with alternation of hot & cold sensation

-- Xiao Chai Hu Tang

Heat has begun to injury yin

-- Sheng Di, Zhi Mu, Bai Mao Gen ( Prevent bleed from empty fire )

**Constipation**

-- Add more Da Huang; Zhi Shi

**Bacteria ++**

-- Tu Fu Ling; Bai Jiang Cao; Lian Qiao; Ma Chi Xian



## Treatment

### (2) Stone Strangury

#### Signs & Symptoms:

- Main Sym. : Stones or sand in the urine, difficult urination which may stop suddenly
- Concurrent sym.: hypogastric spastic distention pain, sacral pain, blood in urine.
- Tongue:
  - red with thick-sticky coating
- Pulse:
  - wiry & rapid
- Treatment Protocol:
  - Clear heat & drain dampness
  - Open the water passage
  - Expel stones

Formula:

Shi Wei San

Shi Wei

Dong Kui Zi

Qu Mai

Che Qian Zi

Hua Shi

Modifications:

Eliminate stones

-- Jing Qian Cao; Hai Jing Sha; Ji Nei jing

Abdomen spastics pain

-- Shao Yao; Gan Cao

Stop Bleeding

-- Xiao Ji, Shen Di, Ou Jie

Fever

-- Pu Gong Yin; Da Huang; Huang Bai

In a chronic condition of urinary calculi with dampness in the lower burner and deficiency of Qi & Blood, instead of the above formula, using

-- Er Shen San + Ba Zhen Tang 八珍汤

Chronic condition with Damp-heat in the lower burner and Yin def.

-- Zhi Bai Di Huan Wan

## Treatment

### (3) Qi Strangury

**Excess type:**

**Signs & Symptoms:**

- **Main Sym. :** difficult & painful urination, hypogastric pain & distension, irritability, wiry & deep pulse

**Def. Type:**

**Sym:** difficult & urination, weak stram, slight hypogastric distension, tiredness, pale tongue, weak pulse

- **Treatment Protocol:**

**Excess Type:**

- Move Qi ; Eliminate Stagnation ; Open the water passage

**Def. Type:**

- Tonify Qi & Raise Qi; open the water passages

## Formula:

Excess tyep: Chen Xiang San					
Chen Xiang	Shi Wei	Hua Shi	Dong Kui Zi	Dang Gui	Wang Bu Liu xing
Bai Shao	Chen Pi	Gan Cao			
Def. Type: Bu Zhong Yi qi Tang					
Huang Qi	Ren Shen	Bai Zhu	Dang Gui	Chen Pi	Sheng Ma
Chai Hu					

## Modifications.

**chest & rib area distention**

-- Qin Pi; Bai Shao; Xiao Hui Xiang

**Long time illness**

-- Hong Hua; Chi Shao; Niu Xi

**Kidney def. with blood def.**

-- Ba Zheng Tang; Du zhong; Gou Qi Zi

## Treatment

### (4) Blood Strangury

#### Excess Type

##### Signs & Symptoms:

- **Main Sym. :** frequent & urgent urination with hot, pungent stabbing pain; red urine or with blood lump or blood streak
- **Concurrent sym.:** fullness & pain in lower abdomen
- **Tongue:** yellow coating
- **Pulse:** slippery & rapid

##### Treatment Protocol:

- clear heat, cool blood; stop bleeding, open water passage

#### Def. Type

##### Signs & Sym.

- **Main Sym.:** light red urine without severe difficult pain
- **Concurrent sym.:** weakness & soreness in waist & knees, restlessness & fatigue
- **Tongue:** red body with less coating
- **Pulse:** fine & rapid

##### Treatment Protocol;

- Nourishing Kidney Yin; Clearing heat; Stop Bleeding

## Formula:

Excess type: Xiao Ji Yin Zi					
Xiao Ji	Ou Jie	Pu Huang	Hua Shi	Mu Tong	Zhu Ye
Sheng Di	Dang Gui	Gan Cao			
Def. Type: Zhi Bai Di Huang Wan					
Huang Bai	Zhi Mu	Shu di	Shan Zhu Yu	Shan yao	Ze Xie
Fu Ling	Mu Dan Pi				

## Modifications:

**bleeding is profuse**

-- Qian Cao Gen; San Qi;

**Blood stasis**

-- Hong Hua; Tao Ren

**Kidney Yin def.**

-- Han Lian Cao; E Jiao;

## Treatment

### (5) Cloudy Strangury

#### Excess Type

##### Signs & Symptoms:

- Main Sym. :turbid or cloudy urine like rice soup; with floating oil like fat; possibly with blood or a sediment looking like cotton wool after some time;
- Concurrent sym.: dry mouth and throat or thirst without fondness of drink
- Tongue: red body with greasy coating
- Pulse: soft & rapid

##### Treatment Protocol:

- clear heat ; promote urine; separate the clear from the turbid;

#### Def. Type

##### Signs & Sym.

- Main Sym.: prolonged disease; strangry urine like fat without obviously pungent pain
- Concurrent sym.: thin body; weakness & soreness in lower back & knees,
- Tongue: pale body with white greasy coating
- Pulse: deep & weak

##### Treatment Protocol;

- Nourishing Kidney Yin; separate the clear from the turbid;

## Formula:

Excess tyep: Bei Xie Fen Qin Yin					
Bei Xie	Yi Zhi Ren	Wu Yao	Shi Chang Pu		
Def. Type: Gao Lin Tang					
Shan yao	Qian Shi	Sheng di	Mu Li	Long Gu	Bai Shao
Dang Shen					

## Modifications:

Sp & kidney def.

-- Bu Zhong Yi Qi Tang or Liu Wei Di Huang Wan

abdominal distention, difficult urine

-- Qin Pi; Add more Wu Yao;

Blood in urine

-- Xiao Ji; Ou jie; Bai Mao Gen



## Treatment

### (6) Fatigue Strangury

#### Signs & Symptoms:

- Main Sym. :dripping urination without obvious red, difficulty and pain, repeat attacking, worse after working;
- Concurrent sym.: fatigue, weakness and soreness in lower back & knees.
- Tongue:  
pale
- Pulse:  
fine & weak
- Treatment Protocol:
  - Tonify & raise Qi
  - Strengthen the kidney

## Formula:

Wu Bi Shan Yao Wan					
Shan yao	Rou Cong Rong	Tu Si Zi	Du Zhong	Shu Di	Shan Zhu Yu
Wu Wei Zi	Chi Shi Zhi	Ze Xie	Fu Shen		

## Modifications:

**Fever due to Kidney yin def.**

-- Zhi Bai Di Huang Wan;

**Kidney Yang def.**

-- You Gui Wan;

## Retention of urine

1. Damp-heat invade bladder

Ba Zhen San

2. Lung heat excess

Qin Fei Yin ( Fu Ling; Huang Qin; Sang Bai Pi; Mai Dong; Che Qian Zi; Zhi Zi; Mu tong )

3. Liver Qi Stag

Chen Xiang San

4. Blockage of the urinary tract

Da Di Dang Wan ( Da Huang; Dang Gui Wei; Shen Di; Chuan Shan Jia; Mang Xiao; Tao Ren; Rou Gui )

5. Sinking of Middle Jiao Qi

Bu Zhong Yi Qi Tang + Wu Ling San

6. Kidney Yang Def.

Ji Shen Shen Qi Wan ( Shu Di; Shan Yao; Shan Zhu Yu; Dan Pi; Fu Ling; Ze Xie; Fu Zi; Gui Zhi; Niu Xi; Che Qian Zi;

## Case History 1 胡翹武医案 (四)

### 1. male 38 years

#### First visiting:

Main complain: frequent & painful urine for 3 m  
3 m ago, patient lost a lot money, and just on the next day, these symptoms started.

thin body type; sallow complexion; easy to lose temper;  
frequent urine ( more than 20 times / day ); bad appetite & sleeping  
due to this disease; dry & bitter mouth;

Patient treated by clear heat & dry dampness or tonify kidney  
formula, no working.

Tongue: red body with thin yellow coating

Pulse: fine wiry & rapid

TCM diagnose:

Excess heat & Liver fire invade bladder

Treatment protocol:

-- Clear heat & calm down the liver fire

Formula:

Chuan Huang Lian 6; Lian Zi Xin 3; Mai Dong 10; Bai  
Shao 30; Zhen Zhu Mu 30; Gan Cao 6; Shen Di 20; Flesh Zu Ye 10;