

Patient code: PAWO
Date 09/14/07
Female, 43 years old

The patient came in complaining of worsening food allergies that cause her sinuses and ears to be blocked/plugged, and are especially worse at night, making it difficult to sleep.

T. - pale, swollen & pitting with cracks, slightly red towards the back
Right P. - slightly rapid, strongest at mid-depth, especially the guan
Left P. - considerably weaker
*both are very light on the superficial depth, stronger at mid-depth, fade deep

Abdominal palpation:

Upper abdomen is soft and cool; area above the navel is warm, very tense; lower abdomen is slightly cool, tense, and sore on the right when palpated.

If the patient eats any of the foods that worsen congestion (eggs, dairy, beans, sesame, citrus), her overall energy also plummets. She becomes very unmotivated and tired all night, along with the worsening congestion and red and itchy eyes. When she manages to sleep, she often has active or bad dreams. She is also prone to getting tension headaches, bordering on migraines, that will also cause nausea.

Her appetite is generally low, although it is recently getting better. Her bowel movements are slightly loose but in small quantities, once or twice a day. She feels a little dehydrated, and notices her urine can occasionally be dark - she tries to drink enough water but is not necessarily thirsty. She tends to get hot and sweats easily, and her face will redden with very mild exertion.

The patient's husband died not long ago and she still struggles with sadness and loss. Lastly, her menstrual cycle, though 27 days, has only a 2 day bleeding period. She will experience premenstrual pain at ovulation, but none beyond.

Diagnosis: *Damp-Heat in TaiYin channels, Spleen/Stomach yin deficiency with underlying qi and blood deficiency*

Treatment Principle: *Expel Damp-Heat, Tonify the Spleen and blood*

Treatment: ***Xiang Sha Liu Jun Zi Tang + Lian Po Yin modification*** ->
Dang shen, bai zhu, fu ling, gan cao, ban xia, chen pi, sha ren, mu xiang, cang zhu, hou po, lu gen, dan dou chi, huang lian, shi chang pu