

Lecture

***Bi* Syndrome (Arthralgia Syndrome)**

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The word ‘*Bi*’ (痹) in Chinese means an obstruction. *Bi* Syndrome refers the syndrome characterized by the obstruction of *qi* and blood in the meridians due to the invasion of external pathogenic wind, cold and dampness, manifested as soreness, pain, numbness, heavy sensation, swelling of joints and limbs, limitation of movements and so on.

As joint pain is one of most common symptoms in *Bi* syndrome, so some western doctors and editors often translate *Bi* syndrome into ‘Arthralgia Syndrome’.

Clinically, *Bi* syndrome covers many different acute or chronic diseases in Western medicine, such as rheumatic diseases, rheumatoid arthritis, osteoarthritis, fibrositis, lupus, gout, neuralgia and others.

In TCM there are many effective therapies for *Bi* syndrome, including acupuncture, moxibustion and herbal medicines.

Aetiology and Pathology

According to TCM theory and the author’s clinical experiences, *Bi* syndrome can be caused by either external factors or internal factors.

1. External factors – the invasion of the muscles, joints and meridians by pathogenic wind, cold and dampness:

In Chapter 43 the *Bi* Syndrome of *Su Wen* (素问 *Plain Questions*), a part of The Yellow Emperor’s Canon of Internal Medicine (黄帝内经, BC475-221), said that ‘if pathogenic wind, cold and dampness invade the body together, it will lead to obstruction in the meridians and *Bi* syndrome may take place’. Clinically, we can also see that *Bi* syndrome is more common in the areas where the weather is cold, wet and windy.

2. Internal factors - general weakness of the body as well as the defensive *qi*:¹

This condition may cause the weakened resistance to pathogens, marked by dysfunction of skin and pores as well as defensive *qi*. As a result pathogenic wind, cold and dampness can easily invade the body causing *Bi* syndrome, this was described in the book -Prescriptions for Succouring the Sickness / *Ji Sheng Fang* (济生方), by Dr YAN Hong-he, in 1253, which stated that ‘it is because of weakness of the body with poor function of defensive *qi* that invasion of pathogenic wind, cold and dampness can result in *Bi* syndrome’.

Now we can see that the basic pathology of *Bi* syndrome is the obstruction of *qi* and blood in the meridians, due to the invasion of pathogenic wind, cold and dampness. According to TCM theory, if the meridians are open and the *qi* and blood are circulating smoothly and normally, there will be no pain; but if the meridians are obstructed and the flow of *qi* and blood are blocked, pain will arise’.

However, the constitution of the body differs from person to person, for example, with people that live in the same condition, some suffer from *Bi* syndrome, while other will not be affected. After suffering *Bi* syndrome, if a patient has excess yang by nature as well as accumulated heat, the wind-cold-dampness type of *Bi* syndrome may transfer into heat type of *Bi* syndrome.

Additionally, if pathogenic wind, cold and dampness stay in the meridians and cause an obstruction for a

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long time, the basic pathogenesis may change into blood stasis type of *Bi* syndrome. This is why clinically we often see some long-term patients with *Bi* syndrome manifested as blood stasis type.

According to Chapter 43 the *Bi* Syndrome of *Su Wen* of Yellow Emperor's Canon of Internal Medicine the *Bi* condition can also develop and turn into bone *Bi*, tendon *Bi*, blood-vessel *Bi*, muscle *Bi* and skin *Bi*. Further more as the five *zang* organs are connected externally with their corresponding meridians and tissues, so pathogens linger in the meridians and tissues including bone, tendon, blood vessel, muscle and skin, they may gradually seep into the internal organs. For example, bone *Bi* may develop into kidney *Bi*; tendon *Bi* into liver *Bi*; blood vessel *Bi* into heart *Bi* (clinically this is most common); muscle *Bi* into spleen *Bi*; skin *Bi* into lung *Bi* and so on.

Differential Diagnosis

Clinically, the author classify *Bi* syndrome into following 6 different types:

1. Wind *Bi* (风痹 wandering arthralgia 行痹) syndrome: Wandering arthralgia without fixed location, accompanied with aversion to wind, white or greasy fur and floating pulse.
2. Cold *Bi* (寒痹 painful arthralgia 痛痹) syndrome: Severe stabbing arthralgia with fixed location as well as local cold sensation, alleviated by warmth, aggravated by cold, white fur and tight pulse.
3. Dampness *Bi* (湿痹 fixed arthralgia 着痹) syndrome: Soreness and fixed pain in the joints with local swelling and numbness, aggravated on cloudy and rainy days, white and greasy fur, soft and slow pulse.
4. Heat *Bi* (热痹 heat arthralgia) syndrome: Arthralgia with local redness, swelling and burning sensation, accompanied with fever, sweating and thirst, yellow and greasy fur, slippery and rapid pulse.
5. Blood Stasis *Bi* (瘀血痹) syndrome: Long-term intermittent arthralgia with swelling, rigidity and deformity of joints, numbness of limbs, purplish dim

tongue with ecchymosis, white or greasy fur, thready and unsmooth pulse.

6. Heart *Bi* syndrome (心痹): Palpitation, chest stuffiness, pectoral pain, shortness of breath, even bluish discoloration of face, lips and finger nail, cold limbs, dark red tongue with little coating, faint or hesitant pulse. (Notes: This type is often seen in the patents with mitral stenosis and mitral incompetence of rheumatic heart disease).

Bi Syndrome in Western Medicine

In western medicine, many diseases may manifests as '*Bi* (arthralgia) syndrome', but mostly seen in the following diseases:

1. Rheumatism

It generally occurs as delayed sequel to group A haemolytic streptococcal infection. Rheumatism involves the connective tissues in the heart, joints, skin and vessels. It commonly appears in young adults between the ages of 20–30 and manifests as migratory polyarthritis. The large joints of extremities are most frequently affected, marked by redness, swelling, heat sensation and pain of the joints during acute stage, some patients may also have annular erythema, subcutaneous nodules, chorea and other symptoms. Laboratory tests show elevated erythrocyte sedimentation rate (ESR), positive C-reactive protein or increased white cell count etc. Repeated reoccurrences may cause heart valvular diseases, such as mitral stenosis (marked by diastolic murmur), mitral incompetence (systolic murmur), etc.

2. Rheumatoid arthritis

Its aetiology and pathogenesis have not been fully known so far, but most scholars believe that it's a kind of autoimmune disease with abnormality of humoral immunity and cellular immunity, manifesting as symmetric polyarthritis mostly with small joints of hands, wrists, and feet involved. This is marked by pain, swelling and rigidity of joints usually aggravated in the morning and alleviated by exertion. Laboratory tests show blood sedimentation

rate (ESR) increased, blood RF positive, etc. It does not cause heart valvular disease.

3. Osteoarthritis

It is also manifested as a type of *Bi* (arthralgia) syndrome, caused by the breakdown and eventual loss of the cartilage of one or more joints. Before the age of 45, it occurs more in males; while after age 55, more in females. It commonly affects the hand, feet, spine and large weight-bearing joints such as the hips and knees, and manifests as joints pain and swelling, finally leading to limitation of joint mobility.

4. Fibrositis

It is a chronic condition marked by stiffness and tenderness of muscles, tendons and joints, also accompanied with restlessness, sleep-awakening feeling tired, fatigue, anxiety, depression, disturbance in bowel function. Its cause is not known yet.

TCM Treatments

1. Acupuncture and Moxibustion

Basic Acupoints:

Dazhui (GV 14), Hegu (LI 4), Quchi (LI 11), Jianyu (LI 15), Waiguan (TE 5), Wangu (TE 4), Huantiao (GB 30), Xuanzhong (GB 39), Jiaji (EX-BZ), Fengshi (GB 31), Yanglingquan (GB 34), Dubi (ST 35), Kunlun (BL 60). Notes: you can choose local acupoints according to locations of *Bi* syndrome.

Supplementary Acupoints:

For Wind *Bi* (wandering arthralgia) syndrome, add: Fengmen (BL 12), Xuehai (SP 10).

For Cold *Bi* (painful arthralgia) syndrome, add: Weiyang (BL 39), Guanyuan (CV 4)

For Dampness *Bi* (fixed arthralgia) syndrome, add: Fenglong (ST 40), Yinlingquan (SP 9)

For Heat *Bi* (heat arthralgia) syndrome, add: Quchi (LI 11), Erjian (LI 2).

For Blood Stasis *Bi* syndrome, add: Xuehai (SP10), Geshu (BL 17);

For Heart *Bi* syndrome, add: Tongli (HT 5), Xinshu (BL 15).

Method: Select 6–12 acupoints for each treatment according to the location of pain.

For wind *Bi* (wandering arthralgia) syndrome, heat *Bi* (heat arthralgia) syndrome and blood stasis *Bi* syndrome, the reducing method is advisable.

For cold *Bi* (painful arthralgia) syndrome and dampness *Bi* (fixed arthralgia) syndrome, the needles should be retained for 30 minutes and moxibustion is also recommended.

2. Herbal Therapies

Therapeutic principle: dispersing pathogenic wind, cold, and dampness.

1) Basic Herbal Recipe:

Modified *Juan Pi Tang* (蠲痹汤 Decoction for Treating *Bi* Syndrome) for *Bi* syndrome of cold, wind and dampness types.

Source: *Yi Xue Xin Wu* (医学心悟 *Medical Revelations*), by Dr. CHEN Guo-peng, 1732.

Ingredients: Qianghuo (羌活 Rhizoma seu Radix Notopterygii) 10g, Duhuo (独活 Radix Angelica Pubescentis) 10g, Guizhi (桂枝 Ramulus Cinnamomi) 10g, Qinjiao (秦艽 Radix Gentianae Mocarphyllae) 12g, Danggui (当归 Radix angelicae sinensis) 10g, Chuanxiong (川芎 Rhizoma Ligustici Chuanxiong) 10g, Haifengteng (海风藤 Caulis Piperis Futo-kadsurae) 30g, Jixueteng (鸡血藤 Caulis Spatholobi) 30g, Sangzhi (桑枝 Ramulus Mori) 30g.

Administration: All the above herbs should first be soaked in a pot of water for 2 hours or more and then placed over a high fire until boiling. Then they are to be simmered over a low fire for 25–30 minutes. Finally, drain the herbal liquid from the boiled herbs to obtain the decoction for oral use. Drink half in the morning and the other half in the evening.

For Wind *Bi* (wandering arthralgia) syndrome, add: Weilingxian (威灵仙 Radix Clematidis) 12g, Fangfeng (防风 Radix Ledebouriellae) 10g.

For Cold *Bi* (painful arthralgia) syndrome, add: Baizhi (白芷 Radix Angelicae Dahuricae) 12g,

Yuanhu (延胡索 *Rhizoma Corydalis*) 9g.

For Dampness *Bi* (fixed arthralgia) syndrome, add: Yiyiren (薏苡仁 *Semen Coicis*) 30g, Cangzhu (苍术 *Rhizoma atractylodis*) 12g.

For Heat *Bi* (heat arthralgia) syndrome, add: Rendongteng (忍冬藤 *Caulis Lonicerae*) 30g, Huangbai (黄柏 *Cortex Phellodendri*) 10g.

For Blood Stasis *Bi* syndrome, add: Ruxiang (乳香 *Resina Olibani*) 10g, Moyao (没药 *Myrrha*) 10g, Dilong (地龙 *Lumbricus*) 12g.

For Heart *Bi* syndrome, add: Yuzhu (玉竹 *Rhizoma Polygonati Odorati*) 21g, Tinglizhi (葶苈子 *Semen Lepidii seu Descurainiae*) 9g, Huangqi (黄芪 *Radix Astragali seu Hedysari*) 30g, Dangshen (党参 *Radix Codonopsis*) 15g.

2) The Original Herbal Prescriptions for Different Types of *Bi* Syndrome

a) *Qianghuo Sheng Shi Tang* (羌活胜湿汤 Decoction of *Notopterygium* for Dispersing Dampness) for Wind *Bi* syndrome.

Source: *Nei Wai Shang Bian Huo Lun* (内外伤辨惑论 *Clarifying Doubts about Injury from Internal and External Causes*) by Dr LI Gao, in 1247.

Ingredients: Qianghuo (羌活 *Rhizoma seu Radix Notopterygii*) 9g, Duhuo (独活 *Radix Angelicae Pubescentis*) 9g, Gaoben (藁本 *Rhizoma et Radix Liguistici*) 4.5g, Fangfeng (防风 *Radix Ledebouriae*) 4.5g, Zhigancao (炙甘草 *Radix Glycyrrhizae Praeparatae*) 4.5g, Chuanxiong (川芎 *Rhizoma Ligustici Chuanxiong*) 4.5g, Manjingzi (蔓荆子 *Fructus Vitis*) 3g.

Administration: All the above herbs should first be soaked in a pot of water for 2 hours or more, and then placed over a high fire until boiling. Then they are to be simmered over a low fire for 25–30 minutes. Finally, strain the herbal liquid from the boiled herbs to obtain the decoction for oral use. Drink half in the morning and the other half in the evening.

Indications: It can be used for Wind *Bi* (风痹 wandering arthralgia 行痹) syndrome; also for exogenous wind-dampness syndrome marked by heaviness and pain of head, waist and back, or general pain of the body, with difficulty in turning round.

The author's experience: Clinically the author use this recipe for rheumatic arthritis, common cold and migraine of wind-damp type.

b) *Duhuo Jisheng Tang* (独活寄生汤 Decoction of Pubescent *Angelica* and *Loranthus*) for Cold *Bi* syndrome.

Source: *Qianjin Yao Fang* (千金要方 *Thousand Ducat Formulae*), by Dr SUN Si-miao in 652.

Ingredients: Duhuo (独活 *Radix Angelicae Pubescentis*) 9g, Xixin (细辛 *Herba cum Radice Asari*) 3g, Fangfeng (防风 *Radix Ledebouriae Divaricatae*) 6g, Qinjiao (秦艽 *Radix Gentianae Mocarphyllae*) 6g, Sangjisheng (桑寄生 *Ramulus Loranthi*) 6g, Duzhong (杜仲 *Cortex Eucommiae Ulmoidis*) 6g, Niuxi (牛膝 *Radix Achyranthis Bidentatae*) 6g, Rougui (肉桂 *Cortex Cinnamomi Cassiae*) 6g, Danggui (当归 *Radix Angelicae Sinensis*) 6g, Chuanxiong (川芎 *Rhizoma Chuanxiong*) 6g, Shengdihuang (生地黄 *Radix Rehmanniae Glutinosa*) 6g, Baishao (白芍 *Radix Paeoniae Alba*) 6g, Renshen (人参 *Radix Ginseng*) 6g, Fuling (茯苓 *Sclerotium Poriae Cocos*) 6g, Zhigancao (炙甘草 *Radix Glycyrrhizae Praeparatae*) 6g.

Administration: The source text advises to coarsely grind the above ingredients. However, today the normal dosage of Sangjisheng is 15–30, the dosages of others except Xixin are about 9–12 g.

For preparing the decoction: All the above herbs should first be soaked in a pot of water for 2 hours or more, and then placed over a high fire until boiling. Then they are to be simmered over a low fire for 25–30 minutes. Finally, strain the herbal liquid from the boiled herbs to obtain the decoction for oral use. Drink half in the morning and the other half in the evening.

Indications: It can be used for Cold *Bi* (寒痹 painful arthralgia 痛痹) syndrome, marked by heavy and painful sensation at fixed location in the back and lower extremities accompanied by weakness and stiffness, an aversion to cold and attraction to warmth, palpitation, shortness of breath, or local paresthesia or numbness.

The author's experiences: The author usually use this recipe for chronic rheumatoid arthritis, osteoarthritis, lumbar spondylopathy, sciatica and sequelae of poliomyelitis of cold *Bi* type.

c) *Yiyiren Tang* (薏苡仁汤 Coix Seed Decoction) for Dampness *Bi* syndrome.

Source: *Ming Yi Zhi Zhang* (名医指掌 *Displays of Enlightened Physicians*) by Dr HUANG Fu-zhong, in 16th century.

Ingredients: Mahuang (麻黄 *Herba Ephedrae*) 6g. Note: In the UK, it is not allowed, for Damp *Bi*, they may use Mugua (木瓜 *Fructus Chaenomelis*) instead of Mahuang. Danggui (当归 *Radix Angelicae Sinensis*) 9g, Cangzhu (苍术 *Rhizoma Atractylodis*) 9g, Yiyiren (薏苡仁 *Semen Coicis*) 24g, Guizhi (桂枝 *Ramulus Cinnamomi Cassiae*) 6g, Baishao (白芍 *Radix Paeoniae Lactiflorae*) 6g, Zhigancao (炙甘草 *Radix Glycyrrhizae Praeparatae*) 3g.

Administration: All the above herbs should first be soaked in a pot of water for 2 hours or more, and then placed over a high fire until boiling. Then they are to be simmered over a low fire for 25–30 minutes. Finally, strain the herbal liquid from the boiled herbs to obtain the decoction for oral use. Drink half in the morning and the other half in the evening.

Indications: It can be used for Dampness *Bi* (湿痹 fixed arthralgia 着痹) syndrome, marked by swelling and pain in the joints (usually of the hands and feet), numbness, and difficulty in moving the joints, or accompanied by fever.

The author's experiences: The author use this recipe for rheumatic arthritis of dampness *Bi* type.

d) *Xuan Bi Tang* (宣痹汤 Decoction for Relieving *Bi* Syndrome) for Heat *Bi* syndrome.

Source: *Wen Bing Tiao Bian* (瘟病条辨 *Systematic Differentiation of Warm Disease*) by Dr WU Ju-tong, in 1798.

Ingredients: Guangfangji (广防己 *Radix Aristolochiae Fangchi*) 15g, Xingren (杏仁 *Semen Pruni Armeniaca*) 15g, Yiyiren (薏苡仁 *Semen Coicis Amarum*) 15g, Cansha (蚕沙 *Excrementum Bombycis Mori*) 9g, Banxia (半夏 *Rhizoma Pinelliae Ternatae*) 9g, Lianqiao (连翘 *Fructus Forsythiae Suspensae*) 9g, Zhizi (栀子 *Fructus Gardeniae Jasminoidis*) 9g, Huashi (滑石 *Talcum*) 15g, Chixiaodou (赤小豆 *Semen Phaseoli Calcarati*) 9g.

Administration: Decoct the herbs for oral use.

Indications: For Heat *Bi* (热痹 heat arthralgia) syndrome, marked by heat and pain in the joints, reduced mobility, fever and shaking chills, a lustreless, yellow complexion, scanty urine, yellow and greasy fur of tongue.

The author's experiences: The author use the recipe acute rheumatic arthritis, infective arthritis and other conditions marked by heat-damp *Bi* syndrome.

e) *Shu Feng Huo Xue Tang* (疏风活血汤 Decoction for Dispersing Wind and Promoting Blood Circulation) for Blood Stasis *Bi* syndrome.

Source: *Dong Yi Bao Jian* (东医宝鉴 *Precious Mirror of Oriental Medicine*) by Dr XU Sun, a Korean, in 1611.

Ingredients: Danggui (当归 *Radix Angelicae Sinensis*) 2.5g, Chuanxiong (川芎 *Rhizoma Chuanxiong*) 2.5g, Weilingxian (威灵仙 *Radix Clematidis*) 2.5g, Baizhi (白芷 *Radix Angelicae Dahuricae*) 2.5g, Hanfangji (汉防己 *Radix Stephaniae Tetrandrae*) 2.5g, Huangbai (黄柏 *Cortex Phellodendri*) 2.5g, Dannanxing (胆南星 *Arisaemae cum Bile*) 2.5g, Cangzhu (苍术 *Rhizoma Atractylodis*) 2.5g, Qianghuo (羌活 *Rhizoma seu Radix Notopterygii*) 2.5g, Guizhi (桂枝 *Ramulus Cinnamomi*) 2.5g, Honghua (红花 *Flos Carthami*) 1g, Ganjiang (干姜 *Rhizoma Zingiberis*) 1g.

Administration: Decoct above herbs to make decoction, drink the decoction, half in morning, another half in evening.

Indications: It can be used for Blood Stasis *Bi* (血痹) syndrome, marked by sharp pain in all the joints due to Blood stasis caused by wind, dampness and phlegm. Notes: This is a Korean formula. The above dosages are from Japanese sources. According to my own experience, the dosage for each herb should be at 10g.

f) *Xin Bi Tang* (心痹汤 Decoction for Heart *Bi* Syndrome) for Heart *Bi* syndrome.

Source: The author's experienced recipe.

Ingredients: Danggui (当归 Radix Angelicae Sinensis) 15g, Chuanxiong (川芎 Rhizoma Chuanxiong) 15g, Chishao (赤芍 Radix Paeoniae Rubrae) 15g, Ruxiang (乳香 Olibanum) 9g, Lulutong (路路通 Fructus Liquidambaris) 15g, Qianghuo (羌活 Rhizoma seu Radix Notopterygii) 9g, Sangjisheng (桑寄生 Herba Taxilli Chinensis) 15g, Weilingxian (威灵仙 Radix Clematidis) 9g, Yuzhu (玉竹 Rhizoma Polygonati Odorati) 21g, Tinglizi (葶苈子 Semen Lepidii seu Descurainiae) 9g, Huangqi (黄芪 Radix Astragali) 15g.

Administration: All the above herbs should first be soaked in a pot of water for 2 hours or more, and then placed over a high fire until boiling. Then they are to be simmered over a low fire for 25–30 minutes. Finally, strain the herbal liquid from the boiled herbs to obtain the decoction for oral use. Drink half in the morning and the other half in the evening.

The author's experiences: Since 1985, the author has used this recipe for rheumatic heart disease of Heart *Bi* syndrome (mitral stenosis and mitral incompetence) marked by palpitation, chest stuffiness, pectoral pain, shortness of breath, even bluish discoloration of face, lips and finger nail, cold limbs, dark red tongue with little coating, faint or hesitant pulse. It is effective to relieve symptoms.

3) Common Herbal Pills

a) *Qu Feng Wan* (驱风丸 Pills for Dispersing Wind)

Source: Asante Academy of Chinese Medicine, UK

Ingredients: Tianma (天麻 Rhizoma Gastrodiae), Qianghuo (羌活 Rhizoma seu Radix Notopterygii), Duhuo (独活 Radix Angelicae Pubescentis), Duzhong (杜仲 Cortex Eucommiae), Huainiuxi (怀牛膝 Radix Achyranthis Bidentatae), Bixie (萆解 Rhizoma Dioscoreae Hypohlauciae), Danggui (当归 Radix Angelicae Sinensis), Shudihuang (熟地黄 Rehmanniae Praeparatae), Xuanshen (Radix Scrophulariae) 玄参.

Indications: For *Bi* syndrome marked by Wind *Bi* type accompanied with deficiency of the kidney and blood.

Administrations: 12 pills each time, 2 times a day.

b) *Xiao Huo Luo Dan* (小活络丹 Pill for activating energy flow in the meridian and collaterals)

Ingredients: Zhichuanwu (制川乌 Radix Aconiti Praeparatae) 180g, Zhicaoowu (制草乌 Radix Kusnezoffii Praeparatae) 180g, Dilong (地龙 Pheretima Aspergillum) 180g, Zhitiannanxing (制天南星 Rhizoma Arisaematis Praeparatae) 180, Ruxiang (乳香 Olibanum) 66g, Moyao (没药 Myrrha) 66g.

Administration: Make the above herbs into pills, 3g (8 pills) each time, 1–2 times a day.

Indications: It can be used for treating *Bi* syndrome of cold type or blood stasis type. It can be also used for infertile and dysmenorrhea. Notes: Zhichuanwu (制川乌 Radix Aconiti Praeparatae) and Zhicaoowu (制草乌 Radix Kusnezoffii Praeparatae) are not allowed to use in the UK, because the ingredients Zhichuanwu and Zhicaoowu. Zhichuanwu contain Wutoujian (aconine) which is highly toxic. So if you make a decoction of the herbs in other countries except the UK, both herbs must be boiled for more than one – two hours until no numbness of the mouth and tongue is felt according to traditional processing method, because the long time boiling can change its Wutoujian / aconine into Wutoucijia (sub-aconine) which has just 1–2 % of Wutoujian' toxin with the same efficacy. Additionally, when we meet patients with aconite poisoning, we should give patient Atropine injection and other supporting therapies on

time to save our patients.

c) *Mugua Wan* (木瓜丸 Chaenomeles Fruit Pill)

Main ingredients: Mugua (木瓜 Fructus Chaenomelis), Danggui (当归 Radix Angelicae Sinensis), Chuanxiong (川芎 Rhizoma Liguistici Chuanxiong), Baizhi (白芷 Radix Angelicae Dahuricae), Weilingxian (威灵仙 Radix Clematidis) Gouji (狗脊 Rhizoma Cibotii), Niuxi (牛膝 Radix Achyrantis Bidentatae), Haifengteng (海风藤 Coulis Piperis Kadsurae), Jixueteng (鸡血藤 Caulis Spatholobi), Renshen (人参 Radix Ginseng).

Administration: 8 pills each time, 2 times a day.

Indication: For *Bi* syndrome marked by numb limbs, pantalgia, debility of loins and legs, dysbasia, etc.

d) *Er Miao Wan* (二妙丸 Two Wonderful Ingredients Pill)

Ingredients: Huangbai (黄柏 Cortex Phellodendri), Cangzhu (苍术 Rhizoma Atractylodis)

Indications: For *Bi* syndrome of damp-heat type.

Administration: 8 pills each time, 3 times a day.

e) *Shu Jin Jian Yao Wan* (舒筋健腰丸 Pill for Relieving Rigidity of Muscle and Tendon and Strengthening Loins)

Ingredients: Jinyingzi (金樱子 Fructus Rosae Laevigatae), Jixueteng (鸡血藤 Caulis Spatholobi), Qianjinba (千斤拔 Radix Flemingiae Philippensis) Heilaohu 黑老虎 (Radix Kadsurae Coccinea), Fengmi (蜂蜜 Mel), Ruxiang (乳香 Olibanum), Niudali (牛大力 Radix Millettiae Speciosae), Sangjisheng (桑寄生 Herba Taxilli), Tusizi (菟丝子 Semen Cuscutae), Nuzhengzi (女贞子 Fructus Ligustri Lucidi), Yanhusuo (延胡索 Rhizoma Corydalis), Liangmianzhen (两面针 Radix Zanthoxyli).

Indications: for *Bi* syndrome.

Administrations: 12 pills each time, 2 times a day.

4) External Treatment

a) *Shang Shi Zhi Tong Gao* (伤湿止痛膏 Adhesive Plaster for Relieving Sprain, Rheumatism and

Myalgia)

Ingredients: Methyl Salicylate (水杨酸甲酯 Methtylsalicylatum), Menthol (薄荷脑 Borneolum), Camphor (冰片 Camphora), Lemongrass extract (芸香浸膏 Extractum Herbae Cymbopogonis), Belladonna liquid extract (颠茄流浸膏 Extractum Belladonnae Liquidum).

Actions: Dispelling wind, cold and dampness and promoting blood circulation to relieve pains.

Indications: Rheumatic arthritis, myalgia and sprain.

Administration: External use, plaster it on the affected area, and then change it within 6–12 hours.

Caution: It should be used with care to pregnant women; but not to the patients with adhesive plaster allergy and local ulceration.

b) *Gou Pi Gao* (狗皮膏 Dog-skin Plaster)

Main Ingredients: ngpi (青皮 Pericarpium Citri Reticulatae Viride), ngxiang (丁香 Flos Caryophylli), uanxiong (川芎 Rhizoma Chuanxiong), nggui (当归 Radix Angelicae Sinensis), Qianghuo (羌活 Rhizoma seu Radix Notopterygii), Dafengzi (大枫子 Semen Chaulmoograe), Tianma (天麻 Rhizoma Gastrodiae), Duzhong (杜仲 Cortex Eucommiae).

Actions: Expelling wind and dispersing cold, relaxing muscle and tendons, promoting blood circulation and alleviating pain.

Indications: *Bi* syndrome due to wind, cold and dampness, pain of loins and lower extremities, numbness of limbs and trunk, traumatic injuries. It can be used to treat rheumatism, neuralgia, and redness, swelling and pain caused by sprain, etc.

Administration: Warm it soft and then apply it to the affected areas, change it every 6–12 hours.

Life Style and Diet Advice

1. Living Environment: The ancient Chinese 'Fengshui' method is the theory and art which studies how to establish an ideal environment beneficial to prolonging life as well as preventing and treating diseases including *Bi* syndrome. It is the com-

prehensive theory of ancient architectural planning and design integrating geography, ecology, architecture, ethics and aesthetics etc. According to Fengshui, people should live at a place with clear and plentiful water source, fresh air, sufficient sunlight, good vegetation as well as quiet, secluded and beautiful landscape. Because wind, cold and dampness are the main factors to cause *Bi* syndrome, we should suggest patients with *Bi* syndrome to live in the environment which is full sunlight, less wind, cold and dampness.

2. Physical Exercises: TCM has many type of

physical exercise, such as Taiji and Qi Gong. Taiji is more of a slow type of exercise type, very useful to patients with *Bi* syndrome. While Qi Gong is a kind of exercise for self-developing *Qi* Energy (including natural body's defensive *qi*).

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