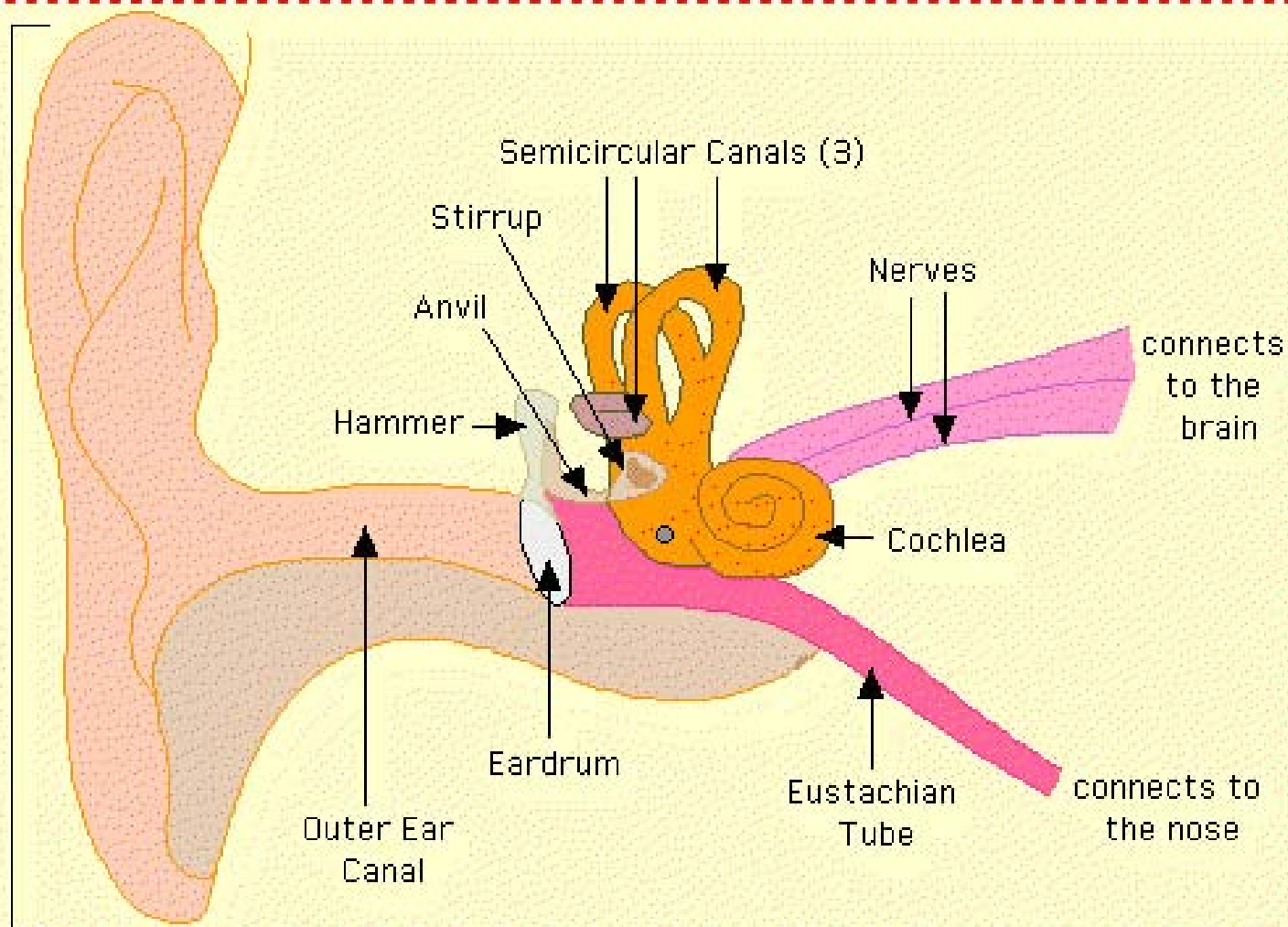


Ear disease



ZhangFu or Meridian theory related to Ear disease

1. Organs:

Kidney:

Kidney in charge of the ear 's function

Heart:

Heart also open on the ear

Liver & GB:

Liver & GB Qi connect with ear & easily goes up to ear

Spleen:

Spleen Qi nourish the ear

2. Meridians

Foot Shao Yang GB Meridian

Hand Shao Yang San Jiao Meridian

Foot Yang Ming Stomach meridian

Hand Tai Yang Small Intestine Meridian

Foot Tai yang Bladder Meridians

Etiology & Pathology

1. Exterior evil poison (wind-heat) attack ear
2. Liver & GB. Damp heat
3. Heart fire rising up
4. Kidney essence deficient
5. Dampness due to Spleen def.
Ear purulence or ear skin rankle

Diagnosis method

1. Ear ache
 1. Wind-heat
 2. Liver & Kidney def. or spleen def.
 3. Liver & GB. Fire
 4. Excess

2. Tinnitus & deafness
 1. Liver & GB. Fire attacking
 2. Liver & kidney Yin def. or Qi & Blood def.
 3. Wind, heat, or dampness accmulation

3. Dizziness
 1. Liver Yang rising up
 2. Phlegm-dampness accmulation
 3. Qi & blood def.
 4. Kidney essence def.
 5. Dampness due to spleen def.

4. Ear pus
 1. Liver & GB. Fire
 2. Damp-heat

Treatment method

1. Internal medicine

1. Expel wind & clear heat
2. Clear fire & toxin
3. Promote water & resolve dampness
4. Tonify kidney essence
5. Expel pus
6. Dispels & move the Qi

2. External medicine

1. Wash with clear heat & remove toxin herbs
2. Dripping drug into ear method
3. Blow powder into ear
4. Spread & apply with clear heat toxin, resolve swollen herbs

3. Acupuncture

4. Others



- Pain Ears

- 1. Wind-heat type

Main Sym: distention & blocked feeling

Concurrent sym: tinnitus, bad audition, reddish & swollen eardrum, fever, aversion to cold, headache, blocked nose, sore throat, dry mouth

Tongue: red body with thin white coating

Pulse: floating & rapid

Treatment principle: disperse wind-heat, open the ear

Formula

Yin Qiao San plus

Jing Yin Hua 12, Ju Hua 12, Lian Qiao 12, Xia Ku Cao 15,
Jing Jie 10, Fang Fen 10, Chan Tui 6, Gan Cao 6

--distention: Shi Chang Pu 10, Bai Ji Li 15,

-- water secretion: Che qian Zi 10, Ze Xie 15, Sang Bai Pi 12

- 2. Liver & GB fire

Main Sym: distent ear, inner ear ache radiated to the side of head, severe tinnitus, bad audience,

Concurrent sym: fever & headache, bitter mouth, dry thorat

tongue: red sides and tip of body with yellow coating

Pulse: wiry & rapid

Treatment: clear liver & GB. fire, open the ear

Formular: Long Dan Xie Gan Tang Plus

Long Dan Cao 12, Huang Qin 12, Zhi Zi 12, Ju Hua 12, Chai Hu 12, Mu tong 12, Che Qian Zi 10, Ge Gen 30, Chan Tui 10, Gan Cao 6

-- severe distention: Shi Chang Pu 12, Man Jing Zi 12;

-- eardrum water accmulation: Fu Ling 15, Ze Xie 15

Tinnitus

- Etiology & Pathology

- Excess type

- Liver fire
- Phlegm fire
- Exterior wind heat

- Deficient Type

- Liver & Kidney def.
- Spleen & St. def.
- Heart Blood def.



- **Excess type :**
 - **1. Wind heat attacking**
 - Main Sym: tinnitus with windy sound**
 - Concurrent sym: exterior wind heat symptoms :**
headache, fever, sore throat,
 - Tongue: thin white or yellow coating**
 - Pulse: floating & rapid**
 - Treatment principle: disperse wind-heat , open the ear**
- Formula : Yin Qiao San Plus**

TCM

- Excess type

- 2. Liver Fire rising

Main Sym: suddent onset tinnitus, loud sound in the ear, severe sym. , worse in angry

Concurrent sym: emotional changing history, dizziness, headache, bitter mouth, dry throat & stools,

Tongue: red body

Pulse: wiry & rapid

Treatment principle: Clear liver fire, opent the ear

Formula : Long Dan Xie Gan Tang Plus

- Excess Type

- 3. Phlegm Fire

Main Sym: tidal sound in the ear, blocked ear feeling

Concurrent sym: heavy head, distent & oppressed feeling in the chest & abdomen, sticky stool, heavy body type

Tongue: red body with yellow geasy coating

Pulse: slippery & rapid

Treatment principle: resolve dampness, clear fire

Formula :

TCM

- Deficient Type

- 4. Spleen Qi Def.

Main Sym: tinnitus sound like cicada singing

Concurrent sym: tiredness & weakness, bad appetite, worry during the whole day

Tongue: pale color with enlarged body & toothmark

Pulse: weak

Treatment principle: Tonify Spleen & open the ear

Formula : Yi Qi Chong Ming Tang

Huang Qi, Ren Shen, Ge Geng, Man Jing Zi, Bai Shao,
Huang Bai, Sheng Ma, Gan Cao

TCM

- Deficient Type

- 5. Heart Blood Def.

Main Sym: tinnitus after long term illness or hard working, repeatedly occurred

Concurrent sym: insominia, irritability, nervous

Tongue: pale body

Pulse: weak

Treatment principle: Nourish heart Blood, Open the ear

Formula : Gui Pi Tang

- Deficient Type

- 6 Liver & Kidney Def.

Main Sym: tinnitus & lack of sensitivity to sound,
even deafness worse at night

Concurrent sym: dizziness & swimming, sore lower back

Tongue:

Pulse: weak

Treatment principle: Tonify Liver & Kidney, open the ear

Formula : Zuo Ci Wan or You Gui Wan

Deafness

- Exterior wind or heat attacking
- Liver Qi Stagnation or Liver Fire attacking
- Improper dieting
- Kidney essence def.
- Others: old age, genetic, drugs,

- **1 Wind-heat invasion**

Main Sym: sudden onset of deafness

Concurrent sym: blocked nose, running nose, headache, distent ear, aversion to cold, fever

Tongue: thin white coating

Pulse: floating & rapid

Treatment principle: expel wind heat, open ear

Formula : Yin Qiao San Plus

Jing Yin hua 16, Lian Qiao 12, Lu Gen 12, Bo He 7, Niu Pang Zi 12, Jing Jie 7, Dan Dou Chi 12, Dan Zhu ye 12, Shi Chang Pu 16, Ge Geng 16

- **2. Liver Fire rising**

Main Sym: suddent onset deafness after emotion changing

Concurrent sym: emotional changing history, dizziness, headache, bitter mouth, dry throat & stools,

Tongue: red body

Pulse: wiry & rapid

Treatment principle: Clear liver fire, opent the ear

Formula : Long Dan Xie Gan Tang Plus

Long Dan Cao 12, Huang Qin 12, Dang Gui12, Chai Hu 7, Ze Xie 12, Zhi Zi 12, Che Qian Zi 12, Shen Gan Cao 12, Mu Tong 12, Shi Chang Pu 16

- **3. Phlegm fire accmulation**

Main Sym: suddent onset deafness with heavy head & dizziness

Concurrent sym: distent ear, oppressed feeling in the chest and abdomen, bad appetite

Tongue: red body with yellow greasy coating

Pulse: slippery & rapid

Treatment principle: Clear fire & resolve phlegm, harmonize stomach & calm dwon the rebellion of Qi, opent the ear

Formula : Weng Dan Tang Plus

Ban Xia 12, Chen Pi 12, Gan Cao 12, Zhi Shi 12, Zu Ru 12, Fu Ling 16, Sheng Jiang 5pieces,

Greasy coating: Huo Xiang12 , Pei Lan 12, Cang Zhu 12, Hou Pu 12

- **4. Qi & Blood Def.**

Main Sym: tinnitus & deafness reapedly occurred, worse after working

Concurrent sym: weak body, & pale face color, bad appetite

Tongue: thin white coating

Pulse: fine & Weak

Treatment principle: tonify Qi & Blood, open the ear

Formula : Ba Zheng Tang Plus

Dang Shen 16, Bai Zhu 12, Fu Ling 12, Zhi Gan Cao 12,
Dang Gui 12, Shu Di 16, Bai Shao 12, Chuan Xiong 7, Chen
Pi 12, Tai Zi Shen 16

- 5. Kidney essence Def.

Main Sym: long time deafness, tinnitus

Concurrent sym: dizziness & swimming, sore lower back, weak knees,

Tongue: red body with less coating

Pulse: fine & rapid

Treatment principle: Nourish kidney essence, open the ear

Formula : Qi Ju Di Huang Wan Plus

Gou Qi Zi 12, Ju Hua 12, Shu Di 12, Shan Zhu Yu 12, Shan yao 16, Fu Ling 12, Ze Xie 12, Dan Pi 16, Shi Chang Pu 12, Ci shi 16, He Shou Wu 16

Insomnia: Yuan Zhi 12, Suan Zhao Ren 12

def. fever: Di Gu pi 12

- 6. Blood stasis due to Qi stag.

Main Sym: deafness sometime worse sometime better with tinnitus

Concurrent sym:

Tongue: purple color

Pulse:

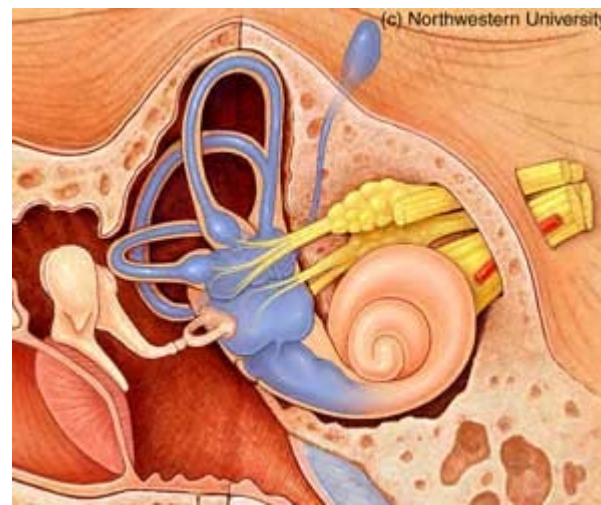
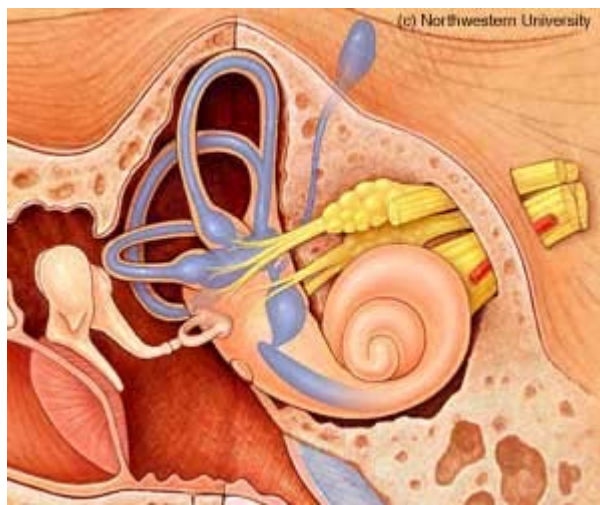
Treatment principle: Move blood resolve blood stasis, moving qi to open the ear

Formula : Tong Qiao Huo Xue Tang Plus

Tao Ren 12, Hong Hua 12, Di Long 12, Chuan Xiong 12, Chi Shao 12, She Xiang 5, Cong Bai 5 Sheng Jiang 5 p, Da Zhao 5p; Xuan Hu Suo 12, Yu Jing 12

Meniere's disease

- Meniere's disease is a disorder of the inner ear that causes episodes of vertigo, ringing in the ears (tinnitus), a feeling of fullness or pressure in the ear, and fluctuating hearing loss.
- An acute attack of Meniere's disease is generally believed to result from fluctuating pressure of the fluid within the inner ear.



- TCM Pathology & Etiology

1. Phlegm block the ear orifices

Bad food digestion, fatigue, Over thinking or chronic disease -> damage the spleen function -> dampness accumulation -> Turn into phlegm -> Block the Yang Qi & orifice -> cause dizziness

2. Liver Yang rising

emotion changing-> Liver Qi stag. -> liver yang rising or liver fire attacking

3. Kidney essence deficiency

TCM

- **1. Phlegm blocks the orifice.**

Main Sym: severe dizziness, tinnitus, deafness,

Concurrent sym: heavy head, chest fullness & distention, vomiting & nausea, lots phlegm & saliva, poor digestion, fatigue, thirsty but no desire of drinking water

Tongue: thick greasy coating

Pulse: soft & slippery

Treatment principle: Strengthen the Spleen, Expel the phlegm, open the orifice

Formula : Ban Xia Bai Zhu Tian Ma Tang

Ban Xia 9g, Bai Zhu 9g, Tian Ma 9g, Fu Ling 15g, Ju Hong 9g, Gan Cao 6g, Sheng Jiang 3 slices, Da Zao 5 pieces

- 2. Liver Yang rising.

Main Sym: suddenly occurred dizziness, tinnitus, deafness,

Concurrent sym: nausea & vomiting, worse with emotional changing, red eyes, dry throat, bitter mouth, pain rib area,

Tongue: red body with yellow coating

Pulse: rapid & wiry

Treatment principle: Nourish liver Yin, Calms the liver Yang or expel the liver wind

Formula : Tian Ma Gou Teng Yin

Tian Ma 9g, Gou Teng 9g, Shi Jue Ming 24g, Zhi Zi 9g, Huang Qin 9g, Chuan Niu Xi 9g, Du Zhong 9g, Sang Ji Sheng 9g, Fu Shen 12g, Ye Jiao Teng 12g, Chai Hu 9g

- 3. Kidney essence deficiency.

Main Sym: Frequently occurred dizziness, tinnitus,
Bad hearing

Concurrent sym: sore & weak lower back & knees, poor
memory, hot sensation in fire palms.

Tongue: red body with less coating

Pulse: rapid & fine

Treatment principle: Tonify Kidney essence

Formula : Qi Ju Di Huang Wan

Sheng Di Huang 12g, Shan Yao 15g, Shan Yu Rou 15g,
Gou Qi Zi 9g, Ju Hua 9g, Shi Jue Ming 15g, Bai Shao 12g,
Shou Wu 12g, Gui Ban Jiao 10g, Lu Jiao Jiao 10g, Mu Li
15g,