

Class 10: Urinary strangury (Lin Syndrome), Dribbling urinary block

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Urinary Strangury

Lin zheng

- Frequent scanty, difficult urination, dribbling urination, painful urination
- Includes:
 - Acute and chronic urinary infection, bladder or kidney stones, acute and chronic prostatitis and chuluria

Etiology and pathogenesis

- Repletion (damp heat)
 - Improper diet
 - Poor genital hygiene
 - emotion
- Vacuity (spleen and kidney deficiency)
 - Prolonged urinary disorders
 - Stress
 - Overindulgence in sexual activity
 - Frail constitution

Patterns

- Heat lin
- Stone lin
- Qi lin- repletion pattern
- Qi lin- vacuity pattern
- Blood lin- repletion pattern
- Blood lin- vacuity pattern
- Unctuous lin- repletion pattern
- Unctuous lin- vacuity pattern
- Taxation lin

Heat lin

- **Key symptoms:**
 - frequent, scanty and difficult urination, burning pain on urination, dark urine with a strong smell, bitter taste in the mouth, pain on the sacrum, constipation, thirst. Red tongue, yellow sticky coating, rapid slippery pulse.
- **Treatment method:** clear heat, disinhibit dampness, free and disinhibit the urine
- **Formula:** Ba Zheng San (Eight Corrections Powder)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, SP6 san yin jiao, SJ5 wai guan

Formula and modifications

- Ba Zheng San (Eight Corrections Powder)
 - Che qian zi, Qu mai, Bian xu, Hua shi, Shan zhi zi, Mu tong, Shu da huang, Zhi gan cao, Deng xin cao
- Modifications:
 - For constipation and abdominal distention, delete shu da huang, add sheng da huang, zhi shi
 - For yin deficiency, delete shu da huang, add sheng di huang, zhi mu, bai mao gen

Stone lin

- **Key symptoms:**
 - stone or sand in the urine, difficult urination which may stop suddenly, sacral pain, blood in urine, red tongue with thick-sticky coating. Rapid, wiry pulse.
- **Treatment method:** clear heat, disinhibit dampness, free and disinhibit the urine, expel stones
- **Formula:** Shi wei san (Pyrrrosia Powder)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, UB39 fei yang, KI2 ran gu

Formula and modifications

- Shi wei san (Pyrrosia Powder)
 - Shi wei, Qu mai, Che qian zi, Dong kui zi, Hua shi
- Modifications:
 - To expel stone, add jin qian cao, hai jin sha, ji nei jin
 - To relieve pain, add bai shao yao, gan cao
 - For hematuria, add sheng di huang, xiao ji, bai mao gen
 - For heat, add pu gong yin, huang bai, shu da huang
 - For yin deficiency, use liu wei di huang wan

Qi lin- repletion pattern

- **Key symptoms:**
 - difficult and painful urination, fullness in abdomen.
hypochoondrium pain and distension, irritability, wiry and deep pulse.
- **Treatment method:** rectify qi, free and disinhibit the urine
- **Formula:** Chen xiang san (Aquilaria Powder)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, LV3 tai chong, SP6 san yin jiao

Formula and modifications

- Chen xiang san (Aquilaria Powder)
 - Chen xiang, shi wei, hua shi, dang gui, bai shao yao, chen pi, dong kui zi, wang bu liu xing, gan cao
- Modifications:
 - For liver qi stagnation, add qing pi, wu yao
 - For blood stasis, add chi shao yao, hong hua, chuan niu xi

Qi lin- vacuity pattern

- **Key symptoms:**
 - difficult urination, weak constitution, tiredness, pale tongue, week pulse .
- **Treatment method:** supplement the spleen , boost qi
- **Formula:** Bu Zhong Yi Qi Tang (Tonify middle augment qi decoction)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, Ren6 qi hai, ST36 zu san li

Formula and modifications

- Bu Zhong Yi Qi Tang (Tonify middle augment qi decoction):
 - Huang qi, ren shen, bai zhu, dang gui, chen pi, sheng ma, chai hu, zhi gan cao
- Modifications:
 - For qi and blood deficiency, use ba zhen tang
 - To reinforce strengthen the kidney, add du zhong, gou qi zi, tu si zi

Blood in- repletion pattern

- **Key symptoms:**
 - difficult urination, burning pain on urination, blood in the urine which could take the form of small clots, mental restlessness, red tongue and rapid pulse.
- **Treatment method:** clear heat, free and disinhibit the urine, cool the blood, relieve bleeding
- **Formula:** Xiao ji yin zi (Cephalanoplos Drink)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, SP10 xue hai, SP6 san yin jiao

Formula and modifications

- Xiao ji yin zi (Cephalanoplos Drink):
 - xiao ji, ou jie, chao pu huang, sheng di huang, mu tong, hua shi, zhi zi, dang gui, zhi gan cao
- Modifications:
 - For profuse hematuria and severe pain, add san qi, hu po

Blood lin- vacuity pattern

- **Key symptoms:**
 - blood in urine, slight pain on urination, low back pain, 5-palms heat, hot flushes. Red tongue without coating, thin rapid pulse.
- **Treatment method:** nourish yin, clear heat, relieve bleeding
- **Formula:** Zhi Bai Di Huang Tang (Anemarrhena, Phellodendron and Rehmannia Decoction)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, SP10 xue hai, SP6 san yin jiao

Formula and modifications

- Zhi Bai Di Huang Tang (Anemarrhena, Phellodendron and Rehmannia Decoction):
 - Shu di huang, shan yao, shan zhu yu, fu ling, ze xie, mu dan pi, zhi mu huang bai
- Modifications:
 - To nourish yin and stop bleeding, add han lian cao, xian he cao, e jiao
 - For kidney deficiency, add xu duan, sang ji sheng

Unctuous lin- repletion pattern

- **Key symptoms:**
 - Turbid, milky, creamy or cloudy urine like rice soup, difficult urination, red tongue with a sticky tongue coating and a slippery pulse.
- **Treatment method:** clear heat, disinhibit dampness
- **Formula:** Cheng Shi Bi Xie Fen Qing Yin (Cheng's fish poison yam clear-turbid separation beverage)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, ST28 shui dao, SP6 san yin jiao

Formula and modifications

- Cheng Shi Bi Xie Fen Qing Yin (Cheng's fish poison yam clear-turbid separation beverage):
 - Bi xie, huang bai, shi chang pu, fu ling, bai zhu, dan shen, lian zi xin, che qian zi
- Modifications:
 - For qi stagnation, add wu yao, qing pi
 - For hematuria, add xiao ji, ou jie, bai mao gen

Unctuous lin- vacuity pattern

- **Key symptoms:**
 - turbid or cloudy urine like rice soup, slight difficult urination, tiredness, dizziness, lower back pain, pale tongue with sticky tongue coating and a weak pulse.
- **Treatment method:** supplement the kidney, secure essence
- **Formula:** Gao lin tang (Unctuous Strangury Decoction)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, UB23 shen shu, KI6 zhao hai

Formula and modifications

- Gao lin tang (Unctuous Strangury Decoction):
 - Shan yao, qian shi, duan long gu, duan mu li, sheng di huang, dang shen, bai shao yao
- Modifications:
 - To strengthen kidney, add jin ying zi, tu si zi
 - For spleen and kidney qi deficiency, use bu zhong yi qi tang and qi wei du qi wan

Taxation lin

- **Key symptoms:**
 - Urine not particularly dark or difficult, periodic involuntary dribbling, urination generally occurring after strain, not easily responding to treatment, lassitude, weak and aching lower back and knees. Pale tongue, weak pulse.
- **Treatment method:** strengthen the spleen and kidney
- **Formula:** Wu bi shan yao wan (Matchless Dioscorea Pill)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, SP6 san yin jiao, ST36 zu san li

Formula and modifications

- Wu bi shan yao wan (Matchless Dioscorea Pill):
 - Shan yao, rou cong rong, shu di huang, shan zhu yu, fu shen, tu si zi, wu wei zi, chi shi zhi, ba ji tian, ze xie, du zhong, tu niu xi
- Modifications:
 - For spleen qi deficiency and sinking of qi, use bu zhong yi qi tang
 - For kidney yin deficiency with deficiency fire, delete ba ji tian, tu si zi, rou cong rong, add zhi mu, huang bai
 - For kidney yang deficiency, use you gui wan

Dribbling Urinary Block

long bi

- Diminished volume of urine, dribbling urination and, in its extreme, complete cessation of the passage of urine without pain
- Includes:
 - Difficulty in urination and retention of urine because of organic and functional pathological changes of the urinary bladder, urethra and prostate gland, weakened kidney function and kidney failure

Etiology and pathogenesis

- Dysfunction of urinary bladder in storing and discharging urine
- Lung, spleen, kidney, san jiao

Patterns

- Bladder Damp heat
- Exuberant lung heat congestion
- Liver qi stagnation
- Internal obstruction by static blood
- Spleen qi deficiency
- Exhaustion of kidney yang

Bladder Damp heat

- **Key symptoms:**
 - Scanty hot urine or retention of urine, distension and fullness of the lower abdomen, thirst but with no desire to drink, constipation, red tongue with sticky yellow coating, rapid slippery pulse.
- **Treatment method:** clear heat, disinhibit dampness, free and disinhibit the urine
- **Formula:** Ba Zheng San (Eight Corrections Powder)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP9 yin ling quan, SP6 san yin jiao

Formula and modifications

- Ba Zheng San (Eight Corrections Powder)
 - Che qian zi, Qu mai, Bian xu, Hua shi, Shan zhi zi, Mu tong, Shu di huang, Zhi gan cao, Deng xin cao
- Modifications:
 - To reinforce heat-clearing and dampness-dispelling, add cang zhu, huang bai
 - For heart fire, use dao chi san
 - For damp-heat, use huang lian wen dan tang

Exuberant lung heat congestion

- **Key symptoms:**
 - Difficulty in urination or retention of urine, dry throat, excessive thirst, heat sensation in chest, short rapid breathing, cough. Thin yellow coating, rapid pulse.
- **Treatment method:** clear lung heat, free and disinhibit the urine
- **Formula:** Qing fei yin (Lung-Clearing Beverage)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, LU5 chi ze, LI4 he gu

Formula and modifications

- Qing fei yin (Lung-Clearing Beverage):
 - Fu ling, huang qin, sang bai pi, mai men dong, che qian zi, shan zhi zi, mu tong
- Modifications:
 - For heart fire, add huang lian, zhu ye
 - For lung yin deficiency, use bei sha shen, bai he
 - For constipation, add da huang, xing ren
 - For external patterns, add bo he, jie geng

Liver qi stagnation

- **Key symptoms:**
 - Difficult urination with emotional depression or irritability, distention and fullness of lower abdomen and hypochondrium. Thin white or yellow tongue coating. Wiry pulse.
- **Treatment method:** soothe the liver, regulate qi, free and disinhibit the urine
- **Formula:** Chen xiang san (Aquilaria Powder)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, LV3 tai chong, UB39 wei yang

Formula and modifications

- Chen xiang san (Aquilaria Powder):
 - Chen xiang, shi wei, hua shi, dang gui, bai shao yao, chen pi, dong kui zi, wang bu liu xing, gan cao
- Modifications:
 - To regulate qi, add xiang fu zi, yu jin, wu yao
 - For stagnant qi giving rise to fire, add mu dan pi, long dan cao, shan zhi zi

Internal obstruction by static blood

- **Key symptoms:**
 - Dribbling urination or retention of urine, distension and pain in the lower abdomen, purple tongue with spots, wiry rough pulse.
- **Treatment method:** invigorate the blood, dispel stasis, free and disinhibit the urine
- **Formula:** Dai di dang wan (substitute Dead-On Pill)
- **Acupuncture:** UB28 pang guang shu, Ren3 zhong ji, SP6 san yin jiao, KI5 shui quan

Formula and modifications

- Dai di dang wan (substitute Dead-On Pill):
 - Shu da huang, dang gui wei, sheng di huang, chuan shan jia, tao ren, mang xiao, rou gui
- Modifications:
 - For blood stasis, add hong hua, niu xi
 - For qi and blood deficiency, add huang qi, ren shen
 - For acute and complete cessation of urination, add she xiang

Spleen qi deficiency

- **Key symptoms:**
 - Lower abdominal bearing down sensation and distention, retention of urine with periodic urge to urinate, fatigue, tiredness, loss of appetite, shortness of breath, weak voice. pale tongue with thin coating. Weak thready pulse.
- **Treatment method:** supplement the spleen, boost qi, free and disinhibit the urine
- **Formula:** Bu Zhong Yi Qi Tang (Tonify middle augment qi decoction) with wu ling san (Poria Five Powder)
- **Acupuncture:** UB22 san jiao shu, Ren3 zhong ji, SP9 yin ling quan, UB20 pi shu, ST36 zu san li

Formula and modifications

- Bu Zhong Yi Qi Tang (Tonify middle augment qi decoction)
 - Huang qi, Ren shen, Bai zhu, Dang gui, Chen pi, Sheng ma, Chai hu, Zhi gan cao
- wu ling san (Poria Five Powder):
 - Fu ling, zhu ling, ze xie, gui zhi, bai zhu

Exhaustion of kidney yang

- **Key symptoms:**
 - Retention of urine or dribbling, uncomfortable urination, weakened force of urinary expulsion, pale complexion, tiredness, physical cold, weakness, aching and cold in the lower back and knees. Pale tongue with white coating. Deep weak pulse.
- **Treatment method:** warm and supplement kidney yang, free and disinhibit the urine
- **Formula:** Ji sheng shen qi wan (Life Saver Kidney Qi pill)
- **Acupuncture:** UB22 san jiao shu, UB23 shen shu, Ren4 guan yuan, Ren 6 qi hai, KI10 yin gu

Formula and modifications

- Ji sheng shen qi wan (Life Saver Kidney Qi pill):
 - Shu di huang, Shan yao, Shan zhu yu, Ze xie, Fu ling, Mu dan pi, Rou gui, Fu zi, Chuan niu xi, Che qian zi
- Modifications:
 - For yang and qi deficiency, add ren shen, lu jiao jiao