

THYROID DISORDERS

The main function of the thyroid gland is maintenance of basal metabolic rate. Thyroid dysfunction is one of the most common endocrine imbalances seen in clinic, with hypothyroidism and its many complications such as infertility, weight problems, depression and chronic tiredness the most frequent. It is estimated that thyroid dysfunction of some type, diagnosed by abnormal pathology results, affects as much as 10% of the population^{1 2}.

The two main clinical syndromes of the thyroid are over activity and under activity. The classic Chinese medical literature discusses thyroid conditions in terms of swelling of the thyroid gland, without specific reference to either hyperthyroid or hypothyroid conditions. Some of the thyroid swelling patterns noted below are clearly associated with hyperthyroidism, but a clear description of hypothyroidism is absent.

Swelling of the thyroid gland is known as *yǐng bìng* 瘰病 in Chinese medicine. The term is usually translated simply as goitre, but there are different types of *yǐng* that reflect a variety of thyroid problems. A typical contemporary text³ gives the following types of *yǐng*:

- *qì yǐng* 气瘰 (diffuse swelling, goitre)
- *ròu yǐng* 肉瘰 (benign nodules, adenoma)
- *yǐng yōng* 瘰痈 (inflammation of the thyroid, thyroiditis)
- *shí yǐng* 石瘰 (malignancy)
- *yǐng qì* 瘰气 (thyroid swelling with heat, overactive thyroid)

These differentiations are summarized in Appendix 5, p.930.

In clinical practice, numerous cases of thyroid dysfunction are observed without

BOX 17.1 PATTERNS OF THYROID DYSFUNCTION

Goitre and nodules

Phlegm damp
Liver and Kidney deficiency
Liver qi and phlegm stagnation
Yang deficiency with congealed phlegm

Hyperthyroid

Liver qi constraint with heat
Liver qi constraint with phlegm heat
Liver (Stomach and Heart) fire
Wind warmth
Heart and Kidney yin deficiency
Heart yin and qi deficiency
Liver and Kidney yin deficiency with heat and ascendant yang
Liver and Heart yin deficiency
Kidney yin and yang deficiency
Heart blood and Spleen qi deficiency

Hypothyroid

Spleen and Kidney qi deficiency
Heart and Kidney yang deficiency
Kidney jing deficiency

1 Empson M et al. Prevalence of Thyroid disease in an older Australian Population. Intern Med J 2007 July 37(7):448–55

2 Toplis DJ, Eastmen CJ. Diagnosis and Management of hyperthyroidism and hypothyroidism. Med J Aust. 2004 Feb 16; 180(4):186–93

3 *Zhong Yi Wai Ke Xue* 中医外科学 (Traditional Chinese External Medicine 1999) Tan Xin–Hua, Lu De–Ming (eds.), Peoples Health Publishing, Beijing

swelling of the gland, so the *ying bing* analysis is of limited use. The patterns and treatments discussed in this chapter are derived from both contemporary sources and our own clinical experience. Thyroid dysfunction falls broadly into three groups:

- goitre and thyroid swellings without systemic features
- hyper-function, heat and/or yin deficiency, with or without thyroid swelling
- hypo-function, cold and yang deficiency, with or without thyroid swelling

PHYSIOLOGY OF THE THYROID

The thyroid is a master regulatory gland, controlling the growth and metabolism of many tissues in the body. It produces two hormones, thyroxine (T₄) and tri-iodothyronine (T₃) which control the rate of metabolism.

The production of thyroid hormone is regulated by thyroid stimulating hormone (TSH) produced in the pituitary gland. Neurons in the hypothalamus secrete thyroid releasing hormone (TRH) in response to environmental and metabolic stimuli such as cold and stress, which in turn stimulates cells in the anterior pituitary to secrete thyroid stimulating hormone (TSH).

When blood concentrations of thyroid hormones increase above a certain threshold, TRH secreting neurons in the hypothalamus are inhibited and stop secreting TRH. This is an example of negative feedback (Fig 17.1). Inhibition of TRH secretion terminates secretion of TSH, which stops manufacture and secretion of thyroid hormones. As thyroid hormone levels decay below the threshold, negative feedback is relieved, TRH is secreted and the metabolic sequence begins again.

BIOMEDICAL TREATMENT

Hyperthyroid

Antithyroid medication

Antithyroid drugs block the production of thyroxine by inhibiting enzymes involved in the production of thyroid hormone. Drugs include thionamides (Carbimazole, Methimazole) and propylthiouracil. These are usually the first line of therapy. Negative effects of drugs such as these include increase in size of the gland due to stimulation of TSH by the pituitary. This is more likely when large doses are used. More than 50% of patients relapse within 2 years of cessation.

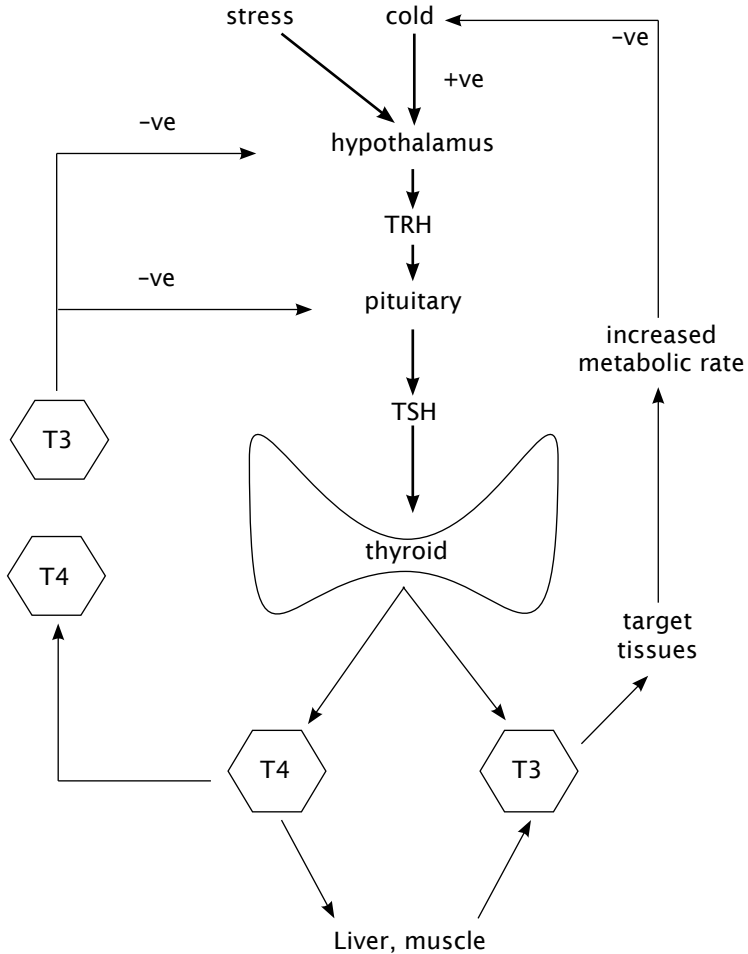
Radiation

Radioactive iodine (¹³¹I) is introduced into the body and selectively taken up by and concentrated in the thyroid. The radiation destroys a proportion of the gland. Mainly given to those beyond reproductive age as the radiation is teratogenic. The drawbacks include difficulty in calibrating a dose of ¹³¹I so as to destroy enough of the gland to reduce its over activity, but not so much as to destroy it totally. Most patients end up with hypothyroidism and dependence on exogenous thyroxine.

Surgery

Partial or total removal of the thyroid, with synthetic thyroxine replacement. Surgery is usually reserved for those too young or otherwise unsuited for radiation treatment, those for whom antithyroid drug therapy has failed or who have large

Figure 17.1 Regulation of the thyroid gland – negative feedback



goitres. Negative effects include scarring and blood stasis, loss of thyroid tissue and damage to adjacent structures such as the parathyroid glands and laryngeal nerve.

Iodine (as potassium iodide)

Used to suppress thyroid function in acute thyroid crisis (the ‘thyroid storm’ or thyrotoxicosis). In pharmacological doses, iodine acts to inhibit production of T4 and T3. This effect is transitory and lasts a few days to a week, after which the iodine provides fuel for increased synthesis.

Beta blockers (such as propranolol)

Beta blockers are used symptomatically to control the adrenergic component of the condition, the tachycardia, tremor and mental symptoms. They act symptomatically and do nothing to alter the disease process.

Table 17.1 Causes of hyperthyroidism

Graves disease (thyrotoxicosis)	Accounts for about 75% of cases. Autoimmune in nature, due to stimulation of the thyroid by antibodies (TRAb, a TSH receptor antibody) which bind to TSH receptors and mimic its effects. Can occur at any age but is unusual before puberty and most commonly affects the 30–50 year old age group. Women are affected about 4 times more often than men. There is a genetic disposition and familial link. The trigger for onset of symptoms in genetically susceptible individuals may be infection, stress or emotional trauma. The course of the illness can fluctuate with periods of increase and decrease or remission, or may progress into hypothyroid.
Multinodular goitre	Most common in older women, 50+. Usually T4 and T3 are only slightly elevated, but because an older age group is affected the cardiovascular features, arrhythmia, fibrillations and palpitations predominate.
Autonomously functioning single nodule (toxic adenoma or 'hot' nodule)	Most common in women over 40. The nodule is a follicular adenoma which autonomously secretes thyroid hormone and inhibits TSH. Mild hyperthyroidism and usually only T3 is elevated.
Thyroiditis (subacute, postpartum)	May be viral (mumps, adenovirus) or postpartum. The viral type appears after an acute upper respiratory tract infection and leads to transitory hyperthyroidism due to destruction of follicle cells with release of hormone into the blood, sometime followed by hypothyroid. Postpartum thyroiditis is mild and self limiting, although 5–10% of postpartum women are affected. Treatment, if required, is usually a β -blocker. Can recur with subsequent pregnancies with patients gradually progressing to hypothyroidism.
Iodine induced	Drugs, especially amiodarone (an anti-arrhythmic agent loaded with iodine) and radiographic contrast media can overload the gland and induce a mild hyperthyroidism.

Hypothyroid

Treatment of hypothyroidism is hormone replacement with synthetic thyroxine (trade names Synthroid, Oroxine, Eutroxig) or a product derived from the ground up thyroid gland of various animals.

Goitre and thyroid nodules

The treatment of simple goitre is to increase iodine in the diet. Nodules can be removed surgically. Malignancy is treated surgically, with radiation or chemotherapy.

ASSESSMENT OF THYROID FUNCTION

In addition to the clinical features of thyroid dysfunction (Table 17.4, p.778), there are laboratory tests that measure the levels of various hormones involved in the thyroid chain (Table 17.5, p.779). In clinical practice, thyroid disease can be difficult to detect symptomatically and patients may exhibit few symptoms, or present with unusual symptoms that can throw the physician off the trail. For

Table 17.2 Causes of hypothyroidism

Hashimoto's thyroiditis	This is the most common cause, and is due to loss of thyroid tissue from autoimmune destruction. Antibodies are generated against thyroid follicle cells. It is initially associated with a small firm goitre which may later atrophy and become fibrotic. Often starts with a mild transitory hyperthyroid state as stored T4 and T3 are released into circulation from the ruptured cells.
Spontaneous atrophic hypothyroidism	May follow Hashimoto's thyroiditis, or Graves disease treated with anti-thyroid drugs some years earlier
Post therapeutic	Following radioactive iodine or thyroidectomy
Drug induced	Lithium carbonate for bipolar mood disorder; iodine in high doses (amiodarone, expectorants containing potassium iodide)
Iodine deficiency	Common in mountainous areas; subclinical deficiency quite common in pockets of the developed world

Table 17.3 Causes of goitre and nodules

Puberty	Diffuse enlargement, usually with no (obviously related) associated symptoms (Chinese medical analysis may find symptoms)
Pregnancy	
Iodine deficiency	Smooth soft enlargement
Thyroiditis	Painful or tender diffuse enlargement with fever, malaise; usually follows an acute upper respiratory tract infection
Hyperthyroidism	Diffuse enlargement, usually firm or rubbery
Hypothyroidism	
Cancer	Single hard or tender lump, lymphadenopathy
Cysts, adenoma	One or more rubbery well defined lumps; the more there are the less likely malignancy

example, patients with borderline or subclinical hypothyroidism may present with tiredness and unexplained weight gain (common), depression, constipation or carpal tunnel syndrome. Patients with hyperthyroidism can present with anxiety and emotional lability (common), weight loss, heat intolerance and amenorrhea (frequently mistaken for menopause) and arrhythmias. Patients may complain that their contact lenses don't fit and keep popping out, as may occur in the early stages of exophthalmos.

Laboratory results are a good way of assessing progress and in acute cases can be retested every 4–6 weeks. In more chronic cases, every few months is generally sufficient. Assessment of progress should not be wholly dependent on lab testing however. Some patients whose thyroid hormone levels do not change significantly can still get good results in terms of alleviation of acute symptoms and improvements in wellbeing and other parameters of health, as detected by Chinese medicine.

Table 17.4 Features of thyroid dysfunction

	Hyperthyroid	Hypothyroid
most common features	anxiety, nervousness, emotional lability, irritability, hyperkinesia	depression, lethargy, sluggishness
	increased sweating	coarse, dry skin
	heat intolerance, increased basal metabolic rate	cold intolerance, decreased metabolic rate
	fatigue, breathlessness with exertion	fatigue, poor memory, dementia, psychosis
	weight loss	weight gain
	increased frequency of bowel movement	constipation
	palpitations, tachycardia, arrhythmias	bradycardia
	excessive lacrimation	
other	goitre (may be absent, or nodular)	goitre (may be absent)
	increased appetite and thirst, or anorexia	decreased appetite, large, swollen tongue
	ankle edema	edema, deep or hoarse voice
	fine tremor, increased tendon reflex	slow tendon reflex
	proximal muscle weakness	general aches and pains, stiffness
	palmar erythema, warm sweaty palms, onycholysis (separation of the nail from the nail bed)	carpal tunnel syndrome
	warm clammy skin, spider nevi, pruritus	dry flaky skin and hair
	insomnia	somnolence
	alopecia	coarse dry hair; hair loss (especially lateral eyebrows)
	amenorrhoea, scanty periods	menorrhagia
	infertility, loss of libido	infertility, loss of libido
	exophthalmos, lid lag, gritty eyes	puffy eyes and lids, purplish lips, malar flush
	lymphadenopathy (usually seen in Graves disease)	
		deafness
		high blood cholesterol and cardiovascular disease

Table 17.5 Thyroid function tests

	TSH	T4	T3
Hyperthyroid	undetectable	raised	raised
Subclinical hyperthyroid	undetectable	normal (usually upper end of range ²)	normal (usually upper end of range)
1# Hypothyroid ³	raised	low	normal or low ¹
2# Hypothyroid ⁴	usually undetectable	low	normal or low ¹
Subclinical hypothyroid	raised	normal (usually lower end of range)	
1. Not a sensitive indicator of hypothyroid and usually not requested 2. Reference range: T4 8.0–22.0 pmol/L; T3 2.5–6.0 pmol/L; TSH 0.30–4.0 mU/L 3. thyroid disease–Hashimoto’s thyroiditis or atrophic thyroiditis 4. hypothalamic or pituitary disease–failure of TSH			
Thyroid auto-antibodies	<ul style="list-style-type: none"> · Anti-thyroid peroxidase in Hashimoto’s thyroiditis · TSH receptor (TRAb) antibodies in Graves disease 		

THE THYROID AND ITS INFLUENCES IN CHINESE MEDICINE

The anterior neck and thyroid gland are influenced primarily by the Liver, Heart, and Kidneys organ systems, and the renmai which traverses the area. The taiyin and yangming organ systems (the Lung, Spleen, Large Intestine and Stomach) can also be involved in thyroid pathology because of local influence via channel pathways, proximity of the organ itself (Lungs), and as a result of the dampness and phlegm that can be created by their weakness.

The throat and neck are also the bridge between the head and the body. The neck connects the head, the seat of the intellect, to the chest, the seat of the emotions. The throat is associated with communication and the ability to express oneself clearly. The neck is the place where emotions can get caught when their expression is repressed, inappropriate or otherwise difficult. This can manifest in disorders of the throat and vocal cords, in globus hystericus (plum pit qi) and thyroid problems.

ETIOLOGY

There are two primary pathological processes we see in patients with thyroid disorders. They manifest from disruption to two of the major energetic axes of the body, the Liver and Spleen, and the Heart and Kidney.

Disharmony between the Liver and Spleen creates some of the necessary pre-conditions for thyroid dysfunction, such as qi constraint, heat and phlegm, as well as weakened resistance (qi deficiency). Once these preconditions exist then any disruption to the Heart and Kidney axis by emotional trauma, persistent or increasing stress, or by pathogenic invasion such as a wind heat or a warm disease may precipitate clinical thyroid disease.

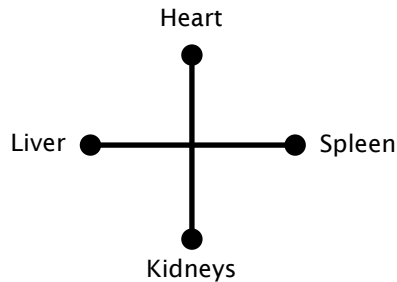
The Liver Spleen axis and the primary pathological triad

Stress is a major contributor to qi stagnation, heat, phlegm accumulation and qi deficiency. Stress, defined here as conditions leading to constrained Liver qi, includes not only classical etiological stressors such as anger, frustration and repressed emotion but any phenomena that impacts on the body's ability to adapt to change. These include activities that disrupt the body's innate clock and that run counter to the natural internal rhythms that follow the cycle of the day and seasons, such as staying up late at night processing information (i.e. watching TV or working), at a time when the body and mind should be resting. Shift workers and those who frequently cross time zones, air crew and business travellers, are particularly vulnerable.

In many cases, the physiological stress that leads to qi constraint is the accumulation of many small and seemingly trivial behaviors, which accumulate over time and alter the body's ability to adapt.

The most important ramification of prolonged or acute stress in the development of thyroid disorder is disruption to the Liver Spleen axis and development of the primary pathological triad (PPT). The primary pathological triad is three patterns of pathology that are found to occur simultaneously, are tightly interlinked and mutually engendering. The triad comprises Liver qi stagnation, Spleen yang qi deficiency, and heat of some type, typically heat from constrained qi, damp heat and/or phlegm heat. The pathology of the basic triad often leads to further complication by blood and/or yin deficiency, blood stagnation and shen disturbances. The development of the PPT is promoted by a combination of stress and worry, inappropriate or poor diet and eating habits, increasingly sedentary habits and occupations and overuse of pharmaceutical drugs.

One of the characteristic features of the PPT is its self-perpetuating nature. The three main patterns of the PPT engender and reinforce each other, and if only one component is treated the condition will tend to return. Liver qi constraint impacts on the Spleen and Stomach, weakening their functions and encouraging the generation of damp. Damp is heavy in nature and tends to sink downwards to the lower body and lower gastrointestinal system. Constrained qi, and the increase in qi pressure behind an obstruction, generate heat. Heat from qi constraint, combined with pre-existing damp, creates damp heat. Qi constraint can also retard fluid movement and lead to congealing of fluids into phlegm. Damp on its own, due to its sticky obstructing nature, can also generate heat by blocking qi flow and so transform into damp heat. Once there is damp and heat, the damp can be congealed further into phlegm. The pathological relationships are summarized in Figure 17.2, p.782. The influence of the PPT is most evident in younger people, and in those whose foundation of qi, blood, yin and yang is relatively intact.



Heart Kidney axis

The Heart Kidney (shaoyin) axis is one of the fundamental relationships of the body. It connects the inherited constitution (the jing and yuan qi) with the conscious awareness and mental stability of the individual (the shen). The quality and stability of the shen is dependent on a solid base of Kidney energy and jing. When the platform of jing is weak, the shen is fragile, unstable, and easily upset. When the Heart Kidney relationship is already fragile, it doesn't take too much to cause major disruption and the onset of pathology. The Heart Kidney axis can be constitutionally weak, it can be weakened by lifestyle factors, or can suddenly be disrupted by a severe shock.

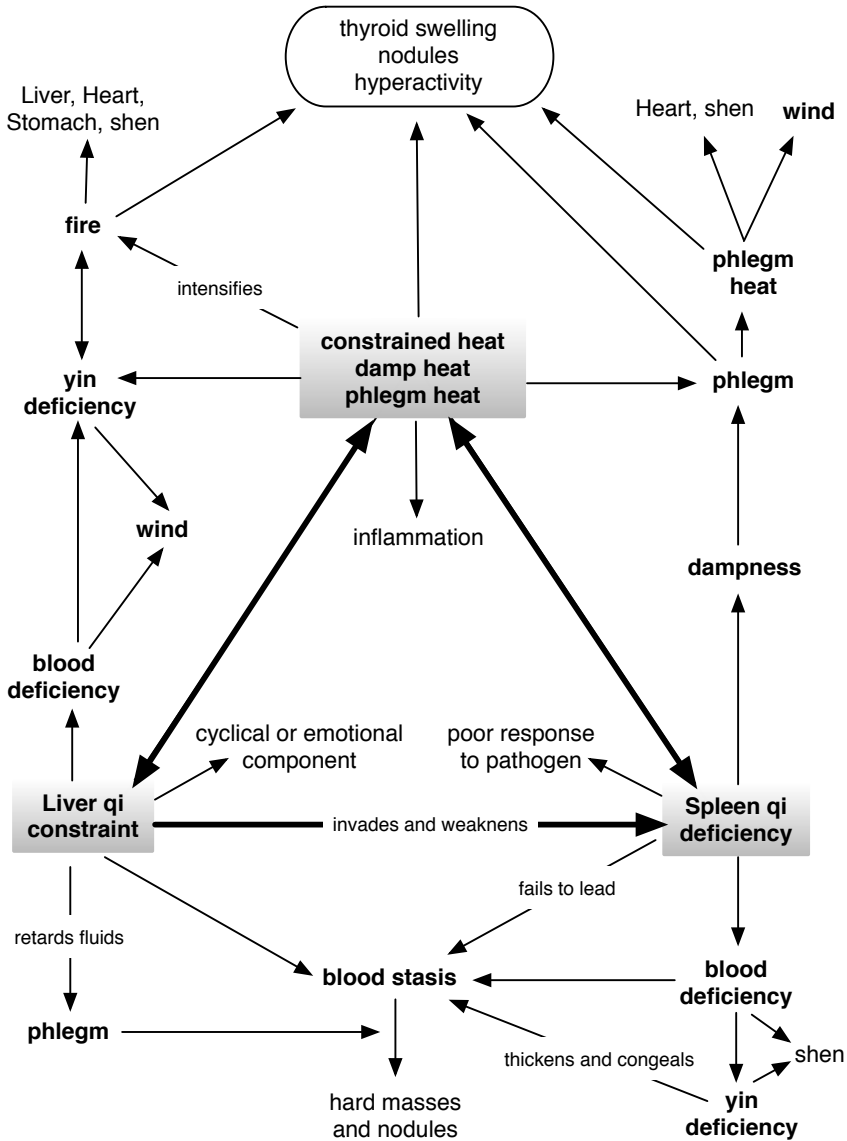
- **Congenital:** Thyroid disorders tend to run in families. In addition, we often see a history that suggests this axis is fragile. Weakness of the Heart Kidney axis may be reflected in a tendency to chronic anxiety or nervous disorders, chronic sleep problems, prolonged enuresis and so on.
- **Acquired:** This is a common effect of ageing or any of the other factors that can deplete Kidney energy, such as chronic overwork, excessive use of stimulant drugs, too much sexual activity for the individual concerned, depleting pregnancies and terminations.
- **Sudden disruption:** This usually occurs after a major shock or emotional trauma. A significant event is usually required, such as loss of a loved one, motor vehicle accident or major life crisis. In those with a pre-existing congenital or acquired weakness of the Heart Kidney axis, a seemingly trivial event may be sufficient to cause disruption. The effect may not be immediately apparent; anywhere between 3–12 months may lapse between the trigger event and the onset of specific features of thyroid imbalance.
- **External pathogens:** Pathogens can enter to the deep levels of the body when the shaoyin is weak, bypassing the surface altogether. A pathogen contacting the surface can gain direct access to the deep levels via the taiyang – shaoyin relationship. Weakness of shaoyin is often mirrored in weakness of taiyang, so little if any initial resistance is seen. This is a type of lingering pathogen (see Chapter 11).

Once the Heart Kidney axis is weak it can easily be disrupted. When it is disrupted, the pathology can develop in either a yin or yang deficient direction (Fig 17.3, p.783) depending on the initial conditions, constitutional factors, the cause of the disruption, the patients diet and the environment in which they live and work.

Heat

Heat is an important component of many thyroid disorders. The heat may be introduced by pathogenic invasion, a heating diet, be the result of the PPT or the product of yin deficiency. Xu Da-Chun, a famous physician of the early 20th century well known for trying to integrate traditional Chinese and modern Western medicine, described a clinical condition in which persistent pathogenic heat gradually merges in some way with the body's zheng qi. In such situations, the repeated attempts to eradicate the pathogen and restore homeostasis end up par-

Figure 17.2 Pathological consequences of the primary pathological triad

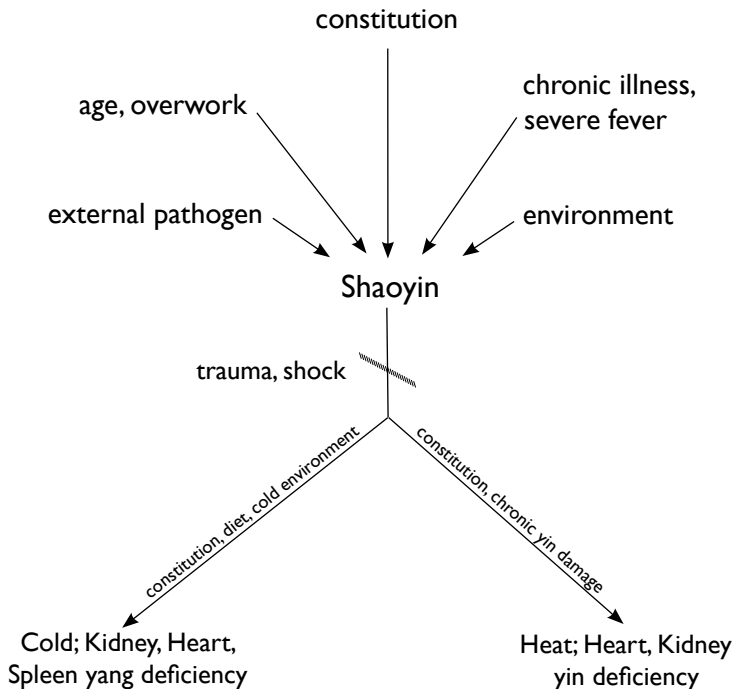


ticipating in the problem, with the misdirected defensive efforts causing collateral damage to the tissues of the body, in this case the thyroid gland. This type of heat is usually prolonged, low grade or even subclinical, and causes chronic inflammation. Persistent retention of pathological heat can also make tissues hypersensitive to other stimuli, whether infectious, neurological or environmental. In Chinese medicine, we see a strong correlation between the presence of pathological heat, and autoimmunity and allergies, at least during part of their natural history. Being a yang pathogen, heat generates systemic and local hyperactivity, but eventually burns out. This is the scenario seen in many inflammatory disorders, where the initial insult leads to over activity that is eventually replaced by loss of function. This process is clearly seen in thyroid dysfunction, where hyperthyroidism gradually gives way to hypothyroidism.

Phlegm

Phlegm is present when the thyroid gland swells, causing nodules or goitre. Phlegm can be the product of retarded fluid metabolism and weakness of the Spleen, Lungs and Kidney, yin deficiency that cooks and congeals fluids, or more commonly in the case of thyroid dysfunction, a slowing and thickening of fluids due to Liver qi constraint or failure of Lung qi descent. The phlegm congeals in response to stress or grief and emotional turmoil. Seen in this way, the phlegm that

Figure 17.3 Disruption of the Heart Kidney axis



forms the substance of the thyroid swelling can be seen as a type of ‘concentrated emotion’ and must be gradually dispersed so as not to overwhelm the patient with difficult or painful feelings. Once phlegm has been created, it can cause further qi stagnation, generate heat or be complicated by static blood. Phlegm is carried around the body by qi, and although it may go anywhere, it tends to lodge along the pathway of the Liver channel. When there is heat, phlegm is more likely to be concentrated and elevated to the neck. With cold and yang deficiency, phlegm tends to be more diffuse and can sink into the peripheral tissues as myxedema, infiltrate the larynx (hoarse voice) or contaminate the blood (high cholesterol and triglycerides).

Constitution

A tendency to develop a thyroid disorder may be inherited. More women than men develop thyroid imbalances. Hyperthyroidism in particular, has a strong constitutional component. The pathology will develop according to weaknesses in either of the two major organ axes described above.

The most important and commonly seen factor is weakness of the Kidneys (and yuan qi) that predisposes to disruption of the Heart Kidney axis and to invasion of shaoyin by external pathogens. This weakness can influence the function of renmai and chongmai leading to pathological accumulation along their pathways, in this case the anterior and lateral neck.

The second is an inherited tendency to qi constraint and disruption of the Liver Spleen axis, which predisposes the patient to development of the primary pathological triad and phlegm.

Environment

People living in mountainous regions with iodine poor soils are more prone to goitre formation, but even soils with slightly low levels of iodine can contribute to compromised thyroid function.

Dry desiccating environments damage Kidney yin and fluids. Cold dry environments predispose people to development of yang deficiency, especially when combined with a cold, goitrogenic or otherwise inadequate diet.

Diet

Aspects of the diet can be influential in predisposing the patient to the development of thyroid problems. A low iodine diet will cause poor thyroid function and iodine deficiency is not uncommon, even with a healthy diet. A 2006 survey⁴ of 1709 Australian schoolchildren found mild to moderate iodine deficiency in between 20–70% of children by region. A diet rich in goitrogenic foods (Table 17.7, p.805) can inhibit thyroid function. An excess of rich, sweet or dairy based foods, as well as simply overeating, can contribute to accumulation of phlegm. Cold raw foods that weaken the Spleen can lead to damp and phlegm, or weaken yang qi. A heating diet can contribute to an inflammatory tendency.

Selenium is an important trace element for normal thyroid functioning and is low in many soils. Selenium protects against autoimmune thyroid disease and

⁴ Medical Journal of Australia (184:165–169)

insufficient dietary selenium is correlated with thyroiditis. Supplementation with selenium in patients with Hashimoto's thyroiditis decreases autoantibodies⁵.

There is also a link between gluten intolerance/celiac disease and thyroid disease in some patients. Undiagnosed or low grade celiac disease may be a part of the process that triggers autoimmunity in genetically susceptible individuals. The damage to the lining of the gut may also allow larger molecules to enter the portal circulation, possibly triggering both an immune response and inflammation. Certainly some patients diagnosed with a thyroid disorder seem to do well with a gluten free diet (Table 17.7, p.805). The link to underlying Spleen weakness is clear. Compromised Spleen function leads to both dampness and phlegm and also contributes to the qi deficiency that leads to susceptibility to infection that can trigger some thyroid disorders.

Age

The more yin deficient one is, either overt or incipient, the more vulnerable to disruption of the Heart Kidney axis, and the development of heat and inflammation. This occurs naturally in everyone with age ('by 40 half the yin is gone' is a well know aphorism of Chinese medicine), and more so in women due their unique physiology. Yin can be significantly damaged in younger people because of sleep deprivation, sexual and reproductive habits, overwork and stimulant drug use. It is also more likely in very dry or desiccating environments.

Shock and emotional trauma

It is frequently observed that the onset of hyperthyroid (most commonly) or hypothyroid states follow some weeks or months after a major trauma, such as the death of a loved one, motor vehicle accident or severe shock of some sort. Such events disrupt the Heart Kidney axis. Trauma of this magnitude is distinct from the everyday stresses and frustrations that accumulate to cause Liver qi constraint.

Infection

Invasion of shaoyin by an external pathogen which becomes a type of lingering pathogen is seen in some cases of both hyperthyroidism and hypothyroidism. It is more likely when there is pre-existing Kidney weakness. Once a pathogen is lodged in the shaoyin level, the disorder can progress in either a yin or yang deficiency direction depending on the patient. There will usually be some supporting evidence to suggest a lingering pathogen at work, such as lymphadenopathy, swollen tonsils and low grade fever.

Chemicals and drugs

A number of drugs can influence thyroid function, especially those containing large amounts of iodine (such as Amiodarone, an anti-arrhythmic agent). Iodine in large doses can cause both hyper-function and hypo-function. Lithium carbonate inhibits release of thyroxine. Dopamine, glucocorticoids and interferon can lead to decreased thyroid stimulating hormone (TSH) secretion. Beta block-

5 Gartner R et al. Selenium supplementation in patients with autoimmune thyroiditis decreases thyroid peroxidase antibody concentrations. *J. Clin. Endocrinol. Metab.* 2002 Apr; 87(4):1687-91

ers, amiodarone, cortisol and other glucocorticoids can inhibit the conversion of T4 to T3. Rifampicin, phenytoin, barbituates and carbamazapine can increase hepatic metabolism of T4.

A number of common industrial and environmental chemicals may interfere with the thyroid by binding to thyroid receptors and inhibiting iodine uptake. These include polychlorinated biphenyls, polybrominated biphenyls, bisphenol-A and perchlorate. These are found in paints, adhesives, flame retardants and plastics.

TREATMENT

There are two broad aims of treatment. Overall Chinese medicine treatment aims to correct the constitutional imbalances that led to the disorder in the first place. When heat is extreme, however, it must be swiftly cleared to avoid damage to yin. Acupuncture is often the treatment of choice in these circumstances (particularly when Liver pathology is responsible) with its unparalleled ability to regulate qi, clear heat and calm the shen very quickly.

In cases with more deficiency, treatment of the constitutional aspects with herbal medicine is important. Basic herbal formulas can be augmented with herbs that have specific effects on the thyroid (Table 17.8, pp.806–807).

甲状腺肿

17.1. GOITRE AND NODULES

These are diffuse thyroid swellings or nodules in a patient with otherwise normal (euthyroid) thyroid function. In the case of goitre from an iodine deficiency, the treatment is simply to increase intake of iodine containing foods. The swellings in this section include masses that are benign (adenomas, cysts) as well as those that may be malignant. The assessment of a mass in the neck should focus on the shape and symmetry, presence or absence of pain, irregularity of the surface, mobility of the mass and thyroid and the presence of lymphadenopathy. The harder, less mobile and more irregular the mass, the higher the index of suspicion about possible malignancy. Single irregular lumps and those that grow quickly should be regarded with particular suspicion. Regardless of the physical findings, all masses should be investigated.

Nodules and goitre are an unusual primary presentation in the Chinese medicine clinic. Most people just live with them if they are causing no problem. If they are problematic and a simple surgical option is available it is the treatment of choice for many patients, although surgery should be followed with appropriate qi regulating, phlegm resolving and supplementing treatment. For patients choosing to avoid surgery, treatment according to the guidelines below can be quite effective depending on the nature of the lesion.

痰湿凝结

17.1.1 PHLEGM DAMP ACCUMULATION WITH SPLEEN DEFICIENCY

This is simple diffuse swelling of the thyroid gland in an otherwise euthyroid patient. It is associated with iodine deficiency, either from an iodine deficient diet or an excess of goitrogenic foods in the diet (Table 17.7, p.805). Some drugs can have a goitrogenic effect (p.776–777). Iodine deficiency goitre is not common in the western world.

Clinical features

- Smooth soft enlargement of the thyroid gland

Treatment principle

Transform and resolve phlegm and disperse the mass

Prescription

HAI ZAO YU HU TANG 海藻玉壶汤

Sargassum Decoction for the Jade Flask

hai zao (Sargassum) 海藻	6–9g
kun bu (Eckloniae Thallus) 昆布	6–9g
hai dai (Laminariae Thallus) 海带	9–12g
zhe bei mu (Fritillariae thunbergii Bulbus) 浙贝母	6–9g
zhi ban xia (Pinelliae Rhizoma preparatum) 制半夏	6–9g
qing pi (Citri reticulatae viride Pericarpium) 青皮	6–9g
chen pi (Citri reticulatae Pericarpium) 陈皮	6–9g
chuan xiong (Chuanxiong Rhizoma) 川芎	6–9g

dang gui (<i>Angelicae sinensis Radix</i>) 当归	6–9g
du hu (<i>Angelicae Pubescentis Radix</i>) 独活	6–9g
lian qiao (<i>Forsythiae Fructus</i>) 连翘	6–9g
gan cao (<i>Glycyrrhizae Radix</i>) 甘草	6–9g

Method: Decoction. **Hai zao**, **hai dai** and **kun bu**, soften hardness and resolve phlegm. These herbs are salty and contain significant quantities of iodine. **Zhi ban xia** and **zhe bei mu** resolve phlegm and dissipate nodules; **qing pi** and **chen pi** regulate qi, alleviate qi constraint and resolve phlegm; **dang gui** and **chuan xiong** activate blood and disperse static blood; **du hu** frees up circulation of qi through the channels and network vessels, transforms damp and dispels pathogens; **lian qiao** clears heat generated by the stagnation and dissipates nodules; **gan cao** relieves toxicity and harmonizes the actions of the other herbs in the formula. (Source: *Zhong Yi Wai Ke Xue* [*Wai Ke Zheng Zong*])

Modifications

- With hoarse voice, add **mu hu die** (*Oroxyli Semen*) 木蝴蝶 6–9g and **she gan** (*Belamacandae Rhizoma*) 射干 9–12g.
- With dysphagia, add **hou po** (*Magnoliae officinalis Cortex*) 厚朴 6–9g.
- With Spleen deficiency, combine with **LIU JUN ZI TANG** (Six Gentlemen Decoction 六君子汤, p.916).

Prepared medicines

Pills

Hai Zao Jing Wan (Sargassum Teapills, Haiodin)

Acupuncture

See Table 17.6, p.794.

Clinical notes

- This is an unusual pattern in the west, with iodine routinely added to salt and other food items.

肝 肾 不 足

17.1.2 LIVER AND KIDNEY DEFICIENCY; (chongmai and renmai deficiency)

This is diffuse thyroid swelling associated with puberty, pregnancy or menopause, without clinical or laboratory evidence of thyroid dysfunction. The etiology is thought to be associated with Kidney weakness and dysfunction of the chongmai and renmai, with subsequent accumulation of qi in regions where qi flow is more likely to be obstructed, here the neck.

Clinical features

- Diffuse goitre that is soft and regular. There may be some signs of Kidney deficiency, such as delayed onset of menstruation or irregular menses, difficulty falling pregnant, lower back ache, urinary frequency and so on. Some patients may have a history of gynecological masses such as polycystic ovaries, and fibroids.

Treatment principle

Supplement and strengthen the Liver and Kidneys
Regulate chongmai and renmai

Prescription

ER XIAN TANG 二仙汤

Two Immortal Decoction, plus

SI WU TANG 四物汤

Four Substance Decoction

xian mao (Curculiginis Rhizoma) 仙茅	9–15g
xian ling pi (Epimedii Herba) 仙灵脾	9–15g
dang gui (Radix Angelicae Sinensis) 当归	9–12g
ba ji tian (Morindae officinalis Radix) 巴戟天	9–12g
huang bai (Phellodendri Cortex) 黄柏	6–9g
zhi mu (Anemarrhenae Rhizoma) 知母	6–9g
shu di (Rehmanniae Radix preparata) 熟地	9–15g
bai shao (Paeoniae Radix alba) 白芍	9–12g
chuan xiong (Chuanxiong Rhizoma) 川芎	6–9g

Method: Decoction. **Xian mao** and **xian ling pi** (also known as **yin yang huo** 淫羊藿) warm Kidney yang and support jing; **ba ji tian** warms Kidney yang and strengthens the tendons and bones; **dang gui** nourishes and protects blood and yin, softens the Liver, and combined with **xian mao** and **xian ling pi** regulates and supplements chongmai and renmai; **zhi mu** and **huang bai** nourish Kidney yin and clear heat, and balance the pungent heat of **xian mao** and **xian ling pi**; **shu di** nourishes yin and supplements blood; **bai shao** supplements blood, softens the Liver and preserves yin; **chuan xiong** activates blood and moves qi. (Source: *Zhong Yi Wai Ke Xue* [Shanghai Shu Guang Yi Yuan Jing Yan Fang / He Ji Ju Fang])

Modifications

- Herbs to soften phlegm may be added, such as **zhe bei mu** (Fritillariae thunbergii Bulbus) 浙贝母 9–12g, **mu li** (Ostreae Concha) 牡蛎 15–30g, **xuan shen** (Scrophulariae Radix) 玄参 12–15g and mild qi regulators like **xiang fu** (Cyperi Rhizoma) 香附 9–12g.

Prepared medicines

Concentrated powder

Er Xian Tang (Curculigo & Epimedium Combination) plus Si Wu Tang (Tangkuei Four Combination)

Pills

Er Xian Wan (Two Immortals Teapills) plus Si Wu Wan (Four Substances for Women Teapills)

Acupuncture

See Table 17.6, p.794.

Clinical notes

- An uncommon pattern, and one for which treatment is rarely sought as the swelling is unlikely to be very large and there are no accompanying symptoms. Most swellings of this type are noticed by family and friends of the patient.
- Thyroid swelling of this type is self limiting, and the swelling usually recedes after conclusion of puberty or pregnancy.

肝
气
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滞**17.1.3 LIVER QI CONSTRAINT AND PHLEGM STAGNATION**

This is the most common pattern of euthyroid swelling, usually presenting with benign thyroid nodules, either single (most common) or multiple. The basic qi and phlegm stagnation pattern can be complicated by heat, qi deficiency or blood stasis. This type of swelling has the tendency to evolve into a hyperthyroid state.

Clinical features

- Diffuse goitre, or a single (occasionally multiple) relatively soft, rubbery, regular nodule that is non tender.
- clear emotional component – the swelling comes and goes, or the perception of discomfort and fullness changes according to the emotional state of the patient
- may be a sense of some obstruction in the throat, or dysphagia
- depression, mood swings, irritability
- alternating bowel habits, loose stools or constipation
- headaches, neck and shoulder tension, tooth grinding (bruxism)
- premenstrual symptoms, irregular menses

T unremarkable tongue, or with pale or red edges

P wiry, thready pulse

Treatment principle

Regulate Liver qi, resolve phlegm and disperse the mass

Prescription**CHAI HU SHU GAN SAN** 柴胡疏肝散

Bupleurum Powder to Dredge the Liver

chai hu (Bupleuri Radix) 柴胡	9–12g
bai shao (Paeoniae Radix alba) 白芍	9–15g
xiang fu (Cyperi Rhizoma) 香附	9–12g
zhi ke (Aurantii Fructus) 枳壳	6–9g
chuan xiong (Chuanxiong Rhizoma) 川芎	6–9g
chen pi (Citri reticulatae Pericarpium) 陈皮	6–6g
zhi gan cao (Glycyrrhizae Radix preparata) 炙甘草	3–6g

Method: Decoction. Pills or powder. **Chai hu** dredges the Liver and resolves qi constraint; **xiang fu** regulates Liver qi, and with **chuan xiong** activates the blood and stops pain; **bai shao** nourishes yin and blood and softens the Liver; **zhi ke** and **chen pi** regulate qi and correct the qi dynamic; **zhi ke** breaks up stagnant qi, directs qi downwards and in combination with the ascending nature of **chai hu**, kick starts the qi dynamic; **zhi gan cao** harmonizes the Stomach and strengthens the Spleen, and with **bai shao** eases spasms, thereby alleviating cramping pain of both smooth and skeletal muscles. (Source: *Zhong Yi Wai Ke Xue [Jing Yue Quan Shu]*)

Modifications

- With a diffuse swelling, combine with **ER CHEN TANG** (Two Aged [Herb] Decoction 二陈汤, p.915).
- For soft and rubbery nodules, combine with **XIAO LUO WAN** (Reduce Scrophula Pill 消瘿丸, p.921 and 806).
- For regular, but firmer nodules combine with **SAN ZI YANG QIN TANG** (Three Seed Decoction to Nourish One's Parents 三子养亲汤, p.918 and 806).

- With depression or mood swings, add **he huan pi** (*Albiziae Cortex*) 合欢皮 12–15g and **ye jiao teng** (*Polygoni multiflori Caulis*) 夜胶藤 15–30g.

Variations and additional prescriptions

The basic phlegm and qi stagnation pattern can be complicated by qi and blood deficiency or constrained heat. In either case the guiding formula can be replaced to suit. In the case of qi and blood deficiency, use **XIAO YAO SAN** (Rambling Powder 逍遙散, p.841); in the case of constrained heat use **JIA WEI XIAO YAO SAN** (Augmented Rambling Powder 加味逍遙散, p.713), plus the above modifications as suitable.

Prepared medicines

Concentrated powder

Chai Hu Shu Gan San (Bupleurum & Cyperus Combination)

Xiao Yao San (Bupleurum & Tangkuei Formula)

– with blood deficiency

Jia Wei Xiao Yao San (Bupleurum & Peony Formula)

– with heat

Ju He Wan (Citrus Seed Formula)

– qi and phlegm masses

Pills

Chai Hu Shu Gan Wan (Bupleurum Soothe Liver Teapills)

Xiao Yao Wan (Free and Easy Wanderer Teapills, Hsiao Yao Wan)

Jia Wei Xiao Yao Wan (Free and Easy Wanderer Plus Teapills, Dan Zhi Xiao Yao Wan)

Ji Sheng Ju He Wan (Citrus Aurantium Compound Pills, Citrus Seed Pills)

Acupuncture

See Table 17.6, p.794.

Clinical notes

- This is a common cause of benign nodules and thyroid swelling, and when the nodules or swelling is uncomplicated and of recent origin, it responds well to both acupuncture and herbal treatment.

阳 虚 痰 凝

17.1.4 YANG DEFICIENCY WITH CONGEALED PHLEGM

These are chronic benign nodules and cysts.

Clinical features

- Small, usually single, non tender nodule. The overlying skin is taut and shiny, the nodule firm, rubbery and well defined. No pain with palpation and usually no abnormal thyroid activity. There may be few systemic symptoms, but some patients may display signs of yang deficiency – pale tongue, cold intolerance and urinary frequency.

Treatment principle

Warm yang qi and promote circulation of yang

Disperse and transform phlegm

Prescription

YANG HE TANG 阳和汤

Yang Heartening Decoction

shu di (Rehmanniae Radix preparata) 熟地	30g
lu jiao jiao (Cervi Cornus Colla) 鹿角胶	9g
bai jie zi (Sinapsis Semen) 白芥子	6g
rou gui (Cinnamomi Cortex) 肉桂	3g
gan cao (Glycyrrhizae Radix) 甘草	3g
pao jiang (Zingiberis Rhizoma preparatum) 炮姜	1.5g
ma huang (Ephedra Herba) 麻黄	1.5g

Method: Decoction. **Shu di** supplements yin and blood; **lu jiao jiao** nourishes blood, supports yang qi and assists **shu di** in nourishing jing and blood and strengthening the bones; **rou gui** and **pao jiang** warm yang qi, dispel cold and unblock the channels and network vessels; **ma huang** and **bai jie zi** assist **pao jiang** and **rou gui** in warming and removing blockages; **gan cao** alleviates toxicity and balances the formula. The rich and potentially congesting natures of **shu di** and **lu jiao jiao** are moderated by the dispersing and mobilizing action of the other herbs. (Source: *Zhong Yi Wai Ke Xue [Wai Ke Zheng Zhi Quan Sheng Ji]*)

Modifications

- A few mild blood activating herbs may be added to improve access into the nodule, such as **dan shen** (Salviae miltiorrhizae Radix) 丹参 9–12g, **lu lu tong** (Liquidambaris Fructus) 路路通 12–15g and **wang bu liu xing** (Vaccariae Semen) 王不留行 6–9g.

Prepared medicines

Concentrated powder

Ba Wei Di Huang Wan (Rehmannia Eight Formula) plus Su Zi Jiang Qi Tang (Perilla Seed Combination)

Pills

Jin Kui Shen Qi Wan (Fu Gui Ba Wei Wan, Golden Book Teapills) plus Hai Zao Jing Wan (Sargassum Teapills, Haiodin)

Acupuncture

See Table 17.6, p.794.

Clinical notes

- Nodules of this type are usually benign, but are chronic and can be difficult to resolve. Persistent Chinese medical treatment can be successful, but some months will usually be required.

17.1.5 PHLEGM AND BLOOD STAGNATION

Masses of this type are likely to be malignant.

Clinical features

- Nodular or very firm, hard or stone like swelling of the thyroid, with skin discoloration or vascular congestion. The mass may feel irregular, tender to palpation, and is generally immobile.

- may be impingement on the larynx or trachea with hoarseness and dysphagia

Treatment principle

Activate and disperse blood and phlegm and resolve the mass

Prescription

SAN ZHONG KUI JIAN SAN 散肿溃坚散

Forsythia and Laminaria Powder

chao huang qin (stir fried Scutellariae Radix) 炒黄芩	12g
huang qin (Scutellariae Radix) 黄芩	12g
long dan cao (Gentianae Radix) 龙胆草	15g
huang bai (Phellodendri Cortex) 黄柏	15g
tian hua fen (Trichosanthes Radix) 天花粉	15g
zhi mu (Anemarrhenae Rhizoma) 知母	15g
jie geng (Platycodi Radix) 桔梗	15g
kun bu (Eckloniae Thallus) 昆布	15g
chai hu (Bupleuri Radix) 柴胡	10g
san leng (Sparganii Rhizoma) 三棱	10g
e zhu (Curcumae Rhizoma) 莪术	10g
lian qiao (Forsythiae Fructus) 连翘	10g
zhi gan cao (Glycyrrhizae Radix preparata) 炙甘草	10g
ge gen (Puerariae Radix) 葛根	6g
bai shao (Paeoniae Radix alba) 白芍	6g
dang gui wei (rootlets of Angelicae sinensis Radix) 当归尾	6g
huang lian (Coptidis Rhizoma) 黄连	6g
sheng ma (Cimicifugae Rhizoma) 升麻	1.8g

Method: Powder. **Huang qin**, **huang lian**, **huang bai** and **long dan cao** clear heat and toxic heat from the triple burner, Liver and Stomach; **tian hua fen** and **zhi mu** clear heat from the qi level, while generating fluids and protecting yin; **lian qiao** clears toxic heat and dissipates nodules; **e zhu** and **san leng** break up blood stasis masses; **kun bu** softens hardness and resolves phlegm; **chai hu**, **sheng ma**, **jie geng** and **ge gen** are used to raise yang qi and focus the action of the formula in the upper body; **jie geng** also assists in discharging pus; **dang gui wei** nourishes, protects and activates blood; **bai shao** nourishes yin and blood and softens the Liver; **zhi gan cao** harmonizes the action of the other herbs and protects the Stomach. (Source: *Zhong Yi Wai Ke Xue* [Wan Bing Hui Chun])

Modifications

- For malignant masses, the formula can be augmented with anticancer herbs such as **bai hua she she cao** (Hedyotis diffusa Herba) 白花蛇舌草 30–120g, **ban zhi lian** (Scutellariae barbatae Herba) 半支莲 15–18g, **ban bian lian** (Lobelia chinensis Herba) 半边莲 15–24g or **zhong jie feng** 肿节风 (Sarcandra glabrae Herba) 15–18g. See also Table 1.5, p.11.

Prepared medicines

Concentrated powder

San Zhong Kui Jian San (Forsythia and Laminaria Powder)

Pills

Nei Xiao Luo Li Wan (Nei Xiao Luo Li Teapills)

Acupuncture

See Table 17.6, below.

Clinical notes

- Nodules and masses of a blood and phlegm stasis type may be malignant, and should be thoroughly investigated. Chinese medicine treatment can be helpful in some cases, but should be done in conjunction with appropriate management by Western medicine.

Table 17.6 Acupuncture for thyroid goitre and nodules

The basic treatment is to mobilize qi and blood and resolve phlegm, clear heat, strengthen the Spleen and supplement yin as necessary.	
SJ.6 zhigou GB.34 yanglingquan St.40 fenglong Liv.3 taichong	Basic combination for moving qi and resolving phlegm from the neck. Used for the qi and phlegm stagnation patterns.
Lu.7 lieque Kid.6 zhaohai	Opens up the flow of qi through renmai and downbears counterflow qi; main combination for goitre during puberty, pregnancy and menopause.
Sp.4 gongsun PC.6 neiguan	Opens up flow of qi through the chongmai and downbears counterflow qi. Used when masses are firmer. The renmai and chongmai points are often used together, usually one point per side (e.g. left Lu.7 + right Kid.6; left Sp.4 + right PC.6 or visa versa, depending on palpation and tenderness).
Ren.17 shanzhong Ren. 22 tiantu Ren.12 zhongwan	Keep qi flowing through the renmai and strengthen qi
Huatuojiaji points from C3–C5	Known as the ‘ping ying 平瘕’ points (literally ‘alleviate goitre’)
local points St.10 shuitu	Nodules can be surrounded by shallow needling obliquely towards the nodule
Liv.2 xingjian	Add with heat
Bl.17 geshu	Add with blood stasis
St.36 zusanli Sp.6 sanyinjiao	Add with Spleen qi deficiency
GB.41 zulinqi SJ.5 waiguan	Open and regulate daimai and mobilize qi to break up accumulations. Used when nodules are lateral, patients are generally robust but very tense and uptight, and there is gynecological stagnation (period pain, endometriosis, fibroids) and so on. Be careful in those with significant reproductive qi and blood stasis as this treatment can move the stagnation quickly and cause sudden discharge of pent up qi and blood.
Ear points	p.831

17.2 HYPERTHYROID CONDITIONS

There are several factors that consistently emerge in the genesis of hyperthyroid disorders. These are Liver qi constraint with heat or fire, phlegm and yin deficiency. Liver qi constraint and yin deficiency tend to occur at different times of life. Liver qi constraint is more common in younger people, whereas yin deficiency tends to be seen in older people, from 40 years onwards. Liver qi constraint and its various ramifications can exist independent of yin deficiency, but may eventually contribute to it. The yin deficiency patterns may in part be due to the pathological ramifications of qi constraint, but are more associated with age, depletion of yin from various causes and susceptibility to invasion by pathogens or vulnerability to disruption of the Heart Kidney axis.

When heat is severe, the main aim of treatment is to clear away the heat as quickly as possible to further prevent damage to yin and blood. Prompt treatment with acupuncture will clear the heat, calm the shen and restore some balance (see Table 17.9, p.808). When yin or blood deficiency are prominent features, treatment with herbs is essential. Herbs with specific effects on the thyroid are listed in Table 17.8, p.806.

The patterns described below are of two types, those in which the excess is the predominant feature, and those where the deficiency is the main feature. Even though different patterns are described, in clinic we often see overlap between the various states. Because some of these patterns can appear similar, the most important differential points are highlighted in bold.

17.2.1 LIVER QI CONSTRAINT WITH HEAT

This is the basic pattern that often precedes other patterns of thyroid disorder. There are grades of heat, from relatively minor to extreme. The basic qi constraint pattern can be complicated in a number of ways—by qi and yin deficiency, severe heat or fire, phlegm (goitre) and blood stasis. There is an emotional component or a period of increased stress preceding the onset of symptoms.

Clinical features

- Early stage of an overactive thyroid, usually seen in younger or relatively robust patients.
- anxiety, emotional lability, mood swings, weepiness
- patient feels hot, mild to moderate heat intolerance; warm clammy skin
- excessive lacrimation; sore dry irritated eyes; exophthalmos, lid lag
- flushing on the neck and chest
- fatigue, tiredness
- premenstrual symptoms or menstrual irregularity; breast pain, dysmenorrhea, scanty periods
- ankle edema, premenstrual fluid retention
- hypochondriac aching
- may or may not be thyroid swelling or nodules

T red edges on the tongue with a thin yellow coat; paler edges with qi and blood deficiency

P wiry and rapid, or wiry and thready

Treatment principle

Soften and regulate Liver qi and clear constrained heat
Harmonize the Liver and Spleen and support qi and blood

Prescription

JIA WEI XIAO YAO SAN 加味逍遥散

Augmented Rambling Powder, modified

chai hu (Bupleuri Radix) 柴胡	6–9g
dang gui (Angelicae sinensis Radix) 当归	6–9g
bai shao (Paeoniae Radix alba) 白芍	6–9g
bai zhu (Atractylodis macrocephalae Rhizoma) 白术	6–9g
fu ling (Poria) 茯苓	9–12g
zhi gan cao (Glycyrrhizae Radix preparata) 炙甘草	3–6g
shan zhi zi (Gardeniae Fructus) 山栀子	6–9g
mu dan pi (Moutan Cortex) 牡丹皮	6–9g
sheng jiang (Zingiberis Rhizoma recens) 生姜	6–9g
bo he (Mentha haplocalycis Herba) 薄荷	2–3g
xia ku cao (Prunellae Spica) 夏枯草	18–24g
xuan shen (Scrophulariae Radix) 玄参	12–18g

Method: Decoction or powder. **Chai hu** regulates the Liver and alleviates constrained qi; **dang gui** and **bai shao** nourish Liver blood and soften the Liver; **bai zhu** and **fu ling** strengthen the Spleen and dry damp; **zhi gan cao** supplements qi and, with **bai shao**, eases muscle spasms; **sheng jiang** harmonizes the Stomach; **bo he** assists **chai hu** in moving Liver qi; **mu dan pi** activates and cools the blood; **shan zhi zi** clears heat from all three burners and promotes urination to provide an exit for the heat; **xia ku cao** cools the Liver, clears heat and dissipates masses; **xuan shen** clears heat and cools the blood, protects and nourishes yin and softens hardness. Source: *Zhong Yi Zhi Liao Yi Nan Za Bing Mi Yao* [*Nei Ke Zhai Yao*]

Modifications

- Additional herbs can be selected on the basis of the specific symptom picture from Table 17.8, p.806.
- With a diffuse goitre or nodules, combine with **XIAO LUO WAN** (Reduce Scrophula Pill 消瘿丸, p.921 and 806) or **SAN ZI YANG QIN TANG** (Three Seed Decoction to Nourish One's Parents 三子养亲汤, p.918 and 806).
- With fluid damage, add one or two of the following herbs: **mai dong** (Ophiopogonis Radix) 麦冬 9–12g, **sha shen** (Glehniae/Adenophorae Radix) 沙参 9–12g and **tian hua fen** (Trichosanthes Radix) 天花粉 12–15g.

Variations and additional prescriptions

This pattern is often complicated by varying degrees of deficiency which can diminish the expression of the heat. The most common is qi and blood deficiency (at least in the early stages) and the guiding prescription can be modified accordingly. With less heat and a paler tongue, use **XIAO YAO SAN** (Rambling Powder 逍遥散, p.841) as the guiding prescription, with the addition of **xia ku cao** and **xuan shen**.

Prepared medicines

Concentrated powder

Jia Wei Xiao Yao San (Bupleurum & Peony Formula)

Xiao Luo Wan (Scrophularia & Fritillaria Combination)

– add if there are nodules

Pills

Jia Wei Xiao Yao Wan (Free and Easy Wanderer Plus Teapills, Dan Zhi Xiao Yao Wan)

Nei Xiao Luo Li Wan (Nei Xiao Luo Li Teapills)

– add if there are nodules

Acupuncture

See Table 17.9, p.808.

Clinical notes

- Liver qi constraint with heat is a common pattern of early stage hyperthyroidism, most commonly seen in women under forty. This pattern responds reliably well to early intervention, and both symptoms and levels of thyroid hormones can usually be controlled within 4–6 weeks.
- Once an episode of hyperthyroidism has occurred, it is more likely to occur again, especially if the patient is in a stressful situation at work or home. Appropriate stress management techniques should be encouraged. Exercise is an essential component of treatment (p.103), with yoga, taijiquan very helpful in controlling stress. Relaxation techniques and meditation are also helpful.
- Hot spot therapy is helpful, p.923.
- During the acute phase, including some specific foods in the diet can assist in reducing thyroxine production. See Table 17.7, p.805. A qi regulating and cooling diet can be helpful. See Clinical Handbook, Vol.2, pp.878 and 882.

肝郁痰热阳亢

17.2.2 LIVER QI CONSTRAINT WITH PHLEGM HEAT

The main features of this pattern are qi constraint, phlegm and heat. The phlegm component is significant, and may be substantial (thyroid swelling) or insubstantial (misting the Heart causing manic behavior and shen disturbance). The heat component is moderate to strong.

Clinical features

- **severe irritability to the point of mania, uncontrollable outbursts or psychosis**
- **anxiety, palpitations, tachycardia**
- insomnia, restlessness, agitation, nightmares or dream disturbed sleep
- heat intolerance, patient feels hot (may exude a scorched smell)
- sweating
- red complexion, facial flushing
- sore red dry eyes, exophthalmos, distension in the eyes, excessive lacrimation
- constipation or alternating constipation and diarrhea
- tremor of the hands
- bitter taste in the mouth
- soft swelling of the thyroid, may be relatively large (but not always present)

T red tongue or red edged tongue with a greasy white or yellow coat

P wiry, strong, slippery pulse

Treatment principle

Dredge the Liver and regulate qi

Transform phlegm, clear heat and calm the shen

Prescription**CHAI HU JIA LONG GU MU LI TANG** 柴胡加龙骨牡蛎汤

Bupleurum plus Dragon Bone and Oyster Shell Decoction, modified

chai hu (Bupleuri Radix) 柴胡	6–12g
zhi ban xia (Pinelliae Rhizoma preparatum) 制半夏	6–9g
fu ling (Poria) 茯苓	9–12g
gui zhi (Cinnamomi Ramulus) 桂枝	3–6g
sheng jiang (Zingiberis Rhizoma recens) 生姜	6–9g
huang qin (Scutellariae Radix) 黄芩	6–9g
da huang (Rhei Radix et Rhizoma) 大黄	6–9g
ren shen (Ginseng Radix) 人参	6–9g
long gu (Fossilia Ossis Mastodi) 龙骨	15–30g
mu li (Ostreae Concha) 牡蛎	15–30g
sheng tie luo (Ferri Frusta) 生铁落	15–30g
da zao (Jujubae Fructus) 大枣	4 fruit
xia ku cao (Prunellae Spica) 夏枯草	18–24g
xuan shen (Scrophulariae Radix) 玄参	12–18g

Method: Decoction or powder. When decocted, the **long gu**, **mu li** and **sheng tie luo** are cooked for 30–60 minutes prior to the other herbs, and the **da huang** is added towards the end of cooking.

Chai hu dredges the Liver and regulates qi, and with **huang qin**, clears heat and dispels pathogens from shaoyang; **huang qin** also clears heat from the upper burner; **ren shen** supplements qi and moistens dryness; **zhi ban xia** transforms phlegm; **sheng tie lu**, **long gu** and **mu li** pacify and anchor yang and calm the shen; **fu ling** strengthens the Spleen and calms the shen; **gui zhi** frees yang qi circulation in the chest and dispels pathogens from the exterior; **da huang** clears heat and open the bowels; **sheng jiang** and **da zao** harmonize the Stomach and protect it from the harsh effects of the minerals and bitter dispersing herbs; **xia ku cao** cools the Liver, clears heat and dissipates masses; **xuan shen** clears heat and cools the blood, protects and nourishes yin and dissipates masses. (Source: *Shang Han Lun*)

Modifications

- With a diffuse goitre or nodules combine with **XIAO LUO WAN** (Reduce Scrophularia Pill 消瘰丸, p.921 and 806) or **SAN ZI YANG QIN TANG** (Three Seed Decoction to Nourish One's Parents 三子养亲汤, p.918 and 806).
- With tremors, add **shi jue ming** (Haliotidis Concha) 石决明 15–30g [cooked first] and **gou teng** (Uncariae Ramulus cum Uncis) 钩藤 12–15g [added towards the end].
- With confusion or muddled thinking, add **shi chang pu** (Acori tatarinowii Rhizoma) 石菖蒲 6–9g and **yuan zhi** (Polygalae Radix) 远志 6–9g.
- With fluid damage, add one or two of the following herbs: **mai dong** (Ophiopogonis Radix) 麦冬 9–12g, **sha shen** (Glehniae/Adenophorae Radix) 沙参 9–12g and **tian hua fen** (Trichosanthes Radix) 天花粉 12–15g.
- Without constipation, delete **da huang**.

Prepared medicines

Concentrated powder

Chai Hu Jia Long Gu Mu Li Tang (Bupleurum & Dragon Bone Combination)

Xiao Luo Wan (Scrophularia & Fritillaria Combination)

– add if there are nodules

Acupuncture

See Table 17.9, p.808.

Clinical notes

- This is a relatively common presentation of hyperthyroidism, and one in which the mental aspects of the pattern often emerge before the physical symptoms. Patients may report that the first signs of something wrong was irrational and uncontrollable anger, and erratic behavior uncharacteristic of their usual personality. Due to the phlegm component, this pattern is also more likely to exhibit a thyroid swelling at some point.
- With frequent treatment, the phlegm and heat can be reliably cleared within 4–8 weeks, and the patient made more comfortable.
- Exercise is essential and relaxation techniques are helpful for long term management.
- Hot spot therapy is helpful, p.923.
- During the acute phase including some specific foods in the diet can assist in reducing thyroxine production. See Table 17.7, p.805. A qi regulating and cooling diet can be helpful. See Clinical Handbook, Vol.2, pp.878 and 882.

肝
胃
火
旺**17.2.3 LIVER (AND HEART, STOMACH) FIRE**

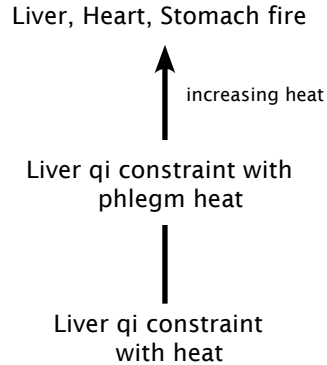
This is similar to the previous pattern, 17.2.2, but the heat is more concentrated and intense. When heat is this severe the yin can be quickly damaged. The main priority of treatment is to quickly cool the heat. Once the heat is reduced, there will be more focus on regulating Liver qi.

Clinical features

- **heat intolerance, patient feels hot and unable to cool down, warm or hot clammy skin, flushing, heat intolerance**
- red, sore, dry, bloodshot eyes, exophthalmos, distension in the eyes, excessive lacrimation
- severe irritability, anger, uncontrollable temper; nervousness, restlessness
- hand tremor
- frequent bowel movements, or constipation
- pruritus
- bitter taste in the mouth
- menstrual irregularity, premenstrual syndrome, may be amenorrhea or heavy periods
- soft, maybe tender swelling of the thyroid (not always present)
- **with Stomach fire:** thirst, ravenous hunger, weight loss
- **with Heart fire:** copious sweating, severe insomnia, palpitations, mental instability

T red or red edged or red tipped tongue with a thick or dry yellow coat

P wiry strong rapid surging pulse

**Treatment principle**

Clear and purge fire from the Liver, Heart and Stomach

Prescription

LONG DAN XIE GAN TANG 龙胆泻肝汤

Gentian Decoction to Purge the Liver, plus

YI GUAN JIAN 一贯煎

Linking Decoction, modified

jiu long dan cao (wine fried Gentianae Radix) 酒龙胆草	3-9g
huang qin (Scutellariae Radix) 黄芩	6-12g
shan zhi zi (Gardeniae Fructus) 山栀子	6-12g
ze xie (Alismatis Rhizoma) 泽泻	6-12g
mu tong (Akebiae Caulis) 木通	3-6g
che qian zi (Plantaginis Semen) 车前子	9-15g
sheng di (Rehmanniae Radix) 生地	24-45g
dang gui (Angelicae sinensis Radix) 当归	6-12g
chai hu (Bupleuri Radix) 柴胡	3-9g
gan cao (Glycyrrhizae Radix) 甘草	3-6g

gou qi zi (Lycii Fructus) 枸杞子.....	9–18g
sha shen (Glehniae/Adenophorae Radix) 沙参.....	9–12g
mai dong (Ophiopogonis Radix) 麦冬.....	9–12g
chuan lian zi (Toosendan Fructus) 川楝子.....	3–6g
xia ku cao (Prunellae Spica) 夏枯草.....	18–24g
xuan shen (Scrophulariae Radix) 玄参.....	12–18g

Method: Decoction. **Jiu long dan cao** cools the Liver and clears heat; **shan zhi zi** clears heat from all three burners; and **huang qin** clears heat from the upper burner; **chai hu** clears heat, dredges the Liver and alleviates qi constraint; **ze xie**, **che qian zi** and **mu tong** promote urination to provide an escape route for the heat; **sheng di** cools the blood and protects yin from damage by intense heat and the bitter cold herbs; **dang gui** nourishes and protects blood; **gan cao** protects the Stomach; **gou qi zi** enriches Liver yin and blood; **sha shen** and **mai dong** protect yin; **chuan lian zi** rectifies qi and stops pain; **xia ku cao** cools the Liver, clears heat and dissipates masses; **xuan shen** clears heat and cools the blood, protects and nourishes yin and dissipates masses. (Source: *Zhong Yi Wai Ke Xue [Yi Fang Ji Jie / Xu Ming Yi Lei An]*)

Modifications

- With blazing fire, a relatively high dose of the iodine containing **hai zao** (Sargassum) 海藻 30–60g and **kun bu** (Eckloniae Thallus) 昆布 30–60g can be used for a week or so to assist in quickly dampening down the heat.
- Additional herbs can be selected on the basis of the specific symptom picture from Table 17.8, p.806–807.
- With a diffuse goitre or nodules combine with **XIAO LUO WAN** (Reduce Scrophula Pill 消瘰丸, p.921 and 806) or **SAN ZI YANG QIN TANG** (Three Seed Decoction to Nourish One's Parents 三子养亲汤, p.918 and 806).
- With Heart fire, add **lian zi** (Nelumbinis Semen) 莲子 6–9g and **huang lian** (Coptidis Rhizoma) 黄连 3–6g.
- With Stomach fire, add **shi gao** (Gypsum fibrosum) 石膏 15–30g [cooked first], **zhi mu** (Anemarrhenae Rhizoma) 知母 9–12g and **tian hua fen** (Trichosanthes Radix) 天花粉 12–15g.
- With tremors, add **shi jue ming** (Haliotidis Concha) 石决明 15–30g [cooked first] and **gou teng** (Uncariae Ramulus cum Uncis) 钩藤 12–15g [added towards the end].
- With phlegm heat, add **yu jin** (Curcumae Radix) 郁金 9–12g.
- To further protect fluids and yin, increase the doses of **mai dong** (Ophiopogonis Radix) 麦冬 and **sha shen** (Glehniae/Adenophorae Radix) 沙参 to 18g and add **tian hua fen** (Trichosanthes Radix) 天花粉 12–15g and **bai shao** (Paeoniae Radix alba) 白芍 9–15g.

Prepared medicines

Concentrated powder

Long Dan Xie Gan Tang (Gentiana Combination) plus Yi Guan Jian (Linking Combination)

Xiao Luo Wan (Scrophularia & Fritillaria Combination)

– add if there are nodules

Pills

Long Dan Xie Gan Wan (Snake and Dragon Teapills) plus Yi Guan Jian Wan

(Linking Decoction Teapills)

Acupuncture

See Table 17.9, p.808.

Clinical notes

- Liver and Heart fire may be diagnosed as acute hyperthyroidism or thyrotoxicosis (also known as thyroid storm). This pattern can be more difficult than the previous two, and takes aggressive and frequent treatment to bring under control. It can be dangerous if not swiftly brought under control, and management in hospital may be necessary.
- During the acute phase including some specific foods in the diet can assist in lowering thyroxine production. See Table 17.7, p.805. When the condition is under control, a qi regulating and cooling diet can be helpful. See Clinical Handbook, Vol.2, pp.878 and 882.
- Hot spot therapy is helpful, p.923.
- The iodine rich herbs, **hai zao** (Sargassum) 海藻 and **kun bu** (Eckloniae Thal-
lus) 昆布 can be used in the same fashion as pharmacological doses of potassium iodide (see pp.775 and 807). High doses in the order of 30–60 grams, used for a week or so, have the effect of suppressing thyroxine production and quickly dampening the heat and sparing the yin. Continued use for more than a week, however, provides more fuel to the fire, and they should be discontinued after no more than 10 days.
- Once the acute phase is under control, exercise to mobilize qi and appropriate stress management techniques to calm the shen should be encouraged. Exercise is an essential component of long term treatment (p.103), with yoga, taijiquan very helpful in controlling stress. Relaxation techniques and meditation can also be helpful in preventing reoccurrence.

风 温 瘦 痛

17.2.4 WIND HEAT OR WIND WARMTH (WARM DISEASE)

This pattern is associated with acute swelling of the thyroid due to external pathogenic invasion (either viral or bacterial) or localized heat following radiation treatment. It tends to appear in seasonal clusters, and can easily lead to yin or yang qi deficiency complications. It may also occur in postpartum women with a yin and blood deficiency predisposition.

Clinical features

- Acute tenderness and mild to moderate swelling of the thyroid with redness of the overlying skin. The swelling usually appears a couple of weeks after a wind heat invasion with sore throat, cough and fever. The main feature of this pattern is the tenderness of the thyroid, which may radiate into the jaw and throat and cause dysphagia.
- tachycardia, palpitations
- copious sweating
- tremor, shakiness
- fever
- malaise, nausea
- thirst
- restlessness
- headache

T thick, greasy, yellow tongue coat

P rapid, strong pulse

Treatment principle

Vent and resolve toxic heat and wind heat

Alleviate swelling and pain

Prescription

PU JI XIAO DU YIN 普济消毒饮

Universal Benefit Drink to Eliminate Toxin

jiu huang qin (Scutellariae Radix) 酒黄芩	6–12g
jiu huang lian (Coptidis Rhizoma) 酒黄连	3–9g
xuan shen (Scrophulariae Radix) 玄参	6–12g
niu bang zi (Arctii Fructus) 牛蒡子	9–15g
lian qiao (Forsythiae Fructus) 连翘	6–12g
ban lan gen (Isatidis/Baphicacanthis Radix) 板蓝根	9–15g
jie geng (Platycodi Radix) 桔梗	3–6g
chai hu (Bupleuri Radix) 柴胡	3–9g
gan cao (Glycyrrhizae Radix) 甘草	3–6g
chen pi (Citri reticulatae Pericarpium) 陈皮	3–6g
ma bo (Lasiophraerae/Calvatiae) 马勃	2–3g
bai jiang can (Bombyx Batryticatus) 白僵蚕	3–9g
bo he (Mentha haplocalycis Herba) 薄荷	3–6g
sheng ma (Cimicifugae Rhizoma) 升麻	3–6g

Method: Decoction. **Jiu huang qin** and **jiu huang lian** clear heat and toxic heat from the upper burner; the wine processing focuses the action of these herbs on the upper body and head; **niu bang zi**, **lian qiao**, **bo he** and **bai jiang can** dispel wind heat from the head and upper burner; **xuan shen**, **ma bo**, **ban lan gen**, **jie geng** and **gan cao** clear toxic heat from the throat; **chen pi** regulates qi and assists in moving stagnant qi and alleviating pain; the ascending action of **sheng ma** and **chai hu** when used together, help the formula target the upper body, while dispersing wind heat from the face and head. (Source: *Zhong Yi Wai Ke Xue* [Dong Yuan Shi Xiao Fang])

Prepared medicines

Concentrated powder

Pu Ji Xiao Du Yin (Scute & Cimicifuga Combination)

Xian Fang Huo Ming Yin (Angelica & Mastic Combination)

Pills

Pu Ji Xiao Du Wan (Universal Benefit Teapills)

Huang Lian Shang Qing Pian (Huang Lien Shang Ching Pien)

Chuan Xin Lian Kang Yan Pian (Chuan Xin Lian Antiphlogistic Tablets)

– all toxic heat patterns

Niu Huang Qing Huo Wan

– severe cases

Acupuncture (select from)

The treatment of this condition differs from that of other patterns of hyperthyroidism.

Du.14 (dazhui –).....meeting point of the yang channels, clears heat and drains fire

SJ.5 (waiguan).....connecting point of the triple burner, clears heat, dispels wind heat and alleviates swelling in the neck

St.44 (neiting –).....together these points clear heat from yangming and

LI.4 (hegu –).....have a special effect on heat lesions of the jaw and neck

Lu.10 (yuji).....fire point of the Lungs, clears heat from the Lungs and benefits the throat

LI.11 (quchi –).....sea point of the Large Intestine, clears heat and damp from yangming, dispels wind and regulates qi and blood

Lu.11 (shaoshang ↓).....wood point of the Lungs, clears heat from the Lungs, dispels wind heat and eases the throat

Du.10 (lingtai –).....these points have a special effect on pyogenic lesions

Du.12 (shenzhu –)

Kid.6 (zhaohai).....protects yin from damage by the extreme heat and benefits the throat.

- with severe heat, bleed the jing points of the finger tips
- Ear points: lungs, thyroid, tonsils ↓

Clinical notes

- A wind heat or wind warmth pattern of thyroid swelling and tenderness may be diagnosed as acute or subacute thyroiditis as a result of infection or following

radiation treatment for other pathology in the neck.

- This is a relatively uncommon pattern, but one which can be easily misdiagnosed. There are usually clear signs of hyperthyroid activity, but the clinching feature is the history and the degree of tenderness in the gland itself which is generally not seen in the other patterns. This is a transitory hyperthyroidism due to release of T4 and T3 from viral destruction of follicle cells.
- Because thyroid follicle cells are destroyed by the inflammatory process, patients often experience a period of hypothyroidism after resolution of the acute phase.

Table 17.7 Goitrogenic foods and a gluten free diet assist in management of hyperthyroid conditions.

These items contain substances that inhibit thyroid hormone synthesis. They can be used therapeutically in hyperthyroid cases to suppress thyroid function. When they comprise a large part of the diet they may contribute to goitre formation or hypothyroidism. They contain thiocyanates that interfere with uptake and concentration of iodine, as well as inhibiting thyroperoxidase activity. Thiocyanates are heat sensitive, so cooking can deactivate the effect to a degree.	
Brassica family	broccoli (generally considered the most effective), cabbage, cauliflower, kale, brussel sprouts, kohlrabi, mustard, mustard seed, many chinese vegetables (bok choy, choy sum, wong bok, gai lan, tatsoi, mizuna, mustard greens), canola, turnips, collard greens
Lesser known (effects for some are disputed)	cassava, millet, peanuts, cashews, almonds, areca nut (bing lang), bamboo shoots, lima beans, horseradish, maize
Gluten free diet. Especially indicated when there is known gluten intolerance or clear evidence of Spleen deficiency or damp.	
Avoid	Any product made with wheat, rye, barley and oat flours, or ingredients and by products made from those grains. As a general rule all processed foods containing wheat, gluten-derivatives, or thickeners (which is most of them). Easiest to avoid anything in a packet or can. Problematic items include ice cream, salad dressings, canned soups, dried soup mixes, processed cheeses, cream sauces, sausages, hot dogs and many others.
Include	Fresh meat, fish and poultry, corn and rice, milk, yogurt and unprocessed cheeses, dried beans, fresh or frozen fruits and vegetables

Table 17.8 Herbs with a specific effect on the thyroid

Xia Ku Cao <i>Prunellae Spica</i> 夏枯草	Selfheal spike; bitter, pungent, cold; Liver, Gallbladder. Cools the Liver and dissipates masses and nodules. An important herb for thyroid patterns with inflammation, swelling and nodules associated with Liver fire or phlegm fire. Added to all formulas to treat hyperthyroid conditions.	
Lian Qiao <i>Forsythiae Fructus</i> 连翘	Forsythia fruit; pungent, cool, bitter; Heart, Lung, Gallbladder. Has the ability to penetrate deeply into dense congealed areas and assist other herbs in gaining access. For hot type thyroid nodules.	
Huang Yao Zi <i>Dioscoreaea bulbiferae Rhizoma</i> 黄药子	Dioscorea bulbifera root; bitter, cold, toxic; Liver, Stomach, Heart, Lung. Dissipates nodules and goitre. For Liver heat and phlegm heat patterns. Also used for thyroid cancer. Can cause liver damage, and toxicity precludes its use in those with hepatic dysfunction (chronic hepatitis, cirrhosis). Usually reserved for non responsive cases.	
Zhe Bei Mu <i>Fritillaria thunbergii</i> Bulbus 浙贝母	Xiao Luo Wan 消瘰丸	Zhejiang fritillaria tuber; bitter, cold; Heart, Lung. Dissipates nodules. An important herb for phlegm masses in the thyroid, usually in combination with mu li and xuan shen .
Mu Li <i>Ostreae Concha</i> 牡蛎		Oyster shell; salty, astringent, cool; Liver, Kidney. Softens hardness and dissipates masses and nodules. An important substance for a variety of masses and swellings, including goitre and thyroid nodules.
Xuan Shen <i>Scrophularia Radix</i> 玄参		Scrophularia root; salty, sweet, bitter, cool; Kidney, Lung. Softens hardness, dissipates masses and nodules, cools the blood and nourishes yin. For phlegm and phlegm heat swelling and nodules in the neck and thyroid.
Bai Jie Zi <i>Sinapsis Semen</i> 白芥子	San Zi Yang Qin Tang 三子养亲汤	Mustard seed; pungent, warm; Lung, Stomach. Dissolves phlegm and disperses nodules. Traditionally used for cold patterns, but can inhibit thyroid hormone production (as a member of the Brassica family, see p.805) and so can be used for heat and hyperthyroid patterns, when combined with an appropriate cooling formula.
Lai Fu Zi <i>Raphani Semen</i> 莱菔子		Radish seed; pungent, sweet; Lung, Spleen. Dissolves phlegm and food stagnation. Member of the brassica family, p.805, so can be used for heat and hyperthyroid patterns.
Su Zi <i>Perillae Fructus</i> 苏子		Perilla seed; pungent, warm; Lung, Large Intestine. Dissolves phlegm and directs qi downwards. For phlegm swellings.

Table 17.8 Herbs with a specific effect on the thyroid (cont.)

Hai Zao Sargassum 海藻	Hai Zao–sargassum seaweed; bitter, salty, cold; Liver, Stomach, Kidney; Kun Bu–kelp; salty, cold; Liver, Stomach, Kidney. These herbs disperse phlegm and dissipate nodules. Used together for various types of phlegm and phlegm heat thyroid masses and nodules. Being rich in iodine they can be used in high doses (to 60 grams each) for a week or so to quickly dampen down thyroxine production in thyrotoxicosis.
Kun Bu Eckloniae Thallus 昆布	
Wa Leng Zi Arcae Concha 瓦楞子	Arc shell; sweet, salty, neutral; Liver, Spleen, Lung, Stomach. Softens hardness, activates blood, disperses phlegm and dissipates masses. Used for both phlegm and blood stasis type thyroid swelling and nodules.
Hai Fu Shi Costaziae Os 海浮石	Pumice; salty, cold; Lung. Softens hardness and dissipates nodules. For thyroid nodules from heat and phlegm heat.
Hai Ge Ke Meretricis/Cyclinae Concha 海蛤壳	Clam shell; salty, cold; Lung, Kidney. Softens hardness and dissipates masses. For thyroid nodules from heat and phlegm heat.
E Zhu Curcumae Rhizoma 莪术	E zhu–curcuma rhizome; bitter, pungent, warm. San leng–scirpus; bitter, pungent, neutral; both enter the Liver and Spleen. Together these herbs break up blood stasis and disperse masses. Used together for a variety of masses and tumors, especially when they are very firm. Used for both benign and malignant thyroid nodules and tumors.
San Leng Sparganii Rhizoma 三棱	
Symptomatic treatment	
Nodules	Xiao Luo Wan (rubbery, diffuse, euthyroid) San Zi Yang Qi Tang ('hot', firmer, smaller) e zhu + san leng (hard nodules)
Goitre	kun bu, hai zao (diffuse euthyroid), xia ku cao, huang yao zi
Tremors	shi jue ming, gou teng, shan yang jiao (山羊角 goat horn, substitute for ling yang jiao 羚羊角), bai ji li, bai shao, mu gua
Eyes (irritation, protrusion)	bai ji li, xia ku cao, jue ming zi, qing xiang zi, gou qi zi
Palpitations, tachycardia	long gu, ci shi, hu po, dan shen, yuan zhi, ye jiao teng, zhen zhu mu
Insomnia	long gu, mu li, suan zao ren, he huan pi, ye jiao teng
Thirst, ravenous hunger	shi gao, zhi mu, tian hua fen
Spider veins, peripheral numbness, left iliac fossa pressure pain (blood stasis)	dan shen, yu jin, tao ren (the latter not when there are loose or frequent bowel movements), ji xue teng, chuan niu xi

Table 17.9 Acupuncture points for the excess patterns of hyperthyroid

The basic treatment for acute patterns with marked heat, agitation and palpitations. The main aim of treatment is to quickly clear heat, regulate and move stagnant qi; secondary aims are to calm the shen, restrain ascendant yang, resolve phlegm and protect yin.	
PC.6 neiguan	Regulates the Liver, downbears counterflow qi, calms the shen and opens yinweimai. The main point for acute excess hyperthyroid patterns when the Liver is the main organ system affected. PC.6 restrains the exuberance of an overactive Liver and downbears counterflow qi from the upper body. Combined with Kid.9 zhubin to help in pulling the ascendant yang and heat away from the upper body.
Kid.9 zhubin	The cleft point of yinweimai, calms the shen and draws heat and yang downwards and away from the upper body when combined with PC.6 neiguan.
Liv.3 taichong +/- Liv.2 xingjian	Regulates the Liver and alleviates qi constraint; clears heat and fire from the Liver.
Lu.7 lieque Kid.6 zhaohai	Opens up the flow of qi through renmai and directs qi downwards; protects yin from damage by the heat.
LI.4 hegu Liv.3 taichong Du.20 baihui	This combination is a good standby when the qi stagnation, agitation and wind (tremor) components are obvious. Usually used once or twice to settle the patient down.
LI.11 quchi St.44 neiting	Clears heat and fire from yangming; used for ravenous hunger and thirst.
Liv.8 ququan	Supports Liver yin and clears heat.
St.40 fenglong	Added when there is goitre or nodules, often paired with Sp.3 taibai and PC.5 jianshi.
local points St.10 shuitu Ren.22 tiantu	Shallow needling of local points obliquely towards any swelling on the thyroid circulates qi and blood and reduces accumulation.
Ear points	p.831, plus zero point

17.2.5 HEART AND KIDNEY YIN DEFICIENCY

This is the basic pattern in chronic and persistent hyperthyroid conditions, and in older patients with hyperthyroidism. This basic yin deficiency pattern is often complicated by other pathology that alters the presentation and the treatment approach. The common variations are described below. When yin deficiency is prolonged or severe, it will usually be complicated by blood stasis. All patterns below, except the Heart and Spleen deficiency pattern, share common features although they differ in the organ primarily affected by the deficiency, and the degree of heat. In this and the patterns that follow, there is frequently a history of some significant emotional trauma or shock in the preceding 12 months.

Clinical features

- **Anxiety, panic attacks, nervousness, irritability, insomnia, dream disturbed sleep**
- palpitations, tachycardia
- tiredness and fatigue compounded by a sense of jitteriness and over stimulation (exhausted during the day, but unable to sleep or wide awake at night)
- poor concentration, forgetfulness
- heat in the hands, palmar erythema
- facial flushing
- sweating, clamminess
- may or may not present with a goitre or nodules
- may be dry, irritated eyes, excessive lacrimation, lid lag or exophthalmos
- pruritus

T dry, cracked or red tongue with little coat; may be mouth or tongue ulcers

P thready, weak pulse, maybe rapid

Treatment principle

Nourish and enrich Heart and Kidney yin, clear heat, calm the shen

Transform phlegm as necessary

Prescription**TIAN WANG BU XIN DAN** 天王补心丹

Emperor of Heaven's Special Pill to Supplement the Heart

sheng di (Rehmanniae Radix) 生地.....	120 (24)g
xuan shen (Scrophulariae Radix) 玄参	60 (18)g
mai dong (Ophiopogonis Radix) 麦冬	30 (12)g
tian dong (Asparagi Radix) 天冬	30 (12)g
chao suan zao ren (stir fried Zizyphi spinosae Semen) 炒酸枣仁.....	30 (12)g
dang gui (Angelicae sinensis Radix) 当归	30 (9)g
wu wei zi (Schizandrae Fructus) 五味子	30 (9)g
bai zi ren (Platycladi Semen) 柏子仁	30 (9)g
dan shen (Salviae miltiorrhizae Radix) 丹参.....	15 (12)g
fu ling (Poria) 茯苓	15 (12)g
ren shen (Ginseng Radix) 人参	15 (9)g

jie geng (Platycodi Radix) 桔梗.....15 (9)g

yuan zhi (Polygalae Radix) 远志.....15 (6)g

Method: Pills or powder. Grind herbs to a fine powder and form into 9 gram pills with honey. The dose is one pill 2–3 times daily. Can also be decocted with the doses shown in brackets. **Sheng di** and **xuan shen** nourish and supplement Kidney yin and cool the blood; **tian dong** and **mai dong** clear heat and moisten dryness; **dan shen** and **dang gui** nourish and regulate blood and prevent the supplementing herbs from causing blood stasis; **dan shen** also clears heat; **chao suan zao ren**, **bai zi ren** and **yuan zhi** calm the shen; **ren shen** and **fu ling** strengthen the Spleen and supplement qi; **wu wei zi** secures Heart qi and yin, calms the shen and stops sweating; **jie geng** diffuses the Lungs and directs the action of the other herbs to the upper body; **xuan shen**, **yuan zhi** and **jie geng** transform phlegm. (Source: *Zhong Yi Zhi Liao Ning Nan Za Bing Mi Yao* [*She Sheng Mi Pou*])

Modifications

- With a diffuse goitre or nodules, combine with **XIAO LUO WAN** (Reduce Scrophula Pill 消瘰丸, p.921 and 806).

Prepared medicines

Concentrated powder

Tian Wang Bu Xin Dan (Ginseng & Zizyphus Formula)

Xiao Luo Wan (Scrophularia & Fritillaria Combination)

– add if there are nodules

Pills

Tian Wang Bu Xin Dan (Emperor's Teapills, Tian Wang Pu Hsin Tan)

Nei Xiao Luo Li Wan (Nei Xiao Luo Li Teapills)

– add if there are nodules

Acupuncture

See Table 17.10, p.822.

Clinical notes

- Heart and Kidney yin deficiency is a common pattern of hyperthyroidism and one that generally responds well to treatment.
- During the acute phase, including some specific foods in the diet can assist in reducing thyroxine production. See Table 17.7, p.805, otherwise a yin nourishing diet is recommended. See Clinical Handbook, Vol.2, p.876.

心
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虚**17.2.6 HEART YIN AND QI DEFICIENCY**

The addition of qi deficiency in this pattern gives rise to a functional weakness in cardiac rhythm. This variation of the basic yin deficiency pattern is more common in an older age group, over 50 years.

Clinical features

- **Arrhythmia, tachycardia, palpitations.** Irregular heart beat may not be apparent to the patient and only detected during pulse examination. Irregularity may be intermittent or frequent. The more irregular the pulse and the more frequent the dropped beats the more severe the deficiency. Palpitations and tachycardia are worse at night; the patient may wake with a racing heart.
- mild anxiety, irritability, jitteriness
- insomnia, dream disturbed sleep
- tiredness, fatigue and weakness
- poor concentration, forgetfulness, poor memory
- breathlessness with exertion
- heat in the hands, palmar erythema
- facial flushing
- easy sweating, clamminess, night sweats
- pruritus
- may or may not present with a goitre or nodules; when nodules are present they are usually multiple
- dry, irritated eyes, lid lag or exophthalmos

T pink or swollen and slightly red, maybe cracked tongue with little coat

P **irregularly irregular pulse**, or thready weak pulse

Treatment principle

Nourish and supplement Heart qi and yin

Prescription**ZHI GAN CAO TANG** 炙甘草汤

Prepared Licorice Decoction

zhi gan cao (Glycyrrhizae Radix preparata) 炙甘草	12–15g
sheng di (Rehmanniae Radix) 生地	24–30g
mai dong (Ophiopogonis Radix) 麦冬	15–24g
huo ma ren (Cannabis Semen) 火麻仁	9–12g
ren shen (Ginseng Radix) 人参	6–9g
sheng jiang (Zingiberis Rhizoma recens) 生姜	6–9g
gui zhi (Cinnamomi Ramulus) 桂枝	6–9g
e jiao (Asini Corii Colla) 阿胶	6–9g
da zao (Jujubae Fructus) 大枣	5 fruit

Method: Decoction or powder. **E jiao** is melted in the strained decoction. **Zhi gan cao** strengthens the Spleen and Stomach, supplements qi and unblocks the flow of yang qi to the Heart; **ren shen** and **da zao** strengthen the Spleen, supplement qi, nourish the Heart and support yuan qi; **sheng di**, **mai dong**, **huo ma ren** and **e jiao** nourish yin, and moisten dryness; **sheng jiang**, **gui zhi** and the rice wine promote the movement of yang qi in the chest and assist in restoring the pulse. (Source:

Zhong Yi Nei Ke Xue [Shang Han Lun]

Modifications

- With a diffuse goitre or nodules, combine with **XIAO LUO WAN** (Reduce Scrophula Pill 消瘰丸, p.921 and 806).
- With more marked anxiety, and prominent insomnia and night sweats, delete **huo ma ren** and add **bai zi ren** (Platycladi Semen) 柏子仁 9–12g and **suan zao ren** (Ziziphi spinosae Semen) 酸枣仁 12–15g.
- With marked or unsettling palpitations, add **ci shi** (Magnetitum) 磁石 15–30g or **hu po** (Succinum) 琥珀 1–3g [as powder added to strained decoction].

Prepared medicines

Concentrated powder

Zhi Gan Cao Tang (Licorice Combination)

Xiao Luo Wan (Scrophularia & Fritillaria Combination)

– add if there are nodules

Pills

Zhi Gan Cao Wan (Zhi Gan Cao Teapills)

Nei Xiao Luo Li Wan (Nei Xiao Luo Li Teapills)

– add if there are nodules

Acupuncture

See Table 17.10, p.822.

Clinical notes

- Heart qi and yin deficiency is a relatively common presentation of hyperthyroid in an older age group. It can respond quite well to treatment, but it usually takes some time (months) to improve and maintain a stable cardiac rhythm.
- During the acute phase, including some specific foods in the diet can assist in reducing thyroxine production. See Table 17.7, p.805, otherwise a qi and yin nourishing diet is recommended. See Clinical Handbook, Vol.2, pp.870 and 876.

17.2.7 LIVER AND KIDNEY YIN DEFICIENCY WITH HEAT, ASCENDANT YANG AND WIND

This variation of the basic yin deficiency pattern is characterized by more heat and more severe Kidney yin deficiency than the previous two patterns, with the addition of some wind in the form of an obvious tremor.

Clinical features

- **heat intolerance that increases in the afternoon and at night**
- **sweating, frequent drenching night sweats**
- **bone steaming fevers, tidal fever**
- **tremor usually obvious**
- **hyperkinesia**
- tiredness and fatigue, yet with a jitteriness that prevents rest
- insomnia, restlessness
- lower back ache
- weakness of the proximal muscles, especially thighs and hips
- heat in the hands and feet, palmar erythema
- urinary irritation, scanty concentrated urine
- scanty periods or amenorrhea; infertility; impotence in men; loss of libido
- alopecia
- may be lymphadenopathy

T red, dry, peeled, without coat or mirror tongue

P thready, rapid pulse

Treatment principle

Nourish and enrich Liver and Kidney yin and clear heat

Pacify ascendant yang and extinguish wind

Prescription**ZHI BAI DI HUANG WAN** 知柏地黄丸

Anemarrhena, Phellodendron and Rehmannia Pill, modified

shu di (Rehmanniae Radix preparata) 熟地	18–24g
shan yao (Dioscoreae Rhizoma) 山药	12–15g
shan zhu yu (Corni Fructus) 山茱萸	12–15g
mu dan pi (Moutan Cortex) 牡丹皮	9–12g
fu ling (Poria) 茯苓	9–12g
ze xie (Alismatis Rhizoma) 泽泻	9–12g
zhi mu (Anemarrhenae Rhizoma) 知母	9–12g
huang bai (Phellodendri Cortex) 黄柏	9–12g
xia ku cao (Prunellae Spica) 夏枯草	15–24g
xuan shen (Scrophulariae Radix) 玄参	9–12g

Method: Decoction, powder or pills. Decoctions are preferred in the early stages of treatment until the heat has substantially cleared. When powdered, the herbs are ground into a fine powder and formed into 9 gram pills with honey, with one pill taken 2–3 times daily with a little salty water.

Shu di nourishes and supplements Kidney yin and blood and augments the jing; **shan zhu yu** supplements the Liver and Kidneys; **shan yao** strengthens the Spleen and secures jing; **ze xie** clears

heat and fire from the Kidneys through the urine; **mu dan pi** cools and activates the blood, and clears heat from the Liver; **fu ling** strengthens the Spleen and leaches damp out through the urine; **zhi mu** clears heat and nourishes yin; **huang bai** clears damp heat and drains fire from the Kidneys and lower burner; **xia ku cao** cools the Liver, clears heat and dissipates masses; **xuan shen** clears heat and cools the blood, protects and nourishes yin and dissipates masses. (Source: *Zhong Yi Nei Ke Shou Ce [Zheng Yin Mai Zhi]*)

Modifications

- With a diffuse goitre or nodules, combine with **XIAO LUO WAN** (Reduce Scrophula Pill 消瘰丸, p.921 and 806).
- Additional herbs can be selected from Table 17.8, p.806–807 on the basis of the specific symptoms.
- With blazing heat, a relatively high dose, 60g each, of the iodine containing **hai zao** (Sargassum) 海藻 and **kun bu** (Eckloniae Thallus) 昆布 can be used for a week or so to assist in dampening down the heat (see p.807).
- With tremors, add **shi jue ming** (Haliotidis Concha) 石决明 15–30g [cooked first] and **gou teng** (Uncariae Ramulus cum Uncis) 钩藤 12–15g [added at the end].
- With Stomach or Heart heat (thirst, hunger and weight loss) add **shi gao** (Gypsum fibrosum) 石膏 15–30g [cooked first] and **tian hua fen** (Trichosanthes Radix) 天花粉 12–15g.

Variations and additional prescriptions

Varying degrees of heat

The degree of heat and the prominent features in this pattern can vary. The primary prescription is suitable when the heat is moderate and the Kidney yin deficiency symptoms are obvious. As the degree of heat increases, different prescriptions can be used to deal with specific aspects of the pattern, with the aim of quickly clearing the heat, stopping sweating or fever, before returning to the basic Kidney supplement for long term supplementation.

When the deficiency heat is more intense, with bone steaming or afternoon fever, **DA BU YIN WAN** (Great Supplement the Yin Pill 大补阴丸, p.914) can be used to deeply enrich yin and cool the blood. When the night sweats are drenching and need to be quickly checked to avoid further damage to yin, select **DANG GUI LIU HUANG TANG** (Tangkuei and Six Yellow Decoction 当归六黄汤, p.704). When night-time fevers without sweating are the main feature, select **QING HAO BIE JIA TANG** (Sweet Wormwood and Soft-Shelled Turtle Shell Decoction 青蒿鳖甲汤, p.381) as guiding prescription.

Prepared medicines

Concentrated powder

Zhi Bai Di Huang Wan (Anemarrhena, Phellodendron & Rehmannia Formula)

Da Bu Yin Wan (Rehmannia & Testudinis Combination)

Dang Gui Liu Huang Tang (Tangkuei & Six Yellow Combination)

Qing Hao Bie Jia Tang (Artemesia & Turtle Shell Combination)

Xiao Luo Wan (Scrophularia & Fritillaria Combination)

– add if there are nodules

Pills

Zhi Bai Ba Wei Wan (Zhi Bai Ba Wei Wan, Eight Flavor Rehmannia Teapills)

Da Bu Yin Wan (Da Bu Yin Wan, Abundant Yin Teapills)

Nei Xiao Luo Li Wan (Nei Xiao Luo Li Teapills)

– add if there are nodules

Acupuncture

See Table 17.10, p.822.

Clinical notes

- Liver and Kidney yin deficiency with heat, ascendant yang and wind is a relatively severe pattern of hyperthyroidism that borders on thyrotoxicosis (thyroid storm).
- Including some specific foods in the diet can assist in reducing thyroxine production. See Table 17.7, p.805. Once the heat has cleared somewhat, a yin nourishing diet is recommended. See Clinical Handbook, Vol.2, p.876.

肝
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虚**17.2.8 LIVER AND HEART YIN DEFICIENCY**

This is a minor variant of the basic yin deficiency pattern, where the Liver yin deficiency is the main feature. Pathology of the eyes, nails and upper digestive tract is prominent. The heat symptoms tend to be somewhat muted. Symptoms have an emotional component.

Clinical features

- **dry, sore, irritated eyes, lid lag, exophthalmos**
- **brittle nails, onycholysis**
- insomnia
- anxiety, depression
- acid reflux, indigestion, nagging hunger, abdominal pain
- dry mouth and throat
- muscles spasms, tremor, tics; muscle tightness, stiffness and tension
- temporal headaches
- dull hypochondriac pain
- may or may not be a goitre or nodules

T red and dry with little or no coat

P thready, wiry pulse

Treatment principle

Supplement Liver yin and regulate qi

Prescription**YI GUAN JIAN** 一贯煎

Linking Decoction

sheng di (Rehmanniae Radix preparata) 生地	24–45g
gou qi zi (Lycii Fructus) 枸杞子	9–18g
sha shen (Glehniae/Adenophorae Radix) 沙参	9–12g
mai dong (Ophiopogonis Radix) 麦冬	9–12g
dang gui (Angelicae sinensis Radix) 当归	9–12g
chuan lian zi (Toosendan Fructus) 川楝子	3–6g

Method: Decoction. **Sheng di** and **gou qi zi** enrich and nourish Liver yin and blood; **sha shen** and **mai dong** nourish and supplement Stomach yin; **dang gui** supplements and activates Liver blood and softens the Liver; **chuan lian zi** regulates qi and stops pain. (Source: *Xu Ming Yi Lei An*)

Modifications

- With a diffuse goitre or nodules, combine with **XIAO LUO WAN** (Reduce Scrophula Pill 消瘿丸, p.921 and 806).
- With Heart and Stomach fire, add **jiu huang lian** (wine fried Coptidis Rhizoma) 酒黄连 1–1.5g.
- With constipation, add **huo ma ren** (Cannabis Semen) 火麻仁 9–12g or **gua lou ren** (Trichosanthis Semen) 栝楼仁 9–12g.
- With persistent hypochondriac ache, add **mei gui hua** (Rosae rugosae Flos) 玫瑰花 6–9g.
- With muscle spasms or tics, add **bai shao** (Paeoniae Radix alba) 白芍 12–18g

and **gan cao** (Glycyrrhizae Radix) 甘草 6–9g.

- With headaches, add **bai shao** (Paeoniae Radix alba) 白芍 12–18g.
- With marked acid reflux, add **hai piao xiao** (Sepiae Endoconcha) 海螵蛸 9–12g [as powder added to the strained decoction].
- With Stomach yin deficiency and a peeled or mirror tongue, add **yu zhu** (Polygonati odorati Rhizoma) 玉竹 12–15g.

Prepared medicines

Concentrated powder

Yi Guan Jian (Linking Combination)

Qi Ju Di Huang Wan (Lycium, Chrysanthemum & Rehmannia Formula)

Xiao Luo Wan (Scrophularia & Fritillaria Combination)

– add if there are nodules

Pills

Yi Guan Jian Wan (Linking Decoction Teapills)

Qi Ju Di Huang Wan (Lycium–Rehmannia Pills)

Nei Xiao Luo Li Wan (Nei Xiao Luo Li Teapills)

– add if there are nodules

Acupuncture

See Table 17.10, p.822.

Clinical notes

- Liver and Heart yin deficiency is a relatively uncommon presentation of yin deficient thyroid disorders.
- During the acute phase including some specific foods in the diet can assist in reducing thyroxine production. See Table 17.7, p.805, otherwise a yin nourishing diet is recommended. See Clinical Handbook, Vol.2, p.876.

阴 17.2.9 KIDNEY YIN AND YANG DEFICIENCY

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This is a late stage variant, where there are features of heat above and cold below. It may represent a transitional state between hyperthyroid and hypothyroid states. It is also seen in older patients and those on antithyroid medications (p.774).

Clinical features

- heat intolerance, flushing; hot and restless during the night but then cold and unable to warm up in the early hours of the morning and during the day
- sweating, night sweats
- anxiety, nervousness, depression, irritability
- insomnia, fitful sleep
- fatigue, tiredness
- fine tremor, muscle tics
- amenorrhea
- warm hands, cold legs and feet
- lower back ache and weakness; back may feel cold
- weakness of the legs and hips
- frequent urination, nocturia
- may or may not be goitre or nodules
- hypertension

T pink or reddish, swollen tongue with little or no coat

P thready, wiry pulse

Treatment principle

Strengthen and warm Kidney yang, nourish Kidney yin and clear heat

Prescription

ER XIAN TANG 二仙汤

Two Immortal Decoction

xian mao (Curculiginis Rhizoma) 仙茅 9–15g

xian ling pi (Epimedii Herba) 仙灵脾 9–15g

dang gui (Radix Angelicae Sinensis) 当归 9–12g

ba ji tian (Morindae officinalis Radix) 巴戟天 9–12g

huang bai (Phellodendri Cortex) 黄柏 6–9g

zhi mu (Anemarrhenae Rhizoma) 知母 6–9g

Method: Decoction. **Xian mao** and **xian ling pi** warm Kidney yang and support jing; **ba ji tian** warms Kidney yang and strengthens the tendons and bones; **dang gui** nourishes and protects Blood and yin, softens the Liver, and combines with **xian mao** and **xian ling pi** to regulate and supplement chongmai and renmai; **zhi mu** and **huang bai** nourish Kidney yin and clear deficiency heat, and moderate the pungent heat of **xian mao** and **xian ling pi**. (Source: *Zhong Yi Wai Ke Xue* [Shang-hai Shu Guang Yi Yuan Jing Yan Fang])

Modifications

- Even though there is obvious heat, large quantities of cooling herbs are avoided in this pattern. With goitre or nodules, combine with **ER CHEN TANG** (Two Aged [Herb] Decoction 二陈汤, p.915).

- For severe insomnia, add **wu wei zi** (Schizandrae Fructus) 五味子 6–9g, **ye jiao teng** (Polygoni multiflori Caulis) 夜交藤 18–30g and **he huan hua** (Albiziae Flos) 合欢花 9–12g.
- With copious spontaneous sweating, add **duan mu li** (calcined Ostreae Concha) 煅牡蛎 15–30g, **ma huang gen** (Ephedrae Radix) 麻黄根 9–12g, **fu xiao mai** (Tritici Fructus Levis) 浮小麦 12–15g.
- With night sweats, add **di gu pi** (Lycii Cortex) 地骨皮 12–15g and **qing hao** (Artemisiae annuae Herba) 青蒿 9–15g [added towards the end of cooking].

Prepared medicines

Concentrated powder

Er Xian Tang (Curculigo & Epimedium Combination)

Er Chen Tang (Citrus & Pinellia Combination)

– add if there are nodules

Pills

Er Xian Wan (Two Immortals Teapills)

Er Chen Wan (Pinellia Pachyma Pills, Erh Chen Wan)

Hai Zao Jing Wan (Sargassum Teapills, Haiodin)

– add if there are nodules

Acupuncture

See Table 17.10, p.822.

Clinical notes

- During the acute phase including some specific foods in the diet can assist in reducing thyroxine production. See Table 17.7, p.805, but moderation is necessary if the patient is at risk of becoming hypothyroid. Otherwise a balanced qi and blood supplementing diet is recommended. See Clinical Handbook, Vol.2, p.870 and 874.

心脾两虚 17.2.10 HEART BLOOD AND SPLEEN QI DEFICIENCY

In contrast to the previous deficiency patterns, in this pattern the patient is predominantly yang qi deficient. It is more common in elderly patients and postpartum women.

Clinical features

- anxiety, nervousness, panic attacks, emotional lability, phobias
- fatigue, weakness, pronounced proximal muscle weakness
- insomnia, dream disturbed sleep
- breathlessness with exertion
- palpitations
- pale translucent complexion
- digestive weakness: frequent loose stools, poor appetite
- postural dizziness
- visual weakness, blurred vision
- easy sweating and clamminess; may be night sweats
- edema
- poor immunity, frequent colds and superficial illnesses
- amenorrhea, scanty menses
- may be thyroid swelling or nodules (uncommon)

T pale, thin tongue with a thin white coat

P weak, thready, forceless pulse

Treatment principle

Strengthen the Spleen and Heart and supplement qi and blood

Prescription

GUI PI TANG 归脾汤

Restore the Spleen Decoction

zhi huang qi (honey fried Astragali Radix) 炙黄芪	9–12g
fu shen (Poria Sclerotium paradicis) 茯神	9–12g
chao bai zhu (stir fried Atractylodes macrocephalae Rhizoma) 炒白术 ...	9–12g
long yan rou (Longan Arillus) 龙眼肉	9–12g
suan zao ren (Zizyphi spinosae Semen) 酸枣仁	9–12g
ren shen (Ginseng Radix) 人参	6–9g
dang gui (Angelicae sinensis Radix) 当归	6–9g
yuan zhi (Polygalae Radix) 远志	3–6g
tu mu xiang (Inula Radix) 土木香	3–6g
zhi gan cao (Glycyrrhizae Radix preparata) 炙甘草	3–6g

Method: Decoction. **Zhi huang qi**, **ren shen**, **chao bai zhu** and **zhi gan cao** strengthen the Spleen and supplement qi; **dang gui** and **zhi huang qi** in combination have a special effect on building blood; **suan zao ren**, **long yan rou** and **yuan zhi** nourish the Heart and calm the shen; **fu shen** strengthens the Spleen and calms the shen; **tu mu xiang** regulates qi and aids the Spleen in digesting the blood supplementing herbs; **zhi gan cao** supplements qi and harmonizes the Stomach. (Source: *Zhong Yi Nei Ke Xue [Ji Sheng Fang]*)

Modifications

- With goitre or nodules, combine with **ER CHEN TANG** (Two Aged [Herb] Decoction 二陈汤, p.915) or **shi chang pu** (Acori tatarinowii Rhizoma) 石菖蒲 6–9g and **yuan zhi** (Polygalae Radix) 远志 6–9g. The latter combination is also good for foggy head and concentration difficulties.
- For marked anxiety, fearfulness and propensity to being easily startled, add **long chi** (Fossilia Dentis Mastodi) 龙齿 15–30g and **ci shi** (Magnetitum) 磁石 15–30g [both cooked first].
- With copious spontaneous sweating, add **duan mu li** (calcined Ostreae Concha) 煅牡蛎 15–30g [cooked first], **ma huang gen** (Ephedrae Radix) 麻黄根 9–12g, **fu xiao mai** (Tritici Fructus Levis) 浮小麦 12–15g.
- With night sweats, add **shu di** (Rehmanniae Radix preparata) 熟地 12–15g or **di gu pi** (Lycii Cortex) 地骨皮 12–15g.
- For severe insomnia, add **wu wei zi** (Schizandrae Fructus) 五味子 6–9g, **ye jiao teng** (Polygoni multiflori Caulis) 夜交藤 18–30g and **he huan hua** (Albiziae Flos) 合欢花 9–12g.
- With marked palpitations, add **ci shi** (Magnetitum) 磁石 15–30g [cooked first].
- With cold intolerance and cold extremities, add **rou gui** (Cinnamomi Cortex) 肉桂 3–6g.
- With mild heat, irritability and qi constraint, add **shan zhi zi** (Gardeniae Fructus) 山栀子 9–12g and **chai hu** (Bupleuri Radix) 柴胡 9–12g.
- With abnormal uterine bleeding, add **ai ye** (Artemisiae argyi Folium) 艾叶 6–9g, **pao jiang** (Zingiberis Rhizoma preparatum) 炮姜 6–9g and **xue yu tan** (Crinus carbonisatus) 血余炭 3–6g [as powder added to the strained decoction].

Prepared medicines

Concentrated powder

Gui Pi Tang (Ginseng & Longan Combination)

Yang Xin Tang (Astragalus & Zizyphus Combination)

Er Chen Tang (Citrus & Pinellia Combination)

– add if there are nodules

Pills

Gui Pi Wan (Kwei Be Wan, Gui Pi Teapills)

Bai Zi Yang Xin Wan (Pai Tzu Yang Hsin Wan)

Hai Zao Jing Wan (Sargassum Teapills, Haiodin)

– add if there are nodules

Acupuncture

See Table 17.10, p.822.

Clinical notes

- A qi and blood supplementing diet is recommended. See Clinical Handbook, Vol.2, pp.870 and 874.

Table 17.10 Acupuncture for deficiency patterns

Basic treatment for the yin deficiency and variant patterns. The main aim of treatment is to replenish yin, clear heat and cool the blood, and calm the shen. Secondary considerations, as necessary, are to extinguish wind, stop sweating, resolve phlegm and supplement qi	
Lu.7 lieque Kid.6 zhaohai	These points open up the flow of qi through renmai, downbear counterflow qi, and protect yin from damage by heat.
Ren.12 zhongwan Ren.17 shanzhong Ren.4 guanyuan	Open up the flow of qi through renmai, and supplement the Kidneys (Ren.4).
Kid.3 taixi	Supplements Kidney and Liver yin.
Kid.2 rangu	Supplements yin, clears heat and cools the blood; used when the deficiency fire aspects are significant.
Liv.8 ququan	Supplements Liver yin.
Liv.3 taichong	Supplements Liver yin and extinguishes wind.
Sp.6 sanyinjiao	Supplements Liver and Kidney yin and Spleen qi.
Ht.7 shenmen	Calms the shen, supplements Heart yin.
Ht.6 yinxi	Alleviates sweating.
Ht.5 tongli	Treats arrhythmia.
Bl.15 xinshu Bl.18 ganshu Bl.23 shenshu	Transport points to supplement Heart, Liver and Kidney yin.
GB.37 guanming	Treats sore, gritty, dry and irritated eyes. Combine with Liv.8 ququan for this.
St.40 fenglong	Treats goitre or nodules, often paired with Sp.3 taibai and PC.6 jianshi.
local points St.10 shuitu Ren.22 tiantu	Shallow needling of local points obliquely towards any swelling on the thyroid circulates qi and blood and reduces accumulation.
Ear points	p.831, plus kidney and zero point

甲 17.3 HYPOTHYROID

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Treatment of an underactive thyroid is based on supplementing and warming yang qi. Many patients who have been diagnosed as hypothyroid will have been prescribed thyroxine (trade names Synthroid, Oroxine, Eutroxig). Exogenous thyroxine suppresses TSH and endogenous T₄ and T₃ production through negative feedback (Fig. 17.1, p.775). If the gland hasn't atrophied or been removed, treatment which warms yang can be attempted to stimulate better thyroid function, remembering that externally delivered thyroid hormone does not equate to yang qi.

If there is no functional thyroid tissue, the patient must always take thyroxine, but we can improve their general constitutional wellbeing and overall health. When patients are taking thyroxine but there is still functional thyroid tissue, (as may be seen in cases of recent onset and in subclinical hypothyroidism), Chinese medical treatment can restore thyroid function sufficiently so the dose requirements of any exogenous thyroxine may change.

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17.3.1 SPLEEN AND KIDNEY QI DEFICIENCY

Spleen and Kidney qi deficiency is seen in subclinical hypothyroidism or the early stages of an underactive thyroid. It is frequently complicated by blood deficiency. Care must be taken in this early stage pattern, especially when there are few cold features. If strong yang warming herbs or methods are utilized too early, the yin may be damaged, or if there is a masked yin deficiency, it may be aggravated.

Clinical features

- In general the symptoms are not likely to be marked, presenting with mild digestive and genitourinary complaints. Blood tests may reveal elevated TSH but normal to low T₄/T₃.
- fatigue, tiredness, low exercise tolerance, increased desire to sleep
- depression
- mild sensitivity to cold
- poor appetite, early satiety, abdominal distension, food sits in the stomach for long periods
- constipation, sluggish stools, generally not dry or hard
- pale complexion with puffiness and swelling of the eyes
- weight gain, or inability to lose weight
- vague aches and pains, morning stiffness
- frequent urination, weak bladder
- low basal body temperature (close to or below 36°C)
- heavy or prolonged periods; irregular cycle; infertility; lower than normal temperatures in luteal phase of the menstrual cycle
- may or may not present with a goitre; when present it is relatively small, firm and rubbery

T pale, scalloped tongue

P weak, thready, deep pulse

Treatment principle

Strengthen and supplement Spleen and Kidney qi
Resolve phlegm

Prescription**SHEN LING BAI ZHU SAN** 参苓白术散

Ginseng, Poria and White Atractylodes Powder, plus

ER XIAN TANG 二仙汤

Two Immortal Decoction

ren shen (Ginseng Radix) 人参	6–9g
bai zhu (Atractylodes macrocephalae Rhizoma) 白术	9–12g
fu ling (Poria) 茯苓	9–12g
shan yao (Dioscoreae Rhizoma) 山药	15–18g
zhi gan cao (Glycyrrhizae Radix preparata) 炙甘草	3–6g
bai bian dou (Dolichos Semen) 白扁豆	12–15g
chao yi ren (dry fried Coicis Semen) 炒苡仁	15–30g
lian zi (Nelumbinis Semen) 莲子	12–15g
jie geng (Platycodi Radix) 桔梗	6–9g
sha ren (Amomi Fructus) 砂仁	3–6g
xian mao (Curculiginis Rhizoma) 仙茅	9–15g
xian ling pi (Epimedium Herba) 仙灵脾	9–15g
dang gui (Radix Angelicae Sinensis) 当归	9–12g
ba ji tian (Morindae officinalis Radix) 巴戟天	9–12g
huang bai (Phellodendri Cortex) 黄柏	2–3g
zhi mu (Anemarrhenae Rhizoma) 知母	2–3g

Method: Decoction. **Ren shen**, **bai zhu**, **yi ren**, **fu ling**, **bai bian dou**, **shan yao** and **zhi gan cao** strengthen the Spleen and supplement qi; **bai zhu** dries damp; **chao yi ren**, **fu ling** and **bai bian dou** leach out damp through the urine; **lian zi** astringes the Intestines and stops diarrhea; **jie geng** diffuses the Lungs and raises yang qi; **sha ren** transforms damp and elevates Spleen qi; **xian mao** and **xian ling pi** warm Kidney yang and support jing; **ba ji tian** warms Kidney yang and strengthens the tendons and bones; **dang gui** nourishes and protects Blood and yin, softens the Liver, and combines with **xian mao** and **xian ling pi** to regulate and supplement the chong and ren mai; the small doses of **zhi mu** and **huang bai** balance the pungent hot dispersing nature of **xian mao** and **xian ling pi** without damaging the Spleen. (Source: *Zhong Yi Wai Ke Xue [He Ji Ju Fang [Shanghai Shu Guang Yi Yuan Jing Yan Fang]*)

Modifications

- With a goitre, combine with **ER CHEN TANG** (Two Aged [Herb] Decoction 二陈汤, p.915).
- With marked blood deficiency, add **bai shao** (Paeoniae Radix alba) 白芍 9–12g and **ji xue teng** (Spatholobi Caulis) 鸡血藤 15–30g.
- With stiffness and aching of muscles and joints, add **gui zhi** (Cinnamomi Ramulus) 桂枝 6–9g and **lu jiao jiao** (Cervi Cornus Colla) 鹿角胶 6–9g [as powder added to the strained decoction].
- With food stagnation and sluggish digestion, add **chao shan zha** (stir fried Crataegi Fructus) 炒山楂 9–12g and **chao shen qu** (stir fried Massa medicata fermentata) 炒神曲 9–12g (the latter not for those with gluten intolerance); or

chao zhi shi (stir fried Aurantii Fructus immaturus) 炒枳实 6–9g and **jie geng** (Platycodi Radix) 桔梗 3–6g.

- Mild elements of yin deficiency may be apparent, in which case combine with **SHENG MAI SAN** (Generate the Pulse Powder 生脉散, p.728).

Prepared medicines

Concentrated powder

Shen Ling Bai Zhu San (Ginseng & Atractylodes Formula) plus Er Xian Tang (Curculigo & Epimedium Combination)

Shi Quan Da Bu Tang (Ginseng & Dang Gui Ten Combination)

Pills

Shen Ling Bai Zhu Wan (Absorption and Digestion Pill, Shen Ling Bai Zhu Pian plus Er Xian Wan (Two Immortals Teapills)

Shi Quan Da Bu Wan (Ten Flavour Teapills)

Acupuncture

See Table 17.11, p.831.

Clinical notes

- Underactive thyroid of a Spleen and Kidney qi deficiency type is likely to be diagnosed as subacute hypothyroidism or Hashimoto's thyroiditis.
- Low thyroid function of a Spleen and Kidney qi deficiency type can be corrected relatively easily and the patient should feel better (more energy, improved digestive function and so on) within a few weeks. To rebuild a sustainable base of qi may take several months.
- Dietary advice should focus on warming and cooked food, and avoidance of the goitrogenic foods (Table 17.7, p.805).

脾 17.3.2 SPLEEN, KIDNEY AND HEART YANG DEFICIENCY

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This is the most common presentation of well developed and clinical hypothyroidism. In addition to the basic Spleen and Kidney yang deficiency aspects, cardiovascular complications are quite common, even in those already taking thyroxine.

Clinical features

- cold intolerance; cold extremities
- lethargy, somnolence; slow movement
- depression; blank or dull expression
- pale, matt, puffy complexion; puffy face and eyes
- weight gain, generalized puffiness; edema (may or may not be pitting)
- carpal tunnel syndrome
- coarse, dry skin; sparse dry hair
- thinning or loss of eyebrows (at their lateral ends)
- no sweating
- poor appetite, early satiety, food sits in the stomach for long periods
- constipation, no urge to defecate, stools generally not hard
- generalized aches, pains and stiffness, lower back ache and coldness
- frequent urination, nocturia
- loss of hearing acuity
- hoarse or husky voice; slow speech
- bradycardia; chest oppression
- low basal body temperature (close to or below 36°C)
- heavy or prolonged periods; irregular cycle; infertility; lower than normal temperatures in luteal phase of the menstrual cycle
- may or may present with a goitre, but if there is a goitre it may be quite large and firm

T pale, swollen, scalloped tongue

P weak, slow or imperceptible pulse

Treatment principle

Warm Kidney, Spleen and Heart yang

Prescription

JIN GUI SHEN QI WAN 金匱腎氣丸

Kidney Qi Pill from the Golden Cabinet

shu di (Rehmanniae Radix preparata) 熟地	240g
shan yao (Dioscoreae Rhizoma) 山药	120g
shan zhu yu (Corni Fructus) 山茱萸	120g
mu dan pi (Moutan Cortex) 牡丹皮	90g
fu ling (Poria) 茯苓	90g
ze xie (Alismatis Rhizoma) 泽泻	90g
zhi fu zi (Aconiti Radix lateralis preparata) 制附子	30g
gui zhi (Cinnamomi Ramulus) 桂枝	30g

Method: Powder or pills. Grind the herbs to a fine powder and form into 6 gram pills with honey. The dose is one pill 2–3 times daily with warm, slightly salty water. **Shu di**, supplements the Kidneys; **shan zhu yu** supplements the Liver and Kidneys and protects yin; **shan yao** strengthens the Spleen and Kidneys and supplements qi; **zhi fu zi** and **gui zhi** support and warm Kidney yang, dispel cold and promote qi transformation and fluid metabolism; **ze xie** promotes urination and drains damp; **fu ling** strengthens the Spleen and leaches damp; **mu dan pi** activates and cools the Blood. (Source: *Jin Gui Yao Lue*)

Variations and additional prescriptions

There are a few alternative prescriptions that warm and supplement Kidney and Spleen yang, while addressing different primary manifestations. When edema is mild to moderate, **Ji SHENG SHEN Qi WAN** (Kidney Qi Pill from Formulas to Aid the Living 济生肾气丸, p.248) is a better choice as primary prescription; when the edema is moderate to severe and there are cardiovascular complaints, **ZHEN WU TANG** (True Warrior Decoction 真武汤, p.249) is recommended.

Modifications

- With goitre or nodules, combine with **ER CHEN TANG** (Two Aged [Herb] Decoction 二陈汤, p.915). The goitrogenic brassicas (Table 17.7, p.805) and cooling herbs are avoided here.
- With significant Spleen deficiency and digestive difficulty, combine the selected formula with **LI ZHONG WAN** (Regulate the Middle Pill 理中丸, p.732).
- With constipation, add **rou cong rong** (Cistanches Herba) 肉苁蓉 15–24g (or **suo yang** (Cynomorii Herba) 锁阳 12–15g) and a big dose of **bai zhu** (Atractylodis macrocephalae Rhizoma) 白术, up to 30g.
- With fullness, pain or oppression in the chest, add **gua lou** (Trichosanthis Fructus) 栝楼 12–18g, **tan xiang** (Santali albi Lignum) 檀香 9–12g and **xie bai** (Allii macrostemi Bulbus) 薤白 6–9g.
- Occasionally there are elements of yin deficiency, such as night sweats, amenorrhea and malar flush. The primary formula above has a yin supplementing action, but if the symptoms persist or get worse, which can happen with **fu zi**, some mild yin nourishing herbs can be added, **tian dong** (Asparagi Radix) 天冬 and **mai dong** (Ophiopogonis Radix) 麦冬, or **nu zhen zi** (Ligustri Fructus) 女贞子 and **han lian cao** (Ecliptae Herba) 旱莲草 may be helpful. The combination of the primary formula with **ER XIAN TANG** (Two Immortal Decoction 二仙汤, p.818) can be also tried.

Prepared medicines

Concentrated powder

Ba Wei Di Huang Wan (Rehmannia Eight Formula)

Ji Sheng Shen Qi Wan (Cyathula & Plantago Formula)

Zhen Wu Tang (Ginger, Aconite, Poria & Peony Combination)

You Gui Wan (Eucommia & Rehmannia Formula)

Pills

Jin Kui Shen Qi Wan (Fu Gui Ba Wei Wan, Golden Book Teapills)

You Gui Wan (Right Side Replenishing Teapills)

Zhen Wu Tang Wan (True Warrior Teapills)

Ba Ji Yin Yang Wan (Ba Ji Yin Yang Teapills)

Acupuncture

See Table 17.11, p.831.

Clinical notes

- In general, hypothyroidism of a Spleen and Kidney yang deficiency type can respond quite well to treatment, at least in terms of increased wellbeing and improved function. Depending on whether the patient has any functional thyroid tissue intact, the dose of thyroxine may be able to be gradually reduced as the thyroid is stimulated. The longer the patient has been taking thyroxine, the less the probability of being able to reduce exogenous thyroxine. For patients with a recent diagnosis of hypothyroidism, whose thyroid remains at least partially functional and who are not yet medicated, treatment may produce a good outcome.
- Diet is important, with an emphasis on warming and cooked food and avoidance of the goitrogenic foods (Table 17.7, p.805). See Clinical Handbook, Vol. 2, p.873.

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损**17.3.3 KIDNEY JING DEFICIENCY**

This is late stage illness where the Kidneys are severely depleted and the Marrow is being affected. Patients are usually elderly.

Clinical features

- very poor memory to the point of dementia
- dull affect, expressionless or wooden face
- dizziness, headaches
- insomnia with lots of dreaming
- hearing loss, deafness, tinnitus
- lower back ache and weakness
- general weakness, weak legs and knees, difficulty walking
- dry mouth and throat
- hair loss, alopecia
- amenorrhea
- urinary frequency with scanty yellow urine

T slightly pale or pink dry tongue with no coat

P weak, thready, deep, imperceptible pulse

Treatment principle

Supplement and enrich Kidney jing

Prescription

ZUO GUI WAN 左归丸

Restore the Left [Kidney] Pill, plus

SHENG MAI SAN 生脉散

Generate the Pulse Powder

shu di (Rehmanniae Radix preparata) 熟地	240g
shan yao (Dioscoreae Rhizoma) 山药	120g
shan zhu yu (Corni Fructus) 山茱萸	120g
tu si zi (Cuscutae Semen) 菟丝子	120g
gou qi zi (Lycii Fructus) 枸杞子	120g
lu jiao jiao (Cervi Cornus Colla) 鹿角胶	120g
gui ban jiao (Testudinis Plastris Colla) 龟板胶	120g
huai niu xi (Achyranthis bidentatae Radix) 怀牛膝	90g
ren shen (Ginseng Radix) 人参	90g
mai dong (Ophiopogonis Radix) 麦冬	90g
wu wei zi (Schizandrae Fructus) 五味子	60g

Method. Pills or powder. **Shu di** nourishes and supplements Kidney yin and blood; **shan yao** strengthens the Spleen and Kidneys and supplements qi and yin; **shan zhu yu** supplements the Liver and Kidneys; **tu si zi** and **gou qi zi** benefit jing and blood and improve vision; **tu si zi** and **huai niu xi** strengthen the tendons, bones, low back and knees; **lu jiao jiao** warms and strengthens yang qi and acts to stimulate the transformation of raw materials into yin; **gui ban jiao** deeply enriches yin; **lu jiao jiao** and **gui ban jiao** have a 'meatiness' that is deeply enriching to yin, yang and jing, and supplementing to the chongmai and renmai; **ren shen** supplements yuan qi; **mai dong** nourishes yin; **wu wei zi** strengthens the Kidneys and calms the shen. (Source: *Zhong Yi Zhi Liao Ning Nan Za Bing Mi Yao* [Jing Yue Quan Shu / Nei Wai Shang Bian Huo Lun])

Modifications

- Add **ER CHEN TANG** (Two Aged [Herb] Decoction 二陈汤, p.915) if there is goitre.

Prepared medicines

Concentrated powder

Huan Shao Dan (Lycium Formula)

Pills

Huan Shao Dan (Return to Spring Teapills)

Zuo Gui Wan (Left Side Replenishing Teapills)

– with yin deficiency

You Gui Wan (Right Side Replenishing Teapills)

– with yang deficiency

Acupuncture

See Table 17.11, p.831.

Clinical notes

- Avoidance of the goitrogenic foods (Table 17.7, p.805), and a basic qi and blood nourishing diet is recommended. See Clinical Handbook, Vol.2, pp.870 and 874.

Table 17.11 Acupuncture for hypothyroid patterns

The main aim of treatment is to warm and supplement Kidney, Spleen and Heart yang qi, with a secondary aim of resolving phlegm when necessary. Plenty of moxa can be used, except where there are elements of both yin and yang deficiency, in which case moxa can still be used but with care.	
Ren.4 guanyuan Ren.6 qihai	Warms and stimulates Kidney yang when treated with moxa.
Ren.17 shanzhong Ren.12 zhongwan	Treated with moxa to mobilize yang qi in the upper and middle burners.
SI.3 houxi Bl.62 shenmai	Opens up the dumai and allows yang qi to start to flow again. Usually used in combination with Du.14 dazhui and Du.4 mingmen.
Du.14 dazhui Du.4 mingmen	Moxa to stimulate the circulation of dumai qi.
Bl.15 xinshu Bl.20 pishu Bl.23 shenshu	Transport points directly access and improve the function of the relevant organ systems.
St.25 tianshu Ren.8 shenque	Treated with moxa or moxa on salt (Ren.8) to warm Intestinal yang and stimulate peristalsis to relieve constipation.
Kid.3 taixi St.36 zusanli Sp.6 sanyinjiao St.40 fenglong	Additional points to warm and strengthen the Kidneys and Spleen.
Ear points	below, plus kidney, adrenal

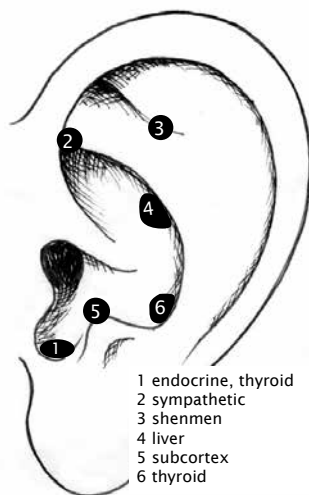
Fig 17.4 Ear points for thyroid disorder

Table 17.12 Summary of euthyroid goitre and nodule patterns

Pattern	Features	Prescription
Phlegm damp with Spleen deficiency	Smooth soft enlargement of the thyroid	Hai Zao Yu Hu Tang
Liver and Kidney, chong-mai and renmat deficiency	Diffuse goitre that is soft and regular; signs of Kidney deficiency such as delayed onset of menstruation, infertility, irregular menses, amenorrhea or urinary frequency	Er Xian Tang + Si Wu Tang
Liver qi constraint and phlegm	Diffuse goitre or single, regular rubbery nodule; symptoms aggravated by stress, premenstrual syndrome, irritability, digestive problems	Chai Hu Shu Gan San
Phlegm and blood stasis	Nodular, firm or hard swelling of the thyroid	San Zhong Kui Jian San

Table 17.13 Summary of hypothyroid patterns

Pattern	Features	Prescription
Spleen and Kidney qi deficiency	Fatigue, lethargy, constipation, pallor, abdominal distension, pale tongue, weak pulse	Shen Ling Bai Zhu San + Er Xian Tang
Spleen, Kidney and Heart yang deficiency	Fatigue, lethargy, somnolence, cold intolerance, constipation, pallor, puffy face, abdominal distension, weight gain, pale scalloped tongue, deep, weak or imperceptible pulse	Jin Gui Shen Qi Wan
Kidney jing deficiency	Poor memory, dizziness, weakness, dull affect, hearing loss, amenorrhea, pale or pink dry tongue, deep, weak pulse	Zuo Gui Wan + Sheng Mai San

Table 17.14 Summary of hyperthyroid patterns

	Common features		Specific features	Prescription
Excess heat patterns	<ul style="list-style-type: none"> • heat intolerance, feels hot • warm clammy skin • hyperkinesia • irritability, anger • sore red eyes, lacrimation • red tongue or with red edges coated tongue • surging, slippery, wiry, rapid, otherwise strong pulse 	<p>Liver qi constraint with heat</p> <p>Liver qi and phlegm fire</p> <p>Liver fire</p> <p>Wind heat, (wen bing)</p>	<p>early stage with mild symptoms, tongue may be relatively normal or with slightly red or pale edges depending on degree of heat and qi and blood deficiency</p> <p>agitation, emotional lability to the point of mania, insomnia, palpitations</p> <p>severe heat, irritability, temper outbursts, copious sweating, ravenous hunger and thirst, bloodshot eyes, photophobia</p> <p>acute tenderness and swelling of the thyroid following an acute wind heat attack</p>	<p>Jia Wei Xiao Yao San</p> <p>Chai Hu Jia Long Gu Mu Li Tang</p> <p>Long Dan Xie Gan Tang + Yi Guan Jian</p> <p>Pu Ji Xiao Du Yin</p>
Yin deficiency	<ul style="list-style-type: none"> • heat intolerance • anxiety, irritability • hyperkinesia • fatigue, weakness • muscle weakness • sweating • weight loss • thin skin • alopecia or premature greying hair • amenorrhea • often a history of emotional trauma • red tongue with no coat • thready, weak, rapid pulse 	<p>Heart yin</p> <p>Heart qi and yin</p> <p>with fire</p> <p>Liver yin</p> <p>yin and yang</p>	<p>marked anxiety and nervousness, insomnia, red cracked, or pink, swollen, cracked tongue</p> <p>arrhythmia, palpitations, red cracked or pink, swollen, cracked tongue, irregularly irregular pulse</p> <p>marked heat intolerance that increases in the afternoon and at night, drenching night sweats, bone steaming fevers, tidal fever, hyperkinesia, restlessness, tremor, hyperkinesia, tachycardia, exophthalmos, rapid pulse</p> <p>dry eyes, sore gritty eyes, visual weakness, nail disorders, onycholysis, reflux and indigestion, fine tremor, thready wiry pulse</p> <p>heat above cold below, urinary frequency and nocturia, cold legs, hot during the night then cold early in the morning and unable to warm up, hypertension</p>	<p>Tian Wang Bu Xin Dan</p> <p>Zhi Gan Cao Tang</p> <p>Zhi Bai Ba Wei Wan</p> <p>Da Bu Yin Wan</p> <p>Dang Gui Long Hui Wan</p> <p>Yi Guan Jian</p> <p>Er Xian Tang</p>
Qi and blood deficiency	<ul style="list-style-type: none"> • anxiety, panic attacks, insomnia, fatigue, digestive weakness, pale thin tongue, weak pulse 			<p>Cui Pi Tang</p>