

# Chronic Fatigue

Qi, Blood and Body Fluids illnesses

## References

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## Introduction

Chronic Fatigue is a common complaint among many patients in the west today, it could be the main complaint or a symptom from another long standing illness.

In TCM, Chronic Fatigue or consumption (虚劳 Xū Lao) is a collective name to describe the states of deficiency in the 5 Zhang organs. It is also known as 虚损 (xū sǔn), 虚 means deficiency and 损 means Injury.

If Chronic Fatigue is not treated, injuries to Qi, Blood, Yin, Yang, Zhang-Fu organs are probable consequence.

## Etiology:

Causes for Chronic Fatigue are many. Constitutional deficiency, lifestyle, long standing illness, external pathogens, medications, all these causes can injure the Zhang-Fu organs and lead to a deficiency in Qi, Blood, Yin and Yang, if untreated, the body might eventually turn to a state of Chronic Fatigue.

1. Constitutional deficiency  
Constitutional deficiency refers to physical weakness of the parents, insufficient nourishment during the pregnancy or improper nourishment after the baby is born.
2. Life style  
in Su Wen (Chapter 宣明五气 Xuan Ming Wu Qi), it is stated that overwork injures the 5 Zhang Organs, overuse of the vision injures the Blood, lying down for too long injures the Qi, too much sitting injures the muscles, too much standing injures the bone, too much movement injures the tendons.
3. Improper food intake  
Unbalanced food, overconsumption of alcohol, too much or irregular eating injures the Stomach and the spleen.
4. Severe, long standing illnesses or after childbirth  
Improper recovery from illnesses, chronic long standing illnesses, after delivery could lead to tiredness and resulted in Chronic Fatigue.

The 5 Zhang organs are involved as far as Chronic Fatigue is concerned, Spleen and Kidney in particular.

Qi, Blood, Yin and Yang are closely related, deficiency in one could lead to deficiency of the other sooner or later. For example, long standing Blood Deficiency leads to Yin Deficiency.

**Characteristic Symptoms:**

Thinness, weakness, atrophy, easily scared, shortness of breath, sweating day or night, pale, tired face, no appetite, five palm heats, cold extremities, aversion to cold, weak, forceless pulse, long standing illnesses history.

**TCM Differentiate Diagnosis**

It is important to differential Chronic Fatigue and the tiredness due to temporary deficiency state caused by other illnesses. For example:

- Dizziness (Qi and Blood Deficiency...)
- Edema (Spleen Yang Deficiency...)
- Diarrhea (Stomach-Spleen Deficiency...)
- Tuberculosis (Yin Deficiency with Fire...)

All these diseases can lead to temporary or long standing deficiency, which leads to tiredness state. There are to be differentiated from Chronic Fatigue.

**TCM Diagnosis**

Deficiency in the five Zhang/Fu organs is the main cause for Chronic Fatigue. Chronic Fatigue normally starts from deficiency in Qi level or Blood level, follow by Yin level or Yang level if not treated in time or correctly.

## 1. Qi Deficiency

Pale yellow / pale complexion, speech-reluctant, low voice, dizziness, mentally tired, lake of force in the extremities, white tough coating, thin and weak pulse.

## a. Lung-Qi-Deficiency:

Symptoms: coughing, clear sputum, no strength, sweating, breathlessness, **low voice**, alternating of cold and hot, **prone to catching cold**, pale complexion, white tongue coat, thin pulse.

Analysis: Lung-Qi Deficient triggers cough, clear sputum, without strength. The Biao being not consolidated, sweating, breathlessness and low voice appear. Lung Qi deficiency triggers Ying-Wei disharmonies and thus with alternate hot and cold. Lung opens at the skin, Lung Deficiency triggers loose Cou-Li (腠理), prone to external pathogenic attack, especially Cold. Lung Qi Deficiency Blood Vessels are not well nourished, thus white complexion, white tongue coat, thin pulse.

## b. Heart-Qi Deficiency:

Symptoms: **easily scared**, breathlessness, **mentally and physically tiredness**, sweating, pale complexion, white tongue coat, weak pulse.

Analysis: due to Heart Qi deficient, the Heart is not nourished correctly, therefore easily scared and breathlessness. As the Heart opens in the tongue and shows up on the face, thus white tongue coat and a pale complexion. The Heart is responsible for the Blood Vessels, therefore Heart Qi Deficient triggers weak pulse. Sweat is the Body-Fluid of the Heart, Heart-Qi Deficient triggers sweating. The Heart being responsible for the Shen (神) and the Zhi (志), Heart Qi Deficient triggers mental and physical tiredness.

## c. Spleen-Qi-Deficiency

Symptoms: **reduce food intake, tiredness after meals**, soft stool, “Jaune Fané”, pale tongue, thin tongue coat, weak pulse.

Analysis: Spleen-Qi Deficient, thus the transportation function is not assured. The Stomach and Intestines cannot absorb and exercise their transformation function, thus reduced food intake, soft stool. The Spleen cannot transform the food into Qi and Blood. The Body is not well nourished, thus the body is tired and forceless, “Jaune Fané” complexion, pale tongue, weak pulse.

d. Kidney Qi Deficiency

Symptoms: mentally tired, no strength, **weak in the lower back, knee, frequent and clear urination**, white, clear vaginal discharge, pale tongue, weak pulse.

Analysis: Kidney Qi Deficient triggers frequent, clear urination, white, clear vaginal discharge for women. The Lower back is the house for the Kidneys. Kidney Qi Deficient triggers lower back, knee pain. Mentally tiredness, no force, pale tongue and weak pulse are signs for Kidney Qi Deficiency.

2. Blood Deficiency

Pale yellow complexion, pale tongue, lips and fingernails, dizziness, dry skin, pale tongue, little tongue coat, thin pulse. Heart is responsible for the Blood, Liver stores the Blood, Spleen controls the Blood. Deficiency in Heart, Spleen and Liver are responsible for Blood Deficiency.

a. Heart-Blood Deficiency

Symptoms: **easily scared**, forgetfulness, insomnia, **lot of dreams**, pale face and tongue, thin pulse, “结代” (Jié Dài) bound pulse.

Analysis: Heart-Blood Deficient, insufficient Blood to nourish the Heart, therefore easily scared, forgetfulness, insomnia and lot of dreams. Insufficient Blood goes up to the head and face, resulting in pale face, pale tongue. Blood is the mother of Qi, thus thin pulse and Jié Dài bound pulse.

b. Liver Blood Deficiency

Symptoms: dizziness, flank pain, numbness in the extremities, **irregular menstruation, amenorrhea**, “no radiance”, pale tongue, thin and rough pulse.

Analysis: Liver Blood Deficient leads to insufficient Blood supply of the head and eyes leading to dizziness. The Blood cannot nourish the Liver, leading to Liver Qi Stagnation and pain in the flanks. Blood deficient can lead to wind, resulting in numbness in the extremities. Liver Blood deficient implies Chong Mai and Ren Mai deficient, therefore the irregular menstruation or no menstruation. Tired, thin and bowstring pulse are signs for Liver Blood Deficient.

3. Yin Deficiency

Red cheeks, red lips, heat in the hands and feet, agitation, sweating, heat waves, dry mouth, insufficient tongue humidity, thin, fast, forceless pulse. Yin Deficiency happens mostly in Kidney, Liver and Lung. Kidney and Lung are the roots of Yin Deficiency. In severe cases we can see Qi-Yin Deficiency or Yin-Yang Deficiency.

a. Lung Yin Deficiency

Symptoms: **dry cough**, dry throat, coughing of Blood, **loss of voice**, heat waves, sweating, red cheeks, red tongue, little tongue humidity, thin, fast pulse.

Analysis: Lung Yin Deficient triggers dry cough. When the Lung-Luo is injured resulting, thus coughing of Blood. With Lung Yin Deficient body fluids are not well distributed upwards, thus dry throat and lost of voice. Yin Deficient Fire and Yin Deficient Heat push the body fluids out, resulting in Heat waves and sweating. Red cheeks, red tongue with little humidity, fast, thin pulse are all Yin-Deficient signs.

b. Heart-Yin Deficiency

Symptoms: **easily scared**, insomnia, **sensitive to noise**, heat waves, sweating, red face, mouth ulcer, red, dry tongue, thin, fast pulse.

Analysis: easily scared, insomnia are symptoms of Heart Yin Deficient. Heart Yin Deficient creates internal heat, deficient fire, sensitivity to noise, red face, mouth ulcer. Deficient Heat pushes body liquids out, resulting in sweating. Red, dry tongue, thin and fast pulse are signs of deficient due to internal heat and insufficient body fluids.

c. Stomach Yin Deficiency

Symptoms: dry mouth and lips, **no appetite, hard stool**, hiccup, red face, dry tongue, little or no coating, thin, fast pulse.

Analysis: Spleen and Stomach Yin Deficient disturb the normal transportation and transformation function, thus no appetite, insufficiency of body fluids going upwards resulting in dry mouth. Stomach and Intestines are not lubricated, thus hard stool. When the Yin Deficient is severe, Stomach Qi rebels upwards resulting in hiccup. Red face, red tongue, little tongue coat, thin, fast pulse are signs of Yin Deficiency Internal Heat.

d. Liver Yin Deficiency

Symptoms: **headache**, dizziness, tinnitus, **weak eye sight, dry eyes, dislike sunlight**, get angry easily, short temper, numbness in the extremities, red face, red, dry tongue, tight, fast, thin pulse.

Analysis: Liver-Yin Deficiency triggers Liver-Yang rising, which leads to headache, dizziness and tinnitus. Liver Yin is insufficient to nourish the eyes, which leads to weak eyesight, dry eyes and dislike of sunlight. Insufficient Liver Blood leads to deficiency wind and numbness in the extremities. Yin Deficiency with Fire leads to red face, red tongue, tight, thin, fast pulse.

e. Kidney Yin Deficiency

Symptoms: **lower back pain, oligospermia**, weakness in the legs, dizziness, **tinnitus, deafness**, dry mouth, pain in the throat, red cheek, red, dry tongue, deep, thin, fast pulse.

Analysis: soreness in the lower back is the typical symptom of Kidney pathology. Kidney Yin Deficient triggers uncontrolled Fire moving in all directions, therefore the door of the Jing is not firm and sperm is lost. The marrow is not replenished and the brain is not fully nourished, which leads to dizziness, tinnitus. Deficiency fire rises gives dry mouth, pain in the throat, red cheeks. Red, dry tongue, deep, thin, fast pulse.

#### 4. Yang Deficiency

Pale face, without radiation, aversion to cold, cold extremities, cold sweat, extreme exhaustion, weak breathing, edema, swollen tongue with teeth marks, humid and white tongue coat, deep, slow pulse or false big pulse.

Yang Deficiency could be a consequence of long standing Qi Deficiency. Cold signs are prominent and penetrate into the Li level. The Heart, Spleen and Kidney are affected.

As Kidney Yang is the Yang of the whole body, Yang Deficiency in the Heart or the Spleen after some time could lead to Kidney Yang Deficiency if not treated. Kidney Yang deficient includes Heart or Spleen Yang Deficiency in most cases.

##### a. Heart Yang Deficiency

Symptoms: **easily scared**, sweating, mental tiredness, **like to lie down**, **aversion to cold**, **cold in the extremities**, heart and chest pain, pale face, pale or violet tongue, thin, weak, deep, slow pulse.

Analysis: Heart Yang Deficient includes Heart-Qi Deficient, therefore symptoms such as easily scared, sweating, mentally tiredness and liking to lie down. With Yang Deficiency, the four limbs are not nourished, so cold feeling at the extremities. Yang Deficient implies weak Qi, the force to move Blood is insufficient, leading to pain in the Heart and chest area. Violet, pale tongue, pale face, deep, slow pulse.

##### b. Spleen Yang Deficiency

Symptoms: pale yellow complexion, **lack of appetite**, mentally tired, no physical strength, dislikes talking, soft stool, pain in the Stomach, rumbling. These symptoms get worse when the weather is cold or when the patient does not pay attention to the food he eats. Pale tongue, white tongue coat, weak pulse.

Analysis: Spleen cannot transform and transport the water and the food intake, which lead to aversion to cold, no appetite, mentally tired, no physical strength, reluctance to talking. The cold accumulates in the middle triggers pain in the Stomach and noises in the Intestines, soft stool. "Jaune Fané" complexion, pale tongue, white tongue coat, weak pulse are common symptoms of Spleen Yang Deficiency.

##### c. Kidney Yang Deficiency

Symptoms: **back pain and sore**, **uncontrolled loss of sperm**, **erection problem**, **frequent urination**, **urgent urination**, pale complexion, cold in the extremities, **diarrhea with undigested food**, **early morning diarrhea**, swollen tongue with teeth marks, white tongue coat, deep and slow pulse.

Analysis: the symptoms include Kidney Qi deficient, such as urination problems, diarrhea with undigested food (lack of Ming-Men Fire). Back pain, soreness, cold in the extremities, loss of sperm, erection problem, morning diarrhea are signs of Kidney Yang deficient.

### Treatment

To treat Chronic Fatigue, tonification method is the basic strategy. It is important to differentiate Qi, Blood, Yin, Yang based on the illnesses.

## 1. Qi Deficiency

As Spleen and Kidney are responsible for prenatal and acquired Qi, tonification of Spleen and Kidney is essential.

### a. Herbal Treatment

#### i. Lung-Qi Deficiency

Method: tonify Lung-Qi.

Prescription: Bu Fei Tang.

Ren Shen, Huang Qi, Sang Bai Pi and Zi Wan tonify Lung Qi.

Ren Shen and Huang Qi also consolidate the Biao.

As Lung-Qi comes from the Kidneys, Shu Di Huang and Wu Wei Zi tonify the Kidney and retain Lung-Qi.

For heavy sweating, add Mu Li and Ma Huang Gen to consolidate the Biao and stop sweating.

If Qi and Yin are both deficient with Heat waves and sweating add Bie Jia, Di Gu Pi, Qin Jiao.

If Lung Qi deficient with external pathogens resulting in fever, aversion to cold, heavy body, dizziness, tonify the Zheng Qi (Upright Qi) with 薯蕷丸 (Shu Yu Wan): Shan Yao, Dang Gui, Gui Zhi, Shen Zhu, Gan Di Huang, Dou Huang Juan, Gan Cao, Ren Shen, Chuan Xiong, Shao Yao, Bai Zhu, Mai Men Dong, Xing Ren, Chai Hu, Ge Gen, Fu Ling, E Jiao, Gan Jiang, Fang Feng, Da Zao, Bai Lian.

#### ii. Heart-Qi-Deficiency

Method: tonify the Qi, nourish the Heart.

Prescription: Qi Fu Yin (Drink of the 7 enlightens).

Ren Shen, Bai Zhu, Zhi Gan Cao tonify the Qi, nourish the Heart,

Suan Zao Ren, Yuan Zhi nourish the Heart, calm the Shen.

Shu Di Huang, Dang Gui tonify the Yin and Blood.

For heavy sweating add Huang Qi and Wu Wei Zi to benefit the Qi and stop the sweating.

#### iii. Spleen-Qi-Deficiency

Method: Strengthen the Spleen, benefit the Qi.

Prescription: Jia Wei Si Jun Zi Tang.

Ren Shen, Huang Qi, Bai Zhu, Gan Cao strengthen the Spleen Qi.

Fu Ling, Bai Bian Dou strengthen the Spleen by eliminating Dampness.

If fullness in the Stomach and hiccup, vomiting, add Chen Pi, Ban Xia to move the Qi and harmonize the Stomach, stop the rebellious Stomach Qi.

If the tongue coat is thick, add Shen Qu, Mai Ya, Shen Zha, Ji Nei Jing to help digestion and relieve food accumulation.

If Spleen-Yang starts failing, and the patient has pain in the abdomen, diarrhea, cold in the hands and feet, add Rou Gui, Pao Jiang to warm the middle, disperse the cold and stop pain.

If Spleen Qi with Zhong-Qi prolapse, with "hemorrhoids", shortness of breath, use Bu Zhong Yi Qi Tang to tonify the Zhong Qi, raise the Yang to avoid prolapse.

#### iv. Kidney-Qi-Deficiency

Method: Benefit the Qi, tonify the Kidney.

Prescription: Da Bu Yuan Jian.

Ren Shen, Shan Yao, Zhi Gan Cao benefit the Qi, strengthen the Kidney and consolidate the Ben.

Du Zhong, Shan Zhu Yu to warm and tonify Kidney Qi.

Shu Di Huang, Gou Qi Zi, Dang Gui benefit the Jing, nourish the Blood.

If fatigue add Huang Qi

If frequent urination and unable to control the urination, add Tu Si Zi, Wu Wei Zi, Yi Zhi Ren to tonify Kidney, astringent the Jing.

Clinically, Lung Qi and Spleen Qi Deficiency are more seen, Heart Qi and Kidney Qi Deficiency are less frequent.

For severe illnesses, such as Liver problem, Qi deficient is one of the symptoms, in such case, treating the Liver is the main goal and treat the Qi deficient is secondary.

#### b. Acupuncture Treatment

Basic point combination: Ren 17, Ren 12, Ren 6.

Ren 17 tonifies the Lung Qi in the upper Jiao, Ren 12 tonifies the middle Jiao, to transform Water and Food, Ren 6 tonifies the Lower Jiao.

Additional combination:

If Lung Qi is deficient, add Ub 13, Ub 43 to tonify the Lung-Qi use tonification method plus moxa.

If Heart-Qi is deficient, add Ub 15, Pc 6.

If Spleen-Qi deficient add Du 20 and St 36 to raise the Yang and avoid Qi collapse.

If Kidney Qi is deficient, add Bl 23, Ren 4 to tonify the Kidney. Use tonification method with moxa.

## 2. Blood Deficiency

### a. Herbal Treatment

#### i. Heart-Blood Deficiency

Method: nourish Blood, calm the Heart.

Prescription: Yang Xin Tang (Zheng Zhi Zhun Zheng: 证治准绳)

Ren Shen, Huang Qi, Fu Ling, Gan Cao benefit the Qi, nourish the Blood.

Dang Gui, Chuan Xiong, Wu Wei Zi, Bai Zi Ren, Suan Zao Ren, Yuan Zhi do nourish the Blood and calm the Shen in the Heart.

Rou Gui, Ban Xia warm the middle and strengthen the Spleen to help Blood production.

If insomnia and a lot of dreams, add Ye Jiao Teng, He Huan Hua to nourish the Blood, calm the Shen.

Often, Spleen-Blood Deficiency and Heart Blood Deficiency exist at the same time, called Heart and Spleen Blood Deficiency. Gui Pi Tang can also be used. Gui Pi Tang tonifies the Spleen and nourished the Heart.

It is a common prescription for Heart and Spleen-Blood Deficiency.

## ii. Liver-Blood Deficiency

Method: nourish the Liver Blood.

Prescription: Si Wu Tang.

Shu Di Huang, Dang Gui tonify the Blood, nourish the Liver. Shao Yao and Chuan Xiong harmonize the Ying and the Blood.

If Blood Deficiency is severe, add He Shou Wu, Gou Qi Zi, Ji Xue Teng.

If pain in the hypochondriac, add Si Gua Luo, Yu Jin, Xiang Fu to move the Qi and open the Luo-channels to stop pain.

If blur vision due to Liver-Blood Deficiency, add Gou Qi Zi, Jue Ming Zi to nourish the Liver, brighten the eyes.

If Liver-Stagnation with Blood Stasis, new Blood cannot be produced, patient with thin body, fullness in the abdomen, nodules in the abdomen area which are hard and painful, dislike pressure, dry skin, fish scale skin, dysmenorrhea, black "eye surroundings", green purple spots on the tongue, thin, tight pulse, use Da Huang Zhe Zhong Wan, to remove the stasis and enable the production of new Blood.

## b. Acupuncture Treatment

Basic combination: Ub 17, Ub 19, St 36, Sp 6.

Ub 17 and Ub 19 to nourish Blood and tonify Blood. St 36 and Sp 6 to strengthen the Spleen, nourish the Stomach, tonify the Qi and nourish Blood.

Additional combination:

If Heart Blood deficient Ub 15, Pc 6, He 7 to nourish Blood, calm the Shen.

If Liver Blood deficient, add Li 14, Li 3, Gb 34 to tonify the Blood and nourish the Liver.

Use tonification methods.



### 3. Yin-Deficiency

#### a. Herbal Treatment

##### i. Lung-Yin Deficiency

Method: Nourish the Yin, lubricate the Lung.

Prescription: Sha Shen Mai Dong Tang.

Sha Shen, Mai Men Dong, Yu Zhu tonify the Lung-Yin.

Tian Hua Fen, Sang Ye, Gan Cao clear Heat, lubricate the –Dryness.

If coughing, add Bai Bu, Kuan Dong Hua to stop coughing.

If coughing of Blood, add Xian He Cao, “fresh” Mao Gen to cool Blood and stop bleeding.

If the patient has heat waves, add Di Gu Pi, Yin Chai Hu, Qin Jiao, Bie Jia to nourish Yin and clear Heat.

If the patient has night sweating, add Wu Wei Zi, Wu Mei to stop sweating and consolidate Yin.

##### ii. Heart-Yin Deficiency

Method: Nourish the Yin, nourish the Heart.

Prescription: Tian Wang Bu Xin Dang.

Sheng Di, Xuan Shen, Mai Men Dong, Tian Men Dong nourish the Yin, clear Heat.

Ren Shen, Fu Ling, Wu Wei Zi, Dang Gui benefit the Qi, nourish the Blood.

Dan Shen, Bai Zi Ren, Suan Zao Ren, Yuan Zhi nourish the Heart, calm the Shen.

Jie Geng targets the functions upwards.

This prescription emphasizes the nourishment of Heart and yin and is suitable for Yin Deficiency with Heat and Fire.

If the patient has Fire and Heat with agitation, and does not feel calm, mouth sores, remove Dang Gui, Yuan Zhi (warm and pungent) and add Huang Lian, Mu Tong, Dan Zhu Ye to clear and drain Heart Fire downwards.

If the patient has Heat waves, add Di Gu Pi, Yin Chai Hu to clear empty Heat.

If the patient has night sweating, add Mu Li, Fu Xiao Mai to stop sweating, to consolidate the Biao.

##### iii. Stomach-Yin Deficiency

Method: Nourish the Yin, harmonize the Stomach.

Prescription: Yi Wei Tang.

Sha Shen, Mai Men Dong, Sheng Di Huang, Yu Zhu nourish the Yin and Body fluids. Add Bing Tang to nourish the Stomach, harmonize the middle.

If the patient has dry mouth and lips, severe body fluid deficiency, add Shi Hu, Tian Hua Fen to nourish the Yin and increase the Body Fluids.

If the patient has no appetite, add Mai Ya, Bai Bian Dou, Shan Yao to strengthen the Stomach and the Spleen.

If the patient has hiccup, add Dao Dou, Zhu Ru, Shi Di to harmonize the Stomach, stop the rebellious Stomach Qi.

If the patient has dry stool, add Honey to lubricate the Intestines and facilitate the bowel movement.

#### iv. Liver-Yin Deficiency

Method: Nourish Liver Yin.

Prescription: Bu Gan Tang.

Si Wu Tang nourished the Blood and softens the Liver.  
Mu Gua, Gan Cao, Suan Zao Ren nourish the Yin.

If the patient has headache with dizziness, tinnitus with Liver, Wind add Shi Jue Ming, Ju Hua, Gou Teng, Ci Ji Li to pacify the Liver, stop the Wind.

If the patient has dry eyes, sensibility to light, unclear vision add Gou Qi Zi, Nu Zhen Zi, Zao Jue Ming to nourish the Liver, brighten the eyes.

If Liver-Fire is severe with anger, agitation, red urine, constipation, red tongue, fast pulse, add Xia Ku Zao, Long Dan Cao, Shan Zhi Zi, to clear the Liver and drain the Fire.

If the patient has Liver Yin Deficiency with Hypochondriac pain, replace the prescription with Yi Guan Jian.

#### v. Kidney Yin Deficiency

Method: Nourish Kidney Yin.

Prescription: Zuo Gui Wan.

Shu Di Huang, Gui Ban, Gou Qi Zi, Shan Yao, Niu Xi nourish the Yin, tonify the Kidney.

Shan Zhu Yu, Tu Si Zi, Lu Jiao Jiao tonify the Kidney, increase the Jing.

If lower back pain with spermatorrhea, add Mu Li, Qian Shi to consolidate the Kidney, stop spermatorrhea.

If Deficiency Fire with Heat waves, dry mouth, sore throat, red tongue, thin, fast pulse, remove Lu Jiao Jiao, San Zhu Yu, add Zhi Mu, Huang Bai, Di Gu Pi, to nourish the Yin and drain the Fire.

b. Acupuncture Treatment

Basic points: Ub 23, St 36, Sp 6.

Ub 23 and St 36 tonify prenatal and postnatal Yin. Sp 6 is the point where Jing and Blood meet. It benefits the Liver, Spleen and Kidney Yin.

If Lung-Yin deficient, add Ub 13, Ub 43.

If Heart-Yin deficient add Ub 15, He 7.

If Stomach Yin deficient, add Ub 21, Ren 12.

If Liver Yin deficient, add Ub 18, Li 14, Li 3.

If Kidney Yin deficient, add Ub 52, Ki 3.

Use tonification method.

4. Yang Deficiency

a. Herbal Treatment

i. Heart-Yang Deficiency

Method: Benefit the Qi, warm the Yang.

Prescription: Bao Yuan Tang.

Ren Shen, Huang Qi benefits the Qi.

Rou Gui, Gan Cao, Sheng Jiang warm the Heart-Yang.

If Heart-Luo is blocked with pain in the Heart and the chest area, add Yu Jin, Dan Shen, Chuan Xiong, San Qi to invigorate Blood and stop pain.

If Yang Deficiency with cold in the extremities, slow pulse, add Fu Zi, Ba Ji Tian, Xian Mao, Yin Yang Huo, Lu Rong to warm and tonify Yang Qi.

ii. Spleen Yang Deficiency

Method: warm the middle, strengthen the Spleen.

Prescription: Fu Zi Li Zhong Wan.

Dang Shen, Bai Zhu, Gan Cao benefit the Qi, strengthen the Spleen, dry the dampness and harmonize the middle.

Fu Zi, Gan Jiang warm the middle, remove the cold.

If the patient has cold and pain in the Stomach, add Gao Liang Jiang, Xiang Fu, Wu Zhu Yu to warm the middle and remove the cold, move the Qi and stop the pain.

If the patient has fullness in the Stomach after eating with hiccup, with cold Stomach Qi rebellious upward, add Sha Ren, Ban Xia, and Chen Pi to warm the middle, harmonize the Stomach and stop the rebellious Qi.

If the patient has diarrhea, add Rou Dou Kou, Bu Gu Zhi, Yi Yi Ren to warm and tonify the Spleen and Kidney to stop diarrhea.

iii. Kidney Yang Deficiency

Method: Warm and tonify Kidney Yang.

Prescription: You Gui Wan.

Fu Zi, Rou Gui warm the Kidney and tonify the Yang.

Du Zhong, Shan Zhu Yu, Tu Si Zi, Lu Jiao Jiao tonify Kidney Qi.

Shu Di Huang, Shan Yao, Gou Qi Zi, Dang Gui benefit the Jing and the Blood, tonify the Yin to help Yang.

If the patient has spermatorrhea, add Jing Ying Zi, Sang Piao Xiao, Lian Xu or Jin Suo Gu Jing Wan to consolidate the Jing.

If the patient has Spleen Deficiency with Diarrhea, remove Shu Di Huang, Dang Gui, add Dang Shen, Bai Zhu, Yi Yi Ren to tonify the Qi, strengthen the Spleen, remove dampness and stop diarrhea.

If the patient has early morning diarrhea, add Si Sheng Wan to warm and tonify Spleen Kidney to consolidate the Intestines and stop diarrhea.

If the patient has Yang Deficiency with edema and little urination, add Fu Ling, Ze Xie, Che Qian Zi, Bai Zhu to facilitate urination, stop sweating.

If Kidney Yang is deficient and cannot grasp the Lung-Qi with shortness of breath, add Bu Gu Zhi, Wu Wei Zi, Ge Jie to tonify the Kidney to grasp Lung Qi.

b. Acupuncture Treatment

Basic treatment: Ren 4, Du 4, Ub 23.

Ren 4, Du 4 consolidate the Kidney and consolidate the Ben. Kidney is the Home for Water and Fire. Ub 23, tonify the Kidneys.

If the patient has Heart Yang Deficiency, add Ub 15, Pc 6, He 3, Ren 17 to benefit the Qi and warm the Yang.

If the patient has Spleen Yang Deficiency, add Ub 20, Ub 21, Ren 12 to warm the middle and strengthen the Spleen.

If Kidney Yang Deficiency add Ub 52, Ren 8 (moxa).

Use tonification method plus moxibustion.

## **Summary**

The points suggested in this chapter should be taken as a guideline, practical aspect should also be taken into account, such as, if the points are on the back as well as on the front of the body, if it is a good idea to do them all in one session? To answer this question, there is no one solution, it depends on the patient, on your personal experience to make a good decision.

<b>Qi Deficiency</b>	Ren 17, Ren 12, Ren 6
Lung-Qi Deficiency	Bu Fei Tang, Ub 13, Ub 43 plus moxa
Heart-Qi-Deficiency	Qi Fu Yin, Ub 15, Pc 6.
Spleen-Qi-Deficiency	Jia Wei Si Jun Zi Tang, Du 20 and St 36
Kidney-Qi-Deficiency	Da Bu Yuan Jian, Bl 23, Ren 4, plus moxa
<b>Blood Deficiency</b>	Ub 17, Ub 19, St 36, Sp 6
Heart-Blood Deficiency	Yang Xin Tang, Ub 15, Pc 6, He 7
Liver-Blood Deficiency	Si Wu Tang, Li 14, Li 3, Gb 34
<b>Yin Deficiency</b>	Ub 23, St 36, Sp 6
Lung-Yin Deficiency	Sha Shen Mai Dong Tang, Ub 13, Ub 43
Heart-Yin Deficiency	Tian Wang Bu Xin Dang, Ub 15, He 7
Stomach-Yin Deficiency	Yi Wei Tang, Ub 21, Ren 12
Liver-Yin Deficiency	Bu Gan Tang, Ub 18, Li 14, Li 3
Kidney Yin Deficiency	Zuo Gui Wan, Ub 52, Ki 3
<b>Yang Deficiency</b>	Ren 4, Du 4, Ub 23
Heart-Yang Deficiency	Bao Yuan Tang, Ub 15, Pc 6, He 3, Ren 17
Spleen Yang Deficiency	Fu Zi Li Zhong Wan, Ub 20, Ub 21, Ren 12
Kidney Yang Deficiency	You Gui Wan, Ub 52, Ren 8 (moxa)

## **Conclusion**

Patients with Chronic Fatigue, whether it is the main complaint or a symptom from another illness, get good help via TCM methods.

The number of sessions required differs from patient to patient, some patients require more than one series (12 sessions) of treatment, others need less session.

In order to ensure the stability of the recovery for Chronic Fatigue patients, it is advisable not to stop the treatment at the first sign of improvement.

Living a healthy lifestyle plays an important role in the recovery and avoids relapse for patients with Chronic Fatigue.