



VUIM™

Qigong TB320
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VIRGINIA UNIVERSITY OF INTEGRATIVE MEDICINE

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Class goals:

- Clinical Applications:
- Hypertension, CAD, Peptic Ulcer, Liver Disease.

Hypertension.

- Clinical Applications.
- Hypertension is elevated blood pressure over a long period of time that can lead to a cardiovascular event (stroke, aneurysm) described as strong Liver wind in TCM.
- Liver qi stagnation-> Liver yang rise-> Liver Wind.
- SX: Headaches, dizziness, irritability, temper, insomnia.

Hypertension

- Tx: Reduce blood pressure.
- Blood Pressure reducing qigong:
 - 1. Wuji posture (align head, groin, feet) pc8 to Ren6.
 - 2. Washing from Bai hui. (dredge the chong mai and ren mai).
 - 3. Washing from Bai hui (dredge the du mai)
 - 4. Washing the belt channel to ming men.
 - 5. Dragon back/spinal wave: front, left, and right sides of body.
 - 6. Dan tien breathing.
- **Other:**
 - 7. Relaxation qigong.
 - 8. 6 healing sound.

Hypertension: Liver and Kidney Yin Deficiency and Liver Yang Rising.

- SX: Dizzy, vertigo, distention in head, tinnitus, flushed complexion, quick temper, insomnia, yellow tongue coat, wiry forceful pulse.
- 1. Reduce BP qigong (previous page).
- 2. 3 line relaxation sequence with special attention to mental mantra “Song” or “Relax”.
- 3. 6 healing sounds with extra Whoo/Chui (KD sound) done silently for nourishment.

Phlegm Accumulation and Turbidity

- Sx: dizzy and headache, heavy sensation in head, full chest and abdomen, nausea, vomit saliva, sleepiness, white and greasy tongue coat, wiry and slippery pulse.
- Prescription: Blood pressure reduce qigong,
- 6 healing sounds, HU and Xi emphasis.
- Baduan jin: 1 (for TB) and 3 (for SP/ST).

Coronary Artery disease (CAD)

- Ischemic heart disease, coronary heart disease.
- Narrow of heart arteries and reduce blood flow, cell death= myocardial infarction “heart attack”.
- TCM: Chest pain/Chest Bi.
- Def. type: old age, weak KD qi.
- Excess: qi stagnation, blood stasis, cold, phlegm.
- Sx: SOB, dizziness, palpitations, fatigue, cold hands and feet, pale complexion, sweat easy, chest pain radiates to left shoulder and arm, purple tongue.

CAD

- TCM: Heart yang def., SP and KD deficiency,
- Qi stagnation, and Blood stasis.
- TX:
- 1. Stand rocking with thumb and middle finger touch.
- 2. Beach and sunrise visualization. Expel evil qi from yongquan. Visualize white sparkles on HT4 (Lingdao) and PC8. Thumb and middle finger.
- 3. Lower conduction (CV1, huiyin) down. Conduct the qi down the legs front, sides, and back, out yongquan (KD1) and little toes.
- 4. Upper conduction (PC8 and HT8), outside of left arm and hand creating a circuit to inner right hand and arm to CV17.
- Repeat #4, but go from outer right arm to inner left arm.
- Close: dan tien and relaxation qigong.

Obstruction of Yang in chest

- Sx: Angina Pectoris (chest pain from ischemia/poor blood circulation), sensation of suffocation radiating to left shoulder, pale nails, purple lips and tongue, tongue with white or greasy coat, pulse wiry or thready and slippery.
- 1. CAD qigong
- 2. Ba duanjin: 1, 4,6,7.
- 3. 6 healing sound with emphasis on HEEE.

Def. Yang Qi

- Sx: Dull chest pain, stuffy chest, SOB, dizziness, palpitations, fatigue, lassitude, aversion cold, cold hands and feet, pale complexion, sweating doing physical things, pale and swollen tongue w/teeth mark. Pulse deep, thready, or knotted.
- Prescription: CAD qigong, Longevity/Health qigong, Roborant Qigong.
- Strengthening/Yijinjing qigong, relaxation qigong.

Peptic Ulcers

- Gastrointestinal (GI) tract exposed to acid and pepsin. Stomach and duodenum. 80% associated with *helicobacter pylori* (h.pylori).
- TCM: stagnation of qi and malnourishment due to EPF, improper diet, emotional stress, zhang-fu dysfunction.
- Sx: stomach pain, distending, pricking, mild and dull, burning, poor appetite, nausea, belching, acid regurgitation, etc.

Peptic ulcer

- Main prescription:
- Internal nourish qigong (chp. 6)
- Relaxation qigong
- 6 healing sounds.

Liver Qi overacts on Earth (Stomach)

- Liver overacts on Spleen -> diarrhea.
- Liver overacts on Stomach -> vomiting.
- Sx: Gastric pain, belching, flatulence, aggravated by worry, White tongue coat, wiry pulse.
- Prescription: relax qigong. Internal nourish emphasis CV12, 6 healing sound (HUUUUU)

SP and ST def. and cold

- SX: constant dull pain in ST, preference for warmth and pressure, vomit clear fluid, poor appetite, cold limbs, loose stool, pale tongue w/white coat, pulse: feeble and weak.
- Prescription: internal nourish qigong with emphasis on zhongwan (CV12).
- Relaxation qigong.
- Health preservation qigong with emphasis on middle jiao clock/counterclock massage.

Stomach heat due to Yin def.

- Sx: Burning stomachache, hungry with no desire to eat, acid regurgitation, belching with fetid odor, dry mouth and throat, heat in palms, soles, and heart region, dry stool, red tongue, thready rapid pulse.
- Prescription: HUUUU sound, relaxation qigong, Internal method qigong with emphasis on CV12, Longevity qigong: tapping ST36.

Chronic Liver Disease

- Chronic active Hepatitis, chronic persistent Hepatitis, and Cirrhosis.
- Sx: Fatigue, right subcoastal pain, poor appetite, abdominal distention, low grade fever, jaundice, hepatomegaly.
- TCM: Liver qi stagnation: flank pain, easily frustrated, anger, PMS.
- Prescription: Soothe Liver Qigong (Liv 14 and Liv 13) , Longevity qigong, Relaxation qigong.

Liver Qi stagnation

- Sx: flank pain, abdominal distention, poor appetite, bitter taste, dry throat, white tongue with wiry pulse.
- Prescription: Liver qigong, 6 healing sound emphasis: XU/SHUU sound.
- Baduanjin: 1, 2, 5, 7.

Pair up and Work on each other

- Chief complaint, 10 questions, tongue and pulse, diagnose, point selection.
- Needle a point and try to emit qi into needle.

Homework:

- Journaling
- Practicing Ba duan jin, 6 healing sounds.